



Total Wellness

REVERSED



- ✓ Reverse Diabetes
- ✓ Reverse High Blood Pressure
- ✓ Reverse High Cholesterol
- ✓ Reverse Hormonal Imbalance
- ✓ Reverse Prostate Problems
- ✓ Reverse Allergies, Asthma and Sinus related issues

- ✓ Reverse Arthritis
- ✓ Reverse Fibroids
- ✓ Reverse Cancers
- ✓ Weight Loss Plan
- ✓ The Laws of Health
- ✓ Menu Planning and Food Combinations and more



JAMES LUKE & NATALIE NASH

365 TOTAL WELLNESS

Reversed

© 2017



NATURAL HEALING
THROUGH THE LAWS OF HEALTH

“Knowing that if you have the faith of a mustard seed, your faith can move mountains”

Cor. Redcliffe and Temple Streets | St. John's | Antigua & Barbuda | +1 (268) 720-0418
LP #110 | Las Lomas No. 2 | Via Cunupia | Trinidad and Tobago | +1 (868) 724-4898
Website: www.nhtlh.com Email: nhtlinfo@gmail.com

MEET THE AUTHORS



James S. Luke



Natalie S. Nash

James S. Luke and Natalie S. Nash ND Candidates, International Health Educators, and Directors, Natural Healing Through the Laws of Health Institute and Perla del Caribe

With over fifteen years of experience, James and Natalie have transformed the lives of thousands through their ministry of health, healing and restoration. Their presentations integrate the teachings of the Bible, Inspiration and good science to deliver a message of healing that is by far the most advanced and balanced in the teaching of health reform.

They developed several initiatives with Church Conferences, Missions, the Corporate Sector, Communities and other Institutions around the world, as well as Medical Missionary and Literature Evangelist Training; educating and training many individuals, including doctors, nurses and dieticians in the Health Education field. They travel from country to country to make this message of healing available to every nation, kindred, tongue and people. Thousands across the world have been empowered to reverse diabetes, lower cholesterol, lower blood pressure, rid their bodies of tumors, lost weight, renewed their spiritual lives, resolved both male and female issues and enjoy more vibrant health through the application of the Eight Laws of Health and Natural Remedies that are the cornerstone of the message.

The principles of healing espoused by this message are simple, straightforward and accessible to all.

James taught at the College of Health Evangelism where he helped to start the Advancement Department at Wildwood Lifestyle Center and Hospital in Georgia and he is also a Certified Fitness Chef.

James and Natalie are Co-authors of 365 Total Wellness with Menu Planning and Food Combinations Made Easy, Breast Cancer – Eliminating the Enemy Within and Tastee Veggie Delight.



NATURAL HEALING
THROUGH THE LAWS OF HEALTH

“Knowing that if you have the faith of a mustard seed, your faith can move mountains”

Cor. Redcliffe and Temple Streets | St. John’s | Antigua and Barbuda | +1 (268) 720-0418

LP 110 Las Lomas No. 2 | Via Cunupia | Trinidad and Tobago | +1 (868) 724-4898

Website: www.nhtlh.com

Email: nhtlinfo@gmail.com

TABLE OF CONTENTS

FOREWORD	14
THE SECRET TO DISEASE PREVENTION AND HEALTH RESTORATION – PART 1	15
DISEASE NEVER COMES WITHOUT A CAUSE	16
THE 10 LAWS OF THE MIND	20
PURE AIR	24
Benefits of proper breathing of fresh air	24
Drawbacks of improper breathing	25
The necessity of fresh air	25
How can your living environment influence our health?	27
SUNLIGHT	28
What is vitamin D?	29
Who are at risk for producing vitamin D?	29
How does sunlight exposure create vitamin D in our body?	30
Which diseases are linked to sunlight deficiency?	30
How to avoid sunburn?	32
TEMPERANCE	34
Effects of overeating.....	34
Dress and health goes hand-in-hand	34
Guidelines for reading material.....	36
The wearing of nail polish	36
Hair.....	36
Tattoo markings on the body.....	37
Shoes	37
Competitive activities.....	37
REST	39
Do you find yourself frequently waking up to urinate during the night?.....	40
Do you work the night shift or swing shift?	40
Do you find the need to take sleeping pills?	40
Remedy for a sound sleep	41
Do you rest from labor at least one day per week?	41
EXERCISE	43
Exercise will help you to:	43
What is the best form of exercise?	44
PROPER DIET	47
FLESH FOODS	48

How Does Flesh Eating Contribute to Disease?	49
The Effects of Meat Consumption on the Brain	50
The effects of meat consumption and Cancer	50
The effects of meat consumption and the Circulatory System	51
Teas.....	52
Coffee	53
Cocoa, Chocolate.....	53
Alcohol	54
Supplements	55
Habits And Nutrition.....	55
USE OF WATER.....	56
How should you drink water?.....	57
At what temperature should you drink your water?	57
Do you eat ice?	57
Dangers of drinking and eating	57
TRUST IN DIVINE POWER.....	60
Do not worry	60
Who brings about the healing in the body?.....	61
PRAYER FOR THE SICK.....	61
A Saving Faith.....	63
A Word From Jesus	64
THE TEST OF TITHES AND OFFERINGS?	65
WHAT HAPPENS WHEN WE DIE?.....	66
CLEANLINESS.....	74
Cleanliness in the home	74
Cleanliness outside the home.....	75
Body Hygiene	75
PURITY OF LIFE.....	77
Control of the mind.....	77
Reach out to others	77
DEVOTIONAL RECOMMENDATION	79
DAILY SCHEDULE	80
DIET AND INFANCY	83
SUGAR	85
Effects of Sugar	85
MILK	86
BUTTER.....	88
CHEESE.....	88

ICE CREAM	89
SPICES, CONDIMENTS, FERMENTED ITEMS	89
Drawbacks of Spices	89
VINEGAR.....	91
Drawbacks of Vinegar.....	91
BEVERAGES	91
SALT.....	92
OLIVES	94
BREAD.....	95
Yeast.....	95
SODIUM BICARBONATE	95
GRAINS, NUTS, SEEDS, LEGUMES	96
NUTS AND SEEDS.....	96
GRAINS.....	97
PHYTIC ACID	98
WHEAT ALLERGY	104
Satan’s Most Destructive Device.....	104
GLUTEN CHAOS.....	107
What is non-celiac gluten sensitivity?	108
Gluten and Thyroid Connection	110
Symptoms of Hypothyroidism	110
Symptoms of Hyperthyroidism.....	111
Healing and Sealing the Leaky Gut.....	113
GENETICALLY MODIFIED FOODS.....	114
GM Foods.....	114
Genetically Modified Organisms	115
CONSTITUENTS OF FOOD	116
Protein.....	116
Carbohydrates	116
Fats.....	116
Oils	117
CAUSES OF INDIGESTION	117
LIQUID DIET.....	118
PROPER SPACING OF MEALS.....	118
REGULARITY OF MEALS.....	119
NUMBER OF MEALS	119
TWO MEALS ARE BETTER THAN THREE	119

BIBLICAL REFERENCES OF A TWO-MEAL PLAN	120
BREAKFAST	120
WHAT IS SUPPER?	120
SNACKING IN BETWEEN MEALS.....	121
FRUITS AND VEGETABLES	122
Fruits.....	122
Vegetables.....	123
Fruits and vegetables at the same meal?	123
COARSE VEGETABLES.....	124
Washing off produce pesticides and waxes	125
VARITIES AT A MEAL	126
HOW MANY KINDS AT ONE MEAL?	127
THE UNIVERSAL BASIC FOUR.....	128
FOUR BASIC FOOD GROUPS.....	128
BOTANICAL FAMILIES.....	130
BOTANICAL FAMILIES	131
MENU PLANNING SAMPLES	135
MY PLATE	136
SAMPLE MEALS.....	138
MENU PLANNING WORKSHEET EXERCISES	141
MY VERY OWN MENUS.....	144
WHOLE-GRAIN, PLANT-BASED FOOD LIST	145
GLUTEN/ALLERGIES FREE LIST.....	148
MENU PLAN – WEEK 1.....	149
MENU PLAN – WEEK 2.....	150
TASTEE VEGAN DELIGHT	151
RECIPES	151
Granola.....	151
Scramble Tofu.....	151
Rice Cereal.....	151
Cashew Milk.....	152
Almond Milk.....	152
Almond Rice Milk	152
Strawberry Protein Smoothie	152
Holiday Nut Loaf.....	153
Macaroni and Cheese	153
Oat Burgers.....	154

Homestyle BBQ Soy Curls	154
Salt Fish Soy Curls.....	154
Mini Pizza Wheels	155
Fishy Patties	155
Sada Roti	156
Brown Rice.....	156
Crock Pot Beans	156
Honey Glazed Tofu Turkey with Pineapple Cranberry Stuffing	157
Cornbread Stuffing.....	158
Cubed Country Style Stuffing	158
Barbecue Sauce	159
Ketchup	159
Tofu Mayonnaise.....	159
Minced Onion Dressing	160
Sliceable Cheddar Cheese.....	160
All Star American Cheese.....	160
Hummus.....	161
Delightful Butter.....	161
Celery Salt.....	161
Flaxseed Gel	161
Cinnamon Substitute	162
Nutmeg Substitute	162
Curry Powder	162
Vinegar Substitute	162
Toasted Oats	162
Oatmeal Raisin Cookies.....	162
Pina Colada Pie	163
No-bake Almond Pie Shell	163
THE SECRET TO DISEASE PREVENTION AND HEALTH RESTORATION – PART 2	164
REVERSE ARTHRITIS	165
REVERSE DIGESTIVE ACHES AND PAINS	172
BUILDING YOUR IMMUNE SYSTEM.....	182
Homemade All Purpose Cleaner	189
Homemade Natural Lysol	189
Natural Hand Sanitizer I.....	189
Natural Hand Sanitizer II	189
REVERSE HIGH CHOLESTEROL	191
REVERSE DIABETES: TYPE II	196
REVERSE HYPERTENSION	202
REVERSE HYPOTHYROIDISM	209
REVERSE FIBROIDS UTERINE FIBROMA, UTERINE POLYPS	217
REVERSE ANEMIA.....	226

REVERSE MENOPAUSE DISCOMFORT	232
REVERSE PROSTATE ENLARGEMENT.....	237
REVERSE POLYCYSTIC OVARY SYNDROME (PCOS)	248
REVERSE CANCER	251
Meat Consumption And Cancer	254
Foods to increase:.....	257
JUICING THERAPY.....	270
HEALING AND SEALING A LEAKY GUT.....	271
WEIGHT LOSS PROGRAM.....	282
TOP USES OF ACTIVATED CHARCOAL	296
NATURAL REMEDIES	299
THE MEDICAL MISSIONARY WORK	305
TRAINING OF MEDICAL MISSIONARIES.....	306
CERTIFICATE PROGRAM	306

BOOK REFERENCE GUIDE

- CD Counsels on Diet and Foods by Ellen G. White
- CH Counsels on Health by Ellen G. White
- EFHP Encyclopedia on Foods and their Healing Power, A Guide to Food Science and Diet Therapy by Dr. George D. Pamplona-Roger, M.D.
- ED Education by Ellen G. White
- HL Healthful Living by Ellen G. White
- 1 MCP Mind Character and Personality Vol 1 by Ellen G. White
- 2 MCP Mind Character and Personality Vol 2 by Ellen G. White
- MH Ministry of Healing by Ellen G. White
- PATH Pathways to Health and Happiness by Ellen G. White
- 1 SM Selected Messages Vol. 1 by Ellen G. White
- 2 SM Selected Messages Vol. 2 by Ellen G. White

FOREWORD

ATTENTION: The information provided in this book is for education purposes only and do not claim to replace medical advice. Before making any changes please contact your health care professional.

Having a diagnosis of an illness does not mean that you have to resign yourself to sickness or medication for the rest of your life. It is a great thing to identify what has gone wrong in your body and even greater is to find out the root cause of your condition and by God's grace **REVERSE** your health challenges.

Genetics, environmental triggers such as the food we eat, our lifestyle habits, the air we breathe, medication or chemical exposure such as pesticides, molds, fungus, viruses or bacteria do contribute to illnesses. Did you know that all lifestyle diseases are one hundred percent reversible and that most autoimmune diseases can be predicted, prevented and reversed in many cases?

At Natural Healing Through the Laws of Health, our research and many years of experience in focusing on disease, its causes and remedies have shown us that when you meticulously apply the Laws of Health to your life you will be tremendously blessed. It truly sets the foundation for optimal health and wellness.

You are in for a treat as you explore with us the **PRINCIPLES OF WELLNESS** and **DISEASE REVERSAL PROTOCOLS** as we work together, step by step, in helping you achieve your goal for Reversing your Health Issues and living a Totally Well life today and years to come.

**THE SECRET TO DISEASE PREVENTION
AND HEALTH RESTORATION – PART 1**



DISEASE NEVER COMES WITHOUT A CAUSE



The Lord gave His word to ancient Israel, that if they would cleave strictly to Him, and do all His requirements, He would keep them from all the **diseases** such as He had brought upon the Egyptians; but this **promise** was given on the **condition of obedience**. Counsels on Diet and Foods p. 26.3

The words spoken to Israel are true today of those who recover health of body or health of soul. **"I am the Lord that healeth thee."** Exodus 15:26

God's desire for us is that we should prosper and be in good health above all things. The diseases which plagued the Egyptians then and which exists in our society today such as arthritis, cancer, eye infections, nutritional deficiencies, parasites, influenza, small pox and bone defects is promised to be non-existent among God's people, as long as they are obedient to his will.

It should be known that, the curse causeless shall not come, (Proverbs 26:2) and **Disease never comes without a cause**. Ministry of Healing pg. 94

A suitable definition of Disease is, "**Disease is an effort of nature to free the system from conditions that result from the violation of the laws of health.**" Ibid, pg. 73

So you may ask, what are the laws of health? The laws of health are identified as: **Pure air, sunlight, abstemiousness, rest, exercise, proper diet, the use of water, trust in divine power--these are the true remedies.** Ibid, pg. 127

There are many ways of practicing the healing art, but there is only one way that Heaven approves. God's remedies are the simple agencies of nature that will not tax or debilitate the system through their powerful properties. Pure air and water, cleanliness, a proper diet, purity of life, and a firm trust in God are remedies for the want of which thousands are dying. 2 Selected Messages pg. 287.3

Cause of sickness to be ascertained

In case of sickness, the cause should be ascertained. Unhealthful conditions should be changed, wrong habits corrected. Then nature is to be assisted in her effort to expel impurities and to re-establish right conditions in the system. Ministry of Healing pg. 127.1

There are times when we think of treating the symptoms but the root cause of the disease is not addressed, therefore, the illness may be relieved for a while but unless the root cause is identified and eliminated, complete recovery will not come.

Drugs Never Cure Disease

Drugs never cure disease; they only change its form and location. . . . When drugs are introduced into the system, for a time they seem to have a beneficial effect. A change may take place, but the disease is not cured. It will manifest itself in some other form. The disease which the drug was given to cure may disappear, but only to reappear in a new form, such as skin diseases, ulcers, painful, diseased joints, and sometimes in a more dangerous and deadly form. . . . Nature keeps struggling, and the patient suffers with different ailments, until there is a sudden breaking down in her efforts, and death follows. *Healthful Living* pg. 243.3

If the harmonious working of the system has become unbalanced by overwork, overeating, or other irregularities, do not endeavor to adjust the difficulties by adding a burden of **poisonous medicines**. *Ministry of Healing* pg. 235

People need to be taught that drugs do not cure disease. It is true that they sometimes afford present relief, and the patient appears to recover as the result of their use; this is because nature has sufficient vital force to expel the poison and to correct the conditions that caused the disease. Health is recovered in spite of the drug. But in most cases the drug only changes the form and location of the disease. Often the effect of the poison seems to be overcome for a time, but the results remain in the system and work great harm at some later period. *Ibid* pg 126.3

Use of Natural Remedies requires effort

The use of natural remedies requires an amount of care and effort that many are not willing to give. Nature's process of healing and up building is gradual, and to the impatient it seems slow. The surrender of hurtful indulgences requires sacrifice. But in the end it will be found that nature, untrammelled, does her work wisely and well. Those who persevere in obedience to her laws will reap the reward in health of body and health of mind. *Ibid*, pg. 128

But in the end it will be found that nature, untrammelled, does her work wisely and well. Those who persevere *Ibid*, pg. 128

Too little attention is generally given to the preservation of health.

It is far better to prevent disease than to know how to treat it when contracted. *Ibid*, pg. 228

By the use of poisonous drugs, many bring upon themselves lifelong illness, and many lives are lost that might be saved by the use of natural methods of healing. *Ibid* pg. 128

Health is Spiritual

To those who desire prayer for their restoration to health, it should be made plain that the violation of God's law, whether natural or spiritual, is sin, and that in order for them to receive His blessing, sin must be confessed and forsaken. *Ibid* pg. 228

I saw that the reason why God did not hear the prayers of His servants for the sick among us more fully was that He could not be glorified in so doing while they were violating the laws of health. *Counsels on Diet and Foods* pg. 25, 26 Did He hear the prayer? Yes, but He could not be glorified in bringing the healing while the sick was violating the laws of health. We have a part to play in our healing. Prayer can be offered, but we need to heed to counsel. At times

healing will not come if the Lord knows that the individual will not make changes to the cause that contributed to their illness.

And I also saw that He designed the health reform and Health Institute to prepare the way for the prayer of faith to be fully answered. Faith and good works should go hand in hand in relieving the afflicted among us, and in fitting them to glorify God here, and to be saved at the coming of Christ. Ibid pg. 26

We teach from three perspectives:

1. THE BIBLE

The Bible is God's revelation to mankind; through His word we get to know more of His will.

2. INSPIRED WRITINGS

Any inspired writings that do not conflict with the word of God.

3. GOOD SCIENCE

Good science is that which is well researched and harmonizes with the Bible and inspired writings.

These three components combined will give you, by far, the most advanced teaching in health, healing and restoration.

Disease and Sickness occurs as a result from one of the following three causes:

The violation of Natural Laws;
The violation of Spiritual Laws; or
For the Glory of God.

God has established the laws of our being. If we violate these laws, we must, sooner or later, pay the penalty. Many times, we claim to know these laws and how to take care of our body but we fail to do that which we know and when sickness comes we quickly seek a fast remedy through the use of drugs, which brings along its harmful effects. However, God's true remedies are sure, which appears at times to work slower, but it is actually a gradual method that is free from harmful side effects.

Man has disregarded the laws of his being, and disease has been steadily increasing. The cause has been followed by the effect. He has not been satisfied with food, which was the most healthful; but has gratified the taste even at the expense of his health.

Food plays a major role in restorative health. Knowledge in regard to how we shall eat, and drink, and dress, in reference to health, must be gained. Health Reformer, October 1, 1872 par.

13

Improper combinations of food create disturbance in our body; fermentation sets in; the blood is contaminated and the brain confused. Counsels on Diet and Foods pg. 110.6

It is a fact that, our bodies are constructed from what we eat; and in order to make tissues of good quality, we must have the right kind of food, and it must be prepared with such skill as will best adapt it to the wants of the system.

It is a religious duty for those who cook, to learn how to prepare healthful food in a variety of ways, so that it may be both palatable and healthful.

Poor cookery is wearing away the life energies of thousands. More souls are lost from this cause than many realize. It deranges the system and produces disease. In the condition thus induced, heavenly things cannot be readily discerned. Counsels on Diet and Foods pg. 116.3

Menu planning is of great importance for leading a healthy life. Not having the proper guidance on meal combinations can cause individuals to lose nutritious value from their foods, suffer from digestive disturbances, fatigue or brain fog.

The following guidelines will also prove to be beneficial to those seeking dietary instructions on menu planning and food combinations.

Here is one exciting testimony: one young lady in Antigua had difficulty to conceive and we recognized it was a result of major hormonal imbalance. We met with her; put her on the Plan, asking her to go on an all-green plant-diet, combined with lifestyle changes and a few herbal supplements. Within 30 days she got pregnant and today has a bouncing baby boy.

Would you love to know the Secret? Believe it or not it is far simpler than you can imagine, turn the pages and find out. In this book, we have precious, precious information that when adhered to will save lives; and it may very well be yours and your loved ones.

THE 10 LAWS OF THE MIND



The mind is a powerful force in the human body. You can't see it, touch it, yet it controls our every move, our perceptions, and it is that part of the brain, which God speaks to us. Let this mind be in you, which was also in Christ Jesus. Philippians 2:5

It is the duty of every person, for his own sake and for the sake of humanity, to inform himself in regard to the laws of life and conscientiously to obey them. (MH p. 128 (1905 / 1MCP p. 3.2)

All...should study the influence of the mind upon the body, and of the body upon the mind, and the laws by which they are governed. (MH p. 128)

LAW OF THE MIND (1)

It is a law of the mind that it will narrow or expand to the dimension of the thing with which it becomes familiar. (1MCP p. 241)

The mental powers will surely become contracted and will lose their ability to grasp the deep meanings of the Word of God unless they are put vigorously and persistently to the task of searching for truth.-- (2MCP 417.5)

If occupied with commonplace matters only, it will become dwarfed and enfeebled. If never required to grapple with difficult problems, it will after a time almost lose the power of growth.

In the Word of God the mind finds subject for the deepest thought, the loftiest aspiration.

In the reverent contemplation of the truths presented in His Word, the mind of the student is brought into communion with the infinite mind. Such a study will not only refine and ennoble the character, but it cannot fail to expand and invigorate the mental powers.—Patriarchs *and Prophets*, 596-599 (1890).

LAW OF THE MIND (2)

God designs that man shall not decide from impulse but from weight of evidence. (2MCP p. 417.3)

It is not the plan of God to compel men to yield their wicked unbelief. Before them are light and darkness, truth and error. It is for them to decide which to accept. The human mind is endowed with power to discriminate between right and wrong. (1BC 1120.5)

LAW OF THE MIND (3)

It is a law of nature that our thoughts and feelings are encouraged and strengthened as we give them utterance. (1MCP p. 242)

While words express thoughts, it is also true that thoughts follow words. If we would give more expression to our faith, rejoice more in the blessings that we know we have—the great mercy and love of God—we should have more faith and greater joy. No tongue can express, no finite mind can conceive, the blessing that results from appreciating the goodness and love of God...Even on earth we may have joy as a wellspring, never failing, because fed by the streams that flow from the throne of God.—MH p. 251-253

LAW OF THE MIND (4)

It is an important law of the mind that when a desired object is so firmly denied as to remove all hope, the mind will soon cease to long for it and will be occupied in other pursuits. But as long as there is any hope of gaining the desired object, an effort will be made to obtain it. (2MCP p. 119.1)

Great harm is done by a lack of firmness and decision. I have known parents to say, You cannot have this or that, and then relent, thinking that they may be too strict, and give the child the very thing they at first refused. A lifelong injury is thus inflicted.

LAW OF THE MIND (5)

The consciousness of right-doing is the best medicine for diseased bodies and minds. (1T p. 502)

Isaiah 58:8 ...and thine health shall spring forth speedily....

The special blessing of God resting upon the receiver is health and strength. A person whose mind is quiet and satisfied in God is in the pathway to health. (Christian Temperance and Bible Hygiene, pp. 160-162)

To have the consciousness that the eye of the Lord is upon us and that His ear is open to our prayers is a satisfaction indeed. To know that we have a never-failing friend to whom we can confide all the secrets of the soul is a happiness which words can never express.-- (CH p. 628.)

LAW OF THE MIND (6)

Idleness weakens brain power. (2MCP p. 383.1)

The reason the youth have so little strength of brain and muscle is because they do so little in the

line of useful labor. "Behold, this was the iniquity of thy sister Sodom, pride, fullness of bread, and abundance of idleness was in her and in her daughters, neither did she strengthen the hand of the poor and needy. And they were haughty, and committed abomination before Me: therefore I took them away as I saw good" (Ezekiel 16:49, 50).--4T p. 96 (1876)

LAW OF THE MIND (7)

Irregular hours for eating and sleeping sap the brain forces. (2MCP p. 388.1)

The mental powers will surely become contracted and will lose their ability to grasp the deep meanings of the Word of God unless they are put vigorously and persistently to the task of searching for truth.-- (2MCP 417.5)

LAW OF THE MIND (8)

Let the will be kept awake and rightly directed, and it will impart energy to the whole being and will be a wonderful aid in the maintenance of health. (MH p. 246.1)

The power of the will is not valued as it should be... It is a power also in dealing with disease. Exercised in the right direction, it would control the imagination and be a potent means of resisting and overcoming disease of both mind and body. By the exercise of the will power in placing themselves in right relation to life, patients can do much to co-operate with the physician's efforts for their recovery. There are thousands who can recover health if they will.

It is a power also in dealing with disease. Exercised in the right direction, it would control the imagination and be a potent means of resisting and overcoming disease of both mind and body. By the exercise of the will power in placing themselves in right relation to life, patients can do much to co-operate with the physician's efforts for their recovery. There are thousands who can recover health if they will. (MH p. 246.1)

LAW OF THE MIND (9)

Disciplined Minds Have Increased Powers of Retention.--Habits of negligence should be resolutely overcome. Many think it a sufficient excuse for the grossest errors to plead forgetfulness. But do they not, as well as others, possess intellectual faculties? Then they should discipline their minds to be retentive. It is a sin to forget, a sin to be negligent. If you form a habit of negligence, you may neglect your own soul's salvation and at last find that you are unready for the kingdom of God.--(2MCP p.417.4)

They should discipline their minds to be retentive. (1MCP p. 241)

LAW OF THE MIND (10)

Evil angels are striving for the dominion of every human being. Whatever injures the health, not only lessens physical vigor, but tends to weaken the mental and moral powers. Indulgence in any unhealthful practice makes it more difficult for one to discriminate between right and wrong, and hence more difficult to resist evil. It increases the danger of failure and defeat. (MH p. 128.3)

Pure healthful reading will be to the mind what healthful food is to the body. You will thus become stronger to resist temptation, to form right habits, and to act upon right principles.—*The Review and Herald*, December 26, 1882. (Sons and Daughters of God, 178.)

Guard the Avenues of the Soul.—We have a work to do to resist temptation. Those who would not fall a prey to Satan's devices must guard well the avenues of the soul; they must avoid reading, seeing, or hearing that which will suggest impure thoughts.

The mind should not be left to wander at random upon every subject that the adversary of souls may suggest. (1MCP p. 113)

"They which run in a race run all, but one receiveth the prize." 1 Corinthians 9:24. In the warfare in which we are engaged, all may win who will discipline themselves by obedience to right principles. The practice of these principles in the details of life is too often looked upon as unimportant --a matter too trivial to demand attention.

But in view of the issues at stake, nothing with which we have to do is small. Every act casts its weight into the scale that determines life's victory or defeat. The scripture bids us, "So run, that ye may obtain." Verse 24. (MH p. 129.1)

CONCLUSION

"As the flower turns to the sun, that the bright beams may aid in perfecting its beauty and symmetry, so should we turn to the Sun of Righteousness, that Heaven's light may shine upon us, that our character may be developed in to the likeness of Christ." (Steps to Christ, p. 68)

For further guidance, read the Chapter on Mind Cure in the book Ministry of Healing.

PURE AIR



The strength of the system is in a great degree dependent on the amount of pure fresh air breathed. This is necessary for mental alertness that we do have proper fresh air. (*Healthful Living p. 171*)

The tragic story is told of a gentleman who was so distracted and busy one day that he forgot that his grandson was in the backseat of his car. He had to drop off the infant at the nursery that morning but forgot to do so. The gentleman parked his vehicle at his workplace car park and went off to work. When he returned several hours later the child was dead.

We can live without food for several weeks, without water for several days, but we cannot live without air for a few minutes.

And the LORD God formed man [of] the dust of the ground, and breathed into his nostrils the breath of life; and man became a living soul. Genesis 2:7

Air is vital to the human body and pure fresh air is of greater importance as it determines much of our well-being.

In order to have good blood, we must breathe well. Full, deep inspirations of pure air, which fill the lungs with oxygen, purify the blood. Ministry of Healing p. 272

Respiration essentially consists in the interchanging of certain elementary principles contained in the blood, for those contained in atmospheric air. The **lungs**, and the **skin**, form the medium through which this interchange is made.

The lungs consist of an infinite number of small cells. Connected with these are small tubes, branching out from the bronchial tubes, and these tubes branching from the trachea, or windpipe. At every inspiration of air, these cells become filled. At every expiration of air, these cells are nearly emptied. When air is received into the lungs, the blood sent from the right ventricle of the heart meets it. Here the carbon of the blood is thrown off in the form of carbonic-acid gas; while the oxygen of the air taken into the lungs, is taken into the circulation of the blood, and carried to every part of the body. Together with receiving oxygen, electricity is also received and distributed throughout the body. How to Live p. 109

This exchange of oxygen and carbon dioxide is completed within milliseconds, and it takes about one minute to make a complete circuit of the body!

Benefits of proper breathing of fresh air

Deep breathing would invite new air into the system and expel stale air out of the body. Shallow breathing limits the elimination of carbon dioxide and other harmful gases through your lungs. Your breathing should be relaxed and done within your capacity. Breathing in (inhalation) energizes your body and breathing out (exhalation) relaxes the body. When doing breathing

exercises, it is important that your exhalation is at least as long as your inhalation and most authorities recommend that it be slightly longer.

Proper breathing of pure fresh air has the following benefits:

- It soothes the nerves; there is nothing more relaxing than cool fresh air.
- It controls anxiety attacks. Deep breathing helps to calm us down.
- It reduces stress by its soothing effect in the body.
- It improves blood circulation as the blood is energized by pure air.
- It improves blood to the brain, which is necessary for total body function and especially for brainworkers and students.
- It improves positive mental attitude and a happier mood.
- It is helpful in depression as the pure air enhances a positive happy mood.
- It renders more perfect digestion and stimulates the appetite.
- It induces sound refreshing sleep as the air is freely circulated and exchanged.
- It improves proper cellular metabolism thereby giving us more energy.

Drawbacks of improper breathing

Improper breathing can result when we are too anxious, or because of poor posture, or the wearing of tight clothing such as girdles, corsets, tight bands, tight pants and belts, which puts pressure on the lungs, and prevent them from expanding and functioning properly.

Improper breathing will cause:

- A weak and unhealthy system.
- Poor circulation as the blood moves sluggishly.
- Poor digestion.
- Increase inflammation in the body and the risk of acute diseases.
- Increase accumulation of waste in the body as a result of poor blood circulation and the stale air locked within the system.
- Increase the likelihood of being depressed.
- Increase of fevers, asthma and allergies.

The necessity of fresh air

The particles of matter which compose the human body are constantly changing. None of us possess today exactly the same bodies that were ours yesterday. A portion of their substance has been cast off and replaced by new. In the muscles, the bones, all the tissues which enter into our structure, particles which are worn out and can no longer subservise the purposes of life, are being taken up and passed in fluid form into the blood, by the circulation of which they are carried to those organs whose office it is to separate them from it and excrete, or throw them out of the system. These organs are the lungs, liver, kidneys, the lining membrane of the intestines and the external skin. This waste is made good by new particles, which are also carried by the blood to every minute portion of the body, wherever it circulates, and appropriated as they are needed.
How to live p. 112

The lungs are constantly throwing off impurities, and they need to be constantly supplied with fresh air. Impure air does not afford the necessary supply of oxygen, and the blood passes to the brain and other organs without being vitalized. Hence the necessity of thorough ventilation. To live in close, ill-ventilated rooms, where the air is dead and vitiated, weakens the entire system.

It becomes peculiarly sensitive to the influence of cold, and a slight exposure induces disease. It is close confinement indoors that makes many women pale and feeble. They breathe the same air over and over until it becomes laden with poisonous matter thrown off through the lungs and pores, and impurities are thus conveyed back to the blood. Ministry of Healing p. 177

Impure air is one of the major causes of poor health. The best air quality is in the early morning, after a shower of rain, by the seaside or in country areas. Pollutants from industries, automobiles, tobacco smoke, burning vegetation and city dust, can reduce clean air in our environment. Impure air can lead to allergies, infections, asthma, strokes, flu, irritations and more.

Many times joint pains, headaches, allergic reactions such as hay fever, asthma, bronchitis or other pulmonary issues can be cured if environmental triggers such as smoke, mold, carpets, perfumes, dust, mites, closed windows and doors or dark rooms were removed or if the individual relocated to an environment where there was pure fresh circulating air.

Sleeping apartments should be large and so arranged as to have a circulation of air through them, day and night.

During the night while you sleep, having the window slightly ajar at least one inch will allow a free flow of pure fresh air circulating in the room. Pure air at night keeps the cells oxygenated, which helps with cellular repair while you sleep.

Exercise in the open air. Daily exercise in the open air is an absolute pre-requisite to Health, it should be prescribed as a life-giving necessity. And for such exercises there is nothing better than the cultivation of the soil. Let patients have flower beds to care for, or work to do in the orchard or vegetable garden. As they are encouraged to leave their rooms and spend time in the open air, cultivating flowers or doing some other light, pleasant work, their attention will be diverted from themselves and their sufferings. Ministry of Healing p. 264/265

Homes can have air that yield sick conditions

1. **Air fresheners or plug-ins.** Such fumes from these can cause respiratory issues over time.
2. **Scented candles.** This can cause lead poisoning they are dangerous for infants, small children and pregnant women.
3. **Radon gas emissions.** Usually found in basements and is the 2nd leading cause of lung cancer and lung disease. Radon gas can seep up even through concrete floors, so testing should be done for it.
4. **Pesticides.** Studies show a correlation of inhaling pesticides to Parkinson's disease.
5. **Cleaning chemicals.** Cleaning ovens, top of the stove or spraying stoves on hot areas can give off fumes that can be lethal.
6. **Nitroxide, sulfuroxides.** This comes from small portable kerosene heaters fumes and can be toxic.
7. **Lead paint.** This can cause brain injuries.
8. **Asbestos.** This increases the risk of cancer and lung disease.
9. **Mold.** Inhaling air that contains mold can trigger mucus buildup and sinus conditions.
10. **Carpets.** Carpets hold in fumes and chemicals.
11. **Carbon monoxide.** Chimneys and furnaces can give off this harmful gas.
12. **Sick building syndrome.** This can cause eye, nose and throat irritation, headaches, rash, and sinusitis.

How can your living environment influence our health?

Low damp areas should be avoided, as it can result in sore throat, fevers, or lung diseases. Choose to live in high-elevated areas for abundance of air and light.

Choose a place where there are trees and nature around for children to play and exercise the mind.

Any collection of organic matter if left over night will poison the air quality thus making it impure for you to inhale. Make it a habit to empty your food bins at night, putting them outside of your home.

Purify the air in your home with plants

E.g. peace lily, dumb cane, spider plant, snake plant, dwarf, banana tree, rubber tree, or philodendron. Pine fir in the yard is healthful.

Purify your Soul with Grace

The Lord purifies the heart very much as we air a room. We do not close the doors and windows and throw in some purifying substance; but we open the doors and throw wide the windows, and let heaven's purifying atmosphere flow in. The Lord says, "He that doeth truth cometh to the light." The windows of impulse, of feeling, must be opened up toward heaven, and the dust of selfishness and earthliness must be expelled. The grace of God must sweep through the chambers of the mind, the imagination must have heavenly themes for contemplation, and every element of the nature must be purified and vitalized by the Spirit of God. 2 Manuscript Releases p. 338.2

In consulting a family one afternoon, we shared the importance of inhaling pure fresh air especially when sleeping. The parents had mentioned that their daughter was wheezing almost every night so severely that it would cause them to have to rush to the emergency room each time and they were so exhausted from lack of sleep. Upon learning of the negative impact of inhaling impure air, the parents eyes locked into each other as they realized that their daughter was sleeping in a room that had no windows. We talked about the recommended changes and the child was removed from that ill-ventilated room. Her wheezing stopped and with all the other healthful habits, life was beautiful thereafter for that family.

In Jamaica, a young lady had problems sleeping we asked her to open her window at night while she slept. We explained that the air we breathe oxygenates the blood. Oxygenated blood carries nutrients to the cells that aids with cellular repair while we rest at night. She resisted complaining about thieves or a rapist that may come to her opened window even though she had burglar bars. We told her that as a child of God, she had nothing to worry about. The first night she opened the window she overslept.

In summary, air is essential to our life; breathing pure air is not only pleasant but also healthful. We need a constant supply of fresh air to maximize our health, so choose to spend time outdoors, in the country areas, and open your home daily to that pure air, which gives vigor and elasticity to all your faculties.

SUNLIGHT



Sunlight is one of the greatest blessings given by God to you. Sunlight is one of the most healing agents in nature.

Sunlight is important for growth and development, a healthy mind and maintenance of every bodily function.

How does adequate sunlight benefit the body?

- It helps facilitate healthy bones
- It resets the circadian rhythm in the body
- It lowers blood pressure by 8%
- It decreases blood cholesterol
- It lowers blood sugars
- It increases white blood cells
- It improves deep breathing
- It improves blood circulation
- It reduces stress
- It regulates blood cells
- It modifies the work of the kidneys
- It influences metabolic activities
- It regulates the hormones
- It regulates the biological clock
- Eating in sunlight, when practical, enhances digestion

Sunlight exposure has a great impact on calcium absorption in the body. In order for calcium to be absorbed, you need vitamin D and protein. Calcium is essential for the blood, and it helps to facilitate healthy bones and teeth, but if you are deficient in vitamin D, that is, less than 30ng/mL, calcium will not be absorbed.

At the same time too, protein requires calcium for digestion. High intake of protein from animal sources (milk, meat, fish etc.) requires greater amounts of calcium and when your body is deficient in calcium, it starts pulling from wherever, even your bones; or it can cause the parathyroid to signal to the body to produce more calcium and this can be detrimental, leading to conditions such as heart palpitation and kidney stones.

Acid reflux or indigestion can cause calcium deficiency. The body would seek to compensate and may pull calcium from the bones to neutralize the acidity, this can lead to Osteoporosis and other bone degenerating conditions.

Early morning exposure to bright sunlight allows that light to penetrate our eyes getting to the pineal gland and this helps to regulate your circadian rhythm. This is essentially helpful to individuals who travel across different time zones and as their body synchronizes with the rising and setting of the sun, therefore, the body knows when it is night and day; this is important in

regulating your sleep pattern. It should be noted that aluminum intake can interfere with the pineal gland thus preventing it from doing its work and cause insomnia. Morning sunlight causes the body to produce serotonin that keeps you alert during the day and this converts to *melatonin in the evening thereby helping you to improve sleep and prevent insomnia. Morning sunlight improves daytime energy, lifts your mood and calms anxiety. If the sky is cloudy on mornings, you need more exposure to this early sunlight.*

Morning sunlight also improves luteinizing hormones, which improves testosterone levels in men and balances female hormone levels in women. Dr. Neil Nedley, Weimar Center of Health and Education

What is vitamin D?

Vitamin D is naturally derived from sunlight exposure. It is not a vitamin but actually a hormone. Unlike other essential vitamins, which must be obtained from food, vitamin D can be synthesized in the skin through a photosynthetic reaction triggered by exposure to UVB radiation.

The light of the sun influences nearly every organ system of your body. There is a receptor site on every cell in your body for two hormones, the Thyroid hormone and vitamin D. Vitamin D is a stored nutrient in the liver, therefore, on a day when you are not exposed to sunlight on a cloudy or rainy day, it can pull from storage.

Lighter skinned individuals require 10 to 15 minutes of sunlight daily, while darker skinned individuals, because of the melanin in their skin, require six times more exposure to sunlight daily in order for the body to make vitamin D; that means, between 45 minutes - 1½ hours between the hours of 9:00am to 3:00pm or 10:00am to 2:00pm depending on the time of the year and where you are located in relation to the equator, when the UVB rays are at the highest to enable the body to produce vitamin D3 in right quantities. If you are not sure about a great time to get good UVB rays to make your vitamin D, simply stand in the sun and the closer your shadow is to you the better.

Who are at risk for producing vitamin D?

Certain persons are at risk for sunlight deficiency: those who wear sunblock, as it will block the sunlight from penetrating the skin; those who have higher skin pigment melanin, those who are sun sensitive because of medications or some other condition and so they may keep out of the sun; those who are aged because the body cannot produce as much vitamin D on its own, the elderly over 70 years makes only 25% of vitamin D from the sunlight they absorb, therefore it is quite helpful for them to use a supplement vitamin D, this is evident in their vitamin D and calcium deficient levels and as a result, many suffer falls and fractured or broken hip. Also at risk are infants and institutionalized persons, when they are kept mainly indoors, individuals with excessive weight because the fat blocks the vitamin D from being absorbed through the skin and those who cover their body thoroughly leaving no skin exposed to the sunlight. If someone has liver or kidney failure, they will have a hard time to produce vitamin D, and will more likely become deficient.

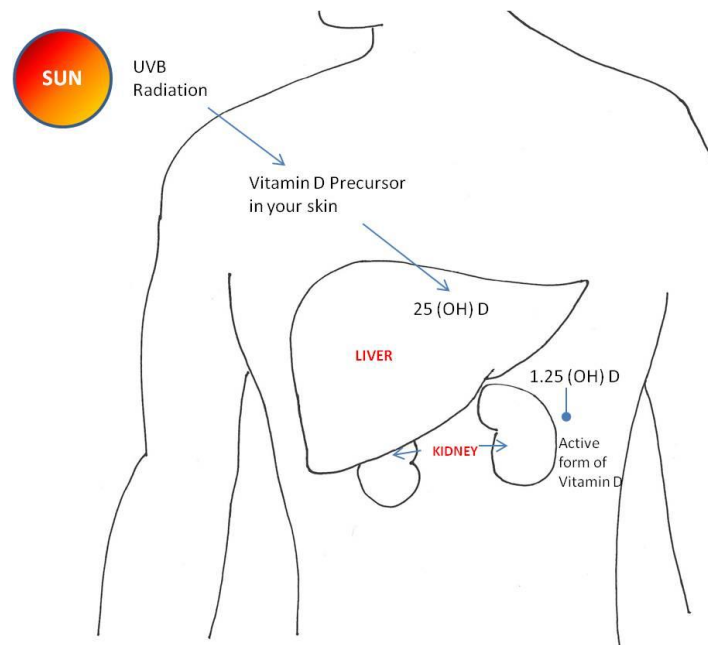
The American Journal of Clinical Nutrition, reported that women in Saudi Arabia who have low vitamin D levels have six hundred percent risk of getting breast cancer than women with higher levels of vitamin D. The case-control study analyzed data from 120 breast cancer cases and an equal amount of controls. The study found that Saudi Arabian women in the lowest vitamin D

category, less than 25 nmol/L (10 ng/ml), had six times the risk for evasive breast cancer as people in the highest category of vitamin D status, greater than 50 nmol/L (20 ng/ml). Vitamin D status and breast cancer in Saudi Arabian women: case-control study. *Am J Clin Nutr* July 2013;98:105-110

You do not need to expose your entire body to the sunlight. Overexposure for very long periods can lead to sunburn and skin cancer. Simply having your face, hands or feet exposed will be sufficient; even the size of a coin of sunlight exposure will help you to synthesize vitamin D.

How does sunlight exposure create vitamin D in our body?

When the sun hits the skin it converts cholesterol under the skin into a pre-vitamin D. That initial photosynthesis produces vitamin D₃, most of which undergoes additional transformations, starting with the production of 25-hydroxyvitamin D (25[OH]D), the major form of vitamin D circulating in the bloodstream and the form that is routinely measured to determine a person's vitamin D status. Although various cell types within the skin can carry out this transformation locally, the conversion takes place primarily in the liver. Another set of transformations occurs in the kidney and other tissues, converting 25[OH]D into 1,25(OH)D. This form of the vitamin D is actually a hormone, chemically akin to steroid hormones. <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2290997/>



Which diseases are linked to sunlight deficiency?

There are hundreds of diseases linked to vitamin D deficiency. They include, but are not limited to: autoimmune disorders, defused muscular pain, lupus, arthritis, depression, diabetes, heart disease, rickets, jaundice, multiple sclerosis, poor blood circulation, cancer, Parkinson's disease, hormone related problems, insomnia, cholesterol and high blood pressure.

- Diabetes: sunlight has an insulin-like effect so it lowers the blood sugar in right proportions i.e. sunlight increases glycogen (stored sugar) in the body causing the blood sugar in the blood to be lowered.
- Asthma patients, who could hardly breathe, were able to inhale freely after a sunbath.
- Stress: Sunlight helps the body to produce endorphins, the happy hormone. This calms the nerves and increases epinephrine, thus you become more relaxed and better able to move through the day, resulting even in peaceful restful sleep.
- Cholesterol: since 1904 it was discovered that when the sun hits the skin, it converts Cholesterol into pre-vitamin D and the liver makes it into a form that the body can use. This lowers the cholesterol in the blood. Two hours after a sunbath reduces blood cholesterol by 13%. Vitamin D decreases the risk of heart disease or stroke. In addition, when the sun hits the skin, it produces **nitric oxide**, which **dilates the blood vessels** and lowers the blood pressure by 8%.
- Rickets and Osteoporosis: Without sufficient vitamin D, bones will not form properly. As vitamin D is needed to calcify the bones it is not present and so the bones in children are easily bent, this causes rickets, a disease characterized by growth retardation and various skeletal deformities, including the hallmark bowed legs. For vitamin D deficient adults, the calcium leaves the bones and they become softer. Weak bones actually make individuals susceptible to falls and fractures.

1,25(OH)D accumulates in cell nuclei of the intestine, where it enhances calcium and phosphorus absorption, controlling the flow of calcium into and out of bones to regulate bone-calcium metabolism. Michael Holick, a medical professor and director of the Bone Health Care Clinic at Boston University Medical Center, says, "The primary physiologic function of vitamin D is to maintain serum calcium and phosphorous levels within the normal physiologic range to support most metabolic functions, neuromuscular transmission, and bone mineralization." <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2290997/>

- Sunlight can cure conditions such as: Tuberculosis, bones, lungs, streptococcal infections, jaundice, fungus infections of the feet and toes, common cold, flu (colds are more during the rainy/winter seasons when there is less sunlight), spinal meningitis, germs, (kills germs and changes skin oils into bacterial agents), acne, increases white blood cells to build immune system. (Neutrophils in the blood cells are stimulated to eat up bacteria, fungus and other bacteria). Vitamin D supplement and sunlight exposure is used in the remedy of these diseases.
- Lowering inflammation: vitamin D increases the expression of growth differentiation factor 15 (GDF 15), a protein that research has found decreases inflammation. Dr. Bruce Hollis

Optimum Levels of vitamin D are between 70 ng/mL to 100 ng/mL (once the levels get above 150 ng/mL with supplement it can become toxic to the body. However, if the level gets to high numbers with Natural Sunlight you will be fine. The 25-hydroxy vitamin D test is the most accurate way to measure how much vitamin D is in your body. Once you know your level, if you need to increase it, you may consider taking **5000iu** daily of a vitamin D3 supplement until your levels are back in line or use as recommended by your health professional. When you are ready to test your vitamin D level after supplementing, stop the supplement for 60-90 days then take a vitamin D test to know your true level. In this way it

will not be influenced by the vitamin D supplement in your blood.

For the colder climate, as a regular maintenance from June – September use the Natural Sunlight, May and October take 1000iu daily, April and November take 2000iu daily, March and December take 3000iu daily, January and February take 5000iu daily. Do Not exceed the recommended vitamin D level when supplementing. It is not possible to get to toxic levels from sunlight exposure but you can with supplementation. **Vitamin D is a fat-soluble vitamin, so it requires fat in order for it to be absorbed. Vitamin D3 drops with fat is best and easily absorbed.** Vitamins A, D, E, and K perform a variety of important functions in your body to cooperate synergistically, with each other but also with essential minerals like magnesium, calcium, and zinc.

Avoid sunburn

You may be now ready to go out into the sun, that's great, but avoid burning your skin. For dark-skinned individuals, start with 15 to 20 minutes of sunlight exposure, for the first week. The next week increase this by 10 minutes more and continue this routine until you are able to stay in the sunlight for the full 45 minutes to 1 ½ hours daily; this amount of sunlight exposure can be broken up, it need not be continuous.

How to avoid sunburn?

You may use long breathable fabric such as wool, cotton, linen, silk or bamboo, to keep the body cool and exposure of the face, hands and feet can be sufficient to allow the body to produce vitamin D. However, excessive covering of all the extremities can cause vitamin D deficiency.

Cover your body properly, wear long sleeves, long garments and a hat on your head, drink lots of water, eat a healthy balanced, low-fat, plant-based diet and you would avoid burning of your skin.

Sunlight: The healing balm. One day I called my sister to check on her; she lived in another country from me. She was feeling sick and weak. For three days, she vomited, had runny diarrhea, fever and thought that it was as a result of eating some spoilt food. I told her to drink one glass of charcoal tea. Next I asked her to sit out in the sun for one hour and as she attempted to do this she complained that it was too hot. She got a sheet and draped it around her and sat in the sun for one hour while sipping water. She perspired profusely and this was followed by a good sleep. About five hours later when I checked on her, she sounded vibrant. She was fully recovered and her strength had returned. She watered her plants, weeded the garden and was with her neighbor having evening supper. ~ Natalie

We were in Portmore Jamaica on a playfield lecturing where many people gathered to listened. One lady who listened asked her sick friend to come to us for help.

The friend came and listened for several days then she said, “hey – I want to be your next testimony”. She explained that one morning she woke up and couldn't get out of

bed, she felt weak, couldn't stand up, and when she did, she felt like she was stepping on needles; I said to her that it is most likely she is chronically vitamin D deficient. She refuted, "what vitamin D you're talking about and I live in the Caribbean with lots of sun!" I asked, what type of work she did and as we talked some more, she realized that she left home for work at 6:00am, stayed indoors all day, not even stepping outside for lunch, and returned home about 6:00pm. She could not really find a time when she got sunlight. We suspected that she was coming down with Multiple Sclerosis, I asked her to change her diet, exercise daily and to sit out in the hot sun for 2 hours every day, her Sedimentation rate was in the 40s and for a woman it should have been less than 20. We also suggested she used Turmeric teas daily to reduce the inflammation. She was soon completely healed and went on to become a Naturopathic Doctor and now help hundreds of people. ~ James

In September 2008, a close friend of mine was diagnosed with vitamin D deficiency. By March the following year she got full blown Multiple Sclerosis (MS). She was writing a book and spent a tremendous amount of time indoors, not getting sunlight. She had difficulty to comb her hair, hold her toothbrush, or even a pyrex dish. She eventually could not do anything much for herself. We gave her vitamin D supplement and some water applications, and soon her strength returned and she was back to herself. Today she shows absolutely not sign of an MS condition. ~ James

A young lady came to us seeking help for her 98-year old aunt. She had placed her aunt in a nursing home for one week, and when she returned, her aunt could not walk, she also needed diapers, someone had to help her turn around. We suggested that it is very likely the aunt was vitamin D deficient, as individuals over the age of 70 will absorb only 25% of sunlight. She took vitamin D supplement in a prescribed amount. After one week on the supplement the aunt sat up, put down her legs and without help and the shock to everyone, was able to get up and go to the bathroom on her own. - James

In summary, sunlight is essential to the total well-being of the individual. Do make an extra effort to get adequate amounts of the free, life-giving splendor of sunlight every day.

TEMPERANCE



Let moderation be known in all things. Philippians 4:5

It is all about balance. True temperance teaches total abstinence from that which is harmful and moderate use of that which is good.

Your day-to-day activities can affect your health, in that; your job may be too stressful and prevent you from complying with the eight laws of health. Note too that your past practices can influence your current health issues. The choices you made six to twelve months ago, or over the last ten years would have a definite impact on your present health today either for better or worse. e.g. a night shift worker in the past may now need to have lots of sunlight to regulate his sleeping pattern or correct bone related issues or diabetes as a result of poor sleeping habits.

The body needs to rest. Overwork can break down the immune system. Some make themselves sick by overwork. For these, rest, freedom from care, and a spare diet are essential to restoration of health. Ministry of Health p. 153

Effects of overeating

"Indulgence in eating too frequently, and in too large quantities, overtaxes the digestive organs, and produces a feverish state of the system. The blood becomes impure, and then diseases of various kinds occur." Review & Herald, September 5, 1899

The stomach and the brain are closely connected. Leptin is the hormone that releases fat cells in your body while you are eating which sends a powerful message to your brain saying, "Stop eating, you're full now!" Erratic fluctuations of **leptin** (and the hormone **ghrelin** which makes you feel hungry) complicate your ability to lose weight and **triggers intense hunger**. Studies show that production of **both leptin and ghrelin** may be **influenced by how much or how little we sleep**.

- The work of digesting an excessive amount of food taxes the stomach and makes it feverish.
- The brain nerve energy is benumbed and almost paralyzed by overeating. Counsels on Diet and Foods p. 63
- Overeating, even of the simplest food, benumbs the sensitive nerves of the brain, and weakens its vitality. Counsels on Diet and Foods p. 102

Abstemiousness in diet and control of the passions will preserve the intellect and give mental and moral vigor, enabling men to bring all their propensities under the control of the higher powers, and to discern between right and wrong, the sacred and the common. Testimonies, Vol. 3, p. 491

Dress and health goes hand-in-hand

Our dress should be:

- Modest and healthy

- Inexpensive
- Provide warmth and proper circulation
- Chosen for durability rather than display

The Lord provided the face with an immense circulation, because it must be exposed. He provided, also, large veins and nerves for the limbs and feet, to contain a large amount of the current of human life, that the limbs might be uniformly warm as the body. They should be so thoroughly clothed as to induce the blood to the extremities.

Our body is precious. Special care should be taken about what we put in and on our body. We should seek to protect and preserve our health rather than break it down.

So where did we get the style of sleeveless tops and dresses or short clothes? Satan invented the fashions, which leave the limbs exposed, chilling back the life current from its original course. Testimonies, Vol. 2 p.532

We should intelligently select each article of clothing to ensure that it is a healthful choice.

Guidance given in the book Ministry of Healing suggests:

In order to secure the most healthful clothing, the needs of every part of the body must be carefully studied. The character of the climate, the surroundings, the condition of health, the age, and the occupation must all be considered. Every article of dress should fit easily, obstructing neither the circulation of the blood nor a free, full, natural respiration. Everything worn should be so loose that when the arms are raised the clothing will be correspondingly lifted. Ministry of Healing p. 192

Unhealthful dressing also includes wearing tight pants which heats up the genital area thereby causing low sperm count in males and infections in females. The testicles and the breast are two organs that hang from the body and are naturally cooler. Heating the breast as in the wearing of padded bras makes them warmer and this is one of the causes of breast cancer.

How we dress can affect and tell of our morals. **Modesty** in dress is important for both male and female to improve mental and physical health. To maintain modesty, avoid:

- Necklines that are cut too low;
- Showing of the armpits;
- Tight-fitting skirts;
- Slits that are too long;
- Skirts or dresses that is too short;
- Wearing tight-fitting shirts by women and men; and
- Tight belts should not be tight as it restricts the lungs and intestines from doing its work freely.

Timekeepers

We are stewards of our time and are accountable to God for every thought word or deed. It would be wise to manage our time, so that time spent in leisure activities is not spent in frivolous time-consuming activities compared to the time spent with God and productive occupation.

Reading novels, science fiction, pornography, fashion magazines, and computer games, can be un-healthy in the following ways:

- The authors of these pieces of work are most times not of Godlike character.
- Scenes of unbecoming nature are replayed over and over again in the mind.
- It destroys interest in the Bible.
- Passion is aroused and the end can be sin.
- It can lead to self-abuse or masturbation and cause zinc deficiency, which can lead to blindness or prostate affliction.

Guidelines for reading material

Be not deceived: evil communications corrupt good manners. 1 Corinthians 15:33

Neither is the old proverb questioned, "a man is known by the company he keeps." But evil communication with books, no less than with men, corrupts good manners. And the sentiment is worthy of passing into a proverb, that a man is known by the books he reads. Books are men. Not paper men, but men on paper. And these influence the character of their readers as do men in the flesh the character of their companions. Show me a man's books, the books of his choice, and I will show you the man himself. Let me control the reading of a rising generation, and I will prophesy. A bad book is a bad associate; a good book, a good one. Sensual books tend strongly to make sensual readers. *A Solemn Appeal p.12*

Their corrupt habits of self-abuse *masturbation* have debased their minds, and tainted their souls. Vile thoughts, novel reading, low books, and love-stories, excite the imagination, and just suit their depraved minds. *Appeal to Mothers p.50*

CAUTIONS AND COUNSEL ON HABITS, WHICH CAN AFFECT YOUR HEALTH.

The wearing of nail polish

- Nail polish is made of various chemicals, such as phthalates, which are endocrine disruptors. Exposure to this chemical can lead to damaged kidneys and lungs, early breast development (which, in turn, is associated with increased risk for breast cancer), as well as reproductive problems.
- Nails are extensions of the skin and they are porous, therefore, whatever chemicals you put on them will be absorbed into the body.
- They speak health to us as certain colorations or markings can indicate deficiencies. For example, a white spot on the nail is an indicator of lack of zinc while brittle nails indicate deficiency in calcium, or streaks on the fingernail are an indicator of adrenal fatigue. Therefore, keep your nails free from hardeners or polishers so you can monitor your health.

Hair

- The head has a high absorption rate. If you lack nutrients, such as, protein, the body pulls from the hair. In this way, it can absorb chemicals, which may be applied to the hair or scalp.
- Hair dyes and chemicals can be absorbed in the scalp. The darker the hair dye color, the greater the detrimental effect from its use.
- Wigs prevent the scalp from breathing. It causes excess heat to the head and can cause the hair to become thin.

- Science allows us to take even one grain of hair and by careful testing be able to analyze and determine a person's health deficiency or disease. Therefore, keeping our hair natural and healthy.
- Those who use natural hair weaves or wigs expose themselves to contracting sickness and disease. If a person is sick and sells her hair, the one who buys and use the wig or weave can contract the same sickness from the owner. In the past, Leprosy was contracted by persons who bought wigs made from hair coming from a Leprous person.

Tattoo markings on the body

The Lord has instructed that... "Ye shall not make any cuttings in your flesh for the dead, nor print any marks upon you: I am the LORD". Leviticus 19:28

- The skin is the largest organ of the body. It is porous and will therefore absorb any substance put on it.
- In tattooing, the skin will absorb chemicals from the ink.
- Did you know that if you pierce your ears or get a tattoo, it takes up to one year before you can give blood?
- Just to show one side effect of tattooing, there is a metal effect from the piercing of Tattoos that would cause MRIs to give false readings.

Shoes

- Shoes must be of a low comfortable heel that is off the floor by at least one inch with a good arch to support the body.
- Shoes should have a rounded front that matches the shape of your foot.
- High heels affect the ligaments in the calves, making them shorter and so the calves actually stretch and pains when the individual is not wearing heel.
- It is designed to cause you to tilt forward and the butt pushed out causing a curvature to the spine.
- High heels tilt the womb, which makes it difficult to have children.
- It affects circulation and puts pressure on the knees.

Competitive activities

It would be wise to avoid competitive activities to maintain a healthy lifestyle for the following reasons:

- Physical – it can elevate the blood pressure. Persons who tested their blood pressure before, during and after a competitive game, whether they played or watched, saw an increase in their blood pressure.
- Mental – we do not play to lose but to win, in such case, one thinks to be higher or better than the other.
- Spiritual – it is not Godlike when persons want to esteem themselves better than others or the behaviors do not match that of a child of God.

To lead a more temperate life, avoid the use of:

- Tobacco, insecticides, automobile fumes
- Alcohol, toxic drugs
- Caffeine (coffee, tea, cola drinks gradually melt your teeth)
- Carbonated drinks
- Sugar foods
- Greasy foods

- Meat/flesh animals and animal products
- Harmful condiments and spices
- Worry or anxiety
- Inappropriate clothing

To lead a more balanced life:

- Maintain balance of rest and exercise
- Have a regular daily routine
- Eat at set meal times
- Dress healthfully (dress, shoes)
- Care for your body (no nail polish, tattoo, hair dyes, etc)
- Relax
- Listen to heavenly music

We were in Barbados, and one missionary heard of the great benefit of flaxseed. He got so excited and whereas he should have taken 2 tablespoons, he took 4 or more tablespoons of flaxseed every day. One morning he said, he had a problem, he was bleeding from his rectum, it had never happened before. As we questioned him, we realized that he was taking too much flaxseed. Flaxseed is a blood thinner and overuse could cause such a situation. We then stopped the flaxseed and his bleeding stopped.

A gentleman heard that using nuts daily would cut his risk of heart disease by 50%. He got so excited he ate two packs of nuts every day. Soon his Cholesterol increased immensely and he had a heart attack. When the gentlemen met with us, we explained that all he needed was a closed hand full at the end of his meal. He made the change and today he is healthy.

In summary, give some careful attention to what you do and eat so that you have adequate balance to live a healthy life.

Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things. Philippians 4:8

REST



And he said unto them, Come ye yourselves apart into a desert place, and rest a while: for there were many coming and going, and they had no leisure so much as to eat. Mark 6:31

Find rest of spirit in the beauty and quietude and peace of nature. Let the eye rest on the green fields, the groves, and the hills. Ministry of Healing p.242

It is important to get adequate rest daily for proper body function, which includes sleep and time of quiet peace from the hustle and rush of the day.

- You should go to bed before 10:00pm as the body heals itself between the hours of 10:00pm and 12:00am.
- Melatonin hormone, which gives restful sleep, is released between the hours of 10:00pm and 2:00am when the body is at rest.
- Sleep is a natural anti-oxidant and a tumor suppressant. Studies in Denmark and the US show that females who lack sleep at night, increased the risk of breast cancer by 50-55% and colon cancer by 45-50% and for men, prostate cancer and colon cancer by 45-50%.
- According to the *Journal of Clinical Endocrinology and Metabolism* by Ji Hee Yu, PhD, from Korea University College of Medicine April 2015
“...sleep duration, sleep quality, and sleep timing, all three components contribute to diabetes and obesity risk. 30 minutes a day of sleep debt can have significant effects on obesity by 17% and insulin resistance by 39%. Shift workers were also affected. People who don't sleep enough are at higher risk for cardiovascular disease; regardless of their age, weight, smoking, diet and exercise habits.
- Two hours' good sleep before twelve o'clock is worth more than four hours after twelve o'clock. . . 7 *Manuscript Release p. 224.3*
The hours before 12:00am actually doubles in rest quality and can be counted as twice the amount of hours, while the hours after 12:00am counts as one in rest. Therefore, if you went to sleep at 8:00pm and woke at 5:00am, you would actually have received 13 hours of refreshing rest. (8:00pm to 12:00pm = 4 hours doubled = 8 hours rest and 12:00am to 5:00am = 5 hours rest therefore, 8 hours + 5 hours = 13 hours rest). Try it and you will experience the great benefit.
- Make it a habit to go to bed and get up at approximately the same time each day. For the greatest benefit, an optimal bedtime would be around 9:00pm.
- Insufficient sleep will cause you to feel drowsy and have poor concentration during the day. A study conducted at Brigham Young University proved a correlation between a good GPA and the practice of "early to bed, early to rise." The principle applies not only in the classroom, but also in every setting; quality sleep will help you think more clearly.
- Studies have shown that sleep-loss affects learning and memory. When animals and humans are deprived of sleep, they do not perform well on memory tasks.
- If you study after 9:30pm, much is lost and nothing is gained.

- Between the hours of 10:00pm–12:00am the brain does the most work, most releasing of hormones, chemicals, melatonin, growth hormones and the brain restores itself.
- No student should form the habit of sitting up late at night to burn the midnight oil, and then take the hours of day for sleep. If they have been accustomed to doing this at home, they should seek to correct their habits and go to rest at a seasonable hour, and rise in the morning refreshed for the day's duties. In our schools the **lights should be extinguished at half past nine**. *Christian Education p. 124.1*
- It would be best if students go to bed early and awake in the early hours of the morning to study. They will find that they are much alert and be able to work faster and absorb the information easier.

Do you find yourself frequently waking up to urinate during the night?

Your need to urinate can be caused by:

- Drinking too late into the night and close to bedtime.
- Drinking too fast and not gradually for the cells to absorb the liquid.
- A symptom of prostate affliction, urinary tract infection or diabetes. Therefore, it would be good to visit the doctor and get tested to identify the cause.

Do you work the night shift or swing shift?

If your answer is yes, you should be aware of how your biorhythm is affected.

- Working the night shift causes too much inconsistency with the biorhythm of your body.
- It is difficult for your body to naturally keep track of time as there is no consistency of nighttime and daytime.
- Naturally we are day creatures, and so our circadian rhythm will cause us to be alert during the day and at rest during the night. However, if you have to work shift, where possible, choose to be either a nocturnal creature or a diurnal creature, in this way you can still maintain a schedule and the body will adapt without too many side effects.
For example, if you work at night, you need to maintain that schedule seven days a week even on your nights off. The best option would be, to keep awake during the night and sleep during the day constantly. In this way, there is a pattern and the body would respond accordingly, thus preventing a breakdown in the system. Therefore, you need to keep your room dark and cool at day to create a night atmosphere and get your rest.
- According to lead researcher Johnni Hansen of *The Institute of Cancer Epidemiology at the Danish Cancer Society, in Copenhagen*; Women who work the night shift more than twice a week might be increasing their risk for breast cancer and men who work at night may also be at risk for prostate cancer. Moreover, the risk appears to be cumulative and highest among women who describe themselves as early "morning" people rather than "evening" people. They were almost four times more likely to develop breast cancer as those who work nights, therefore, the early morning types should limit their "dark time" work. The reason for the increase in these health concerns is that; night shift work involves exposure to light at night, which decreases the production of the night hormone **melatonin**, which is a natural antioxidant that can improve the immune system protect against certain cancers.

Do you find the need to take sleeping pills?

Sleeping pills will affect the body in the following ways:

- They are addictive
- Depresses the central nervous system
- Acts as a sedative-hypnotic medicine

- Side effects of some sleeping pills are: burning or tingling in the hands, arms, feet or legs, changes in the appetite, constipation, diarrhoea, dizziness, dry mouth or throat, gas, headache, or weakness.

Remedy for a sound sleep

- Avoid eating too close to bedtime. In most cases, two meals a day are preferable to three. Supper, when taken at an early hour, interferes with the digestion of the previous meal. When taken later, it is not itself digested before bedtime. Thus the stomach fails of securing proper rest. The sleep is disturbed, the brain and nerves are wearied, the appetite for breakfast is impaired, the whole system is unrefreshed, and is unready for the day's duties. Counsels on Diet and Foods p.176
- For a third meal, the following recommendation is given: "...a third meal ... if taken at all, be very light, and of food most easily digested. Crackers--the English biscuit--or zwieback (bread baked twice), and fruit, or cereal coffee, are the foods best suited for the evening meal." Counsels on Diet and Foods p.176
- Do nothing in the bed but sleep. No TV in the bedroom. No eating or reading in bed. Train the brain what the bed is for
- Do not watch the clock if you wake as you would create anxiety. Develop bedtime rituals, such as, change clothes, brush teeth, and get into bed
- Do not watch the news after 9:00 pm for the brain keeps stimulated and awake
- Do not use caffeine products (coffee, tea, cocoa, cola, chocolate) as these are stimulating to the nerves and can keep you awake
- Avoid too much salt and spicy foods
- Take a warm bath
- Get active exercise during the day
- Take an outdoor walk before bedtime
- Sleeping with lights on can penetrate through the iris onto the pineal gland and stop the production of melatonin, which gives restful sleep. The only coloured light that does not affect the body is blue light
- Avoid loud noise and too much talk
- Avoid worry and anxiety
- Get adequate fresh air
- Read God's word, pray and trust in Him

Do you rest from labor at least one day per week?

Resting at least one day a week rejuvenates, reenergizes, and gives a new lease of stamina for the new week.

The body actually works best when it is rested at least one day per week. Genesis 2:2, 3 tell us, "And on the seventh day God ended his work which he had made; and he rested on the seventh day from all his work which he had made. And God blessed the seventh day, and sanctified it: because that in it he had rested from all his work which God created and made." God was not tired that he had to rest on the day after creation; however, he did it to demonstrate to us that we should rest as well as to spend time with him. Exodus 34:21 says, "Six days thou shalt work, but on the seventh day thou shalt rest: in earing time and in harvest thou shalt rest."

It seems that all life moves in seven-day rhythms. A growing number of scientists have embraced an entirely new field of study known as chronobiology that examines repeating phenomena in living organisms. These cycles are known as biological rhythms. Franz Halberg of the University of Minnesota shares that - research has uncovered many conditions about us

humans that seem to rise and fall in seven-day cycles. They include: heartbeat, blood pressure, body temperature, hormone levels, acid content in blood, red blood cell count, oral temperature, female breast temperature, urine chemistry and volume, the ratio between two important neurotransmitters: norepinephrine and epinephrine that stimulate blood pressure and sugar levels, and the flow of several body chemicals such as the stress-coping hormone cortisol. Even the common cold follows this rhythm.

Isaiah 58 is a chapter containing some potent health secrets. The first is a promise that God will bless those who bless the less fortunate (verses 5-12). The second is that God will bless those who honor His holy day. “If you keep your feet from breaking the Sabbath and from doing as you please on my holy day, if you call the Sabbath a delight and the Lord’s holy day honorable, and if you honor it by not going your own way and not doing as you please or speaking idle words, then you will find your joy in the Lord, and I will cause you to ride on the heights of the land” (verses 13, 14). Retrieved: www.vibrantlife.com January 2015

It is a tested and proven fact that even in agriculture, the land yields better if rested once every seven years. Leviticus 25:2-7 says, “Speak unto the children of Israel, and say unto them, When ye come into the land which I give you, then shall the land keep a sabbath unto the LORD. Six years thou shalt sow thy field, and six years thou shalt prune thy vineyard, and gather in the fruit thereof; But in the seventh year shall be a sabbath of rest unto the land, a sabbath for the LORD: thou shalt neither sow thy field, nor prune thy vineyard. That which groweth of its own accord of thy harvest thou shalt not reap, neither gather the grapes of thy vine undressed: [for] it is a year of rest unto the land. And the sabbath of the land shall be meat for you; for thee, and for thy servant, and for thy maid, and for thy hired servant, and for thy stranger that sojourneth with thee, And for thy cattle, and for the beast that [are] in thy land, shall all the increase thereof be meat.”

The invitation to rest comes daily. Jesus says, “Come unto me, all [ye] that labour and are heavy laden, and I will give you rest.” Matthew 11:28

A businessman came to us for help as he had problems sleeping. He was constantly stressed and slept only 3 ½ hours each night. I asked him if he ever heard about Ashwagandha, he said no. I gave him Ashwagandha to relieve his stress and as he did not have blood pressure, I added licorice root. The first night he took the supplement, he slept 7 hours straight. It was the first time he had been able to sleep non-stop in a long while. He has since recommended it to all his friends, who have gotten the same results.

Another gentleman had the same sleeping problem and he too took Ashwagandha and was able to sleep for 7 hours straight. Interestingly, he reported a bonus benefit of stimulation of his genitals that made him and his friends quite keen to use this supplement for much needed rest.

In summary, sleep is essential to the human body, without it in adequate regular amount your will be so deprived that it can limit your function drastically. What is your bedtime? Ensure you make it a habit to go to bed at a set time every night and get that priceless gift of sweet sleep.

EXERCISE



And the Lord God took the man, and put him into the garden of Eden to dress it and to keep it. Genesis 2:15

Exercise is very essential to good health and keeping fit. The acronym “**FIT**” embodies the ingredients of a good exercise program. “**F**” stands for *frequency* or how often one should exercise. “**I**” stands for the *intensity* or how hard and vigorous one should exercise. “**T**” stands for the amount of *time* one should exercise for.

Exercise will improve your muscle tone and blood vessels, improve the efficiency of your heart and lungs, aid in digestion, improve maximum oxygen intake, improve overall condition of your body, change your whole outlook on life, encourage sleep at night, slow down your aging process, reduce difficult and painful menstruation, and improve children’s growth.

You should walk 21 miles per week, which is approximately 3 miles per day seven days per week for approximately one hour. This exercise should be a very brisk, steady walk, if possible. If you can exercise and carry on a basic conversation, then that’s the correct rate for you.

Judicious exercise would induce the blood to the surface and thus relieve the internal organs. Brisk, yet not violent, exercise in the open air, with cheerfulness of spirits, will promote the circulation, giving a healthful glow to the skin, and sending the blood, vitalized by the pure air, to the extremities. Counsels on Health p.53

Exercise quickens and equalizes the circulation of the blood, but in idleness the blood does not circulate freely, and the changes in it, so necessary to life and health, do not take place.

Neglecting to exercise the entire body, or a portion of it, will bring on morbid conditions. Inaction of any of the organs of the body will be followed by a decrease in size and strength of the muscles, and will cause the blood to flow sluggishly through the blood-vessels. Healthful Living p.28

Exercise will help you to:

1. Burn calories.
2. Increase strength and endurance.
3. Cause you to feel better and have more energy.
4. Optimize heart health.
5. Cause you to live a longer happier life.
6. Lower blood pressure and resting heart rate.
7. Lower LDL cholesterol levels in the blood and raise HDL cholesterol.
8. Strengthen bones by retaining calcium.
9. Lift depression. (Exercise in the open air)
10. Relieve anxiety and stress.
11. Increase overall energy and efficiency in all areas of our lives.
12. Maintain desirable weight levels.

13. Improve circulation.

Of all the structures of the body, more than half (54%) of a fit person is muscle. As the intensity of exercise rises, blood flow through the muscles greatly increases.

Exercise will aid the work of digestion. To walk out after a meal, hold the head erect, put back the shoulders, and exercise moderately, will be a great benefit. The mind will be diverted from self to the beauties of nature. The less the attention is called to the stomach after a meal, the better. If you are in constant fear that your food will hurt you, it most assuredly will. Forget self, and think of something cheerful. *Counsels on Health p.53* A digestive walk of 15 to 30 minutes after each meal will aid in digestion. It will also prevent the blood sugar levels from spiraling too high and stabilize it, which is great for Diabetics.

Exercise has an immediate and prolonged effect on blood sugar among diabetics. One hour of continual walking is equal to 20 units of insulin. Diabetics have little need for medication soon after going on this exercise program. When a Diabetic goes walking, they **must** take along a fruit. If the blood sugar dips, while out on the walk, eating the fruit will help to stabilize it.

Institutions should encourage their patients to live healthfully and to take an abundance of exercise. This will do much to restore them to health. Let seats be placed under the shade of the trees, that the patients may be encouraged to spend much time out-of-doors. 2 Selected Messages p.298

Morning exercise, walking in the free, invigorating air of heaven, or cultivating flowers, small fruits, and vegetables, is necessary to a healthful circulation of the blood. It is the surest safeguard against colds, coughs, congestion of the brain, inflammation of the liver, the kidneys, and the lungs, and a hundred other diseases. Healthful Living p.176

When the weather will permit, all who can possibly do so ought to walk in the open air every day, summer and winter. But the clothing should be suitable for the exercise, and the feet should be well protected. A walk, even in winter, would be more beneficial to the health than all the medicine the doctors may prescribe. For those who can walk, walking is preferable to riding.

The muscles and veins are enabled better to perform their work. There will be increased vitality, which is so necessary to health. The lungs will have needful action; for it is impossible to go out in the bracing air of a winter's morning without inflating the lungs. *Counsels on Health p.52*

What is the best form of exercise?

Walking, in all cases where it is possible, is the best remedy for diseased bodies, because in this exercise all the organs of the body are brought into use. Many who depend upon the movement cure could accomplish more for themselves by muscular exercise than the movements can do for them. In some cases, want of exercise causes the bowels and muscles to become enfeebled and shrunken, and these organs that have become enfeebled for want of use will be strengthened by exercise. There is no exercise that can take the place of walking. By it the circulation of the blood is greatly improved. *Counsels on Health p.200*

Walking exercises the involuntary muscles and organs. It also reverses and prevents diseases like Diabetes, High Blood Cholesterol, High Blood Pressure, Arthritis and obesity.

