

The Natural Goodness Program

The primary objective in beginning of the day is to re-hydrate and help the bodily fluids, especially the lymphatic system, move. By providing quality fluids (hydrating and alkalizing) we are giving the natural waste removal systems maximum support.

Follow these simple guidelines:

1. Imbibe thin, watery, hydrating, alkalizing, simple, fluids/juices/smoothies in the morning time.
2. Take thicker blended meals and/or solid foods after mid-day but before 8pm.
3. Choose thin warming nutritive and alchemically uplifting herbal teas, smoothies, and soups in the evening especially after 8 pm.

I call this strategy the Brontosaurus Diet.

Jungle Juice

My number one choice for a morning cleansing drink is what I refer to as “Jungle Juice.”

- ½ tsp. Ginger Root Powder (anti inflammatory, immune-boosting, helps circulation and digestion)
- ½ tsp. Turmeric Powder (powerful antioxidant, great for the liver, great for the skin, guards against cancer)
- 1 wedge Lemon Juice (breaks down mucus, boosts the immune system, antiseptic, alleviates gas)
- 1 pinch Cayenne-optional and only in small amounts (stimulates circulation, boosts the immune system, stimulates gastric juice)
- 1 pinch Celtic Sea Salt (re-mineralizes the body and helps you to stay hydrated)
- ½ tsp. Raw Honey-optional (loaded with enzymes)

Fresh ginger and turmeric may be juiced or blended into water and mixed in as an alternative to the powder. This will provide a much greater living energy and medicinal potency. Use approximately 1-2 inches (preferred level; palatable for most) or more of the fresh roots. Ginger and turmeric are very hard and fibrous so it is best to use a masticating juicer rather than a centrifugal. You may use celery or another light vegetable to wash the remaining juices through the juicer.

To further enhance the medicinal effect of the ginger and turmeric, add a small amount of black pepper made into a tea and strained (recommended) or sprinkled into to the mix. This will enhance the absorption of the active components up to 20 times.

(More on above ingredients in Appendix B)

Glandular Balancing Formula

Precede breakfast (at least one hour) with Glandular Balancing Formula. This formula can be taken any time but not within one hour preceding food or three hours following for maximum effect.

8 oz. Pure Water

½ tsp. Ginger Root Powder

1 tsp. Licorice Root Powder

½ tsp. Kelp Powder

1 tsp. Sarsaparilla Root Powder

2 tsp. Ginseng

1 tsp. Raw Honey

Blend.

For additional adrenal support and glandular balance use ashwaganda, an herb from India traditionally used in Ayurvedic medicine. Combined with shilajit, a substance from the Himalayas which contains 84-plus minerals, fulvic and humic acids, and many other compounds of organic origin.

Other Hydrating A.M. Suggestions

We are using fluids for two main reasons: volume flushes out, and high-quality water as found in fresh fruit and vegetable juices hydrates and alkalizes the cellular structure assisting cellular renewal.

Herbal Teas - Prepared the night before. Simply choose an appropriate formula specific to your condition. Take a saucepan of water add your herbal mix. Boil it up and allow to simmer very gently for 30-40 minutes, and then leave standing overnight. In the morning, strain off the tea, warm and drink. Add fresh lime or lemon juice to activate the herbs to maximum effect. You can start and finish the day in this way. This is my favorite strategy in the wintertime. Goji or wolf berries are the number one herb in the whole Chinese medicinal healing pantheon. Consult herbal specialists for combinations specific to your condition. I particularly recommend Chinese medicinal herbs. There are so many fabulous herbs. Take the trouble to have a consultancy with a qualified herbalist. Chinese herbal shops often have a doctor who will advise based on pulse and tongue diagnosis. Herbal teas are also the optimal base to mix raw chocolate smoothies with. Keep to 80% water content in the smooth mix. Tea counts as water.

Hot ginger tea is a perfect addition for those eating large quantities of cold raw foods. Ginger has warming effects and can heat up and purify a cold spleen, which is very common in a raw foods practice.

Apple cider vinegar/hot water, honey (cayenne optional) - Dry or fresh ginger root can be added. Anytime throughout the day if you are experiencing fatigue or dizziness, low energy or depression take a small spoon of fresh raw honey. Mix with apple cider vinegar if it suits you.

Water variations:

- Two teaspoons of bee pollen dissolved.
- Two glasses of pure water with alkaline-forming green superfood powder.
- Large glass of pure water, up to 1.5 liters, warmed, and with a little lemon juice.
- Large glass of water with original Himalayan rock salt or Celtic sea salt. Add a tiny pinch of this salt to one gallon of distilled water for optimum hydration (1/8-1/16 of a teaspoon per gallon).

If you are an overweight person and tolerate the water well, drink heartily and finish 1.5 liters within 10-15 minutes or so. Work up to 1.5 liters over a period of weeks. The idea is that the volume of water will generate pressure in the bowel and flush out a lot of the stagnant waste. This is a system I learned in India studying the work of one of their most successful naturopaths. This flushing system is most suited to overweight individuals with strong constitutions (see www.livingnaturallife.com).

Oxygenation - If you have cancer, I strongly recommend a daily intake of any quality oxygen powder product (see Resources for recommendations). *Also, find out where you can receive Ozone treatments and get on a program of a minimum of seven sessions. Oxygen is definitely the most powerful medicine and superfood for assisting in establishing the optimum environment for cellular health.

Magnesium Bicarbonate Water - This is a superior way to balance chronic acid conditions, balance calcified tissues, and reduce muscle cramping. Start the night before or prepare enough for many days to follow.

- First, acquire sparkling spring water. I prefer Mountain Valley, Ti Nant, Waiwera or any other high-quality sparkling spring water. Any water with CO2 will work well as long as the mineral levels are not excessively high.
- The second ingredient is magnesium oxide powder, which is usually found in the supplement section of most health food stores. Mix approximately ½ teaspoon magnesium oxide powder into 1 liter of sparkling water and place in refrigerator for 3-4 hours, shake at 1-2 hours. Watch out, it likes to explode fast when mixing the magnesium, so cap it quick and tight after adding and shake well.

Magnesium bicarbonate water can be a daily practice, great in the early hours of the day and at night or any time on an empty stomach. If consumed with food it may inhibit optimal digestion by neutralizing the stomach acid.

Long-term ingestion may require increased intake of potassium and calcium. It may be some time before it will become a necessity. Potassium Chloride and Pearl Powder (calcium source), are an excellent way to include these minerals.

Freshly-Pressed Wheatgrass or Barley Grass Juice (to warm the cold dampness of wheatgrass juice, mix with cayenne and ginger in Autumn/Winter). I used wheatgrass juice in copious quantities during the earlier stages of my healing journey. Two ounces is a minimum dose and 8 oz. (4 oz. twice daily) is a medicinal therapeutic level. Wheatgrass is particularly effective in detoxifying the liver. Again, a large robust individual who tolerates the cold well can take more of this powerful cleanser. Try mixing wheatgrass with citrus fruits. If fresh wheatgrass is unavailable then add dry superfoods or some other similar concentrated dry green product or bee pollen to fresh fruit and vegetable juices.

Barley grass is less sweet, more palatable, and equally nutritious with a malty flavor. Black Barley is an heirloom strain which contains purple pigments in the grain and can easily be grown at home in a growing tray with organic soil and ocean mineral solution.

Dark Green Leafy Vegetable Juice - Kale, wild greens, wild grasses, and any other deep green vegetables are excellent for those who have any level of gluten sensitivity from grains. Grass has a protein very similar to gluten as well, so it may be best to have an alternative deep green juice like kale or parsley.

*For maximum hydration try supplementing with Dr. Flannagans MEGA HYDRATE and also Reddrox hydration formula.

You may choose to stay on the water/honey/lemon blend further into the morning. This is a very good choice. I heartily recommend this up to 72 hours at a time, especially for overweight individuals.

Breakfast Options

Freshly-Made Fruit Salad or Fruit Juices. You can take fruit with half an avocado to slow down digestion so it sustains you through the morning, but follow food combining recommendations (see Appendix C). Ideally, eat only one type of fruit and definitely no more than three. Do not mix sweet fruits with acid fruits. Do not mix fats (avocados) or oils with sweet fruits. Fruits should almost always be eaten separately from other food. They do, however, combine well with leafy green vegetables but should never be mixed with any form of cooked or processed foods. If the digestion is weak or you prefer then lightly warm the fruits. This will begin the conversion of sugars but do not bring anywhere near the boil. Individuals with blood sugar problems, Candida and yeast/fungal imbalances should use fruits sparingly. Specifically, choose low glycemic index fruits (grapefruit, lemons, limes). Dr. Gabriel Cousens has the best guide for this in his book *Conscious Eating*. Use Pure Synergy with fruit combinations for optimal nourishment.

Vegetable Juices. You can add any combination of the following: a little oil/apple cider vinegar to taste, slippery elm bark for fiber and intestinal nutrition, one tablespoon of herbal fiber dietary blend, or bee pollen. If you are overweight or suffer from

constipation, use soaked flax/linseeds liberally in all juices and salads, chia seed, or Merlin's Magic Root Formula.

Fruit or Vegetable Smoothie with Superfoods. Add two teaspoons of fresh organic bee pollen meet the total daily nutritional requirement. Dilute juices up to 50% with pure water. To thicken the drinks and improve bowel function, add slippery elm bark powder if you are underweight and suffer from poor digestion.

Banana Soup. If you like bananas and they agree with you, this is an excellent brew for the wintertime. Simply slice one or two bananas, add pure water, a pinch of cinnamon, blend and warm thoroughly, stirring and making sure the mix does not come near the boil. One or two dried sweet fruits can be added to bananas. Garnish with bee pollen and a teaspoon of lecithin granules for a delicious treat.

Superfood Super Breakfast. Try combining goji berries, bee pollen, some ground linseeds or chia seeds and a tablespoon of raw coconut oil. Or my favorite: goji, bee pollen, chia (soaked or ground), water, Incan berries and Evolution Super Food (or other superfood powder).

Seed and Nut Milks. These are a simple and nutritious way of improving ones diet. They are good for smoothies and for pouring on your superfood breakfast. They also taste delicious alone. Simply take a handful of any raw nut or seed and soak over night. The following day discard the soak water and blend in one liter of fresh water. Next, strain the mix through a nut milk bag or muslin cloth and use. This keeps well in the fridge.

*Morning jin tonic: www.shamanshack.org is a perfectly balanced super high quality protein formula.

Amino acid-rich foods for the first meal of the day is a way to ensure continuous energy balance and neurotransmitter formation for the entire day. Amino acids are the building blocks of proteins. Replace bacon and eggs with a green veggie smoothie that includes a hefty scoop of spirulina, hemp seeds, maca, and bee pollen. Add water and blend to desired consistency.

Mid Morning

At least two hours after breakfast take up to one liter of pure water.

If you have taken nothing except water or juice until this time, it is wise to take fruit or any of the other breakfast recommendations if you feel like it. Also, a more substantial smoothie mix including something slightly more dense, such as hempseeds or protein powder, would be very appropriate for those who have fast digestive systems. Simply blend a tablespoon of hempseeds or protein powder with water or tea. Again, Chinese teas and/or raw chocolate powder or nibs or any other superfood powder can be added here.

Stick to 80% water content.

The main thing is to imbibe plenty of alkaline-forming fluids to counteract acidity generated through the metabolization of caustic foods. Although the optimum scenario is to eat as little as possible during the morning hours, *if* one is particularly hungry then the smoothie or banana soup should suffice.

Another good option for cool mornings is Miso soup with some chopped ginger, herbs and greens. This is a very nourishing brew. The basic principle of this morning program is that the less one eats the better off one is. Remember: **if overeating has caused the problem, only under-eating will solve it.**

At all times one should strive for the balance between purification and a stabilizing maintenance program.

Major Points of the morning program:

- Meditate/pray/breathe
- Vision/affirm
- Eat Lightly
- Exercise
- Alkalize
- Mineralize
- Hydrate

Lunch

A large leafy salad with freshly germinated sprouts and/or lightly steamed green vegetables forms the basis of the mid-day meal. When transitioning to a mostly raw diet it is sometimes wise to include some wholesome cooked foods. This is optional and anything should come from the list of recommended whole foods in the Cooked Vs. Raw section, with a choice of baked or steamed root vegetable or one of the whole food grains on the list, making sure to observe the food combining stipulations highlighted in Appendix C. If one is used to eating meat then a *small* portion with a large salad or lightly steamed greens or non-starchy vegetables once every two or three days is a good way of weaning yourself off this habit. Choose lean-cut organic meats, preferably wild game.

Tip: Sprouting is very simple using the jar method. Soak your sprouting seeds in purified water for about 8 hours in a glass jar. Using a sprout lid for your glass jar, or a cheesecloth mesh to cover the jar, secure the top and drain liquid. Rinse the seeds 2 or 3 times and drain, then place the jar upside-down in a small bowl to catch the excess draining water. Rinse 2 to 3 times a day and harvest when the tail is around ½ to 1 inch long.

Liquid Salad

You can turn the traditional salad into a liquid salad or soup. Raw soups are an excellent way to absorb vital minerals in an easily digestible form. Try greens mixed with olive oil, garlic, tomatoes, cucumbers, lemon juice or apple cider vinegar and sea salt along with mineralized or filtered water for a super simple mix.

Combining salad with sauerkraut or some other natural source of raw probiotics and soaked linseeds and kelp powder is a very healthy option. The introduction of any cooked foods to this program will slow down the detoxification process. (Liquid Probiotics available at successultranow.com)

Making sauerkraut is another simple process. Slice green or red cabbage thinly, preferably on a mandoline, but a knife will work too. Using a ceramic container to ferment the kraut is the ideal method. Place cabbage into the container with some herbs and ginger if desired, then keep pressing down on the mixture until you have juices coming out of the mix, add sea salt to the point where you almost think it's too salty. Then you can take some parchment paper, covering the mix, and place a plate over the top and add some sort of weight on top to ensure there is no air coming into the kraut during the fermentation process. (Recommended reading: Wild Fermentation by Sandor Katz).

The idea here is to take the main meal of the day in the daytime, allowing the body plenty of time to process efficiently. It is very wise to stay on the cleansing morning program through to mid-afternoon then have the main meal of the day around 3-4 p.m.

Experiment and enjoy, find what works best for you and have fun. Move slowly and surely through your transition.

Mid Afternoon (at least two-three hours after lunch)

This is an optional snack and should be the smallest meal of the day.

A combination or choice of the following:

Pure water or Magnesium Bicarbonate water (up to one liter on empty stomach)

Herbal teas

Fruit

Raw chocolate and bee pollen or goji berries

Almond milk and carob drink. Prepare almond milk as per earlier instructions and then add carob powder for a tasty sweet drink. Bee pollen is also a good addition or add other superfoods to taste.

Dry fruit or nuts (preferably soaked) or 3-seed mix (pumpkin, sunflower and sesame). Pine nuts are a delicious nutritious snack. Dry fruits are a great trail mix when out hiking or away from home and energy is required, but their super high sugar content needs to be

considered with caution. Also, I would not recommend the preserved varieties. Sweet fruits go together. Use sparingly.

A banana smoothie blended with water with a couple of dates is a big energy hit. See how it affects you and don't overdo it. If you have this kind of food in your day make sure you have lots of greens to compensate. The body uses protein to balance sugars and sugars to balance proteins. Try adding hemp protein powder to smoothie mixes with high-sugar content foods. Don't overdo it on either. Knowing oneself is the clue to success here.

Evening Meal

The evening meal should be the second smallest meal of the day. After the sun has set digestive power is reduced significantly. If you don't feel hungry then just do breathing exercises and some meditation. Understand that as health levels increase, the more sensitive we become to nutrition, the more efficient the body becomes in terms of absorption. That means we can actually flourish on low-volume, high-nutritional-value foods. The old formula of big heavy meals with a mixture of incompatible substances is exactly the reason why our organs are breaking down.

Finish the evening meal before 8 p.m. and at least two hours before retiring.

If you wish to lose weight or have difficult bowel movements then take another glass of herbal dietary fiber blend or chia seeds 30 minutes or so before the evening meal.

The evening meal can be preceded by a teaspoon of Glandular Balance Formula.

Choose from :

Soups are a great form of simple nourishment. In the NGP they can be taken raw or include lightly steamed root vegetable base and freshly juiced organic vegetables with seaweeds and Miso or Coconut. Add freshly germinated sprouts to your soups. (See Additional Recipes section for soup ideas).

Or *Steamed greens*

Or *Green salad*

Or *A warm raw chocolate and nut milk* blended drink with a little natural sweetener is often just what the doctor ordered in the evening time. Check out the recipe section for variations on this theme.

Or *Herbal Tea* with favorite superfoods.

After dinner, go light walk followed by meditation and visualization.

Bliss Chemical Evening Program

Ultimately, it is up to you and your body to decide what nutrition protocol will be the best ever. When we receive Raw nutrition, our body becomes more attuned with the natural flow and cycle of digestion. You will begin to notice what foods are attractive to you by

listening to the digestive forces within your body. It's great to eat very simple meals so you can tune in to what feels good and what doesn't.

The goal is not to revolve your life around your eating habits but to simplify the process in order to focus on your mission. When you are feeling good in body, you are feeling good in mind.

Herbal Tea formulas:

Start with simple teas to listen in on what feels good for your body.

Chanca Piedra: Decalcifies the tissues, specifically the liver and kidneys. Also stimulates liver enzymes for deeper purification.

Cats Claw: Immune booster and powerful spirit plant of the Amazon.

Pau'd'arco: Anti-fungal, immune booster, anti-viral, anti-inflammatory, anti-bacterial. Pau d'arco is recorded to be used by forest inhabitants throughout the Amazon for malaria, anemia, colitis, respiratory problems, colds, cough, flu, fungal infections, fever, arthritis and rheumatism, snakebite, poor circulation, boils, syphilis, and cancer. Pau d'arco also is employed in herbal medicine systems in the United States for lupus, diabetes, ulcers, leukemia, allergies, liver disease, Hodgkin's disease, osteomyelitis, Parkinson's disease, and psoriasis, and is a popular natural remedy for candida and yeast infections.

Ho Shu Wu (Fo-Ti): Balances and protects neurotransmitters, serotonin and dopamine. A longevity tonic and assist in the darkening of graying hair. The greatest use for the ho shou wu in the Chinese system of herbal medicine is in the role of a general tonic for the liver and kidneys of people with renal or hepatic problems. The he shou wu cleanses the blood by directly strengthening the functioning of the liver and the kidneys; this action enables the qi within the body to circulate freely inside the person and leads to improved health.

Reishi: A polypore mushroom with ancient wisdom from the forest. One of the most revered herbs in Traditional Chinese Medicine and powerful immune booster. Also assists in tranquility of mind and increased internal power.

Shilajit: One of the top substances utilized in Ayurvedic Medicine. Harvested at high elevations and contains 84-plus minerals in organic (natural and absorbable) ionic form as well as many other components for increasing nutrient absorption and cellular communication. Rich source of fulvic and humic acids which facilitate purification and overall balance on the cellular level. Shilajit is also an excellent adaptogenic, rejuvenative, nerve and adrenal tonic. Made from the decomposition of ancient plant life by microbes in the Himalayan Mountain region.

Power Foods for the Superhero

Aloe: Rich in acemannan polysaccharide, known to stimulate the rejuvenation and, seemingly, resurrection of tissues. Used internally and externally for almost every

dermatological or tissue imbalance. Fresh inner leaf gel is high in oxygen and shown to contain elements of high energy for deep rejuvenation.

Noni: Exotic fruit from the Polynesian islands. Rich in glycoproteins and polysaccharides which rejuvenate and cleanse on many levels of the body. Purifies the body from toxic chemicals and assist in balancing on many levels.

Honey: A magical substance created by bees. The fascinating process of making honey begins when the bees feast on flowers, collecting the flower nectar in their mouths. This nectar then mixes with special enzymes in the bees' saliva, an alchemical process that turns it into honey. The bees carry the honey back to the hive where they deposit it into the cells of the hive's walls. The fluttering of their wings provides the necessary ventilation to reduce the moisture's content making it ready for consumption. The health benefits of honey - like all foods - depend on the quality of the honey. But in this case, the situation is even more extreme because the pollen that collects on the bees' legs as they move from plant to plant is only as healthful and as diverse as those plants. In addition, the processing of honey often removes many of the phytonutrients found in raw honey as it exists in the hive. Raw honey, for example, contains small amounts of the same resins found in propolis. Propolis, sometimes called "bee glue," is actually a complex mixture of resins and other substances that honeybees use to seal the hive and make it safe from bacteria and other micro-organisms. Honeybees make propolis by combining plant resins with their own secretions. However, substances like road tar have also been found in propolis. Bee keepers sometimes use special screens around the inside of the hive boxes to trap propolis, since bees will spread this substance around the honeycomb and seal cracks with the anti-bacterial, anti-viral, and anti-fungal resins. The resins found in propolis only represent a small part of the phytonutrients found in propolis and honey, however. Other phytonutrients found both in honey and propolis have been shown to possess cancer-preventing and anti-tumor properties. These substances include caffeic acid methyl caffeate, phenylethyl caffeate, and phenylethyl dimethylcaffeate. Researchers have discovered that these substances prevent colon cancer in animals by shutting down activity of two enzymes, phosphatidylinositol-specific phospholipase C and lipoxygenase. When raw honey is extensively processed and heated, the benefits of these phytonutrients are largely eliminated.

Cordyceps: One of the Chinese longevity mushrooms, it strengthens immune system, stamina, improves utilization of oxygen, promotes peak sexual performance, and assists in the development of microcapillaries.

Cacao: Loaded with nutrients and neuro-peptides similar to those the body produced when we are in love. Food of the Gods. Super antioxidant rich, with more flavinoids than any other food tested. Large amounts of magnesium, which balances brain chemistry and helps to build strong bones. Contains Phenylethylamine or PEA, which increases focus and alertness helping us to feel more connected to others. The bliss chemical, anandamide, is a cannabinoid

Maca: From the highlands of the Peruvian Andes, has been used traditionally for centuries in South America to enhance fertility in humans and animals. Endocrine

system support, increase physical energy. Supports libido and sexual functioning.
Hormonal balance for men and women. Increase in mental clarity and focus.

MSM

OptiMSM: Naturally occurring organic sulfur source. For joint health, cardio health, seasonal immune health, liver support. Created naturally through the earth's sulfur cycle when phytoplankton and algae die and decompose, releasing sulfur compounds into the atmosphere where they are transformed to DMS. In the presence of ozone and sunlight, DMS is converted to DMSO and MSM.

Ormus

Living Marine Phytoplankton:

Contains more than 90 ionic and trace minerals using purified ocean water to grow. Enhanced brain function, improved immune function, antiviral/antifungal/antibacterial effects, improved cellular repair, radiation protection, cancer protection, detoxification support, anti-inflammatory, improved circulation, improved heart function, allergy/asthma relief, and a residual 'grounding energy' overall. High chlorophyll content increases oxygen uptake and improved performance and endurance.

Chlorella:

A 4 billion year old strain of green algae with the highest chlorophyll content of all known plants. Vitamins, minerals, fiber, nucleic acids, amino acids, enzymes and other beneficial nutrients. The CGF or chlorella growth factor has been demonstrated to promote liver health and balancing effects in the body. The detoxification properties of chlorella will take 3 to 6 months of continuous use to be fully realized. Chlorella also aids the body in the breakdown of the hydrocarbon and metallic toxins like DDT, PCB, Mercury, Cadmium and Lead, recent studies have shown. Chlorella has been shown to promote the production of interferon. This is one of the body's greatest natural defenses against cancer. Improved digestion is apparent with the use of chlorella, which in cultivation reproduces by quadrupling every 48 hours. This causes the lactobacillus, a beneficial bacteria, to multiply at four times the normal rate. This, in turn, causes the body to take in nutrients more efficiently. In conjunction with beneficial soil-based organisms, this may be a very purifying synergistic combination.

Ashwagandha: Native American/Indian use. Antioxidant inflammation, mild sedative, nerve tonic, adaptogenic, increases vitality, strengthens adrenals.

Mucana Pruriens: Contains therapeutic levels of L-DOPA which is used in conjunction with B vitamins to be converted into dopamine, an essential neurotransmitter when assimilated.

Bacopa Monieri: Ayurvedic herb for mental clarity. Assists in neurological repair.

Tulsi: Holy Basil, Ayurvedic Herb. Ghandi says there can be world peace if everyone drinks a cup of tulsi tea daily. This is a very powerful and gentle herb to include daily as an anti-inflammatory, anti-bacterial immune booster,

Tumeric: Powerful anti-inflammatory and warming herb. Excellent for the liver and spleen.

Ginger: Warming and digestive stimulant. Clears spleen dampness.

Colloidal Gold: Increase in optimism/positive outlook. Nutrient support for rejuvenation and vitalization of multiple body systems. Gold supports peak levels of brain efficiency and mental functioning. Cognitive enhancing effects. A Noble element, which doesn't need to look outside itself for completion.

Zeolites: Detoxification. Maintains a healthy immune system. Removes heavy metal, toxins, increase cellular oxygen levels, improve clarity, mood, physical performance. Alkalizes pH forming in the body.

Tribulus: Boosts testosterone. Contains Harmala alkaloids, the same compounds found in ayahuasca vine and Syrian rue seeds.

Weekly Fast

Once weekly, do a 24-36 hour complete juice/water fast using pure distilled water and Himalayan rock salt or the Jungle Juice formula. That means for one full day, drink only juices and /or pure water. If this is not possible, try a one-day fruit and/or vegetable fast. As your confidence grows, this can be extended from three to seven days. Remember, fruit cleanses fastest and anytime you want to put the brakes on this program simply introduce a small amount of solid or cooked food.

End of program.

