

## *Conquering Any Disease with Healthy Smoothies - Jeff Primack*

### **Natural Order of Things**

Flowers will lean around walls to reach the sunlight. Life has a certain "natural order" and behaves under universal laws. For example, a specific organ's health is influenced by the overall health of the entire body. Toxicity in the liver affects the endocrine system. Human beings can take hormones to make them feel younger, but unless we detoxify the liver we cannot truly be holistically, healthy. Naturopathic food healing is holistically balanced. Instead of supplementing vitamin C in a pill form (man made) we are drawn to the kiwi (God's vitamin C). Observing the natural order of things we see the kiwi contains hundreds of other phytochemicals, minerals and substances with which the creator thought to include along with vitamin C. The kiwi's vitamin C is far better absorbed than from supplemental forms. It contains the wisdom of the universal intelligence and many cofactors. Antibiotics of modern times originally came from the mushroom kingdom. Certain species of fungus have a defense mechanism against bacteria and produce antibiotics. All man did was standardize & concentrate the elements he found desirable. Western medicine has a place in healing and I am not against it. My father has worked in a hospital for most of my life and I was raised around western medicine. The value of many medications to save lives is undeniable. My only issue is that Western Medicine relies too heavily on surgery and drugs.

### **Integrative Medicine & Our Vision**

Rather than seeking to replace Western Medicine, I see the wisdom of food-based healing serving humanity best if used complimentary. Both Eastern & Western styles of medicine have made great breakthroughs and it is foolish to downplay other systems we may not fully understand. Imagine if the doctors of the future recommended celery for high blood pressure or apple cider vinegar for painful gout instead of steroid-based medications that only dull pain. Visualize a nurse bringing heart disease patient's high-phytochemical smoothie along with the medications. Right now they serve meatloaf, cake & mash potatoes in the hospital. Most of the nurses are overweight and suffering health problems of their own. Has the system failed? I say no. Western Medicine is currently being expanded to include this type of knowledge and its been named, "Integrative Medicine." U.S. Congressmen complain about wasteful spending. Diabetes in 2009 costs more than the entire years military campaign in Iraq. Diabetes is a totally unnecessary disease. Over 100 students I've worked with have successfully reversed it. Many diseases are inexpensively remedied. Knowledge is key. Preventing disease nutritionally could dramatically lower healthcare costs, allowing us to redirect our financial resources.

### **Breathing Exercises are Awesome**

Many tortoises have been documented to live over 160 years, but there are legends of a special white tortoise that lived to be over 300 years old! Of course that is just a legend, but why did the ancient masters so revere the tortoise? It knows how to regulate its breathing. This is the key to its longevity. Through conscious breathing we can experience a heightened state of alertness and connection to the universe. This is a very useful tool. Often times we feel weighed down by pressures of life. In 45 seconds we can attain a full-body vibration of energy that literally dissolves stress instantly. Being that stress is the root of many diseases we should all learn advanced breathing techniques like the Nine-Breath Method. A Qigong practitioner can make one exhale last 3 minutes, but the average person breathes 12-15 breaths per minute. Because air is 'breathed out so fast' there is little time to absorb the oxygen from the air. When a tortoise breathes once every two minutes it has time to absorb the oxygen from the air. Below are images from Peter Blake's live blood cell analysis before & after doing nine-breath only one time. Look closely at the first image and you see blood cells 'clumped'. After the 45-second breathing technique was performed his blood cells are better shaped and more fluid. Is this profound evidence for the healing power of breathing techniques? You bet your ass it is. Live blood cell analyst's shows the blood while its still alive! Oxygen fights cancer and bacterial growth. As part of our healing program I recommend doing the Nine-Breath Method meditation CDs. In minutes your body is pleasantly vibrating and you feel awesome. I practice it often when I'm working long hours.

### **Love, Forgiveness & Healing**

Our investigation into healing shows that laughing and smiling are highly beneficial for the immune system, but more noteworthy is that many people with health challenges carry around "resentment" towards others for past transgressions. We need to love and forgive. Forgiveness is the primary factor in healing relationships that might be taking ones health away. When someone harbors resentment for many years it is possible to build negative energy and thought forms. The first thing a person embarking on the healing path must do is forgive everyone that has ever wronged them. This is not easy. Spend an entire day and make a list of everyone who has ever wronged you. See if you have forgiven them in your heart. Make a conscious effort never to hold onto anger for more than a very short time period. Negative emotions, like anger and resentment, are natural and acceptable as long as you don't hold onto them for more than a minute. And that's the problem. Many people hold onto feelings of grief, sadness, anger,

resentment, frustration, guilt & fear. Evidence indicates that these are powerful destroyers of your immune system's ability to heal. So smile, be happy, and practice constant forgiveness.

### **Flight/Fight Response and Disease**

Within you exists tremendous "reserves" of energy. A great deal of it is stored in the kidneys in the form of jing. Jing is any substance that the body can quickly turn into Qi-energy. Adrenaline is the most powerful of all jing compounds. In a life or death situation, such as a tiger creeping up behind you, you may need to run for the hills! Your body is a well-created machine that has saved up energy to do this. Perhaps the adrenaline will bring about strength and creative resources to outrun or climb to an area where the tiger cannot reach you. But what if you're just watching a scary movie or a Geraldo show where people are fighting? This also stimulates adrenaline and in the long term robs your body of the Qi used for healing. If you desire to accumulate energy (Qigong) or to heal a disease, it is recommended that you avoid watching scary or action intense movies on a regular basis. Also, the 7 O'clock news can be even worse. Anything that makes you look like this guy on a regular basis, drains your energy & stimulates the production of cortisol. It is well proven that cortisol is the death hormone and therefore, it is important to address the "stress societal emotional response" in addition to the food. This will be its only mention in the entire book. Notice it is in the beginning! It must be pretty important. If you desire to stay healthy, get your news on the internet where you can control what you are exposed to. Save your adrenaline; you will need it if you face any kind of healing crisis. If you're healthy right now, great! Let's follow this wisdom, because excess adrenal stimulation harms health. This world is over stimulating, but the choice of what you expose yourself to, is yours.

### **Sleep Times for Healing Results**

The pineal gland in the center of the brain is sensitive to light. It produces melatonin & regulates your entire immune system. People get sleepy after being in the sun all day because of the melatonin that gets produced. Many Qigong masters consider the pineal gland to be the "Master of the Entire Body". Ancient man lived in harmony with the rising and setting of the sun. Nowadays people stay up later than before because of artificial lighting. As Qigong healing practitioners we recommend our students go to bed between 10 and 11 pm most nights. Studies show that our pineal gland secretes melatonin from 10pm-2am. We miss the special window of "cellular repair time" by staying up way past 10pm. Unless you're on a tight deadline that is temporary in nature, we recommend sleeping by 10 pm or 11 pm at the latest. If you have any disease to overcome this is double stressed and you should be in bed, asleep by 10pm.

### **How Much Sleep Do You Really Need?**

Contrary to what most people think, you can sleep too much just as easily as you can sleep too little. Your body knows when it needs more sleep and if you are not healthy then naturally you'll need more. However, some people with illness feel the need to sleep too much, and this is a trap. Same for people suffering from depression. Most people need 6-8 hours of quality sleep. For the general person, even with health challenges, its better to slowly adapt your body to wakeup before or at 6am. The sun rises at this time, which is when nature wakes up.

### **The Early Bird Gets the Worm**

Just 30 minutes before sunrise a burst of energy & ozone rises up from the ground. This burst of ozone stimulates birds to begin chirping. Simply being awake at this earlier hour is good for your health. The energy is at its best and you will find that waking up earlier each morning affords you ample time to take care of yourself, including practicing Qigong, consuming plenty of water & tea as well as your special life giving smoothie. Over time, "sleeping in" does not improve health and goes against the flow of nature. If you are sleeping past 7am, your body is out of balance. Try waking earlier to receive some of the "early bird Qi".

### **Sunlight: The Universal Healer**

The sun is good for you! Contrary to popular opinion, the sun does NOT cause cancer. That's like blaming the knife manufacturing company for deaths by stabbing! Skin cancer is from the wrong diet, chemicals and stress. The Sun is perfectly in alignment with health and healing and we believe that if you follow the Food Healing principles within this manual that you should not fear the sun. In fact, we recommend at least 30 min of sunlight on your whole body everyday! If you are sun sensitive, start out with 10 minutes and then get the other 20 minutes with clothes on. If you're fighting any disease then this "time in the sunlight" becomes mandatory. We need the healing light on our skin to be at our best. Cholesterol gets converted into vitamin D from God's sunlight.

### **Shades. Sunscreens & the Light**

Your eyes absorb energy from the sun's light indirectly. We teach our students that using sunglasses all the time limits the body's opportunities to receive special healing energy from the sun. There's a multi-billion dollar sunglass/sunscreen industry, which wants you to fear the sun. Don't buy into it. If your eyes are bothered by the sun's light, try to go without sunglasses for just a few minutes while the sun is low. For general people only use shades when in the sun for prolonged periods of time or perhaps when driving a vehicle. People with fair skin will get sunburn faster, but they still need sunlight absorbed through the skin. We recommend people with normal skin sensitivity limit

the use of ANY sunscreen (even natural) until after 30 minutes of sun time. If you are going to be in the sun for more than 30 minutes you may want to use a natural sunscreen from the health food store. The ingredients in mass-produced sunscreen are totally unacceptable with our healing program. You will be chelating out the heavy metals and toxins from your body with our smoothie program and these sunscreens contain them! To clarify; unless you have pale white skin, 30 minutes of sun daily without sunscreen is healing and highly recommended. If you are fair skinned begin with 10 minutes and work your way up. How important is it to absorb 30 minutes of sun everyday? If flowers will bend around the windowsill to find it, then it is probably very important for all of life's processes. If you are on a healing journey and fighting a disease, consider it mandatory and part of your DIET! If you are healthy now and practicing Qigong, consider sunbathing part of your Qigong practice. Most people go to work when the sun is out and take it for granted that it is there all the time. Don't miss the sun! Morning sun has the strongest infrared light waves, while afternoon has the strongest ultraviolet waves. We hope this emphasis on getting sunlight everyday is hitting you. Make it part of your life. A newly published British study shows Vitamin D levels depleted in women with advanced breast cancer. The study published in the "Journal of Clinical Pathology" compared blood levels of Vitamin D in 279 women, some w/early stage breast cancer, and some more advanced stage. Women in early stages had significantly more Vitamin D in their blood. Other recent research has shown Vitamin D to be protective against pancreatic, colorectal and prostate cancer, as well as breast and many other cancers. Author Stephen Daniels noted that a link was established between latitude and deaths from cancer as early as the 1940's. The concept at that time was that sunlight provided "a relative cancer immunity," Does fear of skin cancer lead to sunlight avoidance and subsequent rise in cancer? You decide, I'll be outside. Rain is actually Distilled Water. The clouds purify and clean the water removing ALL particles - leaving pure H<sub>2</sub>O.

### **Drinking Water & Your Health**

If you wish to ignite a heated discussion among health conscious individuals ask them; "What is the best drinking water?" They will fall into two camps. One will claim spring water as the healthiest option, touting the benefits of minerals for overall health, arguing that distilled will leach them from the body. The other will insist distilled water is superior, due the body's inability to absorb inorganic minerals, much like small pieces of rock. Those who really know about healing and well-ness understand this perspective. Distilled Water is the best for everyone on this program. First reason: People who follow this Food-Healing system and drink the smoothies described in this manual will never have a mineral deficiency. Second reason: Distilled water does leach the minerals out from your body; the ones it is unable to use because they are locked in the form of calcium deposits (*see heart disease*), We have studied with the best. Drink distilled water in the modern age of chemicals and pollutants. It is the best water to cleanse your arteries and joints of unwanted calcium deposits,

### **Organic Minerals vs. Inorganic**

It takes a plant to absorb inorganic minerals from the Earth and then convert them to organic minerals. Surprisingly this concept is not well known. People used to supplement calcium carbonate until they realized that calcium citrate was better. Why? Because the food makes it more bio-available. This basically means that your body more readily absorbs calcium from citrus than inorganic calcium from rocks. This is yet another example of why we say not to get your minerals from spring water. This water has passed over rocks deep in the Earth making it "mineral rich" water. If you look at the studies, the best minerals are from plants grown near lime & volcanic rock. Let the plants convert the minerals for you. This pipe carried water with minerals. Distilled water pulls these 'inorganic' minerals out of your body. Don't buy Distilled Water in the 'milky white' plastic containers. This plastic actually leaves a taste in the water. Have it delivered in the hard 5-gallon containers or distill it yourself at home.

### **It's like a Blank Disk**

Distilled Water has absolutely nothing in it except for H<sub>2</sub>O. Therefore, it acts like a blank disc becoming the perfect carrier for any frequency we desire to instill in it. We use distilled water as the base to our healing smoothies, allowing it to pull out unwanted mineral deposits within our bodies. If you would like to add organic minerals into the water "Cell Food" contains nearly every trace mineral from plant sources. The "ionized" water everyone is talking about is healing in some ways, because it is alkaline, but it cannot pull out unwanted mineral deposits from your circulatory system. Distilled water can be delivered to your home in large 5 gallon; containers or you can distill it yourself. I like the Mini Classic II water distiller, but it does not matter what machine you have. Most do the same thing. Beware of \$4000 water machines.

### **Cell Phones & Harmful Radiation**

In 2003 Swedish neurosurgeon Leif Salford and his team of scientists tested the radiation emitted from cell phones on 12-26 week-old rats. The study included three groups of rats that were exposed for two hours to various GSM phones at different levels of radiation. Examination of the animals' brain tissue 50 days later revealed that up to 2 percent of the brain cells of rats that had received cell-phone radiation exposures of .1 watt or greater were dead or dying. The researchers noticed that the neuron damage the rats suffered increased in response to amount of EMF

exposure. The control groups showed no significant brain-cell death [2]. Henry C. Lai of the University of Washington in Seattle finds Leif Salford's new results "quite intriguing." He says, "The radioactive energy absorbed by the rats is really low compared to what a person gets when using a cell phone." Particularly if the effects add up over time, Lai says regular use of cell phones could be problematic. SAR or specific absorption rate is a way of measuring the quantity of radio-frequency (RF) energy that is absorbed by the body. For a phone to pass FCC certification, that phone's maximum SAR level must be less than 1.6W/kg. ABC's 20/20 News (May 26, 2000) took the five most popular phones sold in the US and tested them at a highly respected German laboratory. Four out of the five phones tested were above the SAR limit. Similar to the case of cigarette smoking, it will take several tests & years before the effects of radio frequency radiation on the human body are known. Children should only use mobile phones in emergencies. Their brains are still developing and their skulls are thinner making it easier for the radio waves to penetrate them. The best step is to keep cell phone conversations short and to a minimum. The Specific Absorption Rate test, required for a phone to pass FCC certification, uses sophisticated instruments to measure the amount of radiation absorbed into the body, usually the head. All cell phones sold must be tested and have their FCC compliance with this standard certified by their manufacturer. Blue tooth devices emit only 10% of the radiation of a cell phone and newer digital phones emit less radiation than older analog models. I definitely recommend everyone using a cell phone to take these warnings seriously. If it harms rats, I cannot possibly see how it is safe for humans. However there are studies claiming cell phones pose no threat. The verdict is not out. So what is knowable?

**Conclusion:** Whether or not cell phones emit Radio Frequency (RF) is not up for dispute. They do and the FCC measures it with a limit of 1.6W/kg. Many shields and stickers are on the market to block cell phones Radio Frequency and claim to do this 99%. I am unsure if these devices work, but I have one on my phone. The best prevention is using headphones or a blue tooth.

#### **Introduction - Why do we get sick?**

The immune system is the foundation of good health. It is strong enough to rid the body of all toxins, if given the proper fuel. Scientific fact shows that vitamins, minerals, and enzymes play a vital role in our health. Phytochemicals are the 4th nutritional classification. They are somewhat different in that they're not as easy to obtain. In a great many ways phytochemicals are the real key to a complete nutrition program. They have special properties making them, (1) Anti -Aging (2) Anti-Disease (3) Anti-Fungal (4) Anti-Virus. They're capable of fighting against cancer, regenerating lost organ function, & rejuvenating the skin to a more youthful appearance. Modern people are susceptible to diseases wild animals are not, because our diet is lacking phytochemicals.

#### **Phytochemicals and Phase II Enzyme**

God has created a master-healing device in each cell called Phase II Enzyme. This process enables any cell to detoxify itself from chemical waste & toxins, however The Phase II enzyme process is only possible when stimulated by phytochemicals. They act as spark plugs or "keys" that fit into cell receptors. They are the keys that start the rocket's engine. One of the most powerful ones is called, "Glutathione". It is the chief phytochemical responsible for phase 2 enzyme and is highest in asparagus. But there are thousands of phytochemicals such as Lycopene, Anthocyanins etc. Phase II Enzyme is super-critical to fighting cancer and other autoimmune disorders. The rapidly spreading epidemic of autoimmune related diseases is due to lack of phytochemicals. There is no Phase II Enzyme possible without these little sparkplugs and they are hiding. You can only get them by chewing your food really-really-really well and "cleaving out" the phytochemicals from the fibers.

#### **Where exactly are Phytochemicals Located?**

They are hiding in all the parts of the food most people throw away! Specifically in the rinds, stems, seeds, skins, etc. Phytochemicals were designed by our creator to be locked inside the cellulose fiber. Using a juicer is a weak attempt to harness phytochemicals because all the fiber/pulp that is thrown away is exactly where God has put the medicine! We are supposed to eat whole foods. That means the whole food and nothing but the whole food. Of course there are certain parts you don't eat, like the avocado skin, which is obviously for holding the fat of the fruit. A large percentage of this system uses high-powered blending to masticate and cleave out the fibers of all the varied fruits, veggies, & herbs God has given us. After they have been through a cycle or two with the 3 horsepower blender, these wondrous fibers appear "pulverized" viewed under a microscope. In a minute or two this transforms the phytochemicals into super available compounds, which our ancestors had to grind their teeth for hours to achieve.

