



VACCINE INJURIES

RECOVERY



NATURAL HEALING
THROUGH THE LAWS OF HEALTH

VACCINE INJURIES RECOVERY

James S. Luke & Dr. Natalie Nash

Acknowledgment:

We thank God for His marvelous provision of natural remedies to be used in times of need.



NATURAL HEALING
THROUGH THE LAWS OF HEALTH

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

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Table of Contents

Why a Covid Vaccine Injuries Recovery Protocol?	4
Detox Guidelines	6
The Plan If You Have to Take the Vaccine, Here Is What We Recommend	8
Detox 7 Days Before First and Second Injections and Boosters	9
Immediately Upon Getting the Vaccine	13
Vaccine Injury Recovery Protocol	16
Detox Diet Guidelines	17
Detox Plates	19

Why a Covid Vaccine Injuries Recovery Protocol?

There is not a 'drug' in this world that do not have side effects, they may claim to do what they promise to do, for example, lower your blood sugar or reduce acid in your stomach, but they will do other unwelcomed things in your body.

The Covid vaccines are no different, they promise to reduce your symptoms if you contract Covid-19 virus and keep you out of the hospital. However, fully vaccinated individuals can still get sick in a severe manner, shed the virus to others around them, get hospitalized and they are not immune to dying from virus-related complications. In fact, there are countless adverse reactions to the vaccine; you will have no idea how you will react to it until you are injected and the medicine runs in your body, unfortunately for some, they develop complications and die in as little as 24 hours.

Research conducted on proposed Covid-19 vaccines, reported on 22 October 2020 to the FDA's Vaccines and Related Biological Products Advisory Committee, of CBER Plans for Monitoring Covid-19 Vaccine Safety and Effectiveness by Steve Anderson, PhD, MPP, Director, Office of Biostatistics and Epidemiology, CBER. Possible adverse reactions to the vaccines were known before receiving Emergency Use Authorization showed adverse reactions in human clinical trials. Following the vaccine rollout, we have seen these same side effects and more in individuals.

Side effects of Covid-19 vaccines identified before the roll out to public in 2020.

Guillain-Barre Syndrome	Deaths
Acute disseminated encephalomyelitis	Pregnancy and birth outcomes
Convulsions/Seizures	Acute demyelinating diseases
Stroke	Anaphylaxis and other allergic reactions
Myocarditis/pericarditis	Venous thromboembolism
Autoimmune disease	Arthritis/joint pain
Meningitis/encephalopathy	Multisystem Inflammatory Syndrome in children

<https://www.fda.gov/media/143557/download>

These are life changing conditions which you may never know until it shows up in your body, yet in reality, now that the vaccines are rolled out, the reported and unreported events are mind blowing.

VAERS COVID Vaccine Adverse Event Reports <https://openvaers.com/covid-data>

Trends in Number of COVID-19 Cases and Deaths in the US Reported to CDC.

https://covid.cdc.gov/covid-data-tracker/#trends_dailycases

Coronavirus vaccine weekly summary of Yellow Card reporting

<https://www.gov.uk/government/publications/coronavirus-covid-19-vaccine-adverse-reactions/coronavirus-vaccine-summary-of-yellow-card-reporting>

We do not claim that this protocol will cure the vaccines injuries, yet many have found it to be very helpful to relieve their symptoms and improve their condition. The technological potential in the vaccines are other risk factors to consider which this paper does not address.

Detox Guidelines

There are seven elimination systems in your body: the lungs, skin, kidneys, colon, liver, bladder, and lymphatic system. Any blockage or compromised function in any of these systems will compromise the attainment of optimum health. A diet rich in fruits and vegetables with a high-water content or fiber, sufficient pure soft water, and simple, properly combined foods can enhance elimination of waste or toxins from your body.

The goal is to detox the body to free it from any and all harmful substances before getting the vaccine then to aid the body to remove any toxins and build the immune system.

Eliminate Toxins

Your liver is a major filter of toxins and it is important to keep it clean.

Foods to avoid especially during detoxing

Avoid foods such as processed foods, refined foods, simple sugar, including honey and maple syrup, fast foods – burgers, fries, pizza, fried chicken, tacos, meat, poultry, fish, all forms of dairy, margarine, hydrogenated fats, deep-fried foods, all oils, alcohol, coffee, colas, all teas or chocolate.