Recap of Daily Consumption Strategy

Fruit is best eaten alone. Begin the day with citrus fruits. Lemon is especially good for cleansing mucous. Add warm water, cayenne pepper (optional) and ginger to increase the thermal value of the food, especially if it's a cold day. Use oil with the fruits to slow down digestion. Fruits detoxify faster than vegetables. Try doing a morning on fruits and then a morning on vegetable juices the following day. *Never overeat anything.*

It is also perfectly fine to eat fruits until say 11 a.m. and then begin vegetable juices, providing the last fruit meal has digested. Experiment with all fruit days and increase to three days and then a week. If you can make the jump to raw food you will be on the fastest track to cellular health. The old body will break down and be replaced by a new cellular structure. This can be extremely stressful. Remember, you can put the brakes on the detox process by introducing solid and or lightly cooked foods. The objective is to give the digestive system a well-earned rest and not create any more complications. Keep it simple. *Breathe deep and stay natural.* Remember, organic is best by far.

Important: If you are seriously ill then this program needs to be applied cautiously under the guidance of a qualified medical practitioner who understands the principles at work. If your current medical health advisor is unsympathetic towards detoxification strategy then get another one. Check out www.curezone.com and especially the program on incurable diseases.

This is an overview of the general nutritional strategy. As I have mentioned several times and will continue to mention again, you should appreciate the fundamental principles that this plan is based upon and adjust according to personal preference and taste.

These principles are as follows:

- The main physiological causes of cellular disease are acidification and dehydration. Acidification causes a reduction of mineral reserves therefore mineral depletion also needs to be resolved. Providing the body with sufficient fresh fluids addresses these two factors, bringing the physiology back into balance. Again, fruits and vegetables are the best.
- The body is generally happiest processing only the lightest, juiciest foods throughout the morning. Fruits and fruit and vegetable juices should comprise the main intake. The purest water also needs to be imbibed.
- Until 12-noon the body is in elimination mode, in other words: removing the waste accumulated from previous days when these important natural laws were broken.
- Oxygen is the most important nutrient for cellular health. Deep rhythmic breathing is the answer to many problems.
- Between the hours of 12-noon and 8 p.m. the body is ready to ingest. Any food taken between these times should be accompanied by a large green leafy salad. The main meal is best eaten during the day and the lightest meal taken in the evening.

The NGP provides an optimum strategy for enhancing bodily functions. If you stick to the program you will get the best results. If you follow the basic principles you will still get good results. For instance, you could eat fruit all morning till lunchtime and still get very good results. The thing is to understand the principles and take responsibility for your own health.

Now get into it! If you haven't got a juicer then go out and buy one now! Make a lovely fresh juice, add a drop of oil and study this work. Soon enough you will be feeling light and healthy.

Integrating the NGP Into the Working Week

Basically, it is up to you to follow the principles and be creative. Here are some guidelines you may wish to follow:

- ✓ Begin the pre-work day with meditation, breathing, prayer and visualization.
- ✓ Do some light exercise.

- ✓ Take only minimal juices in the morning and prepare juices to take to work (add a little freshly squeezed lemon juice to preserve the freshness).
- ✓ Take fruits and/or nuts mixed with greens for mid morning and afternoon snack.
- ✓ Prepare a salad for lunch.
- ✓ Have fruit and/or nuts again in the afternoon.
- ✓ Drink another vegetable juice when you get home.
- ✓ Relax. Visualize the new you.
- ✓ Prepare a slow soup with loving vibrations.

Additional Recipes

How you choose to embellish this program by the addition of creative food combinations is up to you. The keynote is simplicity. Therefore, I make no apologies for the simplicity of the following suggestions. Combine these foods with the ones previously stipulated in the plan. Add or subtract ingredients according to your *intuition*.

Teas

Peppermint, Pau D'Arco, Astragalus, Essiac formula, Horsetail, Ginseng Root, Ho Shou Wu root, Nettle, Reishi Mushroom, Saw Palmetto berries

Natural Goodness Health Drink

Vegetable juice

Linseed oil, soaked linseeds, chia seeds, or hempseed oil

Slippery elm, Merlin's Magic Roots Elixir, Herbal Fiber Blend, or green powdered superfoods

1 tbsp. apple cider vinegar

1 pinch of cayenne.

1 Pinch of kelp powder.

Blend with pure water and drink slowly. Make sure you chew well.

Protein Power

One scoop of hemp protein powder

One large teaspoon of maca root

One large teaspoon of carob powder and raw cacao

Mix with 1/2 liter of almond milk or any of your favorite juices

Pure Heart

Chocolove

Cacao's Girlfriend

Coconut water

Rose water

Honey
Dragons Herbs Tea
Cayenne
Cacao Butter
Vanilla
Hot Peppers

Surf Brew

Coconut water/Goji
Cacao powder/nibs
Red
Cordyceps
Bee pollen
Cistanche (tonix)
Deer Antler (jing herbs)
Cacao butter
Coconut oil
Mesquite
Ho shou wu/Reishi/BC Manna
Tocotreinols
Cinnamon
Astragalus
Salt

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Comment: Quantities?

Sexy

Gold
6 Cistanche
2 Sq. Deer Antler
Maca
Honey
Bee pollen
Vanilla

Soups:

Coconut Green Soup

Very lightly steam a selection of green non-starchy vegetables. Alternatively, steam a root vegetable and juice the greens. This should only take a minute or two. Do not overcook.

Remove pan from heat.

Allow water to cool slightly then place the raw green juice into the water used for steaming.

Add 2 tbsp. of 100% pure coconut oil.

Blend ingredients together.

Add herbs of choice.

Add a pinch of kelp and cayenne pepper.

Garnish with parsley.

Miso, Greens and Sea vegetables (my primary recommendation)

For something more substantial try:

Sweet Potato, pumpkin, squash, or other robust root vegetable soup

Cut and slice, then lightly steam

While root vegetable is steaming, prepare a raw juice.

When the root vegetable is very lightly cooked, take the water off the heat and allow to cool slightly.

Add the root vegetable

Add 1 tbsp of Miso

Blend together

Add juice and apple cider vinegar, cayenne pepper and herbs to taste.

Add a pinch of kelp and mustard powder.

Use the root vegetable to thicken the soup so you get the desired consistency

If the soup is still too watery then add slippery elm as a thickener

* Try not cooking the potato and adding it only as a raw juice. Potato is a member of the deadly nightshade family and creates a subtle poison to the blood when cooked. Juiced however, organic potatoes provide some of the highest concentrations of alkaline forming minerals.

* Beans can be substituted for root vegetables. Soak the beans overnight, discard soak water and cook very slowly, preferably in earthen ware.

* Add soaked seaweed to your soups for a delicious nutritional fix. Soaked seaweeds can also be used in salads.

Try these other ace recipes from the Living in Magic crew:

Double shot of wheatgrass juice

Root ginger

Red chili pepper

Lime juice

Cherry tomatoes

Simple Recipes for LIFE

by Julia Corbett aka RAWJules

(Contact at rawjules@gmail.com and visit rawjules.ning.com)

Green Smoothie (visit GreenSmoothieRevolution.com for more info.)

Any combination of your favorite fruits, and leafy greens/herbs

2 Oranges (with seeds if possible)

1 cup Berries

½ bunch Kale or other Dark leafy green

Small handful Parsley

½ inch Ginger

½ Lemon

Blend all ingredients in a high speed blender along with 2 cups of alkaline/spring /mineral water.

Fulvic Acid Power Drink

2 inches fresh Aloe or 3 T Aloe Juice

1 Noni Fruit or 1 T Noni Powder

1 cup Grapefruit Juice

Small handful Holy Basil

½ inch Tumeric

½ inch Ginger

Fulvic Acid (use recommended dose on bottle)

Blend all ingredients in a high speed blender and drink slowly.

Elixir of Life

2 capsules Reishi Mushroom powder

2 capsules Cordyceps Mushroom powder

2 T Cacao powder

1 tsp Shilagit powder

1 tsp Bacopa powder

2 T Honey

2 T Cacao butter, melted with a double boiler or shaved

1 cup Coconut water

½ Vanilla bean

Cinnamon stick, shaved with microplane

Nutmeg, shaved with microplane

Blend all ingredients in a high speed blender and drink daily.

Liver Cleanser Tea

2 tsp Shilagit

¼ cup Chanca Piedra

¼ cup Schisandra berries

2 T Milk Thistle seeds, ground

1 Vanilla bean shell

2 inches Fresh Ginger, chopped

2 inches Fresh Tumeric, chopped

Place all ingredients into a large pot except shilagit and milk thistle, fill with filtered or spring water and turn on medium low to slowly bring to a boil. Add shilagit and milk thistle when ready to drink.

Dandelion Tonic

2 cups Dandelion root tea, warm

1 Vanilla bean, scraped

1 cup Coconut water
2 T Honey
1 tsp Shilagit
Few shakes Sea salt
1 T Coconut oil
Blend all in a high speed blender until frothy.

Hemp Mylk

½ cup Hemp seeds
1 cup Coconut water
2 cups alkaline mineralized water
Shake sea salt
Blend in a high speed blender until smooth and creamy.
Variations: use Pumpkin Seeds instead of hemp for a super Zinc powered Mylk. Use Brazil Nuts instead of hemp for a super Selenium powered Mylk.

Sparkling Grapefruit Juice

3-4 large Grapefruit
1 cup Young Coconut water
1 cup Sparkling Mineral water
3 T Honey
¼ tsp Habanero Pepper powder
Juice grapefruit with hand juicer, add all ingredients to a large glass jar and mix with a wooden spoon.

Grapefruit Lavender Juice

5 Grapefruit
1 handful dried Lavender flowers
¼ cup Ginger juice
Juice grapefruit with handheld juicer, stir in flowers and ginger juice, let sit for a few hours so the flavors can meld.

Parsley Lemon Ginger Sweet Shot

1 cup Parsley
1 Lemon
1 inch Ginger
3 stalks celery
2 Apples or other sweet juicy fruit
Place all ingredients through a juicer and drink immediately.

Alive Applesauce

4 of your favorite apples
1-2 lemons, juiced
2 tsp cinnamon
½ tsp sea salt

Blend in a Vitamix or other high speed blender until you reach your desired consistency.

Sea Mineral Soup

1 oz Wakame or Kombu

1 oz Arame

1 oz Sea Palm

2 T Red Miso

½ cup Lemon Juice

2 cloves Garlic, chopped

1-2 inches Ginger, chopped

1 small hot pepper

2 T Coconut oil

Fresh Lemongrass

4 cups Mineralized water

Heat water, seaweeds, miso, garlic, ginger, pepper, and lemongrass on stove on low heat until warm to the touch. Add coconut oil and lemon juice when warmed and serve immediately. Top with cubed avocado, lightly steamed veggies, and sprouts, if desired.

Tomato Basil Soup

2 medium size Heirloom tomatoes

small handful Holy basil (Tulsi)

1 Lemon

2 cloves Garlic

½ inch Ginger

1 T Miso

½ tsp Sea salt

3 T Olive oil

½ cup Seaweed soak water

1-2 Young coconuts

Place all ingredients in blender, along with coconut meat and water and blend on high until smooth. Top with fresh basil strips, chunks of tomato, and olives.

Sealicious Salad

2 sheets Nori

2 T Kelp powder

1 cup Sprouts

2 T Spirulina and/or chlorella

1 Lemon or lime, juiced

Handful Olives

1 Avocado

Few shakes Sea Salt

¼ tsp Cayenne pepper

1-2 cloves Garlic

Slice Avocado into chunks, and mix in a large bowl with kelp powder, spirulina, lemon, sea salt, cayenne, and garlic. Top a bed of sprouts with this mixture and toss the olives

on top along with torn up sheets of nori, or roll the mixture in the nori.

Grow your Own Wild Salad

Wild greens

Fresh herbs

Fresh Kale

Edible flowers (nasturtium, impatiens, hibiscus, borage, lily)

Lemon or apple cider vinegar

Olive oil or other raw oil

Sea salt

Hemp seeds

Spirulina or chlorella

Eat as many greens as you like, chop with a ceramic knife and sprinkle on the lemon, olive oil, salt and hemp seeds.

Super Amazing Heirloom Salad

Large Heirloom tomato

Large buttery avocado

1 cucumber

¼ cup Dulse

1 lime, juiced

Sprinkle Cayenne pepper

1 clove Garlic

Few shakes Sea salt

Slice and dice the heirloom tomato and cucumber, place in a large bowl. Add cubed avocado, dulse strips, chopped garlic, lime juice, cayenne pepper and sea salt. Mix and enjoy!

Fresh Minty Salsa

1 cup Mint

1 Pineapple

2 medium Heirloom tomatoes

1 Jalapeño pepper

2 Avocados

2 limes

Few lime leaves

Chop mint into fine strips with a ceramic knife. Slice pineapple, twist the top off first, then slice off the top and cut the pineapple in half. Proceed to cut off the skin, and then de-core and slice into small chunks. Slice tomatoes, jalapeño, and avocados, and add to a large bowl to toss with mint and pineapple. Squeeze in the lime juice and sprinkle on finely diced strips of lime leaves.

The Best Fruit Salad Ever!

1 Pineapple

2 Papayas

2 cups Berries

1 cup Mint Leaves

¼ cup Honey

2 T Spirulina

½ Cup coconut water

Blend mint, honey, coco water, and spirulina until smooth. Chop up fruit into bite-size chunks. Portion out fruit into bowls, and top with the green frosting and fresh mint leaves.

Orange Kiwi Berry Salad

3 Oranges

1-2 cups Kiwi Berries, or kiwi

1 cup Blueberries

1 Lemon, juiced

½ inch Ginger

Nutmeg shaved on a microplane

Slice oranges and kiwi berries, mix with blueberries in a bowl. Add lemon juice, chopped ginger, and nutmeg. Top with edible flowers!

Berry Tart

2 ½ cups Fresh Berries

½ cup Tahini (sesame seeds)

½ cup Honey or grade B maple syrup

8 Dates

½ tsp Sea salt

½ tsp Vanilla

¼ cup Lucuma powder

¼ cup Chia seeds

2 cups Dried nut mylk pulp, or coconut flakes

1 orange

In food processor, pulse mylk pulp, ½ orange juiced, chia seeds, ¼ tsp salt, ¼ tsp vanilla and ¼ cup honey, until a dough forms. Add coconut oil if it isn't sticking together. Press mixture into a glass pie plate. Blend tahini, 1 cup berries, ¼ cup honey, the dates, ¼ tsp salt, ¼ tsp vanilla and the Lucuma powder until smooth. Pour into pie crust, top with the rest of the berries. Refrigerate until set, about 2 hours.

The Living Mandala Pie

4 Avocados

½ cup coconut water or fresh orange juice

1/3 cup Honey

3 T Spirulina

1 tsp Sea salt

2 T Bee pollen

2 T Maca

1 Vanilla bean, scraped

Edible flowers

2 cups Hemp seeds

¼ cup Carob powder

½ cup dried fruit, like bananas, figs, or dates.

Seasonal fruit to decorate

Pulse hemp seeds, carob powder, dried fruit and ½ tsp salt in food processor until a dough forms. Press into pie plate. Blend avocado, honey, spirulina, bee pollen, maca, vanilla, and ½ tsp salt in a high speed blender, using a plunger to mix if needed until super creamy. Pour into pie crust, decorate with flowers and fresh fruit and refrigerate for a few hours until set. A great special treat to serve at potlucks!

Superfood Mashup

½ cup Cacao nibs

3 T Mesquite powder

3 T Maca powder

Handful Chlorella tabs

2 T Noni Powder

¼ Cup Honey

2 T Bee pollen

½ tsp Sea salt

¼ cup Tahini

½ cup Goji berries

Throw all ingredients into a bowl and mash it up with a wooden fork! Share with friends!

Yogurt Parfait

2 cups Cashews

½ cup Hemp seeds

½ cup Orange juice

1 Vanilla bean

¼ cup Honey

½ cup Mint leaves, chopped

2 Organic papayas

1 cup Strawberries

Soak cashews overnight, blend with 2 ½ cups of alkaline water and the hemp seeds in a high speed blender. Place in a large glass jar, cover with cheesecloth and let sit in a warm place (on top of a running dehydrator (on low temp) works) for 8 to 24 hours, depending on how cultured you want your yogurt. You can also add a probiotic or probiotic containing powder to the mix before letting it culture. Now you have your yogurt base, you can choose to add the orange juice, scraped vanilla bean, honey for a sweet treat. Layer with papaya, strawberry and mint leaves. Top with local bee pollen!

Chocolate Cream Pudding

2 Avocados

1/3 cup Honey

½ cup Cacao powder

2 T carob powder

3 T Maca powder

1 Vanilla bean
1 Lemon
2 T Spirulina
½ tsp Sea salt

Place all ingredients in a high speed blender, along with about ½ cup water or coconut water. Blend until smooth, using a plunger if necessary. Top with edible flowers!

Following By Jared Port:

Heavy Metal Chelation Wraps

Filling:

1 tbsp chlorella powder
2 tsp spirulina
1 tsp maca powder
2 Avocados or 1 large
2 lemons (juice)
¼ tsp salt (Himalayan or sea)
1 tbsp flax DHA oil, made by Flora (any high omega 3 oils work great)
1 tsp olive oil
2 bunches Cilantro (finely chopped)
1 large handful Dulse sea vegetable
1 tsp cumin
1tsp turmeric
Cayenne (to taste)

Optional enhancements for filling mix: Milk Thistle extract (open capsules if powder not available; assists in protecting the liver and enhanced purification), Reishi Mushroom Extract (liver and immune boosting; enhances metal purification), other medicinal mushroom extracts, Horsetail or Nettle powder (contains organic silica primary mineral component of skin, hair, nails, collagen, bone/joints, tendon; many areas where heavy metals and excess calcification are stored) Vitamineral Green (Health Force Nutritionals; provides highly beneficial probiotics, herbs, sea vegetables, and green foods).

Be creative!

Can also be made into a soup by adding semi-hot (touchable) water with all ingredients in a blender. Soup is really great with extra presoaked kelp or wakame.

Mix and mash wrap filling ingredients in a large bowl (preferably ceramic or glass, no metal). Wrap the filling a nori sheet (common sea vegetable for sushi) and wrap the nori in a collard leaf or one of them if you like.

May also add any of the following chopped veggies and fruits:

Cucumber, bell pepper, onion, minced/pressed garlic, papaya (improves assimilation of amino acids and proteins), pineapple (improves assimilation of amino acids and proteins).
Be Creative...there are no limits!

Superhero Dressing

Excellent for use in conjunction with heavy metal purification programs and heavy metal chelation wraps.

1 handful Brazil Nuts

1 handful Pumpkin Seeds

(presoak nuts/seeds for 4 hours; not essential, very beneficial)

3-6 cloves garlic (make it strong; remove the inner sprout)

Juice of 2-3 lemons

2 tablespoons of high quality oil, your preference (coconut oil is great)

large pinch of salt

trace minerals, small dose for complete nutrition (I like Concentrace by Trace Mineral Company)

Cayenne (optional; to taste; I prefer it hotter for enhanced cellular pening and purification)

Add any blend of herbs or spices

Add water to desired thickness.

Optional additives: Chlorella, Spirulina, Milk Thistle extract (open capsules if powder not available; assists in protecting the liver and enhanced purification), Reishi Mushroom Extract (liver and immune boosting; enhances metal purification), other medicinal mushroom extracts, Horsetail or Nettle powder (contains organic silica primary mineral component of skin, hair, nails, collagen, bone/joints, tendon; many areas where heavy metals and excess calcification are stored) Vitamineral Green (Health Force Nutritionals; provides highly beneficial probiotics, herbs, sea vegetables, and green foods).

Be creative! The possibilities are in our imagination. Imagine that you can imagine if you cannot imagine.

Appendix A

Liver Cleanse

99.95% of people diagnosed with cancer have intra-hepatic stones.

A liver detox is often the first vital step for the body to begin to heal itself. Liver cleansing recipe is the same as gallbladder cleansing recipe. Cleansing of both organs is achieved by the same procedure. All people who have stones inside the gallbladder always have stones inside their liver (proved by their cleansing experience). All people who have stones inside their liver do not necessarily have stones inside gall bladder (proved by ultrasound examination and liver flush).

The liver/gallbladder cleanse is necessary even if one has had their gallbladder removed. Also, anyone who has already had their gallbladder removed should be taking a product called Cholacol which replaces the bile salts that your gallbladder would normally be producing. This is needed for the rest of your life so that your body can properly digest fats.

Liver - Gall Bladder Congestion

The most important factors involved in dealing with all diseases of the human organism are liver and gallbladder congestion. In fact, doctors have found that in all serious diseases, particularly cancer, the liver was in extremely poor condition.

Liver congestion is caused by toxic overload: it is unable to detoxify the bloodstream effectively. When the liver is congested, the toxins circulate in the bloodstream and can enter into the brain, nervous system or other organs. When the liver tries to expel the poisons forced on it, the burden goes to the kidneys which then causes additional congestion. Constipation prevents the liver from eliminating toxins. The liver can also become congested by an excess of fat, sugar, alcohol, white flour products, and chemicals found in water, food, and air.

Pre-Disposing Factors:

Excess use of alcohol, refined carbohydrates, caffeine, hydrogenated fats and oil

Food poisoning

Environmental toxins

Chronic constipation

Over use of prescription drugs

The bile, which is stored in the gallbladder in a more concentrated form, is of extreme importance in all areas of the body. The gallbladder actually draws the bile into itself from the liver duct. Many back problems, in fact, are the direct result of inadequate bile flow. The synovial fluid around all joints will decrease if bile flow is low, sometimes causing terrible pain. Many people will take cortisone injections for relief, mistakenly

believing it to be arthritis or some other inflammatory disease. The cure, of course, comes with liver cleansing.

Another area of the body that can suffer from lack of bile is the sinuses. This soothing lubricant (bile) keeps mucous membranes moist, otherwise they become dry and inflamed. Most allergy conditions can be traced to liver congestion. Avoiding foods that create a reaction brings relief, but will not cure the allergy. Allergies and sinus conditions will often disappear after the liver has been cleansed.

Also, the body begins to suffer the effects of poor assimilation of fat-soluble nutrients, which may play a role in the development of eczema, psoriasis, dry skin, falling hair, tendonitis, night blindness, accumulations of calcium in tissues, and sometimes prostate enlargement in men. Hemorrhoids due to blockage of the portal vein draining the liver are often the result of this congestion.

The importance of cleansing the debris from the liver and the gallbladder, thus keeping the bile free flowing, cannot be overemphasized. This can be accomplished by doing the Liver -Gallbladder Flush, which is necessary even if one has had their gall bladder removed.

There are four basic ingredients in this procedure:

A) *Apple juice* (high in malic acid) - acts as a solvent in the bile to weaken adhesions between solid globules. The apple juice should be coarse, unfiltered and free of additives and preservatives.

B) *4 tsp. Epsom Salts* (magnesium sulphate) - to allow magnesium to be absorbed into the bloodstream, relaxing smooth muscles. Large solid particles which otherwise might create spasms are able to pass through a relaxed bile duct.

C) *1/2 cup Extra Virgin Olive Oil*- stimulates the gallbladder and bile duct to contract powerfully, expelling solid particles kept in storage for years.

D) *1 Large Grapefruit* (or 2 small, or use 3 lemons) - the acid juice speeds the transit of the olive oil through the stomach and into the duodenum, which helps prevent or minimize nausea.

The Liver-Gallbladder Flush

The Liver-Gallbladder Flush is one of the most important procedures for persons over 15 years of age. If one is above 15 years of age and his or her physician gives approval, he or she should do this the first week of their Alternative Cancer Treatment Program. The steps in doing this are not difficult and are as follows:

Step 1: For five days prior to the "Flush" consume as much apple juice or cider vinegar as the appetite permits, in addition to regular meals. Nutritional supplements should also be taken during this time. For the last two days (day 4 and 5) try to take 8 oz. of apple juice every two hours until 1/2 gallon each day has been taken.

Step 2: On the sixth day, eat a no-fat breakfast and lunch. This allows the bile to build up and develop pressure in the liver. Higher pressure pushes out more stones. Take no medicines, vitamins, or pills that you can do without; they could prevent success.

2:00 PM - Get your Epsom salts ready. Mix 4 tbsp. in 3 cups water and pour this into a jar. Do not eat or drink after 2 PM. If you break this rule you could feel quite ill later.

(You can substitute 3 cups water with 3 cups freshly-pressed grapefruit juice, or freshly-pressed apple juice. This makes four servings, 3/4 cup each. Set the jar in the refrigerator to get cold. This is for convenience and taste only).

6:00 PM Drink one serving (3/4 cup) of the cold Epsom salts. If you did not prepare this ahead of time, do it right now. You may also add 1/8 tsp. vitamin C powder to improve the taste. You may also drink a few mouthfuls of water afterwards or rinse your mouth. Get the olive oil and grapefruit out of the refrigerator to warm up.

8:00 PM Repeat by drinking another 3/4 cup of Epsom salts. You haven't eaten since 2 PM, but you won't feel hungry. Get your bedtime chores done. The timing is critical for success. Don't be more than 10 minutes early or late.

9:45 PM Pour 1/2 cup (measured) olive oil into a pint jar. Squeeze the grapefruit by hand into the measuring cup. Remove pulp with fork. You should have at least 1/2 cup, but up to 3/4 cup is best. Add this to the olive oil. Close the jar tightly with the lid and shake hard until watery (only fresh grapefruit does this).

(If using lemon juice, do not blend juice with oil. Drink a little oil, a little juice from 2 different cups. If you mix olive oil with lemon juice, it may slightly congeal and get a slimy consistency that is not easy to swallow. It never happens with grapefruit juice).

10:00 PM Drink the potion you have mixed. Drinking through a large plastic straw helps it go down easier. Take it to your bedside if you want, but drink it standing up. Get it down within five minutes (fifteen minutes for very elderly or weak persons).