- Walking first thing in the morning burns predominantly fat; this is helpful especially if you want to lose weight, however, walking later in the day follows a 50-50% plan, that is, it burns 50% sugar and 50% fat. In addition, Walking strengthens the bones; as each step immediately increases calcium absorption.
- Compared to walking, running or jogging, results in over-taxation of the joints that can wear away the cartilage causing joint problems later on.
- Studies show that intense exercise regimes such as aerobics, athletics or swimming, more than 5 hours a week enlarges the heart. During intensive prolonged endurance or strength training, the body signals the heart to pump more blood through the body to counteract the oxygen deficit building in the skeletal muscles. It is a natural physical adaptation of the body to deal with the high pressures and large amounts of blood that can affect the heart during these periods of time. Over time, the body will increase both the chamber size of the left ventricle, the muscle mass and wall thickness of the heart. *Lohr, John Thoman. (1999). Athletic Heart Syndrome. Gale Encyclopedia of Medicine.*

In May 2013, the Life Science Division at Lawrence Berkeley National Laboratory looked at data from 33,000 runners and nearly 16,000 walkers to compare the relative health benefits of each activity. The following were the results.

RESULTS	RUNNING	WALKING
Reduced High Blood Pressure	4.2 %	7.2 %
High Cholesterol	4.3 %	7 %
Diabetes	12.1 %	12.3 %
Cardiovascular Heart Disease	4.5 %	9.3 %

A gentleman had diabetes for over two years. He met with us and we asked him to walk for one hour every day. He exercised but he just strolled around walking so there was no change in his sugar level. We counseled with him again asking that he made the walking brisk. As he walked briskly, his sugar level normalized. Certainly, one hour of walking is equal to 20 units of insulin.

Those who engage in frequent mental activities should exercise regularly.

The exercise of the brain in study, without corresponding physical exercise, has a tendency to attract the blood to the brain, and the circulation of the blood through the system becomes unbalanced. The brain has too much blood, and the extremities too little. There should be rules regulating their studies to certain hours, and then a portion of their time should be spent in physical labor. And if their habits of eating, dressing, and sleeping are in accordance with physical law, they can obtain an education without sacrificing physical and mental health. *Counsels on Health p.177*

In summary keep FIT.
Frequency – every day

Intensity – brisk walking is best with lightweights to maintain muscle tone and muscular intense activity such as push-ups three times per week

Time – at least 1 hour of walking daily

I was blind but now I see.

One lady was on 100 units of insulin. She was not able to see the electrical wires in front of her home, there was a nearby hotel, she was unable to see and she could not see the beach, which was not too distant.

We had her walk in place, since she was unable to move around freely.

Within one week she was able to see the electrical wires.

One week later, she was able to see the Hotel.

One week later, she was able to see the beach.

Within 5 weeks she was able to go to town on her own, an activity she could not do unaided due to the fact that she could not see. Within 6 weeks she lost 56 lbs, was able to get off her medication and her doctors were amazed when she went to have her eyes checked.

A family of mom, dad and daughters were all sick. Among them they had diabetes, high blood pressure and high cholesterol. We met with them; put them on the Plan, of an all-green plant-based diet with lifestyle changes.

One daughter lost 100 lbs in nine and a half months and they were all able to reverse all their diseases. The success was so dramatic that their primary physician told them he wanted to see them back in a week's time and he requested to see them more regularly than usual. When they inquired why the request for the frequent visits, the doctor told them that his wife was Diabetic and each time they returned and he asked about what they were doing, he would take the information home. The doctor then requested to meet with us the next time we were in town.

PROPER DIET



Grains, fruits, nuts and vegetables constitute the diet chosen for us by our Creator.

Counsels on Diet and Foods p. 310 art. 471

Our Creator in His great wisdom, provided a wide variety of foods for us to enjoy and to keep us healthy.

Man's original diet constituted of fruits, grains, seeds and nuts. Genesis 1:29, says, "*And God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat.*"

After sin, plants were introduced to the diet, Genesis 3:18, says, "*Thorns also and thistles shall it bring forth to thee; and thou shalt eat the herb of the field; in the sweat of thy face shalt thou eat bread...*"

Grains, fruits, nuts, and vegetables constitute the diet chosen for us by our Creator. These foods, prepared in as simple and natural a manner as possible, are the most healthful and nourishing. They impart a strength, a power of endurance, and a vigor of intellect, that are not afforded by a more complex and stimulating diet. CD p. 81.2

Grains, fruits nuts and vegetables, a total vegetarian diet has proved to be the best diet for mankind. It was prescribed by our Creator who knows what is best for the human body and throughout history and today, it has proven to have all that he body requires, and play a major role in prevention of disease, endurance, clarity of mind, longevity and restoration to health. Whereas, flesh foods and their by-products, have proven to be a major cause for poor stamina, disease and death.

The National Geographic Researcher, Dan Buettner in his Book *The Blue Zones*, recognized three Societies in the world, as blue zones where the people who live there have longer life expectancy on earth over 100 years, were long livers. The top three places where these were found were in Okinawa, Japan, Sardinia, Italy and the Seventh-day Adventists of Loma Linda, California in the United States of America. What was interesting is that the Okinawans and the Sardinians had a genetic link and history of longevity; however, the Adventists were not genetically related. They came together from various parts of the world and lived in this one community, yet they were on par as the other demographic groups. The secret that they shared was in their total plant based diet, their social interactions and their faith that called them to take one day off per week to rest, worship and fellowship with each other. As time progresses, Adventists are maintaining their longevity better than the other blue zones as the others have begun to introduce into their diet more flesh foods, processed and fried foods, increasing obesity and heart disease.

The Researcher also recognized an influential health advocate in the Seventh-day Adventist Church, Mrs. Ellen G. White, who was given messages from God for the Church. Among them

were health messages beginning in 1848. The counsels and guidance have overtime proven to be superior for their day yet proven scientifically even hundreds of years later to be true. Those who follow the wise supernatural instructions given have been recognized as the healthiest people on the face of the earth.

The grains, with fruits, nuts, and vegetables, contain all the nutritive properties necessary to make good blood. These elements are not so well or so fully supplied by a flesh diet. Had the use of flesh been essential to health and strength, animal food would have been included in the diet appointed man in the beginning. CD p. 396

We were in Barbados and a young lady complained that she had a blood disorder. Her blood would not clot so if she needed surgery her blood was so thin so she would bleed to death. In talking with her, we discovered she consumed no vegetables whatsoever. By not eating vegetables she lacked its blood-clotting mechanism needed which was vitamin K.

The grains, with fruits, nuts, and vegetables, contain all the nutritive properties necessary to make good blood. These elements are not so well or so fully supplied by a flesh diet. Had the use of flesh been essential to health and strength, animal food would have been included in the diet appointed man in the beginning. When the use of flesh food is discontinued, there is often a sense of weakness, a lack of vigor. Many urge this as evidence that flesh food is essential; but it is because foods of this class are stimulating, because they fever the blood and excite the nerves, that they are so missed. Some will find it as difficult to leave off flesh eating as it is for the drunkard to give up his dram; but they will be the better for the change. When flesh food is discarded, its place should be supplied with a variety of grains, nuts, vegetables, and fruits that will be both nourishing and appetizing. MH p. 316

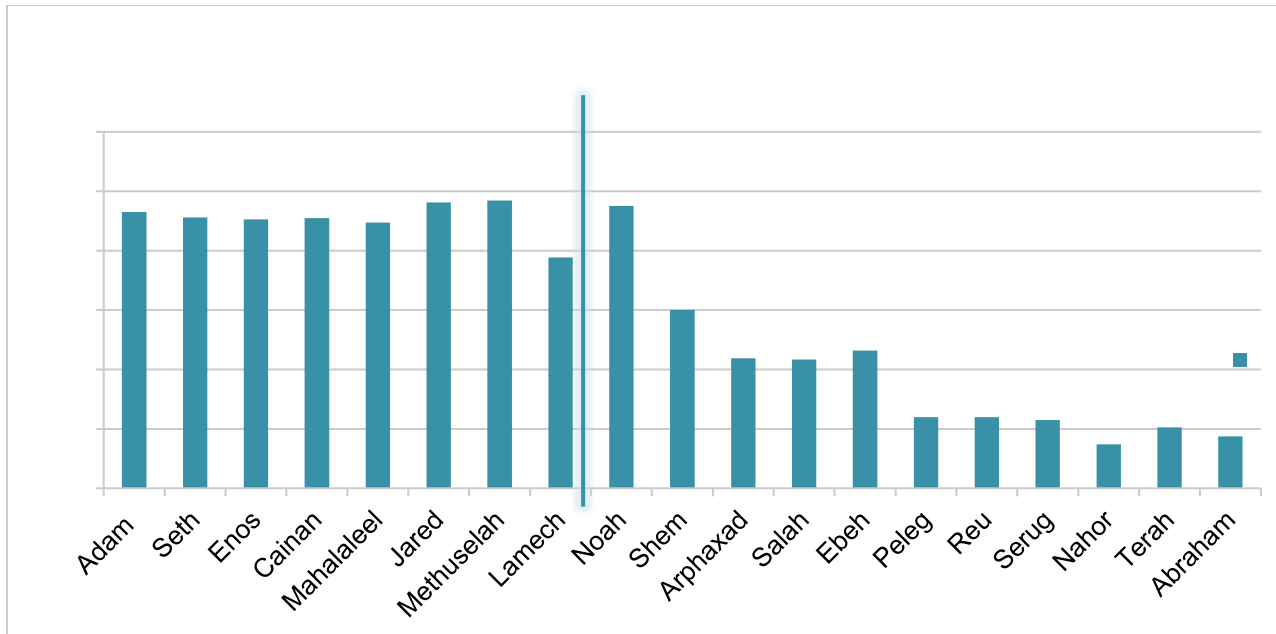
FLESH FOODS

Have you ever wondered why God permit mankind to eat flesh?

After sin the people of this world became wicked to the extent that God lamented that he made man and decided to destroy it all except for faithful Noah and his family.

Our historic record in Genesis 7 tells of a great flood which destroyed the antediluvian world where every land creature and object except that which were in Noah's ark perished.

After the flood the people ate largely of animal food. God saw that the ways of man were corrupt, and that he was disposed to exalt himself proudly against his Creator and to follow the inclinations of his own heart. And **He permitted that long-lived race to eat animal food to shorten their sinful lives.** Soon after the flood the race began to rapidly decrease in size, and in length of years. CD p. 373.3



Reference to the above diagram, shows that after the flood, the lifespan of man was significantly reduced from 969 years with Methuselah. The lifespan of man after the flood was cut by 2/3 and today it is reduced to less than 1/10 of the original life span.

King David reminds us: *The days of our years are threescore years and ten; and if by reason of strength they be fourscore years, yet is their strength labour and sorrow; for it is soon cut off, and we fly away. Psalm 90:10*

We can agree with the statement that: The liability to take disease is increased tenfold by meat eating. —*Testimonies for the Church* p. 264.

Again and again I have been shown that God is trying to lead us back, step by step, to His original design, —that man should subsist upon the natural products of the earth. CD p. 380.648

How Does Flesh Eating Contribute to Disease?

- Animals that are diseased and are often times prepared and consumed in that state.
- The body cannot make good flesh and good blood from meat.
- Meat is stimulating to the nerves.
- Flesh foods (chicken, fish, beef, lamb, pork, and all crustaceans) and their byproducts (cheese, milk, whey, etc) are high in animal protein and fat which are a foundational cause of all sicknesses and diseases.
- Flesh products are related to almost every type of cancer that affects the human body.
- Shrimp, lobster, crab, conch, wilkes, snails, mussels, squids, catfish, crawfish, til, and like organisms should never be introduced into the stomach because they are difficult to digest and they contain more than 150 mg% of cholesterol, more than double that of lean beef.
- Fish is loaded with cholesterol and is the second leading cause of allergies and one of the leading causes of cancer because of the high, industrial, chemical pollutants (mercury, cadmium, etc) that are dumped in the seas today.
- The eating of flesh meats has made a poor quality of blood and flesh. Your systems are in a state of inflammation, prepared to take on disease. You are liable to acute attacks of disease,

and to sudden death, because you do not possess the strength of constitution to rally and resist disease. —*Testimonies for the Church 2:61.*

- Genesis 9:4 says, *But flesh with the life thereof, which is the blood thereof, shall ye not eat.* The meat is served reeking with fat, because it suits the perverted taste. Both the blood and the fat of animals is consumed as a luxury. But the Lord has given special directions that these should not be eaten. Why? —Because their use would make a diseased current of blood in the human system. Disregard of the Lord's special directions has brought a variety of difficulties and diseases upon human beings.... If they introduce into their system that which cannot make good flesh and blood, they must endure the results of the disregard of God's word. —*Unpublished Testimonies, March, 1896.*
- Pork is high in parasites as well as bacterial and viral contamination. It should never be used and should never be introduced into the stomach.

The Effects of Meat Consumption on the Brain

- Saturated fats and cholesterol clog the arteries of the brain, thereby reducing blood supply to the brain and this can result in a Stroke or poor memory.
- Meat depresses electrical activity of the frontal lobe, but stimulates the lower or carnal centers of the brain.
To be carnally minded is death: but to be spiritually minded is life and peace. Because the carnal mind is enmity against God: for it is not subject to the law of God, neither in deed can be. Romans 8: 6, 7
- Meat is the most common source of arachadonic fatty acid, which decreases the production of the neurotransmitter acetylcholine from the frontal lobe therefore impairing mental and physical function.
- A meat diet is correlated with a 2-3 times higher risk of developing dementia.
- It is impossible for those who make free use of flesh meats to have an unclouded brain and an active intellect. —*Testimonies for the Church Vol. 2:62.*
- Eating much flesh will diminish intellectual activity. Students would accomplish much more in their studies if they never tasted meat. When the animal part of the human nature is strengthened by meat eating, the intellectual powers diminish proportionately. —*Unpublished Testimonies, November 5, 1896.*

The effects of meat consumption and Cancer

- Cancer of the lymph glands is definitely associated with the amount of meat consumed.
- Bovine Leukemia Virus (BLV) also known as the cause for lymphosarcoma is thought to be present in as much as 70% of the U.S. dairy cattle. BLV infected cattle can release infectious viruses and lymphocytes in their milk that can be transmitted to humans.
- Ovarian, breast, colon and prostate cancer have been linked to meat eating.

Many times when meat is eaten, it decays in the stomach, and creates disease. **Cancers, tumors, and pulmonary diseases** are largely caused by meat eating. CD p. 383.4

Those who use flesh foods little know what they are eating. Often if they could see the animals when living and know the quality of the meat they eat, they would turn from it with loathing. People are continually eating flesh that is filled with tuberculosis and **cancerous germs. Tuberculosis, cancer, and other fatal diseases** are thus communicated. CD p. 388.4

The eating of pork has produced scrofula, leprosy, and cancerous humors. Pork eating is still causing the most intense suffering to the human race. CD p. 393.2

Again and again I have been shown that God is trying to lead us back, step by step, to His original design, -- that man should subsist upon the natural products of the earth. CD p. 380.1

Vegetables, fruits, and grains should compose our diet. Not an ounce of flesh meat should enter our stomachs. The eating of flesh is unnatural. We are to return to God's original purpose in the creation of man. CD p. 380.2

Those who eat flesh are but eating grains and vegetables at second hand; for the animal receives from these things the nutrition that produces growth. The life that was in the grains and vegetables passes into the eater. We receive it by eating the flesh of the animal. How much better to get it direct by eating the food that God provided for our use. CD p. 396.3

The effects of meat consumption and the Circulatory System

- Meat is a major source of saturated fat and cholesterol that can block the arteries.
- Flesh as food contain no fiber and the transit time from eating to elimination can take as long as three days, a major cause for constipation and buildup of toxins in the body.
- High animal protein consumption damages the nephrons of the kidneys and eventually leads to Hypertension or kidney insufficiency.
- Processed animal products are usually high in sodium thus aggravating Hypertension.

My Dad for 32 years removed all flesh form his diet. He ate no chicken, fish, turkey, sardines, tuna or sausages. However, he consumed the dairy by-products: milk, cheese, butter, ice cream and eggs while at the same time he ate mainly lots of grains, fruits and vegetables. He was 66 years of age, led an active life and kept busy with church activities. One day my Dad got a heart attack within 8 hours he got a second massive heart attack and died. His autopsy showed that his coronary arteries were all blocked. By eating the animal by-products they were able to do the same destructive work as the flesh foods themselves. This a plant-based diet will not do. ~ Natalie

The effects of Hypoxanthine

Hypoxanthine and other similar substances, such as inosinic acid and guanylic acid, are present in meat. They have a chemical structure similar to that of caffeine in coffee or the theobromine in cocoa, with similar effects.

For example:

- They are central nervous system stimulants that produce a sensation of vitality and energy, which in many cases is simply a feeling.
- They are addictive, meaning that use must be continued in order to avoid withdrawal symptoms.

Hypoxanthine explains the stimulating effect of meat and its capacity to create a certain level of addiction, which manifests itself when meat is given up abruptly. EFHP Vol. 1 p. 283

Hypoxanthine in meat causes it to be addictive, and the older the meat is the greater the addiction. For example, salt fish, smoked herring, canned tuna, etc. If stopped immediately you may feel feverish and weak, however, continue with the break for a while and you would be fine. There are withdrawal symptoms associated with eliminating any stimulating and addictive substance including flesh foods. We have seen where individuals gave up this stimulating meat and turned to a vegetarian diet, it was quite easy for them to give up other stimulating substances like tobacco and alcohol. They simply had not desire for them.

The simple grains, fruits of the trees, vegetables, have all the nutritive properties necessary to make good blood. This a flesh diet cannot do. CD p. 322.513

Those who eat flesh are but eating grains and vegetables at second hand; for the animal receives from these things the nutrition that produces growth. The life that was in the grains and vegetables passes into the eater. We receive it by eating the flesh of the animal. How much better to get it direct, by eating the food that God provided for our use! MH p. 313

Teas

- Herbal teas should not be used as part of the daily diet but can be used medicinally so that the body can recognize it as a healing agent and harmoniously bring about life and strength. When these medicinal herbs are used too often as part of the diet, the body becomes immune to it and therefore, in sickness when the herb is needed for healing, it cannot be effective in doing its work.
- Herbal teas have its special purpose in the body and you should be aware of them before consuming them as a luxury. For example: Stinging-nettle tea; if you have high blood pressure or cholesterol, should not be used as it constricts the arteries. However, it reduces the blood sugar level for diabetics and excellent for reducing the enlarged prostate gland.

Avoid green tea, black tea, sweet tea, chai tea, lipton iced tea, red tea, pico tea. These teas contain **phenolic tannins**, which prevent the absorption of iron and can make you anemic. Tea also destroys vitamin B1. Vitamin B1 deficiency leads to Parkinson's disease, neuralgia, glaucoma and depression.

- Tea, coffee and tobacco are stimulating and contain poisons. CD p. 420
- Diseases of every stripe and type have been brought upon human beings by the use of tea and coffee and the narcotics, opium and tobacco. CD p. 421
- All these nerve irritants are wearing away the life forces.... CD p. 422

To a certain extent, tea produces intoxication. It enters into the circulation, and gradually impairs the energy of body and mind. It stimulates, excites, and quickens the motion of the living machinery, forcing it to unnatural action, and thus gives the tea drinker the impression that it is doing him great service, imparting to him strength. This is a mistake. Tea draws upon the strength of the nerves, and leaves them greatly weakened. When its influence is gone and the increased action caused by its use is abated, then what is the result? —Languor and debility corresponding to the artificial vivacity the tea imparted. When the system is already overtaxed and needs rest, the use of tea spurs up nature by stimulation to perform unwonted, unnatural action, and thereby lessens her power to perform, and her ability to endure; and her powers give out long before Heaven designed they should. Tea is poisonous to the system. Christians should let it alone. The second effect of tea drinking is headache, wakefulness, palpitation of the heart, indigestion, trembling of the nerves, and many other evils. —*Testimonies for the Church Vol 2 p.64, 65.*

Tea is poisonous to the system. Christians should let it alone. The influence of coffee is in a degree the same as tea, but the effect upon the system is still worse. Its influence is exciting, and just in the degree that it elevates above par, it will exhaust and bring prostration below par. Tea and coffee drinkers carry the marks upon their faces. The skin becomes sallow, and assumes a lifeless appearance. The glow of health is not seen upon the countenance. CD p. 421.733

The health is in no way improved by the use of those things which stimulate for a time, but afterward cause a reaction which leaves the system lower than before. Tea and coffee whip up the flagging energies for the time being, but when their immediate influence has gone, a feeling of depression is the result. These beverages have no nourishment whatever in themselves. The milk and sugar it contains constitute all the nourishment afforded by a cup of tea or coffee. CD p. 425.739

Coffee

Coffee is a high stimulant and depressant to the central nervous system. It creates addiction or dependency, abstinence syndrome, and is harmful to health.

While some persons feel that a moderate amount of coffee is safe, it can cause several disorders in the human body. Coffee users increase their risk for dehydration and frequent urination, myocardial infarction, increased mammary nodules which increases the risk of fibrocystic dysplasia, osteoporosis because of calcium loss, high blood cholesterol, greater errors in intellectual performance, high blood pressure, increased stomach acid and raises the risk of urinary bladder cancer.

Caffeine is a toxic alkaloid. It easily penetrates every cell in the body, particularly those of the nervous system. It is very stimulating to the nerves. It affects the function of the brain, the heart, the stomach and the kidneys. It is eliminated through the urine between 3 and 6 hours after it is ingested. It is not accumulated in the body. EFHP Vol. 1 p. 370

Cocoa, Chocolate

COCOA – theobromine in the cocoa bean contains a similar alkaloid like coffee. While it has a lesser impact on the central nervous system, than, caffeine; it stimulates the heart to a greater degree. The older or darker the chocolate, the greater amount of theobromine it contains. Cocoa is also high in phytic acid, this can impact the user with deficiency in zinc, calcium, iron, magnesium and copper.

CHOCOLATE – contains theobromine a primary alkaloid, it gives a high then an all-time low and this can depress the mind.

Effects of coffee, cocoa, chocolate

- Can cause insomnia
- It over stimulates the nervous system
- Causes stomach irritation
- Elevates the blood pressure
- Restricts the blood vessels
- Anxiety
- Depletes calcium and irritates the kidneys
- Increases production of urine
- Linked to bladder cancer
- Is addictive
- Causes tremors
- Restlessness

A 27-year-old Chef had a damaged heart, its functionality was bad. He had difficulty walking reasonable distances. When we met with him, we found out that he consumed a high flesh diet and drank cases of energy drinks each week to keep up with his two jobs and exquisite lifestyle. The energy drink contained caffeine. The local doctors wanted to fly him to another country for surgery but he had no money.

We suggested that he immediately ceased consuming the energy drinks, and put him on the Plan. He went on a total plant-based diet and in a couple of days he began to feel better. In two weeks, he was able to walk for one continual hour, which he could not do before; the third week later when he visited his primary physician for a checkup, his heart was completely restored.

Alcohol

The only safe course is to touch not, taste not, handle not, tea, coffee, wines, tobacco, opium, and alcoholic drinks. —*Testimonies for the Church 3:488.*

- Avoid all wines and alcoholic beverages completely. Women who consume one glass of wine every fifteen days increase their risk of breast cancer by 60 percent.
- Alcohol promotes high blood pressure, is toxic to the heart muscle, has excess calories, stores as fat in the liver, depresses respiratory functions, and causes permanent brain damage.
- Beer contains alcohol and can lead to the need for stronger stimulating drink.
- Persons may become just as really intoxicated on wine and cider as on stronger drinks, and the worst kind of inebriation is produced by these so-called milder drinks. The passions are more perverse; the transformation of character is greater, more determined and obstinate. A few quarts of cider or sweet wine may awaken a taste for strong drinks, and many who have become confirmed drunkards have thus laid the foundation of the drinking habit.... Moderate drinking is the school in which men are receiving an education for the drunkard's career. The taste for stimulants is cultivated; the nervous system is disordered; Satan keeps the mind in a fever of unrest; and the poor victim, imagining himself perfectly secure, goes on and on, until every barrier is broken down, every principle sacrificed. —*The Review and Herald, March 25, 1884.*
- Liquor-drinking men may be seen everywhere. Their intellect is enfeebled, their moral powers are weakened, their sensibilities are benumbed, and the claims of God and heaven are not realized, eternal things are not appreciated. The Bible declares that no drunkard shall inherit the kingdom of God.... Intemperance of any kind is the worst kind of selfishness. —*Testimonies for the Church 4:30, 31.*

Sign the pledge of total abstinence.

You are not your own; you are God's property. He has purchased you with an infinite price, and every faculty is to be employed in his service. Keep your body in a healthy condition to do his will; keep your intellect clear and active to think candidly and critically, and to control all your powers.

Thousands who are afflicted might recover their health if, instead of depending upon the

drugstore for their life, they would discard all drugs, and live simply, without using tea, coffee, liquor, or spices, which irritate the stomach and leave it weak, unable to digest even simple food without stimulation. *Manuscript 115, 1903*

Supplements

- Did you know that one **orange** with 53.2 mg of vitamin C is superior to 500 mg of supplemental vitamin C because of the 170 phytochemicals that are present in the natural orange?
- The **red bell pepper** has four times more vitamin C than orange juice, and **Acerola cherries** has 50 times more vitamin C than **lemon**.
- Did you know that **black strap molasses** has 2,492 mg per 100 edible grams of Potassium versus 396 mg of that of **banana**?

Do not use vitamins or supplements unless you have been tested and found to be deficient in a certain vitamin or mineral and you cannot get it in sufficient amounts in the use of fruits, grains, nuts and vegetables in their natural state. For example, did you know that 100 grams of **sesame seeds** is equivalent to 975 mg of calcium, far more than the 123 mg of milk of the same serving size? Likewise, 100 grams of black strap molasses is equivalent to 860 mg of calcium. Both the black strap molasses and the sesame seed have a greater absorption rate because these items possess all of the facilitators needed than any supplemental vitamins.

A study reported in the *Archives of Internal Medicine (October 2011)* showed that women between the ages of 55 to 69, who commonly used dietary vitamin and mineral supplements, including multivitamins, vitamins B₆, and folic acid, as well as minerals iron, magnesium, zinc, and copper, were associated with a higher risk of total mortality."

Studies show that men taking multivitamin pills seven or more times per week had double the risk of death from prostate cancer. *J. Nat. Cancer Inst. 2007; 99(10):754-764*

If you are a vegetarian, avoid capsules and/or caplets unless they say 100 percent vegetarian or are plant based. Many such capsules and/or caplets may contain gelatin from either pork or beef sources.

Habits and Nutrition

- Eating and drinking together causes food to ferment in the stomach; thus, producing as much as 32 oz of alcohol in the body. Have you ever wondered why Christians have beer bellies and they don't drink liquor?
- Even temperature is essential to good circulation. Clothing should cover the extremities (arms and legs) in cold weather. Clothing should not be too scanty and short. When clothing does not cover the arms and legs in cold weather, the blood rushes to protect the organs and causes a concentration of blood to the heart and the trunk area. This can interfere with digestion of food, if blood is congested in the stomach area.

To learn more on proper diet, it is recommended that you read the book *Counsels on Diet and Foods* by Ellen G. White.

USE OF WATER



"The Spirit and the bride say, Come. And let him that heareth say, Come. . . . And whosoever will, let him take the water of life freely." Revelation 22:17

In health and in sickness, pure water is one of Heaven's choicest blessings. Its proper use promotes health. It is the beverage which God provided to quench the thirst of animals and man. Drunk freely, it helps to supply the necessities of the system, and assists nature to resist disease. Counsels on Diet and Foods p. 419.1

One lady was on blood thinning medication for 28 years. She was also 294 lbs. In consulting with her, we discovered that she drank very little water, and on a good day, she drank only 8 ounces of water. We shared with her that the blood thinning medication, contained ingredients that was used in rat poison, this she did not like, and lack of water could cause her blood to be thick. She was therefore determined to follow the advice and drink more water. Within 1 week she was able to cut her blood thinning medication in half. Within another week she was able to cut out the other half. This lady was also a Diabetic and by making changes to her diet and lifestyle and increasing her water consumption, within 3 weeks she was off all her diabetic medication, had her blood sugar normalized and lost a lot of weight. The simple powerful remedy of drinking water was important in correcting her situation.

Water helps to purify and detoxify the body inside and outside.

- Water, the most abundant substance in the body, makes up 70% of its total weight.
- Water protects the eyes from drying out; thus, preserving sight. Water makes the skin soft and pliable, keeping it from becoming cracked, dry, and shriveled.
- Without water, one could not breathe. Before oxygen can pass into or carbon dioxide out of the blood, they must first dissolve in a thin film of water that lines each air sac in the lungs and surrounds each tissue cell in the body.
- At least 8 glasses (64 oz) of water should be drunk each day. It is advised to drink 16oz - 32oz or 2-4 (8oz) glasses of warm water upon awakening on mornings; this will open the appetite and prepare the stomach for digestion, as well as cleanse the system from toxins and metabolic waste which was released at night during cellular repair. As a bonus, the warmth will cause expansion and lubrication of the intestines and give the individual a healthy bowel movement.
- Water aids with constipation and flushes the digestive system thereby it reduces the risk of cancer of the colon, bladder, kidney stones and urinary track.
- Drinking adequate amount of water daily will help prevent Diabetes Insipidus.
- Drinking water until the urine is pale yellow is an indicator that you are consuming adequate amounts.
- The brain contains 85% water and it is essential for its superior functions.
- Studies have shown that most people are constantly partially dehydrated; as a result, their brain is working considerably below its capacity and potential, in addition, lack of water can

cause headaches and relief can come by drinking one glass of water every ten minutes for one hour.

- Many times when one feels hungry in between meals, it is because of a need for water. Simply drinking water will prevent you from snacking.

How should you drink water?

- Drink water a mouthful at a time as the cells will absorb and be properly hydrated.
- Gobbling down water would cause you to go to the bathroom too often as well as increase the intraocular eye pressure and affect your eyes; this can increase cause problems for someone with glaucoma.

At what temperature should you drink your water?

- It is best to drink cool water that will be refreshing.
- Cold water needs to be warmed up to body temperature before being absorbed.
- Warm water expands the intestines and signals the need for food, whereas cold water constricts the intestines and shuts down the desire for food.
- If you feel that you must eat at night, take a drink of cold water, and in the morning you will feel much better for not having eaten. Counsels on Diet and Foods p p. 177.1

Do you eat ice?

Craving ice can be a sign of iron deficiency and anemia and the constant chewing on ice can wear away the enamel of your teeth, which can cause cracks or chips leading to sensitive teeth.

Dangers of drinking and eating

Water should be drunken **15 - 30 minutes before the meal and 2 hours after the meal.** For those suffering with digestive problems, drink 30 minutes before a meal.

It would be wise not eat and drink at the same time, as the liquid dilutes the gastric juice first while the food sits in the stomach and ferments thus causing indigestion or acid reflux and this does not make good blood.

Drinking with meals reduces the secretion of salivary glands thereby providing less saliva enzymes necessary for breaking down carbohydrates in the mouth. Poor digestion is the end result.

- Soups are dangerous as too much liquid is destructive to the kidneys. Soups should be a stew and made thick rather than predominantly liquid or with solid in-between.
- Liquid diets take longer to digest.
- The sourness in the stomach from fermented food shows up in the odor of the mouth thus causing bad breath, this also causes bleaching and bloating in the intestines a major cause for flatulence and high defecated odor.

SIMPLE WATER APPLICATIONS

Water can be used externally for refreshing, cooling and cleansing of the skin as well as in hydrotherapy.

Hydrotherapy is an excellent method. It is the use of water as therapy either internally or externally in one of its forms in the remedy of disease or injury.

Treating a Sore Throat

- Fold a rag into three parts
- Wet the middle of the folded rag with cold water
- Place it against the throat
- Wrap a plastic over the rag around the throat. Ensure it fits snugly but not too tightly; it must be comfortable.
- Wrap a dry length of cloth over the plastic around the throat
- Keep on overnight or several hours

The next morning the sore throat will be gone as the inflammation surrounding the throat was removed.

Hot Footbath

A hot footbath is useful for:

- Relieving congestion in other parts of the body, such as the brain, the lungs, or the abdominal organs.
- Helping equalize the circulation.
- Inducing sweating and a general warming of the body.
- Strengthening the immune system
- Reducing fever
- Preventing or shortening Cold/Flu
- Relieving a Headache
- Relieving Chest congestion
- Stopping nose bleed
- Promoting relaxation
- Relieving menstrual cramps

Do not use a hot footbath if you have loss of sensation in extremities e.g.: if someone is paralyzed, unconscious, diabetic or have poor circulation

Supplies:

- Hot kettle
- Pitcher for cold water
- Wash cloth
- Bucket or basin deep enough to cover feet up to ankles
- Towel
- Blanket
- Sheet

Steps for a hot footbath:

1. Cover chair with sheet
2. Fill bucket with room temperature water
3. On the side have a pitcher with ice water and two wash cloths
4. Get patient to sit
5. Explain process to patient
6. Start with prayer
7. Carefully place feet in bucket of water
8. Gradually add hot water to bucket
9. Ask patient to say when it is hot but comfortable

- a. If too hot, add a little cold water
 - b. If okay, cover patient in sheet from neck down, cover with blanket and keep the feet in the hot water for 20 minutes
10. Place cold rag on forehead and alternate rags to keep it cool
 11. To end – lift feet up from hot water and pour cool water unto it to close the pores.

Hydrotherapy to Abort a Cold or Flu

- Alternate hot and cold compress to chest – apply 3 rounds of 3 minutes hot, 30 seconds cold
- Hot and cold contrast showers of 3 rounds of 3 minutes hot and 30 seconds cold
- Hot foot bath for 20 minutes or less for children.
- Hot half bath for 20 minutes or less followed by a cool pour

One physician, his wife, two daughters and one son consulted with us. His daughter of age 10 years was obese and the father was concerned that if he addressed her weight topic too sternly she will be self-conscious. He came to us for help and we met with the entire family and put them on the Plan. Within 30 to 60 days the young girl lost 20 lbs. She was menstruating at the time, which was too early for her age. After the change her menstruation stopped and it returned at the appropriate time. In addition, the Dad's high cholesterol normalized, and other health challenges that the family had ceased, all by going on an all-green plant-based diet.

TRUST IN DIVINE POWER



**Trust in the LORD with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths.
Proverbs 3:5, 6**

Spread every plan before God with fasting, and with the humbling of the soul before the Lord Jesus, and commit thy ways unto the Lord. The sure promise is, He will direct thy paths. He is infinite in resources. The Holy One of Israel, who calls the host of heaven by name, and holds the stars of heaven in position, has you individually in His keeping.... 2 Selected Messages p. 364

The following quotations share key references on the Spiritual Component of Health.

Romans 12: 1, 2	God's expectation for our bodies
Proverbs 26:2	Nothing comes without a cause
John 5:1-15	The lame man at Bethesda Cause: It was the man's Sin that caused his sickness
John 9:1-7	The Blind Man Cause: The man was sick that the name of God be glorified
John 11:1-14	Lazarus's death Cause: For the glory of God
Numbers 12:1-15	Leadership and Backbiting Cause: Violation of Spiritual Law
Luke 5:12-25	The Paralytic Cause: Violation of Spiritual Law
Job 42:7	Examine Job's Case Cause: For the glory of God
2 Samuel 11 & 12	David's Adultery, Murder, the birth and death of Child Cause: Violation of Spiritual Law
2 Samuel 12:24	David's Deepest Repentance—despite error the blessings still came: God is still willing to forgive and restore

Do not worry

It will do us well not to worry about situations in our lives. 1 Peter 5:7 says Casting *all your care upon him; for he careth for you*. Place your concerns in God's care, and let him work things out for you.

The assurance of God's approval will promote physical health. It fortifies the soul against doubt,

perplexity, and excessive grief, that so often sap the vital forces and induce nervous diseases of a most debilitating and distressing character. —*The Review and Herald, October 16, 1883.*

The exalting influence of the Spirit of God is the best restorative for the sick. —*Testimonies for the Church 1:556.*

Who brings about the healing in the body?

The words spoken to Israel are true today of those who recover health of body or health of soul. "I am the Lord that healeth thee." Exodus 15:26

Jesus can limit the power of Satan. He is the physician in whom the sin-sick soul may trust to heal the maladies of the body as well as of the soul. —*Testimonies for the Church 5:448.*

I would come before the Lord with this petition: "Lord, we cannot read the heart of this sick one, but thou knowest whether it is for the good of his soul and for the glory of thy name to raise him to health. In thy great goodness, compassionate this case, and let healthy action take place in the system. The work must be entirely thine own. We have done all that human skill can do; now, Lord, we lay this case at thy feet, work as only God can work, and if it be for thy good and for thy glory, arrest the progress of disease and heal this sufferer."

... But after I have prayed earnestly for the sick, what then? Do I cease to do all I can for their recovery? —No, I work all the more earnestly, with much prayer that the Lord may bless the means which his own hand has provided; that he may give sanctified wisdom to co-operate with him in the recovery of the sick. —*Unpublished Testimonies, March 11, 1892.*

PRAYER FOR THE SICK

We all desire immediate and direct answers to our prayers, and are tempted to become discouraged when the answer is delayed or comes in an unlooked-for form. But God is too wise and good to answer our prayers always at just the time and in just the manner we desire. He will do more and better for us than to accomplish all our wishes. And because we can trust His wisdom and love, we should not ask Him to concede to our will, but should seek to enter into and accomplish His purpose. Our desires and interests should be lost in His will. These experiences that test faith are for our benefit. By them it is made manifest whether our faith is true and sincere, resting on the word of God alone, or whether depending on circumstances, it is uncertain and changeable. Faith is strengthened by exercise. We must let patience have its perfect work, remembering that there are precious promises in the Scriptures for those who wait upon the Lord.

Not all understand these principles. Many who seek the Lord's healing mercy think that they must have a direct and immediate answer to their prayers or their faith is defective. For this reason, those who are weakened by disease need to be counseled wisely, that they may act with discretion. They should not disregard their duty to the friends who may survive them, or neglect to employ nature's agencies for the restoration of health.

Often there is danger of error here. Believing that they will be healed in answer to prayer, some fear to do anything that might seem to indicate a lack of faith. But they should not neglect to set their affairs in order as they would desire to do if they expected to be removed by death. Nor should they fear to utter words of encouragement or counsel which at the parting hour they wish to speak to their loved ones.

Those who seek healing by prayer should not neglect to make use of the remedial agencies within their reach. It is not a denial of faith to use such remedies as God has provided to alleviate pain and to aid nature in her work of restoration. It is no denial of faith to co-operate with God, and to place themselves in the condition most favorable to recovery. God has put it in our power to obtain a knowledge of the laws of life. This knowledge has been placed within our reach for use. We should employ every facility for the restoration of health, taking every advantage possible, working in harmony with natural laws. When we have prayed for the recovery of the sick, we can work with all the more energy, thanking God that we have the privilege of co-operating with Him, and asking His blessing on the means which He Himself has provided. *Ministry of Healing* p. 231

The strong desire for recovery leads to earnest prayer; and this is right. God is our refuge in sickness as in health. —*Testimonies for the Church* Vol. 5 p. 315.

Prayer will give the sick an abiding confidence. —*Testimonies for the Church* Vol. 5 p. 443.

God does not work miracles where he has provided means by which the work may be accomplished. —*The Review and Herald*, July 17, 1888.

Faith without intelligent works is dead, being alone. Faith in the healing power of God will not save unless it is combined with good works. —*Unpublished Testimonies*, August 25, 1897.

We do not manifest a lack of faith when we ask God to bless His remedies. True faith will thank God for the knowledge of how to use these precious blessings in a way which will restore mental and physical vigor.

The body is to be carefully cared for, and in this the Lord demands the cooperation of the human agent. Man must become intelligent in regard to the treatment and use of brain, bone, and muscle. The very best experience we can gain is to know ourselves. —*Manuscript 65*, 1899 (*General Manuscript*).

Many have expected that God would keep them from sickness merely because they have asked him to do so. But God did not regard their prayers, because their faith was not made perfect by works. God will not work a miracle to keep those from sickness who have no care for themselves, but are continually violating the laws of health, and make no effort to prevent disease. When we do all we can on our part to have health, then we may expect that the blessed results will follow, and we can ask God in faith to bless our efforts for the preservation of health. He will then answer our prayer, if his name can be glorified thereby. But let all understand that they have a work to do. God will not work in a miraculous manner to preserve the health of persons who are taking a sure course to make themselves sick, by their careless inattention to the laws of health. —*How to Live* p., 64.

In praying for the sick, it is essential to have faith; for it is in accordance with the word of God.... Sometimes answers to our prayers come immediately, sometimes we have to wait patiently and continue earnestly to plead for the things we need. Our faith is illustrated by the case of the importunate solicitor for bread.... If our petitions are indited by the Lord, they will be answered. —*Ibid*.

We all desire an immediate answer to our prayers, and we are tempted to become discouraged if it does not come. Now my experience has taught me that this is a great mistake. The delay is for our special benefit.... Faith strengthens through continual exercise. This waiting does not mean

that because we ask the Lord to heal, there is nothing for us to do. We are to make the very best use of the means which the Lord in his gracious goodness has provided for us in our very necessities.... Natural means, used in accordance with God's will, bring about supernatural results. We ask for a miracle, and the Lord directs the mind to some simple remedy. We ask to be kept from the pestilence that walketh in darkness, that is stalking with such power through the world; we are then to cooperate with God, observing the laws of health and life. Having done all that we possibly can, we are to keep asking in faith for health and strength. We are to eat that food which will preserve the health of the body. God gives us no encouragement that He will do for us what we can do for ourselves. Natural laws are to be obeyed. We are not to fail of doing our part. God says to us, "Work out your own salvation with fear and trembling. For it is God which worketh in you both to will and to do of his good pleasure" *Philippians 2:12, 13*.

We cannot disregard the laws of nature without disregarding the laws of God. We cannot expect the Lord to work a miracle for us while we neglect the simple remedies He has provided for our use, which, aptly and opportunely applied, will bring about a miraculous result.

Therefore, pray, believe, and work. —*Letter 66, 1901*.

A Saving Faith

The absence of devotion, piety, and sanctification of the outer man comes through denying Jesus Christ our righteousness. The love of God needs to be constantly cultivated... 6MR 147:3

If we accept Christ as a Redeemer, we must accept Him as a Ruler. We cannot have the assurance and perfect confiding trust in Christ as our Saviour until we acknowledge Him as our King and are obedient to His commandments. Thus we evidence our allegiance to God. We have then the genuine ring in our faith, for it is a working faith. It works by love. Speak it from your heart: "Lord, I believe Thou hast died to redeem my soul. If Thou hast placed such a value upon the soul as to give Thy life for mine, I give my life and all its possibilities, in all my weakness, into Thy keeping." 1888 CH. 82

Can we not understand that the most costly thing in the world is sin? It is at the expense of purity of conscience, at the cost of losing the favor of God and separating the soul from Him, and at last losing heaven. The sin of grieving the Holy Spirit of God and walking contrary to Him has cost many a one the loss of his soul.

If man cannot, by any of his good works, merit salvation, then it must be wholly of grace, received by man as a sinner because he receives and believes in Jesus. It is wholly a free gift. Justification by faith is placed beyond controversy. And all this controversy is ended, as soon as the matter is settled that the merits of fallen man in his good works can never procure eternal life for him. 3 MR 420.3

What is faith? "The substance of things hoped for, the evidence of things not seen" (Hebrews 11:1). It is an assent of the understanding to God's words, which binds the heart in willing consecration and service to God, who gave the understanding, who moved on the heart, who first drew the mind to view Christ on the cross of Calvary. Faith is rendering to God the intellectual powers, abandonment of the mind and will to God, and making Christ the only door to enter into the kingdom of heaven.

When men learn they cannot earn righteousness by their own merit of works, and they look with firm and entire reliance upon Jesus Christ as their only hope, there will not be so much of self

and so little of Jesus. Souls and bodies are defiled and polluted by sin, the heart is estranged from God, yet many are struggling in their own finite strength to win salvation by good works. Jesus, they think, will do some of the saving; they must do the rest. They need to see by faith the righteousness of Christ as their only hope for time and for eternity. MS 36-1890.23

God has given men faculties and capabilities. God works and cooperates with the gifts He has imparted to man, and man, by being a partaker of the divine nature and doing the work of Christ, may be an overcomer and win eternal life. The Lord does not propose to do the work He has given man powers to do. Man's part must be done. He must be a laborer together with God, yoking up with Christ, learning His meekness, His lowliness. God is the all-controlling power. He bestows the gifts; man receives them and acts with the power of the grace of Christ as a living agent. MS 36-1890.24

"By grace are ye saved through faith; and that not of yourselves: it is the gift of God" (Ephesians 2:8). Here is truth that will unfold the subject to your mind if you do not close it to the rays of light. Eternal life is an infinite gift. This places it outside the possibility of our earning it, because it is infinite. It must necessarily be a gift. As a gift it must be received by faith, and gratitude and praise be offered to God. MS 36-1890.28

A Word from Jesus

"I am the Lord that healeth thee." Exodus 15:26.

The desire of God for every human being is expressed in the words, "Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth." 3 John 2.

He it is who "forgiveth all thine iniquities; who healeth all thy diseases; who redeemeth thy life from destruction; who crowneth thee with loving-kindness and tender mercies." Psalm 103:3,4.

"Fear not: for I have redeemed thee, I have called thee by thy name; thou art Mine. When thou passest through the waters, I will be with thee; and through the rivers, they shall not overflow thee: when thou walkest through the fire, thou shalt not be burned; neither shall the flame kindle upon thee. For I am the Lord thy God, the Holy One of Israel, thy Saviour. . . . Since thou wast precious in My sight, thou hast been honorable, and I have loved thee." "I, even I, am He that blotteth out thy transgressions for Mine own sake, and will not remember thy sins." "Fear not: for I am with thee." Isaiah 43:1-4, 25, 5.

"Like as a father pitieth his children, so the Lord pitieth them that fear Him. For He knoweth our frame; He remembereth that we are dust." Psalm 103:13, 14.

"Only acknowledge thine iniquity, that thou hast transgressed against the Lord thy God." "If we confess our sins, He is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness." Jeremiah 3:13; 1 John 1:9.

"I have blotted out, as a thick cloud, thy transgressions, and, as a cloud, thy sins: return unto Me; for I have redeemed thee." Isaiah 44:22.

"Come now, and let us reason together, saith the Lord: though your sins be as scarlet, they shall be as white as snow; though they be red like crimson, they shall be as wool. If ye be willing and obedient, ye shall eat the good of the land." Isaiah 1:18, 19.

"I have loved thee with an everlasting love: therefore, with loving-kindness have I drawn thee."
"I hid My face from thee for a moment; but with everlasting kindness will I have mercy on thee."
Jeremiah 31:3; Isaiah 54:8.

"Let not your heart be troubled." "Peace I leave with you, My peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid." John 14:1, 27.

"A Man shall be as an hiding place from the wind, and a covert from the tempest; as rivers of water in a dry place, as the shadow of a great rock in a weary land." Isaiah 32:2.

"Look unto Me, and be ye saved, all the ends of the earth." Isaiah 45:22.

"Himself took our infirmities, and bare our sicknesses." "He was wounded for our transgressions, He was bruised for our iniquities: the chastisement of our peace was upon Him; and with His stripes we are healed." Matthew 8:17; Isaiah 53:5.

THE TEST OF TITHES AND OFFERINGS?

Malachi 3:8 Will a man rob God? Yet ye have robbed me. But ye say, wherein have we robbed thee? In tithes and offerings.

Malachi 3:9 Ye [are] cursed with a curse: for ye have robbed me, [even] this whole nation.

The Lord gave the command to ancient Israel that they should return one tenth of their increase as what belonged to him to take care of the priesthood and offerings were part of their daily sacrifices. Many times individuals think it is a hard thing to return tithes and offerings but many persons who faithfully practice this principle of giving can tell of repeated blessings that attend them and their family.

Malachi 3: 10 says, Bring ye all the tithes into the storehouse, that there may be meat in mine house, and prove me now herewith, saith the LORD of hosts, if I will not open you the windows of heaven, and pour you out a blessing, that [there shall] not [be room] enough [to receive it.

God's currency is not only in dollars and cents; that can come too, but he blesses in ways we cannot imagine that there may not be need for money. When we give to others, when we give to the Lord; when he blesses financially, it will always be more than enough, pressed down, shaken together and running over. Luke 3:38

I was in New York consulting a young lady, she said to me, "I do believe in tithing, I return a faithful tithe but no offering." She did not have a steady income and had a lot of bills to pay when she got money. I encouraged that she should return offering, that the greater blessing came in the giving of offering as it is a test of one's love for God. She laughed, and laughed, however, at the next opportunity she gave offerings. In a short space of time she got a regular job, got steady income and when all her bills and expenses were taken care of she had money to spare. From that day, she has never had financial problems. ~ James

WHAT HAPPENS WHEN WE DIE?

Not always will the sick be healed. Our life in this planet is measured and at some point death comes around. It makes a huge difference if we are prepared for death, but it raises the big question: -

According to dictionary.com, Death means the end of being alive.

The bible describes death as a sleep: John 11:14 says These things said he: and after that he saith unto them, Our friend Lazarus sleepeth; but I go, that I may awake him out of sleep. Then said his disciples, Lord, if he sleep, he shall do well. Howbeit Jesus spake of his death: but they thought that he had spoken of taking of rest in sleep. Then said Jesus unto them plainly, Lazarus is dead.

What is Man? In what condition was man created?

He cometh forth like a flower, and is cut down: he fleeth also as a shadow, and continueth not. Job 14:2

Like as a father pitieth [his] children, so the LORD pitieth them that fear him. For he knoweth our frame; he remembereth that we are dust. As for man, his days are as grass: as a flower of the field, so he flourisheth. Psalm 103:13-15

What is man, that thou art mindful of him? or the son of man, that Thou visitest him? Thou madest him a little lower than the angels. Hebrews 2:6, 7.

What is the nature of angels?

"But they which shall be accounted worthy to obtain that world, and the resurrection from the dead, neither marry, nor are given in marriage; *neither can they die any more: for they are equal unto the angels; and are the children of God, being the children of the resurrection.*" Luke 20:35, 36.

What are angels called?

"And of the angels he saith, *Who maketh His angels spirits, and His ministers a flame of fire.*" Hebrews 1:7.

What is the difference between the two Adams?

"And so it is written, The first man Adam was made a living soul; the last Adam was made a quickening spirit." 1 Corinthians 15:45.

When does man become a spiritual being?

"It is sown a natural body, *it is raised a spiritual body*, There is a natural body, and there is a spiritual body." 1 Corinthians 15:44.

To what does the sowing refer?

"That which thou sowest is not quickened, except it die." 1 Corinthians 15:36.

NOTE: Man does not have the undying, spiritual nature of the angels until the resurrection. Then, if righteous, he cannot die anymore (Luke 20:36), because he is "equal unto the angels."

How is man's nature defined?

"Shall mortal man be more just than God?" Job 4:17.

NOTE. - Mortal. "Subject to death." *Webster*.

What is God's nature?

"Now unto the King, *eternal, immortal, invisible*, the only wise God, be honor and glory forever and ever. Amen." 1 Timothy 1:17.

NOTE: Immortal. "Exempt from liability to die." *Webster*.

Of what was man formed in the beginning?

"And the Lord God formed man of the dust of the ground." Genesis 2:7.

What act made him a living soul?

"And [God] breathed into his nostrils the breath of life; and man became a living soul." Genesis 2:7.

NOTE: The living soul was not put into the man; but the breath of LIFE which was put into man, made him -- the man; made of the earth -- a living soul, or creature. The original word for "living soul" in this text is *nephesh chaiyah*. On the use of this word in Genesis 1:24, Dr. A. Clarke says: "A general term to express all creatures endued with animal life, in any of its infinitely varied gradations, from the half-reasoning elephant down to the polyp, which seems equally to share the vegetable and animal life."

Are others besides man called "living souls" in the Bible?

"And the second angel poured out his vial upon the sea, and it became as the blood of a dead man; and every living soul died in the sea." Revelation 16:3. (See Genesis 1:30, margin.)

Do other creatures besides man have the "breath of life?"

"And all flesh died that moved upon the earth, both of fowl, and of cattle, and of beast, and of every creeping thing that creepeth upon the earth, and every man; *all in whose nostrils was the breath of life*, of all that was in the dry land, died." Genesis 7:21, 22.

Is theirs the same breath as man's?

"As the one dieth, so dieth the other; yea, *they have all one breath*; so that a man hath no pre-eminence above a beast; for all is vanity." Ecclesiastes 3:19.

The breath of life from God was breathed into man's nostrils in the beginning. What does Job call that which is in the nostrils?

"All the while my breath is in me. and the *spirit of God is in my nostrils*." Job 27:3.

When man gives up the spirit, what becomes of it?

"Then shall the dust return to the earth as it was: and *the spirit shall return unto God who gave it.*" Ecclesiastes 12:7.

NOTE: That is, the spirit of life by which man lived, and which was only loaned to him of God, goes back to the great Author of life. It is His, and man can have it eternally, only as a gift from God, through Jesus Christ. (Romans 6:23.) When the spirit goes back to God, the dust, which was in the beginning made a "living soul," goes back as it was, to the earth.

Can one have the spirit of life with him eternally, unless he has Christ?

"He that hath the Son hath life; and *he that hath not the Son of God hath not life.*" 1 John 5:12.

NOTE: The veriest sinner and reviler of Christ has this temporal life; but when he yields this up, he has no prospect that eternal life will be given to him, as that can be received only through Christ.

Why were the first guilty pair driven from the tree of life?

"And now, lest he put forth his hand, *and take also of the tree of life, and eat, and live forever.*" Genesis 3:22.

What was done to keep man away from the tree of life?

"So He drove out the man; and He placed at the east of the garden of Eden cherubim, and a flaming sword which turned every way, to keep the way of the tree of life." Genesis 3:24.

If the wrath of God abides on a person, of what does it deprive him?

"He that believeth not the Son shall not see life; but the wrath of God abideth on him." John 3:36.

When the sinner has been converted, what then is his prospect for life?

"For ye are dead, and your life is hid with Christ in God. When Christ, who is our life, shall appear, then shall ye also appear with Him in glory." Colossians 3:3, 4.

The word immortal occurs but once in the English Bible (1 Tim. 1:17), and is there applied to God; is any other said to have immortality?

"Who is the blessed and only potentate, the King of kings and Lord of lords: *who only hath immortality.*" 1 Timothy 6:15, 16.

How does man obtain immortality?

"To them who by patient continuance in well doing *seek for glory and honor and immortality,* eternal life." Romans 2:7.

NOTE: One does not need to seek for a thing which he already possesses.

When will the faithful receive immortality?

"Behold, I show you a mystery: We shall not all sleep, but *we shall all be changed, in a moment, in the twinkling of an eye, at the last trump*; for the trumpet shall sound, and the dead shall be raised incorruptible, and we shall be changed." 1 Corinthians 15:51, 52.

What is then to be swallowed up?

"So when this corruptible shall have put on incorruption, and this mortal shall have put on immortality, then shall be brought to pass the saying that is written, Death is swallowed up in victory." 1 Corinthians 15:54.

How is this victory gained?

"But thanks be to God, which giveth us the victory *through our Lord Jesus Christ.*" 1 Corinthians 15:51.

We have found that man was made of the dust of the ground, and caused to live by the breath, or spirit, of life from God. The clay thus animated, not the breath of life, is called a "living soul:" or creature, according to the original text. Other creatures live by the same process, and some of them, at least, are plainly called living souls. When man dies, he knows nothing until he lives again, simply because the vitalizing element that caused him to live and move and think has been taken from him, and gone back to its original Possessor. Unless that were brought back to man, he would be forever unconscious in death. But Christ, who is the believer's life, is to appear, and bring back to those who seek for it, that life which they forfeited through sin. It is thus that man obtains immortality.

Why did God give His son to die? and who alone are benefited by His death?

"For God *so loved the world* that He gave His only begotten Son that *whosoever believeth in Him* should not perish, but have everlasting life." "He that believeth not the Son shall not see [everlasting] life, but the wrath of God abideth on him." John 3:16, 36.

With whom is the eternal life of the believer hid?

"For ye are dead, and your life is *hid with Christ in God.*" Col. 3:3. "And this is the record, that God hath given to us eternal life, and this life is in His Son." 1 John 5:11.

In what condition is man while in death?

"Whatsoever thy hand findeth to do, do it with thy might; for *there is no work, nor device, nor knowledge, nor wisdom, in the grave, whither thou goest.*" Ecclesiastes 9:10.

NOTE: That is, man, when dead, has no use of the powers of mind or body. He cannot, therefore, while in the grave, praise God, or even think of Him (Psalm 6:5); for in the day he dies his thoughts perish. Psalm 146:2-4. (See preceding chapter, [Eternal Life - Chapter 104.](#))

Where do the dead sleep?

And may of them that sleep in the dust of the earth shall awake. Daniel 12:2

How long will they sleep there?

So man lieth down and riseth not: till the heavens be no more, they shall not awake, not be raised out of their sleep. Job 14:12

What does one in this condition know about his family?

His sons come to honour, and he knoweth it not; and they are brought low, but he perceiveth it not of them. Job 14:21

What becomes of man's thoughts at death?

His breath goeth forth, he returneth to his earth, in that very day his thoughts perish. Psalms 146:4

Do the dead know anything?

For the living know that they shall die; but the dead know not anything. Ecclesiastes 9:5

Do they take any part in earthly things?

Also their love and their hatred, and their envy, is now perished; neither have they any more a portion for ever in any thing that is done under the sun. Ecclesiastes 9:6

NOTE: If one continued in consciousness after death, he would know of the promotion or dishonor of his sons. But Job says he does not know this, then if, as stated in the last text quoted, in death one loses all the attributes of his mind, as love, hatred, envy, etc., it is plain that his thoughts have perished, and that he can have nothing more to do with living objects. Again if man in death prolongs his powers of thought, he lives; and if he lives he must be somewhere. Where is he? Is he in heaven, or in hell? If in either place immediately after death, what is the necessity of a judgment in the end of the world to decide his case? Is there a possibility that some have at death gone to the wrong place, and must needs be sent to the other, after having been in bliss or torment for ages, perhaps?

What does the psalmist say about the dead praising the Lord?

"The dead praise not the Lord, neither any that go down into silence." Psalm 115:17.

How much does one know of God when dead?

"For in death there is no remembrance of thee." Psalm 6:5.

NOTE: There is not even a remembrance of God. As already seen, the Bible everywhere represents the dead as asleep. If they were in heaven or in hell, would it be fitting to represent them thus? Was Lazarus, whom Jesus loved, in heaven when the Savior said: "Our friend Lazarus sleepeth?" (John 11:11.) If so, calling him to life was really robbing him of the bliss of heaven that rightly belonged to him.

But are not the righteous dead in heaven?

"For David is not ascended into the heavens." Acts 2:34.

If the dead cannot praise God, what must take place to enable them to do so?

"Thy dead men shall live, together with my dead body shall they arise. *Awake and sing, ye that dwell in dust*; for thy dew is as the dew of herbs, and the earth shall cast out the dead." Isaiah 26:19.

What was the only thing with which David would be satisfied?

"As for me, I will behold Thy face in righteousness: I shall be satisfied, *when I awake, with Thy likeness.*" Psalm 17:15.

If there should never be an awakening of the dead, what would be the result?

"For if the dead rise not, then is not Christ raised; and if Christ be not raised, your faith is vain; ye are yet in your sins. *Then they also which are fallen asleep in Christ are perished.*" 1 Corinthians 15:16-18.

When does the resurrection of the righteous take place?

"For the *Lord Himself shall descend from heaven with a shout*, with the voice of the archangel, and with the trump of God; and the dead in Christ shall rise first." 1 Thessalonians 4:16 (1 Corinthians 15:23).

NOTE: If, as we have learned (Eccl. 9:5), the dead know not anything, then they will certainly have no knowledge of the lapse of time. A thousand years will be to them a day or a moment. To go down to the grave, and wait till the resurrection, even though it be a thousand years, will be to those who experience it like a sudden transition from this life to the next. It ought to be a consoling thought to one whose life has been filled with anxiety and grief for loved ones who persist in wickedness, to know that they will in death be spared torment. Again, it would mar the felicity of one's enjoyment in heaven if he could look upon earth, and see his friends and relatives maltreated by strangers, or suffering from cold and hunger. It is wise that God has ordered it as expressed by the patriarch: "His sons come to honor, and he knoweth it not; and they are brought low, but he perceiveth it not of them." Job 14:21.

Whose voice raises the dead?

"Marvel not at this: for the hour is coming, in the which all that are *in the graves* shall hear *His voice*, and shall come forth." John 5:28, 29.

How many distinct groups, or classes, of people will have a resurrection?

"There shall be a resurrection of the dead, both of the *just* and *unjust.*" Acts 24:15.

How does Christ describe these two resurrections?

"All that are in the graves shall hear His voice, and shall come forth; they that have done good, unto *the resurrection of life*; and they that have done evil, unto *the resurrection of damnation.*" John 5:28, 29.

When will the resurrection of the just occur?

"For *The Lord Himself shall descend from heaven with a shout*, with the voice of the arch-angel, and with the trump of God: *and the dead in Christ shall rise first.*" 1 Thessalonians 4:16. (See also 1 Corinthians 15:23.)

When are the righteous to receive their final reward?

"For thou shalt be recompensed *at the resurrection of the just.*" Luke 14:14.

How did the Psalmist describe that moment when he comes to life and leaves the grave?

"As for me, I will behold thy face in righteousness: I shall be satisfied, *when I awake, with thy likeness.*" Psalm 17:15.

Will our resurrection bodies be like our present bodies?

"So also is the resurrection of the dead. It is sown in *corruption*; it is raised in *incorruption*: it is sown in *dishonour*; it is raised in *glory*: it is sown in *weakness*, it is raised in *power*: it is sown a *natural body*; it is raised a *spiritual body.*" 1 Corinthians 15:42-44.

After whose body will these resurrected ones be fashioned like unto?

"We look for the Saviour, the Lord Jesus Christ: who shall change our vile body, that it may be fashioned *like unto His glorious body.*" Philippians 3:20, 21.

In what words is the ultimate triumph over death and the grave expressed?

"O death, where is thy sting? O grave, where is thy victory?" 1 Corinthians 15:55.

How long will the righteous live?

"*Neither can they die any more*: for they are equal unto the angels; and are the children of God, being the children of the resurrection." Luke 20:36.

How many will behold Him when He comes?

"Behold, He cometh with clouds; and *every eye shall see Him, and they also which pierced Him.*" Revelation 1:7.

What wonderful demonstration will accompany the Lord's coming?

"The Lord Himself shall descend from heaven *with a shout, with the voice of the archangel, and with the trump of God.*" 1 Thessalonians 4:16.

NOTE: The Lord *Himself*, not some other, shall descend.

What will then take place?

"We shall not all sleep, but we shall all be changed, in a moment, in the twinkling of an eye, at the last trump; for the trumpet shall sound, *and the dead shall be raised incorruptible*, and we shall be changed." 1 Corinthians 15:51, 52. (1 Thessalonians 4:16-17).

Who have part in the first resurrection?

"And I saw the souls of them that were beheaded for the witness of Jesus, and for the word of God, and which had not worshiped the beast, . . . and they *lived and reigned* with Christ a thousand years. . . This is the first resurrection. .On such the second death hath no power." Revelation 20:4-6.

Who have part in the second resurrection?

"But the rest of the dead [the wicked] lived not again until the thousand years were finished."
"And fire came down from God out of heaven and devoured them." Rev. 20:5, 9 (Daniel 12:2) (Hebrews 11:35).

What is the second, or eternal, death? and who suffer it?

"And death and hell [margin, *the grave*] were cast into the lake of fire. This is the second death. And whosoever was not found written in the book of life was cast into the lake of fire." Rev. 20:14, 15. "The lake which burneth with fire and brimstone. . . is the second death." Rev. 21:8. "He that overcometh shall not be hurt of the second death." Revelation 2:11. See Ezekiel 18:26.

What is then said of those who share the first resurrection, and so escape the second death?

"And God shall wipe away all tears from their eyes; and there shall be *no more death*: neither sorrow nor crying, neither shall there be any more pain; for the former things are passed away. And He that sat upon the throne said, Behold, I make all things new." Revelation 21:4, 5.

CLEANLINESS



Thou shalt have a place also without the camp, whither thou shalt go forth abroad: And thou shalt have a paddle upon thy weapon; and it shall be, when thou wilt ease thyself abroad, thou shalt dig therewith, and shalt turn back and cover that which cometh from thee: Deuteronomy 23:12,13

In regard to cleanliness, God requires no less of his people now than he did of ancient Israel. **A neglect of cleanliness will induce disease.** How to Live, p. 61

There are many ways of practicing the healing art, but there is only one way that Heaven approves. God's remedies are the simple agencies of nature that will not tax or debilitate the system through their powerful properties. Pure air and water, cleanliness, a proper diet, purity of life, and a firm trust in God are remedies for the want of which thousands are dying; yet these remedies are going out of date because their skillful use requires work that the people do not appreciate. Fresh air, exercise, pure water, and clean, sweet premises are within the reach of all with but little expense; but drugs are expensive, both in the outlay of means and in the effect produced upon the system. 2 Selected Messages p. 287.3

Cleanliness in the home

Many families suffer with sore throat, and lung diseases, and liver complaints, brought upon them by their own course of action. Their sleeping rooms are small, unfit to sleep in for one night, but they occupy the small apartments for weeks, and months, and years. They keep their windows and doors closed, fearing they would take cold if there was a crevice open to let in the air. They breathe the same air over and over, until it becomes impregnated with the poisonous impurities, and waste matter, thrown off from their bodies, through the lungs, and the pores of the skin. Such can test the matter, and be convinced of the unhealthy air in their close rooms, by entering them after they have remained a while in the open air. Then they can have some idea of the impurities they have conveyed to the blood, through the inhalations of the lungs. Those who thus abuse their health, must suffer with disease. All should regard light and air as among Heaven's most precious blessings. They should not shut out these blessings as though they were enemies.

Sleeping apartments should be large and so arranged as to have a circulation of air through them, day and night. Those who have excluded the air from their sleeping rooms, should commence to change their course immediately. They should let in air by degrees, and increase its circulation until they can bear it winter and summer, with no danger of taking cold. The lungs, in order to be healthy, must have pure air. 2 Selected Messages p. 463

Your outdoor shoes take lots of germs get into your home. Consider separating your footwear by having indoor slippers or socks and leave your shoes near the entry door and clean them before storing them.

Regular sweeping, mopping, wiping or washing are other ways to keep the home clean.

Cleanliness outside the home

Filth is a breeder of disease. The Review and Herald, February 4, 1896

A neglect of cleanliness will induce disease.... Stubborn fevers and violent diseases have prevailed in neighborhoods and towns that had formerly been considered healthy, and some have died, while others have been left with broken constitutions to be crippled with disease for life. In many instances their own yards contained the agent of destruction, which sent forth deadly poisons into the atmosphere, to be inhaled by the family and the neighborhood. How to Live, p. 61

Many suffer decayed vegetable matter to remain about their premises. They are not awake to the influence of these things. There is constantly arising from these decaying substances effluvia that is poisoning the air. By inhaling the impure air, the blood is poisoned, the lungs become affected, and the whole system is diseased. Disease of almost every description will be caused by inhaling the atmosphere affected by these decaying substances. How to Live, p. 61

If a house be built where water settles around it, remaining for a time and then drying away, a poisonous miasma arises, and fever and ague, sore throat, lung diseases, and fevers will be the result. How to Live, p. 64

Shade-trees and shrubbery too close and dense around a house are unhealthful; for they prevent a free circulation of air, and prevent the rays of the sun from shining through sufficiently. In consequence of this a dampness gathers in the house. Especially in wet seasons the sleeping-rooms become damp, and those who sleep in the beds are troubled with rheumatism, neuralgia, and lung complaints, which generally end in consumption. Numerous shade-trees cast off many leaves, which, if not immediately removed, decay, and poison the atmosphere. A yard, beautiful with scattering trees, and some shrubbery at a proper distance from the house, has a happy, cheerful influence upon the family, and if well taken care of, will prove no injury to health. How to Live, p. 64

Body Hygiene

Strict habits of cleanliness should be observed. Many, while well, will not take the trouble to keep in a healthy condition. They neglect personal cleanliness, and are not careful to keep their clothing pure. Impurities are constantly and imperceptibly passing from the body, through the pores, and if the surface of the skin is not kept in a healthy condition, the system is burdened with impure matter. If the clothing worn is not often washed, and frequently aired, it becomes filthy with impurities which are thrown off from the body by sensible and insensible perspiration. And if the garments worn are not frequently cleansed from these impurities, the pores of the skin absorb again the waste matter thrown off. The impurities of the body, if not allowed to escape, are taken back into the blood, and forced upon the internal organs. How to Live, p. 60

Impurities are constantly and imperceptibly passing from the body, through the pores, and if the surface of the skin is not kept in a healthy condition, the system is burdened with impure matter. How to Live, p. 60

The burden of labor is thrown upon the liver, lungs, kidneys, etc., and these internal organs are compelled to do the work of the skin. Testimonies for the Church p. 2:524

The skin needs to be carefully and thoroughly cleansed, that the pores may do their work in freeing the body from impurities. Testimonies for the Church p. 3:70

You have not given your body a chance to breathe. The pores of the skin, or the little mouths through which the body breathes, have become closed, and the system has been filled with impurities. Testimonies for the Church p. 3:74

If the garments worn are not frequently cleansed from these impurities, the pores of the skin absorb again the waste matter thrown off. The impurities of the body, if not allowed to escape, are taken back into the blood, and forced upon the internal organs. How to Live, p. 60

Many are ignorantly injuring their health and endangering their lives by using cosmetics... When they become heated, ... the poison is absorbed by the pores of the skin, and is thrown into the blood. Many lives have been sacrificed by this means alone. The Health Reformer, October 1, 1871

Bathing frees the skin from the accumulation of impurities, which are constantly collecting, and keeps the skin moist and supple. Testimonies for the Church p. 3:70

Frequent bathing is very beneficial, especially at night just before retiring, or upon rising in the morning. It will take but a few moments to give the children a bath, and to rub them until their bodies are in a glow. This brings the blood to the surface, relieving the brain. Christian Temperance and Bible Hygiene, p. 141

Bathe frequently in pure soft water, followed by gentle rubbing. How to Live, p. 54 Skin brushing or skin rubbing in the direction towards the heart are ways to cleanse the dead skin from your body, open your pores, improve blood circulation, and bring healing to your skin.

A gentleman was pre-diabetic, had high blood pressure, high cholesterol and heart related issues. We met with him, put him on the Plan, which was an all-green plant-based diet, lifestyle changes such as walking for one hour daily, getting adequate amount of sunlight, asked him to go to bed on time and two weeks later when he visited his primary doctor and ran some tests, the doctor was so amazed that he called the cardiologist to see the results: the diabetes, high blood pressure and high cholesterol was completely gone; and the gentleman's heart was completely restored; all by going on a plant based diet.

PURITY OF LIFE



Blessed are the pure in heart: for they shall see God. Matthew 5:8

Control of the mind

Sickness of the mind prevails everywhere. Nine tenths of the diseases from which men suffer have their foundation here.... The religion of Christ, so far from being the cause of insanity, is one of its most effectual remedies; for it is a potent soother of the nerves. Testimonies for the Church Vol. 5 p. 443

A contented mind, a cheerful spirit, is health to the body and strength to the soul. Nothing is so fruitful a cause of disease as depression, gloominess, and sadness. Testimonies for the Church Vol. 1 p. 702

In such cases of affliction where Satan has control of the mind, before engaging in prayer there should be the closest self-examination to discover if there are not sins which need to be repented of, confessed, and forsaken. Deep humility of soul before God is necessary, and firm, humble reliance upon the blood of Christ alone. Fasting and prayer will accomplish nothing while the heart is estranged from God by a wrong course of action. Testimonies for the Church Vol. 2 p. 146

If we regard iniquity in our hearts, the Lord will not hear us.... When we come to him, we should pray that we may enter into and accomplish his purpose, and that our desires and interests may be lost in his. Testimonies for the Church Vol. 2 p.148

The influence of the Spirit of God is the very best medicine for disease. Heaven is all health; the more deeply heavenly influences are realized, the more sure will be the recovery of the believing invalid. Christian Temperance and Bible Hygiene, p. 13

A sore, sick heart, a discouraged mind, needs mild treatment; and it is through tender sympathy that this class of minds can be healed. The physician should first gain their confidence, and then point them to the all-healing Physician. If their minds can be directed to the Burden-Bearer, and they can have faith that he will have an interest in them, the cure of their diseased bodies and minds will be sure. Testimonies for the Church Vol. 3 p. 184

A person whose mind is quiet and satisfied in God is in the pathway to health. The Review and Herald, 1880, No. II

Cheerfulness and a clear conscience are better than drugs, and will be an effective agent in your restoration to health. The Health Reformer, June 1, 1871

Reach out to others

You who are suffering with poor health, there is a remedy for you. If thou clothe the naked, and bring the poor that are cast out to thy house, and deal thy bread to the hungry, “then shall thy light break forth as the morning, and thine health shall spring forth speedily.” Doing good is an excellent remedy for disease. Testimonies for the Church Vol. 2 p. 29

The consciousness of right-doing is the best medicine for diseased bodies and minds. He who is at peace with God has secured the most important requisite to health. The blessing of the Lord is life to the receiver. The Signs of the Times, June 15, 1882

The condition of the mind has much to do with the health of the physical system. If the mind is free and happy, under a consciousness of right-doing and a sense of to others, it will create a cheerfulness that will react upon the whole system, causing a freer circulation of the blood and a toning up of the entire body. Testimonies for the Church Vol. 4 p. 60

Doing good is a work that benefits both giver and receiver. If you forget self in your interest for others, you gain a victory over your infirmities. The satisfaction you will realize in doing good will aid you greatly in the recovery of the healthy tone of the imagination. The pleasure of doing good animates the mind and vibrates through the whole body. Testimonies for the Church Vol. 2 p. 534

The blessing of God is a healer; and those who are abundant in benefiting others, will realize that wondrous blessing in their hearts and lives. Testimonies for the Church Vol. 4 p. 60

A 27 year old Chef had a damaged heart, the functionality was bad, he had difficulty walking reasonable distances and more. When we met with him, we found out that he consumed a high flesh diet and drank cases of energy drinks each week to keep up with his two jobs and exquisite lifestyle. The local doctors wanted to fly him out for surgery but he had no money. We put him on the Plan, went on an all-green diet and in a couple of days he began to feel better. In two weeks, he was able to walk for one continual hour, which he could not do before, the third week later when he visited his primary physician for a checkup, his heart was completely restored.

DEVOTIONAL RECOMMENDATION

MORNING DEVOTION

Start with prayer

Sing a few hymns

Read a devotional book / Bible

Read the conflict of the ages series

1. Patriarchs and Prophets

2. Prophets and Kings

3. Desire of Ages

4. Acts of Apostles

5. Great Controversy

God Cares series

1. Daniel

2. Revelation

Close with a word of prayer

PS: please read the scriptures when studying the conflict of the ages.

EVENING DEVOTION

Start with prayer

Sing a few hymns

Read a devotional book

Study health message

1. Pathways / Ministry of Healing

2. Counsels on Diet and Foods

3. Counsels on Health

4. Temperance

5. Health books

Close with a word of prayer

DAILY SCHEDULE

As creatures of habit, the body amazingly responds to schedule and routine more than we are aware of. When it comes to achieving optimal health and disease reversal, it is best to put order to our lives and work along with nature towards achieving that goal.

The following is a suggested daily schedule that should be followed every day without exception. It has worked well with many individuals and helps to make life simple and less complicated. Times are included for illustration purposes but you can vary it to suit your circumstances.

Time to get up: _____4:30am_____	Time for lunch: _____12:00 – 1:00pm_____
Time for morning devotion: _4:30-5:30am_	Time for digestive walk: ___15 mins___
Time for exercise: _____daily_____	Time for Supper: _____6:00 - 6:30pm_____
Time for food preparation: _5:30-6:00am_	Time for digestive walk: ___15 mins___
Time for breakfast: _____6:00am_____	Time for evening devotion: _9:00pm_
Time for digestion walk: ___15 mins_____	Time for rest: _____9:30pm_____

The aim should be to spend one hour each morning in reflection and prayer. This should be followed by exercise for one hour.