Choose a diet rich in fruits and vegetables

Certain vegetables are more important than others for liver detoxification. For example, Cruciferous vegetables contain potent phytonutrients such as indole-3-carbinol, sulforaphane and other phytonutrients, which aid the liver in detoxifying chemicals and drugs.

Cruciferous vegetables are essential, they include :

Cabbage, Cauliflower, Brussels sprouts, Broccoli, Kale, Collard Greens, Mustard Greens, Turnips. Other Liver-friendly foods are: Legumes, all types of beans, Beets, Carrots, Dandelion root, Dandelion Greens.

Liver-friendly Starches, include:

Brown rice, wild rice, rice crackers, rice pasta, brown rice bread.

Starches to avoid as they are less liver-friendly, include:

Wheat products, including breads, bagels, crackers, pasta, chips, cereals and corn products.

Liver friendly fats, include:

Avocados, raw nuts and seeds (avoid peanuts and cashews)

Beverages can help to eliminate toxins

Water is the best liquid to cleanse the tissues. Add some pink Himalayan Sea Salt for increasing your electrolyte level if needed. Drinking at least two quarts of filtered pure soft water can help the kidneys to eliminate toxins.

First thing in the morning is to drink 2-4 glasses of warm water, at least one glass should have 1 freshly squeezed lemon. Drink with a straw to protect the enamel of your teeth.

A range of **B vitamins** are essential for decreasing toxic effects of heavy metal toxicity.

Some essential **minerals** are helpful in protecting the liver against free radical damage and detoxing the body from heavy metals, cadmium, mercury, lead and arsenic. These include: zinc, copper, manganese, selenium, and magnesium.

Antioxidants are essential in any detoxification program. These include:

Vitamin C in high doses for removal of heavy metals such as mercury and lead.

Lipoic acid which can rid the body of fat-soluble free radicals and heavy metal poisoning from mercury and lead.

Vitamin E protects the fatty portions of cells from free-radical reactions, radiation, drugs and heavy metals.

Bioflavonoids

Water-soluble plants are important for detoxification:

Milk thistle (silymarin) protects the liver from free-radical damage, extreme toxic chemicals, prevents the against depletion of glutathione and increase it by 35%. It is most important in any detoxification program.

Curcumin breaks up blood clots and protects the liver. It is also anti-inflammatory, antioxidant, and antiparasitic.

Bowel cleansers include green foods such as: spirulina, chlorella, they are rich in magnesium, they work well with vitamin C to keep the bowels regulated and give you energy.

Detoxifying herbs include: dandelion root, burdock root, red clover, ginger root and nettle.

Immune boosting herbs include: olive leaf, echinacea, goldenseal, oregano or thyme

FOURTEEN DAYS DETOX

Detox the elimination pathways and organs

- Lungs
- Skin
- Kidneys
- Colon
- Liver
- Bladder
- Lymphatic system
- Brain
- Pancreas

The Plan If You Have to Take the Vaccine, Here Is What We Recommend

- Detox for 7 days before the Vaccine
- Take the Vaccine
- Apply Detox Patch immediately for 7 days - changing every 8 hours
- Detox for next 7-14 days after the Vaccine

We do not claim that this protocol will cure the vaccines injuries, yet many have found it to be very helpful to relieve their symptoms and improve their condition. The technological potential in the vaccines are other risk factors to consider which this paper does not address.

Christ's remedies cleanse the system. But Satan has tempted man to introduce into the system that which weakens the human machinery, clogging and destroying the fine, beautiful arrangements of God. The drugs administered to the sick do not restore, but destroy. Drugs never cure. Instead, they place in the system seeds which bear a very bitter harvest.
E. G. White, 2 Selected Messages, 289

Detox 7 Days Before First and Second Injections and Boosters

AT MORNING

MORNING LIVER CLEANSE DAILY

- First thing in the morning drink 2-4 glasses of warm water, at least one glass should have 1 freshly squeezed **lemon**.
- Drink with a straw to protect the enamel of your teeth.
Drinking at least two quarts within a day of filtered pure soft water can help the kidneys to eliminate toxins.