#### **What is the Key to Longevity?**

I have studied with many teachers and friends who have had the blessing of knowing people who have lived longer than 120. One student of mine was a caregiver for a 132-year-old woman in Haiti. She explained to me that this woman meticulously chewed her food and often took hours to eat her breakfast, which consisted of fruit. This same caregiver also looked after a 126 year old man who ate in a similar manner. Others who have studied the world's longest living people have observed similar phenomena. These people live a simple life and take forever to eat a meal. Today we are so fast paced that we've lost site of the importance of slowing down. I believe it is the intense

chewing for long periods "breaking out" the phyto-chemicals that allows them such a powerful immune system, avoiding illness. We use "cutting edge" technology (no pun intended) to release God's natural medicine from the food.

### **The Good Old Days - Life Before Vitamins**

Over 385 different phytochemicals can be found inside 1 apple!!! The astounding complexity of medicines in our food is mind blowing. Man may attempt to extract one or two because of perceived health benefits, but this is throwing ancient wisdom out the window. Think about it. None of the world's oldest people take supplements. I guarantee you that. They simply chew the food for a really long time. When we try to isolate a certain vitamin or phytochemical we miss the other 384 phytochemicals that God has placed in the food to accompany it. There is a synergy of enzymes, minerals, and co-factors that allow the medicine within these foods to heal us. Our belief is that people following this high-powered food healing system do not need to take supplements, however super foods and special herbs are frequently advised. If you are entering into this program with a particular ailment or disease, we may recommend particular supplements, but they are minimal. Natural food is where its at.

### **How can you Reverse ANY Disease?**

The main focus of fighting ANY disease is cleansing the blood. Within our blood there is a war going on with bacteria, fungi, viruses, parasites, and other entities. Say a person has cancer, they endure surgery to remove the cancer, but there is no guarantee it won't grow again later. However, if we clean the blood we can get at the "root cause" of the disease preventing it from the source of origin. Only when the blood is cleansed can we be assured of a healthy life. How is the blood cleansed? Two key ways. (1) A Diet high in Phytochemicals. We already discussed that Phytochemicals initiate phase 2 enzymes within each cell allowing our body to detoxify. The best cleansing for the blood is phytochemicals. (2) Exercise moves the blood circulation and this helps to cleanse your blood. We recommend exercise that doesn't "spend more energy than it gives you". Qigong, yoga, swimming and walking are ideal. The theory is this: "Supply your body with a special high dose of phytochemicals for 4 months and you can completely cleanse your blood. The blood cleansing is key to reversing all diseases. A high phytochemical diet is the single fastest way to achieve this.

### **The 3 Horsepower Blender Ideology**

If you chew an apple with skin for a long time, most fibers will still be intact See for yourself by spitting a chewed apple skin into a glass of water. The skin's fibers haven't even been broken yet! The 3 horsepower blender breaks down skins, seeds, and stems into particle sizes that are beyond the micron level. We can receive the benefit of having chewed ft hours in a matter of minutes with this technology. For me personally, when, began using the blender it was a big change in the way I looked at healing. Once as an experiment I took a handful of blackberries, dropped them into the blender with water and turned it on for 2 seconds. The instant I shut" off I saw hundreds of seeds floating in the mixture. Next, I cranked the speed up all the way and watched the 3 horsepower blender create a 'pure< of dark red blackberries and hundreds of seeds. The smoothie taste 'seamless' like silk without any gritty parts of seed whatsoever. Blackberries contain 50 hard tiny seeds full of phytochemicals. I was curious as to how long it would take me to chew one blackberry into the same seamless puree So I chewed a blackberry over 100 times and 2 minutes later I still had the seed left in my mouth. My tedious chewing wasn't even close to the small micron sized particles the blender had created. Why is this relevant? Observation of people living longer than 120 years reveals they may take 1 hour to eat an apple. This powerful blender "unlocks" the inner life force and nutrition in food, losing nothing in the process. I fed the 3 horsepower blender is as important an invention as the computer. If anyone gives you crap about how a blender loses the enzymes from the high speed blending, it is because they don't know better, speak from experience—people have come back form the dead on these smoothies. The only time con tents heat up enough to possibly cause any damage to the nutrients is when blending a single ingredient with a lot of space in the top of the blender. In these instances adding some ice cubes will solve the problem. I sometimes blend my smoothies 3 and 4 times (*beyond the normal 2 times*) adding ice cube on the 3rd and 4th times. The result is a smoothie so profoundly blended; you'll think its fairy dust.

### **Which Blender Should You Buy?**

There are two main companies that manufacture quality 3 horsepower blenders, Blendtec and Vitamix. A 2 horsepower blender (or common household blender) will not work, it cannot compare so don't waste your time. Life is too short. When I started 3 horsepower blending in 2004 I was using the Blendtec as my teacher had recommended. At the time it was the only 3 horsepower model available. Vitamix, the most famous blender company in the world, had not yet invented a 3 horsepower model, but some of my instructors were trying to use their older 2 horsepower Vitamix. Understandably they did not want to spend the money for a new blender. However, they all bought a Blendtec once they realized the "night and day" difference with the additional horsepower. For years Blendtec enjoyed being the only affordable manufacturer of 3 horsepower blenders. Then in summer of 2006, I received word that Vitamix had wised up and made their first 3 horsepower blender. I called the company immediately and they gave me a demo model for me to use. They even sent out an executive sales manager to meet me. The Vitamix 3 horsepower

sits in my storage unit now. It is 50% taller and weighs four times more than the Blendtec. Also, it only has a 1 year warranty because it is a commercial blender. That is a big downside for me. The Blendtec has a 3 year warranty and their customer service is superb. Even with its larger size, the Vitamix 3 horsepower model is only 1200 watts as opposed to the Blendtec's 1500 watts. Overall they are both great blenders. I even tested the \$200 Montel Williams blender, which is a total piece of crap. After testing all of the 3HP blenders side by side in a match; I will continue to support and put my blessing on the Blendtec blender. It is very important that you buy' your Blendtec from an authorized Blendtec dealer, otherwise your warranty will not be valid. They strictly enforce their own rules with regards to pricing, therefore all authorized dealers will be selling it for the same flat price of \$399 or they are not authorized dealers! Our Qigong center makes a small profit when you buy from us and we appreciate your support: [www.Qigong.com](http://www.Qigong.com)

### **Organic vs. Conventional Foods**

Approximately 100 years ago farming in America was organic before the invention of chemical fertilizers. Nowadays there really is no telling what's in your food. Honestly, I know that organic costs a lot more, but it is guaranteed that at least a portion of your diet is pure. Anne and I still go out to eat. Unless you're at a very special restaurant, it isn't organic. So should you be super strict and only eat something if its organic? We say that is only necessary if you are fighting a serious illness, in which case I recommend that you do stay organic. Otherwise, our advice is to buy organic produce wherever "possible" and use veggie wash on items that are not available in organic or are simply organic cost prohibitive. Unless your have an autoimmune disease, your body will be able to chelate out the pesticides. Consider the mental aspect of our universe; "As a man thinketh, so he is." Allow yourself to dine with friends and family without worrying about organic. If you are following this program, for sure your body is chelating out the toxins and heavy metals. Think how strong your immune system is.

### **Washing Your Fruit & Vegetables**

While we do encourage you to buy organic when possible, but not all items that you will need will be available as organic. Corn is nearly impossible to find as organic and blueberries can cost their weight in gold. Any fruit or vegetable that is non-porous can be sprayed with veggie wash spray from the health food store and cleaned to acceptable levels. Veggie wash uses a citrus juice to pull off dirt, pesticides, residues, fertilizers, and all the other stuff you don't want to put in your body. Just spray on the produce and let it sit for 10 seconds, then rinse under cold water. This is not as good as organic, but studies show it does wash off nearly all the pesticides. We bring a bottle of veggie wash everywhere we travel along with our 3HP blender. Don't leave home without it!

### **Certain Things MUST be Organic**

Porous fruits, like strawberries, must be organic at all times. Veggie wash will not help in these instances and their toxic load is too heavy to be worth eating non-organic. Porous fruits have tiny holes on the surface without a membrane to protect them. They absorb the pesticides deep into their flesh. Cleaning the surface of a fruit with veggie wash works great for corn, blueberries etc. because the outer membrane prevents the fruit from absorbing too many pesticides, washing off easily. The most heavily sprayed with pesticides: Apples, Bell peppers, Celery, Cherries, Cucumbers, Grapes, Lettuce, Peaches, Pears, Spinach, Strawberries and Tomatoes.

### **The Immune System's Fierce Army**

The only permanent cure for disease is your body's immune system. With four lines of defense, your immune system can handle ANY challenge it is given when it is strong enough. Your immune system is like an army. The killer T-cells are shown attacking a cancer cell. They drop "grenades" dissolving the enemy away but this army needs ammunition. The macrophages have tentacles and actually "lasso" the viruses & fungi bringing them up inside them where they are vaporized on the spot. But these commando solders require fuel, or else they have no power to work for you. Helper T-cells ingest their enemy whole (if they are well taken care of) with a particular type of nourishment. Natural killer cells "photograph" the enemy so the next time they show their face your entire immune system knows to kill them on the spot, but only if they are activated. I think you know where this is leading. God has given you a powerful immune system that is strong enough to overcome ANY disease. In order to activate our immune system we need to give it a particular food that it LOVES with a capital L. Can we say it together? Phy-to-chem-icals.

### **Things that Weaken Your Immune System**

#### **Incorrect Attitude**

- 1) Relying on others for your health
- 2) Looking for quick fix mentality
- 3) Lack of faith in body's healing ability

#### **Vaccination—Flu Shot—Antibiotics**

- 1) Immune system protects better than vaccine
- 2) Vaccine Thimerosal contain aluminum & mercury
- 3) Antibiotics only for emergency (ask your Doctor)

### **Lifestyle Choices**

- 1) Too much stress
- 2) Excessive negative emotion
- 3) Staying up late past the pineal gland's rejuvenating hours (10PM to 2AM)
- 4) Sedentary lifestyle without enough exercise
- 5) Imbalanced intestinal flora
- 6) Poor diet lacking phytochemicals weakens immune system

### **Your are Healthier with a Loving Partner**

Research studies prove that love boosts our immune system. When we stay alone our energy is unbalanced. If you're single we recommend that you find a partner. Don't stay alone. When the energy of a man and woman connect there's a meeting of Yin and Yang energy. This synergy forms a powerful mix to improve your health. Studies worldwide have unequivocally proven that people in relationships are healthier. Holding hands is a merging of Yin and Yang energy. When we share and receive love many chemicals in the brain are activated allowing our overall energy to grow stronger. If you are healing a disease be sure to spend time holding hands with your partner as part of your healing regimen. This really adds power.

### **Never Retire - Find A Purpose**

Research studies show that people who work are healthier (in the same age bracket) than retired folk. Giving a purpose to your life will have a profound effect on your immune system. When you tell your subconscious that your purpose is now to retire" it sets in a negative response for your immune system. Retired people often isolate themselves from society. We all need a reason to keep on ticking. If you're retired, you have to find meaning in your daily tasks and a good way is to be involved in helping others.

### **Everybody is able to Renew!!!**

My 91-year-old grandfather used to drink smoothies everyday without fail. He had been through 3 triple bypasses before the Food-Healing intervention, but whenever I asked him, "How ya doing grandpa?" He laughed with a smile and said, "I'm liable to make it!" He maintained his positive attitude during all health challenges even when the doctors were convinced he was done for. My grandfather outlived their predications so many times and the last 5 years of his life were enjoyable years. Never give up! Whether you are 20 or 30, 80 or 90, everybody is able to renew. I have seen lots of people in their 80's and 90's successfully implement the food healing principles into their life. You're never too old to- learn a new trick. Keep moving forward and don't look back.

### **Tree Yielding Seeds and Cyanide-God's Food *Healing Promise***

All seeds from fruit contain trace amounts of a cyanide derivative. This cyanide derivative is not the same kind that kills people. It actually turns into "hydrogen cyanide" inside your body. This compound kills the enemy (cancer cells, fungi, bacteria, virus etc) without killing your healthy cells. Fear has kept our diet incomplete all these years. Whenever someone asks me about this cyanide I respond by saying, "God would not put a substance that can kill you inside of an Apple Seed! There are various types of cyanide with different molecular structures." All the cyanide that is found within 'tree-yielding seeds' of fruits can be taken safely in the proper ratios. For example you can eat the sees of the apple, but don't extract the seeds from 50 apples and put that into the blender. Overall, the Cyanide found in these Tree Yielding Fruit Seeds is tremendously beneficial for health and is highest in phytochemicals. You can bet this is a CORE part of this system.

### **Medical Miracles &The Immune System**

Medical miracles happen all the time and doctors scratch their heads wondering how this person's condition healed. Perhaps it was due to prayer, a special healing, maybe they believed keeping faith they would heal or a made firm decision to express love and no longer be angry. Whatever the cause; you can "bet the farm" these amazing miracle healings happen because "something" hyper-activated the immune system for that person. Your body is designed by God! Use your mind! Realize there is a fierce army inside you now that you are committed to eating the right way! You will now feed this army what it wants so that it can fight on your behalf. In addition to the high-phytochemical diet that you will be eating (and loving) you are also committed to avoid foods that weaken the immune system. If you are fighting a disease this is required. However, if you are healthy then it is ok to digress on special occasions again returning to the Qi-rich, high Phytochemical diet. In the following section we discuss what foods to avoid so that your immune system army can do its best for you.

### **The 7 Primary Herbs of our Food-Healing System**

Herbs contain more phytochemicals than vegetables and are a very important part of this system. We advise that you prepare all your meals with as many of these 7 herbs as possible. Each one is special with different healing properties, but they are ALL highly beneficial for healing and not one of them is harmful in any way. I refer to them as the "*7'PrimaryHerbs*" because they are the ones that can be found anywhere and eaten readily in your foods and smoothies. The more the better. When you have a salad be sure to add fresh Cilantro, Basil and Mint. Cooking a

gourmet soup? It can benefit from lots of healing Garlic, Ginger, Rosemary and Turmeric. The more of these herbs you eat regularly, the better your health will be. Be sure to reference which ones are best for you and use them even more often. The best is when you grow them yourself.

### **How much Smoothie is Right for you?**

After sharing this food healing system with tens of thousands of people since 2004, I've observed that each person's body reacts differently to the ingestion of the smoothies mentioned in this book. Most will experience profound change after drinking smoothies for only 3 days!! Clearer skin is the first benefit most notice. Skin is the reflection of the blood. Eyes become whiter. Appetite calms down because of the nutrition in the smoothies. Overall, the effects are nothing short of miraculous. When a disease is present there can be many factors that determine what will effectively allow the person's body to heal. This book does its best to recommend foods and herbs that have helped people reverse many diseases. This book is written from the mind-state that what works for a person with diabetes will also work for another person with the same disease. In many ways it is true. Many diabetic individuals, who follow the protocol outlined in this book for diabetics, will witness their blood sugar balance itself naturally. Yet, a disease does not identify the individual, it identifies a health problem. There are individual factors that govern ones response to the smoothies. Because they are micronized, even those who have difficulty with raw foods can digest smoothies. To be honest there are a lot of people, myself included, who are not fond of eating tons of raw food. I myself prefer to have only 50% of my diet come from raw sources. To this day I am fond of Indian vegetarian cuisine and believe in its ability to stimulate the digestive fire. Sometimes I enjoy honey miso salmon. People who are overweight almost always have a strong digestive fire. Their digestion is so effective that they are absorbing nearly everything, hence the overweight state they find themselves in. This type of constitution will respond "ultra-favorable" to raw foods and I frequently tell people who are overweight to drink smoothies 20-60 ounces per day. Others have a weaker digestive fire. They tend to be on the very thin side. Those who are "noticeably underweight" usually don't get high absorption values from their food. More than anything else/ this program must not put out one's digestive fire. In small numbers of people I saw where "living on smoothie" put out people's digestive fire and I advised them to cut back to only one 20 ounce serving of smoothie each day instead of 40 ounces. In rare cases people may get constipated or have diarrhea, which is not from the smoothies, but a lack of friendly bacteria in the gut and often parasites. Follow the advice in the section on digestive diseases and it will be impossible to remain constipated or have diarrhea. Parasites are usually to blame for diarrhea and lack of good bacteria are to blame for constipation. This is easily remedied. I believe the way to benefit the most from drinking high phytochemical smoothies is to do it with the awareness of your body's individuality. Most will find, as I did, that they are having the biggest and best bowel movements of their life! Depending on what health challenges you face, you can drink the recommended amount stated in this book. Each serving of smoothie is approximately 20 ounces. For people who are presently healthy I recommend 1 to 2 such servings each day.

### **Timesaving Secrets for Smoothie Everyday**

The good life is created by living with healthy routines. We wake up, brush our teeth, shower and leave for work. At a certain time we begin working and then we retire for the evening. The sun rises and sets and there are only so many hours in the day. Each hour is precious. I know most of you are super busy and therefore you will be looking for ways to save time. Doing smoothies doesn't have to preoccupy your life. In fact, it can be the fastest part of your morning. When you get home from the grocery store pre-bag the contents of smoothies for 4-days. This saves you a lot of time!! It takes about 20 minutes. Don't cut the apples, avocados or limes. Don't injure the produce. It needs to stay alive in the bags for many days. Simply having the foods pre-bagged makes it super fast. With time saving measures your important life-giving smoothie ritual takes only 5-10 minutes each morning. I recommend using the green "stay fresh longer" bags available in Whole foods' produce department.

### **Eating REAL Meals that Satisfy - Seafood in the Bamboo Steamer**

Fatty fish like salmon and trout are essential in my opinion. Including them in my diet assists in me in maintaining a fit, muscular body. Part of my advanced exercise program calls for 100 pushups on the fists without stopping. We require good fat and protein in order to keep muscle and to be grounded in society. Even though the high-phytochemical diet does not require meat to be strong, we do emphasize eating a lot of omega-3 DHA rich seafood. If you are vegetarian, please forgive me and simply use what feels right to you. Whole foods' farm raised salmon and trout are harvested under the cleanest conditions and have very low mercury even though its farm raised. I frequently bring home filets of rainbow trout or salmon with huge stripes of fat, which is very rich in DHA. The body to create hormone-like substances uses this fish fat. Fatty fish is a top "Jing-tonic" and the Japanese know this. Preparing seafood is an art. My favorite way to prepare sweet potatoes, fish and vegetables is in the bamboo steamer (pictured below). It is the cleanest way to prepare fish with no free radicals. When fish is baked or grilled it carries free radicals from being burned, but the steamer is different. It is the preferred method of cooking on this system because there are



literally no free radicals created. Below is a recipe for dill-seasoned trout, drizzled with a sesame oil vinegar after its done cooking. The taste of the dill, brown rice vinegar, cilantro and sesame oil all make this dish magnificent.