Some individuals may have difficulty to exercise at an early hour; therefore, exercise may be done later in the day.

An hour should be set for mealtime for example; 6:00am to 7:00am or 12:00pm to 1:00pm. Do start within that timeframe and eat until you are finished. A 15 minutes' digestive walk should follow each meal.

Meals should be five to six hours apart.

If you are on a three-meal plan, suggested meal times are 6:00am, 12:00noon and 6:0pm. If you are on a two-meal plan, suggested meal times are so if your breakfast was at 6:00am, the lunch should be between 12:00pm to 1:00pm. Supper is usually skipped as it may be too close to the previous meal and hinder the digestive process or too close to bedtime when it would be best to have the last meal several hours before bedtime. If you feel hungry and wish to skip supper, a drink of cold water will help to arrest the digestive process. However, if you must eat something, fruit or dried bread with a fruit spread will be easily digested.

The stomach can be so programmed to receiving food at set meal times, and if it is delayed for an hour or two because of circumstances, it would be best to skip that meal altogether as it will not be ready for digestion of the meal.

As the day begins, so shall it end, therefore, close the day in meditation and do refer to the Devotional Recommendation section of this book for suggested reading resources.

MENU PLANNING & FOOD COMBINATIONS MADE EASY



Food is a wonderful thing.

Lots of people become excited, grow closer and are happier when they share a tasty meal.

Food varies from country to country, the choices, the preparation, the taste, but one thing that remains constant is the need for nutrients and sustenance to the human body that can be gained from food.

Some foods can build up and give healing to organs, tissues, blood or bone, other foods can breakdown and weaken the body give rise to disease and sickness.

Menu Planning and Food Combinations is of great importance for leading a healthy life. Not having the proper guidance on meal combinations and preparation can cause individuals to loose nutritious value from their foods.

For example: Did you know that undercooked grains can cause osteoporosis or anemia and a deficiency in other essential nutrients? Did you know that combining foods within two or three botanical families can prevent indigestion of foods and fermentation in the stomach or inflammation within the body?

Knowledge in regard to how we shall eat, and drink, and dress, in reference to health, must be gained. Health Reformer, October 1, 1872 par. 13

Disturbance is created by improper combinations of food; fermentation sets in; the blood is contaminated and the brain confused. Counsels on Diet and Foods p. 110.6

Our bodies are constructed from what we eat; and in order to make tissues of good quality, we must have the right kind of food, and it must be prepared with such skill as will best adapt it to the wants of the system. It is a religious duty for those who cook, to learn how to prepare healthful food in a variety of ways, so that it may be both palatable and healthful.

Poor cookery is wearing away the life energies of thousands. More souls are lost from this cause than many realize. It deranges the system and produces disease. In the condition thus induced, heavenly things cannot be readily discerned. Counsels on Health p. 116.3

Our bodies are built up from the food we eat. There is a constant breaking down of the tissues of the body; every movement of every organ involves waste, and this waste is repaired from our food. Each organ of the body requires its share of nutrition. The brain must be supplied with its portion; the bones, muscles, and nerves demand theirs.

It is a wonderful process that transforms the food into blood and uses this blood to build up the varied parts of the body; but this process is going on continually, supplying with life and strength each nerve, muscle, and tissue. Ministry of Healing p. 295.1

Those foods should be chosen that best supply the elements needed for building up the body. Ministry of Healing p. 295.2

DIET AND INFANCY

The health of a baby begins in the womb, by the diet and lifestyle habits of the father and mother, they influence the health of the child. After the child is born, the Mother's health choices are still important.

0 – 6 months

Babies best first food is breastmilk from its mother. This contains all the nutrients a baby needs in order to grow and develop in its first days and weeks up to six months. Breastmilk also supplies the baby with a passive immune system to thrive well in its new environment. This is very important especially in the first two years of the baby's life.

Advantages of breastfeeding include immunology, nutrition, disease prevention, intimacy and bonding with the baby. For the working mother, good preparation to express milk and freeze is one way to ensure the baby is supported with healthy mother's milk. Babies are fed on demand but as they grow up into infancy, it will be necessary to set meal times and meal routines so they do not snack in-between and are full when it is time for their meal. A full picky eater is one way in which they fall short on nutrients.

The period in which the infant receives its nourishment from the mother, is critical. Breastfeeding should continue alongside the introduction of solid food and water from six to twelve months and until the mother wishes to conclude.

Introducing solid foods too early has potential risk of:

- Overfeeding with risk of weight gain and life-long obesity.
- Problems with swallowing, choking, difficulty digesting solid foods, diarrhea, or gas.
- Risk of inducing allergic responses to food or absorption of large molecules from the bowel resulting in allergic reaction such as eczema, bronchitis, asthma, itching and possible life-long food allergy.

6 months

Solid foods should be introduced slowly and pureed. Introduce new foods **one at a time** for several days over a week interval. In this way the mother can detect any immediate or delayed allergic reaction. Start with one teaspoon in quantity and increase as the infant becomes accustomed to the food.

Food Options

Carrots, broccoli, cauliflower, cabbage potatoes, yam

Preparation Method

Scrub, steam until tender. Puree with water to a soft consistency

Apples, pears

Use sweet apples. Peel, core, slice, grate into a puree

Bananas, avocados

Use ripe, peel, mash, add water if needed

Suggested feeding pattern for 6 month olds

Waking

breast milk

Breakfast

breast milk

Mid-morning

diluted real fruit

Lunch

1-2 teaspoons fruit or vegetable puree

Mid-afternoon	fruit juice or puree
Supper	breast milk
Bedtime	breast milk

6 to 8 months

When foods are introduced from six months, begin with pureed vegetables as babies adhere to sweet tastes easily and we want them to acquire a love for the not-so-sweet foods first. For example, cooked rice, quinoa, corn, steamed broccoli, cauliflower, cabbage, peas, beans, then carrots, sweet potatoes, pumpkin, avocado, cucumbers, tomatoes or eggplant, oranges, papaya. Sweeter fruits can be introduced a few weeks later. Prepare the food in its natural state but appropriate for their development stages from pureed to lumpy to normal textures during the six to twelve-month period. Avoid nuts and other hard foods to reduce the risk of choking. By introducing one food at a time, rather than blends, it gives a chance to check and recognize food allergies, or likes and dislikes.

Introduce a variety of foods in its plain state without spices, seasonings or salt. When food is prepared with salt, the infants grow to desire salty foods; too much of salt can affect their immature liver, kidneys and blood pressure. As babies are taught to appreciate a variety of wholesome healthy foods, that are nutrient-rich, with varied textures, colors, flavors, they set this habit in place for later years to appreciate the same kinds of foods. On the other hand, from an early age of infancy, healthy foods influences healthy bodies, contrary to that is poor eating habits, animal protein, condiments, spices and processed foods, which sets the foundation for non-communicable diseases in later years. We have seen children today from an earlier age with hormonal imbalance, obesity, diabetes, heart disease or irritable behaviors, as a result of poor food choices.

Honey is one food sweetener that should not be given to babies in their first year and avoid processed or artificial sugar, candy, cakes, ice-cream that increases weight and dental cavities.

Let the baby know and love food in its own taste. Prepare the food in small portions and finger sizes so when they are able they can pick up the food and feed themselves. Let the baby sit in a high chair and eat at the same time you are eating, social eating makes the mealtime more enjoyable and the food encouraging to eat.

As babies begin to wean, it is important that from six months their development demands more iron from their foods. Peas, beans, organic tofu, green leafy vegetables are great ways to obtain iron.

Some foods to avoid in the child's first 12 months are: salty foods, spices, condiments, refined white flour, sugar, honey, additives, colorings and chemicals, preservatives, additives have been linked to hyperactivity and mental decline. Processed, canned foods. Chocolate, tea, caffeine products are stimulants and should be avoided. Deep fried foods and raw vegetables are hard to digest. Cow's milk is a top food allergy. It contributes to infant middle ear infections, gastroenteritis, anemia, iron deficiency, asthma, eczema, headache, arthritis, growing pains, bronchitis, congestion, bed-wetting, fatigue or epilepsy.

Teach your child healthy habits: don't nag, adults in the home need to be in unity about health habits; make eating fun – talk about the food color, taste, smell and shape or tell

what it is good for. Make food look good, use color; be consistent with healthy choices, even when the child visits other relatives.

The first education children should receive from the mother in infancy should be in regard to their physical health. They should be allowed only plain food, of that quality that would preserve to them the best condition of health, and that should be partaken of only at regular periods, not oftener than three times a day, and two meals would be better than three. If children are disciplined aright, they will soon learn that they can receive nothing by crying or fretting. A judicious mother will act in training her children, not merely in regard to her own present comfort, but for their future good. And to this end she will teach her children the important lesson of controlling the appetite, and of self-denial, that they should eat, drink, and dress in reference to health. CD p. 229.343

Your children should not be allowed to eat candies, fruit, nuts, or anything in the line of food, between their meals. Two meals a day are better for them than three. If the parents set the example, and move from principle, the children will soon fall into line. Irregularities in eating destroy the healthy tone of the digestive organs, and when your children come to the table, they do not relish wholesome food; their appetites crave that which is the most hurtful for them. Many times your children have suffered from fever and ague brought on by improper eating, when their parents were accountable for their sickness. It is the duty of parents to see that their children form habits conducive to health, thereby saving much distress. CD p. 229.344

Children are also fed too frequently, which produces feverishness and suffering in various ways. The stomach should not be kept constantly at work, but should have its periods of rest. Without it children will be peevish and irritable and frequently sick. CD p. 229.345

SUGAR

Sugar clogs the system. It hinders the working of the living machine. CD p. 327.527

Far too much sugar is ordinarily used in food. Cakes, sweet puddings, pastries, jellies, jams, are active causes of indigestion. Especially harmful are the custards and puddings in which milk, eggs, and sugar are the chief ingredients. CD p. 327.526

Effects of Sugar

- Refined sugar causes an increase in fats and cholesterol in the bloodstream, which may contribute to diabetes, hypertension and cardiovascular diseases.
- Sugar destroys the cells of the walls of blood vessels.
- Refined sugar causes calcium plaque buildup in the arteries.
- Refined sugar is packed with calories and may lead to obesity.
- Excessive use of sugar may lead to malnutrition since the majority of the calories you get from the sugar are “empty” calories- providing no vitamins or minerals.
- Sugar depresses the immune system.
- Sugar decreases serotonin, which is a neurotransmitter of the brain that prevents depression and promotes sleep.
- Sugar increases the severity of pre-menstrual syndrome.
- Sugar lowers the threshold for pain.

- Sugar causes dental carries.
- Sugar can cause hyperactivity, anxiety, difficulty concentrating and crankiness in children.
- Sugar can increase triglycerides.
- Sugar leads to chromium deficiency.
- Sugar can weaken eyesight.
- Sugar contributes to obesity.
- Sugar can cause gallstones, appendicitis, hemorrhoids, varicose veins, premature aging, drowsiness, fatigue, food allergies, cataracts, depression,
- Sugar is linked to nine different types of cancers: Colon, Rectal, Breast, Ovarian, Uterine, Prostate, Kidney, Gastric and cancers of the nervous system.

Sugar weakens White Blood Cells’ ability to destroy bacteria

Teaspoons of sugar eaten at one time by average adult	Number of bacteria destroyed by each WBC in 30 minutes	Percentage decrease in ability to destroy bacteria
0	14	0
6	10	25
12	5.5	60
18	2	85
24	1	92
Uncontrolled diabetic	1	92

Source: *Of These Ye May Freely Eat* p. 91

Use natural sweeteners such as:

- Honey, maple syrup, dates, raisins, molasses, banana, cane juice.
- Natural sweeteners have several nutrients in them as well as fiber, unlike crystalized sugar, which is stripped of nutrients, causes tooth decay and is destructive to the cells in the inner lining of the blood vessels.
- Natural sweeteners should be used moderately as overconsumption can produce the same effect on the body as processed sugar.

MILK

Yummy, yum, that’s the feeling from drinking a big cup of warm milk. We love milk and cereal, milk and cookies, or milk for strong bones and teeth.

While it is true that dairy milk contains calcium, it also contains galactose, lactose and casein, which makes it difficult on the body. Casein, the animal protein, makes up 87% of cow’s milk protein.

Babies who are fed whole cow’s milk during the second six months of life may experience a 30% increase in intestinal blood loss and a significant loss of iron in their stools. *Pediatrics* 1992;89 (6): 1105-1109

Kids and their parents need to know how milk has been linked to Type 1 diabetes, prostate cancer, osteoporosis, multiple sclerosis or other autoimmune diseases, and how casein, the main protein in dairy foods, has been shown to experimentally promote cancer and increase blood cholesterol and plaque in the arteries.

The lower the percentage of animal- based foods that are consumed, the greater the health benefits, even when that percentage declines from 10% to 0% of calories.

Researchers found that animal protein, unlike plant-based protein, increases the acid load in the body. An increased acid load means that our blood and tissues become more acidic. The body does not like this acidic environment and begins to fight it. In order to neutralize the acid, the body uses calcium. This calcium must come from somewhere. It ends up being pulled from the bones, and the calcium loss weakens them, putting them at greater risk for fracture. *Wachsman A, and Bernstein DS. "Diet and osteoporosis." Lancet May 4, 1968*

Why is it not safe for dairy products to be eaten now?

- Animals are more diseased now than before.
- Hormones, antibiotics and other chemicals injected into the animals are passed on in their flesh and by-products (milk, cheese, butter, ice cream, cakes etc.) When you eat these foods the chemicals are passed on to the eater thus causing negative changes in your body.

What accompanies Cow's milk?

Bacteria, viruses, prions, antibiotics, hormones, organic pesticides and growth stimulants. These substances can be harmful to the body and cause sickness and disease in the body. Published data show that animal protein promotes the growth of tumors. Animal protein increases the levels of a hormone, Insulin Growth Factor-1, which is a risk factor for cancer, and high-casein diets allow more carcinogens into cells, which allow more dangerous carcinogens products to bind to DNA.

Cancers linked to cow's milk:

Prostate cancer, Ovarian cancer, Rectal cancer, Breast cancer, Lymphoma
Animal protein that we consume has the tendency to block the production of activated vitamin D, leaving the body with low levels of this vitamin D in the blood.
As disease in animals increases, the use of milk and eggs will become more and more unsafe. An effort should be made to supply their place with other things that are healthful and inexpensive. *Counsels on Diet and Foods 469.807*

Milk associated conditions:

Chronic fatigue, tension headaches, musculoskeletal pain, hyperactivity, bedwetting, allergies and congestion, asthma and respiratory difficulties, abdominal pain, constipation, early atherosclerosis from oxidized cholesterol and coronary artery disease, increases cholesterol, coronary disease, juvenile diabetes, acne, rheumatoid arthritis, neuralgic diseases (MS), decreased IQ, ulcer, intestinal hemorrhage and cataracts.

Excellent sources of calcium are:

Sesame seed with 975mg/100g edible, blackstrap molasses, soybean, almond, black currant, orange, cabbage, and broccoli.

BUTTER

Most types of Butter contain casein the animal protein or rennet from an animal source which can be difficult to digest and contribute to health issues similar to milk. It is better to dispense with it altogether as it can have the same effects on the body as dairy milk.

Our great butter recipe shared in the recipes section has a delicious taste you will absolutely love.

CHEESE

Cheese should never be introduced into the stomach. CD p. 368.632

Cheese is still more objectionable; it is wholly unfit for food. CD p. 368.633

Cheese is the number one cause of artery blockage, it is the leading cause of allergies, and it contains the animal protein casein, even vegetable cheese has casein which is difficult to digest.

Drawbacks of Cheese

- Deficient in certain nutrients: Cheese contains neither vitamin C nor fiber, and it is very poor in carbohydrates and iron.
- High in salt: 100 g of matured cheese contains 2 to 3 grams of salt, which is half of the Recommended Daily Allowance for an adult.
- Disadvantages for the heart and arteries: Cheese is rich in substances that are the most harmful for the cardiovascular system: fat, cholesterol, sodium (salt), and hypertensive amines such as tyramine and histamine. Tyramine, causes the brain to send off false signals. This causes the individual to be delusional and see and hear things that are not present or elevate the blood pressure.
- Degradation of nutrients: The numerous microorganisms in cheese decompose part of its nutrients (particularly proteins and fats), producing substances that are aromatic, but irritant and toxic, as well. EFHP Vol. 1 p. 209

To cure cheese and make them ready for the table, it goes through a process of enzymatic coagulation using rennet, usually of animal origin from calves or pigs. In addition, it needs to ferment for days or years. Parmesan needs to mature for a year or more, cheddar cheese takes from three months to twelve months and forms chemical substances such as tyramine and histamine, which are hypertensives and can elevate the blood pressure. Some matured cheese is cured using molds. EFHP Vol. 1 pp. 210, 211

Commercial vegetarian cheese may contain vegetable rennet from microscopic fungus or stamen of the cardoon flowers, but yet is high in sodium, fats and casein, the animal's protein, thereby still making it dangerous by elevating blood cholesterol levels.

The large amount of microorganisms per gram in matured cheeses decomposes their nutrients into irritating and toxic substances. This can lead to headaches, eczema, allergies, arterial hypertension or cardiac arrhythmia. EFHP Vol. 1 p. 211

It would be better to make your own cheese, which is not aged, molded or contains any animal protein and will not give the harmful effects of dairy cheese.

ICE CREAM

Food should not be eaten very hot or very cold. If food is cold, the vital force of the stomach is drawn upon in order to warm it before digestion can take place. Cold drinks are injurious for the same reason; while the free use of hot drinks is debilitating. CD p.106.3

Ice cream is cold at 32° F but the body is warm at 98.6° F therefore the stomach needs to heat up the cold food to body temperature before it can be digested, meanwhile, the food begins to ferment and sour.

Large quantities of milk and sugar eaten together are **injurious**. They impart **impurities to the system**. Animals from which milk is obtained are not always healthy as they may be diseased. A cow may be apparently well in the morning and die before night. Then she was diseased in the morning, and her milk was diseased, but you did not know it. The animal creation is diseased. Flesh meats are diseased. Could we know that animals were in perfect health, I would recommend that people eat flesh meats sooner than large quantities of milk and sugar. CD p. 330.3

Especially harmful are the custards and puddings in which milk, eggs, and sugar are the chief ingredients. The free use of milk and sugar taken together should be avoided. CD p. 331 art.536

SPICES, CONDIMENTS, FERMENTED ITEMS

The use of unnatural stimulants is destructive to health, and has a benumbing influence upon the brain, making it impossible to appreciate eternal things.—Testimonies for the Church Vol. 1 p.549.

The stomach mechanically and chemically digests food to pass on to the small intestine for further processing.

There is a tender coating on the inner walls of the stomach and we need to take care of it by avoiding any activity, which can irritate or scar the walls of the stomach which can lead to several gastric conditions, including Acid Reflux, Hiatal Hernias, GERD, Peptic Ulcers, Gastritis etc.

Normally there is a balance in the stomach between the acidic gastric juices and the protective regenerative nature of the mucosa lining of the stomach. When this balance is thrown off, the stage is set for the development of a peptic ulcer, which is a chronic, solitary erosion of a portion of the inner lining of the stomach.

Drawbacks of Spices

- The action of piquant spices such as pepper on the stomach is similar to that of aspirin. This has been proven by placing small amounts of pepper (red or black) or aspirin in the stomachs of healthy persons; when an endoscope was used to observe the effects of both on the gastric mucosa it revealed:

- reddening and increase of gastric secretions; and
- tiny hemorrhages or significant bleeding.
- Spices together with certain medications and alcohol predispose the body to gastritis and gastric hemorrhage.
- They produce allergies: There are numerous cases of spice-caused facial (itchy nose, sneezing, coughing), digestive (abdominal pain, anal discomfort) or cutaneous (atopy) allergic reactions. EFHP Vol. 1 p. 339

Condiments, spices and fermented items irritate the stomach. It can also elevate the blood pressure as well as significantly cause other harmful health conditions.

Proper care of your stomach will include the following guidelines.

- Avoid all condiments, mustards, mayonnaise, vegennaise, nayonnaise, ketchup, vinaigrette dressings, worcestershire sauce, barbecue sauces. **If you are insistent on using any of the above condiments, see our recipe section.**
- Avoid all fermented items. These items include but are not limited to: Vinaigrette dressings, vinegar, apple cider, alcohol, soy sauces, miso, tempeh, tamari, and items of like character.
- The inflamed condition of the drunkard's stomach is often pictured as illustrating the effect of alcoholic liquors. A similarly inflamed condition is produced by the use of irritating condiments. CD p. 339
- A tendency to disease of various kinds, as dropsy, liver complaint, trembling nerves, and a determination of the blood to the head, results from a habitual use of sour cider. By its use, many bring upon themselves permanent disease. Some die of consumption, or fall under the power of apoplexy from this cause alone. Some suffer from dyspepsia. Every vital function refuses to act, and the physicians tell them that they have liver complaint. —*The Review and Herald*, March 25, 1884.
- Avoid spices: ginger, mauby, all energy drinks, curry, nutmeg, mace, cinnamon, or clove.
- Spices at first irritate the tender coating of the stomach, but finally destroy the natural sensitiveness of this delicate membrane. The blood becomes fevered, the animal propensities are aroused, while the moral and intellectual powers are weakened, and become servants to the baser passions. HL p. 93.1
- Spices also cause reddening and increase of the gastric secretions. This can also contribute to cancer (stomach cancer, ulcers, and perforated ulcers).
- Most spices can be used for medicinal purposes; that include vinegar for external uses as in treating fungus on the fingers or toes, but not for dietary uses. When spices are used as part of regular diet it can also elevate the blood pressure. For example: Cinnamon, increases the secretion of gastric juices and intestinal juices as well as stomach motility; thus increasing the appetite and enhances the digestive function. It is also useful for persons suffering from lack of appetite, bloated stomach caused by a dilated stomach and flatulence when caused by lack of gastric juice. However, in cases of excessive gastric juices as in gastro-duodenal ulcer, Cinnamon should not be used. *see Pamplona-Roger: Encyclopedia of Medicinal Plants Vol. 2*
- Avoid all hot peppers including but not limited to chili peppers, black and white peppers, cayenne pepper, scotch bonnet, bird pepper, and hot pepper sauces as these are stimulating to the nervous system and related to cancer of the stomach and hypertension.

- **Nutmeg** contains a toxic alkaloid called myristicin whose narcotic or drug effect depresses the **central nervous system**. Nutmeg, cinnamon has proven to cause hallucinations and have a drug effect like LSD. It may be used in small amounts medicinally to reverse a stroke but should not be used as part of the diet.

VINEGAR

The salads are prepared with oil and vinegar, fermentation takes place in the stomach, and the food does not digest, but decays or putrefies; as a consequence, the blood is not nourished, but becomes filled with impurities, and liver and kidney difficulties appear. CD p. 345-578

Drawbacks of Vinegar

- Acetic acid (4% to 12%): this is a toxic substance that if taken in sufficient quantities, produces serious alterations in the coagulative properties of the blood known as disseminated intravascular coagulopathy, besides anemia and renal failure.
- It erodes dental enamel.
- It breaks the mucus barrier that protects the mucous membrane of the stomach and cause gastritis.
- As it passes to the bloodstream, it causes anemia due to hemolysis (destruction of the red blood cells). EFHP Vol. 1 p. 337
- Vinegar is fermented alcohol it poisons the blood and makes it impure.
- Sugar and vinegar combined as in ketchup, can lead to impure thoughts, and to Leukemia – Cancer of the Blood.
- Vinegar also depletes calcium phosphate from bones and teeth thus weakening them.

Avoid foods that contain vinegar as it will cause the same effect of fermentation in the stomach and blood impurities. For example, Ketchup, Mayonnaise. Make your own sauces and ketchup with citric acid instead of vinegar.

As a substitute for vinegar in recipes or remedy, use lemon juice.

The salads are prepared with oil and vinegar, fermentation takes place in the stomach, and the food does not digest, but decays or putrefies; as a consequence, the blood is not nourished, but becomes filled with impurities, and liver and kidney difficulties appear. CD p. 345 578

You can make your own condiments and spices, which are quick, easy, delicious and healthy without side effects as mentioned above.

BEVERAGES

- Avoid all Carbonated drinks: energy drinks, sweetened waters, purified waters (in many cases, it contains baking soda).
- In sodas extra sugar intake produces:
 - Unbalanced nutrition
 - Extra fat storage
 - Uneven blood sugar
 - Delayed digestion
 - Phosphoric acid which depletes calcium from bones
- Vitamin waters should be avoided because they destroy the calcium in the body.
- Avoid the constant use of juice; rather it should be used sparingly and considered a treat. Juice is robbed of the necessary fiber the body needs for regularity of bowel movement. In addition, when the fiber is separated from fruit juice, its high amount of fructose can increase fat cells in the body thus leading to obesity. Juice also bypasses the enzymes released in saliva when food is chewed which facilitates proper digestion. Try chewing your juice and ingest it slower.

SALT

Do you have enough salt in your body?

I use some salt, and always have, because from the light give me by God, this article, in the place of being deleterious, is actually essential for the blood. The **whys and wherefores** of this I know not, but I give you the instruction as it is given me. *Ellen G White, Counsels on Diet and Foods p. 344*

We all need a little bit of salt because it helps keep your body fluids at the right concentration. Salt is actually essential for the blood, for life and for good health. **Salt is the second major constituent in our body next to water.** We can't live without salt. We don't store salt. We don't store sodium and chloride in our bodies. We have to get it from our food supply. However, the majority of us eat more salt than we need and that can cause the problem of increasing your body fluids and blood pressure. Using the right kind of salt can make a huge difference.

Pink Himalayan fine grain Sea Salt is the best around, in that it contains all 84 trace minerals including iodine.

The following minerals found in the pink Himalayan Sea Salt have tremendous benefit to the human body.

Chlorides act as neutralizing agents and their work helps to bring the acid and alkaline level back into balance.

Magnesium has a positive effect on treatment of disorders such as cardiovascular disease, hypertension, and diabetes.

Magnesium sulfate solution has also been shown to be an effective aid in the fight against blemishes and acne when applied directly to problematic areas it can be applied to the face to remove blackheads.

Potassium is required for keeping heart, brain, kidney, muscle tissues and other important organs of human body in good condition.

Sodium allows our bodies to maintain the right blood chemistry and the correct amount of water in our blood.

Bromine also helps aids sleep and eliminates insomnia.

Calcium aids in maintaining bone health, dental care, prevention on colon cancer, reduces obesity, etc.

Silicon is a vital trace mineral required by the body for strong and flexible joints, glowing skin and stronger bones.

Selenium is an important part of a molecule in the body that protects blood cells from certain damaging chemicals. Together with vitamin E, selenium helps our immune system produce antibodies, which is obviously an immensely important task. Selenium helps keep the pancreas and heart functioning properly.

The regular contractions of the heart are dependent upon phosphorous, as are normal cell growth and repair.

Iodine helps with removal of toxins from the body and assistance for the system in utilizing calcium and silicon. If we don't get enough iodine in our diets, we can expect to have a loss in energy and to gain weight.

Iron is important for maintaining a healthy immune system and for digesting certain foods we eat. It is also necessary for cell function and blood utilization.

Copper benefits include proper growth, utilization of iron, enzymatic reactions, connective tissues, hair, eyes, ageing, energy production, heart rhythm, thyroid glands, arthritis and wound healing.

Zinc is required for growth, repairing tissue, immune system function and for sexual development.

Silver is a natural system disinfectant, anti-bacterial, anti-viral, and anti-fungal.

Gold reduces joint inflammation.

The author, Dr. David Brownstein in his book *"Salt Your Way to Health"* says that he's been actively using and recommending salt in his practice for twenty years and checks every patient for their salt levels. He found that unequivocally **the vast majority of patients were actually salt deficient**. In addition, studies clearly show that if one limits salt in the diet, cholesterol levels go up. Triglyceride levels go up. Insulin levels go up. Aldosterone and some other adrenal hormones go up that raise the blood pressure.

Why is salt necessary in the diet of a hypertensive person?

Hypertensives usually select to avoid salt altogether from their diet. 60% of people who have high blood pressure do not use salt yet they still have high blood pressure issues, therefore salt is not the problem but too much sodium is.

An ALLHAT study by the National Heart, Lung and Blood Institute (NHLBI) published an eight-year study of a New York City hypertensive population stratified for sodium intake levels found those on **low-salt diets had more than four times as many**

heart attacks as those on normal-sodium diets – the exact opposite of what the “salt hypothesis” would have predicted. (1995)

A ten-year follow-up study to the huge Scottish Heart Health Study found **no improved health outcomes for those on low-salt diets**. (1997)

In September, 2002, the latest and highest-quality meta-analysis of clinical trials was published in the British Medical Journal confirming earlier meta-analyses' conclusions that **significant salt reduction would lead to very small blood pressure changes in sensitive populations and no health benefits**.

Dr. Brownstein found that the majority of his hypertensive patients did better when they eat the right kind of salt, which is unrefined salt, and reintroduce salt back in their diet and get their salt levels back up.

Who needs to use less salt?

If you have **kidney failure**, you will not be able to eliminate some of the sodium in your diet. If you have **severe congestive heart failure** associated with some kidney failure, and if you are **a salt-sensitive** individual you may need to limit salt.

Iodine is essential for proper functioning of the Thyroid gland which **regulates the metabolic rate of every cell** in the human body.

Use of Iodine would prevent Thyroid related illnesses such as slow metabolic rate, goiter, hyperthyroidism, hashimoto hypothyroidism, overweight, extreme fatigue, depression etc. Iodine deficiency can also cause **loss of bone density** and **high blood pressure**

The following items hinder iodine from being absorbed:

- Fluoride
- Chlorine
- Cassava
- Corn
- Crucifers family (cabbage, broccoli, cauliflower, kale) contains a chemical called goitrin that fights against iodine.

Obtain Iodine from seaweed vegetable – Kelp or Dulse or salt containing iodine.

A study was done in the US where **over six thousand patients** were tested and it was found that **over ninety-six percent were deficient in iodine** and the vast majority of those ninety-six percent, were **severely deficient in iodine**. Similar numbers are found across other countries.

OLIVES

Olives may be so prepared as to be eaten with good results at every meal. The advantages sought by the use of butter may be obtained by the eating of properly prepared olives.

The oil in the olives relieves constipation; and for consumptives, and for those who have inflamed, irritated stomachs, it is better than any drug. As a food, it is better than any oil coming secondhand from animals. CD p. 359.615

The oil in olives is a remedy for constipation and kidney diseases. CD p. 360.616

BREAD

Yeast

Why is fresh bread not good for you to eat?

Do not eat fresh bread. (MH315)

The yeast in the fresh bread is still alive within the first 48 hours and this can cause bloatedness of the stomach or even Candida.

Bread should be light and sweet. Not the least taint of sourness should be tolerated. The loaves should be small, and so thoroughly baked that, as far as possible, the **yeast germs shall be destroyed**. When hot, or new, raised bread of any kind is difficult of digestion. It should never appear on the table. This rule does not, however, apply to unleavened bread. Fresh rolls made of wheaten meal, **without yeast or leaven**, and baked in a well-heated oven, are both wholesome and palatable.... CD p. 316.496

Old Bread Preferable to Fresh

Bread which is two or three days old is more healthful than new bread. Bread dried in the oven is one of the most wholesome articles of diet. CD p. 317.497

Zwieback

Zwieback, or twice-baked bread, is one of the most easily digested and most palatable of foods. Let ordinary raised bread be cut in slices and dried in a warm oven till the last trace of moisture disappears. Then let it be browned slightly all the way through. In a dry place this bread can be kept much longer than ordinary bread, and if reheated before using, it will be as fresh as when new. CD p. 317.496

Whole-Wheat Bread better than White

Fine-flour bread cannot impart to the system the nourishment that you will find in the unbolted-wheat bread. The common use of bolted-wheat bread cannot keep the system in a healthy condition. You both have inactive livers. The use of fine flour aggravates the difficulties under which you are laboring. CD p. 320.504

For use in breadmaking, the superfine white flour is not the best. Its use is neither healthful nor economical. Fine-flour bread is lacking in nutritive elements to be found in bread made from the whole wheat. It is a frequent cause of constipation and other unhealthful conditions. CD p. 320.505

SODIUM BICARBONATE

The use of soda or baking powder in bread making is harmful and unnecessary.

Soda causes **inflammation** of the stomach, and often poisons the entire system. CD p. 342

Many housewives think that they cannot make good bread without soda, but this is an error. If they would take the trouble to learn better methods, their bread would be more wholesome, and, to a natural taste, it would be more palatable. CD p. 342.565

Sodium bicarbonate found in baking powder and baking soda irritates the stomach and causes the PH level in the stomach to remain high, thus preventing the manufacture of the intrinsic factor which is essential in breaking down protein in the stomach and the absorption of vitamin B12 in the small intestines.

- Normal PH level of the blood is 7.35 – 7.45
- To digest plant based protein, the stomach needs to be acidic at 3.35
- To digest animal based protein, the stomach needs to be acidic at 1.35
- If the PH level remains high in the stomach due to baking powder intake, it makes it difficult for proteins to be digested
- Too much protein in the stomach would affect the kidneys and the eyes

High doses of Sodium Bicarbonate may cause headache, nausea, irritability, muscle weakness, slow reflexes, swelling of the feet or ankles, edema, severe stomach pain, black tar-like stools, or congestive heart failure. It would be wise therefore, to avoid the use of foods containing sodium bicarbonate. However, a good substitute for baking powder is Flaxseed Gel (see our Recipe section).

GRAINS, NUTS, SEEDS, LEGUMES

Grains, fruits, nuts, and vegetables constitute the diet chosen for us by our Creator. These foods, prepared in as simple and natural a manner as possible, are the most healthful and nourishing. They impart a strength, a power of endurance, and a vigor of intellect, that are not afforded by a more complex and stimulating diet. CD p. 380.617

NUTS AND SEEDS

Nuts and nut foods are coming largely into use to take the place of flesh meats. With nuts may be combined grains, fruits, and some roots, to make foods that are healthful and nourishing. CD p. 363.619

Roots: cassava, dasheen, edoes, white potato, sweet potato, jicama. Note that these are permissible to be eaten with fruits.

Care should be taken, however, not to use too large a proportion of nuts. CD p. 363.619

I have been instructed that the nut foods are often used unwisely, that too large a proportion of nuts is used, that some nuts are not as wholesome as others. Almonds are preferable to peanuts; but peanuts, in limited quantities, may be used in connection with grains to make nourishing and digestible food. CD p. 364.4

Grains, beans, nuts and seeds are basically all seeds.

Grains are seeds of grasses (rice, barley, wheat), beans are seeds of legumes (peanuts,

cashew), nuts are seeds of trees (pecans, walnuts) and seeds are seeds (sesame seeds, poppy seeds, sunflower seeds).

Peanut is technically a legume, but is referred to as a nut because of its high oil content.

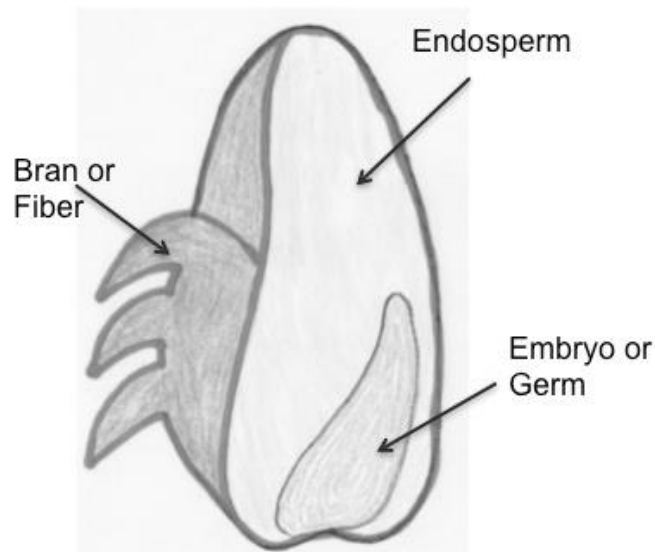
The inner anatomy of nuts and seeds are typically the same. They all have the same husk or pericarp, the supporting endosperm and the embryo from which another plant can grow.

Nuts and seeds are not only palatable but also essential for providing the body with fats and protein but most important, trace minerals such as selenium, zinc, copper, manganese and other vitamins and minerals.

It is advisable to use nuts and seeds in the diet daily to avoid deficiencies in nutrients.

GRAINS

The grain has three parts, the bran, the endosperm and the germ. EFHP Vol. 1 p. 64



Bran

The bran is that outer portion or the husk of the grain. It contains proteins, fats, vitamins and minerals.

Benefits of the bran include:

- Rich in fiber
- It prevents constipation
- It reduces cholesterol levels
- It reduces the risk of diverticulitis, colon cancer, coronary disease and breast cancer

Drawback in bran

Its phytate content.

Endosperm

The endosperm is the middle portion of the grain and it makes up 83% of the grain. It consists of starchy granules and gluten and is the part that makes white flour, which is devoid of the bran or germ.

Germ

2.5% of the grain is the germ, which is the embryo of the grain that has all the substances necessary to make a new grain plant and it is rich in nutrients.

Germ is useful for:

- Nervous system disorders – it is rich in Vitamin B
- Cancer, cardiac disease – it halts degenerative cellular processes
- Diabetes – it lowers the glucose level
- Prevents constipation
- Reduces cholesterol levels
- Reduces the risk of diverticulitis, colon cancer, coronary disease and breast cancer

Nutrients in the Germ includes:

- Proteins
- Essential fatty acids
- Vitamins B1, B2, B6, niacin, and folates
- Vitamin E - a powerful antioxidant
- Minerals - particularly phosphorus, magnesium, iron, and trace elements
- Enzymes – antioxidant superoxide-dismutase wheat germ

PHYTIC ACID

There are toxic elements in the bran of the grain such as **phytic acid** and in nuts such as **polyphenols**, which we need to give special attention.

What are phytates?

Phytates are the salts of **phytic acid**; it is the storage form of phosphorus in the plant.

Where can we find phytates?

The bran or hull of grains (200 - 800 mg/100 g), beans, nuts and seeds, tubers and trace amounts in certain fruits and vegetables like berries and green beans.

Do we need phytates?

Phytates (ip6 or Inositol hexaphosphate) provide us with antioxidants and are anticarcinogenic. Humans, however, can tolerate a small amount of phytic acid per day in the amount of 100 mg to 400 mg. *Tannenbaum and others. Vitamins and Minerals, in Food Chemistry, 2nd edition. OR Fennema, ed. Marcel Dekker, Inc. New York, 1985, p. 445*

The problem comes when we consume more than conservative amounts in the diet.

Therefore, the meals should be balanced by not having too many phytate-rich foods at

one meal. For example, a meal consisting of grains, legumes, and nuts if not in right proportions or not properly prepared can be more than what the body can handle. The phytate levels will be too high thereby causing an adverse effect in the body. As a result, it would be wise to prepare phytate-rich foods properly and to combine them with foods that are rich in nutrients such as zinc, calcium, iron and magnesium to mitigate the mineral-depleting effects of phytic acid. For example, the effect of phytates in whole wheat bread, rice or oatmeal affects say calcium absorption; therefore, calcium rich food such as tahini butter, spinach or blackstrap molasses can be used when using these phytate-rich foods.

Positive Effects of Phytates

Phytates are very active substances whose effects can be both positive and negative depending on the levels present in the body.

- Prevention of Diabetes, Kidney stones and Parkinson's disease
- **Antioxidant:** When phytates combine with iron, which behaves like a free radical of intense oxidizing action, they prevent an excess of this mineral from harming the intestinal lining.
- **Anticarcinogenic:** All foods containing phytic acid have cancer-preventative properties.

Negative Effects of Phytates

If phytates in foods are not properly controlled (as in nuts, seeds, tubers, fruits and vegetables) or destroyed (as in grains and legumes), they inhibit the absorption of proteins, starches and minerals such as zinc, calcium, iron and magnesium. Mal-absorption of these nutrients results in deficiencies.

Zinc deficiency

Zinc deficiency can cause skin problems, impaired appetite, mental fatigue, altered gene expression, impaired immunity and mental retardation.

Foods rich in zinc: sesame, cashew, pine nuts, mung bean, soybean, asparagus

Calcium deficiency

Studies show that phytates in the body bind to calcium to form insoluble phytate complexes, thus causing calcium loss and conditions such as rickets and osteoporosis. In children, a lack of calcium and phosphorus results in short stature, narrow jaws, tooth decay, lack of appetite and digestive problems, just to name a few.

Foods rich in calcium: sesame, blackstrap molasses, carob flour, soybeans, almonds, white bean, black currant, cabbage, orange

Vitamin D deficiency

Excessive phytate consumption uses up stores of vitamin D. By adding sufficient calcium-rich foods to the diet counteracts the negative effect that phytates have on vitamin D.

Iron deficiency

Iron deficiency can cause anemia and poor development in infants and children.

Nuts contain both polyphenols and phytic acid that inhibit the absorption of iron. We are counseled that “care should be taken not to use too large a proportion of nuts.” CD p. 363.619

Research shows that adding ascorbic acid [vitamin C] significantly counteracts phytate inhibition from phytic acid in wheat. Therefore, it is important to use vitamin C rich foods daily to allow the body to absorb iron from our foods. *Iron absorption in man: ascorbic acid and dose-dependent inhibition. American Journal of Clinical Nutrition. Jan 1989. 49(1):140-144.*

Sister White speaks to the value of including vitamin C in the diet through a description of her own habits: *In the morning, I take lemon and water. I drink nothing between meals unless it be occasionally some lemon and water.* 21 MR, 290.5

Some vitamin C foods: lemon water, acerola cherries, red sweet pepper, guava, black current, kiwi, broccoli, Brussels sprouts, litchi, strawberry, orange, lemon, cassava

Iron rich foods: fenugreek, dried Spirulina, blackstrap molasses, soybean, sesame, spinach

Magnesium deficiency

Phytates can interfere with magnesium absorption thus affecting the formation of bones and teeth, cellular energy and muscle relaxation which can lead to muscle spasms, known as tetania.

Foods rich in magnesium: sesame, pumpkin seeds, cashew, molasses, spinach, date, artichoke, tofu, kelp

Enzyme inhibition

Phytic acid also hinders enzymes that we need to digest our food, including

- **Pepsin**, which is needed for the breakdown of proteins in the stomach;
- **Amylase**, which is required for the breakdown of starch into sugar; and
- **Trypsin**, which is needed for protein digestion in the small intestine.

Tannenbaum and others. Vitamins and Minerals, in Food Chemistry, 2nd edition. OR Fennema, ed. Marcel Dekker, Inc. New York, 1985, p. 445

Singh M and Krikorian D. Inhibition of trypsin activity in vitro by phytate. Journal of Agricultural and Food Chemistry 1982 30(4):799-800

PHYTASE

Phytase is an enzyme that co-exists in plant foods that contain phytic acid. Phytase is the enzyme that neutralizes phytic acid and releases phosphorus. Not all grains contain enough phytase to eliminate the phytate, even when properly prepared. For example,

corn, millet, oats and brown rice do not contain sufficient phytase to eliminate all the phytic acid they contain. It is for this reason that proper food preparation is important to lower the phytic acid content. <http://www.westonaprice.org/food-features/living-with-phytic-acid>

Wheat and rye contain high levels of phytase—wheat contains fourteen times more phytase than rice, and rye contains over twice as much phytase as wheat. Therefore, wheat and rye can be used in combination with other phytate-rich foods for breaking down phytic acid.

PHYTASE PRODUCTION

Ruminant animals such as cows, sheep and goats have no trouble with phytic acid because phytase is produced by rumen microorganisms; non-ruminant or monogastric animals such as humans, dogs, and pigs also produce phytase, although far less. Mice produce thirty times more phytase than humans, so they can be quite happy eating raw whole grains. Data from experiments on phytic acid using mice and other rodents cannot be applied to humans.

DIFFERENCE BETWEEN A RUMINANT AND NON-RUMINANT

A non-ruminant, such as humans, dogs, and pigs have a simple single-chambered stomach compared to a ruminant organism, which has a four-chambered complex stomach. Ruminants have a four-compartment stomach designed for digesting coarse plant matter.

A ruminant is a mammal that digests plant-based food by initially softening it within the animal's first compartment of the stomach, principally through bacterial actions, then regurgitating the semi-digested mass, now known as cud, and chewing it again. The process of rechewing the cud to further break down plant matter and stimulate digestion is called "ruminating". <http://en.wikipedia.org/wiki/Ruminant>

HOW PHYTASE IS DESTROYED DURING FOOD PREPARATION

- Phytase is destroyed by steam heat at about 176 degrees Fahrenheit in ten minutes or less.
- In a wet solution, phytase is destroyed at 131-149 degrees Fahrenheit.
- Thus heat processing, as in extrusion, will completely destroy phytase—think of extruded all-bran cereal, which is very high in phytic acid and has all of its phytase destroyed by processing. Extruded cereals made of bran and whole grains are a recipe for digestive problems and mineral deficiencies!

FOOD PREPARATION TO BREAK DOWN PHYTATES

How can phytates be destroyed?

We should aim to control or destroy phytates in foods before consuming them. Proper food preparation enables us to benefit from the positive effects of foods while avoiding their negative effects.

Soaking, heating, fermenting as in bread making, and sprouting can reduce phytates. **However, for nutritional benefit, the method of destroying phytates in grains or legumes that is scientifically researched and recommended is low, slow consistent heat for several hours.** Journal of Food Composition and Analysis Nov. 2011 pgs. 1057-1063

PREPARATION OF GRAINS

Grains used for porridge or mush should have **several** hours of cooking. (CD p. 314 a. 489)

Several: more than two but not many (New Oxford American Dictionary)

Mush: thick porridge, especially made of cornmeal (New Oxford American Dictionary)

All grains (including legumes) should be cooked for at least 3 hours. This is required to break down the phytic acid and other toxins in the bran which if not destroyed prevent the absorption of zinc, calcium, iron, magnesium, protein and starches.

Examples of grains:

Brown rice, wild rice, millet, oats, barley, bulgur (cracked wheat), rye, spelt.

*amaranth, *quinoa, *buckwheat (*seed – these are pseudo-grains, they do not require 3 hours of cooking)

According to Science in the Kitchen:

All grains, with the exception of rice, [editorial emphasis: see note under section 'Brown Rice'] and the various grain meals, require prolonged cooking with gentle and continuous heat, in order to so disintegrate their tissues and change their starch into dextrine as to render them easy of digestion. Even the so-called "steam-cooked" grains, advertised to be ready for use in five or ten minutes, require a much longer cooking to properly fit them for digestion. These so-called quickly prepared grains are simply steamed before grinding, which has the effect to destroy any low organisms contained in the grain. They are then crushed and shredded. Bicarbonate of soda and lime is (sic) added to help dissolve the albuminoids, and sometimes diastase to aid the conversion of the starch into sugar; but there is nothing in this preparatory process that so alters the chemical nature of the grain as to make it possible to cook it ready for easy digestion in five or ten minutes. An insufficiently cooked grain, although it may be palatable, is not in a condition to be readily acted upon by the digestive fluids, and is in consequence left undigested to act as a mechanical irritant. *Mrs. E. E. Kellogg, A. M. Science in the Kitchen, Michigan, 1893 p 55-56*

We did not agree with Mrs. Kellogg's statement that Brown Rice should be exempted from prolonged cooking as science shows a high level of phytic acid on whole rice including brown rice, therefore we will include low, slow, consistent heat in the preparation of whole rice.

Since hasty preparation will not suffice for the grains, they cannot be conveniently cooked in the morning in time for breakfast. This difficulty may be obviated by cooking the day previous, and reheating.

The following table illustrates the phytic acid levels of a few foods.

In milligrams per 100 grams of dry weight

Brazil nuts	1719
Cocoa powder	1684-1796
Brown rice	1250
Oat Flakes	1174
Almond	1138-1400
Walnut	982
Peanut roasted	952
Peanut ungerminated	821
Lentils	779

Figures collected from various sources. Inhibitory effect of nuts on iron absorption. *American Journal of Clinical Nutrition* 1988 47:270-4; *J Anal At Spectrum*. 2004 19,1330 –1334; *Journal of Agriculture and Food Chemistry* 1994, 42:2204-2209.

BROWN RICE

According to the given table, brown rice has 1250 mg of phytic acid per 100 edible grams of dry weight. Therefore, we strongly disagree with the view presented by Science in the Kitchen that brown rice does not require prolonged cooking. Because of its high level of phytic acid, brown rice needs to be thoroughly cooked.

Here are recommendations for preparing brown rice in order to reduce its phytic acid content.

Bring water to a boil. Add rice and bring to a boil, then simmer on low heat for at least 3 hours.

OR

Toast rice in oven at 170° - 200° for 2 1/2 hours, then store for later use when it will be cooked on low heat for at least 30 minutes.

OR

7 cups water
3 cups rice
1 teaspoon sea salt

Place all ingredients in a baking dish and bake at 300 degrees for at least 3 hours. Be sure to watch how fast the rice is cooking and turn the temperature down if cooking too fast.

Cover with a foil and remove 30 minutes before the 3 hours is finished.

OATS

Old fashioned oats should be cooked slowly for at least 3 hours to make sure that all the starch is broken down.

Preparation: Toast oats in oven at 170° - 200° for 2 1/2 hours; then cool and store for later use when it would be cooked for another 30 minutes in another meal preparation.

SUMMARY ON PREPARATION OF PHYTATE-RICH FOODS

All grains and legumes should be cooked for three hours or more on **low, slow, consistent heat**. Seeds and nuts can be used raw, but consideration must be given to moderate consumption of these foods.

WHEAT ALLERGY

Wheat allergy is an allergic reaction to foods containing wheat, one of the top eight food allergens in the United States. Allergic reactions can result from eating wheat, but also, in some cases, by inhaling wheat flour. Wheat can be found in many foods, including some you might not suspect, such as beer, soy sauce and ketchup.

Avoiding wheat is the primary protocol for wheat allergy. Medications may be necessary to manage allergic reactions if you accidentally eat wheat.

Wheat allergy sometimes is confused with celiac disease, but these conditions differ. A wheat allergy generates an allergy-causing antibody to proteins found in wheat. In people with celiac disease, a particular protein in wheat — **gluten** — causes an abnormal immune system reaction. <http://www.mayoclinic.org/diseases-conditions/wheat-allergy/basics/definition/con-20031834> Retrieved 23 April 2015.

An interesting statement written by author Ellen G. White in her book Counsels for the Church p. 101.5 reads thus:

Satan's Most Destructive Device

Satan gathered the fallen angels together to devise some way of doing the most possible evil to the human family. One proposition after another was made, till finally Satan himself thought of a plan. He would take the fruit of the vine, also ***wheat***, and other things given by God as food, and would convert them into poisons, which would ruin man's physical, mental, and moral powers, and so overcome the senses that Satan should have full control.

We are quite aware of the effects of alcohol to the body and the mind which could derange us so that Satan would have control. However, we are finding out the effects of wheat and other foods which have been tampered with or genetically modified or selectively bred or sprayed with chemicals which can cause great harm to the body.

So, you may wonder that wheat has been used throughout history and even in the bible. Unfortunately, the wheat of today is not the same as the wheat in previous times. So let's take a look at what wheat allergy can do to the human body.

Wheat: Modern vs Ancient

Preceding Biblical Time Einkorn wheat had: 14 chromosomes

Biblical Emmer wheat had: 28 chromosomes

Modern wheat has: 42 chromosomes

There are actually three times more the original set of composition and protein which may be unnatural to the human body.

Modern Wheat has been tampered with, it is currently not genetically modified or genetically engineered, but it is selectively bred for traits such as:

- Taste
- Texture
- Rise
- High-yielding
- Drought-tolerant

Modern Wheat is a high-yield, semi-dwarf strain, a concoction of agricultural genetics, measures 18-24 inches high but with long seed head whereas earlier wheat was four feet tall, genetics, biochemistry protein composition and components differ from wheat in 1940s and 50s, and it contains gliadin, which is likely to trigger the celiac response. It is important to note that during this same time Celiac disease has quadrupled in the last 40 – 50 years.

What are some of the consequences of using modern wheat?

- Tooth decay
- Malfunctions of the maxillary bone of the mandible
- Iron deficiency
- Porotic Hyperostosis
- Hemochromatosis
- Excess of small LDL particles (coronary disease)

Wheat and Diabetes

Eliminating glycemic foods can be helpful in reversing Diabetes, however, wheat has a high glycemic index.

Wheat has a high glycemic index. There are very few foods above 70 on the glycemic index, such as dates, figs, gluten-free foods (cornstarch, rice flour, tapioca starch, potato starch), whole wheat (71) and white flour (69). Therefore, if you have two slices of whole wheat bread, you are going to raise your blood sugar more than having two tablespoons of table sugar.

What is Glycemic Index?

Glycemic index is a measure of how high blood sugar goes 90 minutes after eating. So, if your blood sugar goes 190 as a non-diabetic person, you act like you have diabetes. You may produce insulin but the body does not respond well to it.

This provokes the phenomena of Glycation (glucose modification of proteins).

For example:

- If you glycate the proteins in the lenses of my eyes, you get opacities or cataracts over time
- If you glycate the tissues in the arteries, you get hypertension, rigid arteries.

- If you glycate those small LDL particles—they are likely to become oxidized and contribute to coronary atherosclerosis.
- If you glycate the proteins and cartilage of your knees and hips, the cartilage over time becomes brittle, degrades, and you get arthritis.

Advanced glycation end-product “AGE” is one of the factors that can cause dark coloring on the sides of the facial skin.

Wheat and Heart Disease

The high glycemic index in Wheat causes elevated small LDL particles that lingers in the blood stream for extended periods.

Small LDL particles typically last a week, or even longer in some genetic variants. So, if you had two slices of whole wheat bread on Sunday, you’ve got small LDLs for at least a week. That is a cardiovascular risk for at least a week. Small LDL particles are very glycation-prone. Glycated LDL means more oxidation which is a major cause of heart disease.

Carbohydrates of grains lead to a process in the liver called de novo lipogenesis, the conversion of carbohydrates and sugars into triglycerides or fats. This is another reason why we need to prepare our whole grains properly and not to have excessive amounts of complex carbohydrates.

Dr. William Davis, cardiologist, author of the New York Times Bestselling Wheat Belly shares the following experiences of individuals who have benefited from removing wheat in their diet:

- My Triglycerides was lowered
- My coronary calcium score (plaque in the arteries) was reduced by as much as 80%
- I Lost 43 pounds in three months
- My blood pressure went so low I had to stop my two blood pressure medicines.
- My Asthma is now gone; I threw away both inhalers.
- A rash I had for 18 years and used steroid creams now disappeared within five days.
- My migraine headaches were gone in five days
- My acid reflux was gone within three days.
- The bowel urgency I had from irritable bowel syndrome, gone within five days.
- The joint pain I had in my wrists and fingers, gone within five days.
- My moodiness and mood swings, gone within five days.

Wheat withdrawal syndrome

All modern wheat contains gliadin-derived opiates (appetite stimulator) therefore it is addictive and if you go wheat free, you can develop some withdrawal symptoms over the first five days such as: -

- Fatigue
- Depression
- Nausea
- Headaches

Remember that small LDL particles can lead to Heart Disease and heart attacks. Removing wheat from your diet can make a significant impact towards improving your health. Here are a few tips for treating heart disease:

- Eliminate wheat from the diet
- Eliminate sugar from the diet
- Eliminate gluten from the diet
- Prepare grains properly (rice, oat, corn, millet)
- Beans should be cooked on slow, low consistent heat
- Have an adequate level of vitamin D: 60 to 70 ng/ml – get sunlight daily
 - Lighter skinned individuals – 15 mins
 - Darker skinned individuals – 45 mins to 1 ½ hrs
- Use grounded flax seed or chia seed for omega 3
- Treat the thyroid – use sea salt with iodine and seaweed vegetables
- Use a multi-strand probiotic for about 8 weeks or more to knock out the negative effects of using wheat.

GLUTEN CHAOS

What is Gluten?

Gluten (the Latin word for “glue”), is a protein composite found in numerous grains. Gluten, used in baking gives bread dough its elasticity and baked goods their fluffiness and chewiness.

Gluten is found in all grains. There is gluten in rice, there is gluten in wheat (durum, semolina, spelt, triticale, kamut), there is gluten in corn, however, they’re not in the same toxic family of glutens as the gluten of **wheat, rye, barley and spelt**.

Wheat gluten contamination is typically present in other foods due mainly to modern processing and storage methods. Examples of foods that can be contaminated are: oats, soy flour, buckwheat flour, corn products, corn starch, personal care products, processed foods, vitamins, medication and look out for starch or maltodextrin.

Effects of gluten sensitivity are:

- Migraines
- Irritable bowel syndrome
- Mineral depletion (vitamin B, C, magnesium)
- Heart palpitation
- Acid-suppressing drugs
- Acid-suppressing drugs can worsen gluten-related disorders (Maalox, Zantac, Tagamet, Pepcid)
- Raise pH and reduces hydrochloric acid
- Inhibition of digestive enzymes may worsen existing malabsorption in those with gluten-related disorders

CELIAC DISEASE

What is Celiac disease?

Celiac disease is an autoimmune disorder that can occur in genetically predisposed people where the ingestion of gluten leads to damage in the small intestine. www.celiac.org

Celiac disease is triggered by the ingestion of gluten, the protein component of wheat, rye, barley, spelt. Celiac disease is also triggered by gliadin found in all modern wheat.

When people with celiac disease eat gluten (a protein found in wheat, rye and barley), their body mounts an immune response that attacks the small intestine. These attacks lead to damage on the villi, small fingerlike projections that line the small intestine, that promote nutrient absorption. When the villi get damaged, nutrients cannot be absorbed properly into the body.

Celiac disease can develop at any age after people start eating foods or are exposed to environmental toxins, personal care products or medicines that contain gluten. If left untreated, celiac disease can lead to additional serious health problems such as:

- Type I diabetes
- Multiple sclerosis (MS),
- Dermatitis herpetiformis (an itchy skin rash)
- Short stature
- Iron deficiency anemia
- Early onset osteoporosis or osteopenia
- Infertility and miscarriage
- Lactose intolerance

Undiagnosed or untreated celiac disease can lead to:

- Vitamin and mineral deficiencies
- Central and peripheral nervous system disorders
- Pancreatic insufficiency
- Intestinal lymphomas and other GI cancers (malignancies)
- Gall bladder malfunction
- Neurological manifestations, including ataxia, epileptic seizures, dementia, migraine, neuropathy, myopathy and multifocal leucoencephalopathy

People with celiac disease or gluten sensitivity cannot eat gluten grains. Not even a microscopic amount of toxic gluten should be ingested as it will trigger an adverse reaction and sometimes a medical emergency.

NON-CELIAC GLUTEN SENSITIVITY (NCGS)

What is non-celiac gluten sensitivity?

Non-celiac gluten sensitivity refers to those individuals who cannot tolerate gluten and experience symptoms similar to those with celiac disease but do not have the same antibodies and intestinal damage as seen in celiac disease.

Non-celiac individuals often have had symptoms after gluten ingestion. There have been patients with NCGS that had gluten removed from their diet and their symptoms stopped.

Gluten related disorders in NCGS

People with gluten sensitivity can experience symptoms such as:

- “Foggy mind”
- Depression
- ADHD-like behavior
- Abdominal pain
- Bloating
- Diarrhea / Constipation
- Headaches
- Bone or joint pain
- Chronic fatigue
- Numbness in the legs, arms or fingers

While these are common symptoms of celiac disease these individuals do not test positive for celiac disease or for a wheat allergy.

Symptoms typically appear hours or days after gluten has been ingested, a response typical for innate immune conditions like non-celiac gluten sensitivity.

Testing for gluten sensitivity

There is no blood test. A diagnosis of gluten sensitivity is confirmed when you are not diagnosed with celiac disease or wheat allergy, and the symptoms diminish after starting a gluten-free diet, followed by a return of symptoms when gluten is reintroduced into the diet.

Symptoms of Gluten sensitivity in Celiac and Non-Celiac individuals

- bloating, gas and/or abdominal pain
- hard to flush, bulky or loose stools
- diarrhea or constipation
- fatigue
- itchy skin rash
- tingling or numbness in hands and feet
- discolored teeth or loss of dental enamel
- canker sores
- joint pain
- irritability or behavior changes
- significant unexplained weight loss
- poor weight gain
- delayed growth
- missed menstrual periods
- fractures or thin bones
- iron deficiency/ anemia
- infertility
- depression
- osteoporosis or osteopenia

- type 1 diabetes
- thyroid disease
- sjogren's disease
- juvenile idiopathic arthritis
- irritable bowel syndrome
- intestinal cancer
- peripheral neuropathy
- down syndrome
- turner syndrome
- williams syndrome
- dermatitis herpetiformis

It does not matter how aged you are, your gluten sensitivity can be triggered. NCGS is more common in adults after the age of 40, 45 or 50. Once it is turned on it does not turn off. You will be affected every time the food item is ingested and it triggers a response. The ratio between females and males is: 4:1 or 5:1. An 80-year old woman improved cognitive function with a gluten-free diet.

Brain fog or difficulty in thinking is more prevalent in NCGS persons by 35% compared to 5% or 10% in celiac persons. *Journal of Clinical Gastroenterology 2010*

Gluten and Thyroid Connection

43% of people that have gluten sensitivity will manifest some type of thyroid dysfunction. *European Journal of Endocrinology*

There are receptor sites on the outside of every cell for different compounds. Hormones get into cells through receptor sites. e.g. estrogen in the blood gets into cells with estrogen receptor site, testosterone gets into the cell through the testosterone receptor site.

There are ONLY two hormones for which there are receptor sites in every cell of your body: Vitamin D and the Thyroid Hormone.

The Thyroid Gland is controlled by the pituitary gland and is responsible for regulating your metabolism (vital energy).

Symptoms of Hypothyroidism

- Fatigue
- Weakness
- Distal third of the eyebrows thinned out
- Puffy face
- Enlarged Thyroid (Goiter)
- Brittle hair and nails
- Hair loss
- Receding hairline
- Dry skin coarse and scaly
- Constipation
- Intolerance to cold

- Tinnitus (constant ringing in the ear)
- Irritability
- Weight gain
- Muscle cramps or muscle aches
- Depression
- Abnormal menstrual cycles
- Heavy menstrual periods
- Decreased libido
- Infertility
- Slow heartbeat
- Arthritis
- Forgetfulness

Symptoms of Hyperthyroidism

- Fine hair
- Hair loss
- Bulging eyes
- Enlarged Thyroid (Goiter)
- Excessive Sweating
- Weight loss
- Anxiety
- Bulging of the eyes
- Heart palpitations or rapid heartbeat
- Nervousness
- Breathlessness
- Staring gaze
- Muscle weakness
- Infrequent, light or absent menstrual period
- Insomnia
- Infertility
- Constantly feeling hot, Intolerance of heat
- Frequent bowel movements
- Warm, moist palms
- Nails separate from nail bed
- Change in skin thickness
- Hand tremors

What creates thyroid dysfunction?

Iodine deficiency and exposure to:

- Chlorine
- Bromide
- Fluoride (a potent neurotoxin that can penetrate tissues)
- Goitrogenic foods (cruciferous family vegetables: broccoli, cabbage, cauliflower, brussels sprouts, radish)
- Gluten sensitivity

Gluten and Gut Flora

Gut flora or microbiota consists of a complex of microorganism species that live in the digestive tract.

Most people, including many physicians, do not realize that 80 percent of your immune system is located in your digestive system, making a healthy gut a major focal point if you want to maintain optimal health. Remember, a robust immune system is your number one defense system against ALL disease.

The nutritional root of so many health concerns are related to an imbalance of intestinal bacteria (the optimal balance is about 85 percent “good bacteria” and 15 percent “bad”). Besides making passable stools, gut bacteria also synthesize vitamins B-7 (biotin), B-12, and K. The deficiency of these essential vitamins contributes to diabetes, obesity, hair loss, gray hair, eczema, seborrhea, anemia, internal bleedings, ulcers, strokes, cancers, degenerative disorders such as Parkinson and Alzheimer disease, and common gastrointestinal, respiratory, and autoimmune disorders.

How Gut Flora is damaged?

Cause of intestinal permeability are:

- Repeated exposure to antibiotics
- Eating foods containing antibiotics
- Frequently eating wheat, rye, barley, spelt, gluten products
- Eating foods high in sugars
- Frequently consuming alcohol
- Environmental toxins
- Man-made chemicals
- Disease-causing Pathogens

When antibiotics and unhealthy food is digested it is converted into toxic substances thus causing diseased Pathogens (infectious agent).

When the gut lining is damaged, unfriendly bacteria and undigested food is absorbed through the gut lining and into the blood stream and distributed around the body, where they cause disease.

When the gut flora is compromised, **dysbiosis, intestinal permeability or leaky gut** is a real factor that can contribute to disease. Whatever happens in the gut does not stay in the gut but gets out to other parts of the body.

For example: improperly digested protein food can cause antibodies to develop against the undigested protein in the blood. Food proteins may resemble the proteins of our own bodies, the antibodies can mistakenly attack the body’s proteins and autoimmune diseases may be the result.

Examples of autoimmune conditions include:

Rheumatoid arthritis, osteoarthritis, multiple sclerosis, lupus (sle), allergies, neuropathy, psoriasis, thyroid disease.

“When the gut flora becomes abnormal, the immune system simply cannot be normal. Autoimmunity is born in the gut.” - Dr. Campbell-McBride

When the Immune System is attacked, its First Response is to produce INFLAMMATION. For example, inflammation in arthritic joint comes about when: Toxins from the digestive tract attaches to collagen in joints when the Immune system no longer recognizes the structure of your collagen it attacks and Inflammation develops

Gluten sensitivity can cause toxicity to the brain. Therefore, avoid things that hurt your brain such as gluten, processed foods, bad fats, excessive sugar and salt.

Inflammatory diseases of the Brain include: Alzheimer’s, Multiple sclerosis, or Parkinson’s Disease. Toxicity in the Brain can manifest itself in the following conditions: Autism, ADHD, Dyslexia, Dyspraxia, Depression, Schizophrenia, Epilepsy (buildup of toxins in the brain), or Seizure.

It is a fact that the health of the soil determines the health of the roots and a plant. Similarly, the health of the human gut determines the health of the person. Your gut lining looks like plant roots (villi, enterocytes, microvilli); our gut flora is our soil and every leaf depends on the healthy roots. The tree cannot be healthy if the roots are not healthy, so to, your body cannot be healthy if your gut is not healthy.

Treating Autoimmunity and Inflammation

1. Focus on the gut
2. Drive out pathogenic microbes
3. Replace them with beneficial microbes
4. **Heal** and **seal** the gut lining

Testing for Gluten Sensitivity

The anti-gliadin test is the primary test
Testing Transglutaminase antibodies
Testing Anti-endomysial antibodies
Endoscopy (NCGS)
Biopsy (NCGS)

Healing and Sealing the Leaky Gut

Go on a Gluten Free, Wheat Free diet

STEP 1

Eliminate all foods with the minutest amount of toxic gluten - Wheat, Rye, Barley, Spelt

Use organic or non-GMO foods

STEP 2

Start with a Cleanse: 3 tablespoons of Castor oil and ¼ cup of lemon juice.
This should be repeated once every month on a day when you will be free the following day. Drink lots of water to be hydrated.

STEP 3

Drink 16 oz to 32 oz of warm water upon awakening on mornings and in one of those 8 oz add 1 tablespoon of lemon. This is required for building the blood and cleansing the liver, in addition, the vitamin C will aid with iron absorption.

Use a multi-strain Pro-Biotic and Digestive Enzyme such as Bio-Kult and TriEnza

Helpful Herbs are:

Garlic (2 cloves) daily

Turmeric tea (2 tablespoons to 4 cups water, simmer for 15 minutes and let cool for at least 40 minutes, strain and drink as water).

GENETICALLY MODIFIED FOODS

Genetically Modified foods are where scientists take the genes of one species and force it into the genes of another species.

The American Academy of Environmental Medicine (AAEM) states:

'several animal studies indicate serious health risks associated with GM food consumption including: infertility, immune dysregulation, accelerated aging, dysregulation of genes associated with cholesterol synthesis, insulin regulation, cell signaling, and protein formation, and changes in the liver, kidney, spleen and gastrointestinal system.

GMOs are not only different, they are inherently dangerous, they can cause: allergies, toxicity, new diseases, and nutritional problems.

GM Foods

- **Soy** (oil, milk, bean, lecithin) 94%
- **Corn** (oil, meal, starch, corn syrup) not popcorn 88%
- **Cotton** (oil) 90%
- **Canola** (oil) 90%
- **Sugar beets** (sugar) 95%
- **Alfalfa** (hay)
- **Hawaiian papaya** >50%
- **Zucchini and yellow squash** (over 24,000 acres)
- Meat, eggs, and dairy products from animals that have eaten GM feed (and the majority of the GM corn and soy is used for feed);
- Dairy products from cows injected with rbgh (a GM hormone);
- Food additives, enzymes, flavorings, and processing agents, including the sweetener aspartame (nutrasweet®) and rennet used to make hard cheeses;
- Honey and bee pollen that may have GM sources of pollen.
- Corn pollen can travel up to 500 miles over the 24 hours in which they can pollenate
- Non-food items that may contain GM ingredients include cosmetics, soaps, detergents, shampoo and bubble bath. Pharmaceutical companies use Aspartame in some laxatives, supplements and children's vitamins.

Laboratory tests by the Russian National Academy of Sciences reported that more than half the babies from mother rats fed GM soy died within three weeks. The babies in the

GM group were also smaller and could not reproduce. Rats fed a commercial rat chow using GM soy within two months had infant mortality.

Genetically Modified Organisms

Two main categories of GMOs: **Roundup-ready and Bt toxin**

Glyphosate is the active ingredient in **Roundup**

Roundup is chemical that will kill the weeds but not the crop

You can spray the plant and they do not die but the other bacteria on it dies and the weeds around it dies. It is sprayed on crops before harvest, dries down the crops to make harvest easier and penetrates the food portion of crop.

Non-GMO crops are also sprayed with glyphosate such as wheat, rye, barley, lentils, corn, citrus and sweet potatoes. There are different products of Roundup to match to particular food crop.

Round-up is a hormone disruptor, depletes mineral absorption and causes gut dysbiosis leading to irritable bowel syndrome, constipation, bloating and gas, and gut pain.

The other category of a GMO is: **Bt toxin**

Bt toxin is used to get rid of bugs and insects from interfering with food crops.

Bt toxin from soil bacteria breaks open the stomachs of bugs. This chemical is sprayed on the plants and when a bug eats the plant, the chemical will poke holes in its stomach allowing macromolecules from the gut to enter its bloodstream, which will eventually kill it.

Is Bt toxin safe for humans? It was once thought to be safe, however, in an experiment, where Bt corn toxin was applied to human cells, it poked small holes in human cells causing gut leakage. *Journal of Applied Toxicology 2012*

Sherbrooke University Hospital study found Bt toxin in the cord blood of 93% of pregnant women tested. It survived digestion through the stomach, but this Hole-poking toxin was found in 80% of unborn fetuses.

Research showed that when rats were fed Bt corn they had toxicity in their liver and kidneys.

When Bt Soybean was used it caused:

- Changes in the testicles from pink to blue
- Changes in sperm cells
- Changes in uterus and ovaries
- Changes in the DNA functioning of the embryo offspring

Avoid foods that are genetically modified such as soy, corn, cotton, canola, sugar beets and alfalfa and shop organic or non-GMO.

CONSTITUENTS OF FOOD

The cells of our body require the different foods groups in order for it to be well nourished. The three main constituents of food are: Protein, Carbohydrates and Fats. **A total plant-based diet will give sufficient protein, carbohydrates and fats and other vitamins and minerals for excellent body function.**

Protein

Proteins are an essential component of our cells, muscles, tendons, tissues, hair, nails, and blood necessary for hormones and immune system cells.

Proteins are structures of amino acids. There are about 20 different amino acids:

- Essential: eight of them most come from the food
- Nonessential: can be made in the body if needed

The protein found in **legumes and grains** combine very well since their amino acids supplement each other thus making them very nutritious and give a complete protein. Soybeans are a complete protein.

Legumes are deficient in methionine but rich in **lysine**.
Grains lack lysine but contain liberal amounts of **methionine**.

Eating legumes and grains either at the same meal or during the same day, gives the body the correct amounts of all amino acids needed to synthesize its own proteins. This gives the same as if one had eaten animal protein (meat, fish, eggs, etc). EFHP Vol. 1 p. 80

Grains and vegetables or Legumes and vegetables are other vegetable proteins that when **combined** within a 12-hour period it gives the body the ideal proportions of amino acids to enable the body to make complete protein.

Excess amino acids in our diet cannot be stored for long in the body and if they are not needed for building new proteins they are passed out into our blood stream to the liver where it is broken down then sent to the kidneys to be excreted in urine.

Carbohydrates

Carbohydrates are essential for fuel and energy that the body needs. However, we need to avoid processed carbohydrates and use natural foods that contain simple and complex carbohydrates such as honey, fruits, whole grains (brown rice, bread, cereal), legumes or tubers.

Fats

Fats are the most concentrated form of energy, they supply over twice as many calories per gram than protein or carbohydrates. It can also be efficiently stored for later use. Plant sources of Fats are nuts or oils.

Plant based fats are preferable to animal fats. Despite popular belief, Avocado, Nuts and Coconut and does not contain cholesterol. Avocado, in fact, lowers cholesterol. However, avocado, nuts and coconut should be eaten in moderation because of their high fat and oil content.

The oil in the olive relieves constipation, and for consumptives, and for those who have inflamed, irritated stomachs, it is better than any drug. As a food it is better than any oil coming secondhand from animals. CD p. 349.4

When properly prepared, olives, like nuts, supply the place of butter and flesh meats. The oil, as eaten in the olive, is far preferable to animal oil or fat. CD p. 350

There are several trace minerals to be gained by use of nuts and seeds, such as magnesium, selenium, zinc, copper, iron, omega 3 and potassium.

Almond is the King of all nuts. One closed handful of nuts if taken in right proportions three to five times a week is heart protective. Care should be taken not to eat too large a quantity of nuts. Nuts or seeds eaten at the end of a meal constitutes fat at the end of the meal, which takes longer to digest, it also helps to transition you to the next meal without the blood sugar level falling too low.

Adventist Health Study 1 shows that eating nuts at least 5 times a week reduced the risk of heart attack by 50%.

Oils

There are many types of oil on the market and it can be difficult to select an oil for use. The following consideration needs to be made when choosing oil in your diet.

- Vegetable oils when heated break down its molecular structure and so lose its value.
- Olive oil is the king of all oils. It is most stable under high temperatures. EFHP Vol. 1 p.113 and p.122
- Canola oil comes from the GMO rapeseed plant. It has a toxic element called uric acid that is toxic to the coronary artery system.
- Margarine or Butter is saturated fat, which the body cannot digest. Undigested fat passes out or stores as fat in the body. It is an animal product and so contains Cholesterol. Butter causes Cholesterol to jump by 20% in a few hours after use.

CAUSES OF INDIGESTION

Another serious evil is eating at improper times, as after violent or excessive exercise, when one is much exhausted or heated. Immediately after eating there is a strong draft upon the nervous energies; and when mind or body is heavily taxed just before or just after eating, digestion is hindered. When one is excited, anxious, or hurried, it is better not to eat until rest or relief is found.

The stomach is closely related to the brain; and when the stomach is diseased, the nerve power is called from the brain to the aid of the weakened digestive organs. When these demands are too frequent, the brain becomes congested. When the brain is constantly taxed, and there is lack of physical exercise, even plain food should be eaten sparingly. At mealtime cast off care and anxious thought; do not feel hurried, but eat slowly and with

cheerfulness, with your heart filled with gratitude to God for all His blessings. CD p. 109.175

Food should be eaten slowly, and should be thoroughly masticated. This is necessary, in order that the saliva may be properly mixed with the food, and the digestive fluids be called into action. CD p. 107.169 Proper digestion is achieved when food is thoroughly masticated in the mouth. As you chew the food in your mouth, it releases enzymes for digestion, increases the surface area of insoluble fiber that binds to toxins and other excess substances in the body like estrogen, to excrete them.