GREEN TOXIN DRINK DAILY

1 tablespoon – **Charcoal or 15 capsules**
1 teaspoon – **Chlorella or 5 capsules**
1 teaspoon – **Turmeric powder or 4 capsules**
1 teaspoon – **Kelp powder or 600mg capsule**
2 tablespoons - **Camu Camu powder / Lemon juice / Apple Pectin powder or 30 capsules**
8 ounces **Pure Soft Water**
Stir and drink – follow with drinking 2 cups water

OREGANO ESSENTIAL OIL (WILD-CRAFTED)

10 drops to 1 tablespoon Olive oil or 1-2 tablespoons of honey or 1 glass water or nectar juice
(use a straw if you are diluting with the liquids)

or OREGANO OIL CAPSULES – 5 capsules

*Caution: very hot so drink quickly and avoid liquid touching and burning your lips
If you are not diabetic, you may add honey to the Oregano mixture and use with
breakfast and at bedtime. This may cause young ladies to menstruate. AVOID use of
oregano oil if you are Pregnant due to its abortive potential.*

BREAKFAST

Nutrient	Therapeutic Range
B Complete/Liquid B Complex	2 tablespoons or 1 capsule
Pure Minerals	2 tablespoons or 2 capsules
Astragalus	2 capsules
Vitamin D3	10000iu
N-acetyl cysteine (NAC)	600mg
Turmeric	2 capsules

- Food Bowl of choice
- End the meal with a handful of nuts or seeds

CLEANSING TEA (2 cups MID-MORNING – 2 hours after breakfast)

Place equal portions in a bag:

- **Milk Thistle, Dandelion Root, Turmeric powder** (scoop out 1 tablespoon)

Add

- **Ginger** – 2 inches of root or 1 tablespoon of powder
- **Garlic** – 3 cloves
- **Red Clover** – 1 tablespoon

Simmer milk thistle, dandelion root, turmeric powder, ginger, garlic in 3 1/4 cups water for 15 minutes then add Red Clover and draw for 4 hours, strain and drink 1 cup three times daily.

Cleansing Capsule Option – take with breakfast

Health Plus supplements:

2 capsules - **Blood Cleanse**

2 capsules - **Liver Cleanse**

2 capsules - **Kidney Cleanse**

2 capsules - **Colon Cleanse**

LUNCH

Nutrient	Therapeutic Range
Vitamin D3	10000iu
Probiotic (BioKult)	2 capsules
Selenium	1 capsule (200mg)
Ginkgo Biloba	1 capsule
Turmeric	2 capsules

- Eat a **Soup/Food Bowl** of choice
- End the meal with a handful of nuts and seeds

CLEANSING TEA (2 cups MID-AFTERNOON – 2 hrs after LUNCH)

- Equal portions in a bag of **Uva Ursi, Parsley** then scoop out 1 tablespoon
- **Add Goldenseal powder** – 1/8 teaspoon or 2 capsules
- **Add Cornsilk powder** – 1 1/2 tablespoons (1 handful of cornsilk)

Put in 2 cups hot water draw for 40 minutes to 3 hours, strain and drink 2 cups

CLEANSING CAPSULE OPTION – take with lunch

Health Plus supplements:

2 capsules - **Blood Cleanse**

2 capsules - **Liver Cleanse**

2 capsules - **Kidney Cleanse**

2 capsules - **Colon Cleanse**

SUPPER

Eat a **Fruit Bowl**

2 capsules – **Super Colon Cleanse** (Health Plus)

No vegetables, nuts or seeds to be included for Supper.

*Let the students have the third meal, prepared without vegetables, but with simple, wholesome food, such as **fruit and bread**. Counsels on Diet and Foods p.178.280
No vegetables, No fats for supper time.*

AT NIGHT

OREGANO ESSENTIAL OIL (WILD-CRAFTED)

**10 drops to 1 tablespoon Olive oil or 1-2 tablespoons of honey or 1 glass water or nectar juice
(use a straw if you are diluting with the liquids)**

or OREGANO OIL CAPSULES – 5 capsules

Caution: very hot so drink quickly and avoid liquid touching and burning your lips

If you are not diabetic, you may add honey to the Oregano mixture and use with breakfast and at bedtime. This may cause young ladies to menstruate. AVOID use of oregano oil if you are Pregnant due to its abortive potential.