Lie down immediately. You might fail to get stones out if you don't. The sooner you lie down the more stones you will get out. Be ready for bed ahead of time. Don't clean up the kitchen. As soon as the drink is down walk to your bed and lie on the right side with the right knee drawn up toward the chin for at least 20 minutes (you can briefly stretch your right leg, if necessary) or lie down flat on your back with your head up high on the pillow for 20 minutes before going to sleep. This encourages the oil to drain from the stomach, helping contents of the gallbladder and/or liver to move into the small intestine. Try to think about what is happening in the liver. Try to keep perfectly still for at least 20 minutes. You may feel a train of stones traveling along the bile ducts like marbles. There is no pain because the bile duct valves are open (thanks to Epsom salts). Go to sleep. You may fail to get stones out if you don't.

Next Morning

Upon awakening: take your third 3/4-cup dose of Epsom salts. If you have indigestion or nausea wait until it is gone before drinking the Epsom salts. You may go back to bed. Don't take this potion before 6 AM.

Two Hours Later: take your fourth (the last) dose of Epsom salts. Drink 3/4 cup of the mixture. You may go back to bed.

After Two More Hours: You may eat. Start with fresh fruit juice. Half an hour later eat fruit. One hour later you may eat regular food, but keep it light. By supper you should feel recovered.

How well did you do?

Expect diarrhea in the morning. Use a flashlight to look for gallstones in the toilet with the bowel movement. Look for the green kind since this is proof that they are genuine gallstones, not food residue. Only bile from the liver is pea green. The bowel movement sinks, but gallstones float because of the cholesterol inside. The first cleanse may rid you of them for a few days, but as the stones from the rear travel forward, they give you the same symptoms again. You may repeat cleanses at two-week intervals.

Note: If one should vomit during the consumption of the oil and juice, the procedure should be continued until it is finished. It is not necessary to make up for the amount that was vomited. Nausea felt during this process usually indicates stimulation of the gallbladder and/or liver.

Helpful Hints for the Flush:

1. Taking one hydrochloric acid tablet at bedtime will reduce any nausea during the night.
2. If you have a tendency to get nauseated from oil, take 2 tbsps. of Aloe Vera juice after your doses of oil and citrus juice or drink some pineapple juice.
3. Placing a hot water bottle over the liver area (under the right ribcage) during the night also helps relieve nausea.

Note: One should not be frightened by the above references to nausea, vomiting, soreness of abdomen, etc. Chances are the symptoms won't be severe enough to cause vomiting or soreness of the abdomen, as this happens only very rarely. Many people complete this procedure with minimal discomfort and nearly everyone feels better after completing it.

Often, people suffering for years from gallstones, lack of appetite, biliousness, backaches, nausea, and a host of other complaints will find gallstone-type objects in the stool the day following the flush.

These objects are light to dark green in color, very irregular in shape, gelatinous in texture, and of sizes varying from "grape seed size" to "cherry size". When a large volume of gallstones is seen, the liver flush should be repeated in two weeks.

Generally, the liver flush is repeated at 2 -4 week intervals until the volume of gallstones seen (each time) has been greatly reduced. This can require 10 -15 flushes, or more, because your liver will be "pulling" cholesterol out of your body, where it may have accumulated for many years or decades. After the initial series, repeat the liver flush two times per year for maintenance.

Fasting

After The Liver-Gallbladder Flush a fast may be started. The fast should last one or two days. We are now giving the body a rest and an opportunity to cleanse itself of much waste on the individual cell level. Each day of the fast one quart of fresh carrot juice and one pint of celery juice should be taken, along with all the reverse osmosis-filtered or distilled water desired. It is best to dilute the fresh juice with equal parts water. It is important to remember that unless sufficient fluids are taken, the poisons become concentrated and are not eliminated in the natural way.

Disclaimer

Consult your physician before doing the flush. There is always the possibility of complications from the flush. If the stones are too large and unable to pass through the bile ducts, not only could that cause excruciating pain, you could end up having your gallbladder removed in the emergency room. Gallstones are made of cholesterol, primarily, but also calcium. If the stones are large and calcified, there is more chance for complications. If you know you have stones, find out the size and type from your doctor. If you know your stones are of the calcium variety or if they are very large, do NOT attempt the Liver/Gallbladder flush.

Alternative Liver/Gallbladder Flush: Jubbs Liver Cleanse

Take the following three times per day for one-two weeks:

1 tsp Oxy Mag with 8 oz. glass of water

5 minutes later, 1 lemon juiced

30 minutes later, 8 oz. Apple Juice or Apple Cider Vinegar

On the day before you decide to do the flush stop eating all fats and oils. On the day of the flush in the evening take 8 oz. of grapefruit or lemon juice with 8 oz. of olive oil. Then go to sleep.

This a simple, ultra effective variation.

While doing a liver flush any combination of the following mix is a great support:

Apple Juice

Burdock

Ginger

Garlic

Chile

Turmeric

Black Radish

Olive Oil

Apple Cider Vinegar

Enemas

"A coffee enema should be given every morning for one month; then twice a week for eight months. The coffee enema is very stimulating to the liver, and is the greatest aid in eliminating its toxic poisons."

~Dr. William D. Kelley, DDS, MS

Enemas are an often-used strategy in any detoxification program. What follows is an excerpt from the "All Natural Cancer Cure Program" which gives deep insight into the most effective enema: the coffee enema.

Cancer can be viewed as a TOXIC CONDITION. It therefore stands to reason that any attempts at detoxifying the body will benefit anyone who is either trying to prevent the disease or getting cured from it. Alternative cancer treatment specialists regard detoxification as an essential element for successfully treating cancer.

What is a Coffee Enema?

More ubiquitous than the wheel, enemas have been used for thousands of years to cleanse and detoxify the body and mind. The coffee enema is a retention enema that has a highly detoxifying effect on the liver and, consequently, the entire body. It should be pointed out that taking coffee by mouth is toxifying (contributes to dis-ease) and will not have the same detoxifying effect.

Coffee enemas work by the actions of several key ingredients: caffeine acts to open the bile ducts, making way for an increased detoxification by the liver, while neutraceuticals such as Theophylline and Theobromine dilate blood vessels and increase blood dialysis across the colon wall. But the true power of the coffee enema lies in the Palmitates, which increase production of prime free-radical quencher glutathione S-transferase (GST) more than 700 times, resulting in a powerful, effective detoxification. As all of the blood in the body passes through the liver every three minutes, this 15-minute retention enema represents a form of dialysis, resulting in a uniquely effective detoxification.

This detoxification is reflected physically in an almost immediate relief of pain and improvement of symptoms of 'acute' toxicity such as nausea, tiredness and 'the flu', as well as relief from more 'chronic' ailments, particularly pain of any kind, such as that from headaches and migraines; mentally, in increased energy, clarity and motivation; and

emotionally, in an almost paradoxical increase in calmness, reduction in anger, relief from stress, as well as enhanced optimism, happiness and just plain feeling good. This relief from symptoms is a crucial aspect of the coffee enema as it allows us a glimpse into how we can feel when our bodies are relieved of their toxicity, giving us an impetus to work towards cleansing and detoxifying our bodies, minds and spirit.

Coffee enemas have been used by such pioneers as Dr. Max Gerson, William D. Kelley, and Dr. Nicholas Gonzales in reversing degenerative diseases such as cancer, heart disease, stroke, arthritis, MS, ME, lupus, AIDS, HIV, and allergies. As well as cleansing the colon, coffee enemas create a powerful detoxification of the liver, increasing the ease and effectiveness of any detoxification program.

How to take a Coffee Enema

Coffee enemas detoxify the liver, stimulating both liver and gallbladder to remove toxins, open bile ducts, increase peristaltic action, and produce enzyme activity for healthy red blood cell formation and oxygen uptake. The coffee enema is a retention enema. Depending on your experience with enemas, you may prefer to have a water enema beforehand to help with retaining the coffee. The cardinal rule of coffee enemas is to use only organic coffee. Inorganic coffee contains a host of carcinogenic chemicals, which, due to the nature of the colon and coffee enemas in particular, are carried directly to the liver. Organic coffee is available through health food stores. Never use inorganic, instant, or decaffeinated coffees.

One of the best-known effects of a coffee enema is its awakening effect, which is clarifying, energizing and often inspiring. When taken too close to bedtime, this can result in a somewhat 'over-productive' night awake in bed. For this reason, it is best to do the coffee enema in the first half of the day.

What you will need:

3 rounded tbsp. of ground organic coffee

Use purified or distilled water only

Non-aluminum, non-Teflon pan (enamel pan is best)

Strainer or sieve fine enough for use with the coffee

Jug for carrying the coffee, at least a quart in size

Enema bag / bucket and enema tip hook or chain / twine to hang the bag from

Plastic sheet large enough to protect the floor from any spillage

Towels and a pillow to make the floor more comfortable

Clock or timer with which to time the enema

Aluminum is a metal and is extremely toxic to our bodies, contributing to many degenerative diseases and always contributing to ill health. When we cook food, coffee,

etc., using aluminum, some of the aluminum is transferred to what we're cooking and so finds its way into our bodies, where it causes untold damage to vital organs such as the brain, kidneys, and especially the liver. When taking in a coffee enema, the aluminum is transported straight to the liver, thus bypassing the body's natural defenses against such poisons.

Teflon, like aluminum, is unsuitable for cooking and should never be used in preparing a coffee enema. Safer alternatives are stainless steel, enamel (ceramics, Le Creuset) and for non-boiling purposes, glass: modified forms of glass such as Pyrex, pottery (porcelain) and wood. Although any of these alternatives is preferable to aluminum (or Teflon), enamel is the only truly suitable option for preparing coffee enemas. When used for this purpose, stainless steel reacts with the acid of the coffee, releasing nickel, another toxic heavy metal. Although stainless steel is preferable to aluminum, enamel leaches no such toxic elements, and is the only truly suitable option. Again, never use aluminum or Teflon.

Although UK tap water is usually suitable for use in a coffee enema, fluoridated and/or chlorinated water should not be used. Although promoted for their positive effects, these poisonous chemicals are unfit for consumption, contributing to many forms of illness (toxicity) and always toxifying the body. Chlorinated water kills anything subjected to it - including humans, by inches. Such poison has no place in our bodies, and although several minutes' boiling will remove the chlorine, a more complex filtering system is needed to remove fluoride.

Promoted for its supposed benefits in the field of dental decay, fluoride is a toxic by-product of the aluminum industry and has been shown to have extremely negative effects on dental health as well as on health in general. Once fined for dumping this poisonous chemical into our waterways, the aluminum industry is now handsomely rewarded for its valid contribution to our dental health, so vital as to be included in almost every toothpaste. Fluoride is also a destroyer of human enzymes.

Sodium Fluoride, the extremely poisonous chemical used as rat poison and added to most water supplies in the U.S. and some in the U.K., has been shown to have an effect upon the brain that dulls the mind and renders the victim more susceptible to suggestion but continues to be promoted by politicians the 'civilized' world over, despite such obvious symptoms of its toxicity. Such poisons have no place in our bodies, whether via toothpaste or water. Fluoridated and/or chlorinated water must not be used. Use (and drink) bottled or distilled water instead.

The sieve/strainer is used to separate the liquid from the grinds, the solid coffee left at the bottom of the pan. Anything fine enough to catch the grinds is suitable, from an un-dyed cloth strainer to a fine sieve.

Preparing for the Coffee Enema

The best place to take an enema is usually the bathroom as it provides easy access to the toilet and allows the enema bag or bucket to be hung over the bathtub, saving the carpet from any spillages. The person taking the coffee enema lies on the floor, made more

comfortable with a pillow and towels, under which is laid a plastic sheet to protect against any spillages. For extra safety, or in the absence of any suitable plastic, the enema can be taken lying in the bathtub. This can be helpful for your first enema, for it protects the floor from any spillages and allows you to relax. The pillow and towels can still be laid in the bathtub.

The enema bag is usually most easily hung from the shower-rail using some chain or twine (strong enough to support the weight of a filled enema bag), or from a hook or handle set in the wall. The height at which the bag is hung will determine the rate of flow for the enema. The higher the bag, the higher the water pressure. If your bag is equipped with a tap to regulate the flow, you can hang it where it's easiest to fill and use the tap to adjust the flow to the appropriate rate. If, however, your bag has only the standard on/off clip with which to control the flow, the height of the bag is directly proportionate to the speed at which the coffee will try to enter your colon. A crucial comfort factor to say the least.

Recommended heights range from one to three feet above body level (usually referring to the top of the bag), but experience will show what's best for you. Many like to have books to read while taking the enema, and it's useful to have some way of telling the time. A small oven timer is ideal, but any clock visible from the floor is sufficient for timing the enema.

A coffee enema should be a relaxing, rejuvenating experience and a great opportunity to read inspiring books on cleansing and detoxification. Indeed, coffee enemas offer a kind of meditation on healing and are a great time to deal with both our physical and emotional toxins. The release and elimination of physical toxins always corresponds with an accompanying release and dissolving of emotional toxins (anger, fear, sadness) and dealing with and eliminating either type creates an opportunity for the other to be healed.

Any detoxification of the body has its reflection in the mind. Every emotional toxin is bonded to a physical toxin and vice versa. The room in which the coffee enema is to be taken should be made draught-free and heated to a comfortable temperature in order to allow the coffee enema to be as relaxing as possible. You can't have an effective coffee enema lying on a cold, draughty bathroom floor.

The effectiveness of coffee enemas is also hampered by dehydration. Although the majority of people are dehydrated all the time, taking the time to drink some water beforehand can greatly improve the effects of a coffee enema. Taking a coffee enema when you're dehydrated, too soon after eating, or drinking anything other than water, for instance, can cause headaches (a symptom of dehydration) and worsen any jitteriness caused by the caffeine.

Most importantly, relax. If this is your first coffee enema, or even your first enema, don't worry. Most people feel tense and anxious about taking their first enema, but there's really no need. Millions of people, all over the world, are taking enemas and coffee enemas, right now, at this very moment. Take your time, relax, and don't worry.

How to Prepare the Coffee

The basic method of preparing coffee for enemas is as follows:

First, add 3 tbps. of ground organic coffee to a quart of boiling water (in a suitable pan) and boil it for 3 minutes, before leaving it to simmer for 15 minutes.

When the coffee's done, strain it (through a sieve or strainer fine enough to catch the coffee grinds) from the pan into a suitable jug, before leaving to cool, or, more conveniently, mixing with cold water in order to bring it to body temperature. Dipping your finger into the coffee best tests this. The right temperature is about 'finger-warm'. If you do add water, bear in mind you'll have to retain more coffee.

There are two variables in preparing a coffee enema. The amount of coffee and the amount of water. The general 'serving' (from Gerson) is 3 rounded tablespoons. However, others, such as alternative cancer therapist William D. Kelley, recommend building from 1 teaspoon up to as much as 5 tablespoons of coffee per enema, and as many as 9 tablespoons have been used at once with no ill effects. 3 tablespoons is generally a good amount, but don't be afraid to experiment.

The amount of water used is really a matter of experience. The standard amount for any enema is 1 quart (just over a liter), but many cafeteros prefer full enema bags (about twice that). The benefits of larger enemas lie in their greater enematic effect: a full bag will allow your colon to eliminate far more than the standard quart will. In terms of coffee enemas, a larger amount of liquid should, in theory, allow for a greater absorption of the active elements from the coffee, and so a more effective coffee enema. Many people who use full bags do indeed find 'half-bag' coffee enemas far less effective. In practice though, while it's certainly worth experimenting with larger enemas, everyone has their own point to which their colon is willing to stretch. And although water enemas can be used beforehand to empty your colon, the best amount to use is however much you're comfortable with. If this is your first enema, start with a quart. Remember, you'll need to retain the coffee, the recommended time being 15 minutes.

Taking the Coffee Enema

The 15 minutes' retention is based upon studies of caffeine absorption, which showed that in 10-12 minutes, most of the caffeine had been absorbed, and by 15 minutes it was almost entirely gone. Caffeine, although important, is not the crucial factor in a coffee enema's powerful detoxifying effect, and 15 minutes is not always necessary for an effective coffee enema. When one becomes experienced in taking coffee enemas, it's not uncommon to experience a 'kick' or push of peristalsis (effort by the colon to eliminate) after anywhere from 9-13 minutes, depending on the person. That seems to indicate the best time to eliminate the coffee, beyond which the peristalsis subsides. Ultimately, you'll get to know just how long you need to retain the coffee in order to benefit from its effects, and once your liver's accustomed to coffee enemas, it will usually let you know when it's finished with the coffee.

It's generally recommended to take coffee enemas lying on your right-hand side, often with your knees pulled up, as this sucks the coffee deeper into the colon and can make it

easier to retain. However, in practice, there's only one position in which to take a coffee enema, the one that works. There are as many postures recommended as there are types of coffee. Common positions for insertion range from lying on one's back, to on all fours. For retention, the emphasis must always be on what's comfortable, and can be eased by elevating the legs, breathing deeply, and massaging the colon. The latter can also help with elimination and encourages a greater release of toxins and mucoid debris.

The enema is conducted into the colon via the standard rectal tip. These are usually about 2-3 inches long and made of slightly bendable plastic. At the base of the standard tip, there is a collar to prevent the tip from sliding into the colon any further than necessary. Some form of lubricant is generally used to ease the insertion of the tip, the best option being soap, as it's easily removed and eases any paranoia over cleanliness. Alternatives include KY Jelly or Vaseline.

After 15 minutes, you may expel the enema. You should not strain to hold the enema. If you feel the need to expel before the 15 minutes then do so. No straining of any kind should be done. The whole process should be very effortless. You can expect to feel a sense of ease and well being on the completion of the enema. Should you experience jitteriness, shakiness, light-headedness, nervousness, weakness, etc., you will need to decrease the strength of the coffee solution.

Appendix B

SUPERFOODS

More on Jungle Juice Ingredients

Ginger

- 1) Aids in Digestion -Perhaps the best herb for digestion, ginger root prevents indigestion and abdominal cramping. Ginger also helps break down proteins, aiding the digestion process.
- 2) Alleviates High Blood Pressure -Ginger improves and stimulates circulation and relaxes the muscles surrounding blood vessels, facilitating the flow of blood throughout the body.
- 3) Treats Nausea and Morning Sickness -Ginger has been widely shown to prevent as well as treat motion sickness. Ginger root relaxes the stomach and relieves the feeling of nausea.
- 4) Lowers LDL Cholesterol -Ginger root extract can help reduce the levels of LDL (bad) cholesterol in the body, reducing the risk of developing heart disease.

Other Health Benefits of Ginger Root:

- * Research shows that ginger root may help treat ulcers.
- * Ginger also possesses anti-inflammatory properties that could help with arthritis.
- * Ginger root has been used to fight off and alleviate the symptoms of colds and flu, as it contains immunity-boosting abilities.

(Source: <http://www.herbal-supplements-guide.com/ginger-benefits.html>)

Turmeric

- 1) Lowering LDL Cholesterol -Studies have shown that turmeric lowers LDL cholesterol levels.
- 2) Treating High Blood Pressure -Turmeric has been shown to improve blood flow as well as strengthen blood vessels.
- 3) Guarding Against Cancer -Studies point to turmeric's ability to neutralize free radicals, chemicals that could damage cells. Turmeric can ward off cancer and tumorous growths.
- 4) Promoting General Health -Turmeric extract contains powerful antioxidants which can help boost the body's immune system and protect against illness and disease.

Other Benefits

- * Some of the other turmeric benefits include protecting the liver, aiding in digestion and helping with irritable bowel syndrome.

(Source: <http://www.herbal-supplements-guide.com/turmeric-benefits.html>)

Lemon

- 1) High in vitamin C, bioflavonoids, potassium and calcium.
- 2) Possess Anti-Oxidant Activity-Destroys putrefaction bacteria in the mouth and intestines, thus purifying the breath.
- 3) Antiseptic, antifungal and antimicrobial. They stimulate the liver and gallbladder, releasing toxins and encouraging the formation of bile.
- 4) Moves Stagnant Liver Qi- This regulates the spleen and pancreas, aids digestion, and improves mineral absorption.

Other Benefits

- * Alleviates intestinal gas, bloating and pain, dispels flatulence, and promotes peristalsis.
- * Strengthen blood vessel walls and cleanse the blood, treating thick and poor circulating blood.
- * Lemon is calming to the nerves.

(Source: <http://www.lemonflower.com/health/health.shtml>)

Cayenne

- 1) Contains vitamins, minerals, and non-nutritive functional compounds that promote system cleansing, increase peripheral circulation and promote overall health and wellbeing.
- 2) Stimulates gastric juice output and cleanses the digestive tract.
- 3) Rich in vitamins B-complex, C, E, K, and other flavonoids.
- 4) Cayenne pepper contributes significantly to a healthy heart and strong peripheral circulation.
- 5) Cayenne Pepper contains vitamin E in a stable form and vitamin C – both of which are strong antioxidants.

Other Benefits:

- *The alkaloid capsaicin, found in abundance in cayenne pepper, boosts energy expenditure, stimulates digestion, and supports proper metabolic efficiency.
- *The heat generated internally by cayenne pepper can induce intense sweating.

Salt

It is true we need salt to live. Our own cellular makeup is very similar to seawater. Much more than a solution of salt water, the ocean's waters contain a complex combination of minerals and elements. It is this coincidence that has likely made salt, which is essential to life, the condiment most used for thousands of years.

"Salt" is actually a chemical term for a substance produced by a reaction of an acid with a base. The terms, "salt" and "sodium" are used interchangeably, but technically this is not correct. "Salt" is sodium chloride. By weight, it is 40% sodium and 60% chloride. Sodium is an essential nutrient, a mineral that the body cannot manufacture itself but which is required for life and good health. Human blood contains 0.9% sodium chloride, or salt -- the same concentration as found in saline solutions used to cleanse wounds. That coincidence is why we crave it and why man came to covet it.

Dr. Bernard Jensen, author of *Come Alive*, stated, "All cellular structures become alive through electrolytic activity. Life begins with electrolytes. Trace minerals carry the life force in our bodies more than any other substance."

Mineral salts create electrolytes. Electrolytes, often called the spark of life, are what carry the electrical currents throughout our bodies -sending messages to the cells in all of the different systems. Electrolytes are also necessary for enzyme production. Enzymes are responsible for breaking down food, for absorbing nutrients, muscle function, hormone production and more.

(Source: <http://www.celticseasalt.com/saltforlife.html>)

How to Grow Wheatgrass

- 1) Take 500g of good quality wheat grain and soak overnight in water.
- 2) The following morning, drain and rinse and allow to breathe all day.
- 3) Rinse again in the evening and allow to breathe all night. The following morning they are ready for planting.
- 4) Prepare about 1 inch of soil in a suitable tray or box with drainage holes. Make sure the soil has an even seedbed. Water the soil.
- 5) Spread the seeds evenly and thickly to cover the seedbed. Try and make sure no seeds are on top of one another.
- 6) Cover with a sprinkling of soil and keep in a shaded place for 3– 4 days. It is important that this place is not too warm. About 50 degrees Fahrenheit is perfect.
- 7) Water again as soon as grass begins to peep through. Wheat likes cool and wet environments. Do not over-water. Soil consistency should always be firm. Allow filtered light or mild exposure to direct sun. Do not allow trays to overheat or to dry out.

8) Harvest grass when at least 6 inches tall. As soon as some of the blades start to bend over the grass is ready for cutting. Ideally this takes 7-10 days. Cut the grass as low as possible and grind through a juicing press. Ordinary centrifugal juicers will not do this job.

Hand grinders called “Porkerts” are available from The Holistic Research Company, contact: info@holisticresearch.com (tell them it is for The Natural Goodness Program).

How to make Rejuvelac

Rejuvelac is a very refreshing, fermented, sprouted grain drink.

- 1) Take one cup of three-day-old sprouted wheat and place in jar.
- 2) Cover with fresh water.
- 3) Leave 24 hrs in a warm place.
- 4) Strain off rejuvelac and add fresh water. Drink up!
- 5) Repeat three days in a row then discard wheat.

Chia Seed

By: William Anderson

In the last twenty-five years, there has been a resurrection in the definition of medicine, a resurrection that amplifies the significance of our eating habits and our lifestyle. Medicine is not only defined as a treatment for illness and disease, it is now understood to be for the *prevention* of illness and disease. That would mean, for example, laughter is a medicine because research found it to boost the immune system. Exercise is good medicine for its cardio-vascular stimulation, muscle toning and flexibility and expelling toxins and for giving you a feeling of well-being, all immune boosters. To express a positive attitude towards life is not only good medicine for you, it is good medicine for those in contact with you. But the most important medicine, especially for the prevention of illness and disease, is our diet. It only needs our cooperation in supplying proper hydration and the needed nutrients to effectively maintain a state of wellbeing.

Research has revealed that more than two thirds of all deaths in the United States are diet related. More than 50% of all deaths are caused from coronary occlusion, blockage of the blood flow to the heart and/or the brain. These are all preventable deaths according to the Journal of American Medical Association which published in 1961 that, “All coronary occlusion can be eliminated by 97% through a vegetarian diet.” Fourteen hundred American’s are dying of cancer every day. In the prestigious Advances in Cancer Research, they concluded, “At present, we have overwhelming evidence... (that) none of the risk factors for cancer is... more significant than diet and nutrition.”

Because the question of what might be the optimum diet can, at times, be emotionally charged for many people, having had a significant emotional commitment in believing they know what’s best, I would like to suspend the issues of diet and introduce you to a

“super” food that all would agree on. It is known as the Chia Seed. Once valued so much that it was used as currency, this unique little seed has exceptional nutritive and structural benefits.

Chia, is familiar to most of us as a seed used for the novelty of the Chia Pet™, clay animals with sprouted Chia seeds covering their bodies. Little is known, however, of the seeds tremendous nutritional value and medicinal properties. For centuries this tiny little seed was used as a staple food by the Indians of the southwest and Mexico. Known as the running food, its use as a high-energy endurance food has been recorded as far back as the ancient Aztecs. It was said the Aztec warriors subsisted on the Chia seed during the conquests. The Indians of the southwest would eat as little as a teaspoon full when going on a 24hr. forced march. Indians running from the Colorado River to the California coast to trade turquoise for seashells would only bring the Chia seed for their nourishment.