### **Bamboo Steamer Recipe: Amazing Dill Rainbow Trout**

Wooden steamer sits on top of a large pot. Steam rises out the pot and passes through the bamboo steamer cooking the food. In the pot of water place 3 cloves of garlic, 1 inch of finely sliced ginger, sliced onion, peppercorns and sea salt. Bring to a boil. Lower heat and place steamer pot on top. Inside the steamer layer both levels of the steamer with washed cabbage leaves. Leave some of the holes on the steamer uncovered so the steam can rise up. The cabbage simply provides a "place mat" for the fish or vegetables to sit on. on the bottom layer: Place cabbage leaves with trout fillets wrapped in fresh dill, skin facing up. on the top layer: Sliced orange bell peppers for eyes, asparagus for detoxification, and sliced green onions for the immune system. Close the lid. Cook 10 minutes. Longer with thicker fillets. It is all about the sauce. Combine; sesame oil, lime juice, cilantro, sea salt, and brown rice vinegar. After everything is done cooking, drizzle generously.

### **Morning Tonic & Tea Ritual**

Before drinking smoothie 5 minutes after first waking up, I recommend something we call, "The Morning Tonic". It's a time saver for busy people to take the world's most powerful digestive probiotic, endocrine enhancing herbs & cardiovascular boosting mushroom in one single shot.

- Step #1: Take 4 ounces of water in a tall glass
- Step #2: Add One 2.7 oz Good Belly Big Shot (*see probiotics*)
- Step #3: Add 1-3 squirts of Wild Red Reishi (*see Reishi*)
- Step #4: Add 1-3 squirts of Ginseng Sublime (*see ginseng*)
- Step #5: Add 1 Tablespoon of Maca Powder (*see maca*)
- Step #6: Stir well and drink it all on the spot

Immediately following your morning tonic I highly recommend the following sequence:

- (1) Drink 1-3 cups of hot water, green tea, or yerba mate while sitting in a relaxed posture
- (2) Use bathroom to have a big-huge bowel movement/continue drinking tea until bowel movement
- (3) Take a shower using an exfoliating scrub brush with natural soap and shampoo
- (4) Blend up a delicious high-phytochemical smoothie and drink 10 oz on the spot
- (5) Practice Qigong for 40-60 minutes
- (6) Drink another 15-20 oz of smoothie right after practicing Qigong
- (7) Start your day full of Qi and vitality

### **Time Expand to Meet Our Needs**

If you are a busy person you simply must create time in your morning to follow this system. Ideally, this means practicing both Qigong & Food-Healing. For some people merely waking up early is a life-changing and profound shift. Giving yourself time in the morning is the secret of life. Try waking at 6am each morning and go to sleep between 10-11pm. This gives plenty of time to take a morning tonic, enjoy tea, shower, drink smoothie & practice Qigong before starting your day. Improving the energy flow within your body is priceless, enjoyable and mandatory if you are on a healing journey. It is important to strengthen your life force energy and immune system on a daily basis. Qigong deals directly with the energy of life and offers very noticeable health benefits if practiced regularly.

*Busy people working by 9:00am are advised to WAKE no later than 6:00am*

Imagine if every morning began with an endocrine boosting probiotics herbal morning tonic, a relaxing cup of yerba mate tea, a big-huge bowel movement, a shower with exfoliating skin brushing, 30 ounces of high-phytochemical smoothie down the hatch and 40 minutes of Qigong practice! ALL BY 8AM! The herbs and probiotics are taken on an empty stomach. Yerba mate tea or hot water cleanses the kidneys and stimulates a big huge bowel movement once your intestinal flora has been restored. This ensures good internal hygiene. Drinking only 10 ounces of smoothie before Qigong practice is enough to hold you through the routine and keep you feeling light. After practicing you'll be hungry to down another 20 ounces. This is the best routine I have ever created for myself and I encourage you to use it.

## **Section 2: Food that Block healing and your Body's Immune System**

### **Taste & The Foods We Love**

My 9 year old has a palate that is so predictable. Everything is based on texture. He loves sweet things like berries, apples, and candy, which he gets at school and from friends. Even stranger is that since he was 2 years old he sucks on lemons... literally he sticks sliced lemon wedges in his mouth making a squirming face. He can eat 4 or more pieces without a hitch. Anything bitter he refuses. I think he is like most people in this sense. When you ask him what his favorite food is he'll tell you, "Chicken Fingers"! Every time across the board most kids LOVE the crunchy texture. In fact... so do most adults. That's why he also loves cucumbers & green beans—they're crunchy. After you grow up and learn that certain foods actually create free radicals and aging, prevent the immune system from

attacking cancer, and clog up the arteries you begin to switch priorities from what you think tastes the best into what tastes great, but does not harm to your precious body. I strongly feel it is easy to follow this program while enjoying great tasting foods. If you have been following a standard American diet, you may cringe when I inform you certain foods are to be eaten only on special occasions, or if fighting a specific disease; never again.

### **Giving Up Bad Foods = MEGA IMPORTANT**

No food or dinning experience is worth landing in the hospital. This section of the book highlights all the foods and modes of cooking that take away your healing power. I learned a long time ago from watching really sick people, I didn't miss pizza and ice cream. When you see people dying in the hospital (and you know that food holds the key) you stop caring whether or not you are getting desert. Hopefully your health is a much bigger priority to you than your taste buds. My 9-year-old son is learning this, he can tell you what is healthy or not. I love to eat and will teach you about foods that taste awesome and will actually super charge your immune power with phytochemicals. To start we must learn all foods that you will be eliminating or greatly reducing.

### **Alternatives to Health Destroying Foods**

After years of giving nutritional consultations to my Qigong students, I realized that food-based healing was much easier to implement after I began giving them alternatives to foods they were missing. Let's get this out of the way now; I give my pledge that every food we ask you to avoid has an equal or better tasting alternative to replace it. In no time at all you will be able to prepare food, in the correct manner, to saturate your body with life giving phytochemicals. I invite you now to see the types of food we are letting go of.

### **Bread, Flour and Pastry Items**

Eating products with flour containing foods often can create poor thyroid function, slower metabolism, and a declining immune system. If you have any endocrine related problems I recommend you give up all flour containing foods 100%. For people without any health problems we recommend saving bread for special occasions only. The ancient Egyptians used to make glue by mixing flour with water and stirring it under heat. This is a food to avoid. The whiter the bread... the sooner you're dead.

### **Thyroid & Endocrine Problems**

Currently, there is an epidemic of thyroid problems in the USA. Most bread (except sprouted, flourless breads) use bromide. It is used to treat the flour. The significance here lies in that bromide and iodine are almost identical from a molecular standpoint. Their structure is close enough that bromide can occupy the receptor sites for iodine in the thyroid gland. Iodine is an essential compound for life. It is the primary fuel for the thyroid gland. When we consume bromide from flour products their structure so closely resembles that of iodine that it occupies the receptor site in the thyroid gland. Iodine is like a spark plug that ignites an engine. If receptor sites in the thyroid are occupied by false iodine, even an adequate supply of iodine won't be absorbed. Floury and doughy foods (like pizza) are among the worst of all foods. Sprouted Bread comes from grains that have been germinated and (Mowed to sprout green buds. The seeds are then crushed into flour for making this tasty delicious bread.

### **Alternative - Sprouted Bread**

Sprouted bread rocks! For me, it is a very enjoyable part of my diet. I like to make raw walnut butter sandwiches with Manuka honey slathered in between two slices of sprouted grain bread. On some days I make avocado and watercress sandwiches with Veganaise on a warm piece of toast. Did you say toast? I highly recommend that whatever bread you eat - you toast it. This may seem ultra contradictory when you see my views on cooking methods, but consider the facts. The carbohydrates in doughy bread are difficult to digest and are far worse in a doughy state than cooked. Lightly toasting bread makes it more digestible. Toasted sprouted bread fills you up and satisfies a protein craving. Its great for oysters, sardines, organic eggs and provides a great medium of fiber to help form big huge bowel movements (BHBM). This type of bread has no bromide or yeast. It will not form the same sticky glue inside you that other bread can and is actually more nutritious because it is made of "sprouted wheat berries". People with Cancer & Diabetes are forbidden ANY bread, including the sprouted breads.

### **Hydrogenated Oils - Read the Label**

Many packaged foods will contain hydrogenated oils to enhance shelf life. Margarine is made from vegetable oil that is infused with hydrogen gas. When this occurs the oil becomes solid like a stick of butter, but its not butter. You'll wish it was. The result is that it will not go rancid as easily. Products can be kept on the shelf longer and profits increased. Hydrogenated oils cause clogged arteries, disease, and death. They're banned in many countries and Arnold Schwarzenegger, the California governor, just signed a bill attempting to ban them in his state. As of 2011, they're still in the foods you see at the gas station. If you want to understand all the details about how dietary fat works in your body, I have summarized hundreds of pages down into 5 clear and moderately easy to understand pages. The truth is saturated fat isn't always bad and vegetable oils... we'll those aren't always good. Fat is the most commonly misunderstood part of the human diet, (see fatty acid appendix) Canola Oil A.K.A. Rapeseed Oil

Contrary to popular belief, canola oil is in no way related to corn. Its genetically engineered rapeseed oil. The word "rape" is exactly what it does to the human body. Unfortunately, most people are unaware of how toxic canola oil is and therefore, it is in many health foods. It is very inexpensive to grow, because insects will not eat it. Canola's oil content is over 60% "Erucic Acid", which is a super toxic monounsaturated fat. It is the source of mustard gas, which blisters skin on contact. Canola oil used in the food industry has been genetically modified to include only 1% or less Erucic acid. There is no such thing as non-GMO canola oil! And for the record... 1% erucic acid is still too much and quite toxic. Canola oil is the single most toxic of all plant oils. Farmers love to grow it because it is itself an insecticide preventing any bugs from coming near it. Can you believe that canola oil is in SO MANY THINGS and people have not wised up about it? When canola oil is given to rats they develop fatty degeneration of heart, kidneys, adrenals, and thyroid gland. When Canola oil was withdrawn from the rat's diet these fatty deposits went away [3]. In humans it has been linked with increased incidence of heart disease and cancer. Unfortunately, canola oil is in many health foods, so it is best to read labels.

### **Cold Cuts - Nitrates & Cancer**

Nitrates are another nasty part of American diet linked to causing many types of cancer. They are mostly found in cold processed meats, like turkey sandwiches sold at the airport. Stay away from any meats that have been processed or were not cooked within the fast 30 minutes. We're not even talking whether hormones and antibiotics taint the meat. Just the preservatives used to keep the meat fresh are enough to make you sick. Even cold cuts of turkey are to be avoided. My rule is that meats of any kind should be served warm to kill all the bacteria. No cold meats with preservatives. Meat isn't the worst -Tainted Meat Is-The tag on the left is slow release androgen and the tag on the right is slow release estrogen. Cows today are not what they used to be! For a long time I did not want to think about this information, even though I knew it. Many of us are used to going out to a restaurant, ordering from the menu without much thought about the food's origin. But if you plan on living a long healthy life in modern times, that needs to end. The body will do well with some meat if it is all natural, organic and free range. People without a specific disease which calls for giving up all meat, can have organic free range meat once a week or less on this program. We should get most of our protein from seafood and other sources mentioned later. I seldom eat beef, because I know seafood is where the good stuff is. Overall, we aren't writing this warning about pure organic meat, but about the vastly tainted supply of meat. Give it up.

### **Chicken must be Organic-Free Range**

With poultry, up to 80,000 birds may be packed into one warehouse and fed "Commercial Feed", which contains numerous hormone-disrupting toxins. Feed also includes antibiotics and drugs to combat the diseases that become prevalent when so many animals are housed together. "Natural Chickens" can legally be fed commercial feed, which is really bad stuff. Only "Organic" means chicken is free of antibiotics and drugs. When dining out I recommend ordering vegetarian or low mercury types of seafood. If you have any of the diseases listed in this book you should entirely avoid chicken and beef until your body has healed itself. These foods produce an acidic PH and require a lot of energy for your body to digest. Besides, you are what you eat.

### **Children are the Biggest Victims**

In some cases, little girls are starting their menses at age 7! More common are the little boys who have developed breasts. This may make you laugh at first, but for these children it is truly sad. It demonstrates the toxic load of the unnatural world they will inherit. Hormones and antibiotics in our meat and milk are causing huge 'growth abnormalities in our children. This is not from calories! These kinds of growth abnormalities are from the hormone-laden food they are serving in kid's schools and hang out spots. If you care about the future of your child's health, I recommend you have a real heart to heart discussion about how much it sucks to get sick. Your kids will listen to your guidelines if you give them the reason something is bad. If you like beef or chicken I highly recommend buying only "organic". Be warned that a product labeled "natural" is not legally bound to forbid the use of antibiotics and hormones in the feed of these animals. I do not judge you if you like meat and chicken fried steak. We can still hang out and celebrate our oneness, even if you just ate a taco bell gordita. Just be aware, things are not what they seem with our meat and chicken supply. While the practice of adding aluminum to cheese to increase its creaminess is banned in Europe, our florescent yellow American cheese packs seriously high aluminum levels.

### **Don't Say Cheese!**

Aluminum is legally allowed to be used in the production most cheese labeled "American Cheese". McDonalds' requests the FDA to increase the amount permissible by law to include in its cheese production. A lot of cheese made in the United States has added aluminum to make it taste creamier. Unless it is organic you don't know. In Europe this practice is banned entirely. Many Europeans love America cheese and favor it over their own. This is because ours taste creamier. Aluminum is correlated with a long list of chronic diseases such as Alzheimer's and autism. For this reason we recommend avoiding all cheese that is not clearly organic. Bu to be perfectly honest, I rate cheese as single worst food for heart disease, worse than bacon and beef combined. It is very difficult to digest and clogs the arteries

worse than any food. The creamiest cheese on Earth (left) looks awful, but I must admit those other two seem natural enough and probably would go good with some carrot sticks. Then my brain kicks in and I realize that no food is worth getting clogged arteries and calcium deposits. If you plan to follow a healing lifestyle save cheese for special occasions, but if you have ANY health challenges - cut it out entirely. Cheese triumphs as the single most constipating food. When placed on doughy bread (pizza) it becomes the all-time most unhealthy food.

### **Milk doesn't do a Body Good**

We can attribute cow's milk to nearly every disease. Even if you have fresh, organic raw milk straight off the farm I still say to use cows milk in real moderation. In China, the women never get hot flashes, because they don't have milk. In Africa, the women seldom get osteoporosis, because they don't have milk. Want more reasons to give up milk? Allergies, insulin dependant diabetes, endocrine imbalances, thyroid issues, digestive problems, and a whole lot of diseases can be attributed to cow's milk. If you want a healthy alternative, goats milk is exceptionally similar to human milk and has some health benefits, but by and large the calcium in dairy causes more problems than its worth, (see heart disease & osteoporosis for details) I have observed a new trend of young boys ending up with enlarged breasts. This is due to the sensitive, hormonal system a child has. Overall milk is full of reasons to avoid it—even if it's organic and can be proven free of hormones. This milk is designed by God to bring a baby cow to weigh over 500 pounds! Milk will produce taller children because it is rich in nutrition, but there are too many side effects. The osteoblasts that put the calcium into the bone get burned out on a high calcium diet. Studies show that] the cultures with the highest calcium diets also have the highest osteoporosis rates.

### **Peanuts and the Fungus A flat ox in**

Aflatoxin is considered a cancer causing substance in humans and animals by both the FDA and World Health authorities. The most common way most people get aflatoxin in their diets is through peanut butter. Except in extreme cases, this highly toxic mold is invisible to the naked eye. No practical way exists to get it out and usually "organic" or "natural" peanut butters will have the highest aflatoxin concentration. Typically the highest concentration of all will be the stuff you buy in the store where they take peanuts and grind them into peanut butter for you while you wait. Although the USDA and FDA have rules regulating of the amount of aflatoxin allowed to reach consumers, there is no measure of it after they hit the stores. Peanuts can be sitting on the shelves at the store for weeks or months at room temperature, building up the toxin. OSHA takes the aflatoxin threat seriously. They actually require workers dealing with large quantities of peanuts to wear facial masks so they don't breathe in too much mold! Statistically two tablespoons of peanut butter a day produce a higher risk of death than living next to a nuclear power plant. If you're looking for an alternative to peanut butter try almond butter, or walnut butter, which contain no aflatoxin. Almond butter is far more nutritious and you can rest easy knowing it is healthy. My favorite is walnut butter (see walnut).

### **Bananas - Causing All Kinds of Problems**

All of God's creations serve a purpose. Bananas are native to areas where the temperature is extremely hot. They bring an "extreme yin" damp energy into the body. Their glycemic index is off the chart, meaning they are instantly creating a rapid raise in blood sugar making the pancreas work overtime. Anyone with a weight problem is totally forbidden to eat them. But its not only weight or blood sugar that makes the banana so bad. Simply taking bananas out of their diet has cured many asthmatics. My teachers have told me many stories of this. Bananas are so yin that the vast majority of people are best to avoid them. There are hundreds of other fruits that are far better anyway. Kiwi and avocado have way more potassium than banana.