Those who make it a practice of taking drugs sin against their intelligence and endanger their whole life. Manuscript 86, August 25, 1897

... more deaths have been caused by drug taking than from all other causes combined. 4 Spiritual Gifts, 133

Drug medication is to be discarded. On this point the conscience of the physician must ever be kept tender and true and clean. The inclination to use poisonous drugs, which kill if they do not cure, needs to be guarded against. ...

Many have been treated with drugs and the result has been death.

Medical Ministry, 227-228

Immediately Upon Getting the Vaccine

DETOX PATCH FOR 7 DAYS

- Apply the **Detox Patch** on the injection site of your arm:
[1 ounce each **charcoal or bentonite clay powder or both, turmeric powder, flaxseed powder and add water** enough to mix to a paste; apply a thick amount to a gauze to cover the injection site for a circumference of 2 inches, then tape in place]
- Change to a freshly made Detox Patch every 8 hours for the next 7 days
The patch adsorbs toxins, reduces inflammation, swelling and pain.

IMMEDIATELY UPON GETTING THE VACCINE AND FOR THE NEXT 7 DAYS

CHARCOAL DRINK

Prepare this drink beforehand and take with you to the vaccination site in a bottle in a brown paper bag.

4 tablespoons or 60 capsules of **CHARCOAL POWDER** to 12 ounces of water, stir and drink immediately.

Repeat Charcoal detox drink at night, 2 hours away from the time of medication (for the next 7 nights)

SUPPLEMENTS TO TAKE FROM THE DAY OF INJECTION

B Complete - 2 tablespoons (at least B6 – 50mg and pantothenic acid 100mg)

Vitamin C with bioflavonoids - 2000 mg three times daily

Vitamin D3 - 10000iu with breakfast and lunch meals

Zinc - 2 capsules (equivalent to 90-100mg daily)

Probiotic - 2 capsules (1 capsule 15 minutes before meals)

Omega-3 – 3000mg daily (2 tablespoons flaxseed, ground)

Vitamin D3 – 10000iu daily

Dimethylglycine – 1 capsule 2 times daily

Colon cleanse - 2 capsules daily, 1/2 teaspoon powder daily for 7 days – stir in water

Liver blood cleanse (Burdock or Milk Thistle) - 2 capsules - 3 times daily

Liquid chlorophyll - 1 tablespoon daily mixed in water

Apple pectin - All ages - 700mg twice daily for six months

Quercetin - 500mg

OREGANO ESSENTIAL OIL (WILD-CRAFTED)

10 drops to 1 tablespoon Olive oil or 1-2 tablespoons of honey or 1 glass water or nectar juice
(use a straw if you are diluting with the liquids)

or OREGANO OIL CAPSULES – 5 capsules

Caution: very hot so drink quickly and avoid liquid touching and burning your lips
If you are not diabetic, you may add honey to the Oregano mixture and use with
breakfast and at bedtime. This may cause young ladies to menstruate. AVOID use of
oregano oil if you are Pregnant due to its abortive potential.

CINCHONA BARK TEA (WORMWOOD is another option)

Bring to boil **4 cups of water**

1-2 tablespoons of Cinchona Bark

Boil for 15 minutes

Next, draw for 40 minutes up to 12 hours.

Strain and drink 1/2 cup three times daily

Repeat and drink for thirty days.

STEAM INHALER FOR RESPIRATORY SYMPTOMS

3 drops **Peppermint** oil

3 drops **Eucalyptus** oil

5 drops **Oregano** oil

Add to hot water and cover the person's head with a sheet and inhale for 20 minutes.

If you are allergic to the oils, simply use hot water.