If you try mixing a spoonful of Chia in a glass of water and leaving it for approximately 30 minutes or so, when you return the glass will appear to contain not seeds or water, but an almost solid gelatin. This gel-forming reaction is due to the soluble fiber in the Chia. Researchers believe this same gel-forming phenomenon takes place in the stomach when food containing these gummy fibers, known as *mucilages*, are eaten. The gel that is formed in the stomach creates a physical barrier between carbohydrates and the digestive enzymes that break them down, *thus slowing the conversion of carbohydrates into sugar.*

In addition to the obvious benefits for diabetics, this slowing in the conversion of carbohydrates into sugar offers the ability for creating endurance. Carbohydrates are the fuel for energy in our bodies. Prolonging their conversion into sugar stabilizes metabolic changes, diminishing the surges of highs and lows creating a longer duration in their fuelling effects.

One of the exceptional qualities of the Chia seed is its hydrophilic properties, having the ability to absorb more than 12 times its weight in water. Its ability to hold onto water offers the ability to prolong hydration. Fluids and electrolytes provide the environment that supports the life of all the body’s cells. Their concentration and composition are regulated to remain as constant as possible. With Chia seeds, you retain moisture, and regulate, more efficiently, the body’s absorption of nutrients and body fluids. Because there is a greater efficiency in the utilization of body fluids, the electrolyte balance is maintained.

Example: Fluid and electrolyte imbalances occur when large amounts of fluids are lost resulting from vomiting, diarrhea, high fever, or more commonly from sweating. The loss of extra-cellular fluid occurs in these conditions. Intracellular fluid then shifts out of cells to compensate, causing abnormal distribution of electrolytes across cell membranes resulting in cellular malfunction. So retaining and efficiently utilizing body fluids maintains the integrity of extra-cellular fluids, protecting intercellular fluid balance. The results of which ensure normal electrolyte dispersion across cell membranes (electrolyte balance), maintaining fluid balances, resulting in normal cellular function.

Chia seeds are the definitive hydrophilic colloid for the 21st century diet. Hydrophilic colloids, (a watery, gelatinous, glue-like substance) form the underlying elements of all

living cells. They possess the property of readily taking up and giving off the substances essential to cell life. The precipitation of the hydrophilic colloids cause cell death.

The food we eat, in the raw state, consist largely of *hydrophilic colloids*. Cooking on the other hand, precipitates its colloidal integrity. This change in the colloidal state alters the hydration capacity of our foods so as to interfere with their ability to absorb digestive juices. If we were to eat a raw diet we wouldn't need to introduce the addition of any hydrophilic colloid to our diet. Uncooked foods contain sufficient hydrophilic colloid to keep gastric mucosa in the proper condition. But even with raw foods, they must first be partially broken down by the digestive juices, beginning in the mouth and continuing through the upper tract, to allow the gelatinous reaction to take place. Because of this upper tract digestive process, those who suffer from slow digestion, gas formation, relaxed cardia and heartburn in which the burning is due to organic acids instead of an excess of the normal hydrochloric acid, which frequently accompanies chronic inflammation disease affecting such organs as the heart, lungs, gall bladder and appendix, are usually restricted from eating raw foods.

A hydrophilic colloid incorporated with these foods may be used either in connection with the patient's regular food or with whatever diet the physician feels is best suited for his patient. The patient with gastric atony or nervous indigestion who complains of heartburn and/or vomiting four to five hours after eating is often helped. There is a lessening of emptying time if the stomach and an improvement in gastric tone.

Chia seed may be used in conjunction with almost any diet your doctor or nutritionist feels is necessary for your condition. The chia's hydrophilic colloidal properties aid the digestion of any foods contributing to the patients suffering as a result of a sour stomach. Even if you have sensitivity to certain foods, they may be tolerated with slight discomfort or none at all if a hydrophilic colloid is made a part of your diet. The positive effects on the digestion in the upper portion of the gastrointestinal tract often leads those who have to puree their foods may find benefits from hydrophilic colloids which may lead to eliminating the necessity for pureeing. Even raw vegetables, green salads and fruits, which are largely restricted, may often be given to these patients with little or no discomfort after a short time.

There are several hydrophilic foods available that offer these natural benefits. Cactus juice, beet juice, agar, the edible seaweeds, and many proprietary preparations, which include the silica gels, mucilaginous substance of vegetables origin, are among colloids that prove effective. Each one of the above mentioned substances have one or more drawbacks. They are either too expensive, they may produce toxic side effects, bad tasting, not readily available, insufficient hydration capability, or it is indigestible.

Chia seed, *a muscle and tissue builder* and an energizer of endurance with extensive hydration properties, possesses none of the above disadvantages, and because of its physiochemical properties, supports effective treatment in immediate problems of digestion. Exactly why this should be true may be puzzling at first. However, if we consider the effect of unusual irritation upon the nerves of the gastrointestinal canal, it is reasonable to think that a less violent and more balanced digestion might quiet the activity of the otherwise hyperactive gut. In as much as the same foods, which formerly

produced irritation, may frequently be continued without harm when hydrophilic colloids are used. The relief to nerve irritation seems to offer a logical explanation.

The change, in the lower gastrointestinal tract, is due to the effect of the hydrophilic colloid and to a more complete digestion-taking place along the entire tract due to physiochemical alterations. Both factors are important, as there is undoubtedly a better assimilation of food that supports enhanced nutritional absorption while significantly extending necessary hydration as well as encouraging proper elimination.

As a source of protein, the Chia, after ingestion, is digested and absorbed very easily. This results in rapid transport to the tissue and utilization by the cells. This efficient assimilation makes the Chia very effective when rapid development of tissue takes place, primarily during growth periods of children and adolescents. Also for the growth and regeneration of tissue during pregnancy and lactation, and this would also include regeneration of muscle tissue for conditioning, athletes, weight lifters, etc.

Another unique quality of the Chia seed is its high oil content, and the richest vegetable source for the essential omega-3 fatty acid. It has approximately three to ten times the oil concentrations of most grains and one and a half to two times the protein concentrations of other grains. These oils, unsaturated fatty acids, are the essential oils your body needs to help emulsify and absorb the fat soluble vitamins, A, D, E, & K. Chia seeds are rich in the unsaturated fatty acid, linoleic, which the body cannot manufacture. When there are rich amounts of linoleic acid sufficiently supplied to the body through diet, linoleic and arachidonic acids can be synthesized from linoleic acid.

Unsaturated fatty acids are important for respiration of vital organs and make it easier for oxygen to be transported by the blood stream to all cells, tissues, and organs. They also help maintain resilience and lubrication of all cells and combine with protein and cholesterol to form living membranes that hold the body cells together.

Unsaturated fatty acids are essential for normal glandular activity, especially of the adrenal glands and the thyroid gland. They nourish the skin cells and are essential for healthy mucus membranes and nerves. The unsaturated fatty acids function in the body by cooperating with vitamin D in making calcium available to the tissues, assisting in the assimilation of phosphorus, and stimulating the conversion of carotene into vitamin A. Fatty acids are related to normal functioning of the reproductive system. Chia seeds contain beneficial long-chain triglycerides (LCT) in the right proportion to reduce cholesterol on arterial walls.

The Chia seed is also a rich source of calcium as it contains the important mineral boron, which acts as catalyst for the absorption and utilization of the calcium by the body.

Chia, as an ingredient, is a dieter's dream food. There are limitless ways to incorporate the Chia seed into your diet. Chia must be prepared with pure water before using in recipes. The seed will absorb 9 times its weight in water in less than 10 minutes and is very simple to prepare.

Food Extender/Calorie Displacer: The optimum ratio of water to seed, for most recipes, is 9 part water to 1 part seed. One pound of seed will make 10 pounds of Chia gel. This is

the most unique structural quality of the Chia seed. The seed's hydrophilic (water absorbing) saturated cells hold the water, so when it is mixed with foods, it displaces calories and fat without diluting flavor. In fact, I have found that because Chia gel displaces rather than dilutes, it creates more surface area and can actually enhance the flavor rather than dilute it. Chia gel also works as a fat replacer for many recipes.

Making Chia Gel (9to1 ratio): Put water in a sealable plastic container and slowly pour seed into water while briskly mixing with a wire whisk. This process will avoid any clumping of the seed. Wait a couple of minutes, whisk again and let stand for 5 to 10 minutes. Whisk again before using or storing in refrigerator (Gel will keep up to 2 weeks

In addition to adding up to 50% to 75% more volume to the foods used, you have displaced calories and fat by incorporating an ingredient that is 90% water. Use as a fat replacer, for energy and endurance, or for added great taste.

There are additional benefits from the Chia seed aside from the nutritive enhancements when used as an ingredient. It was also used by the Indians and missionaries as a poultice for gunshot wounds and other serious injuries. They would pack the wounds with Chia seeds to avoid infections and promote healing. If you place a seed or two in your eyes it will clean your eyes and will also help to clear up any infections. There is a wealth of benefits beyond the information outlined in this article and treasure-trove of benefits yet to be discovered. Chia seed, having a qualitatively unique situational richness along with a profound nutritive profile is one of man's most useful and beneficial foods and is destined to be the Ancient Food of the Future.

"There is Truth in the information outlined in this article. Truth flows with the fluidity and ease as the valley's river. Each drop, as with each word flows as the river in the Truth that reaches to and becomes the ocean." -Wm. Anderson

Fresh Organic Bee Pollen

Bee pollen is quite simply an extra ordinary source of every essential mineral and nutrient the cellular structure requires. Replete with anti-bacterial and anti-biotic powers this remarkable super food stands on top of the mountain of natural medicinal nutrition. Often referred to as nature's most complete food bee pollen rejuvenates the body, regulates the organs and glands and enhances vitality and cellular rejuvenation. Bee pollens ability to consistently and noticeably increase energy levels makes it a favorite substance amongst many world-class athletes and those of us interested in sustaining quality performance.

Pollen is the male seed of flowers. The tiny particles consist of 50/1.000-millimeter corpuscles, formed at the free end of the stamen in the heart of the blossom. Every variety of flower on the planet puts forth a dusting of pollen. It takes one bee, working eight hours a day, one month to gather one tea-spoon of pollen and that tea spoonful contains

2.5 billion grains. One of the most interesting facts about bee pollen is that it cannot be synthesized in a laboratory. Many thousands of chemical analyses have been made on bee pollen with the very latest diagnostic equipment but there are still some elements in bee pollen which science cannot identify. The bees add some mysterious extra of their own.

These unidentifiable elements maybe the reason why bee pollen works so well against so many diverse health conditions.

BEE POLLEN COMPOSITION

Being the vegetal masculine cells, pollen has ALL necessary substances to sustain the life of future seeds and/or plants. Its variability is extraordinary, if we keep in mind that there are over 2,000 plants visited by our bees.

This variability can be seen in two ways: 1) As a big advantage, for those who seeks variability in their diet; 2) as a disadvantage, especially for those scientists who think about Apitherapy (pollen therapy) only in terms of "active substances," "repeatable" and "predictable" results.

However, in spite of this great variability, the following type of composition is generally accepted for pollen:

AMINO ACIDS (PROTEIN)

+ 35-50 grams pollen per day can satisfy human protein requirements; Pollen contains the same number of amino acids. Though each varies greatly in quantity.

CARBOHYDRATES

Gum-pentoses-cellulose

Sporonine (7-57 % of pollen of the various species); 28 % in bee collected; 57 % hand collected.

Starch : 0-22 % of pollen

Polysaccharides-raffinose-ribose-desoxyribose

* Indispensable and Essential	** Partially indispensable	
<ul style="list-style-type: none"> • Tryptofan * • Leucine * • Lysine * • Isoleucine * • Threonine * • Histidine * • Methionine * • Phenylalanine * 	<ul style="list-style-type: none"> • Arginine ** • Glycine ** • Tyrosine ** • Cystine ** 	<ul style="list-style-type: none"> • Aspartic acid • Hydroxyproline • Carbamic acid • Alanine • Valine • Glutamic acid • Proline • Serine • Citrulline • Asparagine • Ornithine • Isovaline • Glycin

TOTAL SUGARS: 30-40 % Sucrose (= cane sugar) Glucose (= grape sugar= dextrose)
Fructose (= laevulose; = fruit sugar)

REDUCING SUGARS: 0.1-19 % Bee-collected pollen:

Non-reducing sugar: 2.71 %

Reducing: 18.82 % - 41.21 %

Mean: 25.71 %

FATTY ACIDS

Caproic (C-6)

Caprylic (C-8)

Capric (C-10)

Lauric (C-12)

Myristic (C-14)

Palmitic (C-16)

Stearic (C-18)

Arachidic (C-20)

Behenic (C-22)

Palmitoleic (C-15); 1 double bond

Oleic (C18); 2 double bonds

Linolenic (C18, C20) 2 double bonds

Brucic (C-22); 1 double bond

As an example, *Pinus* dry pollen contains: 1.25 - 1.33 % fatty acids based on dry weight of pollen. Major are: linolenic, oleic and stearic fatty acids.

FATS & OILS

Fatty acids (see above) may be up to 5.8 %.Hexadecanol may be 0.14 % of pollen by weight. Alpha-amino butyric acid is present in pollen fat. Unsaponifiable fraction of pollen may be 2.6 % by weight.

VITAMINS

- Provitamin A (Carotenoids): 5-9 micrograms %
- Vitamin B1 (Thiamin): 9.2 micrograms %
- Vitamin B2 (Riboflavin)
- Vitamin B3 (Niacin)
- Vitamin B5 (Pantothenic acid): 5-50 micrograms/gram
- Vitamin B6 (Pyridoxine): 5 micrograms %
- Vitamin B12 (Cyanocobalamine)
- Vitamin C (Ascorbic acid)
- Vitamin D
- Vitamin E
- Vitamin H (Biotin)
- Vitamin K
- Choline, Inositol, Cyanocobalamine, Folic acid: 5 micrograms %

- Rutin: 16 miligrams %; rutin in beehive pollen: 13 %
- Vitamin PP

ENZYMES & COENZYMES

Lactic dehydrogenase
 Succinic dehydrogenase
 Cytochrome systems
 Saccharase
 Phosphatase
 Amylase
 Diaphorase
 Catalase
 Pectase
 Diastase
 Cozymase

Note: The cozymase in mixed fresh pollen runs about 0.5-1.0 mg/gram, comparable to the amounts in yeast.

Bee pollen contains all known enzymes & coenzymes - and probably all that will be identified in the future!!!

MINERALS

Calcium : 1-15 % of ash
 Phosphorus: 1-20 % of ash
 Iron: 1-12 % of ash; 0.01 - 1.3 % of fresh pollen; 0.6-7.1 milligrams of air dried pollen
 Copper: .05-.08 mg % of ash; 1.1-2.1 mg % of fresh
 Potassium : 20-45 % of ash
 Magnesium : 1-12 % of ash
 Manganese: 1.4 % of ash
 Silica : 2-10 % of ash
 Sulphur: 1 % of ash
 Sodium
 Titanium
 Zinc
 Iodine
 Chlorine
 Boron
 Molybdenum
 Selenium

Note: 28 minerals are found in the body. 14 are essential vital elements present in such small amounts that they are called trace elements or "micro-nutrients." Pollen contains all 28 minerals.

PIGMENTS

Xanthophyll: 20-50 micrograms

Alpha/Beta carotene: 50-150 micrograms

Chlorophyll

WATER

3-20 % of fresh pollen by weight.

Even though not directly related to this subject, we can say that besides substances, quantifiable on a "matter" related basis, fresh pollen contains a lot of bio-energy or "living energy".

In Apitherapy it is important to know this aspect, especially when the other sources of bio-energy or its absorption in the body are limited by different causes.

POLLEN PHARMACOLOGICAL PROPERTIES, EFFECTS, ACTIONS

As we have learned from the other chapters on pollen, this wonderful floral and bee product has a potential source of over 1,000 different flowers; as a result, its composition and, of course, its properties are very variable.

The main properties of bee pollen are related to its great richness in nutrients (amino acids, carbohydrates, vitamins, enzymes etc.).

So, bee pollen is first of all a very good FOOD! However, as Hippocrates said over 2,000 years ago, "*a good food, well administered, can be also a remedy.*"

Below, you will find the main properties of bee pollen, listed alphabetically.

You will see that our day-to-day pollen may offer us over 40 properties!!!

1. APHRODISIAC (adjutant)

Pollen is a sexual vegetal cell.

2. ALLERGIC (hay fever)

Because of the long different proteins present in pollen; however, the main allergic pollen grains are usually the ones carried by the wind and NOT by the bees.

3. ANABOLISANT

Pollen contains a lot of vitamins and other nutrients which usually increase the appetite and help the building of new cells.

4. ANTI-ANOREXIA (anorexia = loss of appetite)

Given by the presence of many vitamins, especially from the group B.

5. ANTI-ALLERGIC (hay fever) (adjutant)

When given in very small doses, as a food, pollen mixed with honey or in wax capping, may desensitize against these allergies.

6. ANTI-ATHEROSCLEROSIS (adjutant)

Pollen, because of its complex composition, may lower the high blood pressure, improve the blood flow through improvement of liver functions, and regenerates the endothelial arterial cells.

7. ANTI-DEPRESSIVE (adjutant)

Pollen has all the amino acids necessary for the nervous system to create its own, natural anti-depressants, like endorphins.

8. ANTIOXIDANT

Caused by the pollen content in bio-flavonoids, carotene, selenium, etc.

9. ANTI-PYRETIC (adjutant)

Pollen helps the immune system (see previous paragraph); a strong immune system can get rid of many causes of fever (bacteria, viruses, parasites and the unrelated substances) more easily and quickly.

10. ANTI-TOXIC (adjutant)

Pollen is one of the best food for liver; a healthy liver can better neutralize the toxins.

11. BIO-STIMULANT

Fresh pollen is made of billions of strong living cells which have a very powerful "life force"; think of oak or lime pollen which allows these trees to live for over 1,000 years!

12. DIETETIC

Pollen is very good as a food, as it was mentioned above; it is a very well-balanced vegetal source of nutrients, thus it is recommended for obesity, high blood pressure, gout etc.

13. DIMINISH the EDEMA (excessive water in tissues)

Pollen increases the level of proteins in the blood, thus absorbing excessive water from the tissues back into the blood stream.

14. DIMINISH HAEMORRHAGES (adjutant)

It nourishes the liver which produces all necessary anti-bleeding factors; it strengthens the capillary walls; it increases the blood's and body's energy; according to the Traditional Chinese Medicine, when Qi (the bio-energy) is low, bleeding appears more often, higher Qi = none or less bleeding.

15. DIMINISH HIGH BLOOD PRESSURE (adjutant)

Improves the blood's fluidity because pollen diminishes the blood's fats; reduces the micro-hemorrhages, thus the incidence of atherosclerosis; softens the interior walls of the arteries, capillaries and veins; nourishes the arterial muscles, thus making them more flexible; nourishes the heart muscles and nerves; a healthier heart can better handle the blood pressure variations.

16. DIMINISH the levels of BLOOD CHOLESTERINE, FREE FATTY ACIDS, TRIGLYCERIDES, BETA-LIPOPOTEINS and ALBUMINS

17. DIMINISH the negative effects of excessive STRESS

Pollen contains all nutrients necessary for the functioning of the nervous system; a healthier nervous system means better adaptability to many stress factors.

18. DIURETIC (adjutant)

The pollen's relative high content of carbohydrates increases the body's biological water. The bio-flavonoids have usually a light diuretically effect, too.

19. ENERGIZING

It has all nutrients necessary for all our dynamic cells (muscle and nervous system cells included).

20. GIVES a FEELING of WELL BEING

See the endorphin secretion enhanced by the presence of enough amino acids in the blood.

21. HIGH QUALITY FOOD

See the pollen composition...

22. IMPROVES ALL BRAIN FUNCTIONS

This is directly caused by the presence of incredible large quantities of different nutrients in pollen; these substances nourish directly, as mentioned several times above, all neuronal cells; the indirect effect is caused by the nourishment of the liver; a healthier liver will create in his turn other very important substances for the brain functioning.

23. IMPROVES HAEMOGLOBIN and BLOOD RED CELLS PRODUCTION

Pollen contains all necessary substances for cellular regeneration, including those required for the blood cells; pollen also has iron which is very important for the

hemoglobin syntheses. Free FAT ACIDS are present in heart and other muscles as metabolic energy sources. Triglycerides = Link (ester) of glycerin with fat acids; a group of lipids class. Lipoproteins = water soluble macromolecular link between lipids and proteins. Albumin = a relative small protein molecule found in blood and other body fluids.

24. IMPROVES LARGE INTESTINE FUNCTIONS

Because it finally nourishes the large intestine flora.

25. IMPROVES THE NUTRITION and THE FUNCTIONS of ALL body's MUSCLES (included the smooth muscles of internal organs) see the nutrients story.

26. IMPROVES PROSTATE FUNCTIONS

Pollen is a sexual vegetal cell; it is anti-bacterial; it is anti-inflammatory; it is diuretic; it contains *phytosterols* that helps a good functioning of the prostate.

27. IMPROVES STOMACH FUNCTIONS

It nourishes the stomach mucosa cells which produce the stomach juices; it nourishes the stomach's muscles; stronger stomach muscles help the mixing of foods with the stomach juices + their "pushing" further to the duodenum and small intestine.

28. IMPROVES the BIRTH PROCESS

Both the baby and the mother need strong muscles during the birth process.

29. IMPROVES the BLOOD FLOW

See the diminishing of the "bad" blood's fats which increases the blood's fluidity; see the increasing of heart's muscles power which will pump more blood with less effort, also because of the increase in the arteries' elasticity.

30. IMPROVES the BODY'S NUTRITION

Bee pollen composition.

31. IMPROVES the EYE FUNCTIONS

Direct through eye cells nutrition; indirect through liver's nutrition; the liver produces most of the necessary pre-substances for the functioning of the eyes.

32. IMPROVES the INTESTINAL FLORA

The residues from the pollen digested in the stomach and small intestines nourish the large intestine flora.

33. IMPROVES the LIVER FUNCTIONS

Bee pollen composition and bio-energy.

34. IMPROVES the PANCREAS FUNCTIONS

Liver has more than 100 different biochemical functions. Bee pollen "cleans" at microscopically level the exit of its anatomically conducts (Santorini and Wirsung) through which the pancreatic digestive juices are secreted, and, thus prevents their blockades through micro-stones; by offering to the pancreatic cells, after absorption through the small intestine, of many useful micro-nutrients, especially essential amino-acids that are extremely important for the production of insulin.

35. IMPROVES the sexual life (especially for MEN)

Pollen is a male sexual vegetal cell. It contains many vitamins, carbohydrates, fats and free amino-acids readily available for the hormone and sexual cells production in most mammals and inhuman beings.

36. IMPROVES the SKIN STRUCTURE

Through its high content in vitamins; the collagen and elastin from our skin are proteins; pollen contains all amino acids necessary to produce these proteins.

37. IMPROVES the STORAGE of VITAMIN C in ADRENAL GLANDS, THYMUS, SMALL INTESTINE, LARGE INTESTINE and LIVER

This is an experimental proven effect; humans cannot produce vitamin C, so this property is extremely important for our health!

38. IMPROVES THYROID FUNCTIONS

Through better nutrition of the thyroid; pollen and thyroid are both related to the "energy", to the "Yang" from the Traditional Chinese Medicine; pollen contains all amino acids necessary for the thyroid hormones synthesis.

39. IMMUNE-SYSTEM ENHANCERS

Because of the pollen's content in carotene, free amino-acids, glucose, bioflavonoids.

40. INCREASES the levels of ALPHA and BETA GLOBULINS in Serum;

This helps the liver functions and the immune system.

41. LOWERS CHOLESTEROL LEVELS IN HUMANS

Because of its content in phytosterols and bio-flavonoids.

42. PROTECTS the BODY against NEGATIVE EFFECTS of CHEMOTHERAPY

Liver protection; cell regeneration; liver remedies detoxification.

43. STIMULATES the PRODUCTION of BODY'S SUBSTANCES

See the anabolism.

44. STIMULATIVE

It helps the nervous system; it helps the muscles; it has a lot of "life force".

45. STRENGTHEN the CAPILLARY VESSELS

See the production of collagen and elastine; see the anti-haemorrhagic properties of the bio-flavonoids; pollen helps the storage of vitamin C in various organs in the body; vitamin C together with the bio-flavonoids can participate at a perfect construction and regeneration of the inner wall of the capillaries: the endothelium.

46. STRENGTHEN the HEART

Pollen as direct and indirect (through liver) nourishment and source of bio-energy.

47. STRENGTHEN the IMMUNE SYSTEM

Almost all structures related to the immune system need a lot of different proteins; proteins are made of amino acids...

48. TONIC

Pollen increases the appetite, the digestion forces the blood flow, the functioning of the heart and nervous system, the sexual abilities, etc.

Gogi Berries

THE 34 REASONS TO GO FOR GOJI!

- Extend your life
- Increase your energy and strength
- Look and feel younger
- Lower your blood pressure
- Prevent cancer
- Maintain healthy cholesterol levels
- Balance blood sugar and manage diabetes
- Enhance libido and sexual function
- Lose weight
- Relieve headaches and dizziness
- Get better sleep
- Improve your vision

- Strengthen your heart
- Inhibit lipid peroxidation
- Resist disease
- Improve immune response
- Manage and fight cancer
- Protect your precious DNA
- Inhibit tumor growth
- Reduce the toxic effects of chemotherapy and radiation
- Build strong blood
- Improve your lymphocyte count
- Fight inflammation and arthritis
- Support your liver
- Treat menopausal symptoms
- Prevent morning sickness
- Improve fertility
- Strengthen your muscles and bones
- Support kidney health
- Improve your memory
- Help chronic dry cough
- Alleviate anxiety and stress
- Brighten your spirit Improve digestion

(Check out www.gojitools.com)

Sacred Chocolate

“Open the Heart...Discover the Magic!”

~Sacred Steve

Sacred Chocolate is the most incredible tasting RAW organic chocolate bars on the planet! Sacred Chocolate is certified organic, certified vegan, certified halal, certified kosher & sold above fair trade standards. Sacred Steve, the creator, is whole-heartedly

committed to providing the most exceptionally tasting and nutritionally beneficial chocolate, and educating people on the super-food properties of raw chocolate, and what makes it so sacred!