### **Soy ~The Bean of Deception**

Soybeans are America's 3rd largest crop supplying more than 50% of the world's demand. There is a major marketing force heralding soy as a "health food". But this is not the case as soy contains several dangerous substances. The first is phytic acid, which is present in the hulls of all seeds and legumes, but none have the high level of phytates the soybeans have. These phytic acids block the body's uptake of essential minerals like calcium, magnesium, iron & especially zinc. Adding to the high phytic acid problem, soybeans are highly resistant to phytic reducing techniques, such as slow cooking. Only after long periods of fermentation are the phytic acid "anti-nutrient" levels of soybeans reduced, allowing their nourishment to become available to the human digestive system. Natto, miso and tempeh are fermented and thus are allowed as part of this Food-Healing System. People currently believe soy and soybean oil to be healthy, but they are highly destructive to the thyroid and endocrine system. When healthy people without any previous thyroid disease were fed 30 grams of pickled soybeans daily for one month, "Pubmed gov" reported goiter & elevated individual thyroid stimulating hormone (TSH) levels in 37 healthy adults [4]. One month after ceasing soybean consumption, individual TSH values decreased to the original levels and goiters were reduced in size. With epidemic levels of hypothyroidism appearing in Western culture I recommend avoiding soy unless it is fermented. Natto is the only use of the soybean I recommend. It helps to reverse osteoporosis. (see *natto*)

### **Soy Estrogen, Allergies & Babies**

Babies should not be drinking soy and the reason is obvious. Soy acts like a hormone in the body. When a small child begins taking in large amounts of photo-estrogens (there is a great quantity in just 1 cup of soymilk) we risk the chance of upsetting their delicate endocrine balance. In fact, men should not take soymilk with any regularity. There are a lot of studies being done on soy that promote the value of soy as a healing food, but this is only for people who are needing more estrogen such as a menopausal woman. But even woman should be wary of unfermented soy. Soy that is not fermented has been known to cause severe allergies, heart palpitations, & indigestion (probably because of the enzyme inhibitors). If you are going to eat unfermented soy, do so in moderation. Baby Infants who are fed Soy Formula receive a dose of estrogen equivalent to several Birth Control Pills each day [5]

### **Brown & Wild Rice vs. White Rice**

The practice of polishing grains did not exist until modern times. With the advent of the industrial revolution, the wealthy class desired these softer and more refined grains. Originally they were very expensive and viewed as a luxury. The grains were in essence "polished" and required more labor to produce than their brown counterparts. That is why we find it interesting that today, in modern times, brown rice is actually more expensive than white rice! What happened? Why is the brown rice more expensive now if it requires less labor? Because they sell the rice bran to nutrition companies who make supplements. After all the nutrition has been removed (and sold) all that is left is the endosperm (starch) of the rice. The left over white rice is sold for less money. We enjoy wild rice, brown rice and the occasional white rice. If you have a choice we recommend selecting brown rice. Not everyone is allowed rice on this food healing system. For those with digestive problems it can create constipation. People with diabetes or cancer are forbidden all rice. Anyone with a serious health problem should save white rice for very limited occasions. View white rice as you would view sugar. Many people cannot tolerate brown rice as it can be difficult to digest. White jasmine is nutritious and the only "naturally occurring" white rice - acceptable for people in good health. In general we do not advise eating rice on a routine basis, unless its brown rice and the person has good digestion. Beans & root vegetables are better starch sources with lower glycemic index for diabetics and people wanting to lose weight

### **Potato Belongs in the Ground**

Americans eat more potato than any other vegetable! This is not surprising with huge percentage of the population getting diabetes. White potatoes are like white sugar and white bread. They spike blood sugar and are a "high-glycemic-index" food. Such foods raise bad triglycerides and depress good HDL cholesterol, boosting the risk of heart attack. This is especially true in people with insulin resistance, which some studies show, is up to 1/4th of the population. Two recent Harvard studies found high potato consumption raised the odds of developing type 2 diabetes. Unlike other vegetables, potatoes are not high in phytochemicals. View potatoes as you do candy, cookies and processed desserts, they are not part of the Food-Healing System. However, the "sweet potato" is a tremendously healing food and highly recommended.

### **Bottled Juice - Blood Sugar Nightmare**

Juice is not a complete food and commercial juices like orange juice, apple, grape or whatever kind of juice, have all been pasteurized and processed to the point of having little nutritional value. Aside from special juices that have medicinal value, all commercially produced juice is forbidden in this program. Why? Because God did not intend for your blood sugar to surge like a rocket into outer space! When we drink a glass of commercially processed juice our blood sugar skyrockets. Even though juice is healthier than soda (like that's difficult) it still is not good stuff. Juice leads to raised triglycerides and type 2 diabetes big-time. Occasionally you can have some juice on special instances if you are without a healing crisis, but having it your fridge all the time should end now. Juice is not part of any legitimate healing program where the emphasis is on restoring the body's healing power. In the long run juice will create health problems so we ask you to give it up, except on special occasions.

### **Juicing is good only for special purposes**

Knowing that the vast majority phytochemicals dwell in the fiber skin, seeds, rinds, and stems of all fruits & vegetables do you still want to use a juicer? One of my teachers once made an interesting observation that people who drink raw, organic vegetable juice for decades do not look healthy! You would think they would! But I know he was right with what he saw. Those who juice have simply been misinformed. The blood sugar spike is the same for organic carrot juice as it is for pasteurized orange juice from the grocery store. When you use a 3 horsepower blender all that changes. The blades masticate the fibers to a micron level (so it is not too thick to drink). This creates a delicious "smoothie" that will not spike your blood sugar into outer space. Also, you will be getting the complete nutrition God had intended for you.

### **There are three special purposes for which a juicer is sometimes called for:**

- 1) We do use a citrus juicer for the liver gallbladder flush, which is an amazing healing cleanse.
  - 2) We do use a juicer for making 16 ounces of purple cabbage juice for people with ulcers.
- It would be impossible to get the amount of glutamine required to repair intestinal lining otherwise

3) In rare cases, some people with IBS do not tolerate the fiber in smoothies until they improve. For short-term use it is acceptable to use a juicer until the problem is resolved, using the protocol outlined for IBS. Many people with IBS respond positively to smoothies right away.

\*Please note that I much prefer "smoothie fasting" to juice fasting because it produces big huge bowel movements and is more natural, while juice fasting requires herbs and T supplemental fiber.

#### **Soda & Diet Soda - The Great Poison of the Day**

The average American drinks more than 53 gallons of carbonated soft drinks each year, more than any other beverage, including milk, beer, coffee or water. I realize that you already know soda is bad. But, the fact is so many people drink diet soda that it deserves mentioning anyway. Just how many people drink soda? In 1980, Coca Cola determined that 20% of the country drank several cans of diet soda per day. This was before they took over the vast majority of the diet soda market, driving numbers way above 20%. John Edwards, failed presidential candidate, was known to drink as many as 10 diet cokes while campaigning each day! The active ingredient in cola beverages is phosphoric acid, in addition to carbonic acid, which together forms a nice "rust cleaning" pH of 2.8. It takes 32 glasses of water at 7.0 PH to neutralize one glass of cola. Diet cola is no better. Your body believes it is starving because of the empty calories, so in response the body holds on to calories and converts more to fat to compensate. Want to gain weight? Drink diet soda. All diseases thrive in acidic environment. Your blood PH must remain precisely at 7.4 or you will die in a few minutes. So why aren't all the diet soda drinkers passed on yet? The body has an intelligence. In order to maintain that ideal range for the blood PH of 7.4, our bodies will leach calcium (which is alkaline) right out of our bones and teeth to correct an overly acidic condition. Can you say osteoporosis? How does it do this? Our parathyroid glands put out PTH whenever our blood calcium level gets too low or when we become overly acidic. When that happens, PTH triggers release of calcium from our bones in order to boost our blood level back up to normal. However, if there is too much PTH released from our parathyroid glands, we may end up removing too much calcium from our bones and leaving too much in our blood, compromising both our cardiovascular and bone health.

#### **Barbeque, Grilling With Veggie Oils and Cancer -3 things you don't want.**

The carcinogen load from BBQ & grilled foods is absolutely astounding! Why are so many American people getting lung cancer even though they don't smoke or drink alcohol? It is possible America's love of barbeque is to blame. In Texas every year I teach a room of 700 people about Food-Healing and reversing disease naturally. Everything is always smooth — until I tell them about BBQ! At first a hush moves over the crowd. A few screams of fear erupt. Then logical thinking kicks in and a denial process begins. I love picnics and family events. It's just that BBQ is surly the most toxic way of cooking. We've been doing variations of BBQ for thousands of years, so why is it that no one else is saying this? Medical journals are saying this. The obvious protest that many give is that they use a "gas grill" without any fumes from charcoal, however that is not the main reason grilling and BBQ causes cancer. The Journal Science reports: 1 piece of BBQ NY Steak had the same carcinogen count as continuously smoking 600 Cigarettes! [7] The burnt edges of meats and vegetables are highly toxic. It does not matter if it's a gas grill. Scientific studies are showing the same amount of carcinogens in 600 cigarettes can be found in 1 BBQ steak!! This places a severe warning against eating any barbeque foods, even in moderation. If you're presently healthy, which is to say without any health challenges, then the "bad foods" listed in section 2 of this book could probably be eaten on special occasions. Yet, I do not feel that way about BBQ. This cultural icon is SO TOXIC that I won't even say its okay for special occasions. 600 cigarettes is like smoking 1 pack everyday for a month! Is BBQ worth it? Nope. Luckily, I am not asking you to be vegetarian or even give up steak if you want it that badly. Just change the way you cook it. "Fire or Hot Metal" directly touching the food without the presence of liquid or oil will burn the meat or vegetables and creates cancer-causing free radicals. Baking in the oven, stir-frying on top of the stove are considered acceptable forms of cooking if you use butter or coconut oil to cook with. Cooking with olive oil in the pan is also going to create an abundance of free radicals! This is because olive oil is not suitable for cooking with, (see appendix for more details about fatty acids) When I prepare seafood, vegetables, rice and mushrooms I steam them in a bamboo steamer or sauté them at a low heat in a frying pan and only using either butter or coconut oil. The center picture shows a beef stew (which I seldom eat) and this would be the ideal way to eat all meat. It gets cooked in a pot of water and this softens the meat making it more digestible and with no burnt parts.

### **Section 3: Foods, Tonic Herbs & Medicinal Mushrooms frequently used in this system.**

#### **The Antioxidant Powerhouse**

Pronounced "ah-sigh-ee", these berries have the highest antioxidant food value currently known. Native to Brazil, these berries have been studied and observed to be an effective COX-2 inhibitor and anti-inflammatory, according to a study performed in April 2006 in Gainesville Florida [a]. Also noteworthy is that in January 2006 the Journal of Agricultural and Food Chemistry, published a study that showed extracts from Acai Berries triggered a self destruct response in up to 86 percent of leukemia cells tested, said Stephen Talcott, an assistant professor with the University of Florida's Institute of Food & Agricultural Sciences [9]. Everyone can take acai berry into their daily plan, even

diabetics and cancer patients, because acai has no sugar content. Acai berries have 10 times the antioxidants as grapes and 2 times more than blueberry. It is said that they help lower cholesterol because of their fatty acid profile, but research is still not conclusive as of now. There is a lot of hype currently surrounding acai berries. Multi-level marketing companies sprung up overnight to sell their "most potent" version of the product. Please Realize that no single food is the magic bullet, but I'm excited about the research and I highly recommend "Pure Acai Without Sugar". Many of the Acai extracts and powders I have seen are diluted and cut with sugar or soy lecithin. Many extracts that are not made with high quality standards will lose co-factors and the "whole plant effect". The powder must be delicately processed using a non-thermal drying process to protect the integrity of the molecular structure. At heart I'm a purist, therefore I prefer to have the 100% Pure Organic Acai powder or frozen pulp by itself (i.e. no agave sweetener or other fruit juices or soy lecithin blended in to dilute the effects). Sambazon makes a 100% Acai powder that you can mix into a smoothie or water. Our good friends at Foods that Heal offer this product at a discount: [www.Food-Healing.com](http://www.Food-Healing.com)

### **Agaricus Blazei Murill - The Most Potent Cancer Fighting Mushroom**

Currently 500,000 people in Japan are using this specific mushroom for its legendary immune system benefits. Hundreds of published clinical studies have shown the profound effect the agaricus mushroom has on cancer patients. Their "Very High Beta Glucan" content can cause our immune system to increase its bone marrow activity (including the number of white blood cells the bone marrow manufactures). Human trial research in Japan also confirms that Agaricus stimulates the activity of macrophages, enhancing their ability to destroy and stop the multiplication of damaged cells [10]. Pubmed.gov is one of the largest databases of published medical studies and is run by the National Institute of Health. A quick search on their website for agaricus blazei, reveals 100's of published scientific papers documenting results of this mushroom on cancer patients. In all of the studies on cancer I have researched, I have never been so impressed. Agaricus is to the immune system what Reishi is to the cardiovascular. It is the mighty king of all "immune potentiating" mushrooms. Agaricus blazei's Beta Glucan content is far greater than any other mushroom found in the world. One reason doctors and experts in Japan feel the beta Glucan is the primary phytochemical involved is that macrophages have "Glucan Receptors" on their surface. Beta Glucan are polysaccharides, which are complex glyconutrients. These glyconutrients improve the immune systems ability to communicate. Macrophages ignite intercellular communication by releasing chemical messengers called cytokines. These cytokines are proteins responsible initiating immune responses within bone marrow. The studies all show greatly increased levels of cytokines in the blood following ingestion of high-grade agaricus [11]. The popularity of agaricus blazei and Reishi mushroom in Japan has built an entire industry. In Japan the testing of these two mushrooms has lead to the "widespread" use of natural medicine the likes of which America and Europe are only beginning to tap into. In my opinion, this branch of "Mushroom-Medicine" (and probiotics) will lead the future of health care. A Euro-Disney executive who had cancer and healed himself with the agaricus mushroom founded a Japanese company named "Atlas Agaricus". Mr. Uchiyama made his life mission to develop extracts of agaricus that were the most potent and of course, clinically tested to work. Currently they are the most trusted brand for agaricus blazei in Japan and if it was someone that I loved I would only recommend this brand. We have seen many people get outstanding results with their extracts. There are 2 products from Atlas Agaricus that I can recommend. One is for the general public because it is cheaper, yet still amazingly powerful. "Atlas Agaricus Bio Super Liquid" comes in a red dropper and is a cost effective way everyone can benefit from agaricus. It retails around \$45 for 28 grams (1 oz). Atlas Agaricus has an "elite" product that is very expensive (\$75 for 10 grams of liquid extract). It is for people who need immediate results. It is called "Atlas Agaricus Ekismate". A friend who works in natural medicine has helped many people reverse cancer with this product along with other dietary changes. It is his core #1 supplement (along with AHCC) for anyone dealing with cancer. In the last 5 years I have seen many cancer reversals using our protocol. If money is not an issue, I recommend "100 drop daily doses" (5 grams) using the ultra strength extract. The less expensive product is also highly effective. Our good friends at Foods That Heal offer this type of agaricus at a discount: [www.Food-Healing.com](http://www.Food-Healing.com)

### **AHCC - Japan's Secret Weapon -An immune powerhouse for fighting cancer, infection & viruses**

AHCC is perhaps the world's most researched immune supplement with 100's of supporting research studies. Most recently Yale Medical School completed a study showing the awesome cancer fight properties of AHCC in the elderly. In Japan AHCC is the leading alternative cancer therapy supplement. AHCC is also used in over 700 clinics to reduce the risk of hospital infections. In vivo research has shown that AHCC modulates the immune response against MSRA, a fierce antibiotic resistant super bug that kills 4000 Americans each year. If the swine flu ever returns creating a scare, I recommend AHCC for everyone. AHCC doesn't kill viruses, instead it turns up the dial on natural immune response and this is why AHCC is so beneficial for cancer and other conditions.

**Natural Killer Cells:** These special white blood cells recognize and destroy infected or abnormal cells by injecting granules into them, causing them to explode. Clinical studies show AHCC often increases the activity of NK cells by as much as 300-800%.

**Macrophages:** Another type of white blood cell that engulfs and ingests bacteria and cellular debris. Clinical studies show AHCC increases the number of macrophages, in some cases doubling them.

**T Cells:** Are able to recognize previous invaders and destroy them with a specific response. Clinical studies show AHCC increases the number of T-cells by as much as 200%.

Research has shown that AHCC modulates the immune response against influenza virus, pneumonia bacteria & MSRA, which causes an antibiotic-resistant staph infection. One study found that mice pretreated with AHCC before infection with K. pneumonia had cleared the bacteria from their systems, whereas control mice had increased levels of bacteria becoming extremely sick. Data from the treatment of over 100,000 individuals with various types of cancer have shown AHCC treatment to be of benefit in 60% of cases. According to research AHCC is particularly effective for liver, lung, stomach, colon, breast, thyroid, ovarian, testicular, tongue, kidney and pancreatic cancers.

#### **May Help The Side Effects of Chemotherapy:**

Chemotherapy has many side effects, which range from psychologically distressing to life threatening. In addition helping the body directly fight cancer naturally, AHCC also alleviates many of the side effects of chemotherapy, including: Hair Loss; Doctors noticed chemotherapy patients taking AHCC did not lose their hair. Subsequently, an in vivo study found that mice treated with AHCC were protected from chemically induced hair loss. Nausea: Clinical studies in Japan indicate AHCC remarkably improves symptoms of nausea and vomiting in cancer patients. Bone Marrow Suppression: Chemotherapy can inhibit bone marrow function, which is life threatening because the body's key immune soldiers (white blood cells) originate in bone marrow. AHCC has been shown to raise the WBC count of cancer patients. One landmark AHCC trial enrolled 269 patients with liver cancer. Following surgery, about half of the patients took AHCC and about half did not. The results were dramatic: At the end of the ten-year study, only 34.5% of the AHCC patients experienced a recurrence in their cancer, compared with 66.1% of the control group. Similarly, while 46.8% of the patients in the control group had died at the end of ten years, less than half that amount 20.4% of those in the AHCC group had died. Dr. Fred Pescatore, of the Center for Integrative and Complementary Medicine in New York also observed massive drops of viral loads in hepatitis C patients. In one case study a 47-year-old male had a viral load of 2,498,200 before AHCC that decreased to 499,600 after 6 months. An 80% reduction! After experimenting with many different brands we recommend Olympian Labs as the best AHCC. Our good friends at Foods That Heal offer this type of AHCC at a discount: [www.Food-Healing.com](http://www.Food-Healing.com)

#### **Almond**

Raw almonds are very beneficial for people suffering from any lung disease [14]. We recommend people with emphysema, asthma, lung cancer or simply weak lungs take almond into their diet. Almond milk is exceptionally delicious and high in calcium and manganese. We make organic raw almond milk in the 3 horsepower blender, which lasts for about 3 days. It's a nice drink to have around in the fridge. Almonds are the highest nut in vitamin E, which makes them beneficial for your skin complexion. All raw nuts are healthy (except peanut), but it is best to eat them in moderation. People say that soaking the nuts in water overnight releases enzyme inhibitors, but that makes them taste a bit soggy, I enjoy organic raw crunchy almonds. A handful of roasted almonds is good for helping constipation. Raw organic almond butter will replace your need for peanut butter (if you once had a serious dependency on peanut butter like myself). When I first learned ALL peanut butter contains high concentrations of the cancer causing fungus aflatoxin, I was extremely sad. My childhood memories of growing up on peanut butter became a distant past, because I knew I would never eat it again after learning how bad it was. Almond butter put any and all fears aside. It is easy to make your own and it tastes even better! Remember that almond butter must be made from RAW and preferably organic, almonds. My uncle uses 5 different raw, organic nuts and makes his own nut butter with the blender. Tastes amazing! You can also buy it in the store.