SUPER FLU BOMB (Original) (use variations for underlying conditions as appropriate)

See our Covid-19 document for varied protocols

Ingredients

TURMERIC - 6 inches (3 tablespoons powder)

GINGER - 6 inches (4 teaspoons powder)

GARLIC – 10 cloves (1 1/4 teaspoons powder)

ONIONS – 2 medium (2 tablespoons powder)

LEMON – squeeze 6 medium lemons or 12 tablespoons lemon juice (6 tablespoons powder or 18 tablespoons lemon zest)

CAYENNE PEPPER – 1 teaspoon powder at least 90,000 heating units (7 '450mg' capsules or 5 '650mg' capsules)

HONEY – 5 tablespoons liquid or 5 tablespoons honey powder (do not use if you are Diabetic)

WATER - 2 cups hot water

Super Flu Bomb Preparation

- BLEND all ingredients together in 2 CUPS of HOT BOILING WATER.
- Next let it draw for 40 minutes.
- If you have a powerful blender, consume the fine pulp, if not, you may need to strain it.

TAKE 6 TABLESPOONS OF THE SUPER FLU BOMB THREE TIMES DAILY FOR THIRTY DAYS. Keep the remainder refrigerated and allow to cool before drinking.

Note: If one is showing flu-like symptoms, take 4-6 tablespoons of the Super Flu Bomb every 15 minutes.

MAKING SUPER FLU BOMB WITH POWDERS (Original)

(use variations for underlying conditions as appropriate)

See our Covid-19 document for varied protocols

Ingredients

TURMERIC – 3 tablespoons powder

GINGER – 4 teaspoons powder

GARLIC – 1 1/4 teaspoons powder

ONIONS – 2 tablespoons powder

LEMON – 6 tablespoons powder or 18 tablespoons lemon zest

CAYENNE PEPPER – 1 teaspoon powder at least 90,000 heating units (7 '450mg' capsules or 5 '650mg' capsules)

HONEY – 5 tablespoons honey powder (do not use if you are a Diabetic)

To rehydrate add 32 ounces of water.

Consume 2-3 tablespoons every 15 minutes while the symptoms last then three times daily for the next two weeks.

Vaccine Injury Recovery Protocol

Summary

Useful for adults who are injured by the vaccine, to utilize the following items to cleanse and aid in recovery. Use for up to 8 to 12 months.

SUPER FLU BOMB	6 tablespoons every 15 minutes while you have symptoms
SUPER FLU BOMB	6 tablespoons 3 times daily without symptoms
OREGANO OIL	10 drops 2 times daily in 1 tablespoon of olive oil
ZINC	90-100 mg daily
VITAMIN D3	4000iu – 6000iu at the end of breakfast and lunch
VITAMIN C	2000mg – 4,000mg three times daily
MULTIVITAMIN/LIQUID B COMPLEX	Use as directed
LIVER BLOOD CLEANSE (Burdock or Milk Thistle)	2 capsules - 3 times daily
COLON CLEANSE	2 capsules daily, 1/2 teaspoon powder daily for 7 days – stir in water
PROBIOTIC	2-4 capsules with lunch or 1-2 capsules per meal (1 cap if it is your first time or 2 caps if you used a probiotic previously)
LIQUID CHLOROPHYL	1 tablespoon daily mixed in water
APPLE PECTIN	All ages - 700mg twice daily for six months
DIMETHYLGLYCINE	1 capsule – 2 times daily

Monitor your health for up to one year following the vaccine

Detox Diet Guidelines

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. (1905) *The Ministry of Healing*, 296 (Genesis 1:29, 3:18)

**DETOXIFY, BOOST LIVER HEALTH, BOOST THE IMMUNE SYSTEM &
PREVENT CHRONIC DISEASES**

CLEAN UP THE DIET

ELIMINATE ALL FLESH FOOD (NO CHICKEN, TURKEY, FISH, SHRIMP, LOBSTER, CRAB, CONCH, LAMB, BEEF, AND THEIR BY-PRODUCTS (NO MILK, CHEESE, EGGS, BUTTER, ICE CREAM, SAUSAGES) FROM YOUR DIET. Meat is high in sodium; contain hypoxanthine (stimulator like caffeine) and increases blood cholesterol and reducing blood flow to your extremities, it narrows or clogs the arteries, thus also increasing the blood pressure.

ELIMINATE ALL DAIRY FOODS, ICE-CREAM AND EGGS Use milk drinks from plant-based sources such as almonds, cashews, rice etc.