Why Sacred? Theobroma Cacao, the scientific name for the chocolate tree, literally translates into the "Food of God." Sacred Steve believes Sacred Chocolate is a holy sacrament, an offering to the higher power, and a super-food for positive life transformation. One great example of the reverence given the sacred cacao bean, is that the ancient Aztec Indians of Central America valued cacao so much that they used it as money! Montezuma, the famous Aztec emperor, had his vaults filled not with gold but with about 960,000,000 raw cacao beans! From the cacao bean to each chocolate bar, Sacred Chocolate is infused with Love, Prayer, and Gratitude. Sacred Steve honors, respects, and gives thanks to all beings that make the amazing super-food we know as chocolate possible.

Sacred Steve believes Raw Cacao or Chocolate is the latest Raw Super Food! Raw Cacao is the highest known source of anti-oxidants by a factor of almost 5! It has nearly 20 times the antioxidant levels of red wine and up to 30 times that which is found in green tea! It is a true super food and unrivaled in many areas of nutrition--especially antioxidants! In nature, the primary source of Magnesium is cacao (raw chocolate beans) and sources say that over 80% of the US population is deficient in Magnesium. All processes in the creation of Sacred Chocolate are kept below 114 degrees Fahrenheit to ensure maximum antioxidant retention. Sacred Chocolate has an antioxidant rating (ORAC score) 3-4 times higher than that of a cooked dark chocolate bar of comparable cacao content.

Sacred Chocolate is unlike any other chocolate as Sacred Steve uses only raw unroasted cacao, which he then slowly stone grinds the old fashioned way. Sacred Chocolate is always made by hand. He sources around the globe for unique and pure indigenous ingredients. Sacred Steve never uses weak cacao "filler" beans to boost cacao percentages and he completely avoids cane sugar. All ingredients are raw in all the heart shaped bars, except those with sweetener, where certified vegan, organic maple sugar is used (crystallized maple syrup) which he finds to be the best tasting, most nutrient dense and hi-vibe sweetener. Maple is an eco-friendly sweetener which promotes old growth forests, since no trees are cut down in its production! It's also low on the glycemic index at 55, and contains manganese, zinc, and potassium as well as antioxidants including epicatechins and quercetin.

Sacred Chocolate is molded into a Sacred Heart to symbolize both the facts that raw chocolate is good for the heart, and that an amazing amount of love and great care has gone into the making of Sacred Chocolate! Theobromine, the main stimulating ingredient in Sacred Chocolate is so good for the Heart that medical doctors gave it to heart attack victims from the 1890's to the 1930's. Theobromine dilates blood vessels and relaxes smooth muscle tissue. It also has a positive effect on breathing and the lungs and has been successfully given to asthma victims!

Sacred Chocolate is the only chocolate in the world that includes the skin of the cacao bean for flavor and nutritional purposes. The delicate skin adds a fruity complexity to the

flavor of Sacred Chocolate and also adds concentrated phytonutrients, analogous to the nutrition found in the skin of most fruits and vegetables.

Unlike most other raw chocolate bars, Sacred Chocolate is hard, finely tempered, and requires no refrigeration! You can taste the unique magic of this remarkably delicious and nutritionally beneficial chocolate!

Being an alchemist by nature, Sacred Steve is passionate about his creations--20 magic hand crafted flavors so far, with many more in the alchemical crucible! He holds a bachelor's degree in mechanical engineering and a master's degree in aerospace engineering from Stanford University. In 1993, inspired by Anthony Robbins, Sacred Steve began studying and following the raw food diet, which eventually resulted in the creation of the highest quality raw chocolate in the world—Sacred Chocolate! Sacred Steve is an ordained minister and chaplain in Spiritis Church. When he's not experimenting with new recipes Sacred Steve loves to spend his free time with his 6 year old daughter, lecturing and meditating on the miraculous power of the Sacred Heart, and communing with Nature.

10% of Sacred Chocolate profits are donated to the Fruit Tree Planting Foundation (ftpf.org). Please visit SacredChocolate.com for more information.

"Sacred Chocolate is clearly the best chocolate bar ever. Take one bite and you will know that Sacred Chocolate has cracked the cacao code!" — David Wolfe

Appendix C

Food Combining

The Necessity of Proper Food Combining

By Dr. Herbert M. Shelton and reprinted from *Dr. Shelton's Hygienic Review*

The human stomach is a site of constant chemical activity. Digestion is largely a matter of chemical changes in the food eaten. These changes are instigated and carried out by enzymes secreted in the mouth, stomach and elsewhere. For their activities, these enzymes require suitable media.

All of this makes it important that we exercise some care not to take into the stomach at the same time foods requiring different and incompatible media. The assertion recently widely publicized that the stomach cannot tell one food from another and digests one mixture of foods as well as it does another is not good chemistry; it is even worse physiology. Either the one who made it is grossly ignorant of the "facts of life," or has a poor regard for truth. Whether ignorant or dishonest, such an individual should not pose as an authority in the field of human nutrition and presume to advise millions about proper eating.

Different Foods Require Different Digestive Tasks

It is a fundamental fact in chemistry that alkalis and acids are opposites; that they neutralize each other. It is a fact in physiology that all starchy foods digest in an alkaline medium and the starch-splitting enzyme of the mouth (ptyalin or salivary amylase) is destroyed by acid, even a mild acid. Therefore, if acids are taken with starches, starch digestion is suspended. If breads or cereals or potatoes are eaten with berries or with citrus fruits, or with other acid-bearing foods, the digestion of these starches is delayed.

Eating Protein and Starches Together Begets Indigestion

It is a fact of physiology that proteins require an acid medium for their digestion in the stomach. When proteins are eaten, acid is secreted to enable the enzyme, pepsin, to begin the work of protein digestion. Now, it is not possible for two processes, that of starch digestion requiring an alkaline medium for its digestion, and that of protein digestion requiring an acid medium for its accomplishment to both go on in the same stomach at the same time, with any great efficiency. The rising acidity of the stomach will neutralize the saliva, destroy the salivary amylase, and bring starch digestion to a halt. If no protein is taken with the starch, no acid is poured into the stomach and starch digestion proceeds on schedule.

A Fundamental Rule

The application of this fact of the physiology of digestion is plain: eat starch foods at separate meals from acid foods and foods requiring acid in their digestion. This simply means, do not eat such foods as cereals, bread, potatoes, (sweet and Irish), parsnips, squash, beans, or other starchy foods with flesh, eggs, cheese, nuts, or other protein

foods, and do not eat these starchy foods with berries, oranges, grapefruit, pineapple, or other acid foods. There is enough oxalic acid in spinach to delay or suspend starch digestion.

Acid Indigestion Arises From Wrong Combinations

All of this means that those grand old combinations, the mainstays of every boarding house lady in the land, of citrus fruits and cereals for breakfast and meat and potatoes at dinner, will have to go. So, also, will have to go those other popular favorites, sandwiches, hamburgers, hot dogs, and similar combinations. Pastries with proteins, pastries with acid fruits, and similar popular combinations, are in large measure, responsible for so much of what the patent medicine barkers call "acid indigestion."

Retarded digestion favors fermentation and putrefaction of the foods eaten. Certainly there can be no sane reason why one cannot eat his foods in such combinations as place the least tax upon the digestive glands. Nobody has ever charged, so far as I know, that one cannot get all the food required or that the food will be lacking in essential nutrients if the food is combined according to a few simple rules that have their basis in the physiology of digestion. Who is behind the strenuous effort to persuade the people that food combining is needless and hurtful?

Natural Combinations Wholesome

It is sometimes objected that Nature herself combines protein and starch and it is argued that if she combines these food factors, the combination must be good. When those who offer this objection come up with sandwich trees, hamburger bushes and hot dog vines, we'll concede that they have a valid objection. But until they are able to provide us with such combinations, we shall be compelled to think that they are merely throwing spitballs at phantoms. This objection has been answered many times and the answer has been ignored as often as it has been given. It may not be amiss to briefly reply to it again at this time. The digestive tract can vary its digestive secretions, both as to the acidity of alkalinity and as to timing, to meet the digestive requirements of different foods.

It can do this with the greatest ease if the food-cereal or legume or potato, for example-is eaten alone, but this adaptation of juice to food is not possible if, instead of a food a complex meal is eaten. Complex meals are not seen in nature and man does not digest them with much efficiency. Simple meals digest better. It will also be found, by all who will give the matter a fair trial, that properly combined meals digest much better than the conventional heterogeneous cominglers of foods that are commonly eaten. When a subject is so easily put to the test, there seems to be no reason why anyone should be in doubt about it. One does not have to accept the dogmatic assertions of the ex-sports, who know all about the subject and know it all wrong.

Wrong Food Combining Responsible For Much Suffering

Man's digestive system struggles with the haphazard combinations with which it is supplied, and does the best it can: that in the strong and vigorous, it succeeds in doing a reasonably good job for a time is a matter of common observation, but the tax placed upon it is enervating, hence disease-producing. In the weak, in the sick, in those with

impaired digestion, there is urgent need that correct combinations be eaten if satisfactory digestion is to be achieved. The healthy man may make occasional compromises; the sick man should never do so.

Acid-Alkaline Food Values

Based on Dr. Theodore A. Barody's work

Fruits

Alkaline: Apples, Apricots, Avocados, Bananas, Berries, Breadfruit, Cactus, Cantaloupe, Carob, Cherries, Citron, Currants, Dates (dried), Dates (fresh), Figs (dried), Figs (fresh), Grapes, Grapefruit, Guavas, Kiwis, Kumquats, Lemons, Limes, Mangos, Melons (all), Nectarines, Olives: ripened/sun dried (If pickled or green, then acidic), Oranges, Papaya, Passion Fruit, Peaches, Pears, Persimmons, Pineapple, Pomegranate, Quince, Raisins (most), Raspberries, Sour grapes, Strawberries, Tamarind, Tangerines, Umboshi Plums (A pickled highly beneficial Japanese product).

Acidic: Blueberries, Cranberries, Plums, Prunes, Unripe Oranges, Pineapples (Avoid these in winter time in northern hemisphere).

Vegetables

Alkaline: Artichokes, Asparagus, Bamboo shoots, Beets, Broccoli, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celery, Chard, Swiss Chicory, Collards, Corn, Sweet Cucumbers, Daikon, Dandelion Greens, Eggplant, Endive, Escarole, Ginger (fresh), Horseradish, Kale, Kelp, Kohlrabi, Kudzu Root, Leeks, Lettuce (all except iceberg), Mushrooms, Mustard Greens, Okra, Onions, Oyster Plant, Parsley, Parsnips, Peppers (all colors, bell), Pickles, Potatoes (with skins), Pumpkin, Radishes, Rhubarb, Rutabaga, Salsify, Sauerkraut, Seaweed, Spinach, Squash, Swiss Chard, Taro, Tomatoes, Turnips, Water Chestnuts, Watercress.

Grains

Acid-forming grains become alkaline-forming when sprouted

Alkaline: Amaranth, Millet, Quinoa, Wheat (whole/unbleached).

Acidic: Barley, Basmati Rice, Brown Rice, Buckwheat, Corn Meal, Oats, Rye, Spelt

Beans

Acid-forming dried beans become alkaline when sprouted.

Breads (Organic & cooked)

Millet, Corn, Oat, Rice, Rye, Wheat Breads (sprouted & cooked), Millet, Rye, Wheat Cereals (cold), Cereals (hot), Crackers, Pastas, Pastries, Popcorn, Tapioca

Nuts

Cooking, smoking, roasting increases acidity, destroys enzymes and reduces digestibility etc. Soaking is the preferred way.

Alkaline: Almonds, Chestnuts, Coconut, Pignolias

Acidic: Brazil, Cashews, Coconut (dried), Filberts, Macadamia, Peanuts, Pecans, Pistachios, Walnuts

Seeds

Alkaline: Alfalfa (sprouted), Chia (sprouted), Radish (sprouted), Sesame (unsprouted)

Acidic: Pumpkin, Sunflower, Wheat germ

Meats

All are acidic.

Dairy and Eggs

All are neutral or slightly acidic.

Oils

All are neutral or alkaline.

Sugars

Alkaline: Brown Rice Syrup, Barley Malt Sweetener, Dried Sugar Cane Juice (Sucanut) Honey (Raw), Maguey

Acidic: Artificial Sweeteners, Barley Malt Syrup, Beet, Cane, Fructose, Honey (Heat processed) Maple Syrup, Milk, Raw Sugar, Molasses, Turbinado.

Condiments

Alkaline: Agar-agar, Cayenne Pepper, Garlic, Gelatin Herbs, Ketchup (homemade), Mayonnaise (homemade), Mineral Bouillon Miso, Salt, Soy Sauce, Spices, Tamari, Vanilla, Vinegar (apple cider), Yeast

Acidic: Gelatin Ketchup (refined, sugar), Mayonnaise (refined, sugar), Mustard, Salt (refined, table), Soy sauce (chemically processed), Spices: Dried Mustard, Nutmeg, Vinegar (white processed)

Food Combining Categories:

Sweet Fruit

Persimmon, Bananas, Dates, Dried Fruits, Grapes (Thompson & Muscat), Raisins. All sweet fruits are best eaten alone or after other fruits.

Sub-Acidic Fruit

Apples, Apricot, Blueberries, Cherimoya, Cherries, Fresh Figs, Grapes, Huckleberries, Kiwi, Mango, Nectarine, Papaya, Peach, Pear, Plums (sweet).

Sub-acid fruits are an ok combination with acid fruits. For perfect digestion do not combine across the food groups. Sweet fruits do not combine well with sub-acid or acid fruits. Leave at least 20 minutes if sweet fruits follow other fruits.

Acidic Fruit

Blackberries, Grapefruit, Kumquat, Lemons, Lime, Oranges, Pineapple, Plums (sour), Pomegranate, Raspberries, Sour Apples, Strawberries, Tangerines, Tangelos.

Melon: Banana Melons, Cantaloupe, Casaba, Christmas Melon, Crenshaw, Honey Dew, Musk, Persian, Watermelon

Melons are best eaten alone.

Never eat fruit with any other type of food except green leafy vegetables.

Proteins and Carbohydrates are a poor combination. And they are an EXCELLENT combination with Non-Starch Vegetables and a GOOD combination with Mildly Starch Vegetables and Irritants.

Fats and Oils are a poor combination with Protein and Carbohydrates, and an EXCELLENT combination with Non-Starchy Vegetables.

Carbohydrates (concentrated foods)

Acorn Squash, Banana Squash, Beans, Bread, Cereals, Grains, Hubbard Squash, Lentils, *Pasta, Potatoes, Pumpkins, Split Peas.

Non-Starchy Vegetables (high water-content foods)

Asparagus, Broccoli, Beet Greens, Brussels Sprouts, Cabbage, Celery, Chard, Chicory, Collard, Cucumbers, Dandelion, Eggplant, Endive, Escarole, Green Beans, Kale, Kohlrabi, Lettuce, Parsley, Spinach, Sprouts, Summer Squash, Sweet Pepper, Tomatoes, Turnips, Water Cress, Zucchini.

Carbohydrates and Proteins are an EXCELLENT combination with these foods with the exception of Tomatoes.

Mildly Starchy Vegetables

Artichokes, Beets, Carrots, Cauliflower, Corn, Peas

Carbohydrates and Proteins are a GOOD combination with these foods.

Irritants (use sparingly)

Garlic, Leeks, Onions, Radishes, Scallions, Shallots (not recommended on Natural Goodness Program).

Carbohydrates and Proteins are a GOOD combination with these foods.

Food Combining Extracts From www.internethealthlibrary.com

It is commonly believed that the human stomach should be able to digest any number of different foods at the same time. However, digestion is governed by physiological chemistry. It is not what we eat that is crucial to our health, but what we digest and assimilate.

Digestive enzymes

Different food types require different digestive secretions. Carbohydrate foods require carbohydrate-splitting enzymes, whereas protein foods require protein-splitting enzymes, etc. It is the knowledge of the digestive process that has led many health practitioners to promote efficient food combining, the rules of which are briefly explained below:

1. Carbohydrate foods and acid foods should not be eaten at the same meal. Do not eat bread, rice or potatoes with lemons, limes, oranges, grapefruits, pineapples, tomatoes or other sour fruits. This is because the enzyme, ptyalin, acts only in an alkaline medium; it is destroyed even by a mild acid! Fruit acids not only prevent carbohydrate digestion, but they also produce fermentation. Oxalic acid, found in spinach and tomatoes for example, diluted to one part in 10,000 completely arrests the action of ptyalin. And, there is enough acetic acid in one teaspoon of wine vinegar to completely halt salivary digestion.

Dr. Percy Howe of Harvard Medical School states:

“Many people who cannot eat oranges at a meal derive great benefit from eating them fifteen to thirty minutes before the meal.” Herbert Sheldon, author of *The Science and Fine Art of Food and Nutrition* reports: " I have put hundreds of patients, who have told me that they could not eat oranges or grapefruit, upon a diet of these fruits and they found that they could take them. Such people are in the habit of taking these foods with a breakfast of cereal, with cream and sugar, egg on toast, stewed prunes and coffee, or some similar meal."

Tomatoes should also never be combined with starchy food as the combination of the various acids in the tomato, which are intensified on cooking, are very much opposed to the alkaline digestion of starches. They may be eaten with leafy vegetables and fat foods.

What all this tends to mean is that people who say they cannot eat oranges or grapefruit as it gives them gas, could be blaming the fruit, when the problem may lie with the escape of starches and the body's release of pancreatic juice and intestinal enzymes to break them down.

In cases where there is hyperacidity of the stomach there is great difficulty digesting starches. Fermentation and poisoning of the body occurs along with much discomfort.

This is because the digestion of carbohydrates (starches and sugars) and of protein is so different, that when they are mixed in the stomach they interfere with the digestion of each other. An acid process (gastric digestion) and an alkaline process (salivary digestion) cannot be carried on at the same time in an ideal way in the stomach. Before long, they cannot proceed at all, as the rising acidity of the stomach soon completely stops carbohydrate digestion. The highest efficiency in digestion demands that we eat in such a way as to offer the least hindrance to the work of digestion.

2. Do not eat a concentrated protein and a concentrated carbohydrate at the same meal. This means do not eat nuts, meat, eggs, cheese, or other protein foods at the same meal with bread, cereals, potatoes, and sweet fruits. Cakes, etc., candy and sugar greatly inhibit the secretion of gastric juice and markedly delay digestion and if consumed in large quantities can depress the stomach activity.
3. Do not eat two concentrated proteins at the same meal. Avoid nuts and meat, or eggs and meat, cheese and nuts, cheese and eggs, meat and milk, or eggs and milk or nuts and milk at the same meal. Milk, if taken at all, is best taken alone. The reason for avoiding eating these combinations is because each protein requires a specific character and strength of digestive juice to be secreted. Eggs require different timing in stomach secretions than do either meat or milk.
4. Do not eat fats with proteins. This means do not use cream, butter, oil, etc with meat, eggs, cheese, nuts, etc. Fat depresses the action of the gastric glands by delaying the development of appetite juices and inhibiting the pouring out of the proper gastric juices for meats, nuts, eggs or other protein. Fats may lower the entire gastric tone more than fifty percent.
5. Do not eat acid fruits with proteins. This is to say, oranges, tomatoes, lemons, pineapples, etc., should not be eaten with meat, eggs, cheese or nuts. Acid fruits seriously hamper protein digestion and result in putrefaction. Milk and orange juice, while by no means an indigestible combination, is far from a good combination. Orange juice and eggs form an even worse combination.
6. Do not consume starch and sugars together. Jellies, jams, fruit, butter, sugar, honey, syrups, molasses, etc., on bread, cake, or at the same meal with cereals, potatoes, etc., or sugar with cereal, will produce fermentation. The practice of eating starches that have been disguised by sweets is also a bad way to eat carbohydrates. If sugar is taken into the mouth it quickly fills with saliva but no ptyalin is present which we know is essential for starch digestion.
7. Eat but one concentrated starch food at a meal. This rule is more important as a means of overeating than as a means of avoiding a bad combination. While overeating of starches may lead to fermentation, there is no certainty that the combination of two starches will do so.
8. Do not consume melons with any other foods. Watermelon, muskmelon, honeydew melon, cantaloupe and other melons should always be eaten alone. This is possibly due to the ease and speed in which melons decompose.

9. Milk is best taken alone or let alone. Milk is the natural food of the mammalian young, each species produces milk peculiarly and precisely adapted to the needs of its young. It is the rule that the young take the milk alone, not in combination with other foods. Milk does not digest in the stomach, but in the duodenum, hence in the presence of milk the stomach does not respond with its secretion. The use of acid fruits with milk does not cause any trouble and apparently does not conflict with its digestion. However, I know of no health practitioner that would recommend this combination if you are even remotely ill.

If the body's reserves are carefully hoarded they will carry us well beyond the hundred-year mark with youthful enthusiasm and zest. Their depletion is one of the most common calamities of modern life. The alkaloids and alcohols, with which gastro-intestinal decomposition charges our bodies, rob us of our reserves, greatly weaken our vital resistance and sooner or later produce a state of physiological collapse.

Food Combining Simplified to 3 Simple Rules by Frederic Patenaude

1- DO NOT COMBINE FAT WITH SUGAR

This is probably the most important rule to follow. The combination of fat (or protein) with sugar encourages fermentation. Some authors allow combining an acid fruit (such as an orange) with a fat (such as nuts or avocado). Although this combination isn't the worst, it still isn't optimal and often creates digestive problems.

Examples of this combination: dates with nuts, dried fruits with avocado, avocado with sweet fruits, a fruit salad with coconut, etc.

2- DO NOT COMBINE ACID FOODS WITH STARCH

Acid with starch is a pretty bad combination. The acidity literally stops the digestion of starches, or makes it much more difficult (and sometimes painful).

Examples of this combination: mixing tomatoes with (cooked) potatoes, the classic tomato-sandwich, but also mixing bananas with oranges. Oranges contain much acidity and bananas still contain starch, even when they are ripe. Bananas combine better with fruits that contain less acidity (sweet apples, mangoes, etc.).

3-DO NOT COMBINE DIFFERENT TYPES OF FATTY FOODS WITHIN ONE MEAL

Fatty foods are quite difficult to digest. When many of them are present within a meal, digestion is considerably slower.

Examples of this combination: nuts with avocados, nuts with an oil, coconut with avocado, coconut with other types of nuts, etc.

That's it! Those are the rules when eating a raw/hygienic diet. Of course, we could come up with more rules, but they would be for combinations that wouldn't be appealing. For example, I doubt that fibrous vegetables (such as broccoli) would mix well with fruits (mangoes, etc.), but this combination is naturally unappealing, so it's useless to discuss it.

RULES THAT ARE NOT NECESSARY TO FOLLOW

Many people have asked, what about combining fruits and vegetables? Isn't that bad food combining?

ANSWER: Combining leafy-greens (spinach, lettuce, celery, etc.) with any type of fruit is a good combination. It doesn't break any of our 3 basic rules. Most people find this combination appealing and it digests well.

What about combining various types of fruit together?

ANSWER: Simpler is better. But if you want to mix different types of fresh fruits, they all combine well together, except for a few that are too concentrated, such as bananas, durian, etc.

But shouldn't we eat melons alone?

ANSWER: Melons can be combined with other types of fruit without problems. Even Shelton said so in his book, but no one noticed so they all imposed this rigid rule that "melons should only be eaten alone" which is not absolutely true. Experiment for yourself and find out what works for you.

What about dried fruit?

It doesn't combine well with most acid and sub-acid fruits.

A FEW OTHER RULES

Those combinations that do not occur in a hygienic diet, but are good to know nonetheless:

1- DO NOT COMBINE STARCH WITH SUGAR

Cooked starch with sugar is one of the worst combinations in existence. No wonder so many people suffer from gas.

Some examples: bread with jam, cakes and pastries of all kinds, baked beans (with sugar), etc.

2- DO NOT COMBINE DIFFERENT TYPES OF STARCH TOGETHER

Mixing different types of starches together invites digestive confusion.

Some Examples: bread and potatoes, potatoes and pasta, etc.

3- DO NOT COMBINE PROTEIN WITH STARCHY FOODS

Some Examples: meat and potatoes, bread and meat, bread and cheese, etc.

Glycemic Index

For a list of glycemic index values of foods, see the chart below. The reference value of the glycemic-index chart is Glucose (GI = 100). High GI foods have a glycemic index of more than 70. Low GI foods have a glycemic index of less than 55. Medium GI foods are in between. Generally, low glycemic index foods are best, especially if one has any kind of blood sugar problems.