#### **Aloe Vera Juice**

Known as the "Queen of all Herbs", aloe vera is an exceptionally useful, healing plant. The active properties are polysaccharides, which contain the ability to heal many things. As with acai berry, aloe has a LOT of hype and many people advocate using it on a daily basis, which I do not. I recommend Aloe for short periods of time (2-3 weeks maximum). It is especially useful for people with dry stools, difficult bowel movements and irritable bowel syndrome. Aloe in general is a YIN tonic, will cool the body and lower blood pressure, similar to wheat grass. For digestive problems of any kind I recommend aloe for 2 weeks on and 2 weeks off. Your digestion should be able to heal itself by following the protocol for digestion listed in section 4. Aloe is used as an occasional tonic for short cleanses. "Aloe Gold" seen in the picture can be purchased at most health food stores for about \$20 a bottle. Take in the morning first thing & before bed with water on an empty stomach. Aloe can also be used for sunburns by cutting a whole aloe leaf and rubbing directly on the burn. The first written reference of aloe was an ancient Egyptian papyrus, dating 3500 BC.



### **Apple with Seeds**

Everybody knows that apples are good for you. The skin and seed contain hundreds of different phytochemicals that fight disease. You should only buy organic apples, because they are not more expensive and worth every penny. Apples are a key ingredient in many smoothies from our "Smoothie Formulas" recipe book. Apple seeds contain a "Blast of Phytochemicals" with a friendly dose of special cyanide that doesn't hurt you, but kills cancer cells in your body. Just don't eat the seeds of 50 apples in 1 smoothie! As long as seeds are eaten or blended with the source apple they came from they are safe and highly beneficial. Apple pectin is a soluble fiber that is a very good artery cleanser [BJ. Hence it "keeps the doctor away." They are shown to help lower cholesterol. The apple is also great for cleansing the colon and is used in our liver/gallbladder flush to ensure big bowel movements. The crisper the apple the better it is. I enjoy Fuji apples, as they are often the most crisp. People with diabetes are not able to have apples following this program. Diabetics cannot naturally reverse diabetes while continuing to intake fructose. See the diabetes protocol for details.

### **Apple Cider Vinegar - Stops the Pain**

Apple cider vinegar comes from the fermentation of apple juice and is fortified with acids and enzymes that give it amazing health benefits for gout, arthritis and body pain. Gout is a form of arthritis that causes intense joint pain, often affecting the large joint of the big toe. Gout can also occur in the hands, wrists, knees, ankles and feet. The affected joints become red, inflamed and very tender. The symptoms occur suddenly and often at night. We have observed drinking 8 ounces of water with 1 tablespoon of apple cider vinegar often relieves the pain of gout within 12 hours. People have reversed the worst cases of gout by drinking this 3 times a day. Modern medicine does not acknowledge any holistic treatment for gout and the prescriptions for gout are fraught with side effects. I also recommend the apple cide vinegar to people with rheumatoid and osteoarthritis as it seems to help these conditions also. Apple cider vinegar is known to be more potent when organic. I recommend raw and unfiltered varieties. These contain 5% acetic acid and small amounts of malic acid, lactic acid & various amino acids. With its antiseptic properties it also helps to deter growth of unwanted bacteria and yeasts in the digestive track and can strengthen digestion by increasing the acidity of the stomach. Diabetics report that apple cider vinegar also slows down the rise of blood sugar after the consumption of a high-carbohydrate meal. A teaspoon in your water with a meal is the way to take it for digestive support or stabilizing blood sugar. The only other types of vinegar we use in this food healing system are brown rice vinegar and coconut vinegar. On the southern Japanese island of Kyushu, the black variety is produced from thick sake made only from brown rice using a lengthy, natural outdoor process. This vinegar has a mild, sweet flavor and is highly regarded for its medicinal properties. In summary, these types of vinegar are used in salad dressings, as condiment for soups, stews and as a drizzle for steamed trout & salmon dishes. Bjo-own rice vinegar is also added to sushi rice, not only for flavor, but also for killing dangerous bacteria that may be present on raw fish. Balsamic and commercial vinegars are not good so make the switch.

### **Asparagus - The Mighty Cancer Fighter**

Asparagus is the single most powerful, cancer fighting food known! Wow! A bold statement for sure. It boasts the highest Glutathione levels of any food. Tests conducted in 1992 found asparagus from Washington state, contained 70mg of Glutathione per 100 grams of asparagus [js]. This is more than double of any food known to exist. So who cares? You should. Glutathione is unmatched in its ability to remove poisons from the body. In my opinion it is the master phytochemical. Glutathione is a small protein composed of three amino acids *that bind to fat-soluble toxins*. This ultra hip phytochemical is also the primary ingredient necessary for phase 2 enzymes, the liver's main detoxification outlet. Often when Naturopathic Doctors (N.D.'s) guide people to fight cancer their protocol is to remove sugar from the diet and strive to increase phase 2 enzymes in the body. This is in effect the key to reversing cancer. Although currently there are no double blind clinical studies proving asparagus can reverse cancer, there are numerous case studies. Hundreds in fact. Some of these cases were my own students. Consuming medium to large amounts of asparagus and seeing people reverse cancer has proven to me beyond a shadow of a doubt that asparagus should be a part of all cancer therapies. I look forward to the day when they serve it to hospital patients.

Researchers at the Institute of Cancer Prevention (ICP) found asparagus to be a potentially effective means of enhancing the body's defense systems to prevent cancer development. The ICP study, led by Dr. Despina Komninou, is currently applying for grants from the National Institute of Health to establish clinical trails that will determine if asparagus is the ultimate food in disease prevention. Glutathione is also one of the key phytochemicals involved in "Mercury Detoxification" and therefore, may be valuable in the fight against Alzheimer's, autism, chronic fatigue and a host of other problems that relate to heavy metal toxicity. Asparagus is also an excellent source of folic acid, which is important for women during pregnancy. Furthermore, asparagus cleans the kidneys out, hence the smelly pee-pee effect from eating it. Unlike beet, which should always be eaten raw, asparagus', healing qualities increase with light steaming unlocking the phytochemicals. Many people have even had cancer-reversing results from canned asparagus, which is especially yucky. My protocol is to eat 1 bunch fresh (as they are sold) lightly steamed every

single day for helping to reverse cancer. This is in addition to other foods of course, but the asparagus provides a powerful source of food-based Glutathione that cannot be obtained from any other source. Cancer patients are encouraged to eat 10-20 stalks each day. If you are healthy and wish to gain the benefits of asparagus, I highly recommend eating 10-20 stalks, 2-3 times a week. I also advise that you drink extra water when taking in large amounts of asparagus. \*If you have any kidney problems or are fighting cancer please talk with your doctor before eating a lot of asparagus, as there may be side effects for people on medication.

### **Avocado with the Big Seed**

Native to South America, the avocado is our top pick for healing power. Mass avocados are 20% fat, but they won't make you fat, that is for sure. In fact, the avocado is for anyone trying to lose weight. Think about it. If you deny your body fat then it holds tightly onto the fat you've already got. Want to lose weight? Eat a LOT of avocados. But that's just the beginning; avocados are one of the highest in Glutathione, your liver's most potent detoxifier. Want more reasons? The avocado is great for lowering cholesterol. The flesh of the Haas avocado has 3 grams of soluble fiber, which is a lot, but the seed has the greatest "artery scrubbing power" and contains the most soluble fiber of any food on earth. The flesh of the avocado boats an impressive 3 grams of soluble fiber. This food should be eaten in some form daily to lower cholesterol. What does soluble fiber do? It's the one oatmeal companies brag about because its been proven to lower cholesterol. Soluble fiber removes plaque from the arteries and this seed, along with other key foods, have helped 1000's of people reverse so-called irreversible arteriosclerosis (hardening arteries). We have seen people on the edge of death after multiple strokes and heart attacks; completely reverse heart disease, becoming healthier than when they were younger. Does this sound like B.S.? Having personally worked with people who healed themselves using these foods, I guarantee you it is not. Of course, heart disease is a lifestyle disease that can not be reversed overnight. Better to give it a few months. Yes, I am serious. You can reverse heart disease using the food from the grocery store. Always consult your health care provider when making dietary changes, (see heart disease) Avocados contain an abundance of omega-9 fatty acids called "oleic acid". Also known as "monounsaturated fat", olives are the only other fruit that contain so much of this special oil. Numerous studies on people with moderately high cholesterol levels show good results. One study showed after seven days on a high avocado diet, the participants had significant decreases in LDL (bad) cholesterol and an average 11% increase in health promoting, HDL cholesterol. There are many reasons why avocados may be so effective for lowering cholesterol [i?]. As discussed above, avocado's soluble fiber content is as good as it gets. Second, high monounsaturated fat intake is associated with lowered cholesterol and improved heart health as demonstrated in the Mediterranean diet. Third, one Haas avocado contains 150mg beta-sitosterol, a plant sterol widely believed to have a cholesterol lowering effect. It is the perfect food for heart disease. The creamy consistency of avocado makes it excellent food for babies. Some nutritionists think avocado should be eaten in moderation due to its high fat content. This ignores that fact that avocado is a living fat and perhaps the most nutritionally perfect food. If you want to lose weight the fastest method is to eat avocado and coconut. The body needs fat to burn fat. I say everyone eat one Haas avocado daily to keep the doctor away. One medium Haas avocado contains 20 grams of fat., 75% of this is monounsaturated fat (15 grams), 12.5% of this is polyunsaturated fat (2.5 grams), 12.5% of this is saturated fat (2.5 grams), 400 micrograms of lutein (for eyes), 2nd highest Glutathione food (cellular detoxification), 3g solute fiber + 150mg beta sitosterol (cholesterol), High in minerals + 60% more potassium than banana.

### **Basil - Powerful Herb for Healing**

Everyone, everyday for life, should eat raw basil picked off the plant. If you don't already know, basil is the easiest stuff in the world to grow and will take over your garden if you are not careful. It's especially good for digestion and just about every other body system. Loaded with phytochemicals to the max, basil is also highly effective with stomach problems. There are more phytochemicals in the stems than the leaves. We use fresh, raw basil frequently in our 9-clove garlic pesto (*see garlic*).

### **Beans - Vital for Health & Complexion**

Beans contain a powerhouse of nutrition and are an integral part of our Food-Healing System. Aside from the protein and fiber, beans contain phytoestrogens. These keep a person looking younger and prevent you from getting wrinkles. Phytoestrogens are important for skin elasticity. We eat all kinds of beans because we don't know which one will heal us. Health food stores often sell a 9-bean mix, we recommend this. Beans can give people gas, but this gas can be greatly minimized by soaking overnight before cooking them. Here's how it works; the bean thinks it has just rained and is going to grow. So it releases its outer coating (which is what gives you the gas) in preparation to germinate. Without their coating they are much easier to digest. Eat a variety of beans as a staple in your diet. They have a very low glycemic index, because their starch is turned to sugar slowly as a result of its high protein and fiber content. I eat them almost everyday of my life Beans are a very important food for people who are seeking to naturally reverse diabetes.

### **Fava Beans**

These magic beans are BIG. They contain a substance similar to dopamine and are very beneficial for depression, emotional problems and have brought improvement to those with Parkinson's disease [is].

### **Black Beans**

All beans are supportive of kidney function, the black bean is especially so. In Chinese medicine the color black is good for nourishing the kidney energy, which governs our vital energy and hormone systems. We really like to eat black beans.

### **Kidney Beans**

These red beans even look like kidneys. My teachers taught me that God created the foods that looked like particular organs to be beneficial for them. Sounds crazy I know. But the color and shape of this bean is extraordinary. Eat them and think about how much benefit your kidneys are getting.

### **Beet - Miracle Healer**

After one of our seminars, a teacher told me an amazing healing story that really opened my eyes to the power of beet. A lady came to him with pancreatic cancer, because she had heard others with this same type of cancer had successfully reversed it following his Food-Healing principles. But this lady was different than the other cases. Her abdomen was completely swollen with a watermelon shaped bulge on her left side. The doctors had given up and said she less than 2 months. Even my optimistic teacher told her there was nothing that could be done. She begged and pleaded saying she had heard of a Mexican woman with pancreatic cancer who healed herself with his dietary recommendations. Using his knowledge of how long the doctors said she had to live (2 months), combined with how long it takes for the body to renew its blood (4 months), he said there was absolutely nothing that could be done. He felt there was not enough time left for her body to heal itself and therefore he told her to eat whatever she wanted during the last days of her life. The lady continued to plead, saying that she'd do anything. Finally my teacher said, "I don't treat disease... there are no guarantees... but try consuming 6 pounds of beets everyday in the blender. If you only take 4 pounds..., there is no way. You must take 6 pounds every day!" After 1 month the watermelon in her pancreas completely went away. My teacher said God intervened to help her. Most people with cancer lose their appetite & taking 6 pounds of beets seems like quite a task. Most people don't need this much beet, however the lesson is there for all of us. Beets help to detoxify the liver and assist with glutathione in phase 2 detoxification. It is important for people with any type of cancer to consume large quantities of smoothie with lots of beet. Depending on your present state of health you can add 1/2 to 1 lb of beets (or more) to your total smoothie intake each day. This is especially true for people with heart disease. Beets contain betaine, which is shown to help the body cleanse out excess homocysteine [193]. Homocysteine is proven to be a factor in heart disease. Beets also purify the blood, which is the core of healing any disease. Cirrhosis of the liver is considered a totally incurable disease, but has been reversed in special cases where the patient was advised to blend and consume 4 lbs of beets daily! For regular healthy people 1 beet per day is good. After my studies and listening to many successful case accounts, I suspect that my teacher's "love of beet" was one of his best healing secrets. Add lots of mint with beet to balance the taste. Beets are also showed to be high in zeaxanthin and lutein. These two phytochemicals are especially important for eye diseases and can be hard to find naturally in foods (see eye diseases). Do not peel the beet to clean it off! There are more phytochemicals in the outer skin than the inner part. We recommend scrubbing with a sponge and veggie wash to remove all the dirt. Do not cook the beet. It is high in oxalic acid, which is fine when consumed raw, but toxic when cooked. Unfortunately most people do not know this or are not willing to recommend raw beets, yet the truth is they must always be eaten RAW. Marinating or fermenting beets is a great way to soften them without cooking.

### **Bitter Melon - Diabetes Reversing Cancer Crushing Super Veggie**

We have seen hundreds of our students completely reverse type 2 diabetes with this magic vegetable. They followed a protocol (see *diabetes*) using sugar balancing herbs, high phytochemical smoothies and removed harmful starches and excessive vegetable oils from their diet. Its uses go far beyond diabetes and many speculate bitter melon has more phytochemicals than any other vegetable on earth. Phytochemicals in bitter melon appear to be structurally similar to human insulin. There are thousands of phytochemicals in bitter melon, however charantin & polypeptide-p are the main ones being studied [20]. These phytochemicals increase glucose uptake and glycogen synthesis in the liver, muscle, and adipose tissue, and improve glucose tolerance. Research by Philippine Department of Health is determining a daily dose of 100 mg bitter melon per kilogram of body weight is comparable to 2.5 mg/kg of glibenclamide, the anti-diabetes drug, taken twice per day. Tablets of bitter melon extract are sold in the Philippines as a food supplement under the trade name Charantia and exported to many countries. However, I am opposed to taking capsules of bitter melon, mainly because it ignores the healing value of the entire plant as God intended. The whole bitter melon has thousands of cofactors not found in the pills. One animal study noted that bitter melon may cause renewal and recovery of the insulin producing beta cells of the pancreas. This implies it may be able to help reverse type 1 diabetes over a longer time. The Chinese have used bitter melon to reverse diabetes for hundreds of

years, but most people do not know it is also a fierce cancer fighter, strong anti-viral, parasite killer and a tonic to improve digestion. A study at Nagoya City University (Nagoya, Japan) investigated the effects of bitter melon on cancer cells. In several animal and laboratory tests, researchers were able to show that bitter melon extract helped slow or prevent the spreading of cancer cells [22]. Bitter melon should be eaten to fight/prevent cancer. Boiled bitter melon showed a significant increase in the free radical scavenging activity versus cold maceration. This suggests the chemical composition of bitter melon changes during the heating process, leading to an increase in the amount of antioxidant activity. *Asparagus & tomato are similar in this regard with becoming more powerful after cooking.* Many like to use bitter melon raw in a smoothie or make raw coleslaw with it. Both raw and cooked are very powerful ways to benefit from this supremely awesome vegetable. For me, the key is to cover it in a sauce, like coconut curry, that weakens its bitter taste. My favorite way to eat it is "Bitter Melon Dalí Lentil Curry." You will likely need to make a trip to an oriental grocery store to find bitter melon. Bitter melon may be harmful for pregnant or lactating women. The infamous bitter melon curry found in our Smoothie Formulas book.