AVOID THE USE OF STIMULATING SUBSTANCES – NO TEA, COFFEE, CHOCOLATE, COCOA

AVOID THE USE OF CONDIMENTS (NO VINEGAR - KETCHUP, MUSTARD, MAYONNAISE, BARBEQUE SAUCES, VEGGIENAISE, NAYONAISE, SALAD DRESSINGS, PICKLES, ETC.) AND SPICES, (CINNAMON, NUTMEG, CLOVES, CURRY, HOT SAUCES, CAYENNE PEPPER, BLACK AND WHITE PEPPERS, ETC.) use instead CORIANDER, CARDAMOM, TURMERIC.

The golden rule of temperance applies here. Do not overeat. Overeating places an added burden on your liver and detoxification pathways.

Some Meal preparation 'Nos'

No snacking in-between meals

Do not Overeat

Do not take
Coffee, Tea,
Alcohol, Tobacco

Avoid eating
fresh bread

Do not eat if in
pain, stress,
anger

Do not Drink and
Eat at the same
meal

Do not cook with
Condiments and
Spices

Do not cook with
Oils

Do not cook with
Baking Powder

Some Meal preparation 'Yes'

Chew your food
thoroughly

Eat foods for
health not to
hurt you

Eat slowly and
stop when you
are satisfied

Eat Natural Salt
with Iodine

Eat Natural
Sweeteners

Eat a hearty
Breakfast

Eat more Fiber
foods and whole
natural

Think Variety of
Foods over the
week

Eat Simple
Combinations

WHY A VEGETARIAN DIET?

- You get a more active immune system
- You consume more natural killer cells
- Fruits are cleansers
- Vegetables are regenerators
- Fruits and Vegetables are packed with vitamins, minerals and enzymes and they contain adequate protein (potatoes are well-balanced)

Detox Plates

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. E. G. White, The Ministry of Healing, p. 296

VEGETABLE PLATE 1

1 medium carrot, 1 stalk celery
1 medium sweet potato
3/4 cup red beans
1 handful sunflower seeds
(thyme, oregano, mint, cilantro)
Steam vegetables until tender, add pink Himalayan sea salt to taste.
End meal with a handful of nuts or seeds

VEGETABLE PLATE 2

1 cup red cabbage
1 medium carrot, 1 stalk of celery
1 medium potato
1 handful sunflower seeds
(ginger, thyme, oregano, mint, cilantro)
Steam vegetables until tender, add pink Himalayan sea salt to taste.
End meal with a handful of nuts or seeds

VEGETABLE PLATE 3

2 medium carrots
1 stalk celery
3/4 wild rice
3/4 cup beans
(garlic, thyme, oregano, mint, cilantro)
Steam vegetables until tender, add pink Himalayan sea salt to taste.
End meal with a handful of nuts or seeds

VEGETABLE PLATE 4

1 cup broccoli
1 medium sweet potato
3/4 cup chick pea
pumpkin seed dressing
(ginger, thyme, oregano, mint, cilantro)
Steam vegetables until tender, add pink Himalayan sea salt to taste.
End meal with a handful of nuts or seeds

VEGETABLE PLATE 5

1 cup lettuce
1 cup bok choy
3/4 cup rice
3/4 cup beans
(ginger, thyme, oregano, mint, cilantro)
Steam vegetables until tender, add pink Himalayan sea salt to taste.
End meal with a handful of nuts or seeds

FRUIT BOWL

1 medium eggplant
2 sweet red peppers
2 tomatoes
3/4 green peas
(ginger, thyme, oregano, mint, cilantro)
Steam until tender, add pink Himalayan sea salt to taste.
(End meal with a handful of nuts or seeds
- breakfast and lunch only)
Rich in flavonoids, vitamin C, antioxidants

CITRUS SALAD

1 large grapefruit
2 medium oranges
2 medium tangerines
drizzle honey over the grapefruit (optional)
1 handful of walnuts

CORN SALAD

1 cup frozen organic corn, thawed
1 cup string beans, sliced
lettuce leaves
1 handful of sunflower seeds

PAPAYA SALAD

1 ½ cups papaya
2 medium apples
1 medium pear
2 tablespoons sesame seeds

PINEAPPLE SALAD

2 tangerines
2 oranges
2 cups pineapple
1 handful almond nuts

TOMATO AVOCADO SALAD

4 tomatoes, sliced
1 avocado, cubed
honey-lemon zest dressing
Combine tomatoes and avocado and top with dressing.