Food should not be eaten very hot or very cold. If food is cold, the vital force of the stomach is drawn upon in order to warm it before digestion can take place. Cold drinks are injurious for the same reason; while the free use of hot drinks is debilitating. CD p. 106.165

I would advise all to take something warm into the stomach, every morning at least. You can do this without much labor. CD p. 106.163

Hot drinks are not required, except as a medicine. The stomach is greatly injured by a large quantity of hot food and hot drink. Thus, the throat and digestive organs, and through them the other organs of the body, are enfeebled. CD p. 106.164

LIQUID DIET

Had your physical health been unimpaired, you would have made an eminently useful woman. You have long been diseased, and this has affected your imagination so that your thoughts have been concentrated upon yourself, and the imagination has affected the body. Your habits have not been good in many respects. Your food has not been of the right quantity or quality. You have eaten too largely, and of a poor quality of food, which could not be converted into good blood. You have educated the stomach to this kind of diet. This, your judgment has taught you, was the best, because you realized the least disturbance from it. But this was not a correct experience. Your stomach was not receiving that vigor that it should from your food. Taken in a liquid state, your food would not give healthful vigor or tone to the system. But when you change this habit, and eat more solids and less liquids, your stomach will feel disturbed. Notwithstanding this, you should not yield the point; you should educate your stomach to bear a more solid diet. CD p. 105.161

Juicing allows you to consume an optimal amount of fruits or vegetables in an efficient manner. This can be judiciously used in remedy of certain cases, for a specified period of time.

PROPER SPACING OF MEALS

The stomach must have careful attention. It must not be kept in continual operation. Give this misused and much-abused organ some peace and quiet and rest. After the stomach has done its work for one meal, do not crowd more work upon it before it has had a chance to rest and before a sufficient supply of gastric juice is provided by nature to care for more food. Five hours at least should elapse between each meal, and always bear in mind that if you would give it a trial, you would find that two meals are better than three. CD p. 173.267

REGULARITY OF MEALS

Regularity in eating is of vital importance. There should be a specified time for each meal. At this time, let everyone eat what the system requires, and then take nothing more until the next meal. There are many who eat when the system needs no food, at irregular intervals, and between meals, because they have not sufficient strength of will to resist inclination. CD p. 179.282

After the regular meal is eaten, the stomach should be allowed to rest for five hours. Not a particle of food should be introduced into the stomach till the next meal. In this interval, the stomach will perform its work, and will then be in a condition to receive more food.

In no case, should the meals be irregular. If dinner is eaten an hour or two before the usual time, the stomach is unprepared for the new burden; for it has not yet disposed of the food eaten at the previous meal, and has not vital force for new work. Thus, the system is overtaxed.

Neither should the meals be delayed one or two hours, to suit circumstances, or in order that a certain amount of work may be accomplished. The stomach calls for food at the time it is accustomed to receive it. If that time is delayed, the vitality of the system decreases, and finally reaches so low an ebb that the appetite is entirely gone. If food is then taken, the stomach is unable to properly care for it. The food cannot be converted into good blood. CD p. 179.281

Nothing should be eaten between meals, no confectionery, nuts, fruits, or food of any kind. Irregularities in eating destroy the healthful tone of the digestive organs, to the detriment of health and cheerfulness. CD p. 179.283

NUMBER OF MEALS

The stomach may be so educated as to desire food eight times a day, and feel faint if it is not supplied. But this is no argument in favor of so frequent eating. CD p. 175.271

TWO MEALS ARE BETTER THAN THREE

Those who are changing from three meals a day, to two, will at first be troubled more or less with faintness, especially about the time they have been in the habit of eating their third meal. But if they persevere for a short time, this faintness will disappear.

Studies show that diabetics did better on two meals a day rather than three or more, it also helped them to lose weight and lower sugar levels. BBC May 2014

The stomach must have its regular periods for labor and rest; hence eating irregularly and between meals, is a most pernicious violation of the laws of health. With regular habits, and proper food, the stomach will gradually recover. CD p.175.270

But with many, the poor, tired stomach may complain of weariness in vain. More food is forced upon it, which sets the digestive organs in motion, again to perform the same round of labor through the sleeping hours. The sleep of such is generally disturbed with unpleasant dreams, and in the morning, they awake unrefreshed. There is a sense of

languor and loss of appetite. A lack of energy is felt through the entire system. In a short time, the digestive organs are worn out, for they have had no time to rest. These become miserable dyspeptics, and wonder what has made them so. The cause has brought the sure result. If this practice be indulged in a great length of time, the health will become seriously impaired. The blood becomes impure, the complexion sallow, and eruptions will frequently appear. CD p.174.270

BIBLICAL REFERENCES OF A TWO-MEAL PLAN

And the ravens brought him bread and flesh in the morning, and bread and flesh in the evening; and he drank of the brook. 1 Kings 17:6

I have heard the murmurings of the children of Israel: speak unto them, saying, at even ye shall eat flesh, and in the morning ye shall be filled with bread; and ye shall know that I am the Lord your God. Exodus 16:12

1 Kings 19:5-8

5 And as he lay and slept under a juniper tree, behold, then an angel touched him, and said unto him, Arise and eat.

6 And he looked, and, behold, there was a cake baken on the coals, and a cruse of water at his head. And he did eat and drink, and laid him down again.

7 And the angel of the Lord came again the second time, and touched him, and said, Arise and eat; because the journey is too great for thee.

8 And he arose, and did eat and drink, and went in the strength of that meat forty days and forty nights unto Horeb the mount of God.

BREAKFAST

A good breakfast, is one that provides at least one third of the day's calories. Start your day with a whole-grain cereal, whole-grain bread, and three to five servings of fresh fruits and you will find that your energy level stays high throughout the morning.

Studies have linked a healthy breakfast with less chronic disease, less obesity, increased longevity and better health.

A good breakfast, can help both children and adults be less irritable, more efficient and more energetic. Breakfast helped children score higher on tests written before the noon break. The steady influx of energy apparently stabilized glucose levels in the brain, improving mental function and attention span. Adapted from Hans Diehl, Aileen Ludington, Health Power

WHAT IS SUPPER?

This should, however, if taken at all, be very light, and of food most easily digested. Crackers—the English biscuit—or zwieback, and fruit, or cereal coffee, are the foods best suited for the evening meal. CD p. 176.273

Let the students have the third meal, prepared without vegetables, but with simple, wholesome food, such as fruit and bread. CD p.178.280

If you feel that you must eat at night, take a drink of cold water, and in the morning, you

will feel much better for not having eaten. CD p.177.276

The days are now growing shorter, and it will be a good time to present this matter. As the days shorten, let dinner be a little later, and then the third meal will not be felt necessary. CD p.177.277

Supper, when taken at an early hour, interferes with the digestion of the previous meal. When taken later, it is not itself digested before bedtime. Thus, the stomach fails of securing proper rest. The sleep is disturbed, the brain and nerves are wearied, the appetite for breakfast is impaired, the whole system is unrefreshed, and is unready for the day's duties. CD p. 176.272

Some think that they should eat several small meals during the day, but the following counsel is given: The stomach may be so educated as to desire food eight times a day, and feel faint if it is not supplied. But this is no argument in favor of so frequent eating. CD p. 175.271

They may have taken three regular meals; yet because they feel a sense of faintness, as though hungry, will eat a lunch or fourth meal. By indulging this wrong practice, it has become a habit, and they feel as though they could not sleep without taking a lunch before retiring. In many cases, the cause of this faintness is because the digestive organs have been already too severely taxed through the day in disposing of unwholesome food forced upon the stomach too frequently, and in too great quantities. The digestive organs thus taxed become weary, and need a period of entire rest from labor to recover their exhausted energies. A second meal should never be eaten until the stomach has had time to rest from the labor of digesting the preceding meal. If a third meal be eaten at all, it should be light, and **several** hours before going to bed. CD p. 174.270

Several: more than two but not many - New Oxford American Dictionary
Therefore, meals should be eaten at least three hours before bedtime.

The stomach, when we lie down to rest, should have its work all done, that it may enjoy rest, as well as other portions of the body. The work of digestion should not be carried on through any period of the sleeping hours. After the stomach, which has been overtaxed, has performed its task, it becomes exhausted, which causes faintness. Here many are deceived, and think that it is the want of food which produces such feelings, and without giving the stomach time to rest, they take more food, which for the time removes the faintness. And the more the appetite is indulged, the more will be its clamors for gratification. This faintness is generally the result of meat eating, and eating frequently, and too much. The stomach becomes weary by being kept constantly at work, disposing of food not the most healthful. Having no time for rest, the digestive organs become enfeebled, hence the sense of "goneness," and desire for frequent eating. The remedy such require, is to eat less frequently and less liberally, and be satisfied with plain, simple food, eating twice, or, at most, three times a day. CD p.175.270

SNACKING IN BETWEEN MEALS

A survey was done by Physicians at Uchee Pines Institute where x-ray studies were conducted on the timings of digestion of food. The individuals were given a breakfast meal consisting of cereal with cream, bread, cooked fruit and an egg. Four and a half hours later, they each had an x-ray taken of their stomach, the readings showed that

their stomach was emptied of the breakfast meal.

A few days later, the same individuals were again given the same breakfast, but this time, given a snack to eat in two hours' time. The following is a sample result when an x-ray of the stomach was taken of those individuals.

SNACKING STUDIES

Normal breakfast	Two hours later	Results
Person No.1	No snack	Stomach empty in 4 ½ hours
Person No.2	Ice cream cone	Residue in the stomach after 6 hours
Person No.3	Peanut butter sandwich (Two hours after meal)	Residue after 9 hours
Person No.4	Pumpkin pie and glass of milk	Residue after 9 hours
Person No.5	Half slice of bread and butter repeated every one one and one half hour interval and no dinner	More than half of breakfast in stomach after 9 hours
Person No.6	Twice in the morning and twice in the afternoon, a bit of chocolate candy	13 ½ hours later more more than one half the morning meal was still in the stomach

Rachor, JoAnn, *Of These Ye May Freely Eat*, Family Health Publications, 1990. p.78

[Snk-Health Nugget/Snacking Studies]

FRUITS AND VEGETABLES

*And God said, Let the earth bring forth grass, the herb yielding seed, and the **fruit tree yielding FRUIT after his kind, whose SEED IS IN itself**, upon the earth: and it was so. Genesis 1:11*

Fruits

Fruits provide nutrients to the body such as water, sugars, starch, fiber, organic acids, vitamins, minerals, and phytochemicals. Their healing properties include **detoxifying the organism**, because it facilitates the elimination of wastes and blood impurities, **antioxidants**, which avoids premature aging, arteriosclerosis, cancer and other diseases. It **regulates the intestine**, because it is a natural laxative, softening the intestinal mucosa, apples regulate the digestive function and combat diarrhea. Fruits **prevents cancer**, there is a lower risk of cancer of the digestive, respiratory and urinary organs and it is great to **avoid cardiovascular disease**, as it is effective in the prevention of stroke and coronary disease. *Study at Forvie Site University at Cambridge (UK).*

The biblical and botanical definition of a fruit is that which has the seed within itself:

What is a Fruit? The sweet and fleshy product of a tree or other plant that contains seed and can be eaten as food. *Dictionary*

Fruits are considered to be, apples, oranges, bananas, kiwi, watermelons, honeydew, melons, cantaloupes, pears, grapes, peach, nectarine, grapefruit, tangerines, pineapples, mangoes, papaya, pomegranate, cherries, carambola, sapodillas, sour sop, sugar apples, raisins, prunes, currants, apricots, dates, figs, pineapples, cranberries, pears, peaches, star fruit, blueberries, raspberries, blackberries, lemons, limes, strawberries, tomatoes, cucumbers, bell pepper (red, orange, yellow), avocados, green or black olives, pumpkin, squash, zucchini, eggplant, plantain, strawberry, bodi and string beans are also fruits.

Vegetables

Examples of vegetables are carrots, asparagus, garlic, onion, scallion, leek, yellow, acorn, butternut and kabocha.

The *Cruciferous family of vegetables include: broccoli, brussels sprout, cabbage, collard greens, kale, horseradish, turnip, chinese cabbage, cauliflower, bok choy, radish, - **Note that you should use Dulse or Kelp when using foods from this family because it reduces the iodine absorption by the thyroid gland which is essential for its proper function.*

Fruits and vegetables at the same meal?

For maximum digestion of meals, do not to mix fruit and vegetables at the same meal.

- Mixing fruits and vegetables at the same meal causes **fermentation** in the stomach. This should be avoided as a fermented stomach can lead to numerous diseases and mal-absorption of nutrients.
- Fruit and vegetables taken at one meal produce **acidity** of the stomach; then **impurity of the blood** results, and the **mind is not clear** because the digestion is imperfect. CD p. 112.6
- There should not be a great variety at any one meal, for this encourages overeating, and causes **indigestion**. CD p. 112.2
- Fruit should not be eaten after a full meal of other foods. CD p. 309 a. 468
- Some make the choice of eating raw vegetable or fruit as a desert after a meal, this will cause indigestion, bloating or gas. The food in its raw state is easy to digest; therefore, it should be eaten first at that start of the meal. The stomach will work on digesting the raw fruit or vegetable quickly, the raw food also provides enzymes that enhance digestion of the meal that follows.
- Do not eat overripe, spoilt, bruised, partly-rotten fruit or vegetables. If there is a bad spot, do not cut it off and eat the rest. Throw out the entire thing as it is not healthy to eat. It is increased in Tyramine, histamine, fermented, and the gases can breakdown into Formaldehyde. “Nicely prepared vegetables and fruits in their season will be beneficial, **if they are of the best quality, not showing the slightest sign of decay**, but are sound and unaffected by any disease or decay. **More die by eating decayed** fruit and decayed vegetables which **ferment in the stomach** and result in **blood poisoning**, than we have any idea of.” CD p. 309 a. 469
- If you can get apples, you are in a good condition as far as fruit is concerned, if you have nothing else.... I do not think such large varieties of fruit are essential, yet they should be carefully gathered and preserved in their season for use when there are no apples to be had. **Apples** are superior to any fruit for a standby that grows. CD p.

312.478

- **Apple family (Rosaceae): apple, crab apple, quince, pear, rosehips**

The meals should be varied. The same dishes, prepared in the same way, should not appear on the table meal after meal and day after day. The meals are eaten with greater relish, and the system is better nourished, when the food is varied. MH p. 300

For optimal amount of servings of fruit and vegetables, we should **aim for at least three to five servings of fruit and vegetables per day and eat fruit at one meal and vegetables at another.**

COARSE VEGETABLES

In Genesis 3:18 we find that vegetables were added to man's diet, it was not part of his original diet but rather for the animals. Some vegetables when eaten raw are difficult on the stomach and they therefore need special preparation in order to be wholesome to our bodies.

In the study of hygiene, students should be taught the nutrient value of different foods. The effect of a concentrated and stimulating diet, also of foods deficient in the elements of nutrition, should be made plain. Tea and coffee, fine-flour bread, pickles, **coarse vegetables**, candies, condiments, and pastries fail of supplying proper nutriment. Many a student has broken down as the result of using such foods. Many a puny child, incapable of vigorous effort of mind or body, is the victim of an impoverished diet. ED 204.3

Coarse vegetables contain cellulose fiber that is poorly digested by humans. This fiber is yet important in the diet as it helps to feed the gut bacteria, sweep the colon and provide bulk for stools.

Examples of coarse vegetables are: Broccoli, cauliflower, cabbage, carrots, beets, artichoke, celery stalk, rutabagas root, turnips root, radish, Brussels sprouts, asparagus, fennel stalk, cassava, jicama, yam, dasheen, potatoes, edoes.

The proper preparation of these foods is important. Therefore, to make these vegetables tender and more digestible, **low, slow, steaming, cooking or baking** will help to reduce the coarse effect.

Vegetables should be cooked until they are perfectly tender but not overdone. Many cooks spoil their vegetables by cooking them too long, while quite as many more serve them in an underdone state to preserve their form. Either plan makes them less palatable, and likely to be indigestible. *Science in The Kitchen by Mrs. E. E. Kellogg, A. M. 1893 p 56*

In the 1800s course vegetables was prepared by slow long heating methods.

Approximate Steaming Time

Asparagus	15 to 20 minutes, young 30 to 50 minutes if old
String beans	45 to 60 minutes or longer
Beets, boiled	1 hour if young 3 to 5 hours (old)
Carrots	1 to 2 hours
Cabbage	1 hour (young) 2 to 3 hours (old)
Celery	20 to 30 minutes
Spinach	20 to 60 minutes or more
Cauliflower	20 to 40 minutes

In today's world we have steamers that can be used to steam these vegetables. **The goal is to steam them until they are tender.**

When heat is added to the course vegetable, it breaks down the plants' thick cell walls, cellulose fiber, and makes nutrients bio-available to the eater. This aids the body's uptake of vitamins and minerals that are bound to those cell walls. The vitamins and minerals are embedded in a complex mass of fiber called cellulose, a carbohydrate that is difficult for the human body to digest.

Some vegetables, such as, carrots, spinach, asparagus, and cabbage when cooked supply more antioxidants, such as carotenoids and ferulic acid, to the body than they do when raw. *Journal of Agricultural and Food Chemistry, 2008, 56 (1), pp 139-147*

When heat is added to carrots it increases in beta-carotene, when added to cabbage, or broccoli it increases indole-3-Cabinol or I3C, that stops hair loss, reduces estrogen, prevents pre-cancerous cells from turning malignant and balances the hormones.

For medicinal purposes, you may opt to juice course vegetables rather than eat them raw. When juicing foods of the Cruciferous family such as broccoli, cauliflower, cabbage, radish, Brussels sprouts, be sure to add Kelp (seaweed vegetable) to it as it can cause iodine deficiency and reduce the thyroid function.

Juicing helps to get nutrients quickly to the blood so recovery of the sick is quicker.

Washing off produce pesticides and waxes

Organic fruits and vegetables are best because they are grown without pesticides or herbicides; however, in some areas spraying is permitted. Here are some rules to remember when purchasing fruits and vegetables.

1. Look for thicker peels: usually, the thicker the peel, the safer the fruit. For example, oranges, tangerines, grapefruit and watermelon.

2. Some fruits and vegetables are waxes to seal in water and prevent the produce from spoiling too quickly; for example, apples, grapes, strawberries, tomatoes, spinach and potatoes.
 - a) You can purchase a natural biodegradable cleanser from a health food store. Use it to gently scrub off the wax and then wash the produce off.
 - b) You may also soak the produce in a mild castile soap detergent for five minutes, then gently scrub your fruits and vegetables and rinse them off.
 - c) Fill your sink to half-full cold water, then add 1 teaspoon Clorox bleach, soak, then scrub and rinse off.

Soak fruits with thin peels and leafy vegetables for only five minutes, for thicker fibrous vegetables, soak for ten to fifteen minutes.

VARITIES AT A MEAL

Knowledge in regard to proper food combinations is of great worth, and is to be received as wisdom from God. CD p. 109.176

One key to know if your diet is right is that you need to use a wide variety over the course of the week. A lack of vitamin C will eventually lead to scurvy, a diet with too little iron will result in iron-deficiency anemia or prolonged vitamin A deficiency can cause permanent blindness.

The meals should be varied. The same dishes, prepared in the same way, should not appear on the table meal after meal and day after day. The meals are eaten with greater relish, and the system is better nourished, when the food is varied. CD p. 112.188.3

In terms of variety, this should be done over a course of time, not at the same meal, "It would be much better to eat only **two or three different kinds** of food at a meal than to load the stomach with many varieties." CD p. 110

When too many varieties of food are eaten at one meal, it causes confusion in the stomach and delay digestion. Different enzymes are required to breakdown the variety of foods and digestion can take longer than usual. When food is delayed in the stomach, it begins to ferment, the blood becomes impure and disease follows.

You may eat a variety of foods but within the same family. For example, the Cruciferous vegetables family, e.g.: collards, white or red cabbage, Chinese cabbage, cauliflower, broccoli, or Brussels sprout. Three of these can be on the same plate because they are of the same family. Therefore, the stomach treats it as one kind of food, making it easier for digestion.

Do not have too great a variety at a meal; three or four dishes are a plenty. At the next meal, you can have a change. The cook should tax her inventive powers to vary the dishes she prepares for the table, and the stomach should not be compelled to take the same kinds of food meal after meal. CD p.109.177

There should not be many kinds at any one meal, but all meals should not be composed

of the same kinds of food without variation. Food should be prepared with simplicity, yet with a nicety which will invite the appetite. CD p. 110.178

The variety of food at one meal causes unpleasantness, and destroys the good which each article, if taken alone, would do the system. This practice causes constant suffering, and often death. CD p. 110.181

HOW MANY KINDS AT ONE MEAL?

The signal guidance is given: **It would be much better to eat only two or three different KINDS of food at a meal than to load the stomach with many varieties. CD p. 110.179**

We can ask ourselves a question: **Where is the first place we have seen this word “KIND” before?** Let’s go to scripture:

And God created great whales, and every living creature that moveth, which the waters brought forth abundantly, after their **KIND**, and every winged fowl after his **kind**: and God saw that [it was] good. Genesis 1:21

And God said, Let the earth bring forth the living creature after his kind, cattle, and creeping thing, and beast of the earth after his kind: and it was so. Genesis 1:24

And God made the beast of the earth after his **KIND**, and cattle after their **KIND**, and everything that creepeth upon the earth after his **KIND**: and God saw that [it was] good. Genesis 1:25

And the earth brought forth grass, [and] herb yielding seed after his **KIND**, and the tree yielding fruit, whose seed [was] in itself, after his **KIND**: and God saw that [it was] good. Genesis 1:12

According to Genesis 1:29, man’s original diet constituted of fruits, grains, seeds and nuts. It says, *“And God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat.”*

After sin, plants were introduced to the diet, Genesis 3:18, says, *“Thorns also and thistles shall it bring forth to thee; and thou shalt eat the herb of the field; in the sweat of thy face shalt thou eat bread...”*

From the beginning, the Creator told of the **kinds of food** suitable for mankind, therefore, let’s look at these four basic food groups:

THE UNIVERSAL BASIC FOUR

Around the world people need nutrition. Our Creator in his matchless wisdom provided food for all nations for their sustenance wherever they are located. These people are contented, vibrant and healthy.

In developed countries, authorities have studied the foods available within their locale, and categorized foods within food groups then rolled it out as recommended food groupings, in their content, and quantity that they see to be necessary for their people to maintain health. Over the years some societies have developed food groups in varied amounts, for example, they may have had four or six then settled to five.

Let's look at some basic food groups that are common:

The Americans basic four are: Cereal Grains, Fruits and Vegetables, Meat and Milk

The Chinese basic four are: Cereal, Green leafy vegetables, Sweet potatoes and Soybean products.

The Australians has a basic five: Cereal, Fruits, Vegetables, Protein/meat and Dairy.

It depends on where you are located or where you were schooled that you will promote a certain category of basic food groups, that may or may not fit within your society. The question therefore is; how do we get it right? Which food group do we subscribe to?

How about a basic food grouping that is common to all mankind around the world; that, which is guaranteed to be healthful and nutritious. There is no need to reinvent the wheel; in the book of Genesis, from the beginning, the Creator of the Universe, prescribed a BASIC FOUR that fits across all nations, tongue and people. Gen. 1:29, 3:18

FOUR BASIC FOOD GROUPS

<p>GRAINS & LEGUMES Rice (all types), wheat, millet, corn, spelt, rye, kamut, teff, bamboo, quinoa, buckwheat, amaranth, green peas, chick peas, pigeon peas, lentils, red bean, lima bean, kidney beans, black beans, black eye beans</p>	<p>FRUITS Apples, grapes, melons, oranges, grapefruit, banana, strawberries, kiwi, tomatoes, peppers, plums, mango, cucumbers, pumpkin, squash, ochro, zucchini, eggplant</p>
<p>NUTS & SEEDS Almonds, pecans, walnuts, pistachio, peanuts, pumpkin seeds, sunflower seeds, pine nuts</p>	<p>VEGETABLES Carrots, beets, cabbage, radish, cauliflower, Brussels sprouts, kale, mustard greens, spinach, dasheen bush, water cress, lettuce, potato, yam, dasheen, cassava, edoes, sweet potato</p>

GRAINS, FRUITS, NUTS, AND VEGETABLES constitute the diet chosen for us by our Creator. These foods, prepared in as simple and natural a manner as possible, are the most healthful and nourishing. They impart a strength, a power of endurance, and a vigor of intellect that are not afforded by a more complex and stimulating diet. MH p. 296

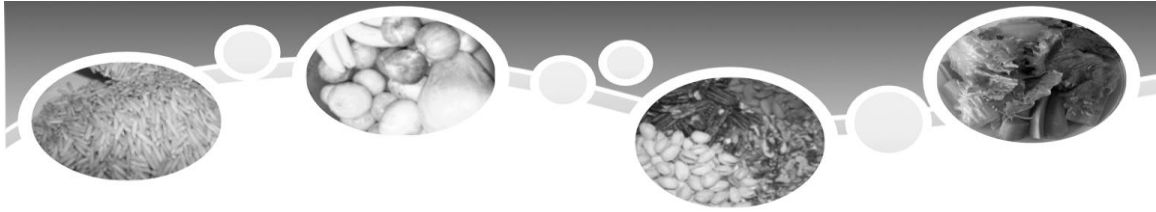
GRAINS, FRUITS, NUTS, AND VEGETABLES, IN PROPER COMBINATION, contain all the elements of nutrition; and when **properly prepared**, they constitute the diet that best promotes both physical and mental strength. ED 204.3

From a scientific standpoint, foods belong to **various families**. It would be beneficial to our health therefore not to have too many varieties at a meal. **KEEPING A SIMPLE MEAL WITH TWO OR THREE KINDS SHOULD BE OUR GOAL.**

The principle is simple, this is how it works: Let's look at the **Botanical family, Cucurbitaceae**, it consists of watermelon, melon, cantaloupe melon, cucumber, honeydew, pumpkin, and squash. If more than one of these foods is served at a meal, the stomach treats them as one kind. Another example is the **Gramineae** family, which consists of foods such as barley, rice, millet or rye, you can have at least three items within this family and have a multi-grain dish but the stomach treats the combination as one kind. The **Leguminosae** botanical family consists of foods such as pigeon pea, jack bean, chick pea, soybean, lentil and mung bean. You can have a multi-bean dish and the stomach treats the combination as one kind.

It is important to note, that botanical families such as the **Gramineae, Amaranthaceae, Chenopodiaceae, Polygonaceae, Leguminosae and the varieties within the nuts and seeds category are all considered seeds and so the stomach treats them as one kind.** Therefore, a meal containing rice, red beans and pecans, is treated as one kind by the stomach. So, to complete the plate, simply add a food item of one or two more botanical families of fruits or vegetables. Then the completed plate will essentially have two or three different kinds of food.

In the pages that follow, we will show botanical families and some foods belonging to those categories. We will also show sample food menus for a two-meal plan diet, sharing complete simple meals of two or three kinds of variety. Finally, you will get to be creative in the worksheets, by putting together simple combinations of your own.



BOTANICAL FAMILIES

BOTANICAL FAMILIES

GRAINS BOTANICAL FAMILY	
This botanical family is the most important in the world for human nutrition. These are true grains. These require long cooking for at least 3 hours.	
GRAMINEAE	Bamboo shoots, Oats, Adlay, Teff, Teosinte, Barley, Rice, Millet, Rye, Sorghum, Wheat, Emmer, Kamut, Spelt, Corn, Maize, Cornmeal, Wild rice
PSEUDO GRAINS	
These hold similar use and nutritional value to grains. However, they belong to other botanical families than Gramineae which are the true grains. These do not require long cooking.	
AMARANTHACEAE	Amaranth seeds
CHENOPODIACEAE	Quinoa
POLYGONACEAE	Buckwheat

LEGUMES BOTANICAL FAMILY	
This botanical family consists of more than 13000 species spread across the world. Only 50 species of legumes are of dietary interest. "Together with grains they are the richest in nutrients of any that grow on the earth, and those that contribute the most to the proper nutrition of humanity." EFHP Vol. 1.90	
LEGUMINOSAE	Pigeon pea, Jack bean, Chick pea, Guar, Lablab, Yard-Long bean, Soybean, Lathyrus pea, Lentil, Lupine, Alfalfa, Tepary bean, Common bean, Adzuki, Mung bean, Bambara groundnut, Black bean, Tofu

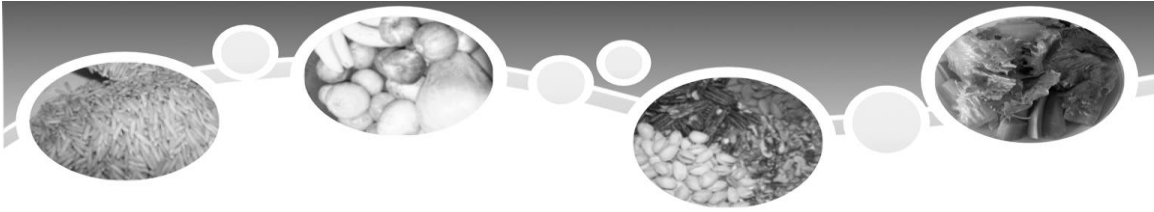
FRUIT BOTANICAL FAMILY	
ACTINIDIACEAE	Kiwi
ANACARDIACEAE	Gandaria, Mango, Ambarella (Golden apple), Yellow mombin, Red mombin, Imbu, Cashew apple
ANNONACEAE	Cherimoya, Soursop, Custard apple, Sugar apple, Pawpaw
BROMELIACEAE	Pineapple
CACTACEAE	Prickly pear
CAPRIFOLIACEAE	American elderberry, Elderberry
CARICACEAE	Papayuela, Papaya
CUCURBITACEAE	Watermelon, Melon, Cantaloupe melon, Kiwano, Cucumber, Honeydew, Persian melon, Pumpkin, Acorn squash, Buttercup squash, Squash, Zucchini, Bottle gourd, Luffa, Sponge gourd, Bitter melon, Chayote (christophine), Squash seed
EBENACEAE	Persimmon, Date plum
ERICACEAE	Arbutus berry, Blueberry, Cranberry, Bilberry, Cowberry
EUPHORBIACEAE	Rambai fruit, Otaheite apple (pommerac), gooseberry
GUTTIFERAE	Garcinia, Mangosteen, Mamey, Madrono
LAURACEAE	Avocado
LEGUMINOSAE	Purging cassia, Carob, Guama (padoo), Tamarind
MALPIGHIACEAE	Acerola
MALVACEAE	Okra (ochro)
MORACEAE	Breadfruit, Jackfruit, Fig, White mulberry, Black mulberry
MUSACEAE	Banana, Plantain, bugament
MYRTACEAE	Feijoa, Para guava, Wild guava, Guava, Brazilian guava, Water rose, Rose apple, Pitanga, Java apple
OLEACEAE	Olives
OXALIDACEAE	Bilimbi, Carambola
PALMAE	Peach palm, Beach palm, Date, Salak
PASSIFLORACEAE	Passion fruit, Curuba, Giant granadilla
POLYGONACEAE	Garden sorrel, Rhubarb, Sea grape
PUNICACEAE	Pomegranate
ROSACEAE	Cocoplum, Azarole, Quince, Loquat, Strawberry, Medlar, Pear, Apple, Apricot, Cherry, Sour cherry, Plum, Peach, Sloe berry, Brier hip, Blackberry, Andes berry, Raspberry, Loganberry, Serviceberry, Dewberry, Wineberry, Quince, Rosehips
RUTACEAE	White sapote, Lime, Seville orange, Bergamot, Sweet lime, Lemon, Citron, Calamondin, Grapefruit, Tangerine, Orange, Kumquat
SAPINDACEAE	Akee, Longan, Litchi, Genipa, Rambutan
SAPOTACEAE	Sapote, Caimito, Chicosapote (sapodilla), Lucmo
SAXIFRAGACEAE	Black currant, Red currant, Gooseberry
SOLANACEAE	Pepper, Tomato, Eggplant, Potato (all varieties), Pepino (melon pear), Bell peppers, Sweet peppers,

	Cayenne peppers, Chili peppers, Paprika, Pimiento, Tobacco, Tamarillo, Winter cherry, Cape gooseberry, Pepino
VITACEAE	Grape, Currant, Raisin

VEGETABLES BOTANICAL FAMILY	
ALGAE	Agar-agar, Carrageen, Kelp, Dulse
AMARANTHACEAE	Amaranth leaves
ARACEAE	Taro, Malanga, Dasheen, Poi, Yautia
BORAGINACEAE	Borage
CHENOPODIACEAE	Chard, Red beet, Marsh samphire, Spinach
COMPOSITAE	Sea aster, Endive, Belgian endive, Radicchio, Chicory, Cardoon, Artichoke, Jerusalem artichoke, Lettuce, Scorzonera, Salsify, Jicama, Sweet potato
CRUCIFERAE	Cabbage, Brussels sprouts, Cauliflower, Kohlrabi, Broccoli, Romanesca, cauliflower, Chinese cabbage, Turnip (leaves), Scurvy grass, Arugula, Watercress, Radish
CYPERACEAE	Chinese water-chestnut
DIOSCOREACEAE	Yam, Sweet yam
EUPHORBACEAE	Cassava, Sweet cassava
GRAMINEAE	Bamboo shoots, Sugarcane, Lemongrass, Citronella
IRIDACEAE	Saffron
LABIATAE	Chinese artichoke
LAMIACEAE	Basil, sage, rosemary, thyme, marjoram, oregano, savory, winter savory, lavender, lemon balm, self-heal, bergamot, hyssop, teak
LILIACEAE	Shallot, Onion, Welsh onion, Leek, Garlic, Chive, Bear's garlic, Asparagus
MARANTACEAE	Arrowroot
MORINGACEAE	Benoil tree
OXALIDACEAE	Lucky clover, Oca
PALMAE	Dwarf palm, Heart of palm
PORTULACACEAE	Winter purslane, Purslane
UMBELLIFERAE	Celery, Peruvian parsnip, Turnip-rooted chervil, Carrot, Fennel, Parsnip
VALERIANACEAE	Lamb's lettuce
ZINGIBERACEAE	Cardamom, ginger, turmeric

NUTS BOTANICAL FAMILY	
ANACARDIACEAE	Cashew, Pistachio
BETULACEAE	Hazelnut or Filbert
BIXACEAE	Annatto
COMPOSITAE	Sunflower
CUCURBITACEAE	Squash seeds
CYPERACEAE	Tiger nut
FAGACEAE	Chestnut, Beechnut, Acorn
JUGLANDACEAE	Pecan, English walnut
LAMIACEAE	Chia seed
LECYTHIDACEAE	Brazil nut
LEGUMINOSAE	Peanut
LINACEAE	Flaxseed
PALMAE	Coconut, King coconut, Sea coconut, Sago starch
PEDALIACEAE	Sesame seeds, Sesame oil, Tahini
PINACEAE	Chile pine nut, Pine nut
PROTEACEAE	Macadamia
ROSACEAE	Almond

FUNGUS BOTANICAL FAMILY	
FUNGUS	Baker's yeast, Nutritional yeast, Citric acid



MENU PLANNING SAMPLES

MY PLATE

Where there are a variety of foods but within the same family, the stomach treats them as one kind.

Start off your meal with at least five servings of raw live foods first; this can be either fruit or vegetable. Lettuce is the only vegetable that can be eaten raw as other vegetables are course and will need some form of heat to break down the cellulose fiber.

Use the palm of your hand to estimate a serving size.

Half of your plate will either be all raw, for some meals, or steamed fruit or vegetable. For vegetables, steam them until they are tender.

Quarter of your plate will be Carbohydrates; this can be any rice, grain, ground provision or tubers.

Quarter of your plate will be Protein; this can be any peas, beans, tofu, nut loaf or Pattie.

End your meal with Fat; this can be a handful of nuts (e.g. almonds or cashew nuts with pumpkin seeds); dried coconut, nut butter on cracker or bread.

All grains, legumes, nuts and seeds have the same seed-like structures and are treated as one by the stomach.

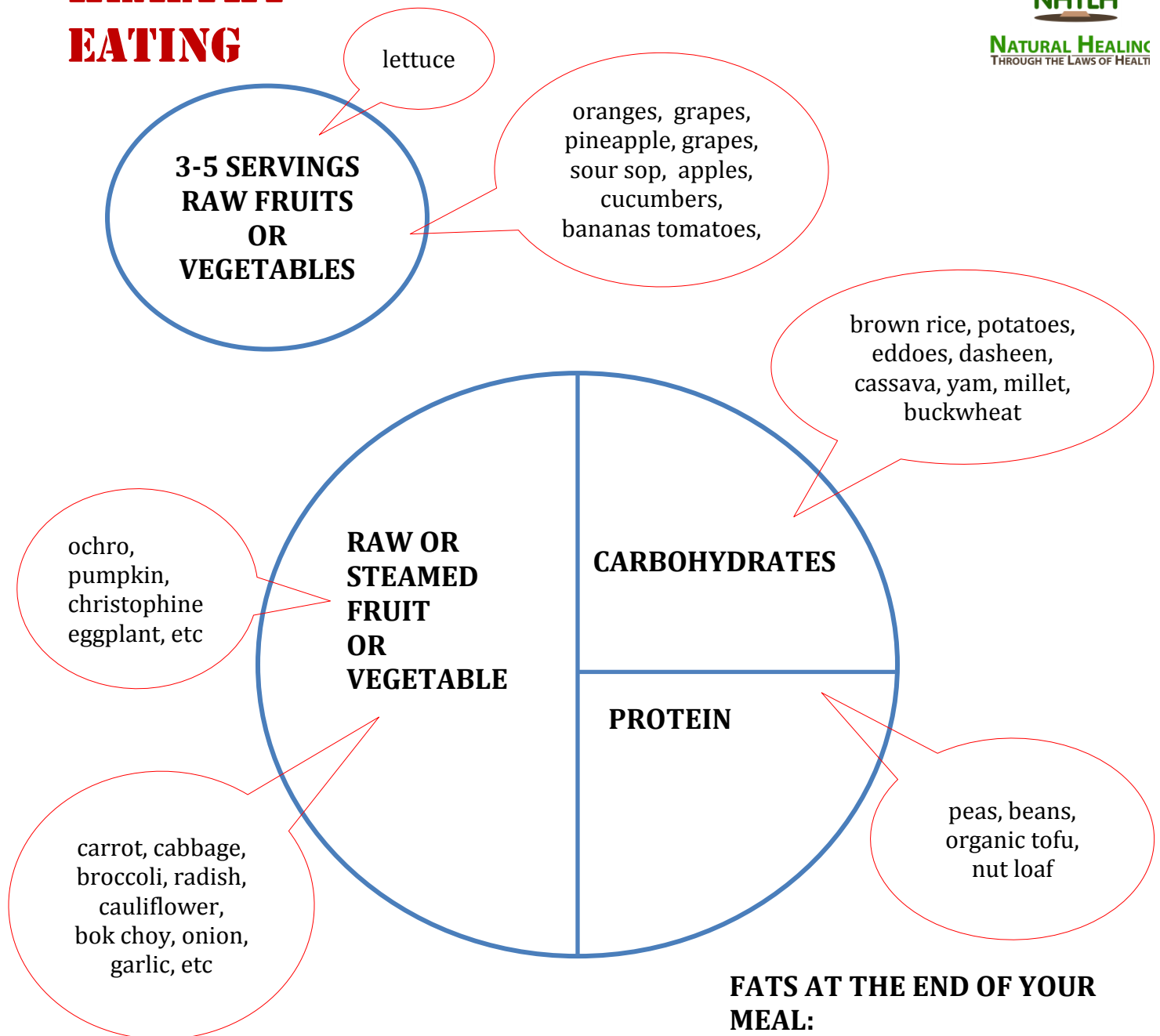
A recommended meal plan with TWO or THREE combinations of food kinds can constitute the following menu samples.

BREAKFAST AND LUNCH PLATE



NATURAL HEALING
THROUGH THE LAWS OF HEALTH

HEALTHY EATING



FATS AT THE END OF YOUR MEAL:

- A handful of your favorite nuts
- A piece of dried coconut
- A slice or two of GF bread with nut butter on it

SUPPER

- Fruits or fruit juice
- Bread (gluten-free) with natural fruit spread or
- Grains or Lemon water or Cold water

SAMPLE MEALS

I.	Fruits and Vegetables	3-5 servings
II.	Whole Grain Cereal sweetened with Fruit	1 cup serving
	Flaxseed freshly grounded can be sprinkled over cereal at breakfast Pumpkin seeds can be eaten with the breakfast cereal	2 tablespoons 1/4 cup
III.	Fats at the end of the meal 1-2 slices of whole grain bread with natural nut butter (e.g. tahini, almond, cashew) <u>or</u> Nuts	Nut spread on 1-2 slices of bread or Closed handful of nuts

Menu 1		This menu has 2 kinds of varieties
Apples	3 – 5	Apple and Almond are of the Rosaceae family Granola comes from oats, Bread comes from wheat which both are from the Gramineae family Almond milk and butter comes from the Rosaceae family
Granola	1 cup	
Flaxseed	2 tablespoons	
Pumpkin seeds	1/4 cup	
Almond milk	1/4 cup	
Bread	1 – 2 slices	
Almond butter		
2 kinds: apple and almond are one kind; granola, flaxseed, pumpkin seeds and bread are treated as one kind.		

Menu 2		This menu has 2 kinds of varieties
Bananas	2	Banana is of the Musaceae family Bread comes from wheat which is of the Gramineae family Tofu comes from soybean which is of the Leguminosae family Pistachio comes from the Anacardiaceae family but combines well with the bread and tofu
Bread	4 slices	
Scrambled tofu	6-8 tablespoons	
Pistachio	1 closed handful	
2 kinds: banana is one kind; bread, tofu and pistachio are treated as one kind.		

Menu 3		This menu has 2 kinds of varieties
Watermelon	3 – 5 servings	Watermelon and Cucumbers are of the Cucurbitaceae family Humus is of the Leguminosae family Bread comes from wheat which is of the Gramineae family Pecans are from the Juglandaceae family but combines well with the bread and tofu
Bread	4 slices	
Humus	4-6 tablespoons	
Cucumber	1 whole cubed	
Pecans	1 closed handful	
2 kinds: watermelon and cucumbers are one kind; bread, humus, pecans are treated as one kind.		

Menu 4		This menu has 3 kinds of varieties
Soursop and Sugar apple	3 – 5 servings	Soursop and Sugar apple are of the Annonaceae family String bean is of the Leguminosae family Bake comes from wheat which is of the Gramineae family Tomatoes come from the Solanaceae family Tahini butter comes from the Pedaliaceae family
Bake	2 slices	
String beans	4 tablespoons	
Tomatoes	1 whole sliced	
Tahini butter on bake	1 tablespoon	
3 kinds: Soursop and Sugar apple is one kind; bake, string beans and tahini butter is treated as one kind and tomato is one kind.		

Menu 5		This menu has 3 kinds of varieties
Tomatoes and sweet peppers	Side bowl salad	Tomatoes, Sweet peppers and Eggplant are of the Solanaceae family Breadfruit is from the Moraceae family Lentil and Peanut is from the Leguminosae family
Steamed eggplant	1/2 plate	
Breadfruit	1/4 plate	
Lentils	1/4 plate	
Peanut	1 closed handful	
3 kinds: tomatoes, sweet peppers, eggplant are one kind; breadfruit is one kind; lentils and peanuts are one kind.		

Menu 6		This menu has 3 kinds of varieties
Lettuce	Side bowl salad	Lettuce is of the Compositae family Cabbage and Cauliflower are of the Cruciferae family Rice and Bread comes from the Gramineae family Chick pea is from the Leguminosae family Cashew is of the Anacardiaceae family
Steamed Cabbage and Cauliflower	1/2 plate	
Rice	1/4 plate	
Chick pea	1/4 plate	
Gluten-free Bread with Cashew butter	1 slice 1 tablespoon	
3 kinds: lettuce is one kind; cabbage, cauliflower are of one kind; pasta, chick pea, bread and cashew are treated as one kind.		

Menu 7		This menu has 3 kinds of varieties
Lettuce	Side bowl salad	Lettuce and Sweet Potato are from the Compositae family Carrots and Celery is from the Umbelliferae family Bread comes from the Gramineae family Lentils and Peanut butter are from the Leguminosae family
Steamed Carrots and Celery	1/2 plate	
Sweet potato pie	1/4 plate	
Lentils	1/4 plate	
Bread with Peanut butter	1 slice 1 tablespoon	
3 kinds: lettuce and sweet potato are one kind; carrots and celery are one kind; bread, lentils and peanut butter are treated as one kind.		



MENU PLANNING WORKSHEET EXERCISES

Menu 1		This menu has _____ kinds of varieties
Lettuce	Side bowl	Lettuce is from the _____ family Radish and Cabbage are from the _____ family Wild rice is from the _____ family Mung beans is from the _____ family Olives are from the _____ family Almond nuts are from the _____ family
Radish and Cabbage steamed	1/2 plate	
Wild rice	1/4 plate	
Mung beans	1/4 plate	
Olives Almond nuts	7 1 closed handful	

Note: Olives can go with every meal – check to make sure it is soaked in salt not vinegar

Menu 2		This menu has _____ kinds of varieties
Mung bean sprouts	Side bowl	Mung bean sprouts is from the _____ family Carrots and Beets are from the _____ family Yam is from the _____ family Pink beans is from the _____ family Cashew nuts are from the _____ family
Carrots and Beets steamed	1/2 plate	
Yam	1/4 plate	
Pink beans	1/4 plate	
Cashew nuts	1 closed handful	

Menu 3		This menu has _____ kinds of varieties
Cucumber	Side bowl	Cucumber is from the _____ family Butter squash is from the _____ family Rice pasta is from the _____ family Lentil loaf is from the _____ family Sunflower seed sauce is from the _____ family Walnuts are from the _____ family
Butter squash steamed with Sesame seeds	1/2 plate 1 tablespoon	
Rice pasta	1/4 plate	
Lentil loaf with Sunflower seed sauce	1/4 plate	
Walnuts	1 closed handful	

Menu 4		This menu has _____ kinds of varieties
Tomato sliced	Side bowl	Tomato, eggplant, potato and sweet pepper are from the _____ family Pink beans is from the _____ family
Eggplant and sweet pepper steamed	1/2 plate	
Potato pie	1/4 plate	
Pink beans	1/4 plate	
Bread	1-2 slices with almond butter	

Menu 5		This menu has _____ kinds of varieties
Pineapple	3 – 5 servings	Pineapple is of the _____ family Coconut Bake is of the _____ family Okra is of the _____ family Sunflower seed is from the _____ family Peanuts are from the _____ family
Coconut bake	2 - 3 slices	
Okra	3 tablespoons	
Sunflower seeds	1 tablespoon	
Peanuts	1 closed handful	

Menu 6		This menu has _____ kinds of varieties
Cantaloupe	3 – 5 servings	Cantaloupe is of the _____ family Millet comes from the _____ family Soy milk comes from soybean which is of the _____ family
Millet cereal	1 cup	
Flaxseed	2 tablespoons	
Pumpkin seeds	1/4 cup	
Soy milk	1/4 cup	
Bread	1 – 2 slices	
Tahini butter		

Menu 7		This menu has _____ kinds of varieties
Mango	3 – 5 servings	Mango and cashew nuts are of the _____ family Rice is of the _____ family Black bean is of the _____ family Tomato is of the _____ family
Rice	3/4 cup	
Black bean	4 tablespoons	
Cooked tomatoes	1 tablespoon	
Cashew nuts	1 closed handful	

MY VERY OWN MENUS

Menu 1		This menu has _____ kinds of varieties
		_____ is of the _____ family
		_____ is of the _____ family
		_____ is of the _____ family
		_____ is of the _____ family

Menu 2		This menu has _____ kinds of varieties
		_____ is of the _____ family
		_____ is of the _____ family
		_____ is of the _____ family
		_____ is of the _____ family

Menu 3		This menu has _____ kinds of varieties
		_____ is of the _____ family
		_____ is of the _____ family
		_____ is of the _____ family
		_____ is of the _____ family

CONCLUSION

Selecting food kinds for your meals may seem tedious at first, but it simply requires careful thought and it will soon be easy to bring together.

Right combinations will prevent indigestion, heartburn, constipation, headaches, thyroid related conditions and hundreds of diseases.

It is our desire that this information helps you in selecting correct food combinations to enable you to benefit greatly from your food and be in better health.

WHOLE-GRAIN, PLANT-BASED FOOD LIST

This is not an exhaustive list as there are many more natural and wholesome foods.

GRAINS	Whole grain: Brown rice, Wild rice, Millet, Oats, Barley, Bulgur (cracked wheat) Rye, Spelt, *Amaranth, *Quinoa , *Buckwheat, (*Seed -psuedo grain) Whole wheat pasta, Whole grain Couscous
FRUITS	Apples, Oranges, Bananas, Kiwi, Watermelons, Honeydew, Melons, Cantaloupes, Pears, Grapes, Peach, Nectarine, Grapefruit, Tangerines, Pineapples, Mangoes, Papaya, Pomegranate, Cherries, Carambola, Sapodillas, Sour Sop, Sugar Apples, Raisins, Prunes, Currants, Apricots, Dates, Figs, Pineapples, Cranberries, Pears, Peaches, Star Fruit, Blueberries, Raspberries, Blackberries, Lemons, Limes, *Strawberries (*Vegetable – psuedo fruit)
	Tomatoes, Cucumbers, Avocadoes, Red, Orange, Yellow bell pepper, Olive (green or black), Pumpkin, Squash, Zucchini, Eggplant, Plantain, Strawberry, Bodi, String beans
VEGETABLES	Carrots, Asparagus, Garlic, Onion, Scallion, Leek, Yellow, Acorn, Butternut, *Cruciferous: Broccoli, Brussels Sprout, Cabbage, Collard Greens, Kale, Horseradish, Turnip, Chinese Cabbage, Cauliflower, Bok Choy, Radish, - <i>*Use Dulse or Kelp to protect your thyroid when using items from this family.</i>
TUBERS	Beets, Potatoes, Carrots, Sweet Potatoes, Dasheen, Yams, Radishes, Edoes, Cassava
GREEN LEAFY	Arugula, Spinach, Water Spinach, Cylon Spinach, Purslane, Watercress; The Lettuce Family, Including Loose Leaf, Romaine, Red Leaf, Green Leaf
LEGUMES	Red, White, Pinto, Navy beans, Black beans, Black eye peas, Chickpeas, Lentils, Green Beans, Peanuts, Peas, Soy beans, Tofu
NUTS	Almonds, Cashew, Pecan, Walnut, Coconut, Brazil nuts, Hazel nuts, English nuts, Pine nuts, Macadamia, Pistachio, Chestnuts
SEEDS	Pumpkin seed, Sunflower seed, Sesame seed, Flax seed, Chia seed

SWEETENERS	Honey, Agave nectar, Molasses, Dates, Raisins, Bananas, Apple sauce, Cane juice
AVOID	<p>All flesh and its by-products (cheese, ice cream, milk, butter, eggs, etc.).</p> <p>All refined items, such as white rice, white bread, crackers, pastries, cakes, etc.</p> <p>All alcohol, vinegar, vinaigrette dressings, soy sauces, miso, tempeh, tamari, apple cider, vinaigrette dressings, mustards, mayonnaise, vegennaise, nayonnaise, vinegar, ketchup, Worcestershire sauce, barbecue sauces</p> <p>Tobacco</p> <p>Caffeine: Tea, coffee, decaf tea, white tea, green tea, chai tea, black tea, sweet tea, Lipton iced tea, all energy drinks, vitamin water, and all carbonated drinks.</p> <p>Hot spices: hot peppers (chili, black, and white peppers), ginger, mauby, curry, nutmeg, mace, cinnamon, cloves</p> <p>Baking powder (sodium bicarbonate)</p> <p>Sugar and artificial sweeteners</p> <p>Fried foods as well as highly processed foods or cooking with oils</p> <p>Artificial flavors and preservatives</p>
USE SPARINGLY	<p>BPA-free Canned, dried or frozen vegetarian meat substitutes,</p> <p>Unrefined salt: sea salt with iodine, Fats: avocados, oils, Natural Sweeteners: Honey, etc.</p>

GLUTEN-FREE AND GMO-FREE SHOPPING LIST

USE

Beans, peas, legumes
 Buckwheat
 Sorghum
 Millet
 Teff
 Quinoa
 Corn (Organic Cornmeal, Polenta, Masa, Grits)
 Rice (all types, flours)
 Gluten-free pasta, flour, bread crumbs
 Flaxseed
 Nuts (plain, flour)
 Seeds
 Tapioca (starch, flour)
 Yeast
 Milk: Almond, Cashew, Coconut,
 Potato
 Fruits
 Vegetables
 Oils: Olive, Coconut

The gluten-free diet requires total avoidance of the grains wheat, barley, rye, spelt and all hybrids of these grains, such as triticale. Do look out for the product to be identified as gluten-free. Be careful with cross contamination of these items in a gluten environment because if you are gluten sensitive, even a microscopic amount can harm you severely.

AVOID

Barley
 Flour Tortillas, Pasta
 Beer
 Graham Flour, crackers, cake flour
 Breaded Foods
 Bulgar
 Lentils & Kidney Beans (non-organic)
 Matzah
 Cous cous
 Duram
 Wheat (germ, starch, bran, grain, sprouted)
 Sweet potatoes (non-organic)
 Farina
 Semolina
 Hydrolized Wheat Protein
 Malt (vinegar, flavoring, syrup, extract)
 Oats
 Soy (tofu, chunks, mince, soy curls, liquid aminos)
 Sugar, Cane
 Rye, Spelt, Kamut, Triticale
 Vegetable Starch



GLUTEN/ALLERGIES FREE LIST

What you should eat today?

GRAINS

Gluten-free organic rice
Organic cornmeal
Millet
Buckwheat
Sorghum
Teff
Quinoa
Amaranth

PROVISION

All can be eaten

BEANS

All can be eaten except soy and it's by products like chunks, soy curls, mince. Make sure you watch lentils and red beans those might have to be organic if there is a reaction or eliminate completely

VEGETABLES

All veggies can be used except for carrot and celery

FRUITS

All fruits can be used except:

Banana and its family
Banana plantain finger rose bugament
Melon and its family
Watermelon, honeydew, cantaloupe, cucumber, pumpkin, zucchini, squash
Papaya avocado kiwi strawberry currant

NUTS

All nuts can be used except: peanut and walnut

MENU PLAN – WEEK 1

DAY	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
BREAKFAST	Tomato	Cucumbers	Tangerine	Pineapple, coconut Smoothie	Custard apple	Avocado	Tangerine
	Boiled potatoes Bodi peas 2 Tbsp Flax seed (grounded)	Organic Cornmeal with Almond Milk 2 Tbsp Flax seed (grounded) Pumpkin seed, Chopped walnuts, cranberries	Wild rice Okra, Lentils 2 Tbsp Flax seed (grounded) 7 olives	Brown rice String beans Egg plant 2 Tbsp Flax seed (grounded)	Rice porridge with Almond Milk 2 Tbsp Flax seed (grounded) Pumpkin seed, walnuts, cranberries	Cassava topped with pumpkin seed sauce Baked tofu Pumpkin 2 Tbsp Flax seed (grounded)	Gluten-free Bread Beans Olives 2 Tbsp Flax seed (grounded)
	Pecans	Cashew nuts	Brazil nuts	Almonds	Gluten-free bread with nut butter	Almonds	Pecans
LUNCH	Lettuce	Lettuce	Cucumbers	Lettuce	Tomatoes	Lettuce	Cucumbers
	Brown rice Kidney beans Callaloo	Brown rice Steamed Cabbage and Cauliflower Chick pea	Quinoa Red beans Steamed Christophine	Boiled Dasheen, Steamed Broccoli, blackeye beans	Roasted breadfruit, eggplant, black beans	Brown rice, Pigeon peas, Steamed carrot celery or parsley	Brown rice, Mung beans, squash 7 olives
	Walnuts	Brazil nuts	Pumpkin seeds	Cashew nuts	Walnuts	Pecans	Walnuts
SUPPER	Cucumber, pink salt & Tomato	Oranges	Water Melon	Mango	Lemon water	Pineapple	Coconut water

MENU PLAN – WEEK 2

DAY	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
BREAKFAST	Pineapple	Cherries	Cucumbers	Guava	Pineapple	Oranges	Tomatoes
	Steamed Potato, Stewed tomatoes, Scrambled tofu 2 Tbsp Flax seed (grounded)	Millet Porridge with Almond Milk 2 Tbsp Flax seed (grounded) Pumpkin seed, Chopped walnuts, cranberries	Brown rice Lentils Pumpkin 2 Tbsp Flax seed (grounded)	Brown rice String beans, Boiled plantain 2 Tbsp Flax seed (grounded)	Rice porridge with Almond Milk 2Tbsp Flax seed (grounded) Pumpkin seed, walnuts, cranberries	Wild rice Red beans, Steamed Cabbage 2 Tbsp Flax seed (grounded)	Cassava, stewed eggplant, cubed tofu 2 Tbsp Flax seed (grounded)
	Pecans	Almonds	Brazil nuts	Walnuts	Cashew nuts	Pecans	Walnuts
LUNCH	Lettuce	Avocado	Lettuce	Cucumber	Lettuce	Tomatoes	Watercress leaves
	Brown rice, Pigeon peas, Callaloo	Brown rice, Chickpeas, Pumpkin 7 olives	Boiled corn, Adzuki beans, Red beet, Steamed cauliflower	Boiled Yam, Red beans, Boiled plantain	Onion soup, Quinoa, Pigeon peas, Steamed red cabbage and Spinach	Baked potatoes, black beans, squash 7 olives	Brown rice, Lentils, Carrots and onions
	Walnuts	Brazil nuts	Cashew nuts	Almonds	Pecans	Walnuts	Almonds
SUPPER	Apples	Plums	Pineapple	Mangoes	Lemon water	Oranges	Coconut water

TASTEE VEGAN DELIGHT

RECIPES



Granola

Mix well in a large bowl and set aside:

- 7 cups rolled oats, gluten free
- 1 cup quick oats, gluten free
- 1 cup unsweetened dried coconut
- 1 cup sliced or chopped raw almonds
- 1 teaspoon pink Himalayan sea salt

Blend in a blender until creamy:

- 3/4 cup raw sunflower seeds
- 1 cup water
- 1/2 cup honey or maple syrup

Pour the liquid over the dry ingredients. Mix well with spatula or hands. Spread evenly onto a baking sheet and bake at 170 degrees for 3 hours turning every 30 minutes.

Scramble Tofu

- 1 12-ounce Mori-Nu Silken Lite Firm Tofu
- 3 tablespoons nutritional yeast flakes
- 2 cloves of garlic
- 1 medium onion
- 1/8 teaspoon turmeric
- 1 tablespoon olive oil

Combine olive oil and turmeric in a non-stick pan and stir. Add other ingredients and stir for about 5 minutes. Serve warm.

Rice Cereal

- 1/2 cup almond milk
- 1 cup cooked sweet brown rice
- 1/4 teaspoon cardamom

Heat ingredients in pan and stir.

- 1 banana

Add sliced banana. Other ingredients to enrich the cereal are raisins, dates, pumpkin seeds and sunflower seeds.

Cashew Milk

Blend in a blender until creamy, about 1 minute:

2/3 cup water
2/3 cups raw cashews
1/8 teaspoon pink Himalayan sea salt
1 tablespoon honey

Add:

3 1/3 cups water

Blend well and refrigerate.

Shake well before serving.

Almond Milk

3/4 cup water
1/4 cup blanched almonds (blanch: soak almonds in hot water for two minutes then squeeze skin off)
1/4 teaspoon pink Himalayan sea salt
1 tablespoon honey

Add:

3 1/4 cups water

Mix well and refrigerate. Shake well before serving.

Almond Rice Milk

Blend in a blender until creamy, about 1 minute:

3/4 cup water
1/4 cup blanched almonds
1/2 cup cooked brown rice
1/4 teaspoon pink Himalayan sea salt
1 tablespoon honey

Add:

3 1/4 cups water

Mix well and refrigerate.

Shake well before serving.

Strawberry Protein Smoothie

1/3 cup raw cashews
2 cups strawberry (other fruit of choice)
1/2 cup organic apple juice
1/8 teaspoon pink Himalayan sea salt

- 1 tablespoon lemon juice
- 9 tablespoons honey
- 1 12-ounce package Mori-Nu Lite Soft Tofu
- 1 tablespoon vanilla pudding mate

Combine in a blender

Serve in small dessert dishes.

Holiday Nut Loaf

- 3 cups water
- 1 tablespoon nutritional yeast flakes
- 1/2 teaspoon pink Himalayan sea salt
- 3 tablespoons nutritional yeast flakes
- 2 cloves garlic
- 2 onions chopped
- 2 cups pecans, grounded
- 3 cups cooked brown rice

Place all ingredients in a saucepan except rice and nuts; simmer together for 3 minutes.

Remove from heat and stir in rice and nuts while liquid is still hot.

Allow sufficient cooling to handle in the next step.

Pour into baking dish or a nonstick pan or greased cooking pan.

Bake at 350°F until brown.

Macaroni and Cheese

Macaroni

Brown rice spiral macaroni (any macaroni of your choice)

1/2 teaspoon pink Himalayan sea salt

Water

Cheese Sauce

Blend in a blender till creamy:

1 cup raw cashews

1 cup water

2 tablespoon sesame seeds, unhulled

Add as needed for smooth blending:

1 cup water

Add and blend:

1/3 cup chopped sweet red bell pepper or pimiento

2/3 cup nutritional yeast flakes

1/4 teaspoon celery

4 cloves garlic

1 medium onion chopped
3/4 teaspoon pink Himalayan sea salt
2 tablespoons lemon juice

Add to cooked macaroni noodles and mix well. Can bake in the oven for 20 minutes to set.

Oat Burgers

3 cups water
1 tablespoon Nutritional Yeast Flakes
1 teaspoon Italian seasoning
4 cloves garlic chopped
1 medium onion diced
1/2 teaspoon pink Himalayan sea salt
3 tablespoons nutritional yeast flakes
3 cups quick oats, toasted
1/2 cup finely chopped walnuts or pecans

Place all ingredients in a saucepan except oats, nuts, garlic and onions; simmer together for 3 minutes. Remove from heat and stir in quick oats, nuts, garlic and onions while liquid is still hot.

Allow sufficient cooling to handle in the next step.

Shape into burger-sized patties using a desired cover, and place on a nonstick pan or greased cooking pan. Bake at 350°F until brown on both sides.

Homestyle BBQ Soy Curls

1/4 cup olive oil
4 cloves garlic chopped
1 medium onion diced
8 oz tomato paste
2 cups natural sweetener
2 Tablespoons molasses
3 teaspoons pink Himalayan sea salt
1 cup lemon juice
5 cups Butler soy curls
6 cups water to cover ingredients

Add all ingredients to crockpot. Add more water as needed to keep Soy Curls from drying out as they cook. Cook on high in the crockpot for 5 or more hours.

Salt Fish Soy Curls

2 cups soy curls, chopped up small
4 cloves garlic chopped
1 medium onion diced
1 1/2 teaspoon kelp
1 teaspoon lecithin

- 1 1/2 teaspoon pink Himalayan sea salt
- 4 chopped tomatoes (optional)

Add all ingredients to crockpot. Add more water as needed to keep Soy Curls from drying out as they cook. Cook on high in the crockpot for 5 or more hours.

Mini Pizza Wheels

- 1 cup Butler soy curls
- 4 cloves garlic chopped
- 1 medium onion diced
- 1 tablespoon Nutritional Yeast Flakes
- 6 english gluten-free muffins, halved / flat bread
- 1 cup tomato sauce
- 1/2 cup black olives, chopped
- 1 1/2 cups Agar cheese

Preheat oven to 380 degrees F. Grease 1 cookie sheet. Soak the Soy Curls in warm water for about 10 minutes. Drain and squeeze out excess water and chop curls into smaller chunks. Saute with garlic, onion and seasoning in a little water until lightly browned. Lay out English muffins on prepared cookie sheet. Layer on the pizza sauce, then all other ingredients in the order of your choice. Bake for 10-15 minutes. Enjoy!

Fishy Patties

Drain and freeze at least overnight then thaw:
1 12-ounce package Mori-Nu Lite Firm Tofu

Crumble the thawed tofu and place it in a large bowl and add

- 4 cups cooked brown rice
- 1 medium onion, diced
- 6 tablespoons nutritional yeast flakes
- 1/2 teaspoon celery salt
- 2 tablespoons lemon juice
- 1 1/2 teaspoons pink Himalayan sea salt
- 2 tablespoons kelp
- 1/2 teaspoon dillweed
- 1/2 cup garbanzo flour
- 1/4 cup potato flour
- 1 cup water

Mix well. Shape into patties or sticks and either fry them in a sprayed non-stick frying pan till golden brown on both sides or place them on a cookie sheet coated with cooking spray and bake at 375° F for 20-25 minutes. Turn and bake for another 15 minutes.

Note: Mixture also can be put in a loaf pan and baked at 375° F for about 45 minutes or till golden brown on top.

Sada Roti

3 cups Organic whole wheat pastry flour (any other flour of your choice)
2 tablespoons flax seed, grounded
1/4 cup olive oil
1 teaspoon pink Himalayan sea salt
1 1/2 cup water
1/2 cup oats or shredded coconut (optional)

Knead all ingredients together and make small balls. Use a rolling pin to roll each ball into a circle.

Next on high heat plate or an iron platter, oil the surface then place rolled dough onto the platter to cook on both sides.

Brown Rice

7 cups water
3 cups brown rice
1 teaspoon pink Himalayan sea salt

Place all ingredients in a baking dish and bake at 200°F for 3 hours. Be sure to watch how fast the rice is cooking and turn the temperature down if cooking too fast. Cover with a foil and remove 30 minutes before the three hours is finished.

Crock Pot Beans

5 1/2 cups water
2 cups beans (your favorite kind)
1 tablespoon onion powder
1 tablespoon garlic powder
1 tablespoon Italian seasoning
2 teaspoon pink Himalayan sea salt
1 teaspoon cumin
1 medium fresh onion diced small
6 cloves of garlic (or as many as you like)

Place first 7 ingredients to a crock pot and cook for 6 – 8 hours. Add fresh onion and garlic after first two to three hours of cooking.

Honey Glazed Tofu Turkey with Pineapple Cranberry Stuffing

Turkey:

- 6 pounds extra firm water packed tofu
- 1 tablespoon plus 1 teaspoon pink Himalayan sea salt

Turkey Basting Mixture:

- 1/8 cup olive or sesame seed oil
- 1/4 cup liquid aminos
- 1 tablespoon lemon juice
- 1/2 teaspoon yellow turmeric
- 1 cup honey (and extra honey as needed)

1. *Mash tofu or mix with hands. Add sea salt.*
2. *Line a 9 inch colander with wet cheesecloth overlapping the sides.*
3. *Add the mashed tofu to the cloth covered colander, press down and cover with the overlapping sides.*
4. *Place the whole thing into a large bowl or on a dish large enough to catch the liquid that will drain out (about 1 cup).*
5. *Cover the cheesecloth with a flat plate that fits inside the colander and place a 5 pounds weight on the plate (bag of flour, etc.)*
6. *Refrigerate tofu for at least 6 hours.*
7. *When the time is up, prepare the stuffing according to the directions and set aside.*
8. *Remove the tofu from the fridge and remove weight and plate from top of cheesecloth.*
9. *Hollow out tofu to within 1 inch of the sides and bottom, placing the scooped-out tofu into a bowl.*
10. *Place the stuffing inside the shell and pack firmly. Cover with the remaining tofu and pat down firmly.*
11. *Turn stuffed tofu onto a greased baking sheet, flat side down.*
12. *Gently press on sides of "turkey" to achieve a more oval shape.*

Stuffing:

- 2 cups homemade Butler Soy Curls or TVP Soy Chunks
- 1 tablespoon celery powder
- 1 tablespoon onion powder
- 1/4 cup olive oil
- 1/2 teaspoon pink Himalayan sea salt
- 1 tablespoon fresh sage, minced
- 20 ounce can crushed pineapple, drained
- 1 cup boiling water
- 1 1/2 cups dried cranberries
- 1 cup chopped toasted pecans
- 1 teaspoon dried oregano, crushed
- 4 cups Homemade Cornbread Stuffing
- 4 cups Homemade Cubed Country Style Stuffing

1. *Sauté Butler Soy Curls or TVP Soy Chunks, celery powder, onion powder, olive oil, and salt until brown and tender, about 10 minutes.*
2. *In a large bowl, combine stuffing, sautéed ingredients, pecans, fruits, and seasonings.*
3. *Gradually pour boiling water over stuffing mix, 1/2 cup at a time, tossing 3 to 4 times to coat.*

4. *Set aside 4 cups of stuffing for the turkey. Spoon remaining stuffing into a shallow baking dish.*
5. *Cover stuffing tightly with foil and bake at 325° F for 35 - 40 minutes.*

***After Turkey has been stuffed, base the Turkey with Turkey basing mixture then place in 325 degree oven for 2 hours. Take turkey out after the first hour to base again then return to the oven until cooked.**

Cornbread Stuffing

Part I

1 cup whole grain yellow cornmeal
1 cup Organic whole wheat pastry flour or any whole grain flour (must be organic)
1 tablespoon Ener-G baking powder, (sodium bicarbonate free and aluminum free – must be Ener-G)
1 teaspoon pink Himalayan sea salt
1 1/4 cups soy milk, organic, Non-GMO or other plant based milk
2 tablespoons olive oil

1. Preheat oven at 375° F degrees.
2. In a medium bowl add dry ingredients and mix well.
3. Add soy milk and oil; stir just enough to moisten dry ingredients. Do not beat.
4. Place in an oil sprayed glass loaf pan and place in pre-heated oven to bake.
5. When baked transfer cornbread to a wire rack and cool completely. Once cool, crumble up in a large bowl and set aside.

Part II

1/2 cup olive oil
1 tablespoon celery powder
1 tablespoon onion powder
1 tablespoon Nutritional Yeast Flakes
1 tablespoon parsley
1 teaspoon sage
1 teaspoon thyme
1 teaspoon oregano

1. In a skillet, heat oil over medium heat, add celery and onions, sauté about 3-5 minutes.
2. In the crumbled cornbread above, add the parsley, sage, thyme, oregano, celery, and onions. Toss lightly with honey.

Cubed Country Style Stuffing

1 loaf of Ezekiel sprouted bread
1 1/2 tablespoons Italian seasoning
2 cloves garlic
2 tablespoons Nutritional Yeast flakes
Cooking Spray

1. Mix seasonings in a small bowl.

2. Toast loaf of whole grain bread then cut into cubes. Place cubes onto sprayed 9 x 13 glass dish.
3. Sprinkle above mixed seasonings on to cubes.
4. Spray a small amount of cooking spray over cubes and bake at 250° F for 30 minutes.

Barbecue Sauce

Combine in a saucepan

- 3 cups tomato puree or sauce
- 5 tablespoons molasses
- $\frac{3}{4}$ cup honey
- 1 small onion blended
- 4 cloves garlic blended
- 1 $\frac{1}{2}$ teaspoons parsley flakes
- 1 teaspoon pink Himalayan salt salt
- 2 tablespoons Bragg Liquid Aminos
- 2 tablespoons lemon juice

Bring to boil, reduce heat, and simmer for 10 minutes.

Ketchup

Combine in a mixing bowl

- 1 cup unsalted tomato sauce
- 4 teaspoons honey
- $\frac{1}{4}$ teaspoon pink Himalayan sea salt
- 1 small onion blended
- 4 cloves garlic blended
- $\frac{1}{4}$ teaspoon Cinnamon substitute
- $\frac{1}{8}$ teaspoon celery salt
- 1 $\frac{1}{2}$ tablespoons lemon juice
- $\frac{1}{2}$ teaspoon molasses

Mix well and refrigerate.

Tofu Mayonnaise

- 1 12-ounce box Mori-Nu Silken Lite Firm Tofu
- 1 cup raw cashews
- $\frac{1}{4}$ cup lemon juice
- 1 $\frac{1}{2}$ tablespoons honey
- 1 teaspoon pink Himalayan sea salt
- 1 teaspoon onion powder

Place all ingredients in a blender and blend for at least 1 minute until silky smooth. If content is too thick in blender, add a little water to blend. Chill to thicken.

Minced Onion Dressing

1/4 cup Tofu Mayonnaise
2 tablespoons diced onion
1/2 teaspoon garlic, chopped
1/8 teaspoon Italian seasoning

Blend in a bowl until mixed well. Put into storage container and refrigerate.

Sliceable Cheddar Cheese

2 tablespoons agar powder or 4 tablespoons agar flakes
1 cup water

In a small pan, soak agar in water for 1-2 minutes. Bring to a boil, stirring until clear.

While agar is soaking, blend the following until smooth:

1/2 cup water
3/4 cup raw cashews
2 tablespoons sesame seeds
1/4 cup red bell pepper
1 small onion blended
4 cloves garlic blended
1/4 teaspoon dillweed
3 tablespoons Nutritional Yeast Flakes
1 1/4 teaspoons pink Himalayan sea salt

Add agar mixture to blender. Boil 1/4 cup more water in pan to dissolve any remaining agar, add to blender. Blend until creamy and smooth.

Add 1/4 cup fresh lemon juice

Blend briefly and pour immediately into greased container to set and take shape. Chill 4-6 hours to set.

All Star American Cheese

1/2 cup red pimiento
1/2 cup rice flour (any flour of your choice)
2 tablespoon flax seed, grounded
1/2 cup Nutritional Yeast Flakes
1 cup water
3 tablespoons sesame tahini
2 tablespoons lemon juice
1 1/2 teaspoons pink Himalayan sea salt

Blend until smooth and creamy.

Pour into a small coated bread pan and bake at 350°F for 30 minutes or until firm-looking in the center. It will settle and firm as it cools. Refrigerate for the cheese to settle.

Hummus

2 cups garbanzo beans
3-4 tablespoons lemon juice
1/3 cup sesame seeds
1 small onion blended
4 cloves garlic blended
1/4 to 1/2 teaspoon Pink Himalayan sea salt

*Combine all ingredients in blender and blend until very smooth, add liquid as needed.
Taste and add additional lemon juice, onion, garlic or pink Himalayan sea salt if desired.*

Delightful Butter

1 1/4 cup of coconut oil
3/4 cup olive oil
2 tablespoons of lecithin granules

Blend together and add:

1 cup of water
1 tablespoon of pink Himalayan sea salt

*Blend together and place it in a container in the freezer to come in
Remove from freezer
Blend again and place in a container in the freezer until it is set firm.*

Celery Salt

3 parts celery seed, grounded
1 part pink Himalayan sea salt

Combine in a container and mix thoroughly

Flaxseed Gel

Substitute for baking powder, baking soda, eggs and yeast

1/4 cup flaxseed
2 cups water

*Bring to a boil, stirring constantly so that it does not stick to the bottom of the pan.
Immediately strain the liquid using a cheese cloth or strainer. Refrigerate and store for later use.*

Use 2 to 3 tablespoons of flax seed gel to replace one egg.

Cinnamon Substitute

Cinnamon 1

3 parts coriander, 3 parts bay leaf, 1 part cardamom

or

Cinnamon 2

1 part bay leaf, 3 parts coriander

Place in a bottle and label.

Nutmeg Substitute

3 parts cardamom

3 parts bayleaf

1 part coriander

Curry Powder

Grind all ingredients to powder.

2 tablespoons coriander

1 1/2 teaspoons fenugreek

1 1/2 teaspoons turmeric

1 teaspoon celery seed

1 teaspoon onion powder

1 teaspoon garlic powder

6 bay leaves

Store in a bottle.

Vinegar Substitute

Lemon juice

Toasted Oats

Throw oats in baking tray

Toast oats in oven at 170° - 200° F for 2 1/2 hours

Cool and store in a container for later use when it would be cooked for another 30 minutes in another meal preparation.