### **Blueberry - Helping You See Clearly**

Some mornings I simply put a pound of blueberries in the Blendtec with 4 ounces of distilled water. The effect is like coffee, because you get a rush of energy. However, usually I'll mix the blueberries with other recipes from our Smoothie Formulas. Blueberries are excellent for improving eyesight & vision problems [23]. A number of studies have shown that blueberries and bilberries (cousin of blueberry) improve eyesight. Blueberries can help prevent eye damage, preserve eyesight and are helpful in reversing myopia. Eating blueberries may offer safeguard against retinal degeneration and may even offer significant protection from the development of glaucoma.

During World War 2, British fighter pilots regularly consumed bilberry (cousin of the blueberry) extract prior to entering combat. French researchers found that bilberry helped improve nighttime visual acuity, adjustment to darkness, and recovery from glare. Researchers attribute blueberry's rich Anthocyanins content to its eyesight restoring capabilities. While we do understand how powerful Anthocyanins are, it is quite possible that the blueberry contains unique phytochemicals that we don't know about yet. Blueberries form an important part of our eye protocol and people suffering from glaucoma, myopia & cataracts are asked to eat 4 ounces everyday. They're really good with coconut.

### **Blackberries - Break The Seeds**

Inside each blackberry are about 50 small, *hard seeds* packed with phytochemicals, but you can't possibly get even 20% of their nutrition without tremendous effort in chewing. As an experiment empty 1 package of fresh blackberries in the Blendtec with 4 ounces of water. Flash pulse the blender for 2 seconds. You'll see tons of seeds released into the mixture. They look like sesame seeds. Now crank the blender up at speed 10 for 2 fifty-second cycles. Amazing! Now they're all blended up into dust! Only a 3 horsepower blender can do that by the way. On the microscopic level the seeds have now been broken apart, down to the micron level. Blackberries are so good for health, especially kidneys. Blackberry is packed with Anthocyanins & polyphenols, but also has ellagic acid. 88% of its cancer-fighting ellagic acid is in the seeds. Break out your blender.

### **Brazil Nut - Selenium Packed**

The highest of any food in the mineral selenium. Studies are showing that we need selenium, but that too much of it is perhaps bad [24]. They don't really know yet. My teacher advised that we eat them, but not more than 5 per day. However, if you are fighting cancer you'll want to make sure you eat at least 5 Brazil nuts each day. Studies show selenium can aid in the fight against cancer and help the body's immune system to fight stronger [25]. People with Crohn's disease have frequently been shown to be deficient in selenium so the 5 daily Brazil nuts would be advised. Their high selenium also makes them excellent for people with low thyroid function. I make it a point to get them organic if possible.

### **Broccoli - The Stem is where its at**

All vegetables from the cruciferous family contain a class of phytochemicals known as indol-3-carbinol or I3C for short. ISC changes the way estrogen is metabolized and is good for fighting against estrogen driven cancers [26]. However, the I3C class of phytochemicals is potent "cancer-fighting" agents for all cancer. Aside from I3C, cruciferous vegetables contain sulforaphane, which inhibit the growth of cancer cells [27]. In the smoothies for cancer we will use broccoli in moderate amounts. Actually, the stem is what we use, not the dark green top. The stem has the majority of the phytochemicals. Its funny that is the part most people throw away! I will sometimes add a whole broccoli stem in my smoothie. One of the things you begin to learn after awhile is to become a "phytochemical hunter". You begin to learn where they are, like a bloodhound dog that can pick up a scent from miles away. The stem of broccoli is white inside. By no means is it true in all foods, but within many vegetables, the white color is an indication of intense phytochemical content. We lightly steam the tops of the broccoli, rather than putting in smoothies. Be forewarned; broccoli is one of the single worst tasting ingredients to put in a smoothie, but if you know the ratios with other ingredients (smoothie formulas) it can be done with class. For any type of cancer, broccoli is a must.

### **Brussel Sprouts - Like Little Ovaries**

"Miniature cabbages" got their name because they were first cultivated in Brussels, Belgium. They are helpful for a variety of conditions. Like most cruciferous vegetables, brussel sprouts contain sulforaphane. It is formed when cruciferous vegetables are blended or chewed. Sulforaphane is already known to induce Phase-2 Enzyme that detoxifies cancer-causing chemicals, inhibit chemically induced breast cancers in animal studies, and induce colon cancer cells to commit suicide [28]. Another great use for brussel sprouts is for ovarian diseases. This is actually their specialty. Yes, they also look like small ovaries.

### **Cabbage - Cancer Crusher & Stomach Healer**

The amazing cabbage is overflowing with phytochemicals and is the single most popular vegetable on the planet. Cabbage has special phytochemicals for healing ulcers, stomachaches, and even stomach cancer [29]. It is the mighty stomach healer. Cabbage has a unique phytochemical that gets converted into DIM upon entering your stomach. This special phytochemical heals the stomach. They sell pills with concentrated DIM, but then you miss out on the other zillion phytochemicals God put in the cabbage to accompany DIM. Cabbage goes far beyond one disease and is very beneficial for everybody, especially breast cancer. The only caution about cabbage, brussels & broccoli is they contain thyroid inhibitors known as "goitrogens". People with under-active thyroid should not eat cruciferous vegetables raw, however fermenting removes these goitrogens and enhances the healing properties of cabbage exponentially. Sauerkraut & Kim chi are especially good to fight cancer.

### **Camu Berry - The Highest Vitamin C Food**

This large grape sized berry is grown in the Amazon and is the subject of growing interest in naturopathic food healing circles. Camu berry contains 30-60 times the vitamin C of oranges and, depending on the source, 4-20% vitamin C by weight! This came as a shock for me to learn that God created a food w/such high vitamin C content. What is even more interesting is that camu berries also have a full complement of minerals and amino acids that can aid in the absorption of vitamin C. Because of its food form, with bio-falconoid and other phytochemicals, clinical evidence suggests camu berries are far more effective, milligram for milligram, than taking a synthetic vitamin C or ester C. There are many diseases that respond very well to natural sources of vitamin C. Kiwis have been observed scientifically to help asthma and allergies (*see kiwi*). That's because they have high vitamin C content. They attribute the effects of kiwi on asthma to the vitamin C and that means camu berries are also highly useful in this regard. In addition, there are over 200 diseases vitamin C is documented to help prevent. The problem with taking large amounts of synthetic vitamin C is that God created vitamin C to be taken naturally encased inside fruits with their natural co-factors & co-enzymes. Dr. James Duke is the retired chief botanist for the U.S. Department of Agriculture and creator of the phytochemical & ethnobotanical database. He lists some of these effects of camu berry in his Ethno-botanical website, based on the amounts of its various phytochemicals. In a comparative study of hundreds of botanicals, ranked in order of effectiveness for various health conditions, camu berry was ranked as the #1 food for the following conditions; asthma, atherosclerosis, eye diseases, gum diseases, hepatitis, depression, osteoarthritis, migraines, Parkinson's and even as a painkiller. Keep in mind that there are almost no studies done on camu at this point and most of the benefits that are promoted for Camu, including Dr. James Duke's, are for its observed super-high vitamin C content. Linus Pauling lived 93 years and is the only person ever to win two unshared Nobel Prizes. He was one of the significant scientists of the 20th century. "There is no doubt that vitamin C is required for the synthesis of collagen in the bodies of human beings and other animals. One of the important functions of collagen is its service in strengthening the 'intercellular cement' that holds the cells of the body together in various tissues. It is not unlikely that part of the effectiveness of vitamin C against the common cold, flu, and other viral diseases can be attributed to this strengthening effect, and in this way preventing or hindering the motion of the virus particles through the tissues and into the cells." - Linus Pauling Linus Pauling contended nearly 20 years ago that atherosclerosis occurs when the body has insufficient nutrient precursors of collagen, like vitamin C. The body to repair arterial lesions uses these collagen precursors. Pauling said the malnourished body attempts to repair arterial lesions by filling them with cholesterol, effectively using a "bubble gum" approach. Eventually, cholesterol deposits impair arterial flexibility, resulting in heart attack. Camu berry is by far the best food source of vitamin C. There are various companies selling camu berry powder, which like acai berry, is the only way the valuable properties of this plant can be conserved and utilized in the United States or abroad. I believe just about everyone can benefit from using 1 teaspoon of camu berry powder daily as a substitute for synthetic vitamin C. The best camu berry powder has the highest vitamin C content in proportion to the weight of powder itself. If you can't stand the bitter taste, buy empty capsules and fill them yourself with camu powder. Our good friends at Foods That Heal have some of the highest quality camu berry powder available at a discount: [www.Food-Healing.com](http://www.Food-Healing.com) Carrots have more pectin than any food. This soluble fiber lowers cholesterol, improves lipid profiles, hut perhaps is most famous for reversing constipation and helping people have Big Huge Bowel Movements.

### **Carrots – Lungs, Eyes and Digestion**

Bugs Bunny knows the secret; carrots are good for virtually every body system, Heart disease, lung disorders, eye & vision, cancer prevention, the colon & everything in between. Carrot is one of the foundations to our food-healing system and we recommend every person take it into their meals, smoothies and life. The vitamin A and carotenoid content of carrots makes them especially beneficial for the Lungs. Carrots, peas and apples are the highest foods in a special fiber known as pectin. Boiled carrots are an AMAZING remedy for constipation. The fiber in carrots specifically helps promote big huge bowel movements. Juicing carrots is bad for two reasons: (1) The fiber contains pectin and phytochemicals, which you lose when you juice. (2) Drinking carrot juice is not natural. It is like a glass of sugar laden soda to our blood sugar levels. We need complete foods as God intended. No carrot juice is allowed on this system! Drink smoothies instead. Carrots are excellent for diseases of the lungs, especially asthma & emphysema, because of their high vitamin A and carotenoid content. Extensive human studies suggest that a diet including as little as "one carrot per day" could conceivably cut the rate of lung cancer in half!

### **Cayenne Pepper - Immune Power**

Spicy and exciting, cayenne pepper has many therapeutic healing powers. You can cook it to add "internal heat" into your body or you can alternatively take the extract drops. I often recommend cayenne drops when someone is fighting a cold or flu. They are excellent for stimulating the immune system. However, like many foods in this book, too much of a good thing can tip the body's balance. Cayenne can cause stomach ulcers if abused long-term. Migraines can be activated by taking spicy foods. Cayenne topical creams make good pain reducers. Pharmaceutical painkillers are wrought with deadly side effects and if you suffer from chronic pain (aside from following the arthritis/pain protocol) you may want to try a capsaicin cream derived from cayenne pepper to provide temporary reduction in pain. Capsaicin cream has been found to deplete substance P, a neurochemical that transmits pain, which desensitizes a person to pain. Western Reserve University examined the use of capsaicin cream in 70 patients with osteoarthritis and 31 with rheumatoid arthritis. After 4 weeks of applying a 0.025% capsaicin cream or placebo to painful knees, the capsaicin patients had significantly more pain relief [31]. Rheumatoid arthritis patients had 57% pain reduction and osteoarthritis patients had 33% pain reduction [31]. Both were considered more effective than placebo. Cayenne has many uses and is good to take in the extract form along with limewater as long as you don't have any stomach issues. Anyone suffering from stomach problems is advised to stay away from ingesting cayenne internally.

### **Celery - Yin Medicine at its Best**

Got high blood pressure? Eat 6 stalks of celery each day and you can kiss it goodbye. Chinese medicine has used celery to lower blood pressure for thousands of years. It contains active compounds called pthalides, which can help relax the muscles around arteries and allow the vessels to dilate. With more space inside the arteries, the blood can flow at a lower pressure. Pthalides also reduce stress hormones and help people to become more yin. Celery is high in organic sodium, but it would take over 30 stalks to get more than the RDA of sodium for one day. In other words, people concerned with getting too much sodium need not worry about celery. The leaves of celery reportedly have been shown to help the endocrine system, so eat the leaves in addition to the stalk. Buy organic celery, because it's one of the highest foods with a pesticide residue that can't be washed off.

### **Cilantro - Master of Chelation**

Eat this one everyday for life. Why? Because we live in a toxic world filled with poisons & chemicals. Cilantro has been used to successfully remove mercury and lead from people suffering from heavy metal poisoning [32]. Anyone who feels they might be suffering from mercury toxicity should be blending and eating Cilantro daily. Cilantro is one of the "7 primary herbs" of our Food-Healing System. Cilantro has been successful helping people with Alzheimer's and autism actually reverse symptoms, (see Autism & Mercury Detox) The medical director for the Heart Disease Research Foundation accidentally discovered his patients excreted more toxic metals after consuming Chinese soup containing Cilantro. Science knows that Autism is caused chiefly by mercury and heavy metal poisoning, largely from coal burning power plants, possibly dental filings and certain vaccines. Cilantro in a smoothie with some fruit is something kids love and will help them to "chelate out" the heavy metals. Also a favorite with my son is the 9-clove garlic cilantro pesto. Cilantro tea (simply boiling it in water for 15 minutes) and soups are also powerful ways to chelate mercury out of the brain and tissues. Cooking doesn't lessen the effect. Parents can boil the cilantro tea down to just a few ounces and mix it with fruit juices that kids like.

### **Cinnamon - Staying Balanced**

Anti-inflammatory, anti-blood clotting, sugar balancing; the bark of cinnamon is an herb we use frequently in this system of food healing. Cinnamon is helpful to stop growth of microbial fungus & bacteria, especially Candida [33]. Cinnamon tea, powder or capsules will help to improve the body's response to insulin (or accidentally eating pancakes) [34, 35]. Everyone can use it in their cooked meals as a spice or taken after a meal to balance sugar [36]. Blood sugar skyrockets after eating/cheating starchy or sweet foods. When the blood is saturated with insulin this leads to fat storage. I believe cinnamon is the single most important herb to prevent diabetes & obesity. ^Homemade cinnamon bark tea in the morning is excellent to balance blood sugar. If you crash or get tired after meals it is a MUST

to take cinnamon capsules just before a meal. Cinnamon tea made by boiling the bark is also great in the morning to help balance sugar all day long. An experiment showed how blood sugar rose after people ate rice pudding alone or seasoned with 1 tsp. of cinnamon. Adding cinnamon significantly reduced the rise in blood sugar after eating [37]. Test tube & animal studies show compounds in cinnamon stimulate insulin receptors and increases our cells ability to use glucose.

### **Activated Charcoal**

People with cholera and life threatening diarrhea, on the verge of death have chewed on the "black stuff from a camp fire and been completely healed in a matter of hours! Using charcoal poultices has averted infections that required amputation. All manner of digestive disorders have been reversed due to charcoal's ability to "Draw Out" poisons from the intestines. Ulcers both inside & outside have been healed due to charcoal's ability to draw out puss and toxins with no side effects. Viruses, lethal bacteria such as anthrax and even viper snakebites, have all been reversed in a matter of days, sometimes hours, with charcoal. Science does not know exactly how the miracle of charcoal operates, but it does know that its chemical structure is extremely porous and thus has a very large surface area available for drawing poisons out the body. Charcoal is 100% safe and does not interfere with mineral and nutrient absorption; miraculously it only draws out toxic substances. In 1831 in front of his distinguished colleagues at the French Academy of Medicine, Professor Touery drank a lethal dose of strychnine and lived to tell the tale. He combined the deadly poison with activated charcoal. That's how powerful activated charcoal is as an emergency decontaminant and it is the 1st choice of hospitals when someone overdoses on anything. Every family should have some charcoal in the house on hand for cases of emergency food, chemical or drug poisoning. Nothing is better.

### **Capsules, Powder & Poultices**

Except in emergency situations, I usually advise taking capsules for the beginner. This is a nice way to benefit from charcoal and harness its benefits right away. Charcoal is best taken 30 minutes before food. The capsules are especially helpful for intestinal gas, ulcers, stomach pains and any type of IBS. People who are easily constipated should be aware that charcoal is binding, but I have never seen this become a problem for people when they include a good probiotic such as 'Good-Belly' and possibly a small dose of 'Super 2' to keep the bowels moving. Because the capsules are easy to take, often when people begin to experience benefits they are motivated to try the more powerful methods of charcoal use. It looks like gunpowder when in its USP grade activated state. Charcoal powder is the only way to take larger doses, which people will want when dealing with more serious problems. My protocol is to take a mason jar, (or any closed lid container) fill with 6 ounces of water and 1 tablespoon of activated charcoal powder. Shake well and drink it down. It is quite tasteless. Do this 3 times a day for 2 consecutive days. During these days you should eat lightly. Expect that your bowel movements will look jet-black. That is ok. This can be repeated as often as you like. It gets rid of intestinal & stomach toxicity. Making a "Charcoal Poultice" can dramatically help all infections, rashes, poison ivy, spider & snakebites, and burns. This can also be placed over the abdomen for detoxification. Making the poultice is easy and probably the best natural remedy for the above conditions. Take 3 tablespoons of charcoal and 3 tablespoons of ground flax meal and pour into 1 cup of water. Blend for 10 seconds and let it sit for 20 minutes until it becomes goeey. Flax meal keeps the poultice MOIST which is required for it to be absorbed. Simply spread the contents over a paper towel the size you want to cover over the affected area. Put the charcoal side facing down and use saran wrap to cover the paper towel and hold it in place. Sleeping with it is the best method. This exact charcoal treatment has saved people from having feet amputated and limbs cut off. Painful boils, drained and healed faster. I believe Natural Elements makes the best USP grade activated charcoal. Our good friends at Foods That Heal offer this product for a discount: [www.Food-Healing.com](http://www.Food-Healing.com)

### **Cherry - Fighting Arthritis & Insomnia**

We've seen many people nearly reverse the painful symptoms of arthritis & gout using tart cherry juice. Of course, my favorite method to take cherry is to simply eat them when fresh in season, but this is not a year round fruit and the anti-inflammatory benefits are present in the juice concentrates. Traditionally, western medicine treats gout & arthritis using anti-inflammatory drugs, analgesics and COX-2 inhibitors. Because these drugs have many negative side effects, I am always recommending the natural approach, especially when it works this well.

### **Studies clearly show Cherry helps Arthritis and Gout**

During gout attacks, crystals of uric acid (a naturally occurring chemical) accumulate in joints, commonly in the toes causing pain. Urate in blood plasma is a precursor of these uric acid crystals. The study closely measured volunteers' levels of urate in blood plasma and urine before eating cherries and again after eating at intervals of 1.5, 3 & 5 hours. Volunteers' blood plasma urate levels decreased significantly over the 5 hours after their meal of cherries. Levels of urate removed from the body in urine increased over those 5 hours. These urate results strongly suggest that cherries can play an important role in fighting gout.