GRAPE SALAD

Red and blue grapes
Pineapple chunks

JUICE - 1

3 medium tomatoes
1 medium cucumber

JUICE - 2

1 teaspoon chlorella
2 medium apples
1 small lemon
8 oz Pure Soft Water, Blend and sweeten with Honey to taste.

JUICE - 3

2 tablespoons camu camu powder
1 teaspoon chlorella
8 ounces Pure Soft Water

JUICE - 4

2 medium lemons
2 limes
4 to 6 tablespoons molasses
4 cups Pure Soft Water

JUICE - 5

2 large cucumbers
2 pears
2 apples
Blend all ingredients well and serve.

SUNFLOWER SEED DRESSING

1 cup sunflower seeds (or pumpkin seeds)
1 cup water
1/4 teaspoon pink Himalayan sea salt
1 tablespoon Coriander grind
1 teaspoon honey
Blend all ingredients together until smooth.
Keep refrigerated.

PUMPKIN SEED DRESSING

1 cup pumpkin seeds
2 tablespoons chia seeds
1/4 teaspoon pink Himalayan sea salt
1 teaspoon honey
1 cup water
Blend all ingredients together until smooth.
Keep refrigerated.

CUCUMBER DRESSING

1/3 cup raw cashew nuts
2 cucumbers, chopped
1 tablespoon lemon juice
1 tablespoon honey
1/4 teaspoon pink Himalayan sea salt
Blend all ingredients together until creamy.

HONEY-LEMON ZEST

1 tablespoon honey
4 tablespoons lemon juice
1/8 pink Himalayan sea salt
Whisk all ingredients together.
Keep refrigerated.

LEMON HONEY GINGER ZEST

2 inches finely grated ginger
1/4 cup lemon juice
2 tablespoons honey
1/4 teaspoon pink Himalayan sea salt
Whisk all ingredients together.
Keep refrigerated.