Glycemic Index of Common Foods:

Glycemic Index of Cereals

Kellogg's All Bran 51
Kellogg's Bran Buds 45
Kellogg's Cornflakes 84
Kellogg's Rice Krispies 82
Kellogg's Special K 54
Oatmeal 49
Shredded Wheat 67
Quaker Puffed Wheat 67
Glycemic Index of Grains
Buckwheat 54
Bulgur 48
Basmati Rice 58
Brown Rice 55
Long grain White Rice 56
Short grain White Rice 72
Uncle Ben's Converted 44
Noodles (instant) 46
Taco Shells 68

Glycemic Index of Fruit

Apple 38
Banana 55
Cantaloupe 65
Cherries 22
Grapefruit 25
Grapes 46
Kiwi 52
Mango 55
Orange 44
Papaya 58
Pear 38
Pineapple 66
Plum 39
Watermelon 103

Glycemic Index of Vegetables

Beets 69
Broccoli 10
Cabbage 10
Carrots 49
Corn 55
Green Peas 48
Lettuce 10
Mushrooms 10
Onions 10
Parsnips 97
Potato (baked) 93
Potato (mashed, instant) 86
Potato (new) 62
Potato (French fries) 75
Red Peppers 10
Pumpkin 75
Sweet Potato 54

Glycemic Index of Beans

Baked Beans 48
Broad Beans 79
Cannellini Beans 31
Garbanzo Beans (Chickpeas) 33
Lentils 30
Lima Beans 32
Navy Beans 38
Pinto Beans 39
Red Kidney Beans 27
Soy Beans 18
White Beans 31

Glycemic Index of Pasta

Spaghetti 43
Ravioli (meat) 39
Fettuccini (egg) 32
Spiral Pasta 43
Capellini 45
Linguine 46
Macaroni 47
Rice vermicelli 58

Glycemic Index of Baked Goods

Bagel 72
Blueberry Muffin 59
Croissant 67

Donut 76
Pita Bread 57
Pumpernickel Bread 51
Rye Bread 76
Sour Dough Bread 52
Sponge Cake 46
Stone Ground Whole Wheat Bread 53
Waffles 76
White Bread 70
Whole Wheat Bread 69

Glycemic Index of Dairy

Milk (whole) 22
Milk (skimmed) 32
Milk (chocolate flavored) 34
Ice Cream (whole) 61
Ice cream (low-fat) 50
Yogurt (low-fat) 33

Glycemic Index of Snack Foods

Cashews 22
Whole Chocolate Bar 49
Corn Chips 72
Jelly Beans 80
Peanuts 14
Popcorn 55
Potato Chips 55
Pretzels 83
Snickers Bar 41
Walnuts 15

Glycemic Index of Cookies/Crackers

Graham Crackers 74
Kavli Crispbread 71
Melba Toast 70
Oatmeal Cookies 55
Rice Cakes 82
Rice Crackers 91
Ryvita Crispbread 69
Soda Crackers 74
Shortbread Cookies 64
Stoned Wheat Thins 67
Vanilla Wafers Water crackers 78

Glycemic Index of Sugars

Fructose 23

Glucose 100
Honey 58
Lactose 46
Maltose 105
Sucrose 65
(Glycemic index chart reprinted from carbs.com)

Appendix D

Natural Cellular Defense (NCD)

Product Review by Gabriel Cousens M.D., M.D.(H)

Toxins poison our air, our water, our food, and our bodies. According to the EPA, 70,000 chemicals are used commercially in the U.S., 65,000 of which are potentially hazardous to our health. The Environmental Defense Council reports that more than four billion pounds of toxic chemicals are released into the environment each year, including 72 million pounds of known carcinogens.

Cancer fatalities account for approximately 12 percent of all deaths worldwide each year. Across the globe, 10.9 million people are diagnosed with cancer annually and 6.7 million die because of it. According to the World Health Organization, global cancer rates could increase by 50 percent in the next 15 years. The U.S. ranks in the top three countries with the highest cancer rate in both men and women.

The toxic onslaught doesn't stop with carcinogens. A joint study by Mt. Sinai School of Medicine, Commonweal, and the Environmental Working Group in 2003 identified a total of 167 hazardous compounds in the blood and urine of American adults (with an average of 91 per person tested), including 76 known to cause cancer, 94 that are toxic to the nervous system, 82 that damage the lungs, 86 that affect hormone function, and 79 that cause birth defects. A study by the Environmental Working Group in 2004 found a total of 287 industrial chemicals in babies' umbilical-cord blood, including 180 known to cause cancer, 217 that are toxic to the brain and nervous system, and 208 that cause birth or developmental defects in animals.

As many as 25 percent of Americans are estimated to suffer from some degree of heavy metal poisoning, particularly from mercury, lead, cadmium, and arsenic. We are also exposed to a significant amount of radiation and increasing viral attacks. Our immune systems are further compromised by poor nutrition and unhealthy lifestyles, and most of us suffer from an excessively acidic pH level, which creates an internal environment in which cancer – as well as viral, bacterial, and fungal infections – can thrive.

In my work to develop a detoxification system for prospective mothers to enable them to bring non-toxic babies into the world, I have searched for a simple, natural remedy that could serve as a practical antidote for toxicity. Recently, I learned about zeolite, a naturally occurring, negatively charged mineral, with a unique crystalline structure.

Zeolite is formed from the fusion of volcanic lava and ocean water, and combines the four elements – air, earth, water, and fire. It has been used for 800 years throughout Asia

as a traditional remedy to promote overall health and well-being, and for 30 years in the U.S. in animal feed. It has also undergone 13 years of pharmaceutical research in the U.S. with humans. Zeolite is included on the Food and Drug Administration's GRAS list (generally recognized as safe) and thus is considered to be "completely safe."

A biochemist from a small pharmaceutical company in Ohio researched and purified zeolite, was amazed by its potential, and was granted a patent (U.S. #6,288,045). That patent is now held by Rik J. Deitsch, a nutritional and research biochemist, who leases it to Waiora, the company that markets purified zeolite as Natural Cellular Defense.

Zeolite may well be one of the most potent natural preventatives and treatments for cancer ever discovered. LifeLink Pharmaceuticals recently completed a preliminary, 14-month, open-label study of 65 level-four, terminal-stage cancer patients. These people had various types of cancer, and all of them had been sent home to die. After taking purified zeolite, 51 of them (78 percent) experienced complete remission, which means that their cancer disappeared. This preliminary research suggests that purified and activated zeolite may be effective in treating all forms of cancer, leukemia, and lymphoma.

Zeolite's mechanism of action against cancer cells is unique and unlike that of any other substance I have studied. Theoretically, it has the rare ability to take in a tremendous amount of positively charged toxins, indirectly neutralizing their effect in causing cancer. In the process, the zeolite develops a slight positive charge. It is then attracted to and pulled right into the negatively charged membrane of the cancer cell. When the zeolite moves inside the cancer cell, the cell's P21 gene is activated. This gene acts as a tumor suppressor through its ability to control cell-cycle progression. The activation of P21 appears to halt the growth of tumors by directly suppressing growth signals.

During in-vitro studies using zeolite, all cancer cells tested were destroyed within 72 hours (LifeLink Pharmaceuticals, U.S. Patent #6288045, 2001). This is a claim that

cannot be made about any other substance. However, because it is still in the preliminary research phase, it is too soon to declare that zeolite is a cure for cancer.

What we can say is that zeolite has a chelation-like effect in removing heavy metals, pesticides, herbicides, and other positively charged toxins from the system. Zeolite's negatively charged crystalline structure is what makes this possible. Its crystals act as "cages," inside of which are positive ions. These positive ions switch places with positively charged toxins in the body, tightly bind them, and excrete them completely.

One of the benefits of binding toxins in this manner is that they are 100 percent excreted. Heavy metals, pesticides, and herbicides all leave the system; they do not get deposited elsewhere in the body. Forty percent of zeolite binds heavy metals in the gastrointestinal tract, and 60 percent binds toxins in the bloodstream and at the cellular level. Zeolite's binding power was proven during the Chernobyl disaster, when tons of it were used to remove radioactive cesium and strontium-90 before they contaminated local water systems. Acting primarily as a chelator, zeolite trapped these radioactive minerals within its crystalline cage structure.

Zeolite appears to remove toxins from the body in a hierarchical order. It first acts strongly to remove lead, mercury, cadmium, and arsenic. This first phase may take one to four weeks or longer. Zeolite then removes second-priority toxins, including pesticides, herbicides, and plastics. Zeolite appears to increase the rate of glucuronization in the liver, activating phase II of the glucuronidase function. This in turn removes pesticides, herbicides, and xeno-estrogens from the body, releasing them through the urine. Interestingly, it also appears to neutralize the aflatoxin poison.

A third function of zeolite is to trap pre-virus components, preventing the replication of viruses and their ability to make us sick. In this way, zeolite may play an important role as a broad-spectrum anti-viral. Viruses are produced in parts as on a production line, at the end of which the virus is fully constructed. Zeolite absorbs viral parts into the pores of the micronized zeolite aggregates (not into the chelating-like cages described above). This explains why zeolite seems to block the development of many viral infections, including herpes virus 1, coxsackie virus B-5, ecco-virus 7, and adeno virus 5. Forty anecdotal cases of herpes zoster have reportedly been cured, with sufferers becoming pain-free in one to three days after beginning to take zeolite. Anecdotal testimony also reports that it is effective in alleviating or curing the flu, colds, hepatitis C, viral or heavy-metal induced multiple sclerosis, and rheumatoid arthritis. Zeolite's effect as an anti-viral appears to be a preventative function that builds up over time, beginning after approximately four to six weeks of use, when heavy metals, pesticides, and herbicides have been mostly eliminated. There is anecdotal evidence, however, that in some cases its anti-viral effect seems to be immediate.

Zeolite also is a unique antioxidant. A traditional antioxidant works by absorbing excess free radicals into its system because it has an unpaired electron. In contrast, zeolite traps free radicals in its complex structure, inactivating and eliminating them. In this way, it acts as a complement to traditional antioxidants.

In addition, zeolite buffers the system towards slight alkalinity by establishing pH levels of 7.35 to 7.45, which is the optimum pH for the human body. The body's pH level influences both immunity and brain function. An acid blood pH (7.34 or lower) creates a precondition for cancer. In an acid environment, brain cell function can also be impaired, causing depression, anxiety, stupor, paranoia, delusions, hallucinations, or even psychosis.

Zeolite also appears to balance the immune system, either up-or down-regulating it as needed. Although the precise mechanism for this is not entirely understood, this function is clearly very important in a world in which most people's immune systems are seriously compromised.

Because zeolite so powerfully removes various types of toxins from the body, it naturally increases energy and well-being. Users report improvements in mental clarity and a sense of peace, wellness, and happiness. These are what we term positive secondary effects. For example, clearing out heavy metals allows the body's magnesium stores to work efficiently with adenosine triphosphate (ATP), the biological source of energy in the body. When this interaction is occurring optimally, people have more energy and

experience greater well-being. One study has demonstrated that zeolite also appears to increase serotonin level, which is known to help alleviate some forms of depression.

Zeolite shows promise as an effective detoxifier for women who plan to become pregnant. Recently, at the Tree of Life Rejuvenation Center, it was added to the protocol for the 10-day detoxification program for prospective mothers. In two women who just completed the program, toxins in their breast tissue dropped significantly – from 12 in one and 13 in the other to only two – in seven days. Toxins in their liver and brain tissue also dropped to an average of only two.

Based on centuries of use in Asia and anecdotal accounts of its use by pregnant women, zeolite appears to be safe even for women who are pregnant or breastfeeding. However, its safe use in pregnancy has not been tested in double-blind studies, and no claims for safe use in pregnancy can be made.

Zeolite is commercially available in a purified and activated form, in the product Natural Cellular Defense. There are no reports of side effects, except one: because of its natural action to absorb water, zeolite can cause dehydration. It is therefore important to drink sufficient water (approximately eight glasses a day) both before and while taking Natural Cellular Defense to ensure adequate hydration.

There is only one contraindication: Natural Cellular Defense is contraindicated for anyone taking a medication containing heavy metals, such as lithium, or containing platinum, which is found in some cancer medications. Before taking Natural Cellular Defense, check with your doctor to determine if your medication contains heavy metals or platinum.

Dosage: Natural Cellular Defense is a clear, tasteless, and odorless liquid. The general adult dosage is 10 drops three times a day. It can be taken with or away from meals. As a support for cancer prevention or as an addition to a cancer treatment program, 15 drops three to four times a day is recommended. Zeolite remains active in the body for five to seven hours, and then needs to be replenished. After four to six weeks of use (at 10 drops three times a day), a maintenance dosage of three to five drops three times a day can be taken, with the amount increased if ever there is a viral, chemical, or other exposure. Children can be given two drops, three times a day, as a general dose.

Higher doses of 15 drops, three times a day, require about four bottles a month. Doses of 10 drops, three times a day, require about three bottles a month. And the maintenance dosage of three drops, three times a day, requires one bottle a month.

I take Natural Cellular Defense, and I feel that everyone living in the industrial world should be taking it on a regular basis. This product is very different from supplements that add to well-being, but are not essential. Natural Cellular Defense is simple, elegant, extraordinary, and vital for healthy living in today's toxic world. I believe this most unique, natural substance is an alchemical gift from God to help us face our present-day health challenges due to ecological ignorance or, as they are called in Ayurveda, prajnaprathara or crimes against nature.

Purchasing the product: Natural Cellular Defense is available at the Tree of Life store at (520) 394-2520. Like many useful and unusual products, it is also being distributed through network marketing and can be obtained at significantly less expense by those who become distributors. Becoming a distributor is a way of sharing good news and good health with family and friends. Natural Cellular Defense can be purchased wholesale by becoming a distributor through the Waiora website: <http://www.mywaiora.com/336070>.

For more information on the product, including its history and scientific basis, call: (973) 854-4665, Option 1, at any time for an excellent recorded summary.

For further information or assistance on becoming a distributor, please e-mail: daena.lee@gmail.net

I bless you all. May your health, and joy, and awareness continue to improve as we heal ourselves and the planet.

*Gabriel Cousens, M.D., M.D. (H), has been a holistic physician since 1973. A diplomat of the American Board of Holistic Medicine and of Ayurveda, he is the director of the Tree of Life Rejuvenation Center in Patagonia, Arizona, and the author of four widely read books: *Spiritual Nutrition: Six Foundations for Spiritual Life*; *Conscious Eating*; *Depression-Free for Life: A Physician's All-Natural, 5-Step Plan*; and *Rainbow Green Live Food Cuisine*.

Guidelines for Using Natural Cellular Defense

by Dr. Gabriel Cousens, M.D

These guidelines are not intended as a substitute for medical advice. Please consult your physician if you have questions about using Natural Cellular Defense while taking medication or undergoing medical treatment.

Drink Plenty of Water

In general, you will need to drink more water than usual when taking Natural Cellular Defense (NCD). The heavy metals that NCD removes from the body carry a positive charge, which allows your body to hold more water. As these toxins are eliminated through sweat, mucus, urine, and feces, water will be eliminated with them.

How much water should you drink each day? As a general rule, drink ½ ounce for each pound of body weight. A 140-pound woman should drink about 70 ounces of water daily. Although the directions on the bottle suggest placing NCD directly on the tongue,

many users prefer to place the drops in an 8-ounce glass of water so as to help ensure sufficient hydration. If you are on a diuretic, start with a very low dose of NCD and drink extra water. If you live in a dry climate where dehydration is an issue, drink even more water than usual.

Recommended Dosages

NCD stays active in the body for five to seven hours. To have NCD continuously circulating in your body, you would need to take a dose approximately every six hours. NCD is not toxic at higher levels and has GRAS (generally recognized as safe) status from the FDA. However, it is important to be aware of proper dosing, because taking more than 15 drops at a time may trigger a healing crisis with detoxification symptoms.

Maintenance dose: 3 drops 3 x/day. A bottle of NCD will last approximately a month.

Detoxification dose: 10 drops 3x/day for four to six weeks. A bottle of NCD will last approximately 10 days. Unless you have a severe health problem, this is the initial dosage that most of our adult clients take. After four to six weeks, start taking a maintenance dose of 3 to 5 drops 3x/day, increasing the amount if ever there is a viral, chemical, or other exposure.

For severe health challenges: 15 drops 3 to 4 x/day. A bottle of NCD will last approximately a week. Many users have found adding a fourth dose at bedtime to be helpful.

For children: 2 or 3 drops 3 x/day, depending on body weight and health. A good detoxification dose for a 50-pound child is 3 drops 3 x/day. Use less as a maintenance dose. For a mid-day dose for children going to school, some parents put a few drops in lunch-box food or drink.

For animals: 2 or 3 drops daily on food. Your animals will want to drink more, so make sure to have plenty of fresh water available for them.

Other Uses

Topical: Many people have reported that NCD is effective in treating skin problems such as irritations, rashes, warts, insect bites, and lumps on or under the skin. To use it topically, place a drop of NCD on the affected area 3 or 4 x/day and cover with a band-aid to keep the skin moist. For larger areas, dilute NCD with pure water and apply using a spray bottle. Users have also reported relief of discomfort by massaging NCD into areas of soreness. Anecdotal reports suggest that adding a few drops of NCD to skin lotion and other topical products appears to enhance their effectiveness.

Eyes: There is anecdotal evidence that NCD helps with problems such as sties. A drop or two can be placed on the eye or eyelid, or diluted with pure water and sprayed on. When applied to the eye, NCD may sting at first.

Ears: Some parents have found NCD useful in relieving children's earache symptoms. One or more drops can be placed directly into the ear.

Teeth and gums: Users have reported relief of gum and tooth discomfort (including the discomfort of teething in babies) by putting drops of NCD onto the gums in the affected area.

Contraindications and Precautions

NCD is contraindicated for anyone taking a medication containing heavy metals (such as lithium) or platinum (which is found in some cancer medications). NCD may remove from the body supplemental lithium and the chemotherapy agents cisplatin and carboplatin, both of which contain platinum. It appears to be safe to begin or resume taking NCD 3 days after using cisplatin and carboplatin, and two days after using other chemotherapies. If you wish to use NCD while taking lithium, consult your physician.

If you are an insulin-dependent diabetic, be aware that NCD may lower your need for insulin.

Detoxification Symptoms

When they begin taking NCD, some users experience detoxification symptoms, such as headache, diarrhea, tiredness, or overall achiness. After initial detoxification, most people report feeling better than ever. If you experience strong detoxification symptoms, you should discontinue using NCD until the symptoms pass, and then resume taking it at a lower dose, gradually increasing the number of drops until you reach the dosage you want to take.

While some people report that they have greatly increased energy when they begin to take NCD, others feel tired while detoxifying. If you do, take naps if possible or go to bed earlier. If that is not possible, you should decrease your dosage. The body does deep healing during sleep, so be sure to get at least eight hours of sleep whenever possible.

As a detoxifier, NCD has a hierarchy of affinities. It attracts mercury, lead, cadmium, and arsenic first, and then eliminates other toxins from the body. If your body is burdened with a heavy toxic load, a fair amount of these toxins may need to be removed before you notice a shift in how you feel. Pay attention to small changes.

NCD does have a minor affinity for calcium and magnesium, but there is no evidence of major effects because of that affinity. In addition, because the activity of the zeolite in NCD is entirely passive, it will not attack hip replacements or breast implants, and will not leach mercury from dental fillings. Nevertheless, some users feel it is prudent to keep NCD from coming in contact with their mercury fillings. They do that by putting NCD in an 8-ounce glass of water, taking a drink, swishing it around the mouth, and spitting it out, and then drinking the rest through a straw.

Once the zeolite in NCD absorbs a toxin, that toxin *will not* go back into your body tissues because it is fully excreted without any damage or stress to the kidneys. Many people have found that detoxifying with NCD is much easier than it is with other common detoxification methods.

Mercury Amalgam Fillings

Almost all of us either have Mercury Amalgam fillings or know those who do. This is a link to a live experiment where you get to see the actual Mercury gases coming off a

persons tooth when chewing, brushing or drinking a hot drink. It is measured at 1,000 times the EPA level for breathing air safely.

Mercury toxicity affects multiple organ systems and may mimic several diseases. Some of the signs and symptoms include mental disturbance, including insomnia, shyness, memory loss, emotional instability, depression, anorexia, disturbances in the functioning of blood vessels, excess perspiration, blushing, headaches, visual disturbances, peripheral neuropathy, salivation and ataxia. It progresses very slow, so it is hardly noticeable as it accumulates in the body, but the symptoms are very real and greatly affects the quality of life.

Fortunately for us we have a product available that removes Mercury immediately after taking the first dose of Natural Cellular Defense. In a study conducted at Duke University Medical School on 35 healthy students, urine samples were taken at the beginning of the study and throughout the two month period that it was conducted. It was determined from the very first urination Mercury was being removed from the body.

Zeolite has its greatest affinity with Mercury, and therefore it is the first heavy metal removed from the body, as it passes through the blood stream, digestive tract and soft tissue. We will be picking up at the Waiora conference next week a recent two month study from Duke University Medical School verifying how NCD removes Mercury from the body. At that time we will share this announcement of how Mercury amalgams pollute our bodies, along with the remedy to the situation

Please take the time to check out the enclosed video on the following website. I believe you will find it very informative and helpful. You may want to share it with family and friends have Mercury amalgams in their mouth.

(Source: http://www.iaomt.org/merc_release.swf)

[Natural Cellular Defense. Testimonials and Info.](#)

Dear Friend,

Natural Cellular Defense (NCD) seems to be living up to its name in an extraordinary way. Each week more information is revealed. Anecdotal reports of cancer healing in 2-4 weeks keep occurring.

Additionally, several reports suggest that zeolite's outer coat absorbs glucose and has dropped blood sugar by as much as 50 points in 1 hour in cases of serious diabetes.

As the research unfolds for preparing women for pregnancy by removing the 14 major toxins in breast milk, the initial results seem more than extraordinary. The average woman, whether she has been vegan for 15 years or on live foods for 6 years, tests positive for 12-14 toxins in her liver, breast, and brain. After one week on our 10-day detoxification program while taking 15 drops 4 times a day of NCD, the average decrease in toxins was to 0 to 2 toxins in the liver, breast, and brain with no detoxification symptoms. One person, who did not take the NCD, had a reduction of only one toxin in the liver, breast, and brain. So far, 5 people, which is 100% of those tested with the

synergy of our 10-day detoxification & NCD, have gone from 12-14 toxins to 0-2 toxins after only one week.

I feel it is imperative for us to be aware of the importance of Natural Cellular Defense in our daily health regimen. This is not a short-term supplement, but rather a life-long health remedy. While we continue to live in a toxic environment, we will always need to use this product. Therefore I suggest that you do not purchase it at the retail price, either through our store at The Tree of Life Rejuvenation Center or through our Waiora International website. It is for your economic advantage to purchase the product on a wholesale basis, which you can do by enrolling as a distributor. There are two benefits to being a distributor, one being the ability to purchase Natural Cellular Defense on a wholesale basis, which is approximately \$12.00 - \$15.00 less per bottle than the retail cost; the other benefit is using NCD as an income earning possibility, working together with our Tree of Life organization in sharing this very special and beneficial product with our friends, family, and associates.

TESTIMONIAL ON MALIGNANT MESOTHELIOMA--LUNG CANCER

On Oct. 14, I was diagnosed with Malignant Mesothelioma lung cancer caused from Asbestos in the lung. I had it in both lungs so surgery was not an option for treatment and this type of cancer doesn't respond to Chemo or Radiation treatment. I was told I was in the 4th stage and when I asked the Doctor how many stages there were he told me there were four. That's basically a death sentence for me.

After all testing was completed, CT scan, Lab work, Tissue biopsy, and a PET scan, I was told by the Oncologist that there was nothing he could do for me and he referred me back to my Medical doctor for the final care.

On Oct. 31, I started taking Natural Cellular Defense 15 drops 3 times a day. The second day of my taking NCD I started to have different sensations in the tumor on my back that was protruding through the chest wall. Sensations like a numbness, to jelly-like when I walked, to bee stings and painful, to a stretching feeling at the tumor, each day it was a different feeling.

After two weeks on the NCD a tumor in my upper abdomen which was about the size of a ping-pong ball was now the size of a marble. In the third week of NCD that tumor could not be found and the tumor on my back was almost gone. At the time of my appointment with the Oncologist the tumor mass on my back could not be found.

....On Dec. 7, I had a follow up CT scan done and it confirmed that the two tumors were gone. Some were smaller in the lung and one was slightly bigger.

I have increased my times I take the NCD to every 4 hours, 24 hours a day. The new tumors leave the body first, the older more established tumors go last. It is imperative that the blood circulation be increased so that the NCD can reach all the tumor cells. I am vigorously exercising more and more to accomplish this.

Larry Benjamin, Jemison, Alabama, Dec. 2005

Dr. Dane Silva Reports:

FYI, during the past few months that she was on NCD, my patient with lymphoma has experienced a dramatic decrease in the sizes of multiple tumors. These tumors were on the sides of her neck, under her armpits, in the groin, and scattered across the abdomen. These tumors were painful because they blocked lymphatic circulation and created numbness and tingling due to compression of nearby nerves. Whereas they appeared to be about the size of her fist a few months ago, they are no longer visible today.

Other Natural Cellular Defense Successes

Keiko, female, age 72

At the end of Oct 2004 (11 months ago) Keiko was diagnosed in Japan with class 3 cervical cancer. At the recommendation of her doctors she underwent 28 rounds of radiation therapy. At the end of those treatments her doctors told her they had eradicated the cancer in her cervix. Keiko's daughter, Felice, had a recommendation from her doctors here in Hawaii that Keiko should really have a PET scan in Japan to check and make sure it hadn't spread anywhere else. It had indeed metastasized to every lymph node in her body.

Felice brought her mom to Hawaii in June of this year and the oncologists here said this was an extremely aggressive form of cancer. A CAT scan showed two more spots (on her lung and on her stomach) in addition to everything else. They would try 8 rounds of chemo therapy to put off what seemed imminent – but the prognosis was grim, they didn't expect her to live even a year.

By the 5th round of chemo therapy Keiko was so sick (nausea, vomiting and diarrhea) they decided to stop – that was three weeks ago. Instead they kept praying and kept using the natural supplements.

Five weeks ago a friend told Felice and her mom about NCD. Keiko took it for a week before she had to stop to accommodate the 5th round of her chemo schedule. This time she got so sick from the chemo she and her daughter decided to stop the treatment right in the middle of the round (3 weeks ago) and they continued with the NCD 15 drops 3X day starting the next day.

Three weeks later Keiko had a follow up contrast dye CAT scan: When they walked in to her doctor's office, he asked how she was feeling and what she'd been eating, and had a sort of perplexed look on his face. They didn't know what to expect, but hoped and prayed there would be some positive news. Keiko didn't just have a report that was good, it was beyond all expectations --the doctor told Keiko and Felice there was not one single sign of cancer anywhere in her body. Not in any of the lymph nodes, not on her lung or stomach. Stunned, Keiko's daughter even asked the Doc, "Are you sure? Who actually read the CAT scan?" and he reassured her it was definitely the expert, the radiologist, not just him! He was amazed too and said that less than 20% of his patients ever have such a thing happen, that even if there was great improvement they usually see some residual cancer still in the body but there was nothing here. Nothing. And the nurses were crying

with emotion when they spoke with Felice and Keiko. As you might expect, he asked her what she was doing. Felice told him and the nurses to check out the Waiora website!