### ***Helps with Uric Acid type Kidney Stones***

About 20% of kidney stones are of the uric acid type that are closely associated with gout. Needless to say, the cherries work to remove uric acid and are also effective in dissolving uric acid kidney stones.

### ***Melatonin for Better Sleep & Free Radical Protection***

Cherries are one of the few known food sources of melatonin, a potent antioxidant produced naturally by the body's pineal gland that helps regulate biorhythm and natural sleep patterns. Scientists have found melatonin-rich tart cherries contain more of this powerful antioxidant than what is normally produced by the body. This is great news for people with Insomnia or people who travel and frequently get jet lag. I suggest consuming cherry 1 hour before bedtime. This seems to help people fall asleep. Melatonin has been studied as a potential treatment for cancer, depression and other diseases. On average there is 43 mcg of melatonin in one ounce of Montmorency cherry juice concentrate. For sure my favorite method to consume cherries is fresh, raw and organic, but this often is not possible. For me, when cherries are not in season I switch to other fruits. However, some people will want to use cherry 365 days a year for arthritis, gout, insomnia etc. If you are using cherry for specific reasons as mentioned above I suggest Montmorency tart cherry juice concentrate. You can mix the concentrate with seltzer water to make a tasty drink. I highly recommend diluting it in some water to buffer the sugar spike. Take 1 tablespoon of cherry concentrate in 4oz water, once or twice a day as needed to get the effects. For diabetics and other people who cannot have any sugar there are special cherry supplements that do not contain sugar.

### ***Chia Seed - Antioxidant Rich Omegas***

A famous cancer protocol advises to ingest large amounts of flax seed. This can help to reverse cancer, because every cell has an "oil layer" surrounding it. ALA in flax and chia seeds supply cellular repair materials, but flax goes rancid easily & tastes bad. Chia seeds taste good & have powerful antioxidants that preserve their healing oils. Chia has more ALA than flax or any seed on Earth! Chia seeds belong to the sage family. They have the most vegetarian omega-3 fatty acids (ALA) of any food, even more than flax, hemp seed or walnut. They closely rival black sesame in their calcium and mineral content, but perhaps what makes chia most remarkable is its antioxidant capacity as a seed. Most seeds don't have antioxidants anywhere close to what chia has and this keeps it from spoiling. Polyunsaturated oils, especially ALA, go rancid very quickly. Flax is not used in this book for this reason. Flax is almost always rancid by the time it gets to you. Chia on the other hand is protected by many antioxidants that prevent it from rancidity. Chia can actually be stored for many years without going rancid because of its high level of antioxidants that preserve it. Dr. Oz actually says that chia seeds contain more antioxidants than blueberries! This means the fat of chia seed arrives to your stomach in a fresh, pristine state. The word "chia", originating from the Mayan language, means strength. Chia seeds earned their reputation for the long lasting energy they gave messengers that ran around with letters all day. They simply ate the seeds by the handful and it was said that 1 handful provided enough energy to last all day. Looking at it's nutritional profile is humbling and gives you a perspective as to why the Mayans revered these tiny seeds so much. Here is a summary of chia's nutritional qualities: \*5 times the calcium of milk plus phosphorus & boron—trace minerals that transfer calcium into bone. \*Antioxidants, caffeic acid, chlorogenic acid, myricetin & quercetin that fight cancer causing free radicals. \*Easily broken down and digested in the stomach without chewing. You can swallow the seeds whole. \*10z. of chia has approximately 5 grams of Omega-3 ALA, which fights inflammation and many diseases. \*10z. of chia has 9 grams of fiber of which 25% is soluble. Soluble fiber helps to lower cholesterol. Chia seeds will absorb 12 times their weight of water if left to soak. Some athletes like to do this with chia and drink "chia gel" before exercise. This chia gel slow releases water into your system and helps to hydrate you over a longer period of time. Even if you just eat chia seeds straight out of your hand, they absorb fluids once inside your stomach. This gel is created by the soluble fiber in chia. It dramatically lowers the glycemic index of anything you just ate. For example, if you consumed chia seeds and then ate a large meal it would take longer for the glucose to hit your blood stream. It can be helpful for diabetics or people trying to lose weight to simply eat a handful of chia seeds before meals to slow down conversion of glucose. My recommendation is to start out with 15 grams daily. You can increase to 30 grams after initial testing. Chia may have negative side effects for people with heart disease. Because it is so rich in ALA it naturally thins the blood. This is normally good, but not for people who are taking blood thinners. Also, chia seed can dangerously lower blood pressure in a few people. Start out with small amounts. If you have very low blood pressure perhaps it is better to eat walnuts and hemp seed instead. Walnuts are still my all time favorite nut/seed, followed closely by black sesame and hemp. Walnuts do most everything that chia does without any side effects. Chia is a new food in western culture that has not been fully studied yet. Chia is high in vitamin B-17 or amygdalin, which is the cyanide derivative in apple seeds & apricot kernels. I think this is a good thing because it is a fierce cancer fighter. Yet, to some people these nutrients can be toxic. The Internet has a lot of hype about how great chia is, however eating one food can't equal following a complete protocol. Chia can be a healthy addition to most of the protocols listed in this book. Just start out slow with chia and see how your body likes it. A layer



of fatty lipid surrounds every cell in the body. Eating foods high in ALA omega-3 helps with cellular energy, protects against inflammation & fights cancer.

### **Chocolate - Food of the Gods**

Please note: People with cancer, who have ulcers or stomach problems or get constipated, should avoid chocolate until healed. Emperor Montezuma allegedly drank 50 goblets of chocolate a day, according to legend. In the book *History of the Conquest of Mexico* written in 1838, William Hickling relates how the Aztec Emperor Montezuma "took no other beverage". Herman Cortes, who later killed Montezuma and took over all of the Aztec empire, was quoted as saying, "The divine drink, which builds up resistance & fights fatigue. A cup of this precious drink permits man to walk for a whole day without food." Chocolate contains many psychoactive substances in low doses. In addition, chocolate has substances structurally similar to dopamine "the feel good chemical" (which Fava beans also have). It is useful in helping people with Parkinson's disease. But what kind of chocolate is the best? I recommend people take one of two kinds (1) raw organic chocolate beans (cacao beans) which are the most potent for getting a drink similar to what Montezuma and Cortes had (2) 80% or greater dark chocolate. Some raw food enthusiasts will claim that cooked chocolate has lost most of its value. This is not true. However, most diseases require taking out refined sugar. I would agree that raw organic chocolate Beans are probably the most ALIVE and potent type of chocolate available. We use special raw honey and wrap the Cacao beans with it, then roll the honey-coated cacao beans in maca root. Cacao beans and maca elicit a tremendous response to the endocrine system and I believe have synergy. An analysis of 8000 male Harvard graduates showed that chocoholics lived longer than abstainers. The high "polyphenol" levels in chocolate may explain their longevity. Polyphenols reduce the oxidation of low-density lipoproteins and thereby protect against heart disease. Chocolate gives energy to the heart so it can function better. Many of the world's oldest centenarians Jeanne Calment (1875-1997) and Sarah Knauss (1880-1999) were passionately fond of chocolate. Jeanne Calment habitually ate two pounds of dark chocolate per week until her physician convinced her to give it up at age of 119 - 3 years before her death at 122. Raw organic chocolate beans (cacao beans) are packed with A WESOME nutrition unique exclusively Jo chocolate. We recently found, what I believe to be the finest raw cacao beans. They're certified organic, tested free of microbes (important), and have a richness perfect for making great "chocolate dairy-free shakes" consisting of water, cacao, Manuka honey, ice & macadamias. Our good friends at Foods That Heal offer this chocolate for a discount: [www.Food-Healing.com](http://www.Food-Healing.com)

### **Coconut - King of Healing Fats**

Studies show the high "lauric acid" content of coconut oil dissolves the lipid layer surrounding viruses, bacteria & other pathogens effectively destroying them. At University of Philippines studies have been done on patients suffering from immune deficiency. Results are astounding! Over 70% show vastly reduced viral load & healthy weight gain. Results that have baffled doctors have also been seen with hepatitis, pneumonia & health threats that involve harmful bacteria & viruses. Coconut oil has no equal and is the healthiest oil in the world. I recommend 2-4 tablespoons or 28-56 grams of fat from coconut products to be eaten everyday. Its the best oil for cooking, easy to digest and a potent antiviral, antibacterial, antimicrobial & immune boosting fat. When microbes and bacteria proliferate in the body they weaken the immune system in the long term. Our t-cells and natural killer cells are busy fighting them instead of removing excessive cancer cells. The pacific islanders that have not been "westernized" to use inflammation causing vegetable oils (omega-6) have virtually no cancer or heart disease. They eat abundant coconut and cook with its oil exclusively. Countless studies prove the saturated fat in coconut oil does not raise cholesterol, nor does it contribute to heart disease. Read the appendix on fat to get the whole story about how dietary oil works. Many people have reported great relief from digestive disorders such as Crohn's disease and irritable bowel syndrome (IBS) after adding coconut into their diet. For people with these particular diseases it is like having industrial strength diarrhea. These are particular conditions that can last decades. Many people have found that simply eating 2 macaroon cookies a day completely stopped the diarrhea, Macaroons are mainly made up of dried coconut, which is 35% coconut oil. Although I recommend most everyone consume 2-4 tablespoons of coconut oil (28-56 grams of coconut fat everyday), it is important to note that coconut oil or shredded coconut might need to be gradually incorporated for people with digestive issues. It seems that when the people with Crohn's ingest macaroon cookies in too large a quantity they can become constipated. Coconut can be binding and possibly constipating for a few individuals, but this is rare and it's health promoting qualities make it worth using for ALL PEOPLE. Finding the right dosage that harmonizes your digestion and metabolism is the key to making coconut oil work. A few people will get diarrhea from using too much to fast. If this happens simply lower the dosage. With time your body will gradually be able to handle more. My favorite method to harness the healing power of coconut is to put 1-2 Tbsp of coconut oil in a frying pan and then sauté slices of dried coconut, lightly browning the coconut as it soaks up its oil. Cooking shredded coconut in its own oil gives it amazing energizing properties. This is the traditional, medicinal way of preparing it. Because it's saturated, coconut can't pick up free radicals from cooking. Sautéed coconut is awesome with veggies or a bowl of fresh berries.

### **Thermogenic Weightless & Thyroid Boosting Properties**

Farmers give feed with vegetable oil to their livestock to help them gain weight, hence increasing their profits. What most people don't know is that they tried this with coconut oil first. Turns out the animals lose weight when given the high calorie coconut oil! Why? Because 62% of coconut oil's fatty acids are medium chain triglycerides (MCT). These are smaller fats that digest super easily. They give them to people in hospitals because they are the easiest fats on earth to digest. In fact, MCT's are burned like carbohydrates and increase metabolism better than any food! Read appendix to get whole story on dietary fat. Hypothyroidism causes lowered metabolism and cold hands/feet. Incorporating coconut into the diet will cause basal body temperature to increase, especially when sautéed in it's own oil as explained above?

### **Co-Enzyme Q-10**

Pharmaceutical medications that lower cholesterol are known as "statin drugs", it has been observed that statin drugs can reduce plasma CoQ10 by 40% [44]. Normally I tell people that only food and herbs are needed if you're following our high-phytochemical Food -Healing System. But if there's one supplement I highly recommend everyone take, its Co-Enzyme Q10. Our body makes CoQ10 from the food we eat, but we can definitely use more. CoQ10 is essential for production of the high energy phosphate, adenosine triphosphate (ATP), upon which all cellular functions depend. It was first discovered in the United States in 1957 by Professor Frederick Crane at University of Wisconsin and a year later in 1958 the chemical structure was reported by Dr. Karl Folkers at Merck Laboratories. Dr. Folkers has continued to research CoQ10 over the decades and now at 83 years old he is talking about CoQ10 and describing some cases of breast cancer that completely regressed on doses of CoQ10, 300 mg daily. In recent years, the FDA has attempted to remove CoQ10 from the shelves of health food stores, but has so far been unsuccessful. The heart has very high-energy demands & very high concentrations of CoQ10 in the heart muscle. Most research has taken place in Japan (seems like the FDA doesn't want anything to do with it). In a Japanese study, 17 patients w/mild congestive heart failure were given 30 mg/day of CoQ10. Every patient improved in 4 weeks and 53% became symptom free [45]. In another, more recent and much larger, randomized placebo controlled, double-blind study, 641 patients with more severe congestive heart failure were given either a placebo or approximately 150 mg/day of CoQ10 for one year. The number of patients requiring hospitalization because of worsening failure was 38% lower in the CoQ10 group. Episodes of life threatening pulmonary edema (a buildup of fluid in the lungs) were 60% less in the treatment group [46]. Patients with life threatening cardiomyopathy (weak heart muscle) have reduced levels of CoQ10 in their heart muscles and when CoQ10 was given to a group of these patients, the strength of their heart muscle increased significantly and their survival increased three-fold! Anyone with heart disease should seriously consider taking CoQ10 and being under the care of a trained physician. \*CoQ10 is not intended to treat, cure or prevent any disease.

### **Better Absorption of CoQ10**

The human body doesn't easily absorb co-Enzyme Q10. In order for the standard form of CoQ10 to be properly utilized, it first must be reduced in the body to its active metabolite known as Ubiquinol. While CoQ10 is naturally reduced to ubiquinol by the body's natural metabolism, the optimal way to supplement with CoQ10 is to ingest it in its ready to use ubiquinol form. After years of research, Japan's largest producer of Co enzyme Q10 has developed a patented method to stabilize ubiquinol so it can be swallowed in a capsule for utilization by cells throughout the body. I believe that this new form of COQ10 will reap even better results since it is now able to be absorbed more effectively. Our good friends at Foods That Heal offer this product for a discount: [www.Food-Healing.com](http://www.Food-Healing.com) It is now believed that CoQ10 is the key nutrient for generating 95 percent of the total energy required by the human body

### **Cordyceps Mushroom - Endocrine, Lung & Strength Tonic**

In rural Tibet, wild cordyceps have become the most important source of income. Prices vary dramatically depending on quality. In 2008, a kilogram of high quality wild cordyceps sold between \$3,000 & \$18,000. Annual production on the Tibetan plateau is estimated at 200 tons. Prices have increased 900% in the last 10 years! The bigger the caterpillar fungus, the more expensive the cost. Okay, so these things better be totally amazing. *Exactly what do cordyceps do and why* are people willing to pay so much for them? Cordycepin is the active phytochemical of Cordyceps Mushroom. It hits properties as an antitumor, antifungal and antiviral agent and demonstrated the capacity to reduce the growth of tumor cell in mice with cervical carcinoma and lung cancer. A double blind study with 200 impotent men was performed at Beijing Medical University in China. Results? 64% success rate among men suffering from impotence in regaining sexual function. Cordyceps work like herbal Viagra. It becomes clear why the price has gone up 900% in 10 years! Word is out on the street that cordyceps improve libido for both men and women. Female studies have also yielded exciting results. In a double blind placebo-controlled study published in Journal of Alternative & Complementary Medicine, 21 women experiencing sexual frustration were given cordyceps supplementation. 90% reported improvements in libido and sexual health following the use of cordyceps, compared with none in the control group [47]. Cordyceps are a parasitic mushroom that grows out of the heads of rare Tibetan insects at over 12,000 feet altitude. A potent herbal mixture is sometimes made with the mushrooms and it has a

reputation for giving strength back to the frail and legendary stamina to Olympian athletes. The problem is, wild cordyceps are prohibitively expensive and actually, the thought of eating pulverized bugs isn't that appealing. Most cordyceps sold do not feed on a host caterpillar; instead they are cultivated on organic grains. Making cultivated ones vegetarian friendly. Wild cordyceps are richer in certain components and have different proportions in its make up, than the cultivated. This may explain wild cordyceps' high demand. It is clear that the wild cordyceps are more powerful; nevertheless, the laboratory versions of cordyceps are still a valuable tonic herb. It's uses go beyond sex. According to a study published in Chinese J Integrated Traditional Western Med, cordyceps enhanced the NK cell activity in healthy individuals by 74% and increased the NK activity of leukemia patients by 400% [48]. Similar improvements of NK cell activities were found in patients with melanoma cancer. Several studies with animals have demonstrated that cordyceps increase the cellular energy production & oxygen supply. Cordyceps increases ATP synthesis, the basic unit of energy production, thereby promoting better oxygen efficiency, faster energy recovery, and reduced fatigue [49]. In a clinical research study involving elderly individuals with fatigue, who took cordyceps supplement for 30 days; 92% of individuals showed reduction of fatigue, 89% showed reduction in feeling cold, and 83% showed reduction in dizziness [50]. Asthma, allergies and breathing disorders like emphysema respond favorably to cordyceps mushrooms. They are known for opening airways & breathing improvement. I recommend cordyceps in nearly every protocol. Our friends at Foods That Heal offer quality cordyceps at a discount: *Food-Healing.com* In October 1993 the Chinese won 3 Gold metals & broke 5 world records for woman's running. They shaved 42 seconds of the record for the 10,000-meter and broke 1500 & 3000 meter records. Because this level of breakthrough was never before seen the team was widely accused of using steroids. Test results were negative, but their coach, Ma Junren, later admitted to giving the entire team Cordyceps Mushrooms.