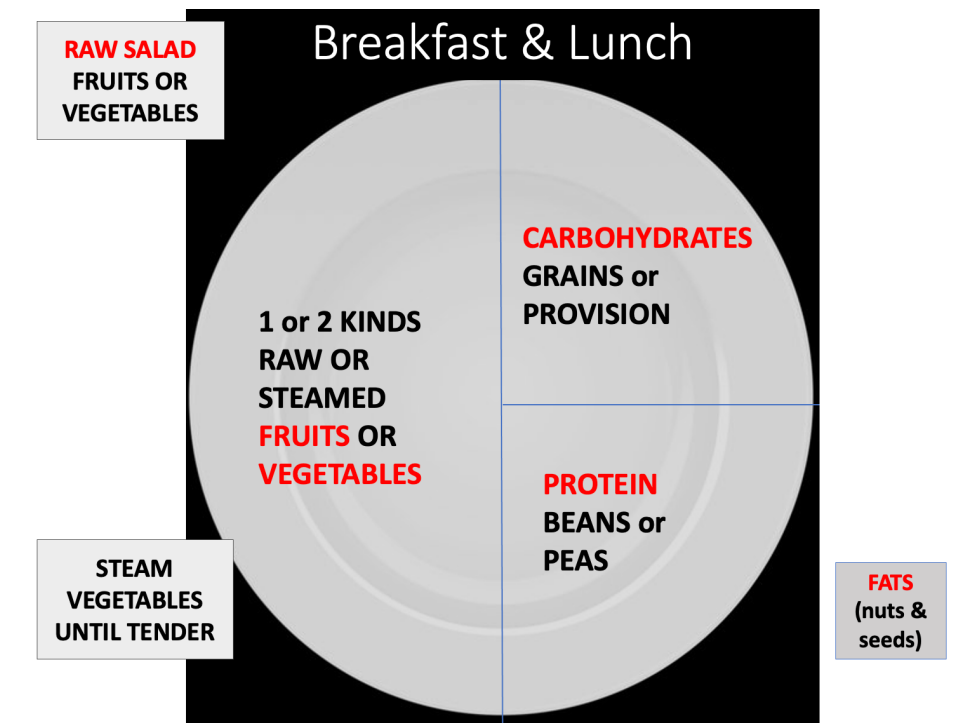
CORIANDER, CILANTRO PRESTO

Heavy metal detox
1/2 cup chopped almonds
2 cups fresh cilantro leaves
1 garlic clove
1/2 cup water
1 1/2 tablespoons lemon juice
1/2 teaspoon salt or to taste
Blend all ingredients.
Keep refrigerated.

May God richly bless your efforts for improved health.

DISCLAIMER: The health information in these documents and lectures are for general education and is not intended to substitute for any medical advice. No medical cure, diagnosis, or treatment is provided.

MY PLATE



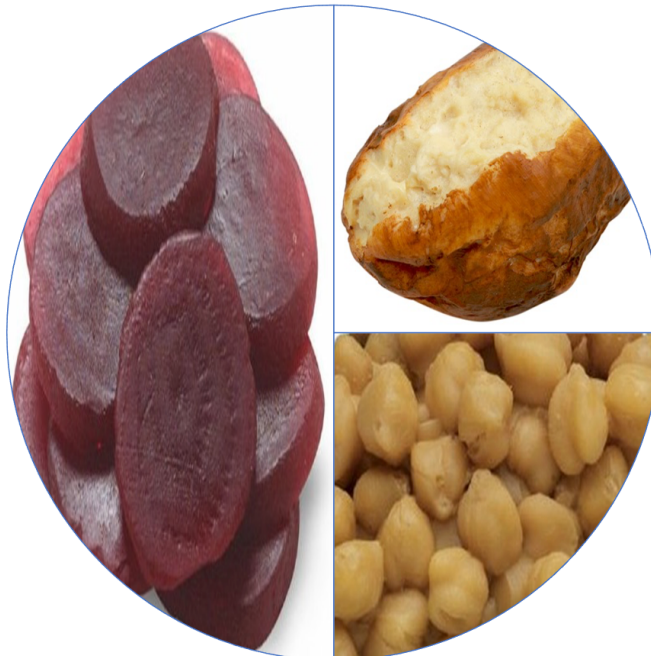
ONLY PLANTS CAN KEEP ME STRONG



VEGETABLE MENU



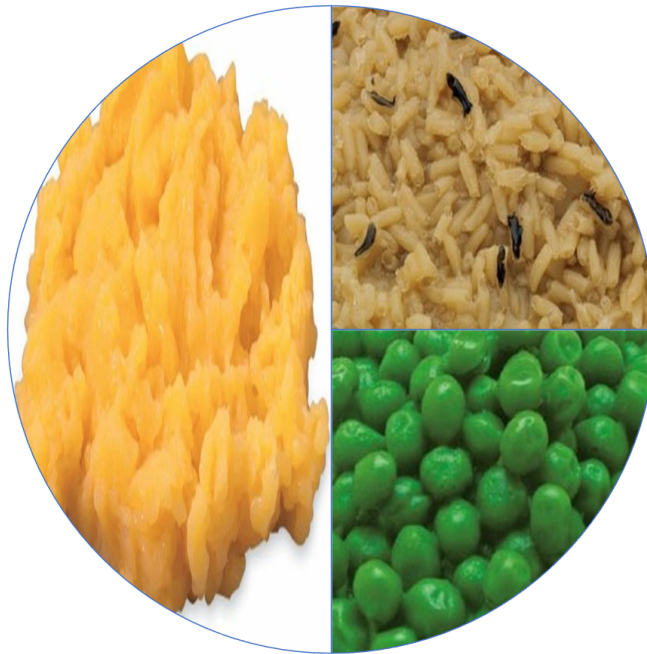
Lettuce
Carrots
Rice
Peas
Cashew nuts



Lettuce
Beets
Sweet Potato
Chick peas
Pecans



FRUIT MENU



Pineapple
Squash
Wild rice
Peas
Pumpkin seeds



Tomato/Cucumber
Salad
Eggplant
Potato
Lentils
Walnuts