Keiko will have another CAT scan in three months to confirm she is truly out of the woods and meantime she will be taking her NCD every day!

DES, BIRTH DEFECTS, PAIN, CHEMICAL SENSITIVITY, METAL POISONING

When my mother was pregnant with me she was given a drug called DES that resulted in numerous birth defects and devastating health consequences throughout my life. In 1982, when I was a 27 years old mother of two small girls, I was diagnosed with cervical cancer, which was caused by the DES. Being a nurse, I chose traditional medical treatment and a year later I was in very grave condition,

I quickly became open to alternative forms of medicine to restore my health. After that life changing experience, I felt I could no longer return to my traditional nursing profession and instead became certified in a wide variety natural health modalities. In 1984 I opened a Wellness Center specializing in nutrition, high quality supplements, various therapies, heavy metal detoxification and immune system support. Even with all of my training, experience, wonderful products and healing devices, I have lived everyday of my 51 years with pain in my body and very fragile health.

Another one of the effects that the DES caused was severe breast deformities. When I was 17 I had massive reconstructive surgery, after which they tried to make me "more normal" by placing silicone breast implants. By the age of 40 I was almost dead with chemical and heavy metal poisoning from the implants.

For several years I was so chemically reactive that I had grand-mal seizures from even minor chemical exposures (perfume on someone else, exhaust fumes in traffic, etc.). As a result of exposure to DES in the womb, heavy metal and chemical poisoning from the implants, and heavy metals from amalgam dental fillings, I have spent the past 22 years trying to find ways to detoxify my body safely; a dangerous situation with impaired kidney and liver function and severe neurological problems.

In late August, I received a call from my good friend Winder Lyons, asking me to take a look at a product called *NATURAL CELLULAR DEFENSE*. He wanted my feedback because he knows I only work with the "best of the best and purest of the pure". After reviewing the research, I was amazed – I'd never seen anything that could safely detoxify heavy metals, even from people like me! I joined Waiora on my birthday and I believe it's been a birthday present from God.

The day after I received my *NATURAL CELLULAR DEFENSE* two of my grandkids came down with a flu virus that had taken another grandchild almost two weeks to recover from. Their temperatures soared to almost 106 degrees. I gave them each three drops of NCD and within 20-30 minutes I could feel their fevers melt away. The next day they were up and about, fully recovered!

My personal experiences with *NATURAL CELLULAR DEFENSE* have been remarkable! About a year and a half ago, I sustained a severe injury to my leg and had to

have surgery a year ago in September. While the surgery allowed me to regain my mobility, it left me with residual pain, inflammation and swelling; I was still taking pain medication several times per week in order to sleep at night with the pain. It also triggered many of my old symptoms of severe imbalance and toxicity; I was in bed much of the past year. I had come to the difficult realization that I may not ever really be much better and that I needed to retire due to my health challenges. After one dose of Natural Cellular Defense the pain in my leg was reduced by 75% and after four doses it was completely gone; I haven't needed take any pain medication since. In many ways, since I have been taking NATURAL CELLULAR DEFENSE I feel better than I ever have in my life! For the first time ever I am able to safely move the toxins out of my system without life-threatening consequences.

I am so grateful for this product and the opportunity to share it with my friends, family, and clients! I feel honored to be part of the company that will get this product into the hands of so many that can benefit from it. I the 31 years I have been a nurse, 22 years as a natural health practitioner, and 15 years of being the Missouri Coordinator for the Dental Amalgam Mercury Syndrome, International Organization, I have never seen a more important product to get into the hands of everyone that I know! Marie DeArmon,

Rogersville, MO OCT. 11, 2005

HEPATITIS C SURVIVOR

My Name is Peter Fullwood, I'm 55 years old and live on Whidbey Island Washington. I became aware that I had Hepatitis C through a medical procedure in March of 2000. At

that time I had a low viral count and a low enzyme count. Over the years I started catching more and more flues and colds, my joints were aching and my legs were tired all the time. I became very depressed and withdrawn from people. It has been a very difficult time for me.

In these last 4 years of my life my wife died and I lost our 100-acre ranch. I went to the doctors and they started treating me for me for Hepatitis C with Interferon. At that point I got sicker and sicker and lost weight – going from 198 to 159 pounds. I'm 6' 1" so I was down to skin and bones and was bed ridden. I was unable to eat due to being nauseous all the time. Severe depression, anxiety, homicidal and suicidal thoughts set in. I was crying all the time.

I had a floor and wall covering business with 4 employees – I was so sick I had to lay them off and walk from my business... actually it was more like crawling away!

At that point I had almost given up when my friend Nancy Gray came over and introduced me to the supplement, Natural Cellular Defense. I had tried so many products over these past years and I felt like I had heard it all and so I was skeptical. However I decided I wanted to try this one due to my friend's enthusiasm – she was bubbling over. Although she has also been suffering from Hepatitis C there were obvious changes in her physical appearance and overall health and attitude. I didn't have the money to even try one bottle but she offered to leave me a bottle because she cares about me and she said,

“That’s what friends are for.” I started with the product that evening; 10 drops 3 times a day.

Words can’t describe what I experienced even the first few days. That first day I sweated a lot, and felt like I was peeing out 90 weight oil. That evening, I sweated profusely – it was as if someone had thrown buckets of water under the blankets on me. The next few days I started de-toxing through my natural bodily functions. I don’t wish to offend anyone by getting too graphic, but suffice it to say the strange smells and colors that came out of me were quite unusual!

Next it started working on my mental faculties and for me that was truly magic (it is still happening). The depression, anxiety, homicidal and suicidal tendencies vanished – in it’s place have appeared a very strong sense of spiritual, emotional, and physical well-being. I feel like I’ve had a complete metamorphosis in my life and have not felt this good in 20 years.

I keep asking myself, “Can I actually continue feeling better and better every day?” After just one week I was feeling much better and had considerable energy so I started to lay some floors again so I could purchase some more of this product.

My joints no longer ache and the metal plate in my left forearm that used to ache all the time (especially in the cold), is no longer a problem – even in the cold. I also am healing faster. For example, yesterday I burned myself some time around noon while tending my fireplace. The burn was 1/2 inch by 1/2 inch square, it had a blister and had begun to scab over last night. Now it is pink- it has healed in just one day!

Just the other day I went to the lab for blood work and when looking over the results my doctor said, “Your liver functions are only mildly abnormal.” A little over two weeks ago I had been a candidate for a liver transplant with a severely swollen and sick liver (again, I have only been on the product a couple of weeks).

As a result of my remarkable experience with this new “lease on life” I am now wanting to change the focus of my life work from helping people by installing their flooring, to helping save people’s lives... taking part in the giving of the gift of good health.

My Personal Experience by Mark Manning

I am a 46 year young male who has had a very successful career as a Professional Tennis Coach, an outstanding and long term Volunteer for the USTA NorCal Tennis Association and the Elmhurst Tennis Center, and a Commercial Driver for the past 20+ years. My eyes and feet were the cornerstone of my continuing in these lucrative businesses. However, the last 6 years of my life have been plagued with many health disorders.

These include cancer and diabetes which caused the rapid deterioration of my body. These conditions worsened after 2003, so much so, that I developed:

Neuropathy in both feet

A massive edema problem in my lower extremities

A loss of clear vision at night which forced me to abandon all night driving whatsoever

Ringing sensations in my ears

Bleeding gums

Impotency

Mood changes reflecting increasingly aggressive behavior

Ongoing chronic pain syndrome that worsened at night and made sleeping and impossibility.

Things dramatically changed for me when a friend (Fred the Angel) recently gave me four bottles of Natural Cellular Defense on December 15, 2005 and told me to try it.

Fred stated that this product was a much-needed product for me and a Godsend. Doctors and various hospitals previously had advised me that they could not cure my ailments and that I had merely one year left to live. I had sought out other holistic remedies that proved the doctors wrong but these remedies really didn't cure the problem.

Then, having exhausted all my known resources to combat the earlier stated health problems with other "quick fixes", herbal remedies, etc., which have provided only temporary relief. I felt that this product would be the same. However, to my amazement: Within one week of starting to use this product on December 15, 2005, I noticed a lack of pain at night. By week number two, no more bleeding gums. By week number three I began to notice significant changes with my edema and neuropathy.

Being the guinea pig that I am, I decided, on my own, to put some drops in my eyes and on the thinning area of my head. The results have been nothing short of incredible. I am now able to enjoy and engage in driving at night again. My hair has not returned to it's full nature but it is starting to sprout! Within four weeks of trying this product, I started to play tennis again with my students and even sprint and at times I outrun them! Within five weeks, I felt like a kid in a candy store. My impotency has disappeared, the edema is gone; the neuropathy has improved so significantly as to be almost not noticeable, and I have so much energy that I am not only sprinting but I have begun jumping rope and am considering returning to my youthful days by starting Disco roller skating again! Being the realistic person that I am, I am in no way stating that this product is a miraculous "cure all", but the benefits and results have been amazing thus far, and I am looking forward to continued improvement in my health. This product has worked for me and could possibly work for thousands of others! I have to say that the greatest benefit that I have noticed from using Natural Cellular Defense (NCD) is that I am more at peace with myself and the aggressive behavior has begun to subside. I wish to thank God for restoring my life and by allowing Fred to introduce to me this truly remarkable product Natural Cellular Defense (NCD). I, also, wish to thank the developers of this unique product. I would like everyone to try this product so that they can be on their way to renewed health – hopefully, in the same short period as I have experienced also.

Appendix E

More Articles

ARTICLE 1

Mind Over Genes: The New Biology

© 2005 Bruce H. Lipton, Ph.D.

Earlier in my career as a research scientist and medical school professor, I actively supported the perspective that the human body was a "biochemical machine 'programmed' by its genes. We scientists believed that our strengths, such as artistic or intellectual abilities, and our weaknesses, such as cardiovascular disease, cancer or depression, represented traits that were preprogrammed into our genes. Hence I perceived life's attributes and deficits, as well as our health and our frailties as merely a reflection of our heredity expression.

Until recently, it was thought that genes were self-actualizing...that genes could 'turn themselves on and off.' Such behavior is required in order for genes to control biology. Though the power of genes is still emphasized in current biology courses and textbooks, a radically new understanding has emerged at the leading edge of cell science. It is now recognized that the environment, and more specifically, our perception (interpretation) of the environment, directly controls the activity of our genes. Environment controls gene activity through a process known as epigenetic control.

This new perspective of human biology does not view the body as just a mechanical device, but rather incorporates the role of a mind and spirit. This breakthrough in biology is fundamental in all healing for it recognizes that when we change our perception or beliefs we send totally different messages to our cells and reprogram their expression. The new-biology reveals why people can have spontaneous remissions or recover from injuries deemed to be permanent disabilities.

The functional units of life are the individual cells that comprise our bodies. Though every cell is innately intelligent and can survive on its own when removed from the body, in the body, each cell foregoes its individuality and becomes a member of a multicellular community. The body really represents the cooperative effort of a community of perhaps 50 trillion single cells. By definition, a community is an organization of individuals committed to supporting a shared vision. Consequently, while every cell is a free-living entity, the body's community accommodates the wishes and intents of its 'central voice,' a character we perceive as the mind and spirit.

When the mind perceives that the environment is safe and supportive, the cells are preoccupied with the growth and maintenance of the body. In stressful situations, cells forego their normal growth functions and adopt a defensive 'protection' posture. The body's energy resources normally used to sustain growth are diverted to systems that provide protection during periods of stress. Simply, growth processes are restricted or

suspended in a stressed system. While our systems can accommodate periods of acute (brief) stress, prolonged or chronic stress is debilitating for its energy demands interfere with the required maintenance of the body, and as a consequence, leads to dysfunction and disease.

The principle source of stress is the system's 'central voice,' the mind. The mind is like the driver of a vehicle. With good driving skills, a vehicle can be maintained and provide good performance throughout its life. Bad driving skills generate most of the wrecks that litter the roadside or are stacked in junkyards. If we employ good "driving skills" in managing our behaviors and dealing with our emotions, then we should anticipate a long, happy and productive life. In contrast, inappropriate behaviors and dysfunctional emotional management, like a bad driver, stress the cellular 'vehicle,' interfering with its performance and provoking a breakdown.

Are you a good driver or a bad driver? Before you answer that question, realize that there are two separate minds that create the body's controlling 'central voice.' The (self)conscious mind is the thinking 'you,' it is the creative mind that expresses free-will. Its supporting partner is the subconscious mind, a super computer loaded with a database of programmed behaviors. Some programs are derived from genetics, these are our instincts and they represent nature. However, the vast majority of the subconscious programs are acquired through our developmental learning experiences, they represent nurture.

The subconscious mind is not a seat of reasoning or creative consciousness, it is strictly a stimulus-response device. When an environmental signal is perceived, the subconscious mind reflexively activates a previously-stored behavioral response...no thinking required. The subconscious mind is a programmable autopilot that can navigate the vehicle without the observation or awareness of the pilot—the conscious mind. When the subconscious autopilot is controlling behavior, consciousness is free to dream into the future or review the past.

The dual-mind system's effectiveness is defined by the quality of the programs carried in the subconscious mind. Essentially, the person who taught you to drive molds your driving skills. For example, if you were taught to drive with one foot on the gas and the other on the brake, no matter how many vehicles you owned, each will inevitably express premature brake and engine failure. Similarly, if our subconscious mind is programmed with inappropriate behavioral responses to life's experiences, then our sub-optimum 'driving skills' will contribute to a life of crash and burn experiences. For example, cardiovascular disease, the leading cause of death, is directly attributable to behavioral programs that mismanage the body's response to stress.

Are you a good driver or a bad driver? The answer is difficult for in our conscious creative mind we may consider ourselves as good drivers, however self-sabotaging or limiting behavioral programs in our subconscious unobservedly undermine our efforts. We are generally consciously unaware of our fundamental perceptions or beliefs about life. The reason is that the prenatal and neonatal brain is predominately operating in delta and theta EEG frequencies through the first six years of our lives. This low level of brain activity is referred to as the hypnagogic state. While in this hypnotic trance, a child does

not have to be actively coached by its parents for they obtain their behavioral programs simply by observing their parents, siblings, peers and teachers. Did your early developmental experiences provide you with good models of behavior to use in the unfoldment of your own life?

During the first six years of life a child unconsciously acquires the behavioral repertoire needed to become a functional member of society. In addition, a child's subconscious mind also downloads beliefs relating to self. When a parent tells a young child it is stupid, undeserving or any other negative trait, this too is downloaded as a 'fact' into the youngster's subconscious mind. These acquired beliefs constitute the 'central voice' that controls the fate of the body's cellular community. While the conscious mind may hold one's self in high regard, the more powerful unconscious mind may simultaneously engage in self-destructive behavior.

The insidious part of the autopilot mechanism is that subconscious behaviors are programmed to engage without the control of, or the observation by, the conscious self. Since most of our behaviors are under the control of the subconscious mind, we rarely observe them or much less know that they are even engaged. While your conscious mind perceives you are a good driver, the unconscious mind that has its hands on the wheel most of the time, may be driving you down the road to ruin.

We have been led to believe that by using will power, we can override the negative programs of our subconscious mind. Unfortunately, to do that, you really have to emphasize the word 'power,' for one must keep a constant vigil on one's own behavior. The moment you lapse in consciousness, the subconscious mind will automatically engage and play its previously recorded experience-based programs.

The subconscious mind is really a tape player. There is no observing entity in the subconscious mind reviewing the behavioral tapes. Consequently, there is no discernment as to whether a subconscious behavioral program is good or bad...they are just tapes. The subconscious is strictly a playback machine, perceived stimuli engage preprogrammed behaviors. In fact, people, upon seeing their own subconscious programs play out frequently, say something like, "That guy just pushed my buttons!"

In contrast to the power of the conscious mind, the subconscious mind is a million times more powerful an information processor. Also, as neuroscientists emphasize, the conscious mind provides 5% or less of the cognitive activity during the day. Ninety-five to ninety-nine percent of our behavior is directly derived from the subconscious. Hence the use of the word 'power' in the concept of will power, it takes significant effort for the conscious mind to keep tabs on the subconscious behavior. Positive thinking is primarily effective if the subconscious supports the conscious intention.

The problem with trying to reprogram the subconscious is that we fail to realize it is playing behavioral 'tapes.' To understand why conscious awareness does not readily change subconscious programs, consider this instructive analogy: I provide you with a cassette tape and you put it into your player and push the play button. As the tape plays the program, you realize that you do not like it. So, you yell at the tape player to change the program, you ask it to play something different. After awhile of not getting a

response, you yell louder and get angrier at the tape player because of the lack of a response to your request. Then when it seems hopeless, you beseech God to help you change the program. The point is simple, no matter how much you yell at the tape player it will not change the program. To change a tape, you have to push the record button and then rerecord the program incorporating the desired changes.

There are two ways out of the problem. Firstly, we can become more conscious, and rely less on automated subconscious programs. By being fully conscious, we become the masters of our fates rather than the 'victims' of our programs. This path is similar to Buddhist mindfulness. Secondly, we can use a variety of new energy psychology modalities that enable a rapid and profound reprogramming of limiting subconscious beliefs. These new energy modalities provide the ability to rewrite limiting perceptions (beliefs) and self-sabotaging behaviors using processes that are mechanistically similar to pushing the record program on the subconscious mind's tape player. With conscious awareness, one can actively transform the character of their lives into ones filled with love, health and prosperity. The use of these new modalities provides a key to personal growth and transformation. A variety of energy psychology modalities, such as Psych-K, Holographic Repatterning and BodyTalk, are among the variety of programs that can be found on the web.

ARTICLE 2

Raw or Cooked Foods for Health?

An eye-opener: Pottenger's Cats

Between 1932 and 1942 Dr. Francis M. Pottenger conducted a feeding experiment on 900 cats, in order to determine the effect of heat-processed food compared to raw food. The differences were startling. Today, the majority of the records are in the archives of the Price-Pottenger Foundation, which (in 1983) published the book, *Pottenger's Cats: A Study in Nutrition*.

Here is a selection of quotes from this book:

Raw Meat Group

"The cats fed a diet of 2/3 raw meat, 1/3 raw milk and cod liver oil show striking uniformity in their sizes and their skeletal developments. From generation to generation they maintain a regular, broad face with prominent malar and orbital arches, adequate nasal cavities, broad dental arches and regular dentition. Each sex maintains its distinct anatomical features. No evidence of infection or degenerative change. Tissue tone is excellent and the fur of good quality. Gregarious, friendly and when thrown or dropped as much as 6 feet to test their coordination, they always land on their feet and come back for more play. Miscarriages are rare and the litters average five kittens with the mother cat nursing her young without difficulty."

Cooked Meat Group

"The cats fed a diet of cooked meat, 1/3 raw milk and cod liver oil reproduce a heterogeneous strain of kittens, each kitten in a litter being different in size and skeletal pattern. ... One of the earliest defects noticed in the cats on cooked food is poor dentofacial development.

The long bones of cooked meat cats tend to increase in length and decrease in diameter with the hind legs commonly increasing in length over the forelegs. ... In the third generation, some of the bones become as soft as rubber.

Heart problems; nearsightedness and farsightedness; under activity of the thyroid; infections of the kidney, of the liver, of the testes, of the ovaries and of the bladder; arthritis and inflammation of the joints; paralysis and meningitis—all occur commonly in these cooked meat fed cats.

By the time the third deficient generation is born, the cats are so physiologically bankrupt that none survive beyond the sixth month of life, thereby terminating the strain.

Cooked meat-fed cats show much more irritability. Some females are even dangerous to handle and three are named Tiger, Cobra and Rattlesnake because of their proclivity for biting and scratching. The males, on the other hand, are more docile, often to the point of being unaggressive and their sex interest is slack or perverted. In essence, there is evidence of a role reversal with the female cats becoming the aggressors and the male cats becoming passive as well as evidence of increasing abnormal activities between the same sexes. Such sexual deviations are not observed among the raw food cats.

Vermin and intestinal parasites abound. Skin lesions and allergies appear frequently. Pneumonia and emphysema are among the principal causes of death. ... Their fur shows inferior quality and their dispositions are much more nervous and irritable than those of normal cats.

Abortion in cooked meat fed pregnant females is common, running about 25 percent in the first deficient generation to about 70 percent in the second generation. Deliveries are generally difficult with many females dying in labor. One cat proves unable to deliver her kittens even after 72 hours of labor. The mortality rate of the kittens also is high as the kittens are either born dead or are born too frail to nurse. The average weight of the kittens born of cooked meat fed mothers is 19 grams less than the raw meat nurtured kittens.

Cats can be so reduced in vitality by just one year of a diet considered adequate for human consumption that it may take them from two to three years to recover from the injury, if they can recover at all. "

SUMMARY OF FINDINGS OF THE CAT STUDY

The normal, wild cat subsists upon rodents, birds, reptiles, insects, fish and a small amount of vegetation, and maintains regular features and normal functions generation after generation.

Ordinary house cats, living a semi-wild life, also maintain regular features and functions generation after generation. In contrast, cats which are prevented from hunting, subjected to a life of ease and fed prepared, cooked foods show tendencies towards poor development.

"The elements in raw food which activate and support growth and development in the young appear easily altered and destroyed by heat processing and oxidation. What are these vital elements? Their nature is not known at this time." (1942)

You can buy *Pottenger's Cats -A Study in Nutrition* from Price-Pottenger Foundation. (www.price-pottenger.org)

Visit the Bones and Raw Foods (BARF) Web ring. This includes hundreds of websites presenting raw-fed dogs and cats. (<http://www.ringsurf.com/netring?ring=barf;action=list>)

ARTICLE 3

Traditional Chinese Medicine

by Victoria Dragon

Traditional Chinese Medicine, TCM, is concerned with restoring balance to the person and promoting the flow of energy -called Qi or Ch'i (pronounced "chee") throughout the body.

The pathways of energy are called meridians. TCM primarily works with 12 basic meridians plus two special ones. There are more than 14 meridians, but the other meridians rarely are used by most TCM healers.

The 12 basic meridians are the Liver and Gallbladder meridians, the Heart and Small Intestine meridians, the Spleen (pancreas) and Stomach meridians, the Lung and Large Intestine meridians, Kidney and Bladder meridians, and the Pericardium and Triple Heater (warmer) meridians. The other two meridians belong to what the Chinese call "The Strange Flows" meridians. These are the Governing Vessel -which runs from the base of the spine up the midline of the back and over the head to a spot just above the upper lip -and the Conception Vessel -which runs from the perineum up the midline of the front of the body to the chin.

Problems can arise in the meridians when there is a lack of energy (deficiency of Qi), when there is too much energy because of blockages or stagnation of Qi, when the quality of the energy is off (too much or too little Yang energy, too much or too little Yin energy), when the flow of the energy is off (i.e. ascending when it should be descending or vice versa), and when there is stasis of blood.

TCM uses four main methods of treatment in order to restore balance to the person. These are diet, herbs, acupuncture/acupressure and massage. The first line of defense is diet. There often is a blurring of distinction between dietary herbs and medicinal herbs because the Chinese culinary arts have developed over the centuries to incorporate

health-promoting practices. For example, in the winter-the time of the greatest Yin energy and the least Yang energy -Chinese cooks will prepare dishes with Yang and warming energy in order to provide these energies at this coldest, most Yin time of the year. However, Chinese cooks also will include some Yin and cold (energy) foods at this time of year so as to be in harmony with the season. How much of the Yang/Warm foods and of the Yin/Cold foods eaten in a particular season will depend on the particular needs of the individual.

TCM is highly individualized in its treatments. There are no "one size fits all" (or even most people) therapies. TCM is concerned primarily with identifying and treating root causes rather than symptoms. TCM recognizes that several people could have identical liver symptoms, yet the root cause (and hence the appropriate treatment) could be different for each of them. The root of the problem for the first may indeed lie in the Liver or the Liver meridian. In this case treatment directed at the Liver and/or Liver meridian would be appropriate. But the root cause of the symptoms for the second may be in the Kidneys or the Kidney meridian. The root cause for the third may lie in the Lung meridian, or the Heart, or even the Spleen meridian. The treatment which is appropriate for the person whose root lies in the Liver or Liver meridian would either not help or even harm one of the others whose root lies in another meridian.

TCM healers are very careful about identifying causes instead of symptoms. To this end, several diagnostic techniques are used to double-and triple-check findings. Some of the primary diagnostic techniques are general observation, pulse diagnosis, tongue diagnosis, and a very lengthy questionnaire with questions arranged according to meridians.

From the time a client first walks into the office of a TCM practitioner, the healer is noting things about the individual. Is the person's voice too loud, movements fast, face flushed (possible Yang and/or Heat excess or Yin deficiency)? Is the person's voice weak, movements slow, complexion pale (possible Yin and/or Cold excess or Yang deficiency)? What does the person smell like? What is the posture? How much of the whites of the eyes are showing above or below the iris? And so forth.

The most controversial of the TCM diagnostic techniques is the pulse diagnosis. Most Western doctors are trained to recognize three things in the pulse. Western cardiologists are trained to spot a few more things in taking the pulse. TCM practitioners take the pulse at a minimum of three locations on each wrist at the same time, taking each of the six at a shallow depth and a deep depth. They are trained to differentiate between dozens of qualities of pulse-strong, weak, slippery, hard to find, full, thin, long, choppy, etc. Pulse diagnosis is the hardest part of TCM to learn and takes the longest time and the most practice to become proficient at.