Oatmeal Raisin Cookies

1 cup honey

2 tablespoons tahini butter

1 teaspoon lecithin
2 teaspoon lime zest
1 teaspoon pink Himalayan sea salt
1 1/2 vanilla pudding mate
1 cup cold water or 1/2 cup when using honey
5 cups regular or quick toasted oats
1 cup Organic whole wheat pastry flour
1/2 cup raisins
3/4 cup chopped walnuts

In a large bowl, combine ingredients except all last four and mix with fork. Stir in flour, oats, raisins and nuts and mix well with spoon. Drop by spoonful on non-stick cookie sheet. Flatten with fork. Bake at 350°F for 15 – 20 minutes or until golden brown.

Pina Colada Pie

Blend in a blender until creamy:

1/2 cup raw cashew
1/2 cup pineapple juice
1 19 ounce can of crushed pineapple

Transfer mixture into a saucepan and add:

1 3/4 cups coconut milk
3 1/2 cups pineapple juice
1/4 cup honey
1/4 teaspoon pink Himalayan sea salt
1/2 cup corn starch

Cook over medium heat, stirring constantly until mixture thickens. Pour into almond pie shell. Garnish with chopped coconut or nuts.

No-bake Almond Pie Shell

Grind in a food processor or blender until finely ground.

2 cups raw almonds
1 cup soft dates
1/8 teaspoon pink Himalayan sea salt

Spray pie dish with cooking spray. Divide the mixture in half and press firmly into a dish with your hands to shape the pie shell.

THE SECRET TO DISEASE PREVENTION AND HEALTH RESTORATION – PART 2



REVERSE ARTHRITIS

ATTENTION: Before making any changes please contact your health care professional.

WHAT IS ARTHRITIS?

Arthritis is a general term defined as inflammation of the joint.

An estimated 40 million Americans suffer from some form of arthritis. Joint inflammation is characterized by redness, warmth, swelling, and pain within the joint.

There are over a hundred different types of arthritic joint pain but the most common are osteoarthritis (OA), rheumatoid arthritis (RA) and gout.

Sedimentation rate, or erythrocyte sedimentation rate (ESR), is a blood test that can reveal inflammatory activity in the body, and it is one of the tests used to determine arthritis. However, there are other tests which will tell of the specific type of arthritis.

In the ESR test, if the blood sample falls too quickly in the test tube, it indicates that inflammation is high in the body. The normal sedimentation rate (Westergren method) for males is 0-15 millimeters per hour, for females it is 0-20 millimeters per hour. The sedimentation rate can be slightly elevated in the elderly, and so a diagnosis can be determined by other types of testing.

OSTEOARTHRITIS (OA)

Osteoarthritis is a form of arthritis involving the deterioration (wear and tear) of the cartilage that cushions the ends of bones. It affects 16 million Americans, mostly 45 years and older though it can occur at an earlier age. Women are more affected than men.

Cartilage is a firm tissue that covers the ends of bones in normal joints. Its main function is to reduce friction in the joints and serve as a "shock absorber". The shock-absorbing quality of normal cartilage comes from its ability to change shape when under pressure (flattened or pressed together).

Osteoarthritis occurs where there is inadequate blood supply to the joints for proper functioning and this can result in weakened ligaments as well as decrease the fluid between the joints causing wear and tear of the cartilage and greatly reduce its ability to act as a shock absorber. The bone could rub against each other and those beneath either thin or overgrow irregularly as a spur or lipping.

Osteoarthritis can occur in almost any joint in the body but it affects mainly the weight-bearing joints, such as the spine, knees, hips and sometimes the fingers, thumb, neck, and large toe especially where there was a previous injury or excessive stress involved.

RHEUMATOID ARTHRITIS (RA)

Rheumatoid arthritis is a form of arthritis in which the body's immune system attacks the lining of the joints. It affects about 2.1 million Americans and is three times more common in women than in men.

Rheumatoid arthritis is caused from inflammation of the joints especially in the wrist; fingers and knees but it can also affect the neck, shoulders, elbows, ankles and feet. It typically occurs in joints on both sides of the body and this helps distinguish rheumatoid arthritis from other types of arthritis. It is manifested as red, tender, warm, swelling, pain and stiffness especially in the morning and fever. In addition to affecting the joints, rheumatoid arthritis may occasionally affect the skin, eyes, lungs, heart, blood, or nerves. Damage can become severe and deforming thus causing great discomfort.

When the synovial membrane is inflamed, it becomes swollen, enlarged, soft and spongy and fluid builds up in the joint. This causes the joint to become stiff and the cartilage wears away. Eventually the bones of the joints may fuse and this can become very painful.

GOUT

Gout is a metabolic disorder in which uric acid builds up in the blood and forms crystals in the joints and other places especially the big toe. It affects about 1 million Americans (70% to 80% are men), with first attack starting between 40 and 50 years of age.

Uric acid comes from a breakdown of purines a type of protein that occurs naturally in the body as well as in a number of foods.

Purines are then converted to uric acid in the blood for excretion by the kidneys in the urine. However excessive levels of uric acid in the blood due to overproduction or inadequate elimination or both result in the formation of uric acid crystals that are deposited in the tissues and joints, thus it becomes irritated and swollen. Gout has long been associated with diet, particularly overindulgence in meat, seafood and alcohol. Moderate intake of purine-rich vegetables or protein is not associated with an increased risk of gout.

Gout comes in the form of attacks once or twice a year, usually before midnight. It first attacks the big toe, then other joints and parts of the body. It is shiny, red, warm to the touch and exceptionally tender and if left untreated, it can affect other joints and become severe.

A **change in diet** is essential in treating Gout to reduce the uric acid build up in the blood.

SYMPTOMS OF ARTHRITIS

- Pain, stiffness, soreness in affected joints especially with movement (OA)
- Pain after overuse of joint or after long periods of inactivity (OA)
- Bony enlargements in the middle and end joints of the fingers (which may or may not be painful) (OA)
- Swelling around the joint, pain and tenderness, restricted joint movement (OA)
- Enlarged distorted finger joints, crackling noise of affected joint (OA)
- Morning stiffness (OA, RA)
- Fatigue (RA)
- Nervous overexcitement, depression, muscle pain, excessive sweating (RA)
- Fever (RA, Gout)
- Painful, stiff, swollen, deformed joints (Gout, RA)
- Decreased urine (Gout)
- Itching or peeling of affected skin (Gout)
- Sensitivity to cold
- Poor appetite and cravings for clay, ice, or starch

- Poor blood circulation
- Weakness and debility
- Dizziness
- Headache
- Rapid heart rate
- Shortness of breath or exertion
- Pale skin, nails and lips

CAUSES OF ARTHRITIS

- Age related changes (OA, RA)
- A genetic predisposition (OA, RA)
- Injury to joints (OA)
- Severe loss of cartilage to the knee joints (OA)
- Overweight (OA, Gout)
- Overwork or underwork (OA)
- Bony overgrowths (OA)
- Direct joint injury with local inflammation (OA)
- Degenerative cartilage (OA)
- Repeated injury or damage to joint (OA)
- Hormonal factors (RA)
- Psychological factors (RA)
- Lifestyle and nutritional factors (RA)
- Environmental factors (RA)
- Food allergies (RA)
- Stress (RA)
- Immune reaction (RA)
- Consuming excessive amounts of food that is rich in purines when broken down (Gout)
- Increased uric acid in the blood (Gout)
- Kidney damage (Gout)
- Alcoholic beverages (Gout)

DIET

- Eat a diet low in fat and high in fiber to improve your circulation and carry nutrients and oxygen to the joints.
- Eating fresh fruit is recommended over drinking fruit juice. Eating the fresh fruit provides individuals with the essential fiber needed for regularity; juice is robbed of its essential fiber.
- Avocado, coconut, and nuts are high in fat and should be used moderately as consuming too much of these items will overwork the liver and interfere with blood circulation.
- All meals should be eaten on a regular schedule, 7 days a week, with no more than a 30 minutes' difference in the schedule. Meals should be eaten 5-6 hours apart.
- At least 8 glasses of water (64 oz) of water should be drunk each day, 8 oz of which should be taken before breakfast. Water should be taken 15-30 minutes before meals or 2 hours after meals. Drink water until urine is pale yellow. Water helps the kidneys in eliminating uric acid build up in the blood.

- Cut out all flesh foods (including fish, chicken, meat, pork and all crustaceans) as well as its byproduct (eggs, cheese, milk, etc.). These foods increase arachidonic acid in the body and this will contribute to swollen and painful joints.
- ALL white bread, pasta, flour, and so forth should be eliminated from the diet. The body needs the fiber from the whole wheat/grain items; so use brown rice, whole wheat/grain pasta and flour.
- Avoid crystalized sugar and use natural forms of sweeteners such as honey, molasses, sucunat, dates, raisins, banana.
- Avoid excessive salt, paprika, tobacco, caffeine.
- Fried foods as well as highly processed foods should be eliminated from the diet, and all free oils should be avoided while cooking.
- Foods from the **solanaceae** or “**nightshade**” family in their green state increases inflammation in the body and should be avoided until arthritic symptoms subside. Some of the main foods include **tomatoes, potatoes, all peppers and eggplants; and sprouting potatoes.** They are higher in solanine and toxic to the body.
- Do not use iron supplements, get your iron from natural sources such as blackstrap molasses, dried spirulina, sesame, bran, lentils.

OSTEOARTHRITIS DIET (EXTRA GUIDANCE)

- Foods to increase to prevent or stop the development of osteoarthritis are:
- Almonds, cabbages, cauliflower, celery, oranges and molasses, legumes, whole grains, brown rice, alfalfa, coconut, green leafy vegetables, oatmeal, and for obtaining calcium, sulfur and minerals which is essential to strong bones around the joints and to promote cartilage health.
- Sulfur-containing foods such as asparagus, garlic and onions help repair bone, cartilage and aid in the absorption of calcium.
- Bananas, fresh pineapple, sour cherries are excellent in reducing inflammation.

RHEUMATOID ARTHRITIS DIET (EXTRA GUIDANCE)

- A total vegetarian diet has proven to yield the best results. Therefore, increase the consumption of the following items: fruits, vegetables, legumes, nuts, whole grains, anti-inflammatory foods such as: (black currants, walnut). Avoid tomatoes, peppers, potatoes, eggplant, wheat, flour and gluten foods.
- Avoid all meat and animal products, alcoholic beverages, milk, eggs, food additives as these worsens the disease and aggravates the inflammation of the joints.
- Eat no Dairy products and eggs, will increase certain immune protein antigens that destroys the cartilage.

GOUT DIET (EXTRA GUIDANCE to lower uric acid in your body)

- Increase the consumption of raw fruits and vegetables, whole grain, legumes, nuts and soybeans. However, for Gout, avoid the use of soy as it is a high producer of uric acid and the excessive amount of uric acid in the body can make it difficult for the kidneys to eliminate it.
- Fruits and vegetables to increase in the case of Gout are: lemon, grapefruit, oranges, cherries, strawberries, grapes, apple, cauliflower, green beans, turnips, leeks, and celery. During an attack go on a fruit diet.
- Foods to avoid in the case of Gout as they are rich in purines are: organ meats: brain, kidneys, and liver, red meats: beef, lamb, pork, seafood: fatty fish, sardines, tuna, anchovies, herring, shrimp, and shellfish. Foods that contain some form of purine that will elevate uric acid levels in the blood are: brewer's yeast, spinach, mushrooms and asparagus. Give attention to legumes (dried beans are higher in purines), where legumes are used as a protein source without meat, it does not cause a problem. However, if legumes are used in addition to the above-mentioned meats, the result is too much purines in the diet and so too much uric acid in the body. Refined grains can be too acidic for the body and make the elimination of uric acid from other foods more difficult, it is better to use whole grains.
- Caffeine (coffee and tea) should be avoided especially in the case of Gout as it is of the purine family and it transforms into uric acid in the body.
- Avoid the use of alcohol especially beer as this impairs the ability of the kidneys to excrete uric acid, thus causing it to increase in the body and this is one of the leading factors to Gout.
- Avoid rich foods such as cakes and pies. Eliminate all white flour and sugar from diet.

LIFESTYLE

- Sleep. Go to bed at least before 10:00pm nightly and get adequate amounts of rest as the repair of joints, ligaments and muscles usually occur during sleep. Sleep on a firm mattress.
- Exercise. Walk one hour daily. This will improve circulation of the blood to the joints by lowering the amount of fat in the bloodstream. If walking is painful, give as much as you can get.
- Swimming can also maintain joint flexibility
- Breathe deeply in the open air to aid with blood circulation.
- Keep your weight down to avoid aggravating the joints.
- Reduce stress and keep a cheerful spirit.
- Avoid high heels as they tilt the pelvis and put more pressure on the weight-bearing joints.
- Refrain from overexerting the affected joints.
- Keep the body evenly warm at night to reduce joint stiffness in the morning.
- Keep arms and hands warm in Rheumatic situations.

HERBAL RECOMMENDATIONS

- **Garlinase** 2 tablets twice a day with each meal or 4 cloves of fresh garlic daily
- **Flax seed** take 2 tablespoons freshly grounded daily
- **Pumpkin seed** – ¼ cup daily to improve zinc requirements (RA)

- **Devil's Claw** - take 3 tablets, three times a day – anti-inflammatory (RA, Gout)
- **White Willow Bark** - take 2 capsules or 1 cup of tea daily
- **Turmeric** (anti-inflammatory) – use 2 capsules or prepare 2 tablespoons root or powder and drink daily
- **Pau D' Arco** (anti-inflammatory) – use 2 capsules or prepare 2 tablespoons and drink daily
- **Alfalfa** is rich in minerals that promote good bone and cartilage health.
- **Blackstrap Molasses** take 2 tablespoons daily ni water
- **Lemon treatment** – squeeze lemon in 32 oz water and drink: 1st day 1 lemon, 2nd day 2 lemons, 3rd day 3 lemons, 4th day 4 lemons, 5th day 5 lemons, 6th day 6 lemons, 7th day 7 lemons then reverse days and treatment from 7th day back to 1st day.
- **Hibiscus tea** steep 7 flowers in 32oz boiled water and drink daily (unsweetened)
- **Aloe vera gel**, applied to affected area helps relieve pain
- **Tea** made from equal parts of black cohosh, chamomile, bearberry leaves, cascara sagrada, pokeweed root and sassafras. Steep 1½ teaspoons mixture in 1 cup of boiling water. Drink 1 cup in the morning and evening.
- **Tea** for Gout to assist with elimination of uric acid: lemon juice, nettle juice
- Burdock root, kelp, red clover, yucca: make a tea from any of these herbs 2 tablespoons to 32 oz hot water daily.
- **To regenerate bone mass and cartilage:** horsetail, hemp nettle – take 2 tablespoons to 32 oz water
- Take 10mcg Vitamin B12 supplement daily
- Use **Kelp or Dulse** daily – 2 teaspoons sprinkled on food.
- **Vitamin D** – there is a receptor site in every cell for vitamin D. When the sun hits the skin, it converts cholesterol under the skin into pre-vitamin D, which is transferred to the liver then to the kidney to be converted into vitamin D that the body can use.

Daily exposure to sunlight is beneficial. For lighter-skinned individuals, 10 to 15 minutes daily will be sufficient whereas for darker-skinned individuals, 45 minutes to 1 ½ hours daily is required between the hours of 9:00am and 3:00pm when the UVB rays is at the highest.

Vitamin D level should never be below 32 ng/ml, and any levels below 20 ng/ ml are considered serious deficiency and increases your risk of autoimmune diseases like multiple sclerosis and rheumatoid arthritis, one of the MOST important aspects of your remedy will be to optimize your vitamin D level, therefore apart from getting natural sunlight, supplementation is recommended.

The 25-hydroxy vitamin D test is the most accurate way to measure how much vitamin D is in your body. Once you know your level, if you need to increase it, you may consider taking 5000iu daily of vitamin D3 supplement until your levels are back in line.

Correct Levels of vitamin D are 70 ng/mL to 100 ng/mL. Avoid supplementing to toxic levels. (Once the levels get above 150 ng/mL with supplement it can become toxic to the body however if the levels get above 150 ng/mL with Natural Sunlight then you are fine.)

For the colder climate, as a regular maintenance from **June – September** use the Natural Sunlight, **May** and **October** take **1000iu** daily, **April** and **November** take **2000iu** daily, **March** and **December** take **3000iu** daily, **January** and **February** take **5000iu** daily. Do Not exceed the recommended vitamin D level. **Remember that the liquid vitamin D3 with fat is best and easily absorbed (vitamin D is a fat-soluble vitamin, so it requires fat in order for it to be absorbed).**

If you live in a warmer climate please use the natural sunlight (45-90 minutes daily between the hours of 9:00am – 3:00pm).

PS: If you are deficient in vitamin D, then you will need to take the prescription dosage or the equivalent of 50,000iu per week for 8 weeks of supplemental vitamin D3.

Here is another option: If there is a chronic deficiency in vitamin D, we would recommend that you take as much as 10,000iu daily for either 3-4 months, then you can revert to the 5000iu daily.

Instructions for preparing teas

- Hard parts of the plant such as: roots, seeds, rhizome or bark: BOIL for 15 minutes, and then draw for 4 hours
- Delicate parts of the plant such as: leaves, flowers, buds, stems or clusters: bring water to a boil then DRAW/STEEP for 3 hours.
- For combinations: boil hard parts first for 15 minutes then add delicate parts and draw/steep for 4 hours.
- Drink as water through the day.

POULTICE

- For **swollen joints**: take 3 tablespoons of granulated slippery elm bark, 1 tablespoon of lobelia, 2 tablespoons of mullein, 1 teaspoon of cayenne and mix in a bowl. Add hot water to make a paste. Spread it on a cloth and cover the swollen joints. Cover it with a plastic wrap, and leave it on for 30 minutes to 1 hour or less depending on how much burning the joint can take.
- For **Circulation**: mix 2 parts ginger root, 1 part cayenne and 1/2 part lobelia. Make a paste and apply to affected area for 30 minutes to 1 hour.
- Apply **Charcoal poultice** to affected area (Gout)

MASSAGE

- **Massage** to relieve rheumatic aches, use any of the following oils, diluted in a base oil such as olive oil or coconut oil: oregano oil, peppermint oil, chamomile oil, marjoram oil, lavender oil

CHARCOAL APPLICATION

Charcoal application: use doses of Charcoal four times a day for ten days –

- ten capsules each time or
- 1 tablespoon (3 teaspoons) in 8 oz of water, stir and drink

HYDROTHERAPY APPLICATION

- Apply dry heat to the affected area to reduce the pain (OA)
- Apply heat pack to affected area and a gentle massage (RA)
- Exercise in a tub of water if pain is too great on joints otherwise.
- Use hot and cold contrast baths to affected area to improve blood flow – 6 minutes hot and 4 minutes' cold.

REVERSE DIGESTIVE ACHES AND PAINS

Acid Reflux, Gas, Heartburn, Hiatal Hernia, Belching and Indigestion

ATTENTION: Before making any changes please contact your health care professional.

WHAT IS DIGESTIVE ACHES AND PAINS?

Usually there is a balance in the stomach between the acidic gastric juices and the protective regenerative nature of the stomach lining. When this balance is thrown off, the stage is set for the development of a number of diseases, which can become chronic. Some of these conditions are an enlarged stomach, bloatedness, acid reflux, indigestion, acidosis, peptic ulcers, gastritis, gastroesophageal reflux disease (GERD), hiatal hernia, insufficient stomach acid, stomach cancer and more.

Acid Reflux is a burning sensation in the stomach caused from indigestion or too much acid in the stomach or a backup of digestive juices in the esophagus.

If you have severe heartburn or heartburn two or more times a week, you may have a condition called GERD (gastroesophageal reflux disease) and you should see your doctor. Without treatment, chronic GERD can cause inflammation, ulcers, and scarring. GERD can also lead to changes in the cells lining the esophagus. These changes raise the risk of esophageal cancer.

SYMPTOMS OF DIGESTIVE ACHES AND PAINS

Ailments of the stomach may include symptoms such as: burning pain “heartburn” which may worsen after eating a meal, irritation, abdominal pain, difficulty in swallowing, increased belching, vomiting, nausea, headaches and sometimes bleeding. When blood is digested, it results in dark and tarry stools. Bad breath is a key symptom of indigestion.

CAUSES OF DIGESTIVE ACHES AND PAINS

Fermentation and irritation of the stomach can cause indigestion and acid reflux type conditions.

Lifestyle changes will help correct these stomach problems and it would be wise therefore to practice the right habits to avoid such disturbing effects. The following principles need to be considered when seeking to resolve stomach conditions.

Eating too fast

In order to secure healthy digestion, food should be eaten slowly. ...If your time to eat is limited, do not bolt your food, but eat less, and masticate slowly. ...Those who are excited, anxious, or in a hurry, would do well not to eat until they have found rest or

relief; for the vital powers, already severely taxed, cannot supply the necessary digestive fluids. *Counsels on Diet and Foods (CD)* (CD p.107)

Food should be eaten slowly, and should be thoroughly masticated

This is necessary, in order that the saliva

may be properly mixed with the food, and the digestive fluids be called into action. (CD p.107)

Eating on the Go

Always eating in a hurry? Shoveling food down is also a no-no, if you want to tame heartburn. Leslie Bonci, MPH, RD, CSSD, Director of sports nutrition at the University of Pittsburgh Medical Center, says the three G's -- grab, gulp, and go -- don't make for good digestion and can make GERD (gastroesophageal reflux disease) symptoms more likely. Heartburn is a GERD symptom.

Slow down when you eat if you're concerned about heartburn symptoms. At mealtime cast off all care and troubled thought; do not feel hurried, but eat slowly and with cheerfulness.

Overeating - this applies even to good food

The habit of overeating, or of eating too many kinds of food at one meal, frequently causes dyspepsia (*indigestion*). (CD p.139)

Overeating also causes, digestive organs to be weakened, and diseased as well as headache, colic, excessive blood to the brain, depression and feeling of hunger.

Eating meals too close together

For most people, 5 to 6 hours between meals are needed.

After the regular meal is eaten, the stomach should be allowed to rest for at least five hours. In no case should the meals be irregular. If dinner is eaten an hour or two before the usual time, the stomach is unprepared for the new burden; for it has not yet disposed of the food eaten at the previous meal, and has not vital force for new work. Thus the system is overtaxed.

Neither should the meals be delayed one or

two hours, to suit circumstances, or in order that a certain amount of work may be accomplished. The stomach calls for food at the time it is accustomed to receive it. If that time is delayed, the vitality of the system decreases, and finally reaches so low an ebb that the appetite is entirely gone. If food is then taken, the stomach is unable to properly care for it. The food cannot be converted into good blood. (CD p.179)

Eating between meals - weakens the stomach

Eating between meals slows the emptying of the stomach and increases hydrochloric acid. Drink only water between meals.

Not a particle of food should be introduced into the stomach till the next meal. In this interval the stomach will perform its work, and will then be in a condition to receive more food. (CD p.179)

Eating a large evening meal or late at night

Avoid late night snacks.

The stomach, when we lie down to rest, should have its work all done, that it may enjoy rest, as well as other portions of the body. The work of digestion should not be carried on through any period of the sleeping hours. (CD p.175)

Eating vegetables and fruits at the same meal

Genesis 1:11 defines a fruit as: "... fruit after his kind, whose seed is in itself...". Vegetables do not have seeds within themselves, but fruits do.

It is not well to eat fruit and vegetables at the same meal. If the digestion is feeble, the use of both will often cause distress, and inability to put forth mental effort. It is better to have the fruit at one meal, and the vegetables at another. Fruit and vegetables

taken at one meal produce acidity of the stomach; then impurity of the blood results, and the mind is not clear because the digestion is imperfect. (CD p. 112)

Eating unripe or spoiled fruit

Nicely prepared vegetables and fruits in their season will be beneficial, if they are of the best quality, not showing the slightest sign of decay, but are sound and unaffected by any disease or decay. More die by eating decayed fruit and decayed vegetables which ferment in the stomach and result in blood poisoning, than we have any idea of. (CD p. 309)

Eating fruits and vegetables at the end of a meal.

Eat raw fruits and vegetables at the very beginning of a meal, not the end of the meal as a desert as some usually do. Eating raw food before the cooked food provides digestive enzymes, which is only present in live foods and aids in digestion of protein, carbohydrate and fats. It also prevents the formation of inflammation in the intestines, which leads to inflammation in other areas of the body.

If watermelon is eaten at the start of a meal, because of its high-water content, it is best to wait for at least 15 minutes before eating the rest of your meal.

Eating bread which was not well baked

If the inside of your bread can be squeezed into a dough, do not eat it. New raised bread is difficult to digest and is more healthful if eaten two or three days old.

Use of baking soda or baking powder

Baking soda or baking powder in bread, pastries, cakes, deserts or other items are harmful, unnecessary, causes inflammation

of the stomach and often poisons the entire system. (CD p. 342)

Eating milk and sugar together, as in ice-cream, shakes etc.

Sugar ferments quickly, yet is enfolded in the milk, which digests slowly.

Some individuals use milk to ease a burning stomach, as it causes the secretion of stomach acid. However, galactase a form of sugar in dairy milk is often difficult to digest as well as it can cause the milk to ferment in the stomach and in time it can result in acid reflux among other health issues.

Milk and sugar. clog the system, irritate the digestive organs and affect the brain. ... sugar and milk combined are liable to cause fermentation in the stomach, and are thus harmful. (CD p. 113)

Sugar

Sugar is not good for the stomach. It causes fermentation, and this clouds the brain and brings peevishness into the disposition. Cakes, sweet puddings, pastries, jellies, jams, are active causes of indigestion. (CD p. 327)

Concentrated sugars, even good sweeteners like honey, cane juice and molasses should be used sparingly.

Allergies/Gluten Sensitivity

Some individuals can be allergic to foods high in gluten (wheat, rye, barley, spelt). This can cause malnutrition, which results in a weakened esophagus, and reduced muscle tone throughout the digestive tract.

Leaky Gut

Individuals with abnormal gut flora most times have low stomach acid production. A comprehensive protocol of sealing the gut will work wonders in reversing indigestion.

Adrenal Gland Fatigue

Adrenal insufficiency may also affect the digestive function, and is a major cause of GERD or IBS.

Undercooked coarse vegetables

Coarse vegetables when eaten raw is difficult to digest, therefore, they should be cooked until tender. Examples are: carrots, broccoli, cabbage, Brussels sprouts, cauliflower, kale, watercress, endive or spinach.

Eating too much liquid food

Too many soups are unhealthful. Frequent liquid meals weaken the stomach and places a great burden upon the kidneys. In addition, soups should rather be a stew or pureed to avoid eating and drinking at the same meal.

Drinking with meals

Drinking and eating dilutes the much-needed stomach juices.

Many make a mistake in drinking cold water with their meals. Food should not be washed down. Taken with meals, water diminishes the flow of saliva; and the colder the water, the greater the injury to the stomach. Ice water or ice lemonade, taken with meals, will arrest digestion until the system has imparted sufficient warmth to the stomach to enable it to take up its work again. Masticate slowly, and allow the saliva to mingle with the food. (CD p. 106)

Water

Water that is too alkaline can affect the digestive system as it keeps the PH level in the stomach too high and foods that require an acidic stomach (proteins) remain in the stomach too long thus causing fermentation

and lead to nutritional deficiencies such as B₁₂ and anemia or weakening the kidneys.

Hot or cold food

While it is advisable to take something warm into the stomach on mornings, hot drinks should be used for medicinal purposes and not in the diet.

The stomach is greatly injured by a large quantity of hot food and hot drink. Thus, the throat and digestive organs, and through them the other organs of the body, are enfeebled. If food is cold, the vital force of the stomach is drawn upon in order to warm it before digestion can take place. Cold drinks are injurious for the same reason; while the free use of hot drinks is debilitating. (CD p. 106)

However, for those who choose to have two meals a day, a cold drink can be used to stop the desire for a third meal - "If you feel that you must eat at night, take a drink of cold water, and in the morning you will feel much better for not having eaten." (CD p. 177)

Eating too great a variety at a meal

Keep meal combinations simple, to at least two or three kinds at one meal.

Do not have too great a variety at a meal; three or four dishes are a plenty. At the next meal, you can have a change. There should not be many kinds at any one meal, but all meals should not be composed of the same kinds of food without variation. (CD p. 110)

The habit of overeating, or of eating too many kinds of food at one meal, frequently causes dyspepsia (indigestion).

Serious injury is thus done to the delicate digestive organs. In vain the stomach protests, and appeals to the brain to reason from cause to effect. The excessive amount

of food eaten, or the improper combination, does its injurious work. In vain do disagreeable premonitions give warning. Suffering is the consequence. Disease takes the place of health. (CD p.111)

Use of Vinegar

Mustards, mayonnaise, vegennaise, nayonnaise, vinegar, apple cider vinegar, ketchup, Worcestershire sauce, barbecue sauces, vinaigrette dressings. All these contain vinegar.

“Vinegar ferments in the stomach and the food does not digest but decays or putrefies; as a consequence, the blood is not nourished, but becomes filled with impurities, and liver and kidney difficulties appear”. (CD p. 345)

Eating fried foods

Foods should be prepared in a simple manner free from grease. Avoid fried food, hydrogenated fat. “Grease cooked in the food renders it difficult of digestion”. (CD p. 354)

Use of spicy mixtures

Hot pepper, chili, black, and white peppers have been shown to cause hemorrhaging of the stomach.

Spices irritate the tender coating of the stomach and finally destroy the natural sensitiveness of this delicate membrane. Irritating spices are ginger, cloves, cinnamon, nutmeg, caraway, all spice, vinegar, and anything made with vinegar.

Use of Nuts

Nuts are a great source of iron, magnesium, phosphorus, potassium, protein and fats. Not all people can tolerate nuts and if recipes were combined with nuts, they would find that it better harmonizes with them.

Peanuts need to be combined with grains to make them nourishing and digestible. In any event, do not use too large a portion of nuts.

Food triggers

Some foods are known to contribute to heartburn by bringing additional acid into the stomach or by relaxing the lower esophageal sphincter. Stay away from food that may give you problems. Your symptoms may improve if you avoid tomatoes, onions, garlic, chocolate, peppermint, fatty foods, leeks, cabbage, radishes and citrus fruits, including oranges and grapefruit.

Drink triggers

Beverages that cause heartburn include animal milk, coffee, tea, sodas and alcohol.

Chewing gum

This causes too much air to get into the stomach and keeps stomach acids flowing, thus causing bloating, indigestion and increasing stomach acid.

Avoid tight belts and tight-fitting clothes

This prevents free action of the organs and superficial breathing is a result. Therefore, the insufficient supply of oxygen is received and the waste and poisonous matter, which should be thrown off in the exhalations from the lungs, is retained, and the blood becomes impure. Those who do not wear belts and girdles have less indigestion.

Maintain a healthy weight

Extra pounds put pressure on your abdomen, pushing up your stomach and causing acid to back up into your esophagus. If your weight is healthy, work to preserve it. If you are overweight or obese, work to slowly lose weight — no more than 1 or 2 pounds a week.

Heartburn during Pregnancy

More than half of all pregnant women report symptoms of severe indigestion and heartburn, especially during their second and third trimesters. Changing hormone levels and increased abdominal pressures during pregnancy increase the risk of acid reflux and heartburn.

Mild symptoms should be treated with lifestyle changes, including eating at set times, avoiding fried and spicy foods, and not lying down after a meal.

Don't smoke

Smoking decreases the lower esophageal sphincter's ability to function properly. This causes acid to go up the esophagus and cause heartburn.

Avoid vigorous exercise immediately after a meal

Neither study nor violent exercise should be engaged in immediately after a full meal... this hinders the digestive process; for the vitality of the system, which is needed to carry on the work of digestion, is called away to other parts. (CD p. 103)

However, to aid indigestion, take ... a short walk after a meal, with the head erect and the shoulders back, exercising moderately, is a great benefit. (CD p. 104)

Drugs

Anti-inflammatory drugs such as ibuprofen and aspirin can cause stomach bleeding and prevent the healing of the gastric lining. Aspirin, steroids, anti-inflammatory drugs and smoking all increase Hydrochloric acid production which much harmful effect on the stomach.

Bacteria

Helicobacter pylori is a bacterium. It is a major player in the formation of peptic ulcers. H. pylori resides in the stomach and produces enzymes that break down the components in the gastric mucus, thus weakening its protective effects. This can cause a hole in the stomach if it is not treated.

Allergies and Asthma

This is directly related to bloating, gas, indigestion, meat eating etc. (please see our Allergies counseling sheet for further details).

Backflow of stomach acid

This is caused by a malfunction of the esophageal sphincter where it is weak and unable to close completely therefore bile or food particles may flow back from the stomach up the esophagus and give the feeling of heartburn or that something is stuck in the throat.

Raise the Head of Your Bed

If you experience nighttime heartburn, try placing blocks under the legs of your bed to raise the head about 6 inches, or sleep with your upper body on a wedge pillow. This strategy uses gravity to keep stomach acids where they belong. (Avoid raising your head with piles of pillows. This bends your body in a way that can aggravate heartburn.) Reflux also occurs less frequently when lying on your left side rather than your right.

DIET FOR REVERSING DIGESTIVE ACHES AND PAINS

In addition to the above dietary pre-cautions, do practice these healthful counsels.

- Cut out all **flesh foods** (including fish, chicken, turkey, beef, pork, and all crustaceans, shrimp, lobster, crab, conch, etc.) If you are concerned about getting sufficient protein, eat beans and nuts with grain that gives the same amount of protein as from animal sources like meat, fish, eggs etc.
- All **sugars, mints and white flour** should be eliminated from the diet as they excite secretion of Hydrochloric acid that remains long in the stomach.
- Avoid **eggs, cheese, milk, butter**, etc. If you so desire to use milk, non-harmful milks can be made from a variety of nuts, grains, and legumes (i.e. almonds, cashews, rice, soy etc.) See us for recipes for nuts and grain milks as well as bean loaves and more, which can be found in the following cookbooks: It's All Good, Ten Talents, The Optimal Diet, Of These Ye May Freely Eat, Give Them Something Better and Encyclopedia of Foods and Their Healing Power vol. 3.
- **Fried foods** as well as **highly processed foods** should be eliminated from the diet, and all free oils should be avoided while cooking.
- Avoid high **salt** intake, this increases stomach irritation and ulcers.
- Use pink Himalayan sea salt that has 84 trace minerals which will help with healing the stomach.
- Avoid **carbonated drinks** (soft drinks, malt, beer, champagne) as they increase stomach acid as well as cause more air to be ingested. In addition, avoid food whipped with air (whip cream, popcorn).
- Avoid anything with **caffeine** (coffee, cola, chocolate, cocoa) as it will irritate the esophagus. Caffeine relaxes the sphincter so acid and food goes back up to the throat.
- Eat **fresh fruit** preferably to drinking fruit juice. Eating the fresh fruit provides individuals with the essential fiber needed for regular bowel movement; juice is robbed of that essential fiber.
- **Increase fiber** by eating properly cooked whole grains such as brown rice (cook for at least three hours) buckwheat or millet and lots of fruits and vegetables.
- At least 8 glasses (64oz) of **water** should be drunk each day. 16-32 oz of warm water should be taken before breakfast. Water should be taken 15 - 30 minutes before the meal or 2 hours after the meal. Please drink water until the urine is pale.

LIFESTYLE FOR REVERSING DIGESTIVE ACHES AND PAINS

Practice the recommended lifestyle habits in the cause section above in addition to the following guidelines.

- It is absolutely important that all meals are eaten on a **regular schedule**, 7 days a week; with no more than a 30 minutes' time difference in the schedule. Set your mealtime and space them at least 5-6 hours apart.
- Avoid eating in-between meals. Only water is allowed.
- Chew with your mouth closed. Do not talk while you are eating; this causes too much air to enter into the stomach, which would cause indigestion and bloating.
- Do not postpone bowel movements.
- Do not sigh as people who do tend to swallow air.

- After each meal, take a 15 to 30 minutes' digestive walk to aid with digestion.
- Exercise daily by walking for one continual hour.
- Avoid lifting heavy things that puts pressure on your stomach, especially after a meal.
- Avoid all situations resulting in tension, stress, irritability, nervous strain, anger or fear. Complete rest and relaxation from pressing problems and worries is needed.
- Tips for reducing stress, include, deep breathing, listening to relaxing music, singing, spending time with positive cheerful people, developing a prayerful life and a complete trust in God for all your stressful situations.
- **Vitamin D** – Daily exposure to sunlight is beneficial. For lighter-skinned individuals, 10 to 15 minutes daily will be sufficient whereas for darker-skinned individuals, 45 minutes to 1 ½ hours daily is required between the hours of 9:00am and 3:00pm when the UVB rays is at the highest and able to assist the body in producing vitamin D.

When the stomach is too acid, it uses calcium in the body to neutralize it. This can cause calcium deficiency. Vitamin D plays a major role in calcium absorption and strengthening bones and teeth.

In treating disease, it is important that your vitamin D level is adequate. Correct Levels of vitamin D are 70 ng/mL to 100 ng/mL (once the levels get above 150 ng/mL with supplement it can become toxic to the body however if the levels get above 150 ng/mL with Natural Sunlight then you are fine.) The 25-hydroxy vitamin D test is the most accurate way to measure how much vitamin D is in your body. Once you know your level, if you need to increase it, you may consider taking 5000iu daily of vitamin D3 supplement until your levels are back in line. For the colder climate, as a regular maintenance from **June – September** use the Natural Sunlight, **May** and **October** take **1000iu** daily, **April** and **November** take **2000iu** daily, **March** and **December** take **3000iu** daily, **January** and **February** take **5000iu** daily. Do Not exceed the recommended vitamin D level. **Remember that the liquid vitamin D3 with fat is best and easily absorbed (vitamin D is a fat-soluble vitamin, so it requires fat in order for it to be absorbed).**

If you live in a warmer climate, please use the natural sunlight (45-90 minutes daily between the hours of 9:00am – 3:00pm).

PS: If you are deficient in vitamin D, then you will need to take the prescription dosage or the equivalent of 50,000ius per week for 8 weeks of supplemental vitamin D3.

Here is another option: If there is a chronic deficiency in vitamin D, we would recommend that you take as much as 10,000iu daily for either 3-4 months, then you can revert to the 5000iu daily.

HERBAL REMEDIES FOR REVERSING DIGESTIVE ACHES AND PAINS

- Use the inside of **Aloes** – 1oz of the flesh to 10z **water**. Blend and drink 30 minutes before a meal. **Aloes powder** – 1 tablespoon to 2 ounces of water, mix well and drink 30 minutes before a meal. **This will coat, heal and calm the burning of the stomach.**
- **Olive oil is healing to an inflamed, irritated stomach.** Take 1 to 2 teaspoons of olive oil at the end of a meal.

- **Gastritis, Heartburn:** make raw cabbage juice and drink (caution: can make under active thyroid worse). Use ginger, chamomile, slippery elm, marshmallow, flaxseed, dill, fennel, angelica, peppermint, lemon balm, basil, oregano.
- **Indigestion:** carrot juice, beet juice, kelp, papaya, (green papaya contains papain enzyme which helps with digestion). Activated charcoal drink: 3 teaspoons (plastic spoon) to 1 cup of water stir and drink. Follow by drinking 2 cups of water.
- **Heartburn, Acidosis:** Papaya, pineapple, aloe vera, ginger, peppermint, basil, oregano, lemon, licorice root (*Warning: Don't take licorice root if you have High Blood Pressure Please read special notes at the end*).
- **Flatulence, Gas, Bloating:** orange peel, balm, spearmint, ginger, anise, caraway, fennel seed, dill, horsebalm, sage, thyme. Use: 1 teaspoon to each 8oz cup of hot water and steep.
- **Belching:** 1 teaspoon cardamom to 8oz water, boil for 10 minutes and drink it very warm.
- **Insufficient stomach acid:** indicators are burping, belching, and bloating. From the age of 35, the stomach produces less stomach acid but it is essential to have sufficient stomach acid to absorb protein, carbohydrates and calcium or produce B₁₂. Take lemon juice 15 minutes before a meal. To increase stomach gastric juice secretion, use **NuTriVene Betaine HCl with Pepsin**, gentian, angelica, St. benedict thistle or pineapple. (Natural Remedies Encyclopedia p. 351)
- **Excess stomach acid:** indicators are burning sensation in the stomach, heartburn, reflux disease. Use a few nuts at the beginning of a meal to work on stomach juices. Avoid citrus, vinegar, cranberries or plums.
- **Fruit and vegetables:** Do not use more than two to three botanical families of fruits or vegetables at the same meal. Simplicity is key to food mixtures. **It is best when treating stomach conditions to use a mono diet in relation to their botanical family: Meaning one family of either fruits or vegetables, but never at the same meal. The legumes, nuts, seeds and grains family can be combined together and the stomach treats them as one. For more details on food combinations, see our book, "365 Total Wellness".**

Example of botanical fruit families:

- Mango, spondias, grandaria
- Sour sop, custard apple, sugar apple, pawpaw, cherimoya
- Pineapple
- Papaya
- Kiwi
- Watermelon, honey dew, cantaloupe
- Cranberry, blueberry, bilberry
- Banana, plantain, finger rose, bugament (Froggy Banana)
- Plum, peach, apple, pear, apricot, blackberry, raspberry
- Orange, grapefruit, lemon, lime, tangerine

Instructions for preparing teas

- Hard parts of the plant such as: roots, seeds, rhizome or bark: BOIL for 15 minutes, and then draw for 4 hours.
- Delicate parts of the plant such as: leaves, flowers, buds, stems or clusters: bring water to a boil then DRAW/STEEP for 3 hours.

- For combinations: boil hard parts first for 15 minutes then add delicate parts and draw/steep for 4 hours.
- Drink as water through the day.

Side Effects and Cautions of Licorice Root

- **While licorice promotes the healing of the stomach, it should not be used for more than 7 days at a time.**
- **In large amounts, licorice containing glycyrrhizin can cause high blood pressure, salt and water retention, and low potassium levels, which could lead to heart problems.**
- **People with heart disease or high blood pressure should be cautious about using licorice.**
- **The safety of using licorice as a supplement for more than 4 to 6 weeks has not been thoroughly studied.**
- **Taking licorice together with diuretics (water pills), corticosteroids, or other medicines that reduce the body's potassium levels could cause dangerously low potassium levels.**
- **When taken in large amounts, licorice can affect the body's levels of a hormone called cortisol and related steroid drugs, such as prednisone.**
- **Pregnant women should avoid using licorice as a supplement or consuming large amounts of licorice as food, as some research suggests it could increase the risk of preterm labor.**

BUILDING YOUR IMMUNE SYSTEM

ATTENTION: Before making any change please contact your health care professional.

WHAT IS THE IMMUNE SYSTEM?

The **immune system** is our body's intelligent and highly efficient protective process in the body that **protects us from potentially harmful substances** by identifying and killing pathogens (infectious agents) caused by foreign antigens such as bacteria, viruses, fungi, toxins, chemicals, drugs, and foreign particles.

When your immune system is functioning properly, it is on a constant mission to **seek and destroy** these **foreign substances**, distinguishing them from your cells and tissues as it goes about its work.

It also destroys any infectious microorganisms that do invade the body. The immune system is made up of a complex and vital network of cells and organs that protect the body from infection.

The organs involved with the immune system are called the lymphoid organs. They affect growth, development, and the release of lymphocytes (a certain type of white blood cell). The blood vessels and lymphatic vessels are important parts of the lymphoid organs because they carry the lymphocytes to and from different areas in the body. Each lymphoid organ plays a role in the production and activation of lymphocytes. Lymphoid organs include:

Adenoids. Two glands located at the back of the nasal passage.

Appendix. A small tube that is connected to the large intestine.

Blood vessels. The arteries, veins, and capillaries through which blood flows.

Bone marrow. The soft, spongy tissue found in bone cavities.

Lymph nodes. Small organs shaped like beans, which are located throughout the body and connect via the lymphatic vessels.

Lymphatic vessels. A network of channels throughout the body that carries lymphocytes to the lymphoid organs and bloodstream.

Peyer's patches. Lymphoid tissue in the small intestine.

Spleen. A fist-sized organ located in the abdominal cavity.

Thymus. Two lobes that join in front of the trachea behind the breastbone.

Tonsils. Two oval masses in the back of the throat.

When the immune system is compromised, by removal of any of its **organs, antibiotics** or **environmental toxins** as in **chemicals** or **food** (wheat/gluten products), or side effects from **drugs, you are at risk** of contracting any of a host of infections and diseases.

SYMPTOMS OF A WEAK IMMUNE SYSTEM?

An impaired immune system can manifest itself in a number of ways, you may experience, fatigue, frequent flu and colds, persistent fevers, allergies, rash or other skin conditions, lumps, cysts, low white blood cells, autoimmune diseases, cancer and more.

For example, if you catch the flu. Your symptoms may include, a 100°F or higher fever or feeling feverish (not everyone with the flu has a fever), a cough and/or sore throat, a runny or stuffy nose, headaches and/or body aches, chills, fatigue, nausea, vomiting, and/or diarrhea (most common in children).

The reason you catch a cold or flu is that your immune system is impaired. It is not based on exposure alone. If you have a strong immune system you can be exposed to infectious agents and **NOT** get sick.

Another example is contracting the Ebola Virus. According to Dr. David DeRose, a physician holding board certifications in both Internal Medicine and Preventive Medicine and working on the Ebola issue; confirms the following: Ebola virus can spread through: Blood, saliva, breast milk, stool, sweat, semen, tears, vomit, urine and close contact.

People with Ebola may not be symptomatic for up to **21 days**.

A person showing signs and symptoms of Ebola should be assumed to be highly infectious. We note however, that Doctors from Gabon, central Africa tested 24 individuals that had been “directly exposed to infected materials” (feces, vomit, saliva, sweat, or blood). None of the 24 ever became ill. Blood testing revealed that 11 of the 24 showed they had become infected with the Ebola virus, yet never became sick. It was suggested that they did not become ill because of their strong immune system. One can be in close proximity to the Ebola virus without protective gear, be exposed to infective secretions, and never become infected.

For such persons, if the Ebola virus gets into their body, they have the potential to fight it off without ever getting sick.

CAUSES OF A WEAK IMMUNE SYSTEM?

When the immune system is compromised, by removal of any of its **organs, antibiotics** or **environmental toxins** as in **chemicals** or **food** (wheat/gluten products), or side effects from **drugs, you are at risk** of contracting any of a host of infections and diseases.

An unhealthy GUT can compromise your immune system.

Seventy percent or eighty-five percent according to Dr. Natasha Campbell-McBride, MD, MMedSci of our immune system is located in the gut wall.

Gut flora or microbiota consists of complex microorganism species that live in the digestive tract. Besides making passable stools, **gut bacteria also synthesize vitamins B-7 (biotin), B-12, and K**. The deficiency of these essential vitamins contributes to diabetes, obesity, hair loss, gray hair, eczema, seborrhea, anemia, internal bleedings, ulcers, strokes, cancers, degenerative disorders such as Parkinson and Alzheimer disease, and common gastrointestinal, respiratory, and autoimmune disorders.

In your intestines, you have friendly and unfriendly bacteria in your gut flora. It is important that you do not let the bad bacteria increase and dominate in your gut.

How Gut Flora is damaged?

- Genetics
- Repeated exposure to antibiotics
- Eating foods containing antibiotics (processed foods and flesh)
- Frequently eating wheat/gluten products
- Eating foods high in sugars or processed flour
- Frequently consuming alcohol (vinegar)

- Environmental toxins (BPA)
- Man-made chemicals
- Disease-causing Pathogens
- When antibiotics and unhealthy food is digested, it is converted into toxic substances thus causing diseased Pathogens (infectious agent).

When the gut lining is damaged, unfriendly bacteria and undigested food is absorbed through the gut lining and distributed around the body, where they cause disease.

When the gut flora is compromised, **intestinal permeability or leaky gut** is a real factor, which can contribute to disease.

Whatever happens in the gut does not stay in the gut but gets out to other parts of the body. For example - improperly digested protein food:

- Antibodies develop against the undigested protein in the blood
- Food proteins resemble the proteins of our own bodies
- Antibodies mistakenly attack the body's proteins
- Autoimmune disease develops

When the Immune System is attacked, its First Response is to produce INFLAMMATION. The inflammatory response (inflammation) occurs when tissues are injured by bacteria, trauma, toxins, heat, or any other cause. The damaged cells release chemicals including histamine, bradykinin, and prostaglandins. These chemicals cause blood vessels to leak fluid into the tissues, causing swelling. This helps isolate the foreign substance from further contact with body tissues.

The chemicals also attract white blood cells called phagocytes that "eat" germs and dead or damaged cells. This process is called phagocytosis. Phagocytes eventually die. Pus is formed from a collection of dead tissue, dead bacteria, and live and dead phagocytes.

Example of inflammation in arthritic joint:

Toxins from the digestive tract can attach to collagen in joints

The immune system no longer recognizes the structure of your collagen and attacks it, then Inflammation develops.

“When the gut flora becomes abnormal, the immune system simply cannot be normal. Autoimmunity is born in the gut.” - *Dr. Campbell-McBride*

Analogy - The health of the soil determines the health of the roots and the plant.

The health of the human gut determines the health of the person. Your gut lining looks like plant roots (villi, enterocytes, microvilli). Our gut flora is our soil; just like every leaf depends on healthy roots. The tree cannot be healthy if the roots are not healthy. The body cannot be healthy if the gut is not healthy.

Examples of autoimmune conditions include: rheumatoid arthritis, osteoarthritis, multiple sclerosis, lupus (SLE), allergies, neuropathy, psoriasis, thyroid disease

In treating Autoimmunity and Inflammation, focus on the gut, drive out pathogenic microbes, replace them with beneficial microbes, heal and seal the gut lining.

REFER TO THE HEALING AND SEALING THE LEAKY GUT SECTION FOR PROTOCOL

STEP 1 – REMOVE ONGOING INFLAMMATORY TRIGGERS

Go on a Gluten Free Wheat Free diet.

Eliminate all foods with the minutest amount of toxic gluten coming from wheat, rye, barley and spelt. Use **organic or non-GMO** foods

STEP 2 – REMOVE ALLERGENIC FOODS

STEP 3 – REPAIR THE BIO-FUNCTION

STEP 4 – HEAL AND SEAL THE GUT

Probiotics. Consuming a combination of good quality probiotics (these include friendly bacteria such as: Lactobacillus acidophilus, Bifidus infantis, B. longum, L. bulgaricus, S. thermophilus, L.plantarum, L. salivarius, Enterococcus faecium, etc.) will lead to enhanced immunity as the beneficial probiotic bacteria are symbolic allies to your body that help fight viruses, candida and other infections; produce B vitamins; and assist in detoxification. Probiotics help build up that “stress defense shield.” Use a good Probiotic and Digestive Enzyme such as **Bio-Kult and TriEnza.**

Seaweed Cure - use as directed on bottle

Selenium (Brazil Nuts, pumpkin seeds, sesame seeds)

Zinc (Brazil Nuts, pumpkin seeds, sesame seeds)

Use Good multi-vitamins such as: **VM 100 and Active 55**

Fresh Locally Grown Organic Vegetables, fights off pathogens

Use preferably raw vegetables (juicing) for the vitamins, minerals, antioxidants, and enzymes they contain.

BUILDING YOUR IMMUNE SYSTEM – WITH DIET

Eliminate all flesh from the diet. Vegetarians have stronger immune systems than people who eat meat. Studies of white blood cell samples from vegetarians have shown them to have more than double the cancer cell-destroying ability than nonvegetarians. *Malter M, Schriever G, Eilber U. Natural killer cells, vitamins, and other brood components of vegetarian and omnivorous men. Nutr Cancer 1989;12:271-8.*

Avoid Processed, fatty and sugary foods

Sugary foods can decrease immune function for up to five hours.

Sugar is implicated in a number of diseases such as: asthma, arthritis, gallstones, kidney stones, tooth decay, constipation, cancer, osteoporosis, speeds aging process, suppress immunity, disturbs mineral balance, raises cholesterol and triglycerides, increased risk of alzheimer's, diabetes and hyperglycemia, weight gain and obesity, yeast infections, kidney disease, hyperactivity, depression and anxiety, weakened eyesight, coronary heart disease, crohn's disease, hormonal imbalances, appendicitis, decreased growth hormone, emphysema, atherosclerosis, fatty liver, headaches and migraines.

Use lots of **fruits, whole grains, nuts, and vegetables**. These provide antioxidants needed to neutralize free radicals, which reduce the body's resistance capacity, generated as a consequence of infections, stress, pollution, and the body's own metabolic processes.

Use plant-based foods as your source of Provitamin A, Vitamin C and E, and flavonoids, which are essential to the proper functioning of the immune system.

Vitamin A deficiency is associated with impaired immunity and increased risk of infectious disease.

Foods Rich in Vitamin A are: sweet potatoes, cooked carrots, cooked dark leafy greens (dandelion, kale, spinach, collards), melon, butternut squash, romaine lettuce, dried apricots, mango, sweet red peppers, Cruciferous vegetables such as kale, broccoli, cauliflower and cabbage support your liver and immune function by boosting the liver's ability to flush out toxins.

Proteins

All beans and nuts are a rich source of proteins: Organic soybeans, black beans, lentils etc.

Trace Elements

Zinc, selenium, copper and other trace elements are essential to activate the enzymes that synthesize antibodies. Get these elements from molasses, sesame, pumpkin seeds, nuts and legumes.

Oats

Oats boosts immunity, speeds wound healing, and may help antibiotics work better.

Increase omega-3 fats

Omega 3 fatty acids lowers inflammation in the body. Good sources are flaxseeds and walnuts.

Increase vitamin C Rich Foods

Sweet red pepper, guava, orange, lemon, kiwi, tangerine, lettuce, strawberries, greens (Kale, mustard greens, turnip greens, watercress, chard and spinach)

Lemon water

By drinking lemon juice regularly, the bowels are aided in eliminating waste more efficiently. Lemon acts as a blood purifier and as a cleansing agent.

Coconut and Coconut Oil

Rich in lauric acid, which converts in your body to monolaurin that builds your immune system

Garlic and Onion

Garlic and onion has the ability to slow and kill a variety of viruses and bacteria.

BUILD YOUR IMMUNE SYSTEM – WITH LIFESTYLE

Pure Air and the Immune system

- Deep inspirations of pure air keep the blood oxygenated.
- Impure air leads to impure blood and cells that can weaken the immune system.
- Sleep with bedroom window slightly ajar for fresh circulation of air even during winter or rain.

Sunlight and the immune system

- Get adequate sunlight between the hours of 9:00am and 3:00pm
- A study found that people with vitamin D levels above 38 ng/mL recovered from influenza in an average of 2 days, whereas people with vitamin D levels below 38 ng/mL took an average of 9 days to recover from influenza. *Sabetta J, Depetrillo P, Cipriani R, et al. Serum 25-Hydroxyvitamin D and the Incidence of Acute Viral Respiratory Tract Infections in Healthy Adults. PLoS One 2010;5(6):e11088.*

Rest and the immune system

- Avoid watching TV or using your computer at night or at least 1 hour before bedtime
- Sleep in complete darkness, as any light exposure will disturb that sleep-inducing hormone, Melatonin.
- Keep away electronic devices from your room for electro-magnetic fields can disrupt melatonin and serotonin
- Move loud alarm clocks away from bedroom (use the sun alarm)

Exercise and the immune system

- Walking for **1 Hour daily** can also help boost your immune system by increasing your body temperature. This helps kill off invading pathogens, similarly to the fever your body produces when sick.

Water and the Immune system

- Drinking pure water helps the **blood to circulate and remove toxins and waste** through the **lymphatic system and the blood** to be excreted by the body.
- Water also **prevents constipation** and aids in **expelling waste matter**.
- Drink enough water for your urine to be pale yellow.
- Drink 15-30 minutes before a meal and 2 hours after a meal.
- Water ensures that your body produces adequate amounts of blood cells and immune cells, and that they circulate appropriately.
- Drinking water may also help wash cold and flu viruses from your throat to your stomach where they cannot survive.

BUILD YOUR IMMUNE SYSTEM – WITH HERBAL REMEDIES

Use Chlorella and Chlorophyll

Onion Cough Syrup

1. Slice onion in half to make little half rings.
2. Place onion in a saucepan and cover it with honey.
3. Cook gently for 30 minutes or so until the honey is nice and warm and the onions turn soft.

Eucalyptus Cough Syrup

1 cup boiled honey

8 drops of Eucalyptus oil - 2 *SM p. 301*

Mix the above ingredients in a small jar and ring to a boil. When needed, take 1 tablespoon every 30 minutes as needed. Use one teaspoon for children.

Natures Immune Builder and Natural Antibiotic

- 4 Cloves of garlic
- 2 Lemons
- Ginger about 1 inch

- 1/2 large onion or 1 medium onion
 - 3 – 4 tablespoon honey
- *Add horseradish for a triple threat

Peel and blend all ingredients. Add a little bit of water if needed to help with blending. Simmer for 15 minutes. Cool and store in a glass jar in the refrigerator for up to 7 days. Best if taken at the first sign of a cold, flu, or sore throat several times a day.

Adults 1- 2 tablespoons.

Children 1/2 tablespoon.

Make a tea from any of the following herbs:

Tulsi, Licorice, Turmeric, Goldenseal, Echinacea, Astragalus, Olive leaf extract, Thyme, Oregano, Cinnamon, Clove, Moringa, Neem

Special tea to make you sweat and to eradicate a virus from your system:

elderflower, boneset (eupatorium, yarrow, linden, peppermint and ginger

Instructions for preparing teas

- Hard parts of the plant such as: roots, seeds, rhizome or bark: BOIL for 15 minutes, and then draw for 4 hours
- Delicate parts of the plant such as: leaves, flowers, buds, stems or clusters: bring water to a boil then DRAW/STEEP for 3 hours.
- For combinations: boil hard parts first for 15 minutes then add delicate parts and draw/steep for 4 hours.
- Drink as water through the day.

BUILD YOUR IMMUNE SYSTEM – WITH HYGIENE

Poor Hygiene is the principal means for transferring a virus through contact with an infected person or objects.

- Cover the mouth and nose when sneezing, using a tissue or handkerchief to cover your nose and mouth.
- Tissues should be disposed of with care handkerchiefs should be washed quickly in hot water.
- Germs can live on your hands for up to 3 hours. Avoid touching your face, in particular, the eyes, mouth, and nose. 1 in 6 people wash hands after using bathroom, so you wash them often.
- Proper hand washing will include using warm soap and water should take about 20 seconds
- Use a clean plate for seconds, or make sure serving utensil does not touch the plate.
- Avoid giving out pencils, paper, and other items, and refrain from borrowing pencils, paper, etc. when a cold or flu season is in full swing.
- Clean, shared objects regularly to prevent transmission of the virus.
- Wash children's toys when children are sick.
- Keep towels separate for each member of the family and for guests. Viral germs can live for hours on cloth towels.
- Use paper towels instead of cloth ones when there are sick people in the house.
- According to the Centers for Disease Control and Prevention (CDC), people touch about 300 different surfaces every 30 minutes.

- Some viruses can actually live up to eight hours or longer on areas like doorknobs, computer keyboards, phones, and remotes.
- Keep all household surfaces clean.

Homemade All Purpose Cleaner

1 teaspoon borax

1/2 teaspoon washing soda

1 teaspoon liquid castile soap (Uncle Harry's)

Essential oil (10 drops lemon, lavender, or orange)

Add ingredients to spray bottle. Add 2 cups of warm water. Cover bottle and shake well.

Homemade Natural Lysol

Fill a spray bottle with water.

Add 10-20 drops of essential oil of rosemary

Add 10-20 drops of essential oil of lavender

Spray around the house or office. Can be used to clean countertops, tables, bathroom, etc.

This mixture was found, in the French state hospital system, to be as effective as standard hospital sanitizer.

Natural Hand Sanitizer I

6 ounces water

10 drops of tea tree essential oil

1 teaspoon castile soap (Uncle Harry's)

1 teaspoon of vitamin E or aloe vera gel (optional)

Pour in a spray bottle and spray on hands, then rub.

Natural Hand Sanitizer II

10 drops lavender essential oil

30 drops tea tree essential oil

8 ounces 100% pure aloe vera gel

1/4 teaspoon of Vitamin E oil

Mix well. Pour into a small bottle

Over-washing can easily reduce the protective oils in your skin and cause your skin to crack—offering easy entry for bacteria and viruses into your body.

Antibacterial soaps and other antimicrobial products significantly contribute to antibiotic-resistant bacteria.

Chlorine Bleach Safety

Chlorine is irritating to your skin, eyes, and lungs

Dilute the chlorine bleach with water. The lower concentration poses a potentially less risk of unwanted exposure. About 1 tablespoon to a gallon

Wear a safety mask and rubber gloves when using Chlorine.

Only use in a well-ventilated area to allow for sufficient airflow and to prevent the unwanted gasses from remaining stationary in the working space.

Never mix chlorine bleach with any other household cleaners.

BUILD YOUR IMMUNE SYSTEM – WITH HYDROTHERAPY

Alternate Hot and Cold Showers for 5- 15 minutes – do this as 3 minutes hot 30 seconds cold, alternate 3 times.

This is a vigorous tonic and physical stimulant. The hot dilates the blood vessels and pulls inner congestion to the surface also bringing nutrients and fresh blood supply.

The cold constricts the blood vessels. Allowing the impurities that were pulled to the surface to find its way through the body to the cleansing organs.

Hot Footbath

Relieves congestion in other parts of the body, such as the brain, the lungs, or the abdominal organs, helps equalize circulation, reduce fever, prevent or shorten cold/flu, relieve headache, chest congestion, promotes relaxation, induces sweating and a general warming of the body

Place feet in as warm of a water as you can take for 20 minutes. At the same time, use a cold compress on the forehead and end with the cold water been poured over the feet to close off the pores.

Contraindications or precautions for a hot footbath

Refrain from using hot footbaths if the person has loss of sensation in extremities e.g.: if someone is paralyzed, unconscious, diabetic or have poor circulation

Warm Footbath is a remedy for coughs:

Use a Warm footbath with eucalyptus leaves. *2 SM p. 301*

BUILD YOUR IMMUNE SYSTEM – WITH PLEASANT THOUGHTS

In a study of students on the effect of immune-system functioning, as measured by IgA, or secretory immunoglobulin A levels found:

After **five minutes of feeling care and compassion**, the subjects had an immediate **41 percent average increase in their IgA levels**. After one hour, IgA levels returned to normal, but **slowly increased over the next six hours**.

On the other hand, there was an **18 percent increase in IgA levels when the participants experienced anger, but an hour later, their IgA levels had dropped to only about half of what they were before the anger**. Even after six hours, their IgA levels were **still not back to normal**.

REVERSE HIGH CHOLESTEROL Is Cholesterol a Hero or Villain?

ATTENTION: Before making any change please contact your health care professional.

WHAT IS CHOLESTEROL?

Cholesterol is a fat-like, wax-like substance found in the blood. It is found in all cellular structure.

Cholesterol is both a hero and a villain - while we cannot live without it; in excessive amounts, it can kill us. The blood cholesterol level is the single most important factor in determining a person's risk for heart disease, the nation's number one killer. **p.118, Health Power**

American Heart Association (AMA) says that, an ideal cholesterol level is less than 200mg%; however, according to the Framingham Heart Study, individuals with cholesterol level of 150mg% or below are yet to have a heart attack.

SYMPTOMS

Symptoms include:

- arteriosclerosis (hardening of the arteries)
- high blood pressure
- change in vision
- chest pain
- xanthelasma
- poor circulation
- low extremity pain in hands and feet
- slow wound healing
- neuropathy
- erectile dysfunction
- diabetes

FUNCTION

Cholesterol is responsible for producing all sexual hormones in the human body, such as Estrogen, Progesterone, Testosterone, as well as all other hormones that is produced in the body.

It is also responsible for **Vitamin D** production in the body, responsible for making bile in the liver, Adrenaline, the "fight or flight" hormone, reducing stress, plus over two hundred other functions in the human body.

CAUSES - Where is Cholesterol Found?

Cholesterol is manufactured in the liver and provides all the cholesterol the body needs. When we ingest additional cholesterol in our diet, it causes our blood cholesterol to go up.

***Anything that has a liver, comes from that of a liver,
related to that of a liver, has a face or a mother,
or if it is a mushroom, will have Cholesterol.***

Animal products are the largest source of fat in the diet and the only source of cholesterol.

Cholesterol is found **ONLY** in animal foods. **Plant based foods do not contain cholesterol.** It's as simple as that. - p. 119, **Health Power**

PLEASE NOTE:

Cholesterol is **ONLY** found in animal and flesh foods (fish, pork, beef, lamb, milk, butter, eggs, ice cream, cakes, chocolate, chicken, shrimp, turkey etc).

Plant-based foods: grains, fruits, nuts and vegetables contain no cholesterol.

However, if one excessively uses plant-based fats and oils, the liver will need to produce more cholesterol to produce bile salts in order to breakdown the high fat meal. Avocado, coconut, and nuts do not contain cholesterol. These can be used in moderation but do not overdo with them.

Other causes of Cholesterol

Deficiency in iodine and sea salt with minerals

Drug induced cholesterol

Hereditary tendencies

Spiritual issues

Stress

CHOLESTEROL VALUES

Low-density lipoprotein (LDL) decides the rate at which cholesterol is deposited on the arterial walls. LDL for both **male and female** is usually less than 130 mg%, however for optimal health it should be less than 90mg% (once the **LDL** levels gets above 180mg% it begins to attach itself to the arterial wall).

Triglycerides are a type of lipid found in your blood. It is stored in your fat cells when unused calories are not required right away and later provides your body with energy between meals. You should aim to get your triglycerides below 150mg%.

Total cholesterol. High cholesterol level is a major predictor to heart disease. You should aim for less than 150mg% for optimal health.

DIET

High fat and high protein foods from animal sources will elevate blood cholesterol whereas a diet low in fat, high in fiber and plant-based protein is essential in lowering blood cholesterol levels. The following cautions should be implemented if you are serious about lowering your blood cholesterol level.

Animal protein: Cut out all flesh foods (including fish, chicken, turkey, meat, pork, and all crustaceans: shrimp, lobster, crab, conch, etc.) as well as its by-products (eggs, cheese, milk, butter, ice-cream, shakes, sausages, etc.). If one so desires to use milk, non-harmful milks can be made from a variety of nuts, grains, and legumes (i.e. almonds, cashews, organic soy etc.) and be free from saturated fats and cholesterol. *Recipes for nuts, grains, bean loaves and more can be found in the following cookbooks: It's All Good, Ten Talents, The Optimal Diet, Of These Ye May Freely Eat, Give Them Something Better and Encyclopedia of Foods and Their Healing Power vol. 3.*

Fats: Fried foods, butter, lard, margarines, hydrogenated oils, as well as highly processed foods should be eliminated from the diet, and all free oils should be avoided while cooking.

Plants: Use freely and increase your intake of fresh plant-based foods as they contain no cholesterol and in many ways help reduce the amount of cholesterol made by the body. (legumes, vegetables, carrots, roots, tubers, etc.) Walnuts help to reduce cholesterol levels.

Fiber: Use more fiber-rich foods such as whole grains: brown rice, oats, barley, beans, leafy vegetables and fresh fruit. Oats are excellent for lowering cholesterol. Use fresh fruit preferably to drinking fruit juice. Carrots, apples and white inner layer of citrus rind is high in fiber pectin which is excellent in lowering cholesterol. Eating the fresh fruit provides individuals with the essential fiber needed for regularity; juice is robbed of that essential fiber.

Refined items: ALL white breads, flour, sugar, and rice should be eliminated from the diet. The body needs the fiber from the whole grain items.

Water: At least 8 glasses (64oz) of water should be drunk each day. 16oz – 32oz of warm water should be taken before breakfast. Water should be taken 15 - 30 minutes before the meal or 2 hours after the meal. Please drink water until the urine is pale.

LIFESTYLE

Making the following lifestyle changes will lower cholesterol and decrease cardiovascular risk.

Avoid smoking and drinking alcohol. Smoking and alcohol consumption increases the risk of heart disease. If you currently smoke or drink, you need to stop immediately.

Reduce excess weight. Studies show that reducing weight even by 5 – 10 percent can significantly reduce cholesterol levels. Avoid snacking and lower excess calories.

Exercise. Moderate walking daily for one continual hour is essential for lowering cholesterol.

Check the **medications** you may be using as cholesterol is a common side effect in some medications.

All **meals** should be eaten on a regular schedule, 7 days a week, with no more than a 30 minutes' time difference in the schedule. Meals should be eaten at least 5-6 hours apart.

Bedtime should be before 10:00p.m. Research shows that going to bed after 10:00 p.m. at night continually for two weeks elevates blood glucose, hypertension, and cholesterol levels.

HERBAL RECOMMENDATIONS

Garlinase 2 tablets twice a day with each meal (cholesterol/diabetes/high blood pressure) or **4 cloves of fresh garlic** daily.

Gymnema Sylvestre 2 tablets twice a day with each meal (cholesterol/diabetes)

GTF Chromium (1 tablet twice a day with each meal or use brown rice)

Linden tea steep 2 tablespoons in 32oz of hot water and drink daily (unsweetened)

Pumpkin Seeds (1/4 cup or handful with each meal)

Flaxseed take 2 tablespoons freshly grounded daily

Red Yeast Rice and CoQ10 (very effective to lower cholesterol, these must be used together)

Hibiscus Tea steep 7 flowers in 32oz hot water and drink daily (lowers blood pressure, cholesterol, diabetes)

Lecithin granules 1-2 tablespoons daily. This is useful for dissolving fat. (cholesterol/diabetes/high blood pressure)

Olives - eat 7 olives daily.

Kelp or Dulse 1 teaspoon - sprinkle over food daily **Seaweed Cure, Kombu**

High cholesterol levels occur in low thyroid conditions, **hypothyroidism**.

Unusually **low cholesterol levels** may be a sign of **hyperthyroidism**.

A slow thyroid result in slow liver function and decreased metabolism of cholesterol.

Guggul - elevates HDL and lowers LDL - 2 tablets 2 times daily

Ashwagandha Tea 2 tablespoons steeped for 3 hours in 32 oz of hot water daily or just sprinkle over your food daily

Artichokes include in your diet regularly

String beans - use 3/4 to 1 cup daily

Lemon water - 16 oz of water to 1 lemon. However, for cleaning up the calcium plaque in the artery use 8 oz of water to 1 lemon. When ingesting lemon, always use a straw to prevent enamel erosion.

All forms of **Beans** and **Whole Grains**. This is essential in providing proteins, a high fiber diet as well as causing the muscles to relax.

Vitamin D – when the sun hits the skin, it converts cholesterol under the skin into pre-vitamin D, which is later converted into vitamin D that the body can use. Daily exposure to sunlight is beneficial. For lighter-skinned individuals, 10 to 15 minutes daily will be sufficient whereas for darker-skinned individuals, 45 minutes to 1 ½ hours daily is required between the hours of 9:00am and 3:00pm when the UVB rays is at the highest. **Vitamin D also reduces the thickening of the arterial walls, thereby reducing cholesterol build-up in the arteries.**

In treating disease, it is important that your vitamin D level is sufficient. Correct Levels of vitamin D are 70 ng/mL to 100 ng/mL (once the levels get above 150 ng/mL with supplement it can become toxic to the body however if the levels get above 150 ng/mL with Natural Sunlight then you are fine.) The 25-hydroxy vitamin D test is the most accurate way to measure how much vitamin D is in your body. Once you know your level, if you need to increase it, you may consider taking 5000iu daily of vitamin D3 supplement until your levels are back in line. For the colder climate, as a regular maintenance from **June – September** use the Natural Sunlight, **May** and **October** take **1000iu** daily, **April** and **November** take **2000iu** daily, **March** and **December** take **3000iu** daily, **January** and **February** take **5000iu** daily. Do Not exceed the recommended vitamin D level. **Remember that the liquid vitamin D3 with fat is best and easily absorbed (vitamin D is a fat-soluble vitamin, so it requires fat in order for it to be absorbed).**

If you live in a warmer climate, please use the natural sunlight (45-90 minutes daily between the hours of 9:00am – 3:00pm).

PS: If you are deficient in vitamin D, then you will need to take the prescription dosage of supplemental vitamin D or the equivalent of 10,000iu daily for 7 days, then you can resort to the 5000iu daily. (liquid is better and taken with plant based fats is best for maximum absorption because vitamin D is a fat-soluble vitamin).

Here is another option: If there is a chronic deficiency in vitamin D, it would be recommended to use as much as 10,000iu daily for 3 months.

Instructions for preparing teas

- Hard parts of the plant such as: roots, seeds, rhizome or bark: BOIL for 15 minutes, and then draw for 4 hours
- Delicate parts of the plant such as: leaves, flowers, buds, stems or clusters: bring water to a boil then DRAW/STEEP for 3 hours.
- For combinations: boil hard parts first for 15 minutes then add delicate parts and draw/steep for 3 to 4 hours.
- Drink as water through the day.

REVERSE DIABETES: TYPE II

ATTENTION: Before making any changes please contact your health care professional.

WHAT IS DIABETES TYPE II?

Diabetes Type 2 is a lifestyle disease and ALL Lifestyle diseases are 100% reversible. The following information is given for education purposes for a natural alternative towards becoming Diabetes free. It is possible by God's grace to walk away from Diabetes by making changes to your diet and lifestyle.

Note: we do not say to anyone to come off their medication as this is for them and their physician to decide. The program works fast so it is important to test and record your blood sugar levels of morning and evening and work with your physician to reduce your medication or your blood sugar can drop too low.

We have seen evidences in the lives of many individuals who have followed this Plan to lower their blood sugar levels in less than 7 days and be Diabetes free in less than 30 days.

A Gentleman was Diabetic and on 202 units of Insulin and 2000 mg of Metformin daily. We met with him, put him on the Plan, which was an all-green plant-based diet, lifestyle changes such as walking for one hour daily, going to bed on time and in one day he was able to drop off 100 units of Insulin. In five days' time, he was able to come off all of the Insulin and all of the Metformin simply by making these changes.

Diabetes Type II occurs when the body becomes unable to handle glucose (sugar), which builds up to dangerous levels in the blood.

Usually when we eat food, the food is digested and the complex carbohydrate part is broken down into simple sugars, most of which is glucose. Glucose or blood sugar enters the blood stream. The body requires a certain amount of glucose for short-term energy for immediate use, but the excess is stored in the liver or muscles as long-term energy/glycogen for use at a later time. The Pancreas produces Insulin. Insulin is responsible for ushering blood glucose from the blood into cells to be stored as energy. However, in Diabetes Type II, the insulin does not do its work resulting in an excess of glucose in the blood stream.

According to the Centers for disease control and prevention (2000), disrupted glucose metabolism can lead to long-term health risks such as: heart disease, stroke, high blood pressure, blindness, kidney disease, amputation, dental disease and death.

Normal Level	Pre-Diabetes Level	Diabetes Level
<ul style="list-style-type: none"> • levels range from 65-99 mg/dl (3.6-5.5 mmol/liter). 	<ul style="list-style-type: none"> • fasting blood sugar levels ranges from 100-125 mg/dl (5.6-6.9 mmol/liter) after an 8 hour fast. 	<ul style="list-style-type: none"> • a diagnosis of diabetes is usually made when a blood sugar test is consistently above 126 mg/dl (7.0 mmol/liter) after an 8 hour fast.

There are two categories of diabetes:

- **Water Diabetes** (Diabetes Insipidus – bland or insipid urine) known as: Central, Nephrogenic, Gestational, Dipsogenic
- **Sugar Diabetes** (Diabetes Mellitus – honey-sweet urine) known as: Type 1, Type 1.5, Type 2 and Type 3 (Alzheimer’s disease)

SYMPTOMS

The classical symptoms of diabetes type II are:

- polydipsia (excessive thirst),
- polyuria (excessive passage of urine), and
- polyphagia (excessive hunger).

Other symptoms include but aren’t limited to: weakness, fatigue, tingling sensation in extremities, blurred vision, dry and itchy skin, unusual weight loss and darkness on body folds of neck, arms etc and both sides of cheeks (Acanthosis Nigricans).

CAUSES

Studies conducted by James Anderson, M.D., Professor of Medicine at the University of Kentucky concluded that a strong relationship to fat—both fat in the diet and fat on the body causes diabetes. The disease is rare in areas of the world where fat intake is low and obesity uncommon. - **p. 53, Health Power**

Diabetes Type II is 65% high-fat diet—fat in the diet and fat on the body.

Excessive fat and high protein intake in the diet from animal sources will promote diabetes. Foods high in fiber, whole, plant-based foods will protect against diabetes.

DIET

- **Animal Products** are the highest source of fat in the diet. Avoid all flesh and its by-products (chicken, fish, turkey, beef, shrimp, lobster, sausages, cheese, ice cream, milk,

butter, etc.). If you so desire to use milk, non-harmful milks can be made from a variety of nuts (i.e. almonds, cashews, etc.)

- **Fats.** Especially for diabetics, it is important that you have natural plant-based fats at the end of a meal, to sustain the glucose levels until the next meal. Nuts, seeds, except peanuts, or avocado are great sources, however, do not overdo on these fats. • Stop use of all oils in the diet even the good ones like olive or coconut oil should be avoided while cooking or on salads.
- **Sweeteners.** There should be no free use of any natural or artificial sweeteners (honey, splenda, agave nectar, sweet n'low, mints, candy etc.). It is important also to stay away from all dried fruits as the sugar content is higher. Avoid all forms of juices, whether natural or processed. Natural fruit when juiced is higher in glucose than if eaten raw. Research shows that 1 tablespoon of grape juice elevates the blood sugar by 10 points. So, when an individual drinks 1 glass of grape juice, this will elevate the glucose level by an additional **160** points.
- **Caffeine, tea and alcohol.** Please refrain from consuming all forms of alcohol, vinegar, green tea, chai tea, black tea, sweet tea, lipton iced tea, coffee, decaf tea, white tea.
- **Use in moderation.** Pink Himalayan Sea Salt with potassium, iodine and trace minerals which will support your endocrine system, including your pancreas that supports insulin production and slows the infusion of glucose into your bloodstream

GO ON A TOTAL PLANT BASED DIET

Did you know that flesh foods are high in sodium, fat, cholesterol and have no fiber? •

- **Fiber.** All Refined items, such as white rice, white bread, etc. cause a rapid rise and fall in blood sugar levels and therefore should be avoided. Plant fiber increases the sugar level in the blood gradually, thus preventing this rapid rise and fall. Use more complex carbohydrates found in whole foods, which also contain more fiber such as whole grains, oats, millet, buckwheat, quinoa, brown rice, all forms of beans, lots of green leafy vegetables and fresh fruit. Studies show that dietary fiber supplements did not have the same effect as a plant-based whole foods diet.
- **Flax seeds:** 2 tablespoons freshly grounded daily (lowers diabetes/high blood pressure/cholesterol/improves memory)
- **Pumpkin seeds and Sunflower seeds:** eat 1 handful or 1/4 cup twice daily
- **Lecithin granules:** use 1 tablespoon with meals – this dissolves fat and is also useful for lowering high blood pressure and cholesterol)
- **Artichokes, String beans, Prickly pear, onions, cucumbers, parsley, celery, cauliflower, eggplant, carrots, apples** lower blood sugar • If at night/morning your blood sugar level drops below 80mg%, eat a piece of fruit (e.g. an orange). If your blood sugar level is less than 140mg% be cautious when taking the medication; because your blood sugar levels can drop below the normal ranges.

Testimony: There was a diabetic gentleman who was on the Plan and in a matter of two days was able to decrease 30 units of insulin from his normal dosage. A couple days later, a traumatic situation arose, and he was so stressed that his glucose went above 200 points. He decided he was going to put his problems in the Lord's hands and not to stress excessively about his problem. When he made that decision, his glucose levels actually started to decrease. Guilt, worry, an unforgiving spirit and resentment—these are things that weigh the soul down.

LIFESTYLE

- **Exercise:** Fat buildup around the cells prevents glucose from entering the cells that make up

your muscles and tissues thus leaving too much sugar in the blood stream. Walking for one continual hour daily help to prevent the fat buildup around the cells, thereby enabling insulin to put glucose into the cells for storage, which will be released as energy later on when you need it. **PLEASE NOTE: Before starting an exercise regimen, consult your physician.** It has been shown that 1 hour of continual walking, is essential to reversing Diabetes Type II. **As a diabetic, when you go walking, you must take a whole fruit with you.** This is important because if while walking, you experience any symptoms of low blood sugar (headache, trembling, lightheadedness, anxiety, nausea, etc.) you can start to eat that fruit to increase the blood sugar levels. If you feel that you cannot walk for one continual hour, start walking as much as you can.

- Every hour of **continual walking is equivalent to 20 units of insulin.** If you want to double the amount of insulin in the body, walk for 1 hour twice a day. Once the diabetes is reversed, the walking can be broken up into maintenance walks of two thirty-minute sections.
- Your **digestive walk** is extremely helpful: It is very important to walk casually for 15 to 30 minutes after each meal as this will help to prevent the sugar level from spiraling too high after a meal and stabilize it.
- To **improve circulation** in your feet, do the Circulatory Rock: Hold on to a sturdy object (wall, bed, or table); tiptoe on both feet, then go down and back on your heels. Repeat this for 300 to 400 times every day.
- All **meals should be eaten on a regular schedule**, 7 days a week, with no more than a 30 minutes' time difference in schedule. Meals should be eaten at least 5-6 hours apart. For example, 6:00am, 12:00pm and if a third meal is desired, 6:00pm.
- **Avoid snacking.** Eating two larger meals a day (breakfast and lunch) is more effective than six smaller meals for patients with type 2 diabetes and obesity: it places less stress on the liver and pancreas; a randomized crossover study. 9 April 2014 [Diabetologia], BBC May 2014
- **Water dilutes blood sugar.** Upon awakening, drink at least 2 to 4 glasses of very warm water as a bolus. One of those glasses should have 2 teaspoons of lemon juice in it, but remember to always use a straw to drink lemon to prevent your tooth enamel from wearing away. You should drink enough water until the urine is clear (even if you are urinating excessively). The best way to drink room temperature water during the day is gradually, such as mouthfuls at a time, as this will help your cells to absorb that much needed water. To ensure proper digestion of food, drink water 15 – 30 minutes before mealtime and 2 hours after a meal.
- It has been proven that **proper breathing** of fresh pure air and deep breathing techniques help in the lowering blood sugar and pressure.
- **Bedtime** should be before 10:00pm. Research shows that going to bed after 10:00pm at night continually for two weeks elevates blood glucose, blood pressure, and cholesterol levels. • Stress is a major factor that can trigger Diabetes. Keep your stress levels to a minimum and don't let stress take control of your life.
- **Stop smoking and avoid smoking exposure.** This increase toxins and sugar levels. • Keep your teeth and entire body thoroughly clean to avoid infections.
- Keep your **feet clean and dry** every day.
- Use wide-fitting **comfortable flexible footwear.**
- Ensure you have **regular bowel movements.**

PLEASE MAKE SURE YOU CONSULT YOUR PHYSICIAN, BEFORE FOLLOWING THESE INSTRUCTIONS.

THIS PROGRAM WORKS EXTREMELY FAST, SO THE UTMOST CARE SHOULD BE TAKEN IN FOLLOWING THIS PROGRAM.

HERBAL RECOMMENDATIONS

Consistent healthful diet and lifestyle changes can give you the results you need to lower your blood sugar; however, there are some herbs when added are useful in giving you great results sooner.

- **Gymnema Sylvestre:** 2 tablets twice a day with each meal
- **GTF Chromium:** 1 tablet twice a day with each meal. Chromium can also be derived from consuming brown rice.
- **Garlinase:** 2 tablets twice a day with each meal or 4 cloves of fresh garlic daily (lowers diabetes/cholesterol/high blood pressure). Be careful with the amount of garlic you use if you are on blood-thinning medication.
- **Sugar balance:** take 2 tablets twice daily after meals
- Cleansing your blood and liver is helpful especially if you were/are on drug medication. A great supplement is **Liverclean**. Some helpful herbs are **Burdock** or **Chicory root** or **Red Clover** with **Dandelion** or **Milk thistle**. (2 tablespoons to 4 cups water)
- **Seaweed Cure:** use as directed on the bottle or Kelp capsules or 1 tablespoon Kelp powder twice daily with meals. These helps with nourishing the pancreas and balancing sugar levels in the blood.
- **Hibiscus Tea:** steep 7 flowers in 32oz of hot water and drink daily (lowers blood pressure, cholesterol, diabetes)
- **Bay leaf:** steep 7 leaves in 32oz of hot water
- **Fenugreek:** 2 tablespoons to 32oz water boil for 15 minutes has six compounds for lowering blood sugar and high cholesterol levels
- **Turmeric Tea:** 2 tablespoons added to 4 cups of water, boil for 15 minutes and draw for at least 40 minutes to 4 hours
- Other herbs: Uva Ursi, Echinacea, Black Walnut capsules
- **Vitamin B12:** 10mg daily
- **Vitamin D:** Your body can make vitamin D naturally. When the sun shines on your skin, it converts cholesterol under the skin into previtamin D, which is then converted by your liver and kidneys into vitamin D. Therefore, daily exposure to sunlight is beneficial. For lighter-skinned individuals, 10 to 15 minutes daily will be sufficient time for exposure whereas for darker-skinned individuals, 45 minutes to 1 ½ hours daily is required between the hours of 9:00am and 3:00pm when the UVB rays is at the highest. **Vitamin D deficiency in type II diabetes is a direct cause as its deficiency increases insulin resistance.**

Therefore, it is important that your vitamin D level is sufficient. Correct Levels of vitamin D are 70 ng/mL to 100 ng/mL (once the levels get above 150 ng/mL with supplement it can become toxic to the body however if the levels get above 150 ng/mL with Natural Sunlight then you are fine.) The 25-hydroxy vitamin D test is the most accurate way to measure how much vitamin D is in your body. Once you know your level, if you need to increase it, you may consider taking 5000iu daily of vitamin D3 supplement until your levels are back in line. For the colder climate, as a regular maintenance from **June – September** use the Natural Sunlight, **May** and **October** take **1000iu** daily, **April** and **November** take **2000iu** daily, **March** and **December** take **3000iu** daily, **January** and **February** take **5000iu** daily. Do Not exceed the recommended vitamin D level. **Remember that the liquid vitamin D3 with fat is best and easily absorbed (vitamin D is a fat-soluble vitamin, so it requires fat in order for it to be absorbed).**

If you live in a warmer climate, please use the natural sunlight (45-90 minutes daily between the hours of 9:00am – 3:00pm).

PS: If you are deficient in vitamin D, then you will need to take the prescription dosage of supplemental vitamin D or the equivalent of 10,000iu daily for 7 days, then you can resort to the 5000iu daily. (liquid is better and taken with plant based fats is best for maximum absorption because vitamin D is a fat-soluble vitamin).

Here is another option: If there is a chronic deficiency in vitamin D, it would be recommended to use as much as 10,000iu daily for 3 months.

WARNING!

What should you do if your blood sugar level is dropping?

Please contact your Health Care Provider so that they can make the necessary adjustments to your medication.

Also, eat some fruit so that the blood sugar level can rise back to normal levels. Try not to eat a candy to get it back up as this will increase the blood sugar levels too high.

Instructions for preparing teas

- Hard parts of the plant such as: roots, seeds, rhizome or bark: BOIL for 15 minutes, and then draw for 4 hours
- Delicate parts of the plant such as: leaves, flowers, buds, stems or clusters: bring water to a boil then DRAW/STEEP for 3 hours.
- For combinations: boil hard parts first for 15 minutes then add delicate parts and draw/steep for 3 to 4 hours.
- Drink as water through the day.

REVERSE HYPERTENSION

“One Nation Under Pressure”

ATTENTION: Before making any changes please contact your health care professional.

Hypertension is defined as a systolic blood pressure reading (the top number) consistently over 130, and/or a diastolic (the bottom number) reading of 85 or above. Based on the Framingham Health Study, for **optimal health, the level is less than 120/80.**

Blood pressure is the force of blood flow inside your blood vessels. When you check your blood pressure, you are given two numbers, such as 130/80 mmHg (one-thirty over eighty).

Both numbers are important:

- The first number is the pressure as your heart beats and pushes blood through the blood vessels. This is the "systolic" pressure.
- The second number is the pressure when the vessels relax between heartbeats. This is the "diastolic" pressure.

When your blood moves through your vessels with too much force, your heart has to work harder and this can cause you to have high blood pressure.

Blood Pressure Chart

Blood Pressure Category	Systolic (mm Hg)		Diastolic (mm Hg)
NORMAL	Less than 120	and	Less than 80
Pre-hypertension	120-139	or	80-89
HIGH			
Stage 1	140-159	or	90-99
Stage 2	160 -179	or	100-109
EXTREMELY HIGH			
Stage 3	180-199	or	110-119
DANGEROUSLY HIGH			
Stage 4	200 and above	over	120 and above

WHAT IS HYPERTENSION?

Hypertensives are three times more likely to have a heart attack, five times more likely to develop heart failure, and eight times more likely to suffer a stroke than people with normal blood pressure. *Health Power p.40* It also raises your risk for diabetes, eye problems, and kidney disease.

There are two types of Hypertension. Primary and Secondary.

Primary hypertension is not caused by other diseases whereas Secondary hypertension can be caused by chronic kidney disease, tumor growth, diabetes or other conditions.

SYMPTOMS

Is Hypertension A “Silent Killer”?

Medically, hypertension is called a “Silent Killer” because it is deadly and is said to have no early significant symptoms. However, this is not true. There are always signs of disease, we just are usually not listening to what our bodies are saying. The chart below shows the subtle indicators to look for in someone with high blood pressure.

In severe cases of High Blood Pressure when symptoms do appear, they may include:

- Feeling confused or other neurological symptoms
- Nosebleeds
- Fatigue
- Blurred vision
- Chest pain
- Abnormal heartbeat

Although a few people with early-stage high blood pressure may have dull headaches, dizzy spells or a few more nosebleeds than normal, these signs and symptoms typically don't occur until high blood pressure has reached a severe – even life-threatening – stage.

WHERE TO LOOK	WHAT TO LOOK FOR
Heart	Racing, palpitations, irregularity, pain
Kidneys	Aching lower back, changes in urine color or smell, urination patterns, night sweats
Hands	Slight swelling at the fingertips, signs of poor blood flow, water retention, tingling
Legs and Feet	Swelling, signs of poor blood flow, water retention, aching or tingling, varicose veins
Head	Headaches, light-headedness, dizziness, ringing in ears, blurry vision
Bowels	Constipation, bloating or gas
Lifestyle	Sedentary, stressful, financial or family issues, illness, remorse, guilt, unconfessed sin
Testing	

CAUSES

Certain traits, conditions, and habits—known as risk factors—can raise your risk for High Blood Pressure. Some major causes are:

Adrenal Gland Fatigue

Adrenal gland fatigue increases adrenalin and this causes inflammation in the arteries.

Chronic Kidney disease

Kidneys help to regulate blood pressure. When the kidneys are affected, the blood pressure can increase. If the kidney filters less water it increases the pressure in the arteries.

Diabetes

Diabetes adversely affects the arteries, predisposing them to atherosclerosis (hardening of the arteries). Atherosclerosis can cause high blood pressure, which if not treated, can lead to blood vessel damage, stroke, heart failure, heart attack, or kidney failure. www.webmd.com/hypertension-high-blood-pressure/guide/high-blood-pressure retrieved 20-Jan-12

Increased cortisol

While cortisol hormone is good to give us the energy we need. Too much cortisol causes inflammation in the arteries, which will lead to an increase in blood pressure. Staying awake after 10:00pm can cause an increase in cortisol.

High salt intake

While sodium is essential for body metabolism, too much sodium can cause body tissues to hold water. This swelling causes the blood pressure to rise.

Low potassium intake

Potassium helps balance the amount of sodium in your cells. If you don't get enough potassium in your diet or retain enough potassium, you may accumulate too much sodium in your blood.

Overweight

High blood pressure is twice as common in adults who are overweight than in those who are of a healthy weight.

Narrowed or plugged arteries

If the arteries are narrowed, the blood will move through your vessels with too much force. Therefore, your heart has to work harder when blood pressure is high.

Lack of exercise

People who are inactive tend to have a higher heart rate. The higher your heart rate, the harder your heart must work with each contraction — and the stronger the force on your arteries. www.mayoclinic.com

Low Estrogen

Estrogen helps to keep the blood vessels flexible and to modulate other hormone activities that can contribute to regulating high blood pressure. As levels of estrogen decrease, a woman's risk of developing high blood pressure increases.

Smoking

Nicotine in cigarette smoke causes large and small blood vessels to narrow and become hard, resulting in reduced blood flow to the rest of your body.

Alcohol

Too much alcohol can raise your blood pressure to unhealthy levels.

Caffeine

Caffeine is stimulating and elevates the blood pressure.

Stress

High levels of stress can lead to a temporary, but intense, increase in blood pressure.

Too little vitamin D

Vitamin D may affect an enzyme produced by your kidneys that affects your blood pressure. Getting vitamin D from sunlight will allow your blood vessels to expand thus increasing efficient blood flow and lowering blood pressure.

****You can also get High Blood Pressure from the use of drug medication. ****

DIET

- Cut out all **flesh foods** (including fish, chicken, meat, pork, and all crustaceans) as well as its byproduct (eggs, cheese, milk, etc.) Meats are high in sodium; contain hypoxanthine (caffeine) and increases cholesterol, which narrows or clogs the arteries, thus increasing the blood pressure. If one so desires to use milk, non-harmful substitutes can be made from a variety of nuts (i.e. almonds, cashews, etc.)
- Use **nuts, seeds, peas, and beans**. All forms of **Beans** and **Whole Grains**. The body converts the amino acid in these foods called L-Arginine into nitro oxide, which relaxes the blood vessels. Also, a handful of walnuts or almonds are excellent in lowering high fat in the meal.
- **Fried foods**, highly processed foods, and all free oils should be avoided and/or eliminated from the diet.
- Eating **fresh fruit** daily especially savory fruits (3-5 servings) is preferable to drinking fruit juice. Eating the fresh fruit provides the body with the essential fiber need for regularity; juice is robbed of that essential fiber.
- Increase **fresh vegetables** daily (3-5 servings) as this would increase potassium and lower blood pressure.
- Increase **potassium** levels with the use of beans – kidney, lentil, garbanzo, black or pinto or squash, spinach, nuts, avocados are great sources.
- Use of the right kind of **salt** will support the adrenals which normalizes blood pressure. Use Pink Himalayan Sea Salt with potassium, iodine and 82 other trace minerals that provides all the minerals you need.
- ALL **white** bread, flour, sugar, and so forth should be eliminated from the diet. The body needs the fiber from the whole grain items.
- Eliminate **Sugar**. Fructose breaks down into a variety of waste products that are bad for your body, one being uric acid. Uric acid drives up your blood pressure by inhibiting the nitric oxide in your blood vessels. Nitric oxide helps your vessels maintain their elasticity, so nitric oxide suppression leads to increases in blood pressure. In fact, 17 out of 17 studies demonstrate that elevated uric acid levels lead to hypertension. J Am Soc Nephrol. 2010

Sep;21 Foods which rapidly break down into sugars include: breads, pasta, white rice, cereal and potatoes. Foods high in Fructose include: processed and packaged foods, agave, corn syrup, sodas and fruit juices.

- Avoid **excessive use of Tyramine** foods (aged, fermented, spoiled- e.g. meats, pork, cheese, chocolate, caffeine teas, alcohol beverages, overripe avocados, overripe bananas, overripe bread fruit) it is a stimulant and will elevate the blood pressure. In addition, when the diet is high in Tyramine, be careful with the use monoamine oxidase inhibitors such as antidepressant medications: Nardil, Marplan, Zelapar or Eldepryl or herbs such as syrian rue, ayahuasca, passion flower, nutmeg, turmeric and kava as this combination can cause a hypertensive crisis.
- Avoid **alcohol**, vinegar, apple cider, nutmeg, cinnamon, hot peppers, remember anything that stimulates will elevate the blood pressure.
- At least 8 glasses (64oz) of **water** should be drunk each day. 16oz to 32oz (2 – 4 glasses) of warm water should be taken before breakfast, one of which can have 1 tablespoon of lemon juice to 1 glass of water – always use a straw when drinking lemon juice to protect the enamel of your teeth. Water should be taken 15 - 30 minutes before the meal or 2 hours after the meal. Please drink water until the urine is pale.

LIFESTYLE

- One of the most effective ways to lower your blood pressure is through **exercise**. A regular Exercise program is very essential to good health and blood circulation. Walking is superior to other forms of exercise as the entire body is in motion. You should walk 21 miles per week, which is approximately 3 miles per day seven days per week or at least one continual hour daily.
- **Reduce your stress** – Stress, including unresolved emotional issues, can contribute to hypertension in some people. Prayer is also a useful technique to keep your stress levels under control.
- You should go to bed before 10:00pm. The body heals itself between the hours of 10:00pm and 12:00am. In addition, the later you go to bed the greater the risk of increasing your blood pressure as too much cortisol is released in the body.
- **Sleep** is important in preventing high blood pressure and heart problems. The sleep producing hormone, melatonin, is released around 9:00pm and this gives the body restful sleep at night. Also, for every hour of sleep before midnight, the body doubles the amount of rest received.

Testimony: *We had a chance to work with a Health Leader at one of the local churches and his Blood Pressure was running 181/104 and we put him on the plan and in one day his Blood Pressure dropped to 117/77. We found out that this gentleman was going to bed between 1:00 am – 2:00 am nightly for the last 3 weeks and this was the main cause of the increased pressure. So we had him go to bed by 9:00 pm and the pressure dropped with a good night's rest.*

- Carefully read labels and select items low in salt, sodium and soda.

- All meals should be eaten on a regular schedule, 7 days a week, with no more than a 30 minutes' time difference in schedule. Meals should be eaten at least 5-6 hours apart.

Vitamin D - when the sun hits the skin, it converts cholesterol under the skin into pre-vitamin D, which is later converted into vitamin D that the body can use. Daily exposure to sunlight is beneficial. For lighter-skinned individuals, 10 to 15 minutes daily will be sufficient whereas for darker-skinned individuals, 45 minutes to 1 ½ hours daily is required between the hours of 9:00am and 3:00pm when the UVB rays is at the highest. When the sun hits the skin, it produces **nitric oxide**, which **dilates the blood vessels** and lowers the blood pressure.

In treating disease, it is important that your vitamin D level is sufficient. Correct Levels of vitamin D are 70 ng/mL to 100 ng/mL (once the levels get above 150 ng/mL with supplement it can become toxic to the body however if the levels get above 150 ng/mL with Natural Sunlight then you are fine.) The 25-hydroxy vitamin D test is the most accurate way to measure how much vitamin D is in your body. Once you know your level, if you need to increase it, you may consider taking 5000iu daily of vitamin D3 supplement until your levels are back in line. For the colder climate, as a regular maintenance from **June – September** use the Natural Sunlight, **May and October** take **1000iu** daily, **April and November** take **2000iu** daily, **March and December** take **3000iu** daily, **January and February** take **5000iu** daily. Do Not exceed the recommended vitamin D level. **Remember that the liquid vitamin D3 with fat is best and easily absorbed (vitamin D is a fat-soluble vitamin, so it requires fat in order for it to be absorbed).**

If you live in a warmer climate, please use the natural sunlight (45-90 minutes daily between the hours of 9:00am – 3:00pm). (high blood pressure/MS/diabetes/cholesterol/all bone problems/colon and breast cancer).

PS: If you are deficient in vitamin D, then you will need to take the prescription dosage of supplemental vitamin D or the equivalent of 10,000iu daily for 7 days, then you can resort to the 5000iu daily. (liquid is better and taken with plant based fats is best for maximum absorption because vitamin D is a fat-soluble vitamin).

Here is another option: If there is a chronic deficiency in vitamin D, we would recommend to use as much as 10,000iu daily for 3 months.

HERBAL REMEDIES

- **Garlinase** 2 tablets twice a day with each meal (high blood pressure/ cholesterol/ diabetes) or 4 cloves of fresh garlic daily.
- **Flax seed** take 2 tablespoons freshly grounded daily. Rich in Omega 3.
- **Pumpkin seed** take a handful of pumpkin seeds daily (unsalted)
- **Lecithin** granules 1-2 tablespoons daily
- **Cornsilk** - 1 handful of organic cornsilk in 32oz of hot water. Steep for 3 hours and drink as water daily. Use tea for 90 days then one month off then repeat until condition is resolved.

- **Hibiscus tea** 7 flowers steeped for 3 hours in 32oz hot water daily (unsweetened)
- **Bayleaf** (7 leaves steeped for 3 hours in 32oz hot water daily) *unsweetened*
- Other leaves: **Soursop, Avocado, Breadfruit**
- **Linden tea** drink 32oz daily (unsweetened)
- **Unsulphured Blackstrap molasses** - 2 tablespoons daily (do not use if you are Diabetic)

Instructions for preparing teas

- Hard parts of the plant such as: roots, seeds, rhizome or bark: **BOIL** for 15 minutes, and then draw for 4 hours
- Delicate parts of the plant such as: leaves, flowers, buds, stems or clusters: bring water to a boil then **DRAW/STEEP** for 3 hours.
- For combinations: boil hard parts first for 15 minutes then add delicate parts and draw/steep for 3 to 4 hours.
Drink as water through the day.

HYDROTHERAPY

HOT ARM BATH

Submerge both arms at the same time in a container with warm water.

Gradually increase heat for effectiveness.

This helps to bring down blood pressure and there is no risk of cardiac collapse.

REVERSE HYPOTHYROIDISM

ATTENTION: Before making any changes please contact your health care professional.

WHAT IS HYPOTHYROIDISM?

Hypothyroidism is a condition in which there is **too little thyroid hormone** in the bloodstream.

The thyroid gland, which produces the thyroid hormones, is said to be "**underactive**," because it does not produce enough thyroid hormone for the body to function normally.

Inadequate production of thyroid hormone affects stimulation of cells and organs in the body.

The low level of thyroid hormone causes the symptoms associated with hypothyroidism, which is generally a "slowing-down" of the body's processes.

Hyperthyroidism is a different thyroid-related condition; it involves **too much thyroid hormone** in the bloodstream, producing symptoms that include rapid heartbeat, extreme fatigue, weight loss, and nervousness. The thyroid gland is said to be "**overactive**."

SYMPTOMS

People may believe their symptoms are due to stress, depression, or "getting older" and they go undiagnosed for years. Symptoms of hypothyroidism usually appear gradually, particularly in people over age 50. A low level of thyroid hormone slows the body's metabolism, like running a motor car at a slow speed.

Some symptoms include:

- Less energy
- More fatigue, trouble awakening in the morning, need for more sleep, and tendency to fall asleep during the day
- Feeling cold when other people feel warm

- Less sweating
- Drier, itchier skin
- Drier, coarser, more brittle hair
- More hair loss (the amount differs in different people; patients don't go bald but their hair can look thin)
- Loss of appetite
- Mild weight gain (5-20 pounds) and difficulty losing weight (hypothyroidism doesn't cause obesity)
- New or worsening problems with memory, slower thinking
- New snoring
- Muscle cramps and joint aches
- New feeling of pins and needles in the hands and feet (paresthesia)
- New or worsening constipation
- Carpal tunnel syndrome
- Heavier and/or more frequent menstrual periods, worse cramps, worse premenstrual symptoms, milky discharge from the breasts
- Feeling irritable
- New or worsening depression-sadness or not caring about anything
- New or worsening hoarse voice
- Slowing of heart rate
- Slightly higher blood pressure
- Higher cholesterol levels
- Growth delay in children
- Puffiness around the face (especially the eyes), hands, ankles, and feet because of fluid build-up **myxedema**
- Goiter (swelling in the front of the neck, caused by enlargement of the thyroid)

Low thyroid levels can affect both men and women, but women are up to eight times more likely to develop the condition. As many as 10% of women may have some degree of thyroid hormone deficiency. The American Thyroid Association, a national professional organization of thyroid specialists, recommends that women over age 35 should be screened every five years for hypothyroidism. Millions of people have hypothyroidism but do not know it.

CAUSES

The vast majority of cases of hypothyroidism (roughly **95%** or more) are caused by a problem within the **thyroid gland**.

A much smaller number of cases (roughly **5%** or less) are caused by a problem in the brain or **pituitary gland**, a small gland located beneath the brain.

- **Hashimoto thyroiditis** - a condition resulting from a problem in the body's **immune system**.
- **Treatment of Hyperthyroidism** – treated with **radioactive iodine**.
- **Treatment of thyroid tumors** - **Surgery** for a noncancerous (benign) or cancerous (malignant) thyroid tumor
- **Radiation** - exposure to **high doses of radiation** for the treatment of head and neck cancers
- **Interference of drugs** - Some drugs given for nonthyroid conditions have the side effect of inhibiting production of thyroid hormone within the thyroid gland. If these drugs are taken in large dosages or for a long time, hypothyroidism may result.
- **Interference from goitrogenic foods** - Cruciferous family: Raw cabbage, cauliflower, kale, broccoli, brussels sprouts, corn, cassava, millet, peanuts, pine nuts, mustard, soy products
These foods interfere with iodine absorption in thyroid gland, you would need to put iodine foods back into your diet such as seaweed, sea salt. Cooking these foods will also inactivate the goitrogen factor.
- **Subacute thyroiditis** - an inflammatory thyroid condition of unclear origin.
- **Postpartum thyroiditis** - **inflammation of the thyroid following pregnancy**
- **Pituitary gland** – this accounts for 5% of cases, failure of the pituitary gland to produce or release the hormone TSH,

which is responsible for stimulating the production of thyroid hormone in the thyroid gland.

Diagnostic blood testing shows low levels of T3 and T4 thyroid hormones, low or absent TSH, and absence of the anti-thyroid antibodies characteristic of Hashimoto's thyroiditis, the commonest cause of hypothyroidism.

The TSH (thyroid-stimulating hormone) level is especially important in determining whether the condition is due to a problem in the thyroid gland or in the part of the brain that stimulates thyroid function.

If the **TSH level in the blood is HIGH, the abnormality is within the thyroid gland**. A high TSH level suggests that the thyroid gland is not responding properly to the stimulating effect of the TSH on the thyroid gland.

If the **TSH level in the blood is LOW, the abnormality is within the brain or pituitary gland** in the brain. It suggests that the pituitary is not releasing adequate amounts of TSH to stimulate the thyroid gland, despite levels of thyroid hormone low enough that it should do so.

HYPOTHYROIDISM IN INFANTS AND CHILDREN

- The "underactive" thyroid gland does not make enough thyroid hormone, interfering with growth, physical and mental development, and other body processes.
- Infants can be born with hypothyroidism. This is called **Congenital hypothyroidism**.
- If left untreated, **Cretinism** sets in with abnormal growth and mental retardation.
- Children with Iodine Deficiency Disorders can grow up stunted, apathetic, mentally retarded, and incapable of normal movements, speech, or hearing.

- Iodine deficiency is the single most common cause of preventable mental retardation and brain damage in the world.

Facts about hypothyroidism in children

- In North America, hypothyroidism present at birth is found in about 1 in every 4,000 newborns.
- In about 10% of newborns with hypothyroidism, it is a temporary condition that will resolve within days or months.
- About 95% of cases of childhood hypothyroidism are caused by a problem within the thyroid gland or by lack of a thyroid gland.
- Less than 5% of cases are caused by a problem in the brain or pituitary gland.
- In the developing world, most cases of congenital hypothyroidism are due to iodine deficiency in the mother and the baby.

Some Thyroid problem symptoms shows up in childhood

- Growth hormone, Children may be shorter than their peers, Thick trunk, Larger chest and abdomen, Smaller limbs, Overweight, obese, Smaller hands, Hyperlaxity (where you can bend your fingers far back), Scoliosis, Flat feet, Thick skin and bones, Childhood Thyroid Symptoms, Not having fully formed sexual characteristics – like no pubic hair, Heavy birth weight, Delayed growth, Delayed puberty, Recurrent infections as a kid, Learning disabilities

HYPOTHYROIDISM AND PREGNANCY

Iodine deficiency disorders in pregnant women causes: premature delivery, miscarriages, stillbirths, postpartum thyroid disease including thyroiditis, hyperthyroidism (Graves' Disease), hypothyroidism and other complications.

Thyroid nodules usually enlarge during pregnancy, in some cases to almost

double their initial size, and remain enlarged as long as 3 months after delivery.

DIET

- Eliminate all **flesh** and its by products from your diet
- Eliminate all **dairy products**
- Eliminate all **fried foods, salad oils, peanut butter**
- Eliminate all **highly-processed foods**
- Eliminate **sugar** (use natural sweeteners instead)
- Eliminate **caffeine**
- Remove all processed and refined white foods in the diet unless it occurs naturally white (i.e. white potatoes)
- Increase fiber-rich foods such as **whole grain** items, brown rice, oats, beans
- Increase all forms of **beans** to increase iron intake for proper thyroid function
- Use in moderation foods of the cabbage family:
 - Broccoli, cabbage, kale, Brussels sprouts, mustard greens, radishes
- One serving each of **Oats and Bananas** daily to stimulate the thyroid
- Increase iodine intake naturally use **Kelp or Dulse** 1 teaspoon - sprinkle over food daily or use Kombu or use **Pink Himalayan Sea salt** to increase iodine intake
- Avoid **gluten and wheat**: leaky gut contributes to autoimmune thyroiditis
- Use only **Organic** or **Non-GMO** foods
- Olives - eat 7 olives daily. This is helpful for healthy skin and hair.
- **Increase Vitamin A** is necessary for iodine to be properly absorbed.

Foods sources of vitamin A: Carrot, Dried apricot, Lamb's lettuce, Spinach, Sweet pepper, Mango,

Increase Vitamin B6 helps the thyroid use its iodine effectively in hormone production.

Foods sources of vitamin B6: Garlic, Sesame seed, Blackstrap molasses, Banana, Chickpea, Whole grain rice, Avocado

Increase Vitamin B12 helps the thyroid work properly. Supplement with 10 mg daily.

Avoid **Nitrates** such as hot dogs, sausages, luncheon meats, fertilizer runoff, well water which stimulates goiter formation.

LIFESTYLE

- **Avoid immune disruptors:** Excessive use of chemicals, poisonous fumes, medicinal drugs, tobacco smoke, impure living conditions
- **Avoid iodine blockers to the thyroid:** Chlorinated water, fluoridated water, fluoridated toothpaste,
- **Exercise daily- Activity** increases T3 in the blood, the safest and best exercise is **walking, walk for 1 continual hour daily**, early morning, brisk walking is recommended. Exercise is a stress reliever and helps to reduce cortisol levels.
- **Check for Vitamin D deficiency** - When the sunlight gets to the pineal gland it helps to reset the biological rhythm and regulate the hormones.
- Get an appropriate amount of Vitamin D?
- **Light-skinned individuals:** 15 – 30 mins daily
- **Dark-skinned individuals:** 45 mins to 1 ½ hours daily
- **Get Sunlight between the hours of 9:00am and 3:00pm**
- **Vitamin D Supplement:** Take 20,000iu for the first 7 days then reduce it to 10,000iu daily for 3 months. Correct Levels of vitamin D are 70 ng/mL to 100 ng/mL (once the levels get above 150 ng/mL with supplement it can become toxic to the body however if the levels get above 150 ng/mL with Natural Sunlight then you are fine.) The 25-hydroxy vitamin D test is the most accurate way to measure how much vitamin D is in your body. Once you know your level, if you need to increase it, you may consider taking 5000iu daily of vitamin D3 supplement until your levels are back in line. For the colder climate, as a regular maintenance from **June – September** use the Natural

Sunlight, **May** and **October** take **1000iu** daily, **April** and **November** take **2000iu** daily, **March** and **December** take **3000iu** daily, **January** and **February** take **5000iu** daily. Do Not exceed the recommended vitamin D level. **Remember that the liquid vitamin D3 with fat is best and easily absorbed (vitamin D is a fat-soluble vitamin, so it requires fat in order for it to be absorbed).**

Sleep

- Get at least 6 to 8 hours of sleep at night.
- Make it a habit to go to bed and get up at approximately the same time each day.
- For the greatest benefit, an optimal bedtime would be around 9:00pm.
- Take a **cool shower** each morning and evening to stimulate the thyroid gland.

HERBAL RECOMMENDATION

- **Blackstrap molasses** (1 - 2 tablespoons daily)
- **Flax seed** or Chia seeds (2 tablespoons freshly grounded daily)
- **Green Walnuts** - a decoction of green walnuts made by boiling them 20 minutes, boosted thyroxine at least by 30% **Omega-3 fats** as in flax seed and walnuts create healthy cell membranes, allowing hormones to reach their destinations within the body.
- **Seaweed Cure** (use as directed on bottle)
- For losing weight, drink **Lemon Water** – 1 tablespoon to 8 ounces of water daily. Always use a straw when drinking lemon juice to protect the enamel of your teeth.

TO REDUCE A GOITER

- Go on a fasting, cleansing building program of fruit and vegetable juices, followed by a building program of eating simple, nourishing foods especially raw. Do this for 2-4 weeks.
- Get back and neck spinal adjustments

- Take one kelp tablet daily or other iodine food sources as indicated above.

Use any of the following recommendation options to reduce the enlarged thyroid.

RECOMMENDATION OPTION 1

- Put an Epsom-salt compress on the neck every night, leaving it on all night for 10 nights. Wrap with plastic then cloth and keep in place overnight.

RECOMMENDATION OPTION 2

- Use a compress of white oak bark tea over the goiter for better results. Wrap with plastic then cloth and keep in place overnight.

RECOMMENDATION OPTION 3

- Put two hot formentations around the neck for 4 minutes each, and one cold compress for 4 minutes continue alternating this for an hour. Then spend 5-10 minutes doing exercises with the neck in various positions.

RECOMMENDATION OPTION 4

- Put a poultice of ground-up almonds completely around the neck and leave it on all night for 3-10 nights. This is especially good for harder, more fibrous goiters.

RECOMMENDATION OPTION 5

- Mix burdock root powder with olive oil and apply externally over the affected gland. Wrap with plastic then cloth and keep in place overnight.

Instructions for preparing teas

- Hard parts of the plant such as: roots, seeds, rhizome or bark: **BOIL** for 15 minutes, and then draw for 4 hours
- Delicate parts of the plant such as: leaves, flowers, buds, stems or clusters: bring water to a boil then **DRAW/STEEP** for 3 hours.
- For combinations: boil hard parts first for 15 minutes then add delicate parts and draw/steep for 3 to 4 hours.
- Drink as water through the day.

HORMONAL IMBALANCE FOR MALES AND FEMALES

WHAT ARE HORMONES?

Hormones are your body's chemical messengers. They travel in your bloodstream to tissues or organs. They work slowly overtime and affect many different processes.

SYMPTOMS OF HORMONAL IMBALANCE

Hormonal Imbalance may lead to: Prostate inflammation, mood, fatigue, weight gain, bowel health, infertility, menstrual cycle changes, skin issues, acne, menstrual cramps, PMS, cysts in the ovaries, PCOS, trouble getting pregnant, trouble sleeping, always sleeping, and other health changes.

What governs the hormones?

Endocrine glands: Pituitary, Pineal, Thymus, Thyroid, Adrenal glands, Pancreas

CAUSES OF HORMONAL IMBALANCE

Vitamin D deficiency - When the sunlight gets to the pineal gland through the eyes it helps to reset the biological rhythm and regulate the hormones.

Hyperthyroidism - Heavier, more frequent and more painful periods are frequently associated with **hypothyroidism**, and shorter, lighter or infrequent menstruation can be associated with **hyperthyroidism**.

Lack of adequate Rest - The hormones need sleep in order to do their work of repair and rejuvenation. Estrogen, Progesterone and Testosterone are sleep-maintaining hormones.

Lack of Exercise - Reduces stress which blocks out excessive estrogen. Exercise gets

all the organs and muscles, even the involuntary ones in motion. Practice deep breathing.

Poor Blood Circulation - The **pituitary gland** produces hormones in the body such as: Estrogen, Progesterone, Testosterone, Prolactin, Thyroid, Growth hormone. Blood congestion, which is characterized by thickening of the blood, prevents these hormones from reaching their target places in the body in sufficient amounts and on time. Consequently, the glands go into **hyper-secretion (overproduction) of hormones**.

Lymphatic system and lymph node - When lymph drainage from the **“hormone” glands** is inefficient, the glands, themselves, become congested. This brings about **hypo-secretion (lack) of hormones**. Increased consumption of Water and moderate Exercise improves blood circulation.

Medication or Birth control applications – this tends to disrupt the hormone signals to various organs in the body.

Environmental Toxins such as Phthalates, Bisphenol A (BPA plastic) or Dioxins can mimic estrogen thus causing the body's true production to be disrupted. These are found in personal care products – creams, nail polishes, lip stick, dyes, enamels, varnishes, flooring, adhesive, fungicides, antioxidants, dental sealants and artificial teeth. Dioxins found in Polyvinyl chloride plastic or (PVC) are responsible for a range of reproductive and developmental problems, damaging the immune system, along with causing major hormonal imbalances and cancer.

Use natural items for personal care instead such as: Coconut Oil, Olive Oil, Shea Butter, Natural Oils or Butters, Natural Deodorants, Natural Soaps, Natural Shampoos, Natural Conditioners, Lemon, Sea Salt and Honey.

Gluten sensitivity – Gluten damages gut health and can increase inflammation in the body, thereby playing a major hormonal disruptor.

Improper or a poor nutrient Diet – the body's need for adequate good nutrition such as potassium, magnesium, fatty acids is important to facilitate healthy hormones.

DIET

Foods to avoid:

Caffeine, chocolate, cocoa, peanuts, gluten foods such as bread, pastries, milk, dairy, butter, cheese, cakes, chicken, eggs, fish, turkey, crab, lobster, wine, alcohol, smoking, candy, sugar,

Foods to increase:

All fruits and vegetables, pumpkin seeds,

Every cell in the human body needs the Thyroid Hormone. It regulates the hormones and general metabolism in the body and it requires Iodine for proper functioning. For a **Healthy THYROID** iodine is essential in the diet. Some sources of iodine are: Kelp, Spirulina, Pink Himalayan Sea Salt, Dulse

Pumpkin seed take a handful or 1/4 cup of pumpkin seed daily (unsalted)

Use only **Organic** or **Non-GMO** foods. Genetically Modified Foods are: Soy, Corn, Cotton seed oil, Sugar beets, alfalfa, Hawaiian papaya, zucchini, yellow squash.

Use **properly cooked grains and beans** for adequate **protein**

Oils of choice are extra virgin, cold-pressed **olive oil** or **coconut oil**

LIFESTYLE

Keep the weight low – fat cells tend to hold on to estrogen thus increasing it within the body.

Exercise activity speeds up the body's metabolic rate. The safest and best form of exercise is walking. **Walk for 1 continual hour daily** preferably a brisk walk in the early morning which will also help to reduce stress

Get an appropriate amount of **Sunlight between the hours of 9:00am and 3:00pm** Vitamin D. For Light-skinned individuals: 15 – 30 minutes daily is required whereas Dark-skinned Individuals require: 45 minutes to 1 1/2 hours daily.

Vitamin D Supplement. For chronic hormonal issues with Vitamin D deficiency: Cysts, Prostate, Fibroids, Cancer etc. Take 20,000iu for the first 7 days then reduce it to 10,000iu daily for 3 months. For a maintenance take 6000iu daily except during the months of June, July and August. In addition, be sure to get sunlight exposure daily.

Sleep - Get at least 6 to 8 hours of sleep at night. Make it a habit to go to bed and get up at approximately the same time each day. For the greatest benefit, an optimal bedtime would be around 9:00pm.

Wear longer garments that cover the arms and legs to **improve blood circulation**. Excess clothing on the trunk area, with not enough on the extremities, is a significant cause of female problems of various types.

Avoid tight clothing such as bands or belts around the waist, as they may be snug upon sitting and the pressure on the waist causes pelvic congestion and poor health of the ovaries and uterus.

Avoid poor posture, constipation, habitually chilled feet, overeating, overweight and too much sexual stimulation.

HERBAL RECOMMENDATIONS

Kelp (1 – 2 teaspoons daily or 2 capsules daily)

Blackstrap molasses (1 - 2 tablespoons daily)

Flax seed (2 tablespoons freshly grounded daily)

Seaweed Cure hormone balance formula (use as directed on bottle)

Maca – useful for boosting hormone production and libido. Many women notice less PMS, increased fertility, and improved skin. Men notice increased sperm production, libido, and better sleep. Maca is also high in minerals and essential fatty acids, making it great for hormones.

Damiana - used primarily as an energy tonic and an aphrodisiac for both men and women. It oxygenates the genital area. Increases energy levels and Restores libido and desire. In women, Damiana often restores the ability to achieve orgasm.

LBH Recommendation - Our LBH Recommendation is essential for cleansing the liver, the blood and balancing the hormones.

Use any of the following combinations for 90 days then rotate for the other recommendations for another 90 days or until your situation is resolved.

Rotation 1

Dandelion (2 tablespoons)

Red clover (2 tablespoons)

Black cohosh (1 teaspoon)

Combine in 32oz (4 cups) hot water and steep for 40 minutes to 3 hours. Strain liquid and drink during the day

Rotation 2

Milk Thistle (2 tablespoons)

Burdock (2 tablespoons)

Sage (2 tablespoons)

Combine Milk Thistle and Burdock and boil in 4 1/2 cups water, add Sage and steep for 40 minutes to 4 hours. Strain liquid and drink during the day

Instructions for preparing teas

- Hard parts of the plant such as: roots, seeds, rhizome or bark: BOIL for 15 minutes, and then draw for 4 hours
- Delicate parts of the plant such as: leaves, flowers, buds, stems or clusters: bring water to a boil then DRAW/STEEP for 3 hours.
- For combinations: boil hard parts first for 15 minutes then add delicate parts and draw/steep for 3 to 4 hours.
- Drink as water through the day.

REVERSE FIBROIDS UTERINE FIBROMA, UTERINE POLYPS

ATTENTION: *Before making any changes please contact your health care professional.*

WHAT ARE FIBROIDS?

Fibroids, Uterine fibroids are sometimes cancerous or non-cancerous but mainly non-cancerous tumors that grow about the walls of the uterus (womb). They can be small or large, single or multiple. Although they are composed of the same smooth muscle fibers as the uterine wall (myometrium), they are many times denser than normal myometrium. Uterine fibroids are usually round or semi-round in shape.

Uterine Fibroma

Uterine fibroids are noncancerous growths of the uterus that often appear during your childbearing years. Also, called fibromyomas, leiomyomas or myomas. It affects about 20% of women over the age of 30. The tumor may develop in the wall of the uterus or be attached to a stalk of tissue originating in the wall. Uterine fibromas rarely spread or become life-threatening.

Uterine Polyps

Overgrowth of cells in the inner lining of the uterus (endometrium - the organ in which a fetus grows) leads to the formation of uterine polyps, also known as endometrial polyps.

Uterine polyps are formed by the overgrowth of endometrial tissue. They are attached to the endometrium by a thin stalk or a broad base and extend inward into the uterus. The polyps may be round or oval, and range in size from a few millimeters (the size of a sesame seed) to a few centimeters (the size of a golf ball), or larger.

There may be one or several polyps present. Uterine polyps are usually benign (noncancerous), but they may cause

problems with menstruation (periods) or fertility (the ability to have children). Uterine polyps are more likely to develop in women who are between 40 and 50 years old than in younger women. Uterine polyps can occur after menopause but rarely occur in women under 20 years old.

Your chances of developing uterine polyps may increase if you are overweight or obese, have high blood pressure (hypertension) or are taking tamoxifen, a drug that is used to treat breast cancer.

Names of Fibroids

Fibroids are given names depending on where they are located:

- **Intramural** fibroids, the most common, grow in the wall of the uterus.
- **Subserosal** fibroids grow on the outside of the uterus. As they grow larger, they can cause pain due to their size or pressure put on nearby organs.
- **Submucosal** fibroids grow just underneath the uterine lining and can crowd into the uterus cavity and lead to heavy bleeding and other more serious complications.
- **Pedunculated fibroids** grow on small stalks inside or outside the uterus.
- **Intracavitary fibroids** occur on a long stalk on the inside of the uterus or inside the cavity of the uterus.

It's possible to have more than one kind of fibroid.

This recommendation focuses on cleaning up the body to reestablish an environment where the fibroid would shrink, be expelled and certain measures can be considered for prevention. The main focus is on elimination of toxins, inflammation and building up the body. Improving iron and potassium levels with green leafy vegetables, and vitamin C.

CAUSES OF FIBROIDS

Regardless of the type or name of the Fibroid, the underlying cause remains the same:

Fibroids increase in size in women when there are increased levels of **estrogen** in the body.

Basically, a woman's menstrual cycle runs on an average of 28 to 35 days. During the first 14 days, estrogen hormone is high and progesterone hormone is low; the next 14 days, progesterone is high and estrogen is low. However, when a woman's hormones are disrupted, during the second 14 days, estrogen is not low but high, therefore estrogen remains dominant in the body and this causes problems such as bloating, swelling and tenderness in the breast, low sex drive, fatigue, mood swings, cold hands or feet.

Estrogen can increase for the following reasons:

- **Soy** - soy products are naturally high in estrogen and regular consumption can increase estrogen in the body
- **Isolated Genistein** - naturally occurring substance in soy, fava beans and other foods BUT when isolated it can cause problems. It is found in supplements and pharmaceuticals for many things including heart and prostate health.
- **Propyl gallate** - preservative (microwave popcorn, soup mixes and even chewing gum)
- **Oral Contraceptive and Birth Control pill** – excess hormones are excreted into the urine where it enters the waste water and into our environment. These hormones get into our water supply and affects everyone.
- **4-hexylresorcinol** - also named “EverFresh” used in preserving vegetable shelf life, is used as a preservative in shellfish
- **Pregnancy** – increases estrogen naturally
- **Phthalates** - food industry via plastic tubing and packaging used in food processing, plastic shower curtains and vinyl flooring
- **Perfume ingredients** - disrupt the endocrine system and estrogen levels
- **Bisphenol A (BPA)** – in plastic bottles and food tins
- **Triclosan** – an ingredient found in most hand sanitizers, anti-bacterial soaps is a hormone disrupter
- **Parabens** – hormone disrupter - methylparaben, butylparaben, benzylparaben, isopropylparaben, ethylparaben are used in cosmetics, lotions, fragrances, cleansers, shampoos and other body care products.
- **Plasticizers** – plastic bottles, cups, bowls and bags, use instead natural materials like paper, wood and fabric
- **Diary milk and its by-products** - Dairy milk accounts for about 80% of the estrogen consumed through the human diet.
- Milk produced from pregnant cows (*which is how all milk products are produced*) contains about 33 times as much estrogen as milk from non-pregnant cows.
- news.harvard.edu/gazette/story/2006/12/hormones-in-milk-can-be-dangerous
- **Vitamin D deficiency** - The National Institute of Environmental Health Sciences Uterine Fibroid Study of women between the ages of 35- to 49-years-old showed that sufficient vitamin D (>20ng/mL) was associated with a reduced risk of uterine fibroids by 32% compared to 95% increased risk for women with insufficient vitamin D levels.
- **Thyroid imbalance** – thyroid hormones are needed by every cell in the human body. Dysfunction of the thyroid gland can cause issues in the endocrine system which includes the ovaries as well as the breast, adrenals, prostate or pancreas.

SYMPTOMS OF FIBROIDS

Fibroids symptoms include:

- Heavy and frequent menstrual periods
- Infertility
- Anemia
- Fatigue

- Weakness
- Bleeding between periods
- Increased vaginal discharge
- Bleeding after intercourse
- No symptoms
- Pain in the back
- Pain in the legs/pelvis
- Pressure on the bladder or bowels
- Blocked urine flow

Uterine fibroma symptoms include:

- Menstrual disorders such as menorrhagia (heavy menstrual bleeding).
- Symptoms are also likely to be related to the location of the tumor with respect to neighboring organs, as when a uterine fibroma causes pressure on the urinary bladder, producing symptoms of dysuria (painful urination).
- Heavy menstrual bleeding
- Prolonged menstrual periods — seven days or more of menstrual bleeding
- Pelvic pressure or pain
- Frequent urination
- Difficulty emptying your bladder
- Constipation
- Backache or leg pain

Uterine endometrial polyp symptoms include:

- Irregular or unpredictable menstrual bleeding that varies in duration and heaviness. Most women have periods that last four to seven days.
- Prolonged or excessive menstrual bleeding (menorrhagia)
- Spotting or bleeding between menstrual periods
- Infertility
- Vaginal bleeding after menopause or sexual intercourse

Polyp and fibroid similarities:

Uterine polyps and fibroids may both affect the reproduction process
Both are hormone induced growths

Most conventional recommendation methods for both polyps and fibroids are invasive

DIET TO PREVENT OR REVERSE FIBROIDS

Foods to avoid:

- Milk and dairy products (increases estrogen levels)
- Chocolate or cocoa in any form
- A high-protein diet (meat, fish, eggs, butter, or cheese)
- Hormone-laden meat
- High-fat foods (fried foods, free oils)
- Caffeine drinks and foods (coffee, chocolate)
- Carbonated sodas
- Sugar, alcohol (these can rob the body of iodine and increase estrogen)
- All white products and concentrated starches
- Salty foods
- Be cautious with foods such as: Flax seed, sesame seeds, soy, tofu, chickpeas, dried fruits especially dates, apricots and prunes. While these are rich in phytoestrogen, the body may not respond well to it and increase estrogen in your body.
- Cooked spinach and rhubarb are high in oxalic acid, which can calcify the fibroid so don't overuse
- Go on a wheat-free, gluten-free diet - avoiding the use of wheat, rye, barley, spelt, kamut (see our gluten-free food list for more guidance)

Foods to increase:

- Eat Organic or Non-GMO foods
- Go on a Gluten-free diet
- use Whole grains (brown rice, millet, quinoa, buckwheat, tapioca)
- use root foods such as yam, potatoes or edoes
- Eat a variety of fruits and vegetables every day, increasing -
- Vitamin A: carrots, pumpkin, spinach, bok-choy
- Vitamin C: lemon, grapefruit, oranges

- Vitamin E: nuts, olive oil
- Pineapples are excellent for digesting fibrin tissue found in fibroid tumors.
- Every day eat Vegetables to shrink the tumor; eat more foods of the cruciferous family and steam them until tender e.g. – cabbage, radish, cauliflower, broccoli, kale, Brussels sprouts, collard greens
- Eat peas and beans for protein and L-Arginine to enhance immune function and retard tumor growth
- Eating bean sprouts gives a variety of nutrients
- Nuts, sunflower seeds
- Zinc: pumpkin seeds
- Copper and Selenium: brazil nuts
- Iodine: Kelp, Chlorella, Spirulina or Dulse daily to maintain proper thyroid function and balance the hormones
- Choose one day a week to eat only raw foods, green juices and water

LIFESTYLE FOR FIBROIDS

- Exercise every day for at least 30 minutes to 1 hour. This will help to brighten your mind and energize you at a time when you may feel fatigued.
- Sleep at least 8 hours every night.
- Practice deep breathing and stretching to energize your body.
- Avoid overeating
- Keep the weight low
- Wear longer clothing: excess clothing on the trunk, and not enough on the extremities, is a significant cause of female problems of various types
- The clothes should have no constricting bands (i.e., pants, skirts)
- Keep the arms, legs, and feet properly clad and warm.
- Wear only natural fiber underwear i.e., 100% cotton, linen, silk, - Do not wear synthetics i.e., nylons, polyester, rayon, etc.
- Avoid high heel shoes which put extra strain on the pelvic area
- Avoid drug use

- Abstain from or do not over-indulge in sexual activity during application as this may be painful
- Avoid hormone disruptors such as: synthetic cosmetics, deodorants, hair sprays, washing powders, shampoo, dyes, food additives, cleansing solutions and all chemicals, especially pesticides, herbicides, toxic drugs, BPA plastic and Teflon pans.
- Drink lots of water and coconut water
- Ensure you have a daily regular healthy bowel movement as excess estrogen can be swept off with defecation.
- Increase Vitamin D especially through sunlight exposure every day.
- Use natural personal care products on your skin:
 - Coconut Oil
 - Olive Oil
 - Shea Butter
 - Natural Oils or Butters
 - Natural Deodorants
 - Natural Soaps
 - Natural Shampoos
 - Natural Conditioners
 - Lemon and Sea Salt and Honey
 - Natural hand sanitizer – use an all-natural sanitizer e.g. mix of water, aloe vera gel, tea tree oil, oregano

HERBAL RECOMMENDATION FOR FIBROIDS

STEP 1

START with a Cleanse: 3 tablespoons of food grade Castor oil and 1/4 cup of lemon juice.

This should be repeated once every week for the first five weeks then once every month on a day when you will be free the following day. Drink lots of water and use pink Himalayan sea salt to keep hydrated and reintroduce minerals especially potassium.

After the purge, take a Probiotic to replenish healthy gut flora.

STEP 2

Each morning, drink **16oz to 32oz of warm water**; one 8oz glass should have 1

tablespoon of **lemon juice**. Lemon water will help with building the blood and cleansing the liver, in addition, this rich source of vitamin C will aid with iron absorption. Always use a straw when drinking lemon water to protect the enamel of your teeth.

STEP 3(A)

Next, we would need to cleanse the liver, cleanse the blood and balance the hormones with a **daily** combination of teas to drink. Following a two-week rotation cycle of combined herbs will do this; one week for each combination of herbs. Do not add sweeteners to teas. **Repeat this treatment until the fibroids have disappeared.**

Prepare and drink the following combination of herbs in 32oz water and drink daily.

Preparation for teas: as a Rule always boil for 15 minutes the hard parts of the plant such as; roots, seeds, rhizome or barks then draw for 40 minutes to 4 hours. The delicate parts of the plant such as leaves, flowers, buds, stems or clusters: bring water to a boil then Draw/Steep for 40 minutes to 3 hours. For Combinations: boil hard parts first for 15 minutes then add delicate parts and draw/steep for 40 minutes to 4 hours. Strain and drink when cool

FIRST ROTATION - ONE WEEK FOR THIS COMBINATION OF HERBS		
Cleanse the blood	Burdock	2 Tablespoons herb or 2 capsules twice daily
Cleanse the liver	Dandelion/Milk Thistle	2 Tablespoons herb or 2 capsules twice daily
Balance the hormones	Black Cohosh	1 Teaspoon herb or 2 capsules daily
Reduce inflammation and tumor growth	Turmeric	2 Tablespoons herb or 2 capsules twice daily

SECOND ROTATION - ONE WEEK FOR THIS COMBINATION OF HERBS		
Cleanse the blood	Sheep Sorrel	2 Tablespoons herb or 2 capsules twice daily
Cleanse the liver	Chicory Root	2 Tablespoons herb or 2 capsules twice daily
Balance the hormones	Black Cohosh	1 Teaspoon herb or 2 capsules daily
Reduce inflammation and tumor growth	Turmeric	2 Tablespoons herb or 2 capsules twice daily

Note: **1.** It is best to use different tea combinations rather than the same herb repeatedly. Where the herb variety is limited (e.g. burdock can be found and not sheep sorrel) burdock can be used continually for 90 days followed by one month off then continue with the burdock. However where the variety is found, the combinations can be consumed continually.

Note: **2.** Black cohosh can have side effects such as headaches and nausea. We recommend 1-2 teaspoons to 32oz of water. If headache develops, dilute the tea with 1-2 cups of water.

Use **Kelp or Seaweed Cure** daily as directed on bottle.

Use **VM 100 complete** this is a multi-vitamin to build the immune system and tissue repair

Use 1 tablet of **Garlinase** or 4 cloves of garlic daily to inhibit tumor growth
 Increase **Vitamin D** - through sun exposure between the hours of 9:00am and 3:00pm when the UVB rays is at its highest. Darker skinned individuals, require 45 minutes to 1 1/2 hours of sun exposure while lighter skinned individuals require 10 to 15 minutes daily. Supplemental use of **Vitamin D** - take 10,000iu liquid vitamin D with olive oil or fat daily, along with sunlight for four months. Then reduce to 5000iu daily until your levels are back in line.

Correct Levels of vitamin D are between 70 ng/mL to 100 ng/mL (once the levels get above 150 ng/mL with supplement it can become toxic to the body however if the levels get above 150 ng/mL with **Natural Sunlight** then you are fine.) For the colder climate, as a regular maintenance from **June – September** use the Natural Sunlight, **May** and **October** take **1000iu** daily, **April** and **November** take **2000iu** daily, **March** and **December** take **3000iu**

daily, **January** and **February** take **5000iu** daily. Do Not exceed the recommended vitamin D level. **Remember that the liquid vitamin D with fat is best and easily absorbed (vitamin D is a fat-soluble vitamin, so it requires fat in order for it to be absorbed).**
If you live in a warmer climate, please use the natural sunlight (45-90 minutes daily between the hours of 9:00am – 3:00pm).

STEP 3(B)

Some persons may have allergies and so a different combination of herbs is recommended.

FOR ALLERGIES or GLUTEN SENSITIVITY INDIVIDUALS simply use these herbs: Burdock for cleansing the blood and liver and Black Cohosh for balancing the hormones and Turmeric to reduce tumor growth

Boil in 32oz or 4 cups water for 15 minutes, then steep/draw for at least 40 minutes to 4 hours

ALLERGY/GLUTEN SENSITIVITY HERBAL COMBINATION		
Cleanse the blood and liver	Burdock	2 Tablespoons herb or 2 capsules twice daily
Balance the hormones	Black Cohosh	1 Teaspoon herb or 2 capsules daily
Reduce inflammation and tumor growth	Turmeric	2 Tablespoons herb or 2 capsules twice daily

STEP 4

Use natural Cox-2 inhibitor foods as they would destroy fibroids and prevent tumor growth. Cox-2 inhibitor foods include: Mung Bean, Lentils, Wheat germ, Kelp. Mung bean sprouts are delicious and nutritious too.

HERBAL/VAGINAL SUPPOSITORY

Certain herbs can be combined to make an herbal/vaginal suppository to shrink the fibroids and build your immune system at the same time.

Each month on the week following your period, you should use a suppository.

Get/blend all herbs to powder form:

2 Tablespoons of slippery elm

1 Tablespoon each of yellow dock, golden seal, squaw vine

5 drops of tea tree oil (opt.)

Coconut oil or olive oil

Instructions: Mix herbs, add Olive oil or coconut oil to get a paste consistency (do not over saturate); shape into a suppository about 1½ inches long, put on waxed paper and place in freezer to harden. Keep frozen. Insert suppositories for 5 nights and douche on the following 1ST, 3RD, and 5TH mornings (see VAGINAL DOUCHE). It is best to wear sanitary napkins during this week. To apply suppository: lay backward with your legs opened and insert it with your index finger as far as you can. Be sure to lubricate the suppository with olive oil before inserting them in the vaginal passage as far as you can. Keep it in through the night. By morning some of it would have melted or you can remove some with your finger and douche.

Another alternative is for five days: take a clove of garlic, bruise slightly to excrete juices. You can insert garlic bare or wrap in gauze; tie a clean white string at both ends of gauze with garlic inside (similar to a tampon); insert in your vaginal tract nightly before bedtime. Remove the garlic each morning by pulling on the string or by using your fingers (if bare garlic is used).

WARM VAGINAL DOUCHE

What do you need? Douching apparatus to hold mixed boiled solution.

64oz of warm white oak bark or yellow dock tea is one of the most potent of all douches for strengthening, cleansing and purifying the female reproductive system. Perform douche twice a day, in the morning and again just before retiring at night. Greater benefit is derived from this application when the individual can remain in a reclining position for some hours afterward.

CASTOR OIL PACK APPLICATION

Castor Oil Pack Application to be done for **one hour** on evenings. This works best when fibroids are within the walls of the uterus.

What do you need? 1 white rag or flannel cloth, castor oil, plastic or thin towel, thick towel, hot water bottle, fleece blanket

HOT PACK

- Make at least two bags: (bean or rice or corn bags). Heat the bags using a microwave or pot of hot water, or
- Get a hot water bottle or heating pad
- Pour castor oil on a rag to saturate it – flannel cloth is best to retain heat.
- Apply oiled rag on lower abdomen over the fibroid growth area.
- Cover with a sheet of plastic to keep oil from messing up your other coverings. Alternatively, apply a thin towel over the rag and abdomen.
- Next, apply a hot pack or hot water bottle on the thin towel.
- Apply a thick towel or fleece blanket to keep the heat in.
- After an hour, remove the coverings, water bottle, plastic and oiled rag. Store oiled rag in a covered bowl in the refrigerator to be reused several times. This may be washed or thrown out when it begins to smell rancid.

Repeat this treatment four to six times a week until the fibroids are reduced.

Exception: do not do this treatment when on your period or if you are pregnant.

HYDROTHERAPY RECOMMENDATION

Warning: Make sure you are not pregnant or this cold treatment can abort the baby.

A cold sitz bath each morning will help to starve the blood flow to the Fibroid tumor.

Sit in a **cold** sitz bath with water up to the lower abdomen (under the navel) for 30 seconds.

Alternatively submerge a rag in ice-cold water and apply to fibroid area for 30 seconds.

Application Checklist:

Lemon juice
Straw
Burdock
Sheep sorrel
Dandelion/Milk thistle
Chicory root
Black Cohosh
Turmeric
Kelp or seaweed cure
VM 100 complete
Garlinase or garlic
Vitamin D
Slippery elm
Yellow dock
Golden seal
Squaw vine
Tea tree oil
Coconut oil
White oak bark
Hot water bottle

Flannel cloth
Herbal iron or Floradix
Blackstrap molasses

Anemia and Fibroids

To maintain iron level and prevent anemia:

Unsulphured Blackstrap Molasses: Take 1 Tablespoon daily (if you are not Diabetic)
Floradix Iron Formula or Herbal Iron

Chlorophyll in the form of green leafy juice, green powder or Liquid Chlorophyll.
Best to use these items with citrus as vitamin C enhances iron absorption.

Avoid fiber foods at this time as it can disrupt iron absorption.

If you are Anemic, see our Anemia Counseling Sheet for further guidance.

REVERSE ANEMIA

Iron Anemia, Folic Acid Anemia and Vitamin B12 Anemia

ATTENTION: Before making any changes please contact your health care professional.

Anemia occurs when the body has a low number of red blood cells (RBCs). These cells carry oxygen throughout the body. Fewer RBCs limit the body's oxygen level.

IRON ANEMIA WHAT IS IRON ANEMIA?

Iron anemia is the most common type of anemia. It is usually present when there are not enough red blood cells or hemoglobin in the blood as a result of not having enough oxygen circulating throughout the body.

Men require 10mg of iron daily while women of childbearing age should get 15mg, after menopause women require 10mg.

SYMPTOMS OF IRON ANEMIA

- Fatigue
- Dizziness
- Headache
- Rapid heart rate
- Shortness of breath or exertion
- Pale skin, nails and lips
- Sensitivity to cold
- Poor appetite and cravings for clay, ice, or starch
- Sore mouth or tongue, poor blood circulation

CAUSES OF IRON ANEMIA

- Little absorption of iron from the food
- Chronic blood loss
- Pregnancy, repeated pregnancies
- Menstruation (heavy blood loss)
- Excess estrogen
- Hemorrhoids
- Ulcers
- Diverticular disease
- Liver damage
- Surgery
- Periods of rapid growth
- Aging
- Infections

- Hemorrhage
- Nutritional deficiencies
- Children without minerals or essential fatty acids

Risk for blood loss:

- Women who use intrauterine devices for contraception
- Use of aspirin, ibuprofen
- Children on a cow's milk diet (can cause stomach bleeding)

Building the blood is essential to treating anemia. Use one of the following three conventional **blood builder methods**.

OPTION 1

STEP 1

Start with a Cleanse:

3 tablespoons of Castor oil and ¼ cup of lemon juice.

This should be done early morning when one will be free for that day. Drink lots of water to be hydrated.

STEP 2

Drink 16 oz to 32 oz warm water with lemon daily. This is required for building the blood and cleansing the liver, in addition, the vitamin C will aid with iron absorption.

STEP 3

Liver cleanse:

Dandelion or Milk thistle or burdock teas alternated one week each.

See instructions for preparing teas.

Use for ninety days then one month off and repeat for every ninety days until the situation is resolved. Do not add sweeteners to teas.

STEP 4

- 1 – 2 tablespoons of blackstrap molasses daily
- 2 tablespoons Tahini or 2 tablespoons grounded Sesame seed

Use dried spirulina, chickpea, adzuki, mung bean, beet, promgrante, hibiscus tea or any red item.

OPTION 2

Herbal Iron formula, treats all forms of anemia - take as recommended on the bottle and use with Treatment 1. OR

Floradix iron formula: take as recommended on the bottle and use with Treatment 1. OR

OPTION 3

Trihemic: take as recommended on the bottle and use with Treatment 1.

Note that too much iron (more than daily RDI) can damage the heart, liver, pancreas and immune cell activity. It is always better to get iron from food sources.

FOLIC ACID AND VITAMIN B₁₂ ANEMIA

WHAT IS FOLIC ACID AND VITAMIN B₁₂ ANEMIA?

When the body produces too much abnormal blood cells and little normal blood cells. As a result the body is unable to carry sufficient oxygen to the cells.

In B₁₂ anemia, the body fails to produce mature red blood cells.

SYMPTOMS OF FOLIC ACID AND VITAMIN B₁₂ ANEMIA

- Fatigue
- Pale skin
- Shortness of breath on mild exertion

Other symptoms of B₁₂ Anemia

- Tingling in the hands and feet
- Weakness
- Yellowing of skin
- Sore tongue
- Partial loss of coordination of the fingers, feet, and legs
- Loss of balance
- Loss of memory
- Confusion
- Diarrhea
- Loss of appetite

CAUSES OF FOLIC ACID AND VITAMIN B₁₂ ANEMIA

Folic acid anemia is caused by folic acid deficiency.

Folic acid deficiency is caused by a poor diet, drinking alcohol, pregnant women whose folic acid needs are greater as so require more of it, anticonvulsants and anti-cancer drugs.

B₁₂ anemia is caused by B₁₂ deficiency.

Vitamin B₁₂ deficiency is caused by lack of B₁₂ in the diet, an autoimmune disorder, lack of the intrinsic factor necessary for B₁₂ absorption, intestinal disorders, surgery food on the stomach or intestines.

DIET

- Avoid foods that decrease iron absorption:
 - Food additives, artificial sweeteners, sugar, spicy foods, milk and dairy products

- Caffeine and alcohol - please stay away from all alcohol (vinegar), green tea, chai tea, black tea, sweet tea, lipton iced tea, coffee, decaf tea, white tea
- Bakery products, soft drinks, candy, beer, ice cream, processed foods
- Those high in oxalic acid – spinach, sorrel, Swiss chard, chocolate, cocoa, cashews, soda, soft drinks
- Increase bran, whole-wheat flour and oatmeal as they are effective in increasing hemoglobin regeneration. However, these need to be properly heated for at least 3 hours to break down Phytates in the fiber which will prevent iron from being absorbed.
- Avoid the use of calcium, vitamin E or zinc supplements at the same time with increase iron intake as they interfere with each other's absorption
- Increase fruits: grapes, prunes, blueberries, cranberries, dates, figs, pears
- Increase nuts and seeds: pistachios, pecans, almonds, sesame seeds, sunflower seeds
- Add Citrus for Vitamin C and Iron absorption: kiwi, red cherry, lemon, orange, sweet red pepper, guava, black currant, Brussels sprouts
- Increase foods rich in iron such as: *Fenugreek, Dried Spirulina, Blackstrap molasses, Soybean, Sesame seed, Whole grains, Bran, Lentils, Wheat germ, Tofu, Oats, Olive, Spinach, Lettuce, Alfalfa sprouts
**Fenugreek can cause breast enlargement*
- Use Pink Himalayan sea salt for proper thyroid function which regulates metabolism
- Use raw and live foods only for one day per week. This can be both solid and fruit.
- Increase foods from the Crucifers family:
Broccoli, Brussels Sprout, Cabbage, Collard Greens, Kale, Horseradish, Turnip, Chinese Cabbage, Cauliflower, Bok Choy, Radish, - *Use Kelp or Dulse to protect your thyroid when using items from this family.*
- For **Folic Acid Anemia** increase the following foods:
Mung Bean, Adzuki, Chickpea, Lentil, Wheat germ, Spinach, Kelp, Lettuce, Beet, Whole grains, Walnut

ANEMIA LIFESTYLE

- Get adequate amount of sleep nightly. Go to bed before 9:30 pm in a dark room.
- Exercise increases oxygen in the blood, stimulates red blood cell activity and decreases fatigue. One should walk 21 miles per week, which is approximately 3 miles per day seven days per week.
- Breathe deeply for adequate oxygen intake.
- Do not smoke or drink alcoholic beverages.
- Take short cold baths to improve circulation, and use cold mitten friction to increase blood production.

HERBAL RECOMMENDATIONS

- **Garlinase** 2 tablets twice a day with each meal (high blood pressure/cholesterol/diabetes) or 4 cloves of fresh garlic daily
- **Flax seed** take 2 tablespoons freshly grounded daily
- **Blackstrap Molasses** take 2 tablespoons daily

- Use 1-2 teaspoons of **Kelp or Dulse** daily to maintain proper thyroid function and balance the hormones.
- For **Iron Anemia** - use any of the following teas: Hibiscus, Red Raspberry, Turmeric, Yellow dock, Chamomile tea (prepare 2 tablespoons in 32oz hot water)
- For **Folic Acid Anemia** use 400 mcg of folic acid twice a day. Do not take amounts greater than 0.1mg
- For **Vitamin B12 Anemia** - use Vitamin B12 supplement daily (10mg) and increase foods rich in protein, calcium, vitamin C and E.
- **Vitamin D** - there is a receptor site in every cell for vitamin D. When the sun hits the skin, it converts cholesterol under the skin into pre-vitamin D, which is transferred to the liver then to the kidney to be converted into vitamin D that the body can use.

Daily exposure to sunlight is beneficial. For lighter-skinned individuals, 10 to 15 minutes daily will be sufficient whereas for darker-skinned individuals, 45 minutes to 1 ½ hours daily is required between the hours of 9:00am and 3:00pm when the UVB rays is at the highest.

Vitamin D deficiency increases the risk of anemia as red blood cells tend to rebuild more quickly in people who have higher vitamin D levels. The 25-hydroxy vitamin D test is the most accurate way to measure how much vitamin D is in your body. Once you know your level, if you need to increase it, you may consider taking 5000iu daily of vitamin D3 supplement until your levels are back in line.

Correct Levels of vitamin D are 70 ng/mL to 100 ng/mL. Avoid supplementing to toxic levels. (Once the levels get above 150 ng/mL with supplement it can become toxic to the body however if the levels get above 150 ng/mL with Natural Sunlight then you are fine.)

For the colder climate, as a regular maintenance from **June – September** use the Natural Sunlight, **May** and **October** take **1000iu** daily, **April** and **November** take **2000iu** daily, **March** and **December** take **3000iu** daily, **January** and **February** take **5000iu** daily. Do Not exceed the recommended vitamin D level. **Remember that the liquid vitamin D3 with fat is best and easily absorbed (vitamin D is a fat-soluble vitamin, so it requires fat in order for it to be absorbed).**

If you live in a warmer climate, please use the natural sunlight (45-90 minutes daily between the hours of 9:00am – 3:00pm).

PS: If you are deficient in vitamin D, then you will need to take the prescription dosage or the equivalent of 50,000ius per week for 8 weeks of supplemental vitamin D3.

Here is another option: If there is a chronic deficiency in vitamin D, we would be recommended that you take as much as 10,000iu daily for either 3-4 months, then you can revert to the 5000iu daily.

Instructions for preparing teas

- Hard parts of the plant such as: roots, seeds, rhizome or bark: BOIL for 15 minutes, and then draw for 4 hours
- Delicate parts of the plant such as: leaves, flowers, buds, stems or clusters: bring water to a boil then DRAW/STEEP for 3 hours.
- For combinations: boil hard parts first for 15 minutes then add delicate parts and draw/steep for 3 to 4 hours.
- Drink as water through the day.