The TCM tongue diagnosis also is a bit more involved than the Western counterpart. One of the basic concerns of TCM is identifying if a disorder is a heat disorder (the person in general or a specific meridian is too Hot) or if it is a Cold disorder (the person in general or a specific meridian is too Cold.) The normal color of the tongue is pale red. In general, a tongue which is too red will indicate a Heat condition. A pale tongue will indicate either a Yang deficiency or a blood deficiency. If the pale tongue is too wet, and

especially if it is swollen, this usually indicates a Yang deficiency. If the pale tongue is too dry, this usually indicates a Blood deficiency. If the sides of the pale, dry tongue are especially pale or have slightly orangey, this may indicate deficiency of Liver-Blood. A purple tongue indicates stasis of Blood. Reddish-purple indicates Blood stasis and Heat. A bluish-purple tongue indicates Blood stasis and Cold. The tongue coating also is checked. A thin, white coating is normal. The shape, texture, and length also are checked.

The TCM questionnaire is very thorough, and questions are grouped according to meridians. A meridian encompasses more than just the organ it is named for. For example, the Kidney meridian includes not only the kidneys, but also the adrenal glands as well as the ears, the skeletal system, the bone marrow, and the hair. For this reason the group of questions under the Kidney meridian will include questions on the ears and hearing. "Do you currently suffer from or do you have a history of suffering from problems with the ears and hearing?" Note: TCM considers if a problem (a weakness) existed from birth, or if it is acquired.

TCM pays far more attention to environmental conditions than Western medicine does. Each of the six pairs of main meridians is particularly vulnerable to a specific weather condition, and specific weather conditions are more likely at certain times of the year. Spring (in the U.S. and China) is the season when wind is the predominate atmospheric condition. The Liver and Gallbladder meridians are most vulnerable to attack by Wind. Early summer is Heat, and the Heart, Small Intestine, Pericardium, and Triple Heater meridians are most vulnerable to attack by Heat. Late summer is Dampness, and the Spleen and Stomach meridians are most vulnerable. Fall is Dryness, and the Lung and Large Intestine meridians are most vulnerable. Winter is the season of Cold, and the Kidney and Bladder meridians are most vulnerable to attack by Cold. These are general comments because the Stomach also is vulnerable to attack by Dryness and the Spleen also is vulnerable to attack by Cold.

Each of the six pairs also is vulnerable to particular emotions. For example, the Liver and Gallbladder meridians are particularly vulnerable to attack by anger. However, the TCM understanding of the Mind-Body (actually the Mind-Body-Emotion-Spirit) connection is far more sophisticated and practical than the Western counterpart. It is recognized that anger can damage the liver and Liver meridian, as can trauma to the liver, infection, toxins, etc. But TCM recognizes that once the damage occurs -regardless of the trigger - that the damage will create anger. It is a snowballing process. For this reason, physical intervention via herbs, acupuncture/acupressure, massage, and/or diet is always called for, and mental/emotional symptoms are always considered as being symptoms of a physical imbalance. Dismissing a patient's problems as "just psychological" is not a part of the TCM system. Neither is merely treating emotional symptoms with psychoactive drugs. Nor just treating any physical symptoms with drugs or herbs. TCM is concerned with identifying and treating causes and restoring balance.

Herbs are classified according to their energy -Hot, Warm, Neutral, Cool, or Cold. According to flavor (Sweet, Bitter, Pungent, Sour, or Salty). According to meridians which the herb has an affinity for. And according to class. For example, using ginger to warm the interior. The healer then considers other things to determine if ginger is the best

herb for the individual or if one of the other herbs which warms the interior would be the best or perhaps use both.

Note: Warm herbs can be used with individuals suffering from Heat disorders, *but* the herb with Warm energy must be mixed with herbs with Cool/Cold energy so that the overall balance of the mixture is on the Cool side. Likewise, Cool herbs can be used with people with Cold disorders as long as the overall balance of the mixture is Warm. Very proficient TCM herbalists also know how to mix herbs so that an herb which ordinarily does not target a specific meridian will. Licorice frequently is used for this as it enters all 12 main meridians. It also is used in mixtures to remove energy blocks. For example, taking ginseng -an energy tonic -can make a person sicker if there are energy blocks in the meridians. For this reason, ginseng frequently is decocted with licorice in order to correct both problems at once - the blockage as well as the Qi deficiency.

TCM will speak of an environmental energy (Cold, Heat, Wind, Dampness, Dryness), attacking at the external or internal level. Translated, "attacking externally" usually means the meridian is being affected. "Internal" usually means that the organ has been affected. It also means that enough damage has been done that the body is now creating the Cold, Heat, Wind, Dampness, and/or Dryness. For example, once an attack of Cold goes on long enough and is severe enough, the kidneys are damaged. The kidneys and the Kidney meridian can no longer warm the body. It does not matter what the external temperature is, the person will feel cold and suffer from the symptoms of excess Cold. (Also note that the adrenal glands are part of the Kidney meridian, and at least one adrenal hormone, RHEA, is known in Western medicine to play a significant role in maintaining body temperature. The gap between Western medicine and TCM is not as wide as may first be thought).

External disorders are easier and quicker to treat than internal ones.

Any environmental energy -even Cold -can turn into Toxic Fire if it goes on long enough without treatment. In the TCM system, the common cold is caused by Wind Cold. If the Wind Cold is not adequately treated, the common cold can turn into the Toxic Fire pneumonia. Adequate treatment is a relative term in TCM. It may mean merely going to bed earlier for one individual whereas for another it may mean staying in bed. TCM healers also recognize that Heat and Cold can masquerade as each other. The terms are "False Cold, True Heat" or "False Heat, True Cold." The latter is the more common.

One of the most off-putting things about TCM to people unfamiliar with it is the terminology. TCM terminology is at the same time both more literal and poetic than Western medical terminology as syndromes frequently are named for the environmental energies which trigger them.

TCM syndromes rarely correspond to Western diseases and disorders. The common cold is one that does. So is arthritis. TCM recognizes that not only do Dampness and Cold play roles in arthritis, but Wind does too. Arthritis can be triggered by any of the three or a combination of any of the three. Wind arthritis is characterized by pains that migrate and usually are not as severe as the Dampness and Cold arthritis. The pain of

Dampness and Cold arthritis tends to be very deep, very severe, and to stay in one place. Swelling will be seen in Damp arthritis. Arthritis is treated by the class of herbs that counteract rheumatism, herbs to induce perspiration, and herbs to promote blood circulation. In addition, depending on the cause(s), the arthritis also will be treated by herbs to warm the body or remove cold sensations, herbs to transform Dampness (the aromatic herbs that act on the spleen) or promote urination, and/or herbs to extinguish Wind. (Note: Herbs that transform Dampness or promote urination have to be used very carefully or may even be contraindicated in thin, weak people suffering from Yin Deficiency. The same remarks apply to herbs to warm the body for people with Heat excess. This entire paragraph is highly simplified for beginners).

Environmental energies can combine to cause problems. Wind is the most common environment energy as it can occur all during the year and readily combines with other energies. In Western terminology Wind also includes changes in barometric pressure. Herbs that promote blood circulation also are employed in treating Wind disorders because good circulation is one of the strongest defenses against Wind.

For more introductory information on TCM, see the book *Chinese Herbal Cures* by Henry C. Lu and *Chinese System of Food Cures* by the same author.

For more advanced understanding see *The Foundations of Chinese Medicine* by Giovanni Maciocia (particularly good for diagnosis but geared to acupuncture) and *A Manual of Chinese Herbal Medicine: Principles & Practice for Easy Reference* by Warner J.W. Fan, MD.

ARTICLE 4

Statement by Dr. Robert O Young

There is No Disease.

Disease names like diabetes and osteoporosis are misleading and mis-inform patients about disease prevention.

There is a curious tendency in conventional medicine to name a set of symptoms a disease. I was recently at a compounding pharmacy having my bone mineral density measured to update my health stats. I spotted a poster touting a new drug for osteoporosis. It was written by a drug company and it said exactly this: 'Osteoporosis is a disease that causes weak and fragile bones.' Then, the poster went on to say that you need particular drug to counteract this 'disease.'

Yet the language is all backwards. Osteoporosis isn't a disease that causes weak bones, osteoporosis is the name given to a diagnosis of weak bones. In other words, the weak bones are the result of excess acidity, and then the diagnosis of osteoporosis followed.

The drug poster makes it sound like osteoporosis strikes first, and then you get weak bones. The cause and effect is all backwards. And that's how drug companies want people to think about diseases and symptoms: first you 'get' the disease, and then you are 'diagnosed' just in time to take a new drug for the rest of your life.

But it's all hogwash. There is no such disease as osteoporosis. It's just a made-up name given to a pattern of symptoms that indicate you are over-acid which causes your bones to get fragile.

As another example, when a person follows an unhealthy lifestyle that results in a symptom such as high blood pressure, that symptom is actually being assumed to be a disease all by itself and it will be given a disease name. What disease? The disease is, of course, 'high blood pressure.' Doctors throw this phrase around as if it were an actual disease and not merely descriptive of patient physiology.

This may all seem silly, right? But there's actually a very important point to all this.

When we look at symptoms and give them disease names, we automatically distort the selection of available treatments for such a disease. If the disease is, by itself, high cholesterol, then the cure for the disease must be nothing other than lowering the high cholesterol. And that's how we end up with all these pharmaceuticals treating high cholesterol in order to 'prevent' this disease and lower the levels of LDL cholesterol in the human patient.

By lowering only the cholesterol, the doctor can rest assured that he is, in fact, treating this 'disease,' since the definition of this 'disease' is high cholesterol and nothing else. But there is a fatal flaw in this approach to disease treatment: the symptom is not the cause of the disease. There is another cause, and *this deeper cause is routinely ignored by conventional medicine, doctors, drug companies, and even patients.*

Let's take a closer look at high blood pressure. What actually causes high blood pressure? Many doctors would say high blood pressure is caused by a specific, measurable interaction between circulating chemicals in the human body. Thus, the ill-behaved chemical compounds are the cause of the high blood pressure, and therefore the solution is to regulate these chemicals. That's exactly what pharmaceuticals do -- they attempt to manipulate the chemicals in the body to adjust the symptoms of high blood pressure. Thus, they only treat the symptoms, not the root cause.

Or take a look at high cholesterol. The conventional medicine approach says that high cholesterol is caused by a chemical imbalance in the liver, which is the organ that produces cholesterol. Thus the treatment for high cholesterol is a prescription drug that inhibits the liver's production of cholesterol (statin drugs). Upon taking these drugs, the high cholesterol (the 'disease') is regulated, but what was causing the liver to overproduce cholesterol in the first place? That causative factor remains ignored.

The root cause of high cholesterol, as it turns out, is primarily an over-acidic diet. A person who eats foods that are acidic will inevitably cause the body to go into preservation mode and produce more cholesterol to neutralize the excess acid thus showing the symptoms of this so-called disease of high cholesterol. It's simple cause and effect. Eat the wrong foods, and you'll produce too much acid which will cause the body to release cholesterol from the liver to bind up that acid which can be detected and diagnosed by conventional medical procedures.

You see it is not the cholesterol that is bad it is the acid producing food we eat that is bad. Reduce the acid producing foods like beef, chicken, pork, dairy, coffee, tea, soda pops, etc and you will reduce the protective cholesterol that is saving your life from excess acid foods.

Yet the root cause of all this is actually poor food choice, not some bizarre behavior by the liver. If the disease were to be accurately named, then, it would be called Acidic Food Choice Disease, or simply AFCD.

AFCD would be a far more accurate name that would make sense to people. If it's an acidic foods choice disease, then it seems that the obvious

solution to the disease would be to choose foods that aren't so acidic. Of course that may be a bit of simplification since you have to distinguish between healthy alkaline foods and unhealthy acidic foods. But at least the name AFCD gives patients a better idea of what's actually going on rather than naming the disease after a symptom, such as high cholesterol. You see, the symptom is not the disease, but conventional medicine insists on calling the symptom the disease because that way it can treat the symptom and claim success without actually addressing the underlying cause, which remains a mystery to modern medicine.

But let's move on to some other diseases so you get a clearer picture of how this actually works. Another disease that's caused by poor acidic food choice is diabetes. Type 2 diabetes is the natural physiological and metabolic result of a person consuming refined carbohydrates and added sugars in large quantities, undigested proteins from beef, chicken, and pork without engaging in regular physical exercise that would compensate for such dietary practices.

The name 'diabetes' is meaningless to the average person. The disease should be called Excessive Acid Disease, or EAD. If it were called Excessive Acid Disease, the solution to it would be rather apparent; simply eat less sugar, eliminate all animal proteins, eggs, dairy, drink fewer soft drinks and so on. But of course that would be far too simple for the medical community, so the disease must be given a complex name such as diabetes that puts its solution out of reach of the average patient.

Another disease that is named after its symptom is cancer. In fact, to this day, most doctors and many patients still believe that cancer is a physical thing: a tumor. In reality, a tumor is the solution of cancer, not its cause. A tumor is simply a physical manifestation of bound up acidic cells so they do not spoil other healthy cells. The tumor is the solution to cells damaged by acids not the problem. The truth is cancer is not a cell but an acidic liquid. When a person 'has cancer,' what they really have is a latent tissue acidosis. They are absorbing their own acidic urine. It that would be a far better name for the disease: Latent Tissue Acidosis or LTA.

If cancer were actually called Latent Tissue Acidosis, it would seem ridiculous to try to cure cancer by cutting out tumors through surgery and by destroying the immune system with chemotherapy. And yet these are precisely the most popular treatments for cancer offered by conventional medicine. These treatments do absolutely nothing to support the

patient's immune system and prevent the build up of acids in the tissues. That's exactly why most people who undergo chemotherapy or the removal of tumors through surgical procedures end up with yet more cancer a few months or a few years later. It's also another reason why survival rates of cancer have barely budged over the last twenty years. (In other words, conventional medicine's treatments for cancer simply don't work.)

The main reason is current medical science wrongly perceives cancer as a cell when in reality cancer is an acidic liquid, like lactic acid.

This whole situation stems from the fact that the disease is misnamed. It isn't cancer, it isn't a tumor and it certainly isn't a disease caused by having too strong of an immune system that needs to be destroyed through chemotherapy. It is simply latent tissue acidosis. And if it were called latent tissue acidosis disease or urine in the tissues, the effective treatment for cancer would be apparent.

There are many other diseases that are given misleading names by western medicine. But if you look around the world and take a look at how diseases are named elsewhere, you will find many countries have disease names that actually make sense.

For example, in Chinese medicine, Alzheimer's disease is given a name that means, when translated, 'feeble mind disease.' In Chinese medicine, the name of the disease more accurately describes the actual cause of the disease which is caused by acids or urine on the brain, whereas in western medicine, the name of the disease seems to be intended to obscure the root cause of the disease, thereby making all diseases sound far more complex and mysterious than they really are.

This is one way in which doctors and practitioners of western medicine keep medical treatments out of the reach of the average citizen. Because, by God, they sure don't want people thinking for themselves about the causes of disease!

By creating a whole new vocabulary for medical conditions, they can speak their own secret language and make sure that people who aren't schooled in medicine don't understand what they're saying.

That's a shame, because the treatments and cures for virtually all chronic diseases are actually quite simple and can be described in plain language, such as making different alkaline food choices, getting more natural sunlight, drinking more alkaline water, engaging in regular physical exercise, avoiding specific acidic foods, supplementing your diet with green foods and green drinks and alkalizing nutritional supplements and so on.

See, western medicine prefers to describe diseases in terms of chemistry. When you're depressed, you aren't suffering from a lack of natural sunlight; you are suffering from a 'brain chemistry imbalance' that can only be regulated, they claim, by ingesting toxic chemicals to alter your brain chemistry. When your bones are brittle, it's not acidic brittle bones disease; it's called osteoporosis, something that sounds very technical and complicated. And to treat it, western doctors and physicians will give you prescriptions for expensive drugs that somehow claim to make your bones less brittle. But in fact, the real treatment for this can be described in plain language once again: regular physical exercise, vitamin D supplementation, mineral supplements that include calcium and

strontium, natural sunlight, and avoidance of acidic foods such as soft drinks, white flour and added sugars.

In fact, virtually every disease that's prominent in modern society --diabetes, cancer, heart disease, osteoporosis, clinical depression, irritable bowel syndrome and so on --can be easily described in plain language without using complex terms at all. These diseases are simply misnamed. And I believe that they are intentionally misnamed to put the jargon out of reach of everyday citizens. As a result, there's a great deal of arrogance in the language of western medicine, and this arrogance furthers the language of separation. Separation never results in healing. In order to effect healing, we must bring together the language of healers and patients using plain language that real people understand and that real people can act upon.

We need to start describing diseases in terms of their root causes, not in terms of their arcane, biochemical actions. When someone suffers from seasonal affective disorder or clinical depression, for example, let's call it what it is: Sunlight Deficiency Disorder.

To treat it, the person simply needs to get more sunlight. This isn't rocket science, it's not complex, and it doesn't require a prescription.

If someone is suffering from osteoporosis, let's get realistic about the words we use to describe the condition: it's really Acidic Bones Disease. And it should be treated with things that will enhance bone density, such as nutrition, physical exercise and avoidance of acidic foods and drinks that strip away bone mass from the human body to neutralize the excess acids in the blood and tissues.

All of this information, of course, is rather shocking to old-school doctors and practitioners of western medicine, and the bigger their egos are, the more they hate the idea of naming diseases in plain language that patients can actually comprehend. That's because if the simple truths about diseases and their causes were known, health would be more readily available to everyday people, and that would lessen the importance of physicians and medical researchers.

There's a great deal of ego invested in the medical community, and they sure don't want to make sound health attainable to the average person without their expert advice. Doctors all want to serve as the translators of 'truth' and will balk at any attempts to educate the public to either practice medicine on their own. But in reality, health (and a connection with spirit) is attainable by every single person. Health is easy, it is straightforward, it is direct and, for the most part, it is available free of charge.

A personal connection with our Creator is the same if we ask humbly in prayer for a relationship with Him, and guidance. Don't believe the names of diseases given to you by your doctor. Those names are designed to obscure, not to inform. They are designed to separate you from self-healing, not to put you in touch with your own inner healer. And thus, they are nothing more than bad medicine masquerading as modern medical practice.

In Love and Light

- Dr. Robert O. Young

ARTICLE 5

What Milk is the Right Milk For Children?

The article: "What milk to feed a newborn baby?" by Professor J. Lestrade, published in the scientific journal, *Journal of Nutrition and Diet* (Cahiers de nutrition et de diététique), March 1982, stated: "Any kind of milk other than mother's milk, used in an unaltered state, will cause major disruptions. Differences between types of milk are fundamental.

As a matter of fact, there is twice as much lactose in human milk as in cow's milk, and it is known that lactose is vital for brain growth, which is twice as quick in a baby as in a calf. There is an overload of protein in cow's milk, which contains three times as much protein as human milk. It is to be noted that the liver and kidneys of a bottle-fed child are 30% larger than the very same organs in a breast-fed child.

Cow's milk doesn't address calcium absorption better than human milk, although it contains three times as much calcium. Cow's milk contains five times as much phosphate as human milk, and this causes two-thirds of the calcium to be retained in the gut --the result being that a bottle-fed child tends to have low blood calcium.

Using partly skimmed spray-dried milk, one is going the other way and setting up an iron deficiency in the newborn, which is, additionally, worsened since cow's milk protein irritates the digestive tract and causes microscopic bleeding.

As for salt (which cow's milk is three times as high in), it is known to cause water retention and high blood pressure. There are grounds for thinking that starting a child out on too much salt could well account for some cases of adult high blood pressure."

ARTICLE 6

Nick on Emotional Freedom Technique:

There is a very simple technique I once learned that has helped hundreds of folks on their way to health. It requires tapping certain meridian points very lightly whilst at the same time saying an affirmation of self-love and acceptance. Self love and acceptance is one of the most deeply healing attitudes we can invest our energy into. It creates a circuit that is essential to the success of any healing journey. Without self-love and acceptance we simply cannot make it all the way.

This technique should be applied to any situation that keeps repeating itself and causing sorrow. Simply identify the problem, take full responsibility and use the following affirmation whilst tapping lightly around the eyes and temples. There are other tapping points as well. Try tapping the heart center. From my experience I have witnessed individuals take great benefit from this process without accurately hitting the key points. I conclude that the points are less important than the verbalization of the thought and the intention behind the activity. Do a Google search on EFT and find a practitioner near you. Sometimes, this technique is touted as a miracle cure and the practitioners charge extortionate rates for imparting the knowledge. I wonder what Jesus would have been charging on the same sliding scale? Don't be fooled: there are no miracle cures, but there are miracle tools which help us to take off disease in layers, and this is one of them.

So EFT goes like this: Imagine you have an addiction to food, alcohol or both, perhaps it is smoking. As with most repetitive behavior that causes us sorrow, we can end up hating ourselves for doing it. The medicine for this situation is EFT and it goes like this: “Even though *I am obsessed with food* I deeply and completely love and accept myself as I am.”

That’s it. So simple. Repeat it over and over whilst tapping away and feel what happens.

RESOURCES

Natural Supplements and Suppliers

(Most or all of these products are available in the U.S. from www.naturesfirstlaw.com)

In the U.K. the following links should serve well:

Bee Pollen -www.tree-harvest.com OR www.oftheearth.co.uk

Maca Root Powder -www.fresh-network.com OR iridology@thenaturalcentre.com or

Raw Cacao Chocolate- www.fresh-network.com OR www.oftheearth.co.uk

Mesquite Powder- www.naturesfirstlaw.com

Spirulina (especially blue/green)- iridology@thenaturalcentre.com

Chlorella- iridology@thenaturalcentre.com

Groovy Food Bendy Oil- www.groovyfood.co.uk

Hemp Powder- contact anthonyfgb@btopenworld.com for an excellent value for money supply.

Vitalzym- www.fresh-network.com

Chia Seed- www.sunorganic.com OR www.oftheearth.co.uk

Chinese Herbs- www.dragonherbs.com

Herbal Dietary Fiber-is distributed by Aim International. Also available in the UK from Mrs. Calcott on 01905451931

Recommended Books

Secrets of Native American Herbal Remedies by Anthony J. Cichoke ISBN: 1 58333 100X

Any book Dr. Joseph Murphy, particularly *How To Use the Sub-conscious Mind Beyond 2012*

The Gospel of Peace of Jesus Christ by Geoff Stray

Heal Thyself by Dr. Edward Bach ISBN 085207 3011

The P.H. Miracle by Dr. Robert O. Young

The Miracle of Fasting by Paul Bragg ISBN 0 87790 036 1

Any book by David Wolfe especially *The Sunfood Diet Success System*

Conscious Eating by Gabriel Cousens

Healing with Whole Foods by Paul Pitchford (especially if you are transitioning from a meat-based diet through mostly cooked grains to plant based nutrition)

Eating Without Heating by the Boutenko family

Alkalize or Die, 1991 by Dr. Theodore A. Barrody

Natures First Law Reading List:

Eat Right For Your Type by D'Adamo ISBN 0 7126 7716 X (Interesting but not the Gospel)

Your Body's Many Cries for Water by F. Batmanghelidj ISBN 1 903571 49 9

Water and Salt by Peter Ferrera

The Mucusless Diet Healing System by Arnold Ehret

The Tao of Sex, Health and Longevity by Daniel Reid

All publications issued by The Brahma Kumari organization, particularly the works of Dadi Janki

The Message of Water by Dr. Masuro Emoto

Healing with Wholefoods by Paul Pitchford ISBN 1 55643 220 8

What You Can Feel You can Heal by John Gray ISBN 0 091884 49 7

Infinite Love is the Only Truth, Everything Else is Illusion by David Icke ISBN: 0 9538810 67 (available from Bridge of Love publications)

Unlimited Power by Anthony Robbins ISBN 0671 69976 8

Handbook For The New Paradigm by EMBRACING THE RAINBOW and Benevolent Energies ISBN 1 893157 04 0

Nothing Better Than Death (downloadable free e-book) by Kevin Mitchell

The Spiritual Athlete by Ray Berry ISBN: 0963083902

Jonathon Livingstone Seagull and Illusions by Richard Bach

Instant Raw Sensations by Frederic Patenaude (www.fredericpatenaude.com)

I also recommend all the work by Dr. Weston Price Foundation.

Equipment (In USA all available through Natures First Law)

Juicing machine: There are many types of machine available. The most expensive are not necessarily the best choice for starting up on your venture. If you buy a centrifugal juicer which are the cheapest option it is worth investing in a slightly more robust model. Try to

get the one with a wide chute large enough to take a whole apple. They have a strong metal clip that clamps the whole thing together. The make we use is a Breville 850watt

Blender: (again, go for the bigger one, minimum 700-watt motor. Ours is Kenwood Pro and it's good enough).

Enema kits: Can be found at most pharmacies.

Rebounders: Available through The Wholistic Research Company-info@wholisticresearch.com.

Water Distiller: Wholistic Research Company-info@wholisticresearch.com

Other Websites:

Cancer Research:

www.cancer-breakthrough.com

www.curezone.com

Natural Cellular Defense:

<http://www.mywaiora.com/336070>

13-Moon Calendar:

www.tortuga.com

www.diagnosis2012.co.uk

www.skyscript.co.uk/moonheath.html

www.ascension2000.com

Film

What The Bleep Do We Know Anyway -released in 2005 and presented the quantum science perspective on reality in a very entertaining and educational format. The movie is available on DVD and a book full of quotes from the film can be found at the web address.

The Immune System (Albert E. Carter)

Audio CD

The Isaiah Effect

The Lost Mode of Prayer

Beyond Zero Point

*All three are Greg Braden

This document was put together by me, Nick Good. I am available for talks, seminars, workshops, consultancy and retreats. I specialize in one-on-one personal training. If you are really up for the adventure of Self discovery I highly recommend my Success Ultra Now experience. I can be contacted directly at www.successultranow.com and ng@livinginmagic.org.

The main thing to realize is that spirituality is the basis of health. By educating oneself through literature that enlightens us, we raise our consciousness and this has an immediate impact upon our cellular structure and also the collective consciousness of humanity. As we evolve in this process we become more at-one with life and are able to nourish ourselves directly through a loving symbiosis that automatically places less emphasis on the need for dense material food and wisdom translated into words.

“There are more things in heaven and earth Horatio than are dreamed of in all your philosophies.”

~William Shakespeare