BUILD YOUR BLOOD

Chlorophyll helps with building your blood and a great way to get it is by juicing. Here are some combinations you will love.

Blood booster 1

3 beets with leaves
1 celery stalk
1/2 lemon juice with peel
1 handful of spinach
8 leaves of kale
1 tsp of kelp
2 tsp alfalfa or spirulina or chlorella powder
2 Tbsp Tahini or sesame seeds or blackstrap molasses
1 inch ginger
1 clove of garlic
1 young coconut water

Blood booster 2

3 carrots
1 fennel
1/2 lemon juice with peel
1 handful of spinach
8 leaves of lettuce
1 tsp of kelp
2 tsp alfalfa or spirulina or chlorella powder
2 Tbsp Tahini or sesame seeds or blackstrap molasses
1 inch ginger
1 clove of garlic
1 young coconut water

Blood booster 3

2 green apples
1/4 lemon with peel
1 sweet pepper
2 cucumbers
2 kiwis
1 tomato
1 tsp kelp
1 inch ginger
1 clove of garlic
1 young coconut water
2 Tbsp Tahini or sesame seeds or blackstrap molasses

Other blood building foods include: spirulina, wheat grass, barley, alfalfa, purple pulse, seaweed, spinach, beet, lemon peel, orange peel, chlorella

REVERSE MENOPAUSE DISCOMFORT

ATTENTION: Before making any changes please contact your health care professional.

WHAT IS MENOPAUSE?

The period in a woman's life (typically between the ages of 45 and 50) when the monthly period or menstruation finally stops.

SYMPTOMS

Periods rarely just suddenly disappear in the menopause. Symptoms can occur over months or years. Periods may become heavier and less regular before ceasing completely.

Common symptoms associated with Menopause are:

Cardiovascular system: Heart Palpitations, Shortness of breath, High blood pressure, Hot flushes (esp. after physical or psychological stress).

Musculoskeletal: Aches and pains, Headaches, Backaches, Osteoporosis is usually symptomless.

Genital: Irregular bleeding (missed or late), Decreased libido, Vaginal dryness and itching.

General: Dryness of skin, Wrinkling of the skin, Sleep disorders, Night sweats, Symptoms of Menopause.

Neurological: Nausea, Dizziness, Mood changes, Irritability, Depression, Insomnia, Numbness, Tingling, Weeping.

Urological disorders: Decrease hormones, Urethra tissues becomes more fragile – (urethritis, cystitis, uterine prolapse, incontinence, pain during intercourse)

CAUSES

Decrease in production of female sex hormones brought on naturally or by the use of Hormone Replacement Therapy or full or partial Hysterectomy, which disrupts the hormones.

DIET

Begin practicing healthy nutrition before menopause to decrease unwanted symptoms.

- Eat adequate meals – do not overeat
- Eat foods rich in **phytoestrogens** (organic pears, apples, peas, beans, soy beans, maize, carrots, onions, garlic, asparagus)

Foods to Increase

Indole which helps with the bad effects of too much estrogen (cooked broccoli, brussels sprouts, cabbage, cauliflower, kale, rutabagas, turnips). Use Kelp with these items to counteract the goitrogenic effect of rubbing the thyroid gland of iodine.

Iodine - for healthy thyroid function to balance metabolism and hormone (Kelp (1-2 teaspoons daily), dulse, seaweed cure, Pink Himalayan sea salt, Sea weed Cure, garlic, leafy greens, pineapples, pears, artichokes, citrus fruits)

Whole grains (rice, millet, buckwheat, quinoa)

Garlic, sesame seeds, sunflower seeds, lots of fresh fruits, almonds, dates, pomegranates, lecithin, olive oil, coconut oil

Vitamin E (hot flashes, anxiety, heart disease, vaginal dryness) sunflower seeds, oil-bearing nuts, olives, avocado, mangoes

Vitamin C (leg cramps, bruising, hot flashes)

Fruits: citrus, acerola cherries, sweet red pepper, guava, black currant, kiwi, strawberries, orange, lemon, tomatoes.

Green Vegetables: cabbage, broccoli, cassava, potatoes.

Calcium and Magnesium - to prevent bone loss, mental stress, anxiety (pumpkin seeds, sesame, almond, hazelnut, cashew, molasses, buckwheat, kelp, tofu, spinach, dates, potato)

Iron (Fenugreek, spirulina, blackstrap molasses, soybean, sesame, lentils, tofu, oats, olive, spinach)

Millet is a good source of silicon – an essential trace element important for improving the strength and structure of hair. It also contains proteins important for providing keratin from which our hair, skin and nails are made.

Flaxseed, 2 tablespoons grounded daily - has benefits in the menopausal years in terms of stroke and blood fats

Drink adequate **water** until urine is pale yellow to prevent drying of skin and mucous membranes. Helps relieve vaginal dryness. Drink 16oz – 32oz warm water on mornings one of which should be lemon water. When using lemon, always use a straw to protect the enamel of your teeth.

What increases Hot Flashes? Hot drinks, Hot meals, Hot spices -peppers, chili, Sugar or simple Refined carbohydrates – so avoid these items.

Foods to Avoid

Animal Products are the highest source of fat in the diet. Avoid all flesh and its by-products (chicken, fish, turkey, beef, shrimp, lobster, sausages, cheese, ice cream, milk, butter, etc.). If you so desire to use milk, non-harmful milks can be made from a variety of nuts (i.e. almonds, cashews, etc.) **Recipes for nuts, grains, bean loaves and more can be found in the following cookbooks: It's All Good, Ten Talents, The Optimal Diet, Of These Ye May Freely Eat, Give Them Something Better and Encyclopedia of Foods and Their Healing Power vol. 3.**

Coffee: Coffee interferes with many metabolic processes, including those concerned with normalizing the menopausal process. Causes loss of 1.4 percent of bone calcium per year after menopause from drinking just one cup of coffee per day.

Caffeinated drinks, tea (even after decaffeinating) can cause increased calcium loss. Soft drinks and baking powder are also high in phosphates.

Alcohol: Suppresses the growth of bone, is toxic to the ovaries, causes infrequent ovulation and menstrual irregularities

Diet for Osteoporosis, prevention and cure. Avoid **foods high in phosphates and protein** such as animal foods. Eat a low protein diet, as the kidneys excrete large amounts of calcium through the urine to make up for the high sulfuric acid from the protein. You do need to keep appropriate calcium levels.

Sweeteners. Use natural sweeteners (honey, agave nectar). Avoid table sugar and other artificial sweetener.

LIFESTYLE

Dress in layers of pieces of clothing so you may take off garments as necessary, for example, if you wear a shirt and jacket where your environment is cold, when you move to a warmer environment you can take the jacket off but still be well clad. Use lighter blankets or sheets to cover while you sleep, meditate on spiritual themes daily, Increase your self-confidence, Keep happy

Deep breathing exercise will often stop a **hot flash** in a few seconds. Simply breathe in deeply through the nose and out through the mouth, repeatedly, until the flash stops. Take more **time** for yourself out of your working day – relax, be less anxious. Spend lots of time outdoors – gardening. Go to **sleep** before 10:00pm nightly.

Smoking: Stopping smoking is a treatment for menopause. Decreases estrogen levels, increases bone loss at an early age, A new study has found that regular exercise can cause the **skin's aging process to reverse**, even in participants who took it up later in life.

Walk for 1 continual hour daily, Lift **light weights** for body tone, after each meal walk for 15 minutes to aid **digestion**

Hot flashes can be caused by food, allergies and the need to perspire to eliminate toxins, keep a diary so you can discover what **triggers** hot flashes. Take a **steam bath** each week or hot bath for 20 minutes each day

Vaginal Itching – Wash: Mix together: 4 cups of hot or cold water, 1 to 4 tablespoons of vinegar, pour slowly through the low part of the pubic hair and encourage with the fingers to touch all parts of the vulva by opening all the folds. This should be done with every bathroom use. Vaginal Itching can also be helped by vitamin E oil rubbed on the vulva,

Vaginal dryness – Suppository: Puncture a **Vitamin E or Vitamin A capsule**; Insert it high as a suppository in the vagina each night for dryness of the vagina, use daily for six weeks to get relief, after 6 weeks drop back to about 1 or 2 a week.

Before intercourse increase vaginal lubrication using lubricant gels, if possible, maintain sexual activity. This will keep your vagina in the best possible condition.

Vagina Care: Always wash hands before handling the vagina, use hands to thoroughly wash the area, use plain, clear water to meticulously rinse the area, Be gentle and using no abrasive cloths, Dry

of the non-hairy portions by blotting rather than rubbing, Never use soaps on the genital area, Douching is discouraged.

To maintain vaginal pH: 2 tablespoons of vinegar (or more) in a 4 cups of water, pour over the vulva each morning after the shower

To prevent Humpback: Several times a day (at least four) raise up from your work, Stand or sit tall, Hold the elbows at shoulder height, and try to touch the elbows together, both in front and behind.

Emotional Aspects: Improve your interpersonal relationships not only makes one more at ease, but actually lessens women’s hot flashes, Importance of Sunlight, Balances hormones, Sunlight exposure also produces nitric oxide naturally which aids in lowering blood pressure.

HERBAL TREATMENT

Use Pink Himalayan Sea Salt that has 84 essential trace elements – great for hot flashes, hypertension, weight control, hormonal balance

Increase Vitamin D - To regulate your hormones, use **Vitamin D** - take 10,000iu liquid vitamin D with olive oil or fat daily, along with sunlight for four months, then reduce to 5000iu daily until your levels are back in line.

If you live in a warmer climate, please use the natural sunlight (45-90 minutes daily between the hours of 9:00am – 3:00pm daily).

It is important to balance the hormones while at the same time cleansing the liver and blood to release toxins from the body which would have been done during menstruation. The following protocols of Liver cleanse, Blood cleanse and Hormonal balance is quite helpful when used together. Use these teas daily until symptoms are relieved.

ROTATION WEEK 1	ROTATION WEEK 2	ROTATION WEEK 3	ROTATION WEEK 3
Milk Thistle seed - 2 Tablespoons	Dandelion leaf/root – 2 Tablespoons	Milk Thistle seed - 2 Tablespoons	Dandelion leaf/root – 2 Tablespoons
Red Clover flower - 2 Tablespoons	Burdock root – 2 Tablespoons	Burdock root - 2 Tablespoons	Red Clover flower - 2 Tablespoons
Wild Yam root - 2 Tablespoons	Sage leaf – 2 Tablespoons	Dong Quai root – 2 Tablespoons	Black Cohosh rhizome – 2 Tablespoons

Instructions for preparing teas

- Hard parts of the plant such as: roots, seeds, rhizome or bark: BOIL for 15 minutes, and then draw for 4 hours
- Delicate parts of the plant such as: leaves, flowers, buds, stems or clusters: bring water to a boil then DRAW/STEEP for 3 hours.
- For combinations: boil hard parts first for 15 minutes then add delicate parts and draw/steep for 3 to 4 hours.
- Drink as water through the day.

Women's Change – Female balance formula.

St John's wort helps treat symptoms of low mood and anxiety, especially during the menopause.

Valerian has been used for many decades to treat stress and anxiety. As it settles the mind and relaxes the body, it is also used to help aid sleep.

Ginkgo is one of most researched herbs and as such we know that it helps maintain a normal blood circulation, especially circulation to the brain. This helps concentration and memory.

For Bladder/urinary infections:

Corn Silk tea - 1 handful of corn silk in 32oz of hot water. Steep for 40 minutes and drink as water daily. Use until condition is resolved. unsweetened

EXTRA CARE

Pain relief

Peppermint oil: to relieve joint and muscle pain as well as back pain. (always use along with a carrier oil such as olive or coconut)

Water treatments

A cool or tepid shower every morning slows down hot flashes.
To stimulate the ovaries for better menopause transition.

Hot compresses to the abdomen for 20 minutes four or five times a week, or hot sitz baths for 20 minutes five times a week for three to four weeks.

Healthful Clothing

No Girdles. No band tight enough to leave a red mark on the skin. Wear clothing to cover the extremities to maintain proper blood circulation (long sleeves, skirts). The blood loses much latent heat from a bare skin area. Experimentally there is alteration of the blood flow in the pelvic organs if only one hand or one foot is chilled for over five minutes

IN CONCLUSION

There is beauty in every age of life - Enjoy it. Tears need not be apologized. A woman in the change of life has unusually tender sensitivity to the feelings of others. Seek supportive family and friends. Maintain calm and patience – exercise every day. Go on a vegetarian diet. Keep happy

REVERSE PROSTATE ENLARGEMENT

ATTENTION: Before making any changes please contact your health care professional.

WHAT IS PROSTATE CANCER AND HYPERTROPHY?

The prostate is a walnut-sized gland at the base of the bladder that encircles the urethra, it is the tube through which the bladder void urine. The prostate makes prostatic fluid which nourishes the sperm.

Prostate-specific antigen (PSA) testing measures the health of the prostate.

Normal PSA level - less than 4 ng/mL

Normal PSA level for men of Color - less than 3.5 ng/mL

Elevated PSA level - above 4 ng/mL

An elevated PSA level can indicate either benign prostatic hypertrophy (enlargement) or prostate cancer. It is important to be tested from the age of 40.

Early diagnosis can be effective in achieving complete healing. Benign prostatic hypertrophy generally develops more intensely in the upper part of the gland, and cancer of the prostate is more common in the lower part. Both the benign and the malignant processes could be associated; but the adenoma seldom transforms to cancer. *Encyclopedia of Health and Education for the Family p58*

SYMPTOMS OF HYPERTROPHY OF THE PROSTATE GLAND

Benign prostatic hypertrophy or hyperplasia (enlargement) is marked most especially by the urinary disorders it produces. Urinary frequency (urinating at short intervals), hematuria (blood in the urine), or after nutritional abuses, or often a retention of the urine, with no obvious symptoms or discomfort, a complete urine retention may happen. *Encyclopedia of Health and Education for the Family p58*

Prostate Cancer may appear independently or simultaneously with prostatic hypertrophy. Prostatic carcinoma usually occurs in men between the ages of 65 and 75 (cases in men under 40 are very rare), accompanied by urinary disorders such as the adenoma (benign tumor). *Encyclopedia of Health and Education for the Family p58*

Other symptoms include - Nocturia (urinating at night) or polyuria (frequent urination) or dysuria (painful urination).

CAUSES OF HYPERTROPHY OF THE PROSTATE GLAND

Hormonal changes

In aging males, hormonal change is the cause of the excessive growth of the prostate gland. This compresses the urethra, thus, one has difficulty in urinating and there is a starting and stopping stream of urine.

Dairy

Men with the highest dairy intake had approximately double the risk of total prostate cancer. (2001 *Harvard Review*)

Overuse of supplements

Use supplements judiciously and avoid the use of multi-vitamins.

Aim to get nutrients from foods rather than from supplements.

Take supplements that you would not normally get in a balanced diet.

Excess B Vitamins

Increasing plasma levels of folate, riboflavin, and choline are associated with increased prostate cancer risk (Note: 3 cups of some fortified cereal would provide 400% of the RDI.)

High plasma levels of vitamin B12 yielded up to a 3-fold increase in risk of prostate cancer. (Note: Some soymilks provide 50% of RDI for B12 per serving.) *Int. J. Cancer. 2005;113(5):819-824.*

Iodine

Every cell in the body has a receptor site for the thyroid hormone and vitamin D. Iodine is essential for proper thyroid function.

Dietary sources of iodine are: all natural sea salt, kelp and other seaweed vegetables.

Selenium

Selenium is required to keep hemoglobin from being damaged, regenerate the Liver, protect the body from heavy metals and aid with iodine absorption. Lack of selenium can affect the prostate gland.

Dietary daily intake is 50-200 mcg. With certain genotypes, higher selenium levels are associated with doubling the risk of aggressive prostate cancer. *J Clin Oncol. 2009;10 (18):8938.* Keep within the RDA required.

Dietary sources of selenium are: Nova Scotia Dulse, Norwegian Kelp, wheat germ, brazil nuts, brewer's yeast, garlic, legumes.

Zinc

While zinc is essential for the development of the reproductive organs and function of the prostate, men who took 100 mg/day of zinc for 10 years were twice more likely to get prostate cancer. [*J. Natl. Cancer Inst. 95\(13\):1004-1007*](#)

Zinc accumulates more in the prostate than in other location in the body. Supplemental Zinc is often taken in doses up to 10 times the recommended daily amount which is harmful to the body.

Dietary sources of zinc are: Nova Scotia Dulse, Norwegian Kelp, pumpkin seeds, pecans, split peas.

Copper as found in Blackstrap molasses gives a positive support when using Zinc in the body.

Calcium

Excess calcium is associated with increased prostate cancer risk.

Men who consumed 2,000 mg of calcium/day were 63% more likely to get prostate cancer than men who had less than 1,000 mg/day. *Int. J. Cancer. 2007; 85 (6): 1586-1591.*

Excessive intake of calcium will reduce vitamin D level.

Avoid: "Total" cereal which has calcium in the amount of 3000 mg. in 3 cups Limit: Tums Ultra-400 mg of calcium /tablet.

Sunlight

Underexposure to the sun greatly increases mortality from lung, colon, breast and even prostate cancers.

Swiss prostatic cancer mortality rates are the highest in the world (20.3 per 100,000). This death rate is about 30% higher than in the United States. *Ann Oncol. 1998; 9: 31-3*

This is largely due to vitamin D deficiency; high intake of dairy products and genes play a very small part. *See note below for increasing vitamin D appropriately.*

A study found that daily intake of 2000 IU of vitamin D₃ decreased PSA in men who had prostate cancer. The PSA doubling time was lengthened significantly. *J. Biol. Chem. 2003; 278 (47): 46862-46868.*

PROSTATITIS

PROSTATITIS is inflammation of the prostate gland. It is caused by:

- Infectious bacteria that invade the prostate from another area of the body
- Bladder Infection
- Hormonal changes
- Urine retention

TYPES OF PROSTATITIS

1. Acute Infectious Prostatitis

- Caused by bacteria

Symptoms:

- Pain between the scrotum and rectum
- Fever
- Frequent urination with burning sensation
- Feeling of fullness of the bladder
- Blood or pus in the urine

2. Chronic Infectious Prostatitis

- Caused by bacteria

Symptoms:

- Reoccurring bladder infection

3. Noninfectious Prostatitis

- Not caused by bacteria
- Unknown

Symptoms:

- Frequent urination with pain
- Pain after ejaculation
- Lower abdominal pain

ALL TYPES OF PROSTATITIS IF LEFT UNTREATED CAN LEAD TO IMPOTENCE AND DIFFICULTY WITH URINATION

DIET

- Stop eating all flesh foods as well as their by-product (fish, chicken, meat, pork, and all crustaceans, eggs, cheese, milk, etc.) Studies show that these items increase the risk of prostate cancer.
- Avoid the use of cow's milk. If one so desires to use milk, non-harmful milks can be made from a variety of nuts (i.e. almonds, cashews, etc.)
- Remember the incidence of prostate cancer in India is low. Note that in India, only 40% of the population are lacto-ovo vegetarians. (eating milk products and eggs.) *2006 Hindu-CNN-IBN State of the Nation Survey.*
- Avoid spicy foods such as hot peppers, nutmeg, cinnamon, clove.
- Fats. Fried foods, highly processed foods, and all free oils should be eliminated and/or avoided from the diet. Substitute olive oil for corn oil and margarine.
- Avoid, ALL white breads, flour, sugar, and so forth should be eliminated from the diet. The body needs the fiber from the whole grain items such as wheat germ, brown rice, buckwheat or millet.
- Fresh fruit. Antioxidant vitamins and phytochemicals are anti-carcinogenic, - oranges, grapefruit, apples, pineapples, grapes, guavas, kiwis, blackberries, strawberries, pomegranates. Eating fresh fruit is preferable to drinking fruit juice. Eating the fresh fruit provides the body with the essential fiber needed for regularity; juice is robbed of that essential fiber. For lycopene, use cooked tomatoes, tomato juice or watermelon that is at least 14 days old.
- Lupeol (found in strawberries, elderberries, mangos, figs, grapes, olives and green peppers) *Carcinogenesis. 2009; 30(5):808-817*
- Vegetables. Add red beets, carrots, spinach, kale, celery, collard greens and cruciferous vegetables such as cabbage, broccoli, cauliflower and radish, these are best known for their cancer prevention properties. However, use kelp along with these items to maintain iodine levels to protect the thyroid gland as well as the Pink Himalayan Sea Salt.

- Turmeric. Curcumin the orange pigment in turmeric has the most anti-inflammatory activity effect on the body. It reduces inflammation, inhibits proliferation of tumor cells, induces cancer cell self-destruction and discourages growth of blood vessels that feed tumors. *Anticancer Res.* 2003; 23(1A): 363-98. Some 30 plus curcumin studies are listed at www.clinialtrials.gov Buy powdered in bulk and cook with it. Absorption is dramatically improved by cooking with olive oil. In India, the average intake of turmeric is 15-60 grams/day, that is 2 tablespoons to 1/2 cups.
- Soybeans. Use organic soy as it can inhibit the start or spread of cancer. Isoflavones found in soybeans, soymilk and soy extracts helps oppose cancer production. Genistein in soybeans, can powerfully aid in blocking the spread of prostate cancer. *Natural Remedies Encyclopedia p. 805*
- Among Seventh Day Adventists, soy milk was associated with a 70 per cent reduction of the risk of prostate cancer. *Cancer Causes Control.* 1998;9(6): 553-7.
Adventist men are less likely to get prostate cancer than non-Adventist men.
Am J Clin Nutr. 1994; 59:1136S-1142S.
- All meals should be eaten on a regular schedule, 7 days a week, with no more than a 30 minutes' time difference in schedule. Meals should be eaten 5-6 hours apart.
- At least 8 glasses (64 oz) of water should be drunk each day, 16 oz to 32 oz of warm water should be taken before breakfast. Water should be taken 15-30 minutes before meals or 2 hours after meals.

LIFESTYLE

- Exercise is very essential to good health. You should walk for one or two hours seven days per week.
- Go to bed before 10:00pm. The body heals itself between the hours of 10:00pm and 12:00am. The body also produces melatonin between the hours of 10:00pm and 2:00am, which gives the body restful sleep at night, in addition it is a natural anti-oxidant to prevent cancer.
- Lose weight. Obese Men (BMI > 30) were 2.6 times more likely to die from prostate cancer than normal weight men. (This was based on weight one year before diagnosis of cancer.) *Cancer.* 2007; 109(4):675-84.
- Avoid prolong heat to the prostate. This can be prevented by not sitting for long hours on padded seats.
- Avoid horseback riding, motorcycle and bike riding. The jerking or bouncing from these activities can irritate the prostate gland.
- Avoid masturbation
- Avoid sexual activity or stimulation of any kind during treatment period. This disrupts the restorative process.
- Reduce Cholesterol level – studies shows a connection with high cholesterol levels and prostate disorders and an accumulation in enlarged or cancerous prostates.
- Increase fluid intake in order to flush the kidneys and bladder of toxins and bacteria. Drink at least 48oz water daily but no fluids after 7:00pm.
- Do not let the bladder become too full. Urinate as quickly as possible, when the urge comes. Try to completely empty the bladder each time as pressure buildup from retaining urine can damage them.

HERBAL RECOMMENDATIONS

- **Acidophilus** or Multi-Strain Pro-biotic (Bio-Kult) with **Digestive Enzymes**
- **Saw Palmetto Pygeum w/ Lycopene** (*2 tablets taken daily*)
 - Saw Palmetto prevents prostate enlargement and is also a diuretic, thus increasing urine flow
 - Pygeum Africanum reduces prostate enlargement
- **Garlinase** *2 tablets twice a day with each meal (diabetes/high blood pressure)* or **4 cloves of fresh garlic daily**
- **Pumpkin Seeds** (*1/4 cup or handful each meal*) this prevents and reduces prostate enlargement
- **Blackstrap molasses** (*2 tablespoons daily*) contains copper which is complementary to Zinc from the pumpkin seeds
- **100% Cranberry Juice** (drink daily) protects the urinary tract against infection
- **Lecithin granules** (*dissolves fat/ diabetes/high blood pressure /cholesterol*)
1-2 tablespoon daily
- **Flaxseed** (*2 tablespoons daily freshly grounded*)
- **Wheat Germ** (*2 tablespoons daily with meals*)
- **Tahini butter** (*2 tablespoons daily with meals*)
- **String beans**
- Eat all forms of **Beans** and **Whole Grains** (*diabetes/ high blood pressure/cholesterol/heart problem*).
- **Turmeric capsules** (*2 capsules taken twice daily*) or **Turmeric Tea** *2 tablespoons in 4 cups of water. Bring water to a boil then add the turmeric (root, powder) and simmer for 15 minutes then let cool for 40 minutes to 4 hours and drink as water during the day.*
- **Additional Recommended Herbs:**
 - **Stinging Nettle** - 2 tablespoons daily in 32oz hot water steep for 40 minutes to 3 hours and drink as water
 - **Cornsilk** – 2 tablespoons in 32oz hot water steep for 40 minutes to 3 hours and drink as water
 - **Parsley – flat leaf** – 2 tablespoons in 32oz hot water steep for 40 minutes to 3 hours and drink as water
- **Vitamin D** – when the sun hits the skin, it converts cholesterol under the skin into pre-vitamin D, which is later converted into vitamin D that the body can use. Daily exposure to sunlight is beneficial. For lighter-skinned individuals, 10 to 15 minutes daily will be sufficient whereas for darker-skinned individuals, 45 minutes to 1 ½ hours daily is required between the hours of 9:00am and 3:00pm when the UVB rays is at the highest. According to several studies, sunlight has a direct effect on lowering prostate cancer risks.

In treating disease, it is important that your vitamin D level is sufficient. Correct Levels of vitamin D are 70 ng/mL to 100 ng/mL (once the levels get above 150 ng/mL with supplement it

can become toxic to the body however if the levels get above 150 ng/mL with Natural Sunlight then you are fine.) The 25-hydroxy vitamin D test is the most accurate way to measure how much vitamin D is in your body. Once you know your level, if you need to increase it, you may consider taking 5000iu daily of vitamin D₃ supplement until your levels are back in line.

For the colder climate, as a regular maintenance from **June – September** use the Natural Sunlight, **May** and **October** take **1000iu** daily, **April** and **November** take **2000iu** daily, **March** and **December** take **3000iu** daily, **January** and **February** take **5000iu** daily. Do Not exceed the recommended vitamin D level. **Remember that the liquid vitamin D₃ with fat is best and easily absorbed (vitamin D is a fat-soluble vitamin, so it requires fat in order for it to be absorbed).**

If you live in a warmer climate, please use the natural sunlight (45-90 minutes daily between the hours of 9:00am – 3:00pm).

PS: If you are deficient in vitamin D, then you will need to take the prescription dosage or the equivalent of 50,000ius per week for 8 weeks of supplemental vitamin D₃.

Here is another option: If there is a chronic deficiency in vitamin D, we would have recommended that you take as much as 10,000iu daily for either 3-4 months, then you can revert to the 5000iu daily.

HYDROTHERAPY

- To improve blood circulation in the prostate region,
- Sit in hot water for fifteen to thirty minutes, once or twice daily. You may add chamomile tea to the water.
- Each day, 3 times, spray the lower abdomen and pelvic area with hot water for 3 minutes, alternating with 1 minute cold water. Alternatively, you can use one bowl hot water and one bowl with cold water, place a rag in each and apply hot and cold applications to the lower pelvic area.

PROSTATE CANCER THERAPY

ATTENTION: Before making any changes please contact your health care professional.

COMBINE THIS RECOMMENDATION WITH THE ADVICE IN OUR PROSTATE SHEET

1	Rotation	Week:(__/__)	Week:(__/__)	
O N E	Boil the Burdock for 15 minutes in 4 cups of water then add the other herbs and steep for 40 minutes. Drink like water throughout the day.	Burdock	2 Tablespoons	
		Dandelion	2 Tablespoons	
		Parsley	2 Tablespoons	
	1 Week for this Rotation		Breakfast (with)	Lunch (with)
		Echinacea	2 capsules	2 capsules
		Astragalus	2 capsules	2 capsules
		Turmeric	2 capsules	2 capsules
		Garlinase or 4 cloves of fresh garlic	1 capsules	1 capsules
		Vitamin D3 and 60 minutes of sunlight between 9am - 3pm daily	5000 iu	5000 iu
		Flax Seed (freshly grounded) with meal		2 Tablespoons daily
No refined food No nutritional yeast		Eat organic if possible Eat sprouts and salads		

2		Rotation	Week:(__/__)	Week:(__/__)
T W O	Herbal Infusion Boil 4 cups of water Steep 40 minutes Drink in place of water through the day.	Red Clover	2 Tablespoons	
		Milk Thistle	2 Tablespoons	
		Oregano	2 Tablespoons	
1 Week for this Rotation		Breakfast (with)	Lunch (with)	
	Echinacea	2 capsules	2 capsules	
	Astragalus	2 capsules	2 capsules	
	Turmeric	2 capsules	2 capsules	
	Garlinase or 4 cloves of fresh garlic	1 tablet	1 tablet	
	Vitamin D3 and 60 minutes of sunlight between 9am – 3pm daily.	5000 iu	5000 iu	
	Flax Seed (freshly ground) with meal	2 Tablespoons daily		
	No refined food No nutritional yeast		Eat organic if possible Eat sprouts and salads	

3 Rotation		Week:(__/__)	Week:(__/__)
T H R E E 1 Week for this Rotation	Boil the Burdock for 15 minutes in 4 cups of water then add the other herbs and steep for 40 minutes. Drink like water throughout the day.	Burdock	2 Tablespoons
		Milk Thistle	2 Tablespoons
		Pau d'arco	2 Tablespoons
		Breakfast (with)	Lunch (with)
	Echinacea	2 capsules	2 capsules
	Astragalus	2 capsules	2 capsules
	Turmeric	2 capsules	2 capsules
	Garlinase or 4 cloves of fresh garlic	1 tablet	1 tablet
	Vitamin D3 and 60 minutes of sunlight between 9am – 3pm daily.	5000 iu	5000 iu
	Flax Seed (freshly grounded) with meal		2 Tablespoons daily
No refined food No nutritional yeast		Eat organic if possible Eat sprouts and salads	

Use foods of the Cruciferous family: fresh Broccoli, Cabbage, Cauliflower, Brussels Sprouts,

Radish.
 Sprinkle kelp or dulse on food.
 Use Pink Himalayan Sea Salt.
 Free use of fresh Garlic and Onion should be used daily on salads.
Continue for 1 year

4 Rotation		Week:(__/__)	Week:(__/__)	
F O U R	Herbal Infusion Boil 4 cups of water Steep 40 minutes Drink in place of water throughout the day.	Red Clover	2 Tablespoons	
		Dandelion	2 Tablespoons	
		Thyme	2 Tablespoons	
1 Week for this Rotation		Breakfast (with)	Lunch (with)	
	Echinacea	2 capsules	2 capsules	
	Astragalus	2 capsules	2 capsules	
	Turmeric	2 capsules	2 capsules	
	Garlinase or 4 cloves of fresh garlic	1 tablet	1 tablet	
	Vitamin D3 and 60 minutes of sunlight between 9am – 3pm daily.	5000 iu	5000 iu	
	Flax Seed (freshly grounded) with meal		2 Tablespoons daily	
	No refined food No nutritional yeast		Eat organic if possible Eat sprouts and salads	

Instructions for preparing teas

- Hard parts of the plant such as: roots, seeds, rhizome or bark: **BOIL** for 15 minutes, and then draw for 4 hours
- Delicate parts of the plant such as: leaves, flowers, buds, stems or clusters: bring water to a boil then **DRAW/STEEP** for 3 hours.
- For combinations: boil hard parts first for 15 minutes then add delicate parts and draw/steep for 3 to 4 hours.
- Drink as water through the day.

REVERSE POLYCYSTIC OVARY SYNDROME (PCOS)

ATTENTION: Before making any changes please contact your health care professional.

WHAT IS POLYCYSTIC OVARY SYNDROME?

PCOS is a condition in which a woman has an **imbalance of the female sex hormones**.

This may lead to menstrual cycle changes, cysts in the ovaries, trouble getting pregnant and other health changes.

Estrogen and **progesterone** are the female hormones that help a woman's ovaries release eggs.

Androgen, a male hormone, is found in small amounts in women.

Normally, one or more eggs are released during a woman's period. This is called ovulation.

In PCOS, mature eggs are not released from the ovaries. Instead, they can form very small cysts in the ovary.

CAUSES OF POLYCYSTIC OVARIES

The main cause is Hormonal imbalance where the Ovaries make more androgens than normal.

High levels of androgens affect the development and release of eggs during ovulation and the changes make it harder for a woman's ovaries to release fully grown (mature) eggs.

SYMPTOMS OF POLYCYSTIC OVARIES

- No period after you have had one or more normal ones during puberty (secondary amenorrhea)
- Irregular periods, that may come and go and may be very light to very heavy
- Pain during sexual intercourse
- PCOS can cause you to develop male-like characteristics. This is called virilization.

Symptoms of virilization include:

- Body hair growing on the chest, belly, face and around the nipples
- Decreased breast size
- Thinning of the hair on the head, called male-pattern baldness
- Enlargement of the clitoris
- Voice gets deeper

You may also have skin changes:

- Acne that gets worse
- Dark or thick skin markings and creases around the armpits, groin, neck and breasts

The following health conditions are common in women with PCOS:

- Diabetes
- High blood pressure
- High blood cholesterol
- Weight gain and obesity

DIET

Foods to avoid

- All white processed foods
- Nuts which have been heated
- Chocolate, coffee, tea
- Dairy products
- All forms of Flesh foods, chicken, fish, turkey, beef, shrimp, crab, lobster, sausages, eggs
- Sugar, sweets
- All forms of Flour with gluten (wheat, rye, barley, semolina, pasta). Gluten sensitivity can cause hormonal imbalance
- Avoid smoking, drinking all forms of alcohol

Foods to Increase

- Iodine - Use **Sea Salt with Iodine** and **Kelp or Seaweed Cure**
Iodine is Essential for the blood and to maintain Thyroid function which regulates the hormones and metabolism in the body that increases energy levels.
- **Drink sufficient water each day.** Your urine should be pale yellow to clear. **Drink 16oz – 32oz warm water on mornings one of which should be 2 tablespoons of lemon with 8oz water.**
- **Pumpkin seeds** take a handful or ¼ cup of pumpkin seed daily
- 3 – 5 servings of **Fruits** and **Vegetables** daily
- Use only **Organic** or **Non-GMO** foods. Avoid genetically modified foods such as: soy, corn, cotton oil, canola oil, sugar beets and alfalfa causes virilization in females.
- Use properly cooked **grains and beans** for sufficient protein.
- Extra virgin, cold-pressed **olive oil** is the preferred oil to use.

LIFESTYLE

- Keep the weight low
- **Exercise** - Activity speeds up the body's metabolic rate – burns calories faster. The safest and best exercise is **walking** especially early in the morning. Walking also helps to push the hormones to the different parts of the body.
 - Walk for 1 continual hour daily.
- Get an appropriate amount of **Vitamin D from Sunlight** which regulates your hormones. A Study by the National Institutes of Health, March 2015 showed that Women whose 25(OH)D level was below 20 ng/mL had almost two and a half times the odds of having irregular menstrual cycles compared with women who were above 20 ng/mL Vitamin D also influences the gene encoding for anti-Müllerian hormone (AMH), a glycoprotein with multiple effects in both males and females and also regulates egg development.
 - **Light-skinned individuals** need 15 – 30 mins daily
 - Whereas, **Dark-skinned individuals** need 45 mins to 1 ½ hours daily **between the hours of 9:00am and 3:00pm** when the UVB rays is at its best.
- In addition, use a vitamin D Supplement. Take 20,000 iu for the first 7 days then reduce it to 10,000iu daily for 3 months.
- Wear longer garments that cover the arms and legs to improve blood circulation. Excess clothing on the trunk, and not enough on the extremities, is a significant cause of female problems of various types.
- Avoid bands or belts around the waist, as they may be snug on sitting and the pressure on the waist causes pelvic congestion and poor health of the ovaries and uterus.

Avoid poor posture, constipation, habitually chilled feet, overeating, overweight and too much sexual stimulation

HERBAL RECOMMENDATIONS

- **Kelp** (1 – 2 teaspoons daily with meal) or Seaweed Cure
- **Seaweed Cure** (use as directed on box)
- **Blackstrap molasses** (1 - 2 tablespoons daily)
- **Flaxseed** (2 tablespoons freshly grounded daily)
- **Women's Change** (a combination of female balancing compounds. Use as directed on bottle)
- Our **LBH Recommendations** is essential for cleansing the liver, the blood and balancing the hormones.

Use any of the following combinations for 90 days then rotate for the other recommendations for another 90 days or until your situation is resolved.

- **Dandelion** (2 tablespoons)
- **Red clover** (2 tablespoons)
- **Black cohosh** (1 teaspoon) *
- Combine in 32oz hot water and steep for 4 hours
- Strain liquid and drink during the day

Or

- **Milk Thistle** (2 tablespoons)
- **Burdock** (2 tablespoons)
- **Sage** (2 tablespoons)
- Combine in 32oz hot water and steep for 4 hours
- Strain liquid and drink during the day

* **Black Cohosh** can cause a headache, so be careful not to use too much of it.

Instructions for preparing teas

- Hard parts of the plant such as: roots, seeds, rhizome or bark: **BOIL** for 15 minutes, and then draw for 4 hours
- Delicate parts of the plant such as: leaves, flowers, buds, stems or clusters: bring water to a boil then **DRAW/STEEP** for 3 hours.
- For combinations: boil hard parts first for 15 minutes then add delicate parts and draw/steep for 3 to 4 hours.

Drink as water through the day.

REVERSE CANCER

ATTENTION: Before making any changes please contact your health care professional.

WHAT IS CANCER?

Cancer is the uncontrolled growth of abnormal cells in the body.

Cancer is a proliferation (multiplication) of cells whose unique trait – loss of normal controls – results in unregulated growth, lack of differentiation, local tissue invasion, and metastasis (spread). *The Merck Manual*

Cancer cells do not mature before they divide and so lack differentiation. Therefore, they are not capable of performing normal function.

The cells divide too frequently and grow out of control.

Cancer cells overgrow one another and lack the ability to stop growing and dividing when they crowd other cells.

Cancer cells produce chemicals that cause local blood vessel formation (a process called angiogenesis) resulting in increased blood vessels in the developing tumor.

Cancer cells have the ability to squeeze into any space, a property called invasiveness. This permits cancer cells to leave their place of origin and travel elsewhere in the body.

THE GENESIS OF CANCER

CANCER IS A GERM. *Counsels on Diet and Foods p. 388.4*

A **GERM** is a microorganism, especially one that causes disease. It can also be a portion of an organism capable of developing into a new one or a part of one.

A germ can be categorized into one of four types:

- Virus
- Bacteria
- Fungus
- Protozoan

A **VIRUS** is a small infectious agent that can replicate only inside the living cells of organisms. Viruses infect all types of organisms, from animals, plants to bacteria and archaea (single-celled microorganisms). Examples of viruses are DNA and RNA viruses.

DNA Virus examples:

- **Epstein-Barr virus (Burkitt's Lymphoma)**
- **Hepatitis B virus** linked to **Liver cancer**
- **Human herpes virus-8** linked to **Kaposi sarcoma**
- **Human papilloma virus** linked to **Cervical cancer**

RNA Virus examples:

- **Human T lymphotropic virus type 1** (HTLV-1), a retrovirus, has been linked to **T-Cell Leukemia**
- **Hepatitis C virus** linked to **Liver cancer** in people with chronic infections

BACTERIA are a member of a large group of unicellular microorganisms lacking organelles and an organized nucleus, including some that can cause disease.

A few species of bacteria are pathogenic and cause infectious diseases, including cholera, syphilis, anthrax, leprosy, and bubonic plague. The most common fatal bacterial diseases are respiratory infections (tuberculosis alone kills about 2 million people per year).

Sears CL (2005) "A dynamic partnership: celebrating our gut flora." "2002 WHO mortality data" Retrieved 2007-01-20

About 16% of cancers around the world have been estimated to be caused by microbes and several cancers in the liver and gastrointestinal tract are clearly identified as being microbe related. *deMartel et al. Lancet Oncol. 2012 Jun; 13(6):607-15.* Among these, ***Helicobacter pylori*** has been considered by the World Health Organization Agency for Research on Cancer to be associated with gastric adenocarcinoma and lymphoma involving the mucosa-associated lymphoid tissue. **Colon-rectal cancer** is also implicated as being caused by gut bacteria. www.ncbi.nlm.nih.gov/pmc/articles/PMC3625019/

FUNGUS - a member of a large group of eukaryotic organisms that includes microorganisms such as yeasts, molds, mushrooms, rusts, smuts, puffballs, truffles, morels and thousands of other organisms and microorganisms.

Fungi are used in medicines, such as penicillin, antibiotic, chemotherapy and are the cause of common diseases such as yeast infections, athlete's foot and ringworm. This is interesting because if your particular cancer came about because of a fungus, the very drug, "chemotherapy" that is conventionally used to treat the cancer contains fungus. It can actually feed the cancer.

Fungi are used in brewing, baking, winemaking, and as sources of therapeutic drugs. They are also used in the production of some cheeses, such as camembert, roquefort and stilton.

The fungus, **Aflatoxins** found in moldy peanuts, corn, cheese rind, apples and other fruits affected by soft rot can cause **Lung Cancer**.

Candida Albicans is a fungus that weakens the immune system, give rise to an overgrowth of bad bacteria, increasing parasites and leaky gut that allows waste and other matter to freely enter into the blood stream, disrupting the cells and leading to cancer.

PROTOZOA, a diverse group of unicellular eukaryotic organisms, many of which are motile. Originally, protozoa had been defined as unicellular protists with animal-like behavior, (movement). Examples are: Malaria, Amoebiasis, Giardiasis, Toxoplasmosis, Sleeping sickness, and Dysentery.

Flukes, a type of flatworm increases the risk of **cancer of the bile ducts**, that point that is connected to the small intestines. Eating raw or undercooked freshwater fish can cause fluke infection. *American Cancer Society 2016*

In treating cancer therefore, we need to determine what kind of germ caused the cancer and then treat the body accordingly.

Some cancers may be caused from more than one type of germ; therefore, you would find that our recommendations prescribe a combination of teas that are antifungal, antibacterial, antiviral and anti-parasite.

The various teas are rotated during the treatment to give the beneficial effect of treating the body with anti-germ compounds.

THE CELL

Every cell in the human body has a receptor site for two hormones: Vitamin D and the Thyroid Hormone. Therefore, it is essential that we get our daily supply of these substances preferably from natural sources.

Normal tissue development exhibits a balance between cell division and cell death. If this balance is disturbed and cells multiply faster than they die, abnormal growth results in a new cell mass that is called a neoplasm, or tumor.

Neoplasms can be benign or malignant.

Benign; *benignus* – kind, neoplasms usually grow slowly and are confined within a connective tissue capsule. Cells within these tumors dedifferentiate, that is, they revert to a less specialized state, and cause an increase in their own vascular supply to support their growth.

They are usually not deadly but can become life-threatening if they press against the brain tissue, nerves, blood vessels or airways.

Malignant; *malign* – to do maliciously. Neoplasms are unencapsulated, they contain cells that dedifferentiate, increase their vascular supply, grow rapidly and are able to spread easily to other organs by way of the blood or lymph pathways.

DNA

DNA is the portion of the genes that identify the cells.

A lung cell, for instance, has its own DNA, specific for the lung cells and for the formation of other lung cells with the specific functions of a lung cell. If the lung cell changes its identity it will develop other cells that will not perform the normal functions of the lungs like respiration and change of gases. These altered cells will have other qualities and will form tumors and migrate to other areas of the body. What happens is an identity theft.

NAMING THE CANCER

Cancer is named for the part of the body in which it starts growing. There are five primary categories of cancer: carcinomas, sarcomas, leukemia, lymphomas and central nervous system cancers.

- **Carcinomas** begin in the skin or tissues that line the internal organs. Common subtypes of carcinoma include adenocarcinoma, squamous cell carcinoma and transitional cell carcinoma.

- **Sarcomas** develop in the bone, cartilage, fat, muscle or other connective tissues.
- **Leukemia** begins in the blood and bone marrow.
- **Lymphomas** start in the immune system.
- **Central nervous system cancers** develop in the brain and spinal cord.

DIET

Dr. Ruth Heidrich an outstanding marathoner was diagnosed with breast cancer in her right breast. When it was about the size of a golf ball, she had surgery to remove the lump and was then told that it was invasive cancer. She was later told that it had spread, not only throughout the whole breast but also involved her bones and one lung. She elected not to have radiation or chemotherapy. She decided to change her diet from red meat, skimmed milk, chicken and fish to an all plant-based diet. It's been more than 20 years and she is still cancer free.

Science indicates that 1/3 of all cancer deaths (187,700 of the 563,100) are directly related to nutrition. *American Cancer Society website, March 22, 2000.* What you eat or do not eat can contribute to cancer development and growth.

Vegetables and fruits help to reduce risk, while meat, animal products, and other fatty foods are frequently found to increase risk. Meat is devoid of the protective effects of fiber, antioxidants, phytochemicals, and other helpful nutrients, and it contains high concentrations of saturated fat and potentially carcinogenic compounds, which may increase one's risk of developing many different kinds of cancer.

An all plant-based diet will help to build the immune system and help the body to fight cancer. Animal foods feed cancer plant foods do not.

Meat Consumption And Cancer

Meat eating creates the right environment in the body for cancer growth; it is also sometimes a carcinogen, for example, **salt-cured**, (salt fish), **smoked**, (smoked herring, turkey, chicken) and **nitrite-cured** meats (hot dogs, bologna, salami, pepperoni, corned beef).

Heterocyclic Amines

HCAs, a family of mutagenic compounds, are produced during the cooking process of many animal products, including chicken, beef, pork, and fish. Even meat that is cooked under normal grilling, frying, or oven-broiling may contain significant quantities of these mutagens. The longer and hotter the meat is cooked, the more these compounds form. In some studies, grilled chicken has formed higher concentrations of these cancer-causing substances than other types of cooked meat.

Polycyclic Aromatic Hydrocarbons

Grilling or broiling meat over a direct flame results in fat dropping on the hot fire and the production of polycyclic aromatic hydrocarbon-containing flames. Polycyclic aromatic hydrocarbons (PAHs) adhere to the surface of food, and the more intense the heat, the greater PAHs are present. They are widely believed to play a significant role in human cancers. A fairly consistent association between grilled or broiled, but not fried, meat consumption and stomach cancer implies that dietary exposure to PAHs may play a role in the development of stomach cancer in humans.

Countries with a higher intake of fat, especially fat from animal products, such as meat and dairy products, have a higher incidence of breast cancer. In Japan, for example, the traditional diet is much lower in fat, especially animal fat, than the typical western diet, and breast cancer rates are low.

Estrogen plays a major role in cell multiplication in the body. Increased estrogen can be derived from increased fat from all animal foods.

The consumption of high-fat foods such as meat, dairy products, fried foods, and even vegetable oils causes a woman's body to make more estrogens, which encourage cancer cell growth in the breast and other organs that are sensitive to female sex hormones. This suggests that, by avoiding fatty foods throughout life, hormone-related cancer risk decreases. A 2003 study, published in the Journal of the National Cancer Institute, found that when girls ages eight to ten reduced the amount of fat in their diet—even very slightly—their estrogen levels were held at a lower and safer level during the next several years. By increasing vegetables, fruits, grains, and beans, and reducing animal-derived foods, the amount of estradiol (a principal estrogen) in their blood dropped by 30 percent, compared to a group of girls who did not change their diets.

Those who use flesh meat disregard all the warnings that God has given concerning this question. They have no evidence that they are walking in safe paths. They have not the slightest excuse for eating the flesh of dead animals. God's curse is resting upon the animal creation. *Counsels on Diet and Foods* p. 383.4

Many times when meat is eaten, it decays in the stomach, and creates disease. **Cancers**, tumors, and pulmonary diseases are largely caused by meat eating. *Counsels on Diet and Foods* p. 383.4

Flesh meats constitute the principal article of food upon the tables of some families, until their blood is filled with **cancerous** and scrofulous humors. Their bodies are composed of what they eat. But when suffering and disease come upon them, it is considered an affliction of Providence. *Counsels on Diet and Foods* p. 233.2

Cancers, tumors, and all inflammatory diseases are largely caused by meat eating. *Counsels on Diet and Foods* p. 388.1

Those who use flesh foods little know what they are eating. Often if they could see the animals when living and know the quality of the meat they eat, they would turn from it with loathing. People are continually eating flesh that is filled with tuberculosis and **cancerous germs**. Tuberculosis, **cancer**, and other fatal diseases are thus communicated. *Counsels on Diet and Foods* p. 388.4

If meat eating were ever healthful, it is not safe now. **Cancers**, tumors, and pulmonary diseases are largely caused by meat eating. *Counsels on Diet and Foods* p. 404.2

The eating of pork has produced scrofula, leprosy, and **cancerous humors**. Pork eating is still causing the most intense suffering to the human race. *Counsels on Diet and Foods* p. 393.2

Foods to avoid:

- All **flesh** and its byproducts - that is a diet consisting of meat, sausages, eggs, milk, butter, cheese, ice-cream, etc. Diets high in fat, with meat and dairy products that are loaded with xenoestrogens have a role in contributing to the formation of painful lumps. Avoid animal-based foods, which is high in estrogen as **estrogen promotes fast growth of breast cells in women**.
 - Avoid the use of **saturated fats**, which helps tumors to grow quickly. Leading sources of high fat and protein are foods such as beef, pork, processed meats, eggs, whole milk, dairy products, fats and oils (butter, margarine, mayonnaise, cheese)
 - **Milk** and all dairy products increase estrogen levels.
 - Milk sugar (lactose and galactose) can cause ovarian cancer.
 - **Avoid any food with yeast** (bread, nutritional yeast, brewer's yeast). Remember that yeast is a fungus and fungus foods can cause and feed cancer.
 - Do not eat **sugary** foods. Sugar feeds cancer.
 - All **white-flour** products (pasta, pastries, cakes etc.), this can break down into simple sugars as well as create constipation, which needs to be avoided.
 - **Gluten** found in wheat, rye, barley and spelt should be avoided. This increases the risk of inflammation and auto-immune conditions.
 - Do not eat **chocolate, cooked oils, fried foods, salt or drink beverages with alcohol or caffeine**. Caffeine in coffee, colas and so called 'energy drinks', teas (green, chai, red, white, black and lipton ice tea); theophylline in **tea**, and theobromine in **chocolate** all have been shown to contribute to inflammation and should be eliminated from your diet.
 - **Alcohol**. Heavy use of alcohol, especially when accompanied by cigarette smoking or smokeless tobacco, increases the risk of cancers of the mouth, larynx, throat, esophagus, lung and liver.
- Alcohol raises estrogen levels in your blood. Women who drink, on average, one or more servings of alcoholic beverages per day (or the equivalent of seven servings or more per week) are at an increased risk for breast cancer. *Memorial Sloan-Kettering Cancer Center*
- **Smoking**. Regular smoke and even second-hand smoke can increase the risk of cancer by 30%.

Tobacco increases the risk for:

- Lung cancer
 - Heart disease
 - Bladder, mouth, and throat cancers
- Avoid highly **processed and salted foods**.
 - Avoid crystalized or refined **sugar**, including artificial sweeteners. Sugar causes inflammation in the body, lowers the immune system, increases your risk for infections and is linked to eight different types of cancers: Colon, Rectal, Breast, Ovarian, Uterine, Prostate, Kidney, and cancers of the nervous system. It is recommended to moderately use natural sweeteners such as honey, dates, raisins, molasses, banana, cane juice.

Be very cautious with foods containing High Fructose Corn Syrup (HFCS) found in soft drinks and deserts. Fruits are also becoming a cause for concern because of its overindulgence. According to Barry Popkin professor at the department of nutrition at the University of North Carolina, fruits naturally have fructose which the body utilizes and stores as glycogen in the cells. Eating the whole fruit is good, however, juicing or making smoothies encourages larger amounts of fruit and fructose to be consumed and this increases the risk for diabetes type 2, obesity and other health concerns.

In treating cancer excessive amounts of sugar should be avoided.

- Avoid **Coffee** as it is linked to cancers such as: bladder, breast, ovary, pancreas, and colon.
- Avoid **nuts** that have been heated, as this can become a saturated fat.
- **Avoid excess omega-6 fatty acids found in corn and safflower oil** as they seem to promote rapid cell division.
- Prevent carcinogens such as **Aflatoxins from the use of: moldy peanuts and other nuts, moldy corn, moldy cheese rind, moldy apples in any form, other fruits affected by soft rot.**
- Avoid **salt-cured, smoked, or nitrite-cured foods** as frequent use can cause cancer of the esophagus and stomach.
- **Chloride** its high concentration in some salt should be avoided.
- Do not take **iron** supplements; get it from foods (leafy greens, beans, beets).

Foods to increase:

The director of the National Cancer Institute's division of Cancer Prevention and Control concluded: "A greater number of studies have shown that a diet rich in fruits and vegetables has a protective effect against cancer".

- **Fiber** increases the elimination of carcinogens from the body and decreases their absorption from the gut. Eat a **low-fat, high-fiber diet**, including more **raw foods**: fruits, vegetables, and whole grains. Ensure that all foods are wholesome and free from fungus or rot.
Examples of great whole grains are:
Amaranth, barley, rye, buckwheat, corn, millet, oats, quinoa, brown rice, wild rice.
- **Vitamin B** (garlic, sesame, bananas, chick pea, whole grain rice, avocado, potatoes, sunflower seeds)
- **Vitamin C** (Fruits: citrus, acerola cherries, sweet red pepper, guava, black currant, kiwi, strawberries, orange, lemon, tomatoes, Vegetables: broccoli, cassava, potatoes)
- **Calcium** get this from your foods - sesame, carob flour, *soybean*, almond, cabbage - and do weight-bearing exercises, such as walking. Remember you need vitamin D in order for calcium to be absorbed, therefore see recommended sunlight exposure times or supplemental values. Be cautious with the use of calcium tablets if you take diuretics (water pills), previously had kidney stones or problems with your parathyroid glands.
- **Magnesium** (pumpkin seed, cashew, buckwheat, *tofu*, dates, potato)
- Use natural **sea salt with iodine such as Pink Himalayan Sea Salt** - Studies have suggested that women who are iodine deficient may have a predisposition towards developing breast cysts.
- **Iodine** - Iodine is essential for proper functioning of the Thyroid gland which **regulates the metabolic rate of every cell** in the human body.

The thyroid gland is part of the glandular tissue of the body. And the glandular tissue of the body consists of the thyroid, the ovaries, the uterus, the breasts, and the prostate. Iodine concentrates in all these tissues and iodine's main job in all these glandular tissues is to maintain their normal architecture. The highest concentration of iodine is in the thyroid. Second highest is in the ovaries. Third highest is in the breast, and then you can throw the other glandular tissues, like the prostate and the rest of them in there.

A study was done in the US where **over six thousand patients** were tested and it was found that **over ninety-six percent were deficient in iodine** and the vast majority of those ninety-six percent, **severely deficient in iodine**. Similar numbers are found across

other countries.

If you stop to think about it, what areas are we having problems with right now? We are having epidemic numbers of patients with problems in the glandular tissue. *Dr. David Brownstein is a board certified family physician and medical director of the Center for Holistic Medicine, Michigan,*

Use of Iodine would also prevent other Thyroid related illnesses such as slow metabolic rate, goiter, hyperthyroidism, hashimoto hypothyroidism, overweight, extreme fatigue, depression etc. Iodine deficiency can also cause **loss of bone density** and **high blood pressure**.

The following items hinder iodine from being absorbed:

- Fluoride
- Chlorine
- Cassava
- Corn
- Crucifers family (cabbage, broccoli, cauliflower, kale) contains a chemical called goitrin that fights against iodine.

Obtain Iodine from seaweed vegetable – Kelp or Dulse or natural salt containing iodine.

PROTECT your DNA by eating the following:

- **Foods rich in antioxidants**
- **Garlic**
- **Cruciferous vegetables**
- **Sufficient B-12, folic acid and magnesium**

- **Antioxidants**, such as lycopene, vitamins A, C, E, selenium and genistein as in the soybean, stop the free radicals from harming the cell. Other foods rich in antioxidants are: strawberry, cherries, plum, orange, red/white grapes, kiwi fruit, pink grapefruit, banana, apple, tomato, pomegranates, garlic, kale, spinach, brussels sprouts, broccoli, beets, red bell pepper, onion, corn.

- **Lycopene:** use foods rich in lycopene (watermelon, cooked tomatoes, guava, apricot)

Adventist health study showed that men who used tomatoes at least five times a week had a 40% lower risk of developing prostate cancer.

- **Steamed Cruciferous vegetables** can turn bad estrogen into good estrogen and they are excellent in building resistance and fighting cancer. These include, Kale, Broccoli, Cabbage, Cauliflower, Brussels sprouts. Use **Kelp** for iodine with Cruciferous foods as its goitrogenic compounds rob iodine from the thyroid gland, which is essential in regulating the hormones.

Some of these cruciferous vegetables are course and should be steamed in order to make them easier to digest.

- **Indole** an organic compound is formed when these cruciferous vegetables are cooked. According to The Journal of Nutrition in 2001, indole helps kill precancerous cells before

they turn malignant.

- **Folic acid:** this helps to protect your DNA and to produce hemoglobin. Food sources are mung bean, adzuki, chickpea, lentil, wheat germ, spinach, kelp, endive, lettuce, asparagus, red beet, walnut, orange, strawberry.
- **Magnesium:** serves as a catalyst in energy-producing reaction within the cells. Food sources are: bran, pumpkin seeds, sesame, almond, hazelnut, cashew, molasses, buckwheat, kelp, spinach, date, kiwi, potato, orange.
- **Selenium:** protects against various types of cancer such as that of the breast and the skin. Food sources: Nova Scotia dulce, Norwegian kelp, wheat germ, brazil nuts, garlic, organically grown foods, cereals, vegetables.
- **The omega-3 fatty acids** prevent the over production of Prostaglandin E2 (PGE-2). **PGE2** is a hormone-like substance that suppresses the immune system and promotes growth of tumor, it also triggers the fever response in the event of an infection, however, you do not want too much of this hormone in your system. Use of omega-3 will help regulate PGE-2, and it can be found in walnuts, almonds, avocado, olive oil, grounded flax seed (2 tbs. daily), or flax seed oil – 2 tsp. 3 times daily.
- **Cox-2 inhibitors**, such as the resveratrol in red grapes and the **curcumin** in turmeric, suppress the tumor's production of growth factors. Other Cox2 Inhibitors include: fresh ginger, rosemary, silymarin from milk thistle, Vitamin E, Vitamin C.
- **Pineapple** decreases metastases in lung cancer.
- **Laetrile**, also known as vitamin B-17, a cancer-fighting agent is found in: almonds, apple seeds, apricot kernels, peach kernels.
- **Carotene-rich** foods: carrots, yams, green vegetables, tomatoes, all fruits that are red, orange, yellow.
- **Lutein** is an anticancer agent: found in dark green foods, broccoli, spinach.
- Drink **spring water**. Tap water contains chlorine, fluorine and radium, which are risk factors for cancer. Also, it is best to avoid toothpaste with fluoride.
- **Grapefruit**, especially pink grapefruit lowers an enzyme that helps clear medicines from the body.

Grapefruit includes:

- Grapefruit juice.
- Grapefruit pieces/sections.
- Other products that have grapefruit.

If medicine is not cleared from the body, it can build up. This can cause an increase in side effects. This has not been seen with other citrus drinks, such as orange juice or lemonade.

Grapefruit may interact with some medicines used to treat breast cancer. Do not eat grapefruit if you are taking medicines.

- **Phytoestrogen**, flaxseed contain a higher amount of plant estrogen than any other food. The type of estrogen in flaxseed is called lignan. In addition to having estrogen-like qualities, lignan also acts like an antioxidant. Antioxidants protect cells from free radical damage. High levels of lignans in the body have been associated with reduced rates of breast and prostate cancer, says Dietary Fiber Food. Other seeds and nuts with high levels of estrogen include sesame seeds, sunflower seeds, chestnuts, almonds, pistachio, walnuts and cashews.
- **Soybean.** Genistein and diadzein, in the soybean suppresses the tumor's production of growth factors.

Soy products contain isoflavones, which is an antioxidant that may reduce or bind to estrogen receptors in breast tissue, and therefore they might block estrogen produced in the body. Organic soy products would be best to use.

Isoflavones can compete with estrogen for the same receptor sites thereby decreasing the health risks of excess estrogen. Other sources of isoflavones include; black beans, yellow split peas, red clover tea.

Moderate Serving sizes of soy foods	
Whole soybeans	1/2 cup
Texturized soy protein	1/2 cup
Soy nuts	1/2 cup
Tofu	4 ounces
Soy milk	1 cup

Soybean has tremendous qualities for treating cancer. You should attempt to consume organic soybean. However, for hormonal breast cancer it would be best to stay away from soy.

Some plant compounds have effects similar to estrogen. They may be added to vitamins, teas, and other supplements. These are often recommended to women for the relief of hot flashes. However, women who have had breast cancer or have hormonal breast cancer, should avoid these compounds in concentrated or supplement form: Alfalfa, black cohosh, chasteberry/vites, dong quai, fennel, flaxseed, licorice root, milk thistle, primrose oil, raspberry leaf, red clover, red yeast extract, resveratrol, siberian ginseng, wild yam.

On the other hand, consumption of soy-based foods is highest in parts of Asia, and a recent meta-analysis found a reduced risk for women with the highest intakes in studies conducted in Asian populations, but not in western populations. ¹¹

Avoid the use of **aluminum** cooking utensils, instead use stainless steel or glass.

PHYTOCHEMICALS

Phytochemicals, also called phytonutrients, are naturally occurring plant chemicals that can have protective qualities for human health. Plants produce these chemicals to help protect themselves for

example by making the plant unattractive to insect pests. They also provide the plant with its colour, flavour and smell.

Phytochemicals are found in unprocessed or minimally processed plant foods, such as; fruits, vegetables, grains, beans, legumes, herbs, spices, nuts, seeds and other plants.

Phytochemicals have antioxidant activity. A compound that prevents another molecule from becoming oxidized. When oxygen is metabolized, it creates 'free radicals' which steal electrons from other molecules, causing damage. For example, an apple when cut will soon become brown by oxidation; however, the antioxidants in lemon will prevent it from oxidizing. Oxidation can occur with poor diet, dehydration, too much sugar, too much animal protein, preservatives, colorings and flavorings in food, prescriptive drugs, alcohol, pollution, toxins, stress, trauma, aging, plastics and phthalates, infections and radiation. When molecules in the body become oxidized, free radicals can be formed. Free radicals are very unstable and cause damage to cells, tissues and organs within the body as they break down. Antioxidants stabilize or neutralize free radicals and prevent this damage by donating electrons.

Benefits of Phytochemicals include: reduced risk of cardiovascular disease, heart disease, stroke, high cholesterol, hypertension, pre-mature aging, alzheimer's disease, and age-related eye disease. They may lower cancer risk by preventing damage to DNA (the genetic material in cells), competing with estrogens, boosting immune function, helping the body to get rid of carcinogens (substances that may cause cancer).

The recommended daily allowance of 3 to 5 servings of fresh fruit and vegetables will give adequate supply of phytochemicals. It is best to eat fresh fruit and vegetables and other foods that are raw or lightly cooked or minimally processed. It is best to eat phytochemicals in whole foods rather than in a pill.

Here are some Phytochemicals that can lower cancer risk:

Phytochemicals	Possible Benefit	Food Sources
Allylic Sulfides	Protect against carcinogens and reduce tumors	Garlic, chives, leeks, onion
Carotenoids	Antioxidants that protect against carcinogens	Parsley, carrots, winter squash, sweet potatoes, yams, cantaloupe, apricots, spinach, kale, turnip greens, and citrus fruits
Catechins	Linked to low rates of gastrointestinal cancer and may boost immune function	Berries
Flavonoids	Blocks receptor sites for certain hormones involved in cancer promotion	Parsley, carrots, citrus fruits, broccoli, cabbage, cucumbers, squash, yams, tomatoes, eggplant, peppers, grapes and berries
Glucosinolates	Helps the liver in its detoxification function. Regulates certain white blood cells involved in immunity. Reduces tumor growth in the breast,	Cabbage, Brussels sprouts, broccoli, cauliflower and various root vegetables (e.g. radish and turnip).

	liver, colon, lung, stomach and esophagus.	
Indoles	Triggers the release of enzymes that block DNA damage and decreases the effectiveness of estrogens in the body	Cabbage, broccoli, Brussels sprouts, cauliflower, turnips and kale, watercress
Lycopene	Inhibits cell damage from carcinogens	Tomatoes, red grapefruit and watermelon
Phytoestrogen	Slows the progression of cancer	Soy bean, flaxseed
Phenols	Inhibits the formation of nitrosamine (a carcinogen) and increases cancer-fighting enzyme activity	Parsley, carrots, broccoli, cabbage, tomatoes, eggplant, peppers, citrus fruits, whole grains, grapes and berries
Triterpenoids	Binds to estrogen and suppress unwanted enzyme activity	Citrus fruits

LIFESTYLE

- Get adequate amount of **sleep** nightly. It would be great to go to bed by 8:00 pm and definitely in a dark room.

According to lead researcher Johnni Hansen of *The Institute of Cancer Epidemiology at the Danish Cancer Society, in Copenhagen*; Women who work the night shift more than twice a week might be increasing their risk for breast cancer and men who work at night may also be at risk for prostate cancer.

Moreover, the risk appears to be cumulative and highest among women who describe themselves as early "morning" people rather than "evening" people. They were almost four times more likely to develop breast cancer as those who work nights, therefore, the early morning types should limit their "dark time" work.

The reason for the increase in these health concerns is that; night shift work involves exposure to light at night, which decreases the production of the night hormone **melatonin** which is a natural antioxidant that can protect against certain cancers.

Factors associated with disruption of sleep are:

- Artificial light at night introduces circadian disruption, where the master clock in the brain becomes desynchronized from local cellular clocks in different body organs, affecting the breast. "... for health in general, if you wake up during the night, stay in the dark; don't turn on the light. If you turn on the lights it will start suppressing melatonin immediately." says Hansen.
- "Repeated phase shifting may lead to defects in the regulation of the circadian cell cycle, thus favoring uncontrolled growth.
- Sleep deprivation after night shift work leads to the suppression of the immune system, which might increase the growth of cancer cells.
- **Reduce weight.** Research shows that overweight was more likely to increase cancer of the breast, colon and prostate, in pre-menopausal women the risk for breast cancer was 3 times and in post-menopausal women the risk increased 12 times. Persons who are overweight increase their risk by 40% for cancer of the colon, breast, prostate, gallbladder, ovary, and uterine.

- **Exercise** is very essential to good health. One should walk 21 miles per week, which is approximately 3 miles per day seven days per week or at least 60 minutes daily.

Staying active also may:

- Improve heart health
- Increase or protect bone density
- Improve cognitive function
- Reduce fatigue and increase energy
- Reduce depression or anxiety
- Prevent and relieve constipation
- Relieve joint pain
- Reduce the risk for other types of cancer and many chronic health conditions and diseases
- Improve overall wellness

Why does exercise reduce cancer risk?

1. Exercise stimulates the white blood cells to release Interleukin I, a natural chemotherapy agent.
 2. Interleukin I stimulate the release of Interleukin II which also aids in building the immune system.
 3. Exercise doubles plasma Interferon levels which also works as a chemotherapy agent.
 4. Exercise increases Natural Killer Cells. Other agents which promote natural killer cells are moderate sunshine, vegetarian diet, selenium-rich foods (garlic, flaxseed, olives, brazil nuts), and deep sleep.
 5. **One recent study found that women who exercised an average of 4 hours per week reduced their risk of breast cancer by nearly 60% compared to non-exercisers.**
- Increase **Vitamin D** through sunlight exposure. For lighter-skinned individuals, 10 to 15 minutes daily will be sufficient whereas for darker-skinned individuals, 45 minutes to 1 ½ hours daily is required between the hours of 10:00am and 3:00pm when the UVB rays is at the highest. This allows your body to produce vitamin D3.

Having adequate vitamin D3 levels can drastically reduce your risk of colon and breast cancer. *Nutrition Reviews, Volume 65, Supplement 1, August 2007, pp. 91–95(5)*

Women with breast cyst should increase their vitamin D because a majority of them are likely to have low levels of vitamin D. Women who are vitamin D deficient are at risk of developing breast cancer by 222%. *Mark Gipson, M.D., Westshore Primary Care.*

Vitamin D deficiency increases a woman's risk by 94% of having her breast cancer spread, a 73% chance of death in a shorter time and at greater risk for more aggressive tumors.

Researchers, from the Moore's Cancer Center at the University of California, San Diego (UCSD), estimated that by increasing vitamin D3 levels, particularly in countries north of the equator, 250,000 cases of colorectal cancer, and 350,000 cases of breast cancer could be prevented worldwide.

Nutrition Reviews, Volume 65, Supplement 1, August 2007, pp. 91–95(5)

Many women in today's society, spend a lot of time indoors, or use an umbrella to avoid the sun when outdoors. The use of sunglasses prevents the pineal gland from getting the sunlight, which helps to reset the biological rhythm and balance the hormones.

While you may use long breathable fabrics to keep the body cool, exposing the face, hands and feet can be sufficient exposure to allow the body to produce vitamin D. However, excessive covering of all the extremities can create a problem. **The American Journal of Clinical Nutrition reported that Saudi Arabian women in the lowest vitamin D category, less than 25nmol/L (10 ng/mL), had six times the risk for evasive breast cancer compared to those with a higher level of 50nmol/L (20 ng/mL).**

- Do not overheat the breasts. **Padded bras** can cause congestion of blood in the breast, in that, the normal temperature of the breast is several degrees below that of the surrounding skin. Mammary thermograms show an increased breast temperature in breast cancer and many benign lesions.

If the breasts are more warmly clothed than the extremities, the resulting increased temperature makes them susceptible to various diseases, from inability to nurse one's infant, to cystic disease and various tumors.

In addition, the wearing of bras for lengthy hours prevents the natural drainage of waste fluid from the breast into the lymphatic system for excretion from the body. The retention of such can lead to cysts and tumors.

- **Excess clothing** on the trunk area (i.e. from neck to hip), and not enough on the extremities, is a significant cause of female problems of various types. This is because of too much blood concentrated in the trunk area because of the clothes covering with little or no covering on the arms and legs thus resulting in poor blood circulation in the limbs. Therefore, the blood in the trunk area remains stagnant and is not evenly spread throughout the body. The end result is that stagnated blood can become toxic and form cysts. Subsequently it is best to wear longer clothing to cover the limbs. To avoid feeling of too hot, wear breathable fabric such as cotton, linen, bamboo, or wool.
- Avoid **free radical** causing agents such as smog, overeating, high fat diet, excessive exercise, trauma, injury, inflammation, too much ultra violet light, excessive radiation in general, high blood sugar, aging, chronic diseases.
- Avoid **dangerous chemicals**, found in insecticides, fresh paints, cleaning compounds, hair sprays, waxes, cosmetics, ingredients in auto products, art and craft supplies, pet supplies, foods and beverages.
- Avoid the use of **antiperspirant deodorants** as this prevents under the arm from perspiring. The skin is an excretory organ and waste fluids from the breast drains in the lymphatic system and can be expelled through the axillary nodes under the arm. Avoiding perspiration can prevent impurities from being expelled at this point. The nodes can become infected and form lumps. It is best to use a non-antiperspirant deodorant.
- Do not sit close to **TV screens**, and do not use **microwave** ovens, both produce radiation. If you sit at a **computer**, install a quality radiation screen.
- Avoid living or working near a **high-voltage power line**; it may induce cancer.

- Check the **radon gas** level in your home. If found, seal lower cracks and increase upper ventilation to the outside.
- Avoid **birth control pills, x-rays and permanent dark hair dyes** as these increase the likelihood of later breast cancer.

HERBAL RECOMMENDATIONS

- **Raw Apricot Seeds** – destroys cancer cells and builds the immune system
- **Germanium and CoQ10** provide oxygen to the cells and prevent free radical damage.
- **Vitamin D** – when the sun hits the skin, it converts cholesterol under the skin into pre-vitamin D, which is later converted into vitamin D that the body can use. **Daily exposure to sunlight is beneficial. For lighter-skinned individuals, 10 to 15 minutes daily will be sufficient whereas for darker-skinned individuals, 45 minutes to 1 ½ hours daily is required between the hours of 9:00am and 3:00pm when the UVB rays is at the highest.** Women with breast cancer should increase their vitamin D because a majority of them are likely to have very low levels of vitamin D.

Natural remedies have proven to be tremendously helpful without the side effects as conventional treatments.

Remembering that the genesis of cancer is a germ, these herbal recommendations are anti-germ in nature, thereby targeting the foundation of the cause.

In addition, these anti-germ compounds are integrated in our four-part approach to treating Cancer where you:

1. Cleanse the blood;
2. Cleanse the liver;
3. Build the immune system; and
4. Balance the hormones.

For example:

Red clover cleans the blood;

Chlorophyll helps clean the liver and prevent formation of cysts;

Parsley helps to build the immune; and

Black cohosh helps regulate hormonal levels;

Instructions for preparing teas

- Hard parts of the plant such as: roots, seeds, rhizome or bark: **BOIL** for 15 minutes, and then draw for 4 hours
- Delicate parts of the plant such as: leaves, flowers, buds, stems or clusters: bring water to a boil then **DRAW/STEEP** for 3 hours.
- For combinations: boil hard parts first for 15 minutes then add delicate parts and draw/steep for 3 to 4 hours.
- Drink as water through the day.

GENERAL CANCER RECCOMENDATIONS

NOTE: FOR SPECIFIC CANCERS THE HERBAL COMBINATION MAY BE A BIT DIFFERENT

ATTENTION: Before making any changes please contact your health care professional.

1	Rotation	Week:(__ / __)	Week:(__ / __)	
O N E	Boil in 4 cups of water Drink like water throughout the day..	Burdock	2 Tablespoons	
		Dandelion	2 Tablespoons	
		Parsley	2 Tablespoons	
		Sage	2 Tablespoons	
	1 Week for this Rotation		Breakfast (with)	Lunch (with)
		Echinacea	2 capsules	2 capsules
		Astragalus	2 capsules	2 capsules
		Turmeric	2 capsules	2 capsules
		Garlinase or 4 cloves of fresh garlic	2 capsules	2 capsules
		Vitamin D3 and 60 minutes of sunlight between 9am – 3pm daily.	5000 iu	5000 iu
		Flax Seed (freshly ground) with meal		2 Tablespoons daily
No refined food No nutritional yeast		Eat organic if possible Eat sprouts and salads		

2		Rotation	Week:(__/__)	Week:(__/__)	
T W O	Boil in 4 cups of water Drink like water throughout the day.	Red Clover	2 Tablespoons		
		Milk Thistle	2 Tablespoons		
		Oregano	2 Tablespoons		
	1 Week for this Rotation	Boil for 15 minutes and steep for 40 minutes	Black Cohosh	1 teaspoon	
			Breakfast (with)	Lunch (with)	
		Echinacea	3 capsules	3 capsules	
		Astragalus	2 capsules	2 capsules	
		Turmeric	2 capsules	2 capsules	
		Garlinase or 4 cloves of fresh garlic	1 tablet	1 tablet	
		Vitamin D3 and 60 minutes of sunlight between 9am – 3pm daily.	5000 iu	5000 iu	
		Flax Seed (freshly ground) with meal		2 Tablespoons daily	
		No refined food No nutritional yeast		Eat organic if possible Eat sprouts and salads	

3		Rotation	Week:(__/__)	Week:(__/__)
T H R E 1 Week for this Rotation	Boil in 4 cups of water Drink like water throughout the day.	Burdock	2 Tablespoons	
		Milk Thistle	2 Tablespoons	
		Pau d'arco	2 Tablespoons	
		Sage	2 Tablespoons	
		Breakfast (with)	Lunch (with)	
	Echinacea	2 capsules	2 capsules	
	Astragalus	2 capsules	2 capsules	
	Turmeric	2 capsules	2 capsules	
	Garlinase or 4 cloves of fresh garlic	1 tablet	1 tablet	
	Vitamin D3 and 60 minutes of sunlight between 9am – 3pm daily.	5000 iu	5000 iu	
Flax Seed (freshly ground) with meal			2 Tablespoons daily	
No refined food No nutritional yeast			Eat organic if possible Eat sprouts and salads	

Use fresh foods of the Cruciferae family: Broccoli, Cabbage, Cauliflower, Brussels sprouts, Kale, Watercress.

Sprinkle kelp or dulse on food.

Fresh Garlic and Onion use freely. Use Pink Himalayan sea salt.

Use teas every day until cancer is gone and continue after cancer is gone for 1 year

4		Rotation	Week:(__/__)	Week:(__/__)
F O U R	Boil in 4 cups of water Drink like water throughout the day.	Red Clover		2 Tablespoons
		Dandelion		2 Tablespoons
		Thyme		2 Tablespoons
		Sage		2 Tablespoons
1 Week for this Rotation		Breakfast (with)		Lunch (with)
	Echinacea	2 capsules		2 capsules
	Astragalus	2 capsules		2 capsules
	Turmeric	2 capsules		2 capsules
	Garlinase or 4 cloves of fresh garlic	1 tablet		1 tablet
	Vitamin D3 and 60 minutes of sunlight between 9am – 3pm daily.	5000 iu		5000 iu
	Flax Seed (freshly ground) with meal			2 Tablespoons daily
	No refined food No nutritional yeast			Eat organic if possible Eat sprouts and salads

Instructions for preparing teas

- Hard parts of the plant such as: roots, seeds, rhizome or bark: **BOIL** for 15 minutes, and then draw for 4 hours
- Delicate parts of the plant such as: leaves, flowers, buds, stems or clusters: bring water to a boil then **DRAW/STEEP** for 3 hours.
- For combinations: boil hard parts first for 15 minutes then add delicate parts and draw/steep for 3 to 4 hours.
- Drink as water through the day.

JUICING THERAPY

Certain foods are excellent in cellular preservation, in addition to prevention and spread of disease.

Juicing allows you to consume an optimal amount of fruits or vegetables in an efficient manner. The following daily combinations of vegetables are to be used continually as a juicing therapy that forms part of our body builder protocol.

ROTATION WEEK 1	ROTATION WEEK 2	ROTATION WEEK 3	ROTATION WEEK 4
3-5 cabbage leaves 1-2 sprigs of watercress 3-5 kale leaves 4 beets 8-10 spinach leaves 3-5 chard leaves 6 carrots 3 stalks of celery 1 tablespoon of kelp	3-5 endive 3-5 romaine lettuce leaves 3-5 lettuce leaves 3-5 cloves of garlic 1 large onion 6 carrots 3 stalks of celery 1 tablespoon of kelp	3-5 cabbage leaves 1-2 sprigs of watercress 3-5 kale leaves 3-5 romaine lettuce leaves 3-5 lettuce leaves 3-5 endive leaves 4 beets 8-10 spinach leaves 3-5 chard leaves 1 tablespoon of kelp	3-5 endive 3-5 romaine lettuce leaves 3-5 lettuce leaves 4 beets 3-5 spinach 3-5 chard leaves 6 carrots 3 stalks of celery 1 tablespoon of kelp
<p>Juice all ingredients together in a juicer. Do clean your juicer properly. Alternatively, you may use a blender and blend finely all ingredients with 1 cup of bottled water; strain and drink.</p> <p>Do not refrigerate. Drink daily right away or within 20 minutes of preparation. Adjust quantities to get 8oz daily.</p> <p>It is best to drink juice early in the morning and at least 30 minutes before your breakfast. It is wise to choose organically grown vegetables whenever possible.</p> <p>These juices rob the thyroid gland of iodine, which affects its proper function, therefore, ensure you use Kelp to replace iodine in the body.</p> <p>Please combine these juices with our recommended teas and nutritional therapies. Continue up to one year of being free from your health condition.</p>			

For further information, please contact us.

HEALING AND SEALING A LEAKY GUT

ATTENTION: Before making any changes please contact your health care professional.

WHAT IS A LEAKY GUT?

A leaky gut or *elevated intestinal permeability* is an autoimmune condition when the body's immune system reacts inappropriately to gluten, a protein found in wheat, rye, barley, spelt and kamut or other environmental toxins. The lining in your small intestine gets damaged, and eventually make tears in it so that substances such as proteins like *gluten, bad bacteria* and *undigested foods particles and toxic waste* that normally can't pass through, are now able to leak from the inside of your intestinal wall into your blood stream causing an immune reaction.

The body's first response is to produce inflammation and wherever there is a weak link in the body, it gets affected. So there may be a weak link in your joints and you can get arthritis or it may be inflammation in your brain and you get Parkinson's disease or Alzheimer's or Multiple Sclerosis. If the gut is left un-repaired it can lead to other health issues like inflammatory bowel disease, eczema, psoriasis, migraine headaches, muscle pain and chronic fatigue or psychological disorders such as autism, anxiety, depression and bipolar disorder.

According to the *Journal of Diabetes, 2008* there is a strong body of evidence pointing to leaky gut as a major cause of *autoimmune* diseases including *Type 1 Diabetes*.

Leaky gut can also cause malabsorption of vital minerals and nutrients including *zinc, iron and B vitamins*.

A leaky gut can be repaired. To do so you will need to remove the foods and environmental toxins causing the injury, repair the walls of your intestines and maintain a healthy gut flora.

SYMPTOMS

- Multiple food sensitivities
- Bloating
- Frequent colds
- Rheumatoid Arthritis
- Fibromyalgia
- Headaches
- Adrenal fatigue
- Constipation
- Diarrhea
- Irritable Bowel Syndrome
- Hashimotos
- Hypothyroidism
- Graves disease
- Depression
- Anxiety
- Autism
- ADHD

- Acne
- Rosacea
- Eczema
- Weight gain
- Psoriasis

CAUSES

- Meat, dairy and their byproducts especially those that have been fed hormones and antibiotics
- GMO and hybridized foods tend to be the highest in lectins (toxin) since they have been modified to fight off bugs.
- Grains – gluten-containing grains will damage your intestinal lining causing leaky gut. Eliminate from your diet, wheat, rye, barley, kamut and spelt.
- Lectins and Phytates in excessive amounts can cause a leaky gut. All grains have phytates so it is important to cook them properly
- Sugar will feed the growth of yeast, candida, and bad bacteria, which will further damage your gut. Bad bacteria actually create toxins called exotoxins that damage healthy cells and can eat a hole into your intestinal wall.
- Chronic stress weakens your immune system over time, which cripples your ability to fight off foreign invaders like bad bacteria and viruses leading to inflammation and leaky gut. To reduce stress, get more sleep, schedule fun into your week, rest one day a week, meditate on scripture, and hang out with positive uplifting people.
- Toxin overload - tap water, pesticides, aspirin, nonsteroidal anti-inflammatory drugs (NSAIDS - aspirin, ibuprofen, advil, motrin, naproxen, aleve), and antibiotics
- Bacterial imbalance - an imbalance between beneficial and harmful species of bacteria in your gut. For many, this imbalance can begin at birth because of a C-section or because the mother didn't have a healthy gut herself.

DIET

- Cut out all **flesh foods** (including fish, chicken, meat, pork, and all crustaceans) as well as poultry, dairy and their byproducts (eggs, cheese, milk, butter, etc.)
- Remove all **sugar**, hidden sugar in processed foods as well as all natural sweeteners while treating yourself.
- Eliminate **alcohol** and its derivatives such as wine, cider, vinegar in any form.
- Avoid **antibiotics** as they destroy the intestinal flora.
- Remove or avoid any **environmental toxins**.
- Eliminate all wheat go on a **wheat-free, gluten-free** diet: all roti, bun, tart, pastries, bread, beer or malt (see our gluten-free sheet for further guidance).
- Avoid **processed foods** (any packet or tinned foods) as much as possible. They are stripped from most nutrients that were present in the fresh ingredients used for making these foods. They are a hard work for the digestive system and they damage the healthy gut flora balance. Most times they contain artificial chemicals that are detrimental to health, like preservatives, colorants, etc. Try to buy foods in the form that nature made them, as fresh as possible.
- **Cook Grains properly**, low slow consistent heat for at least 3 hours. (see us for more guidance on preparation)

- **Cook legumes – peas, beans properly** – undercooked and undigested protein can cause intestinal permeability. Cook on low, slow, consistent heat for several hours
- **Cook starchy vegetables properly** – Starchy vegetables are digested primarily by gastric amylase, an enzyme found in the gastrointestinal tract, which can be difficult for digestion if you have a leaky gut. Therefore, it is important to cook them thoroughly. Example are: beets, carrots, parsnips, sweet potatoes, taro, white potatoes, yams, dasheen, eddoes, green banana, plantain
- **Cook coarse vegetables until tender** - Coarse vegetables when eaten raw is difficult to digest, therefore, they should be cooked until tender. Examples are: carrots, broccoli, cabbage, Brussels sprouts, cauliflower, kale, watercress, endive or spinach.
- Use **Pre-biotic foods** to stimulate the growth of healthy bacteria in the colon. For e.g. asparagus, burdock, chicory, dandelion root, Jerusalem artichoke, leeks, onions, grains, legumes and cruciferous vegetables such as broccoli, Brussels sprouts, cabbage, cauliflower, collard greens, kale, radish and rutabaga.
- Use **Pink Himalayan Sea Salt** which includes 84 trace minerals including iodine that is a necessary nutrient for the body.
- **Flax seed** take 2 tablespoons freshly grounded daily
- **Aloe Vera** – 1 ounce of flesh blended in 1 ounce of water. Drink 30 minutes before meals. **Aloe vera and seaweed should be avoided by those with severe digestive issues such as diarrhea.**
- **Zinc** – 1 handful of Pumpkin Seeds eaten daily
- **Selenium** – 3 brazil nuts daily
- **Copper** – almonds, walnuts

SEE BELOW ADDITIONAL LIST OF FOODS TO USE AND AVOID

LIFESTYLE

- **Exercise** is very essential to good health and blood circulation. Walking is superior to other forms of exercise as the entire body is in motion. Walk for at least **one hour, seven days** per week.
- Take time to **relax and reduce stress** on the body. Spending at least one day per week, free from all care, work, electronic devices or anything that will be time-constrained or taxing to the brain will give much rejuvenation. A walk out in nature in the open air or spending time with others with whom you can share a happy moment or listening to soothing music will be most refreshing.
- Get adequate **rest** by going to bed by 10:00pm nightly. The body will do much cellular repair and healing at this time.
- **Fast intermittently** such as skipping a meal once a week helps with detoxification.
- All meals should be eaten on a **regular schedule**, 7 days a week; with no more than a 30 minutes' time difference in the schedule. Meals should be eaten at least 5-6 hours apart.
- **Raw foods** should be eaten at the start of the meal before the cooked food to prevent inflammation from being formed in your intestines.
- At least 8 glasses (64oz) of **water** should be drunk each day. 16-32 oz of warm water should be taken before breakfast. Water should be taken 15 - 30 minutes before the meal or 2 hours after the meal. Please drink water until the urine is pale.

- **Avoid environmental toxins** such as new paint, new carpet, poisonous gases, exposure to pesticides, chemical cleaning agents, antibiotics, smog, polluted air.

HERBAL REMEDIES

STEP 1 – REMOVE ONGOING INFLAMMATORY TRIGGERS

Start with a Cleanse: 3 tablespoons of **Castor oil** and ¼ cup of **lemon juice**.

Or **Senna** pod – 3 Tablespoons to 2 cups of water, draw for 3 hours

Or Cascara sagrada– 2 tablespoons to 4 cups of water, boil for 4 hours

This should be repeated once every month on a day when you will be free the following day. Drink lots of water to be hydrated.

Eliminate all foods with the minutest amount of toxic gluten, wheat, rye, barley, spelt, kamut

Eliminate all natural or artificial sweeteners

Eliminate alcohol, apple cider vinegar

Remove antibiotics, pesticides, environmental toxins

Use **organic or non-GMO** foods

Drink 16 oz to 32 oz of warm water with lemon on mornings.

This is required for building the blood and cleansing the liver, in addition, the vitamin C will aid with iron absorption.

STEP 2 – REMOVE ALLERGENIC FOODS

Remove foods, which can cause an allergic reaction and increase inflammation in the body. For example: wheat, rye, barley, spelt, kamut, peanut butter, celery, carrot, banana, watermelon, cantaloupe, honey dew, cucumber, squash, butter squash, papaya, strawberries, kiwi, avocado, current, raspberries, lemon grass, sugar cane, lentils, kidney beans

STEP 3 – REPAIR THE BIO-FUNCTION

- **Quercetin** – 1000mg twice daily for 6 weeks - improve gut barrier function by sealing the gut because it supports creation of tight junction proteins. It also stabilizes mast cells and reduces the release of histamine that is common in food intolerance. Food sources are: apples, onions, buckwheat, beans
- **L-Glutamine** – 1000mg twice daily for 6 weeks - Glutamine is an essential amino acid that is anti-inflammatory and necessary for the growth and repair of your intestinal lining. L-glutamine acts a protector and coats your cell walls, acting as a repellent to irritants

STEP 4 – HEAL AND SEAL THE GUT

- Toxins produced by overgrowth of Candida species can cause leaky gut.

Use a multi-strain Probiotic and Digestive Enzymes

Probiotics will repair damage to your gut lining. It will also increase immunity, as the beneficial probiotic bacteria are symbolic allies to your body that help fight viruses, candida and other infections; produce B vitamins; and assist in detoxification.

Digestive enzymes will aid in digestion.

- **Bio-Kult** – a probiotic to be taken with meal. Take one spoonful of food then use as follows:
First and second week – one capsule per meal
Third week – 2 capsules per meal
Fourth week and more – 3 capsules per meal
- **TriEnza** - a digestive enzyme –use 2 – 3 per meal

Use a Pre-biotic for good bacteria production

Individuals with abnormal gut flora most times have low stomach acid production.

- **NuTriVene Betaine HCl with Pepsin** is a preparation that feeds the good bacteria causing them to increase in the gut. Use 2-3 Capsules per meal.
- **Seaweed cure** – use 1 capsule from each bottle twice daily with meals (avoid use if you have severe digestive issues)
- **Selenium and Zinc (*Brazil Nuts, pumpkin seeds, sesame seeds*)**
- Individuals with leaky gut are more likely to have vitamin B deficiency. A good multi-vitamin with B vitamins and trace minerals is recommended.
- **VM 100 or Active 55 Plus**
- **Garlinase** 2 tablets daily with meal or 4 cloves of fresh garlic daily
- **Licorice root*** (Please read special notes at the bottom)
- **Marshmallow root** – 1 to 2 tablespoons (see preparation instructions below)
- **Turmeric**– 1 to 2 tablespoons (see preparation instructions below)
- **Avoid over supplementation** – this can promote growth of the bad bacteria and lower your immune system
- **Vitamin D** – Daily exposure to sunlight is beneficial. For lighter-skinned individuals, 10 to 15 minutes daily will be sufficient whereas for darker-skinned individuals, 45 minutes to 1 1/2 hours daily is required between the hours of 9:00am and 3:00pm when the UVB rays is at the highest.

Sunlight exposure will get through to your organs and tissues reducing overgrowth of pathogens, detoxifying and bringing healing to the body.

Correct Levels of vitamin D are 70 ng/mL to 100 ng/mL (once the levels get above 150 ng/mL with supplement it can become toxic to the body however if the levels get above 150 ng/mL with Natural Sunlight then you are fine.) The 25-hydroxy vitamin D test is the most accurate way to measure how much vitamin D is in your body. Once you know your level, if you need to increase it, you may consider taking 5000iu daily of vitamin D3 supplement until your levels are back in line. For the colder climate, as a regular maintenance from **June – September** use the Natural Sunlight, **May** and **October** take **1000iu** daily, **April** and **November** take **2000iu** daily, **March** and **December** take **3000iu** daily, **January** and **February** take **5000iu** daily. Do Not exceed the recommended vitamin D level. **Remember that the liquid vitamin D3 with fat is best and easily absorbed (vitamin D is a fat-soluble vitamin, so it requires fat in order for it to be absorbed).**

PS: If you are deficient in vitamin D, then you will need to take the prescription dosage or the equivalent of 50,000ius per week for 8 weeks of supplemental vitamin D3.

Here is another option: If there is a chronic deficiency in vitamin D, we would be recommended that you take as much as 10,000iu daily for either 3-4 months, then you can revert to the 5000iu daily.

Instructions for preparing teas

- Hard parts of the plant such as: roots, seeds, rhizome or bark: BOIL for 15 minutes, and then draw for 4 hours
- Delicate parts of the plant such as: leaves, flowers, buds, stems or clusters: bring water to a boil then DRAW/STEEP for 3 hours.
- For combinations: boil hard parts first for 15 minutes then add delicate parts and draw/steep for 3 to 4 hours.
- Drink as water through the day.

***Side Effects and Cautions of Licorice Root**

- **While licorice promotes the healing of the stomach, it should not be used for more than 7 days at a time.**
- **In large amounts, licorice containing glycyrrhizin can cause high blood pressure, salt and water retention, and low potassium levels, which could lead to heart problems.**
- **People with heart disease or high blood pressure should be cautious about using licorice.**
- **The safety of using licorice as a supplement for more than 4 to 6 weeks has not been thoroughly studied.**
- **Taking licorice together with diuretics (water pills), corticosteroids, or other medicines that reduce the body's potassium levels could cause dangerously low potassium levels.**
- **When taken in large amounts, licorice can affect the body's levels of a hormone called cortisol and related steroid drugs, such as prednisone.**
- **Pregnant women should avoid using licorice as a supplement or consuming large amounts of licorice as food, as some research suggests it could increase the risk of preterm labor.**

RECOMMENDED FOODS FOR HEALING LEAKY GUT

Almonds, almond butter
Amaranth - is a grain substitute, contains starches so must be slow-cooked
Apples
Apricots, fresh or dried
Artichoke, French, Jerusalem (cooked)
Asparagus (cooked)
Aubergine (eggplant)
Avocados
Bananas (ripe only with brown spots on the skin)
Beans, dried - slow cooked for several hours
Beets or beetroot
Berries, all kinds
Black radish
Black-eye beans, sprouted or slow cooked for several hours
Bok Choy
Brazil nuts
Broccoli (cooked)
Brussels sprouts (cooked)
Buckwheat
Cabbage (cooked)
Carrots (cooked)
Cashew nuts, fresh only
Cauliflower (cooked)
Celery
Cherimoya (custard apple or sharifa)
Cherries
Chia seeds
Chick peas, sprouted or slow cooked for several hours
Citric acid
Coconut, fresh or dried (shredded) without any additives
Coconut milk
Coconut oil
Collard greens
Courgette (zucchini) organic
Coriander, fresh or dried
Cucumber
Dates, fresh or dried without any additives (not soaked in syrup)
Dill, fresh or dried
Eggplant (aubergine)
Flax seed – can help with constipation
Filberts
Fava beans, sprouted or slow cooked for several hours
Garlic
Ginger root, fresh
Grapefruit
Grapes
Grains whole (except wheat, rye, barley, spelt) slow cooked for several hours
Haricot beans, sprouted or slow cooked for several hours
Hazelnuts

Herbal teas
Herbs, fresh or dried without additives
Honey, natural
Juices freshly pressed from permitted fruit and vegetables
Kale
Kiwi fruit
Kumquats
Lemons
Lentils
Lettuce, all kinds
Lima beans (dried and fresh) slow cooked for several hours
Limes
Mangoes
Melons
Millet slow cooked for several hours
Mung beans slow cooked for several hours
Nectarines
Nut flour or ground nuts (usually ground blanched almonds)
Nuts, all kinds freshly shelled, not roasted, salted or coated (any roasting must be done at home)
Oats – must be gluten-free and organic as it may be cross contaminated with gluten
Olive oil, virgin cold-pressed
Olives preserved without sugar or any other non-allowed ingredients
Onions
Okra – can help with constipation
Oranges
Papayas
Parsley
Peaches
Peanut butter, without additives
Peanuts, fresh or roasted in their shells
Pears
Peas, dried split and fresh green
Pecans
Peppers (green, yellow, red, and orange)
Pigeon peas, fresh or frozen
Pineapples, fresh
Potato white
Potato sweet – cooked for several hours to breakdown starch content
Prunes, dried without any additives or in their own juice
Pumpkin
Quinoa
Raisins
Rhubarb
Rice, brown (properly cooked for at least three hours)
Seaweed fresh and dried, once the Introduction Diet has been completed and it becomes easier to digest
Spinach
Squash (summer and winter) organic
String beans
Tangerines
Tomato puree, pure without any additives apart from salt

Tomato juice, without any additives apart from salt
Tomatoes
Turnips
Walnuts
Watercress
White navy beans, slow cooked for several hours
Yams, slow cooked for several hours

FOODS TO AVOID FOR HEALING LEAKY GUT

Acesulphame
Acidophilus milk
Agar-agar
Agave syrup - main carbohydrate is a complex form of fructose
Algae - can aggravate an already disturbed immune system
Aloe Vera fresh – This should be avoided by those with severe digestive issues.
Apple juice - usually has sugar added during processing
Arrowroot - is a mucilaginous herb and loaded with starch
Aspartame
Astragalus - contains polysaccharides
Baked beans
Baker's yeast - contains saccharomyces cerevisiae
Baking powder and raising agents of all kind
Balsamic vinegar
Barley
Bean flour and sprouts
Bee pollen - irritating to a damaged gut
Beer
Bhindi or okra
Bicarbonate of soda
Bitter Gourd
Bologna
Bouillon cubes or granules
Brandy
Bulgur
Burdock root - contains FOS and mucilage
Butter beans
Buttermilk
Canned vegetables and fruit
Carob
Carrageenan - is seaweed and high in polysaccharides
Cellulose gum
Cereals, including all breakfast cereals
Cheeses, processed and cheese spreads
Chestnuts and chestnut flour
Chevre cheese
Chewing gum - contain sugars or sugar substitutes
Chocolate
Cocoa powder
Coffee, instant and coffee substitutes

Cooking oils
Cordials
Corn
Cornstarch
Corn syrup
Cottage cheese
Cottonseed
Cous-cous
Cream - contains lactose
Cream of Tartar
Cream cheese
Dextrose - in commercial products it is not the pure form
Drinks, soft
Feta cheese
Fish, preserved, smoked, salted, breaded and canned with sauces
Flour, made out of gluten grains
Fructose - extracted from corn and has a mixture of other trisaccharides
Fruit, canned or preserved
Gjetost cheese
Gruyere cheese
Ham
Hot dogs
Ice-cream, commercial
Jams
Jellies
Ketchup, commercially available
Lactose
Liqueurs
Margarines and butter replacements
Meats, fresh, processed, preserved, smoked and salted
Milk from any animal, soy, rice, canned coconut milk
Milk, fresh, dried
Molasses
Mozzarella cheese
Neufchatel cheese
Nutra-sweet (aspartame)
Nuts, salted, roasted and coated when purchased from outside
Pasta, of any kind
Postum
Primost cheese
Ricotta cheese
Rye
Saccharin
Sago
Sausages, commercially available
Semolina
Sherry
Soda soft drinks
Sour cream, commercial
Soy
Spelt

Starch - contain many anti-nutrients, which damage the gut wall

Sugar or sucrose of any kind

Tapioca - starch

Tea, instant

Triticale

Turkey loaf

Vegetables, canned or preserved

Uncreamed cottage cheese (dry curd)

Vinegar (cider or white)

Wheat

Wheat germ

Whey, powder or liquid

Yogurt, commercial

WEIGHT LOSS PROGRAM

ATTENTION: Before making any change please contact your health care professional.

We once worked with a gentleman, he was over 300lbs and wanted to lose some weight. We consulted with him and he began making the recommended changes. In 6 months' time, he lost 95 pounds. How did he do it? He said, *"I lost the weight by power walking seven days a week at least an hour, working in the yard, and often walking 18 holes of golf two or three times a week, eating a balanced total vegetarian diet on schedule in the proper order, and weighing in once a week."*

This is just one of the many stories we can share with you about weight loss, it may seem simple and yes, it is. If you have been looking for a solution to lose weight, then look no further, let's share with you some simple remedies and teach you how you can lose the weight without losing the plate too!

WHAT IS OBESITY?

According to the World Health Organization (WHO) in March 2013, Obesity is an "abnormal or excessive fat accumulation that may impair health". It is an imbalance between the calories taken in and those utilized.

The American Medical Association has officially labeled Obesity as a disease. This new designation informed 78 million American adults and 12 million American children that they have a condition requiring medical treatment.

The American Medical Association (AMA) June 18, 2013

In 2009, WHO ranked Overweight and obesity as the fifth leading risk for global deaths.

Overweight shortens life and every extra pound shaves off about one month from your life span. Therefore, sixty extra pounds, could cost you five years! Health Power (2011) p. 66

SYMPTOMS OF OBESITY?

- Breathlessness
- Increased sweating
- Snoring
- Difficulty sleeping
- Inability to cope with sudden physical activity
- Feeling very tired every day
- Back and joint pains

RISK FACTORS FOR OBESITY

Being overweight exposes you to some serious health risks, which include: diabetes, sleep apnea, cancer (stored in fat cells), high blood pressure, GERD (acid reflux), and heart disease.

Overweight and obesity can lead to adverse metabolic effects on blood pressure, cholesterol, **triglycerides** and **insulin resistance**. Risks of coronary heart disease, **ischemic stroke** and type 2 diabetes mellitus increase steadily with increasing **body mass index**.

Obesity increases the risk for several types of cancer of the Esophagus, pancreas, Colon and rectum, Kidney and Gallbladder, or Thyroid, Prostate, Breast (after menopause) and Endometrium (lining of the uterus) because of the storage of excess estrogen in the fat cells. Global Health Observatory (GHO), World Health Organization

Overweight may also increase the risk of psychological problems as individuals may have a low self-esteem of themselves, little confidence levels, want to isolate themselves from society and may also suffer from depression.

TYPES OF OBESITY

1. Peripheral Obesity (accumulation of excess fat in the buttocks, hips and thighs)
2. Central Obesity (accumulation of fat in the abdominal area) also known as Pear Obesity and Apple Obesity
3. A combination of both

Whichever type you are, your body mass index (BMI) is an indicator of whether you are overweight or not. BMI is a measure of body fat based on height and weight that applies to adult men and women.

Usually, BMI indicators are denoted as:

- BMI of 18.5-24.9 = healthy weight
- BMI of 25-29.9 = overweight
- BMI of 30 or higher = obese or high risk

BMI formula: **weight (kg) / [height (m)]²**

For example:

Weight = 68 kg, Height = 165 cm (1.65 m)

Calculation: $68 \div (1.65)^2 = 24.98$

or

Weight = 150 lbs, Height = 5'5" (65")

Calculation: $[150 \div (65)^2] \times 703 = 24.96$

CAUSES OF OBESITY?

The body converts **excessive calories** into fatty deposits, thus increasing body weight.

Lack of Sleep - Getting less than seven hours of sleep at night can cause changes in hormones that **increase your appetite**. You may also **crave foods high in calories and carbohydrates**, which can contribute to weight gain. *www.mayoclinic.org*

Leptin Resistance - Leptin is the hormone that releases fat cells in your body while you are eating which sends a powerful message to your brain saying, "Stop eating, you're full now!" Erratic fluctuations of **leptin** (and the hormone **ghrelin** which makes you feel hungry) complicate your ability to lose weight and **triggers intense hunger**. Studies show that production of **both leptin and ghrelin** may be **influenced by how much or how little we sleep**.

Insulin Resistance - when cells are resistant to insulin, sugar level rise in the blood; this causes the fat cells to take in glucose resulting in excess weight gain.

Overeating – this is to the point of feeling uncomfortably full or bloated.

Fat cells metabolism - A fat cell can be produced any time when the existing fat cells reach about 85% of their holding capacity. A fat cell is capable of storing so much fat; it can expand up to 1,000 times its initial volume. *Craig, Winston: Nutrition and Wellness, p. 160*

Lack of sunlight - In the group of 571 women who gained weight, those who had insufficient vitamin D levels gained about two pounds more than women who had sufficient vitamin D levels (>30ng/mL). *Robert Graham, MD, Lenox Hill Hospital, New York City*

Medications - Some medications can lead to weight gain. These medications include some **antidepressants**, anti-seizure medications, diabetes medications, antipsychotic medications, steroids, beta-blockers, prednisone: which is commonly prescribed for asthma, inflammation and rheumatoid arthritis. *www.mayoclinic.org*

Genetics - Your genes may affect the amount of **body fat you store** and where that fat is distributed. Genetics may also play a role in how efficiently your body **converts food into energy** and how your **body burns calories** during exercise. Even when someone has a genetic predisposition, environmental factors ultimately make you gain more weight. *Centers for Disease Control and Prevention May 10, 2013* Families can't change their genes but they can change the family environment to **encourage healthy eating habits and physical activity**.

Inactivity - If you're not very active, you don't burn as many calories, with a sedentary lifestyle, you can easily take in more calories than you need.

Unhealthy diet and eating habits – eating a diet that is high in calories and eating fast foods and oversized portions or eating at night.

Pregnancy – due to the disruption in hormones and excess eating. Infants can be overweight if fed milk formula rather than breast milk.

Bisphenol A - found in bottles and aluminum cans and other types of packaging can cause obesity in kids, teens and adults.

Hormonal problems – hormonal imbalance, too much or too little testosterone or estrogen.

Thyroid dysfunction - Weight gain occurs when people take in more calories than they burn. So it's not just a matter of what people eat, it's also a matter of how much they're burning. Thyroid hormones are needed in every cell in the human body, it controls your body's metabolism, regulating everything from weight regulation, body temperature and heart rate to glucose consumption and cholesterol levels. Unexplained weight changes and issues can be signs of both hypothyroidism and hyperthyroidism.

Cushing's syndrome - this can be caused by high levels of cortisol in the blood and is characterized by **abnormal fat deposits, frequently in the form of a hump between the shoulders, a rounded (or "moon") face, or pink or purple stretch marks. Extra weight usually settles around the midsection and upper back.**

Diabetes - Polyphagia in Diabetes can make you feel hungry and cause you to overeat.

Artificial sweeteners - consuming artificial sweeteners like sucralose, aspartame and saccharin, the body loses its ability to process real sugar, which could result in weight gain.

Guilt, worry - If you're feeling angry, anxious, depressed, grieved or guilty, you may be turning to food to ease those feelings, even without realizing it.

Lack of Oxygen - without proper levels of oxygen, your metabolic processes slow down or get halted altogether, seriously compromising your health and stopping your weight loss and fitness progress.

Gluten - Gliadin-derived opiates an appetite stimulator found in all gluten foods such as: bread, pastries or pasta can increase your appetite for food.

Wheat - Modern wheat is loaded with **amylopectin A** (a starch unique to wheat), which is high in sugar. This causes the intake of excess calories and weight gain.

DIET

- Eliminate all flesh foods and their by-products from your diet (Milk, Cheese, Oil, Eggs, Sausage, Lard, Margarine, etc.)
- Eliminate all gluten and wheat foods from your diet
- Eliminate all real and artificial sugar from your diet, even natural sweeteners high in fructose. Instead, use very little natural sweeteners and those low in fructose
- Increase iodine in the diet through the use of Seaweed Cure, Pink Himalayan Sea Salt, Kelp or other seaweed
- Drink sufficient water each day. Your urine should be pale yellow to clear. Drink 16oz – 32oz warm water on mornings as a bolus, one of which should be lemon water. During the day, drink room-temperature water one mouthful at a time as the cells will absorb and be properly hydrated
- **Do not eat and drink at the same time.** Liquid diets take longer to digest. Bloating of stomach can come from indigestion. Drink water 15-30 minutes before a meal and 2 hours after a meal.
- Increase foods **Low in calories, Low in fats, Low in sodium, High in fiber and High in satiety**
- **Increase foods rich in Chromium, Magnesium, Niacin (B3) and B vitamins** which is found in Grains, Legumes, Pumpkin seeds, Sunflower seeds, organic Pine nut, Brazil nut, Soybean, Pecan, Sesame seeds, Oats, Chickpea, Blackstrap molasses, Avocado
- **Increase foods** such as: Chard, Seaweed, Spirulina, Pineapple, Sweet potato, Broccoli, Cherry, Cherimoya, Cabbage, Onion, Garlic, Asparagus, Garcinia, Lettuce, Carrots, Peach, Turnip, Cucumber, Sweet pepper, Grapefruit (be cautious with pink grapefruit if you are on medication as it prevents the medication from moving through the process of elimination in your body for up to 3 days.
- **Use Diuretic Foods** such as: Artichoke, celery, eggplant, borage, cauliflower, asparagus, green bean, apple, peach, melon, loquat, pear, watermelon, grape

A word on fats

Concentrated forms of fat as in oils are a source of calories and are seven times more easily stored in the body. A low-fat diet helps to control hunger and appetite.

Certain essential fatty acids as in our seeds and nuts help to burn fats. Examples of Essential fatty acids are: grounded flaxseed and chia seed, nuts, olives, soybeans, spinach. Other good fats are

monounsaturated fats such as: **Olives, almonds, hazel nuts, macadamia nuts, pecans, avocado**

- **Slow down when you eat** It takes 10 to 15 minutes for your brain to get the **leptin hormone** 'stop' sign so **if you eat too fast, you'll eat too much!**
- **Avoid snacking** in-between meals
- Eat at **regular set times**
- **Avoid late night eating**
- Remove Wheat and Gluten from the diet
- Use **wheat-free, gluten-free** flour instead
- Bread must be eaten at least 48 hours later if yeast is used
- Prepare whole grains properly (some may need to be cooked for at least 3 hours)
- Eliminate Refined Foods, Oils, Butters and Dressings
- Avoid **Simple sugars** (refined flour, sweets) causes an increase in the level of insulin in our bloodstream, which burns up sugars but stores fat in the body.
- **Avoid frying:** Sauté instead with a little water in a nonstick pan.
Fried potatoes = 5-7 times more calories than boiled potatoes
- Eat a healthy breakfast to avoid snacking in between meals
- Eat 3 – 5 servings of fruit and vegetables every day.
- Use **Pumpkin Seeds** (1/4 cup or handful with each meal) daily
- Use **Flaxseed** take 2 tablespoons freshly grounded daily
- **Cumin** has been shown to improve weight loss when mixed with other herbs and spices.
- **Coriander** have been shown to **increase metabolic function and heighten weight loss.**
- **Lecithin granules** 1-2 tablespoons daily. This is useful for dissolving fat.
- **Olives** - eat 7 olives daily
- **Ginger** – helps reduce your appetite and cut cravings
- **Parsley** – help to reduce to amount of glucose present in the blood
- **Lemon water** - 8 oz of water to 1/2 lemon burns fat. Early morning, drink lemon in warm water, and use a straw to protect your teeth from the acid.
- **Blackstrap molasses** (1 tablespoon daily if you are not Diabetic)
- **Turmeric** has been shown to help reduce inflammation, high levels of which may be a significant cause of obesity and difficulty losing weight.

LIFESTYLE

- Break the snack habit - The calories you get from snacking can add up to an extra meal. One study showed Western women tended to snack 400-500 calories per day. At the rate of 500 calories per day, seven days a week, totaling 3500 calories, that means it's possible to gain an extra pound a week on snacks alone!
- There should be a specified time for each meal
- Eat all that the system requires at meal times
- Sit at a table to eat
- All **meals** should be eaten on a regular schedule, 7 days a week, with no more than a 30 minutes' time difference in the schedule.
- Rest the stomach for at least five to six hours in between each meal to give the stomach enough time to properly digest a meal and then have an hour or two of rest before the next meal
- Drink only water in-between meals
- No snacking. Not a particle of food should be introduced into the stomach till the next meal – no fruit, nuts or anything that will cause the stomach to have to work. If the stomach does not get a chance to digest a meal without disruption, because a snack was introduced within digestion

time, it begins the process of digestion all over again, thereby causing food to remain in the stomach for too long.

- Two meals are better than three
- Eat no later than 6:30pm or at least 3 hours before bedtime. A third meal should consist of fruit, crackers with fruit spread, but not vegetables or a fat item like nuts which will take long to digest. If you feel that you must eat at night, take a drink of cold water, and in the morning, you will feel much better for not having eaten. *Counsels on Diet and Foods p. 177.276*
- **Exercise.** Brisk walking daily for at least ONE continual hour is essential for lowering obesity. Early morning walks burns predominantly fat. You may walk twice daily if the weight is persistent to lose.
- Take a **digestive walk** for 15 to 30 minutes after a meal, this aids with digestion and manages rising sugar levels in the blood.
- Check any **medications** you may be using as a side effect may be increasing fat cells.
- **Bedtime** should be before 10:00p.m. Research shows that going to bed after 10:00 p.m. at night continually for two weeks elevates blood glucose, hypertension, and cholesterol levels.
- **Practice proper posture.** Avoiding sitting for long periods and stand up often. Sit or stand up straight, pull your shoulders back and give your rib cage and your diaphragm the space it need to work properly and inhale and exhale as much oxygen as it needs to. Standing and walking 10 minutes every hour can help in the treatment of obesity, diabetes, cholesterol and high triglycerides.
- Ensure you get adequate amounts of sunlight exposure to increase your vitamin D level. When the sun hits the skin, it converts cholesterol under the skin into pre-vitamin D, which is later converted into vitamin D that the body can use. Daily exposure to sunlight is beneficial. For lighter-skinned individuals, 10 to 15 minutes daily will be sufficient whereas for darker-skinned individuals, 45 minutes to 1 ½ hours daily is required between the hours of 9:00am and 3:00pm when the UVB rays is at the highest (depending on where you are located in the world this time may vary).

In treating disease, it is important that your vitamin D level is sufficient. Correct Levels of vitamin D are 70 ng/mL to 100 ng/mL (once the levels get above 150 ng/mL with supplement it can become toxic to the body however if the levels get above 150 ng/mL with Natural Sunlight then you are fine.) The 25-hydroxy vitamin D test is the most accurate way to measure how much vitamin D is in your body. Once you know your level, if you need to increase it, you may consider taking 5000iu daily of vitamin D3 supplement until your levels are back in line. For the colder climate, as a regular maintenance from **June – September** use the Natural Sunlight, **May and October** take **1000iu** daily, **April and November** take **2000iu** daily, **March and December** take **3000iu** daily, **January and February** take **5000iu** daily. Do Not exceed the recommended vitamin D level. **Remember that the liquid vitamin D3 with fat is best and easily absorbed (vitamin D is a fat-soluble vitamin, so it requires fat in order for it to be absorbed).**

If you live in a warmer climate, please use the natural sunlight (45-90 minutes daily between the hours of 9:00am – 3:00pm).

PS: If you are deficient in vitamin D, then you will need to take the prescription dosage or the equivalent of 50,000ius per week for 8 weeks of supplemental vitamin D3.

Here is another option: If there is a chronic deficiency in vitamin D, we would have recommended that you take as much as 10,000iu daily for either 3-4 months, then you can revert to the 5000iu daily.

HERBAL TREATMENT

A simple herbal supplement solution:

- **Red Raspberry Keytone** 1000mg
- **Garcinia Cambogia** 1000mg

FOR MORE INTENSE THERAPY:

- **Ginseng** Multiple animal studies have shown that the herb panax ginseng can **help aid in weight reduction, and even slow weight gain** resulting from diets high in fat.
- **Peppermint** The smell of peppermint can help to decrease appetite, causing individuals to eat less.
- **Grapevine** (1 handful of leaves, in 32 oz water, steep for 40 mins and drink as water)
- **Cherry tree** (1 hand of stalk, boil for 15 mins in 32 oz water, steep for 40 mins, strain and drink as water)

Ensure to cleanse your liver with Milk Thistle and Dandelion and your blood with Burdock and Red Clover:

- **Milk Thistle** - Silymarin can also help to lower fasting blood glucose levels, according to a study published in the journal "Phytotherapy Research" in 2006. By decreasing blood glucose levels, silymarin may also keep insulin levels more stable. High levels of insulin can encourage fat storage in your body.
- **Dandelion** – may help with weight loss if you drink it before meals or use it in cooking. According to *Mary Koithan, Ph.D., in a 2011 issue of "The Journal for Nurse Practitioners,"* herbal teas can be used as soup stock to enhance weight loss, and drinking dandelion root tea prior to eating promotes fat and cholesterol breakdown because it stimulates gastric secretions. It also helps boost satiation causing you to feel full and making it easier to eat fewer calories during meals.
- **Burdock Root** - Improves fat metabolism and acts as a diuretic. Active ingredients include inulin, polyphenolic acids, and non-hydroxy acids. It is an excellent herbal blood purifier that detoxifies the blood and lymphatic system. It is high in iron, and can help build blood during times of low hemoglobin. It is also considered a mild laxative, aids in the elimination of uric acid and help to reduce cravings and hunger.
- **Red Clover** – Helps remove cellulite. Cellulite is a highly toxic fat. It removes toxins from the body and blood, it will also target that most troublesome fat.
- It will keep your body from gathering more toxins to your fat stores and aid in removing those that exist. This is especially effective for those of us who struggle with weight in their thighs and buttocks area.

CLEANSING DRINK – Bi-weekly and on the last day

Lemon juice – ¼ cup with **Castor Oil** – 3 tablespoons

Drink two 8oz glasses of warm water immediately

Or **Senna tea** 2 tablespoons of Senna in 2 cups of water and steep for 40 minutes

EARLY MORNING DRINK

2-4 cups of warm water

One cup of warm water with 2 tablespoons of **lemon juice** - use a straw to drink lemon water to protect the enamel of your teeth.

Use the following beneficial herbal treatment for reducing weight. For best results the different combinations of herbs should be rotated on a weekly cycle until you achieve your ideal weight.

INTENSE WEIGHT REDUCTION HERBAL TREATMENT

ROTATION 1 - ONE WEEK FOR THIS ROTATION	
Dandelion	2 Tablespoons
Red Clover	2 Tablespoons
Gymnema Sylvestre	2 Tablespoons

ROTATION 2 - ONE WEEK FOR THIS ROTATION	
Milk Thistle	2 Tablespoons
Burdock	2 Tablespoons
Cadamom	2 Tablespoons

ROTATION 3 - ONE WEEK FOR THIS ROTATION	
Dandelion	2 Tablespoons
Burdock	2 Tablespoons
Ginseng	2 Tablespoons

ROTATION 4 - ONE WEEK FOR THIS ROTATION	
Peppermint	2 Tablespoons
Red Clover	2 Tablespoons
Turmeric	2 Tablespoons

ROTATION 5 - ONE WEEK FOR THIS ROTATION	
Parsley	2 Tablespoons
Red Clover	2 Tablespoons
Coriander	2 Tablespoons

Instructions for preparing teas

- Hard parts of the plant such as: roots, seeds, rhizome or bark: BOIL for 15 minutes, and then draw for 4 hours
- Delicate parts of the plant such as: leaves, flowers, buds, stems or clusters: bring water to a boil then DRAW/STEEP for 3 hours.
- For combinations: boil hard parts first for 15 minutes then add delicate parts and draw/steep for 3 to 4 hours.
- Drink as water through the day.

A gentleman came to us wanting to lose weight, his weight was over 400lbs. We met with him, put him on the Plan, on an all-green plant-based diet, and lifestyle changes such as walking for one hour daily, going to bed on time and in six months as able to drop off 95 lbs.

A young lady at size 16 wanted to lose weight, we met with her, put her on the Plan, on an all-green plant-based diet and lifestyle changes and seven and a half months later she was reduced to size 6 where she was happy.

A young lady had a lump in her breast which was cancerous and stage III. She decided she would not use conventional medicine to cure her cancer. She had surgery to remove the lump in her breast and the swollen nodes under her arms, but did no chemotherapy or radiation. Instead, she went on the Plan, on an all-green plant-based diet, increased sunlight exposure, went to bed early every night, reduced stress in her life, exercised daily, drank lots of water and trusted in God. In less than nine months she told us that her bone scan, CT scan, PET scan, MRI test all confirmed that she was cancer free.

REVERSING YEAST INFECTION, CANDIDA, THRUSH

ATTENTION: Before making any changes please contact your health care professional.

WHAT IS YEAST INFECTION, CANDIDA, THRUSH?

There are four different types of Candida. Blood Testing helps identify Candida from other vaginal infections.

- **Yeast Infection** (Candida Albicans – white curdish discharge, miserable itch)
- **Trichomoniasis** (protozoan – yellow discharge that burns)
- **Bacterial vaginosis** (bacterium – thin grey, greenish discharge)
- **Atrophic vaginitis** (post-menopausal women and those whose ovaries have been surgically removed. - itching or burning, painful intercourse, and a thin watery discharge, sometimes tinged with blood)

We want to focus on Candida Albicans, which is quite common.

WHAT IS CANDIDA ALBICANS?

Candida albicans is a normal harmless yeast found in moist areas of your body, e.g. your intestines, mouth, throat and genital tract.

Candida in the mouth - In the mouth, Candida is called thrush found on the tongue, gums and inside of cheeks.

Candida in the Vagina - In the vagina, Vaginitis is shown as white, cheesy discharge and intense itching occur.

Candida in Babies - Thrush may be passed on to newborns and show up 8 to 9 days after delivery

SYMPTOMS OF CANDIDA ALBICANS

Bad breath, coated tongue, constipation, chronic infections, depression, fatigue food cravings, gas, headaches, mental confusion, indigestion, insomnia, discomforting odors about the body, panic attacks, menstrual problems, intense itching in the vagina, adrenal and thyroid problems

CAUSES OF CANDIDA ALBICANS

- Use of antibiotics and steroid medication
- Long-term chemotherapy

- Use of birth control pills (causes vitamin B deficiency and changes the vaginal pH)
- Increased stress
- Eating sugary and junk food
- Use of prescription drugs
- Normally, the pH of the vagina is acid; anything that alkalinizes it contributes to vaginitis. Causes include diabetes, menstrual period, pregnancy, and the time just after a miscarriage or abortion, frequent douching
- Emotional or spiritual instability

PENILE YEAST INFECTION

The Candida fungus can thrive as long as the environment is right – warm, moist and dark – and this covers many areas, including penis and more specifically, under the foreskin.

SYMPTOMS OF PENILE YEAST INFECTION

- **Irritation on the head of the penis** - Quite common irritation and itching to the point where it is most agonizing
- **Sores on the foreskin and/or head of the penis** - Red sores or blisters on the penis
- **White Discharge** - Discharge as that of vaginal yeast infections and oral thrush
- **Burning Sensation** - A burning sensation that persists as long as the yeast infection lasts.
- **Nothing – The Worst Symptom** - Where your partner has yeast infection and you regularly engage in intercourse, even though no symptom shows, it is best to take prevention measures

CAUSES OF PENILE YEAST INFECTION

Apart from an overgrowth of the Candida fungus, other causes include:

Low immunity caused by: Nutrient deficiency, stress, low white blood cell count, transplant surgery, low stomach acidity, HIV/AIDS, cancer

Bad Diet: Poor nutritious diet could cause a loss in balance of the other bacteria that would otherwise help prevent the Candida from growing out of control or improve the conditions for it to overgrow.

Antibiotics: Antibiotics kill not just the bad bacteria, but also the good ones. Without these good bacteria that help prevent the Candida fungi from multiplying, you are more likely to contract the yeast infection.

Diabetes: The sugar in urine will be a catalyst for the Candida fungi, which it a great environment for yeast to grow.

Sexual Intercourse: One of the most common causes of yeast infection in men, and also the cause of recurring yeast infections is through sexual intercourse. If both parties fail to get rid of the yeast infection completely before they engage in sexual activity, it will keep passing back and forth in a vicious cycle.

Condoms with nonoxynol-9: Research has shown that this chemical, which kills germs and sperm, actually helps Candida to grow rapidly at a ratio of 1.4 to 4 times.

CANDIDA ALBICANS LIFESTYLE CHANGES

- Get adequate amount of sleep nightly. Go to bed by 9:30 pm in a dark room.
- Exercise is very essential to good health. You should walk at least one hour daily.
- Avoid damp moldy environments, for example the basements.
- Avoid using synthetic or silk underwear, because they can trap the fungus and help it to grow in body openings. Wear white cotton underwear instead and change them daily. Tight-fitting clothing e.g. pants, girdles, tights, increases moisture retention in the genital area, creating a good breathing ground for Candida.
- Avoid household chemical products and cleaners, chlorinated water, mothballs, synthetic fabric, deodorant sprays, colored toilet paper, harsh soaps and detergents.
- Avoid antibiotics and steroids, because they destroy the competing good bacteria and allow candida to overgrow.
- Use no tub baths. Showers are always better for a woman. Bath water containing soap and impurities enter both the vagina and urethra. No soap should be used on the vagina or penis during the treatment period.

DIET CHANGES FOR REVERSING CANDIDA

- Cut out all **flesh foods** (including fish, chicken, meat, pork, and crustaceans) as well as poultry
- Eliminate all dairy products – milk, cheese, butter
- Go on a low-fat plant-based diet (eliminate free fats such as margarine, cooking and salad oils),
- Candida thrives in a sugary environment, so your diet should be low in carbohydrates and yeast. Do not use sugar, including natural sweeteners like honey, dates, raisins
- Eliminate all pickles, vinegar, alcohol, wine, chocolate
- Eliminate yeast foods (*Baker's yeast, Brewer's yeast, nutritional yeast*)
- Go on a gluten-free diet and eat organic. Try to stay away from gluten grains and their by-products at least until the healing takes place. Avoid wheat, rye, barley, spelt, kamut in any form including oats (bread, bake, pastries, cakes, pies, cookies)
- Increase fresh fruit (see list) and vegetables, which are low in sugar or starch which can breakdown into sugar
- Eliminate citrus such as oranges, grapefruit, lemons, tomatoes, pineapple and limes for one month; then add back only a few twice weekly. These foods are actually alkaline-forming in the body and candida thrives on them.
- Increase clean fruits and vegetables with lemon juice or fruit wash (broccoli, cabbage, brown rice, millet, whole grains, beans)
- Use fresh ONION and GARLIC as often as possible

- **Selenium and Zinc** (*Brazil Nuts, pumpkin seeds, sesame seeds*)

HERBAL RECOMMENDATIONS

- **Bio-Kult** - multi-strain probiotic. Take one spoonful of food then use as follows:
First and second week – one capsule per meal
Third week – 2 capsules per meal
Fourth week and more – 3 capsules per meal
- **TriEnza** - a digestive enzyme –use 2 – 3 capsules per meal
- **NuTriVene Betaine HCl with Pepsin** is a preparation that feeds the good bacteria causing them to increase in the gut. Use 2-3 Capsules per meal.
- **Quercetin** – 1000mg twice daily for 6 weeks - improve gut barrier function by sealing the gut.
- **L-Glutamine** – 1000mg twice daily for 6 weeks - Glutamine is an essential amino acid that is anti-inflammatory and necessary for the growth and repair of your intestinal lining. L-glutamine acts a protector and coats your cell walls, acting as a repellent to irritants.
- **Liverclean** – contains antioxidants that prevents free radicals and other properties that cleans the liver, the blood and the brain. (digestive enzymes not needed if using Liverclean)
- **Seaweed cure** – use 1 capsule from each bottle twice daily with meals (avoid use if you have severe digestive issues). **Kelp, Dulse, Chlorella, or Spirulina** are helpful in protecting the intestinal flora.
- **Garlinase** 1 tablet daily with meal or 4 cloves of fresh garlic daily (can be blended in a vegetable drink or eaten with food)
- **Echinacea and Goldenseal** tea are very good antibiotics which are very effective against yeast – do not use Goldenseal for more than seven consecutive days.
- **Aloe vera juice** increases White Blood cells ability to kill yeast germ. Take 2 ounces 15 minutes before meals twice daily.
- **Wild crafted oregano oil** is another powerful antiseptic killing fungi. 2 drops in 8 ounces of water – drink once daily.
- **Olive leaf tea** is a good healer of microbial infections
- **Pau d’Arco tea** contains antifungal, antibacterial agents – 2 tablespoons to 4 cups water
- **VM 100 Complete** – yeast free, dairy free, builds the immune system
- Candida overgrowth depletes the B vitamins – restore with **vitamin B Complete**
- **Turmeric**– 1 to 2 tablespoons to 4 cups water (see instructions for making teas)
- **Vitamin D** – when the sun hits the skin, it converts cholesterol under the skin into pre-vitamin D, which is later converted into vitamin D that the body can use. Daily exposure to sunlight is beneficial for producing your own vitamin D. For lighter-skinned individuals, 10 to 15 minutes daily will be sufficient whereas for darker-skinned individuals, 45 minutes to 1 ½ hours daily is required between the hours of 10:00am and 2:00pm when the UVB rays is at the highest.

Analysis of data in the 2005-2006 National Health and Nutrition Examination Survey (NHANES) found that women with higher levels of vitamin D had lower risk of pelvic floor disorders. In treating disease, it is important that your vitamin D level is sufficient. Correct Levels of vitamin D are 70 ng/mL to 100 ng/mL (once the levels get above 150 ng/mL with supplement it can become toxic to the body however if the levels get above 150 ng/mL with

Natural Sunlight then you are fine.) The 25-hydroxy vitamin D test is the most accurate way to measure how much vitamin D is in your body. Once you know your level, if you need to increase it, you may consider taking 5000iu daily of vitamin D3 supplement until your levels are back in line. For the colder climate, as a regular maintenance from **June – September** use the Natural Sunlight, **May** and **October** take **1000iu** daily, **April** and **November** take **2000iu** daily, **March** and **December** take **3000iu** daily, **January** and **February** take **5000iu** daily. Do Not exceed the recommended vitamin D level. **Remember that the liquid vitamin D3 with fat is best and easily absorbed (vitamin D is a fat-soluble vitamin, so it requires fat in order for it to be absorbed).**

If you live in a warmer climate, please use the natural sunlight (45-90 minutes daily between the hours of 10:00am – 2:00pm).

PS: If you are deficient in vitamin D, then you will need to take the prescription dosage or the equivalent of 5,000ius per day for 8 weeks of supplemental vitamin D3.

Here is another option: If there is a chronic deficiency in vitamin D, we would have recommended that you take as much as 10,000iu daily for either 3-4 months, then you can revert to the 5000iu daily

Instructions for preparing teas

- Hard parts of the plant such as: roots, seeds, rhizome or bark: BOIL for 15 minutes, and then draw for 4 hours
- Delicate parts of the plant such as: leaves, flowers, buds, stems or clusters: bring water to a boil then DRAW/STEEP for 3 hours.
- For combinations: boil hard parts first for 15 minutes then add delicate parts and draw/steep for 4 hours.
- Drink as water through the day.

HYDROTHERAPY

1. Fill a shallow tub to the hip with warm water
2. Add pink Himalayan sea salt (enough to make the water taste salty, about 1/2 cup) to match your body's natural saline state.
3. Add 1/2 cup of vinegar, to help rebalance vaginal Ph to 4.5.
4. Then sit in the water for 20 minutes, knees apart, until it gets cool.

The bath will do the cleansing. Vinegar has the same pH as a normal vagina

VAGINAL SUPPOSITORY

Prepare the suppository and douche as given in the Fibroid treatment; this is an excellent way for getting to the Candida cells and site of infection.

TOP USES OF ACTIVATED CHARCOAL

Activated charcoal is produced from the controlled burning of wood, which is then subjected to the action of an oxidizing gas such as steam or air. This process enhances the adsorptive power of charcoal by developing an extensive internal network of fine pores in the material.

Quick adsorption rate

Charcoal reaches its maximal rate of adsorption extremely rapidly, within one minute and it does not adsorb nutrients, so in some cases it is used for a period of time without depleting nutrients from the body.

Combatting odors

Charcoal has been used to combat odors in air and water. Powdered Charcoal may be placed in a jar lid on a shelf in the refrigerator, oven, or a drawer, closets, pet areas, fungus areas and it will adsorb a variety of odors, including rancid odors.

Activated charcoal can adsorb **bacteria**, viruses, bacterial toxins and regulate hormones.

Treating poisons

Charcoal is the most valuable single agent currently available for treating poisonings. The immediate external application of charcoal as a poultice is highly effective against venomous spiders, snakes, fire ants, poison ivy, bush itches, bee stings and mosquito bites. Internal dosage for ingested poison, use promptly 8 – 10 times of activated charcoal for the estimated weight of the poison for such things as fighting food or aspirin poisoning or allergic reaction from a drug medication.

Substances adsorbed by Charcoal

Alcohol	Narcotics
Arsenic	Opium
Camphor	Penicillin
Cocaine	Pesticides
Cyanide	Phenol
Digitalis	Quinine
Gasoline	Radioactive substances
Iodine	Selenium
Kerosene	Silver

Charcoal can adsorb some gasoline, kerosene, lighter fluids, and cleaning fluids that children may **accidentally ingest**. A large quantity of charcoal in relation to the offending fluid should be swallowed.

Pain

For abdominal pain use charcoal poultice on the abdomen and sides. For Arthritic pain, use charcoal and turmeric poultice on the joint. This can also be used for muscle pain or any area where there is inflammation.

Earaches

Charcoal poultice for an earache is effective. Simply spread the heated poultice over the ear and allow it to extend downward to the neck and forward over the jaw and upward to the hairline. Hold the poultice in place with a bandage. Relief of earache often begins in 5 minutes.

Flatulence and **abdominal distention** can be treated with Charcoal to good advantage. In

addition, nervous diarrhea, irritable or spastic colon, indigestion, peptic ulcers or other forms of gastrointestinal distress. Use 4 capsules or 1 tablespoon as often as 3 or 4 times a day.

Individuals who have **acute liver failure** should be given large quantities of charcoal by mouth in an attempt to prevent toxins from building up in the blood.

Activated Charcoal can be used to **filter impurities** from water.

A little olive oil added to some charcoal powder can be used to **cleanse and heal indigestion of the stomach**.

Bad breath

Charcoal can be used for bad breath, cleansing both the mouth and the gastrointestinal tract. Brushing with charcoal can also help to treat tongue or prevent cavities, bad breath and gum diseases.

Activated Charcoal can be used as a **mouth rinse** by itself or with toothpaste and a toothbrush to whiten teeth naturally.

When mixed with aloe, water, and essential oils such as tea tree or eucalyptus, Activated Charcoal can be mixed into a **cleansing mask** for your face or incorporated into a body scrub. While the Carbon works wonders to clarify skin of organic impurities, it may also linger as black dots in your pores. You can use steam, a hot washcloth, and sea salt to remove the darkness.

Activated charcoal used to wash the **eyes** in the case of Conjunctivitis, stys or Cold in the eyes.

The most severe **inflammation of the eyes** will be relieved by a poultice of charcoal, put in a bag, and dipped in hot or cold water, as will best suit the case. This works like a charm.

The story is told of a nurse who was called to see if she could do anything for an eighteen-month old boy. For several days, he had a **painful swelling on the knee**, supposed to be from the bite of some poisonous insect. Pulverized charcoal, mixed with flaxseed, was placed upon the swelling, and this poultice gave relief at once. The child had screamed with pain all night, but when this was applied, he slept. The next day the swelling opened in two places, and a large amount of yellow matter and blood was discharged freely. The child was relieved of its great suffering.

At one time a young lady had severe **fever** and the doctors tried different remedies, which did not work. She turned for the worse and it was feared that she would die. When they sought help from a woman who knew of natural remedies, they were advised to use a charcoal poultice on her stomach and sides. This they did and relief came in less than half an hour after the application of the poultices and the young lady slept naturally for the first time in days.

Charcoal powder and capsules are twice as potent as the tablets as they are all pure and not mixed with other compounds.

How to prepare Charcoal?

Charcoal Oral dosage

One tablespoon of activated charcoal powder stirred into a glass of water, 4 capsules of activated charcoal or 8 regular tablets taken mid-morning and repeated mid-afternoon if necessary.

Always drink lots of water, at least two glasses after ingesting charcoal to prevent constipation.

Charcoal Poultice

Do not apply to freshly broken skin.

To make a poultice, use: grounded flaxseed, powdered charcoal, water.

Mix 1-3 tablespoons of grounded flaxseed, 1-3 tablespoons of powdered activated charcoal, add warm water and stir until it becomes like a gel.

Spread thick paste of ¼ inch deep of the desired size on gauze, or paper towel. Place charcoal onto skin with the paper towel on the outer side, cover with plastic to keep the moisture in and tape or pin in place. Leave it on for 6 – 10 hours. Rub the area briskly with a cold washcloth after removing the compress.

A poultice may not necessarily be made with flaxseed. Simple charcoal and water mixed together can be quickly used on bee sting, spider bite or venomous bite as a first aid in an emergency situation. Then if possible rush to the emergency room.

References:

Home Remedies by Agatha and Calvin Thrash, MD
Selected Messages Vol. 2 by Ellen G White

NATURAL REMEDIES

ONIONS

Air purifier

- Onions (and garlic) have strong anti-bacterial and anti-viral benefits
- It will also help to purify the air in your room.

Earache

- Steam one whole onion
- Slice onion in half and squeeze juice into ear
- Place half onion over ear
- Cover onion with cloth and hold over ear for several hours

Treating a Sore Throat or Congested Chest

- Place sliced onion in center of cheese cloth
- Fold from edges to center
- Place covered onion over chest or throat and tape in place for several hours

TREATING A SORE THROAT

Apply a compress to throat

- Wet a rag with cold water
- Place it against the throat
- Wrap a plastic over the rag around the throat
- Wrap a dry length of cloth over the plastic around the throat
- Keep on for overnight or several hours

Cough syrup

- In a jar place one layer of sliced onion
- Next place one layer of honey
- Repeat till the jar is full
- Add garlic or ginger
- Let set overnight
- Refrigerate and use 1 tablespoon three times daily

Tea: bring to 15 mins' boil:

- 1 medium onion,
 - 4 cloves of garlic,
 - 1 inch of ginger,
 - add 1/2 lemon and honey to taste
 - 2 cups of water
- No sugar

TREATING A PERSISTENT COUGH

- Eucalyptus
- Anti-inflammatory
- Anti-bacterial
- Anti-septic
- Strengthens the immune system
- Nasal congestion, bronchitis, sinusitis
- Muscle relaxer

What remedy is recommended in 2 Selected Messages p. 301 for coughs?

- a. 1 cup boiled honey add a few drops eucalyptus oil and take 1 teaspoon every two hours.
- b. Warm footbath with eucalyptus leaves.

How to Abort A Cold

Begin taking **immune-building herbs** during cold or flu season, when you have been exposed to a virus, or when your immune system has been compromised.

- Echinacea
- Goldenseal
- Garlic

GARLIC POULTICE

Garlic Poultice is useful for:

- Head Cold
- Chest Congestion (Asthma, whooping cough)
- Place on the chest
- Place under the feet

Supplies:

- Fresh garlic, 2 or 3 cloves
- Knife, fork or garlic press
- Cheesecloth, large washcloth, or other thin fabric
- Olive oil

Directions:

1. Crush the garlic using the back of a fork, a garlic press, or knife.
2. Place crushed garlic into the middle of the cheesecloth.
3. Apply olive oil to the bottom of the feet then apply poultice. If the garlic touches the soles of the feet, it could blister.
4. After bandaging the feet, put a sock on; this can be left on overnight.

HOT FOOT BATH

Hot Foot bath is useful for:

- **Relieves congestion** in other parts of the body, such as the brain, the lungs, or the abdominal organs.
- Helps **equalize the circulation**.
- **Induces sweating and a general warming** of the body.
- **Strengthens the immune system**
- **Reduce fever**
- Prevent or **shorten Cold/Flu**
- **Headache**
- **Chest congestion**
- **Stop nose bleed**
- Promote **relaxation**
- Relieve **menstrual cramps**

Precautions for a hot foot bath:

- Loss of sensation in extremities e.g.: if someone is paralyzed, unconscious, diabetic or have poor circulation

Supplies:

- Hot kettle
- Pitcher for cold water
- Wash cloth
- Bucket deep enough to cover feet up to ankles
- Towel
- Blanket
- Sheet

Steps for hot foot bath:

1. Cover chair with sheet
2. Fill bucket (pitcher) with ice and two wash cloths
3. Get patient to sit
4. Explain treatment to patient
5. Start with prayer
6. Always test temperature of water before immersing feet in basin (100-110° F). Test with elbow if thermometer not available.
7. Carefully place feet in warm water for 15- 20 minutes
8. Add hot water to bucket
9. Ask patient if it is too hot...
 - If too hot, add a little cold water
 - If okay cover patient in sheet from neck down, cover with blanket
10. Place cold rag on forehead
11. When adding hot water, take feet out of pan, or move to one side, slowly pour water into basin and swirl with other hand to mix hot water with foot bath.
12. To end – lift feet up from hot water and pour cold water onto it to close the pores.

STEAM INHALATION

Steam is useful for Congestion:

1. Add a few drops of eucalyptus and peppermint oil to a bowl of hot water.
2. Use flannel or wool blanket to cover head and rest of body.
3. Inhale the steamed solution then clear your nostrils. Then repeat treatment for 30 minutes.
4. Remember to splash your face with cool water upon completion of treatment to close your pores

CABBAGE POULTICE

Cabbage is abundant in vitamin C and glutamine, a crystalline amino acid that has **anti-inflammatory** properties.

Cabbage poultice is useful for:

- **Reducing inflammation in joints**
- **Increasing local circulation**
- Relieving **lymphatic congestion**
- Drawing out infected matter and toxins from the body
- Arthritis
- Mastitis
- Nerve pains
- Abscesses, boils, burns, insect bites, neuralgia, sciatica, muscle aches, pleurisy, liver attacks, intestinal pain, diarrhea, and dysentery, healing wounds and sores, such as in varicose veins, skin eruptions, hemorrhoids, eczema, and even acne

Directions:

1. Wash green cabbage leaf thoroughly and drain water.
2. Lay the cabbage leaf flat on the table, and beat with a rolling pin.
3. Warm the leaves by putting them on a cookie sheet in the oven at a temperature of 200° degrees for 1-2 minutes or until warm to touch.
4. Apply to the area. Cover with a plastic wrap first, then with an elastic bandage.
5. Leave the poultice on for 6-8 hours or overnight.

CAYENNE PEPPER

Cayenne Pepper Powder

Useful for:

- Chills, heart failure and shock, especially those needing quick action:
- ¼ tsp of cayenne powder can be placed directly under the tongue.
- This has the most dramatic effect. The small capillaries immediately dilate and blood flow is increased to every part of the body.
- Cayenne Pepper Powder
- **Beneficial For:**
- Poor circulation, cold feet, arthritic joints, cramped muscles, under active thyroid
- **To stop bleeding:**
- Sprinkle cayenne pepper on cut. The broken vessels will constrict and seal.
- Cayenne Pepper Poultice
- Cayenne Pepper Poultice

Directions:

1. Fold paper towel in half lengthwise.
2. Lightly sprinkle with olive oil, then sprinkle 1/3 tsp of cayenne pepper on paper towel.
3. Place directly on affected area.
4. Wrap with plastic wrap and cover with cloth or socks.
5. The poultice will warm up and may get very hot.
6. When it gets too hot remove and clean area.
7. For severe cases of cold feet, this poultice can be applied every three or four days until the feet remain warm.
8. This poultice can also relieve a congested head and a tight congested chest.
9. Effective when used in conjunction with an onion poultice on the chest.

CASTOR OIL

Castor oil has proven anti-inflammatory, pain relieving, antiviral and antibacterial properties. As a laxative it removes toxin from the body and at the same time strengthens the immune system.

Castor Oil Poultice

Lumps, bumps and bone spurs:

- Castor oil can break up and disperse these conditions. Apply a castor oil poultice nightly.

Cysts and tumors:

- Castor oil has the ability to **penetrate and dissolve cysts and tumors**. Consistent and regular action is necessary. Apply the poultice nightly or for a 4-5-hour portion of every day.

Directions for Castor Oil Poultice:

- Moisten three or four layers of soft cloth with castor oil.
- Apply heating pad for 1hour. When the hour is completed remove heat and keep pack on overnight.

Simple cleanse:

- Drink 3 tablespoons of Castor oil mixed with ¼ cup of lemon juice.
- Do this on a day when you are free for 48 hours

ALOE VERA

- The gel from the aloe vera plant contains **growth stimulants**. These growth stimulants can be observed in action when a piece of leaf is cut-a skin quickly grows over the cut area in a matter of hours.
- Aloe vera also contains **antibacterial and antifungal** properties. It is high in mucilage, which is the lubricant also found in comfrey and slippery elm.

- Aloe vera is very high in a substance called glyconutrients, which encourages cell to cell communication in the body. Disease can block and break down this cell to cell communication, which inhibits healing.
- Aloe Vera contains enzymes that aid in the digestion of food.

Stomach ulcers, colitis, and irritable bowel syndrome:

- Aloe vera coats, soothes, and stimulates healing in the gastro intestinal tract

Directions:

- The aloe vera leaf contains a yellow sap just under the skin. This yellow sap is slightly toxic and can cause diarrhea. When using the aloe vera leaf, it is advisable to only use the clear, gel-like center of the leaf. This center can be put through a fruit and vegetable juicer or mashed with a fork.
- Take 1/2 teaspoon twice a day.

Eczema, psoriasis, skin rashes, diaper rash:

- Scoop out the clear gel and apply it straight to the skin.

Burns:

- The cut leaf needs to be split in two lengthwise and applied straight to the burn with the skin intact, gel side touching the burn. Not only does this bring relief but it stimulates healing so rapidly that even a day later, there can be no sign of the burn.

COMFREY

Useful for:

- Mending broken bone
- Fractures
- Sprain
- Comfrey Poultice

Directions:

- Mix comfrey powder/leaves with flaxseed and water
- Apply to affected area
- Place plastic over poultice
- Cover with gauze
- Wrap in place
- Leave on overnight until the situation is resolved

ESSENTIAL OILS

Essential oils are potent and needs to be mixed in a carrier oil such as Olive oil, Coconut oil etc.

10 Uses for Peppermint Oil

1. Massage several drops on your abdomen, place a drop on the tip of the tongue or wrists, or inhale to soothe motion sickness or general nausea.
2. Sinusitis, asthma, bronchitis, cold and cough can be treated with peppermint and support normal breathing. Rub oil on chest or inhale.
3. Helps with inflammation and pain. Rub affected area.
4. Use Peppermint diluted on the skin to reduce itching from hives
5. Use Peppermint oil on scalp for dandruff
6. Bumps and bruises – rub on affected area
7. Headaches and migraines – rub on forehead and temples.
8. Upset stomach and gas - add a few drops of oil into a glass of water and drink
9. Revitalize the body and block stress - inhale
10. Insect repellent – mix with water and spritz body/clothing

10 Uses for Tea Tree Oil

1. Fights bacteria, fungi, and viruses

2. For burns - apply cold water or ice to burn then tea tree.
3. Athlete's foot – apply to affected area several times a day
4. Add a few drops to a cotton swab and apply to, cuts, bruises, wounds, and animal bites to disinfect the area and help decrease the recovery time
5. Mosquito repellent – rub on skin, or mix with water to make a mist
6. Used in vapor therapy, Tea Tree Oil can help with colds, measles, sinusitis and viral infections.
7. Acne – use cotton to apply to affected area
8. Toenail fungus – use q-tip to massage two drops of the oil in and under the nail bed several times per day.
9. To deodorize and de-germ your carpet - mix one drop of tea tree oil per one tablespoon of baking soda together and let the blend sit overnight. Sprinkle the mixture into the carpet and let it sit for 5-10 minutes, then vacuum thoroughly. This will help remove odors, kill bacteria and fungus, and even deter ants, pests, and bugs.
10. For mildew and mold, mix 40 drops of tea tree oil in a spray bottle with hot water, shake vigorously, and spray directly onto target area. Leave on for at least 30 minutes, then scrub or wash area as needed. Since tea tree oil is completely natural and nontoxic, it does not have to be rinsed off if not desired.

10 Uses for Oregano Oil

1. Antiseptic to heal insect bites, stings, abrasions, cuts and warts.
2. Acne – apply to affected area
3. Athlete's feet – Apply oil directly to fungus or add drops to a foot bath
4. Cold sores
5. Yeast infection – Douche with 4 drops of oil to a pint of water. Also, take 1 drop in a glass of water or as directed
6. Lice - Add a few drops of tea tree oil to a fine-tooth comb and comb through hair to catch lice eggs
7. Fight infection
8. Skin rash – 1 drop to 1 teaspoon olive oil
9. Sore throat
10. Prevent or shorten colds and flu
11. Muscle pain

STIFF NECK

To avoid a stiff neck

- If upon waking you feel a strained pain on one side of your neck
- Turn to that side of the pain and lay there for 20 minutes

Hot and cold contrast

- Apply 3 minutes hot and 30 seconds cold
- Repeat 3 times
- Always try to perform some neck moving exercises until you get complete relief from the neck pain
- Use pillow that suits you best in relaxing your neck and body i.e. either it can be hard or soft, putting additional pillow or removing pillow from bed and sleeping in correct position but concentrate to sleep more time on your back rather than sides.

THE MEDICAL MISSIONARY WORK

“Gospel Practiced” The Compassion of Christ Revealed

What is Medical Missionary Work?

Medical missionary work is the pioneer work of the gospel, the door through which the truth for this time is to find entrance to many homes. *Welfare Ministry, 125*

Medical missionary work brings to humanity the gospel of release from suffering. It is the pioneer work of the gospel. It is the gospel practiced, the compassion of Christ revealed. Of this work there is great need, and the world is open for it. *1NL,139.5*

Medical missionary work is the pioneer work of the gospel, the door through which the truth for this time is to find entrance to many homes. *Welfare Ministry, 125*

Medical missionary work brings to humanity the gospel of release from suffering. It is the pioneer work of the gospel. It is the gospel practiced, the compassion of Christ revealed. Of this work there is great need, and the world is open for it. *1NL,139.5*

Why this method works?

Christ stands before us as a pattern Man, the great Medical Missionary – an example for all who should come after. *Welfare Ministry, 53*

Christ’s method alone will give true success in reaching the people. *Ministry of Healing, 143*

The divine commission needs no reform. Christ’s way of presenting truth cannot be improved upon. By the good He accomplished, by His loving words and kindly deeds, He interpreted the gospel to men. *Welfare Ministry, 56*

Now is the time for this work to be done

We have come to a time when every member of the church should take hold of medical missionary work. The world is a lazar house filled with victims of both physical and spiritual disease.. The members of the church are in need of an awakening, that they may realize their responsibility to impart these truths. *7 Testimonies, 62*

The only work that will soon be done

I wish to tell you that soon there will be no work done in ministerial lines but medical missionary work. *Counsels on Health, 533*

TRAINING OF MEDICAL MISSIONARIES

CERTIFICATE PROGRAM

Medical Missionary Work is a great work in which you will meet persons from all walks of life and be able to help them with their physical, emotional and spiritual issues. If you long to be a part of this world-wide selection of workers, register today to begin your study with our Gospel Medical Missionary Literature Evangelist Certificate Program which combines the last two lines of end-time Ministry, providing a Unique Tool for Successful Witnessing.

Testimonial

This training is the best thing I have done in my life. Just sorry I did not know about it at an earlier age. But I'm glad I did it now and I am helping others and encouraging them to make changes for better health no matter how old they are. *Student - Trinidad Class of 2015/16*

Registration

The study is available to groups as face to face classes or online tutorials. Individuals may also register for self-study at their own pace, where all the materials will be sent to you. **Get started today.**

REGISTRATION FORM

PERSONAL DETAILS		
First Name:	Last Name:	
Gender: <input type="checkbox"/> Male <input type="checkbox"/> Female	Date of Birth:	
Email:		
Home Phone No:	Mobile No.:	
Address:		
City:	Country:	
Religion:	Church:	Duration of membership:
Do you have access to high speed internet: <input type="checkbox"/> Yes <input type="checkbox"/> No		
<ul style="list-style-type: none"> All assignments must be completed and written legibly for evaluation, then scanned and emailed to: nhtlinfo@gmail.com A Certificate will be issued upon receipt and evaluation of all completed assignments. 		
Please complete this form then scan and email it for more information: nhtlinfo@gmail.com natalienash73@gmail.com		