#### **Corn - Really Good if its Raw**

If you can't see without your glasses, consider adding more corn in your diet, especially yellow/orange corn, which has the carotene pigment, lutein. Corn is good for energy production, acting sort of like coffee when taken in a smoothie. It has lots of energy and is great in the morning to help wake up. But more than just energy, corn is a powerful healing food and we use it heavily in our Food-Healing System. It is the highest food in lecithin (next to eggs), which every cell membrane in the body is made of. Corn has phospholipids like choline to boost brain function. It is good for your brain and blood sugar metabolism (it even looks a bit like the pancreas). I realize many people are down on corn because it is near impossible to get organic and is super-genetically modified by the king of seeds, Monsanto's. But seriously, corn is so good for you that we just have to have it, My teachers have used it to help people reverse a long list of diseases. Be sure to buy the fresh corn still in the husk. The deeper the yellow color the better. 98% of the world's corn is eaten cooked, but the global elite knows it is best eaten raw. George Bush eats his corn raw. While he was the president he had to hire faster security guards who could keep up with him on his morning jog. Many people i share qigong with think he was not a smart man, but this picture proves that he knew the secret of raw corn, eat it raw! Check corn for fungus, because you don't want to eat that. Spray it with "veggie wash citrus spray" and then rinse. Cut the fresh, raw corn off the cob and put in the blender. Sometimes, i just eat it raw straight off the cob. Corn must be eaten raw to be worthwhile. Popcorn, cornmeal, cornbread, barbequed corn and corn flour products do not count as corn.

#### **Cucumber - Alkalizing & Sugar Balancing**

Similar to cinnamon, the mighty cucumber will improve your body's response to insulin. This miracle food is of utmost importance for type 2 diabetics and people who get hypoglycemia [si]. It is important for everybody, because balancing blood sugar is vital in maintaining energy. The watery flesh of the cucumber is very high in silica, which is the mineral for combating Osteoporosis. More important than calcium, Osteoporosis shows significant loss in silica. people with any bone, joint & ligament issues should double up on cucumber for its high silica. The catch with cucumbers is that they MUST be organic. Conventional cucumbers have a wax applied to them that you do not want to eat, even with Veggie Wash. If you peel the skin off, most of the phytochemicals will be lost (especially the insulin enhancing phytochemicals for diabetics). Fork out the extra money and get your cucumbers organic. If they are not available organic, get the hydroponics English cucumber or maybe it's a sign to try Chinese cucumber a.k.a. bitter melon. Cucumber is the most Alkaline fruit/veggie. Two cucumbers blended in water & drank first thing in the morning can sometimes stop yeast infections & UJJ's that thrive in acidic terrain.

The cucumber is also renown for helping to create healthy shinny skin, probably because of its high silica. It also prevents water retention (edema). Cucumber is great in salads and smoothies. The majority of my smoothies contain cucumber for their health benefits and neutral flavor they lend. When my son was 3 years old he would eat an entire cucumber if I sliced it for him. Overall, the main benefit of cucumber is its high alkalinity. Most people have eaten acidic foods for decades and this magic fruit (yes it's a fruit) can help to quickly bring back an alkaline state. Cancer thrives in acidic terrain; so it's fair to say eating a lot of cucumber has anti-cancer effects. It takes 32 cups of water to neutralize the acid from 1 diet coke. Cucumber is more alkaline than any other food in this book. Use it often, but don't

juice it. Blend it. Fish oils rich in DHA are clinically proven to dramatically lower triglycerides raise HDL good cholesterol to fight heart disease and boost brain function for learning.

### **DHA & EPA - The Most Important Fats**

The most potent oil for boosting brain & cardiovascular function is DHA, In fact, the more science learns the more we realize DHA is a big part of who we are. 30% of the FAT in the gray matter of our brain is comprised of DHA!! Its no wonder DHA is considered the most important fat of the 21st century. Equally compelling is the fact that more people are deficient in DHA than any nutrient on Earth. In 2010 doctors began "prescribing" DHA meds called Lovaza. It is basically DHA & EPA highly purified with antioxidants to keep it from going rancid. Nordic Naturals produces an equally pure and concentrated product. DHA & EPA are found in cold-water fish, krill and ocean based microalgae. Most of the DHA in fish and more complex marine organisms originates from photosynthesis in microalgae. The smallest fish eat this algae and it becomes increasingly concentrated in organisms as it moves up the food chain. All life originated in the ocean from plants and plankton, and all mammals need DHA and salty minerals to support brain function. We came from the sea and our bodies require these sea faring nutrients. Microalgae from the ocean is the only vegetarian source of DHA. Spiulina from fresh water does not have DHA.A forms the foundation for Jing and Procreation DHA is metabolized into many potent hormones and is a major fatty acid in sperm, brain phospholipids and especially in the eye retina. In fact, DHA is shown to be the most important nutrient for pregnant mothers to take for boosting baby's brain while in the womb. No other nutrient taken during pregnancy offers such a protective shield against disease for the baby. Dr. Peter Nathanielsz M.D. finds an overwhelming number of diseases can be traced back to mothers who were DHA deficient. He is a strong advocate for prenatal supplementation of DHA. DHA & EPA are proven to boost HDL good cholesterol, which helps lower LDL bad cholesterol [52]. HDL's job is to shuttle LDL bad cholesterol back to the liver to be metabolized. Thus, eating cold-water fish like salmon, trout, sardines and taking a DHA supplement helps to lower LDL cholesterol. In addition, human studies are showing DHA helps reduce risk of heart disease by greatly reducing blood triglycerides. DHA also acts as a blood thinner reducing risk of blood clots, improving health of arteries, and reducing amount of arterial plaque. EPA helps produce prostaglandins, which are anti-inflammatory and excellent for any pain issues. People on blood thinning medications must ask their doctor before taking fish oils. Low levels of DHA frequently result in a reduction of brain serotonin levels and are associated with ADD, Alzheimer's disease and depression. Studies show children who take DHA improve their concentration and their grades in school. Because the omega-3's in flax, walnut, chia and hemp seeds cannot be converted into DHA, it is important to note that DHA is only available from marine sources. Studies conducted at the University of California Irvine show that DHA may slow the accumulation of a protein that leads to the development of brain lesions found in Alzheimer's disease [53]. DHA also reduces levels of beta amyloid, what clumps in the brain forming Alzheimer's lesions [53]. Arthritis is worsened by diets high in Omega 6 pro-inflammatory fats & DHA & EPA help reverse this, (see appendix on fatty acids) Most DHA supplements are derived from sardines, krill or microalgae. Research still supports that DHA sourced from sardines (tested free of heavy metals) is best. 1000mg a day of DHA is advised for healthy adults and up to 6000mg for arthritis sufferers. For kids, 500mg in either DHA candies or strawberry flavored liquid. My favorite brand is "Nordic Naturals" for their high purity and potency. Our good friends at Foods That Heal offer DHA for a discount: [www.Food-Healing.com](http://www.Food-Healing.com)

### **Echinacea - Stopping Cold & Flu**

I can recall countless times that this mighty herb has come to my rescue and totally prevented me from getting sick. Over 500 scientific studies have documented the chemistry, pharmacology, and clinical applications of Echinacea. The most consistently proven effect is stimulating phagocytosis, which is encouraging white blood cells and lymphocytes to attack invading organisms. University of Florida nutritional scientist, Susan Percival found that echinacea stimulated white blood cells to fight infection. In her preliminary study, Percival gave 10 healthy college age men echinacea for four days, taking measurements of immunity on day one and four. In just 4 days administering echinacea. Dr. Percival found a stimulation of immune system in the form of a threefold increase in the ability of white blood cells to kill bacteria [55]. Echinacea stimulates "phagocytosis" and is a key herb that I take in my toiletries bag during travel. In fact, I never let my supply diminish. Echinacea works before you have a full-blown cold or flu at the first sign of inflamed throat or cough i recommend taking several tincture droppers of high potency echinacea in a cup of water. If the water doesn't make your mouth tingle from the potency then you did not use a powerful enough extract. Echinacea takes a potent dose to work. Many wonder why echinacea doesn't work. There are two factors that must be understood when using echinacea to stop a cold-flu in its tracks:

1) Echinacea works best before the cold/flu is fully established within you. Echinacea works its healing magic only in the very initial phase of a cold or flu. That is why you always travel with some on hand, because you may wait until the next morning to buy some & it will be to late. If it is taken in the right moment it will stop the cold nearly every time.

2) Most capsules from the store are simply not potent enough or absorbed fast enough. The tincture drops are by far the best, however I have tried many tinctures that produce no immuno-modulatory activity. You can tell

immediately upon drinking the water mixed with Echinacea drops if it's the real deal or not. Your mouth will tingle like crazy if it's a really powerful extract. After trying dozens of brands and extracts, by far the best is Gaia Herbs "Echinacea Supreme" extra strength or professional strength. This stuff is high-grade no holds bared Echinacea and the minute you feel the cold coming on it will stop it. I recommend 2 full droppers in 4 ounces of water taken every two hours at the first sign of a cold. After that I recommend taking 2 full droppers twice daily for a maximum of 5 days.

Echinacea creates a stimulated immune system, which if taken all the time - produces a lot of free radicals. It's important to understand echinacea should not be taken regularly. Use only at the first sign of a cold or flu for 5 days. We teach a lot of people Qigong healing & breathing applications. During this time I never worry about getting sick or catching other people's bacteria, even though we are all breathing together for prolonged periods. I never have gotten sick at a workshop and that is because I take echinacea two days before and during all workshops. It keeps my immune system in top form and helps my white blood cells triple their harmful bacteria destroying power, I frequently recommend all my instructors to take the echinacea tincture two days before a workshop and during, just like me. This is also good common sense when traveling on airplanes or being around people who have a cold. Gaia Herbs "Echinacea Supreme" is pure echinacea, but they also have formulations combined with other herbs. I only recommend the pure Echinacea Supreme ("Extra Strength" is the best) because that is the one that makes your mouth tingle! Our good friends at Foods That Heal offer this product for a discount: [www.Food-Healing.com](http://www.Food-Healing.com)

### **Eggs - Best Protein on Earth**

People without constipation or egg allergies should definitely take advantage of the totally unique and special properties of free-range eggs. They have a protein efficiency ratio (PER) that gives a rating to the quality of a protein by the number and proportion of amino acids it contains. Of all foods on earth, eggs have the highest PER rating and are especially good at building muscle. Eggs contain all 8 essential acids in the proportion regarded as the most bio-available to the human body. In fact, eggs are the standard by which all other protein sources are rated for their ability to assimilate. Approximately half of the non-water mass of the human body is protein. 50% of our body's protein can be attributed to muscles, cartilage, tendons etc. The other 50% of our body's protein content is used as catalysts within cells. These catalysts are called enzymes. Enzymes then, are protein. Your body makes enzymes from protein and "eats" its own muscle when there is not enough to supply necessary enzymatic reactions. When we eat proteins, the body breaks them apart and uses the amino acids to build new proteins necessary for growth and repair of body tissues. Furthermore, hormones are long-chain proteins and we all know how important hormone levels are to youth and vitality. In short, life-giving hormones made by the endocrine system are dependant on enzymatic reactions from a protein source. Some plant sources (like nuts and beans) can provide near-complete proteins, but not as effectively as the egg. And yet the complete protein isn't even the best part of egg's qualities. The Yellowest Yellow in the Universe - Does NOT Raise Cholesterol. Studies published in the Journal of Nutrition add further evidence to the theory that eggs do not raise blood cholesterol, even when eaten in high amounts. Over a 5-week period, participants ate 1 egg everyday, participants blood levels of lutein and zeaxanthin (eye healing phytochemicals) significantly increased by 38%. Participants' blood levels of total cholesterol, LDL cholesterol, HDL cholesterol, and triglycerides were not affected. That is from 7 eggs a week. Although it is controversial, some people eat organic, free-range eggs RAW like Rocky did in the movies. Many thousands of bodybuilders eat 12 raw eggs a day. What happens to them eating 84 raw eggs per week? I knew someone that did this and got his cholesterol checked after a few weeks. HDL (good cholesterol) levels were very high while LDL levels were far below average. In summary, eggs are not bad. A campaign by cereal companies has led people to eat grains instead of eggs, but its clinically proven eating eggs does not raise cholesterol. Cholesterol in eggs is a precursor to muscle building hormones like testosterone. If your appetite and digestion are good, I suggest eating 7-14 eggs per week increasing as desired. Eating raw eggs is under some dispute due to the potential for salmonella outbreaks, however this hardly ever happens. Your chances of getting an egg with salmonella are about 20,000 to 1 and it's nothing that probiotics and charcoal can't fix. However, raw eggs are not for the faint of heart. I personally like eggs poached or soft boiled so the yolk is not entirely cooked. Eggs whites without yolk are seriously missing out. The yolk contains all of the egg's naturally occurring vitamin D, which is huge in itself, as well as choline, vitamin A, and E. Plus, egg's high lutein content (what makes it yellow) protects eyesight. If your constipated, avoid all eggs until you've solved this problem. See constipation protocol to solve this problem forever. Boiled eggs are best as there are no free radicals associated with this method of cooking. I recommend healthy people eat 7-14 DHA/omega eggs each week along with sprouted grain toast, asparagus and other mixed vegetables. Don't fear the egg!

### **Egg Shell Membrane - Rebuilding Joints**

The colorless membrane on the inside of eggshells is made of the exact same ingredients as human joints. It's a natural source of glucosamine, chondroitin collagen & hyaluronic acid. I have seen amazing results for people with osteoarthritis, knee and joint stiffness. Many people I have recommended the food supplement to have completely gotten off pain medications. Traditional treatments for OA primarily attempt to address the symptoms (pain,

inflammation, and discomfort) associated with the disease. This usually involves the use of analgesics, anti-inflammatory drugs and COX-2 inhibitors. Many arthritis drugs are fraught with side effects and I encourage a more natural approach. It's called "Natural Eggshell Membrane" (NEM). Cherries & ginger contain high amounts of anti-inflammatory phytochemicals that eliminate pain for arthritis & gout sufferers. But no *food* actually rebuilds the cartilage, except Natural Eggshell Membrane (NEM). Consider that the most popular joint/arthritis supplements are glucosamine and chondroitin with sales nearing 1 billion dollars annually. Glucosamine is extracted from the shell of crabs, lobster and shrimp. Chondroitin sulphate is from animal cartilage, such as sharks. Separating eggshell membrane from the eggshell makes eggshell membrane; NEM is not an anti-inflammation supplement. It actually provides the raw materials to rebuild the joints themselves. According to a study in *Clinical Intervention in Aging*, eggshell membrane appears to significantly reduce symptoms of osteoarthritis and was shown to be superior to glucosamine & chondroitin. In a human clinical trial with 37 people having osteoarthritis, taking NEM 500 mg daily resulted in an observed decrease of pain in 7-30 days [56]. In another longer study, 39 patients received 500 mg NEM once daily for four weeks. After seven days, patients reported an improvement in flexibility of 27.8%. After 30 days a 43.7% improvement in flexibility. The relief of pain in percentages are based on Western Ontario and McMaster Universities (WOMAC) Osteoarthritis Index. After 30 days the average reduction in general pain was 72.5%!! [57] The brand of NEM that I recommend is from Membrell. Their product called "Joint Health" works awesome & contains 100% natural eggshell membrane. Studies yielding positive results have also been done with retired racing horses. Membrell makes a product that is especially helpful for dogs that suffer from arthritis. I get asked about arthritis for pets all the time and I'm glad that they've made dosages specially geared towards dogs. Our good friends at Foods That Heal offer NEM at a discount: [www.Food-Healing.com](http://www.Food-Healing.com). When a student complains of pain from arthritis there is a set protocol we follow that is time-tested to work. The very first thing I tell them to do is immediately get some Egg Shell Membrane. It usually reduces discomfort quickly.

#### **Eggplant ~ Cholesterol Lowering Powerhouse**

Within all species of eggplant is a powerful assortment of phytochemicals for getting fat out from arteries. Eggplant absorbs oil from the colon and helps to lower cholesterol [58]. The key word with eggplants is that it "absorbs" things. Mainly unwanted fats and excess iron. Eggplant is a true "scrubber" pulling out toxins and waste. When rabbits with high cholesterol were given eggplant, the cholesterol in their artery walls of their aortas was significantly reduced, while the walls of their blood vessels relaxed, improving blood flow [58]. Obviously we recommend anyone needing to lower cholesterol or with heart disease to eat plenty of eggplant. We use the eggplant in sautés, soups and most notably, medicinal teas. More than 50% of Americans have cholesterol above 200 mg per dl. If you have high cholesterol, the best method to lower it is to follow the complete cholesterol lowering protocol in the section on heart disease. Eggplant is part of this protocol. It can be boiled in water along with readily available mushrooms and goji berries to create an inexpensive "medicinal tea" very effective at lowering cholesterol. Hundreds of my students have successfully lowered their cholesterol by over 50 points in 1-2 months of drinking this tea. Some people simply slice the eggplant and let it soak in water for 1 week. The water absorbs some of the phytochemicals and becomes a little bitter. The Institute of Sao Paulo State University, Brazil, has published that eggplant is effective in the treatment of high cholesterol [58]. The active phytochemical scientists attribute to its cholesterol lowering powers is called, "chlorogenic acid". Aside from statin drugs, another class of cholesterol lowering medications are called ACE inhibitors. ACE stands for "Angiotensin Converting Enzyme". Researchers suggest chlorogenic acid in eggplant inhibits the ACE enzyme much like ACE inhibitors do. Chlorogenic Acid found in eggplant is also good to help fight cancer. There are many methods to prepare eggplant, but eggplant Parmesan is not allowed on this program because cheese is one of the worst artery clogging foods known to exist. Some people make almond ricotta cheese out of soaked almonds that easily rivals the dairy cheese. Eating eggplant in cooked meals is a great way to get the medicine, but for the real cholesterol lowering results the teas the only way to go. This Australian product made from eggplant is shown to be effective reversing many types of skin cancer.

#### **Systemic Enzymes - Pain, Inflammation & Lower Cholesterol**

Systemic enzymes are not intended for digesting food. People use them to reduce inflammation, pain and even clear out fats & proteins from the circulatory system. Wobenzym is an "old school" supplement that has been sold in health food stores for decades. It has been used in Germany as a pharmaceutical for over 40 years and is a combination of plant-based enzymes and pancreatic (animal) enzymes. Wobenzym has been featured in six human clinical studies with 2,489 patients studied. These studies showed that systemic enzymes provide temporary relief from aches, pains and muscle soreness due to everyday activity. It does this by promoting a better inflammation response. I have seen it work wonders for people who have both OA and RA arthritis. Basically, it's like a natural pain killer. Protein digesting enzymes, when not used to digest food, have the effect of reducing inflammation, and therefore pain. However, there is another very interesting use. This enzyme helps sports injuries; all types of pain may lower cholesterol. Studies show systemic enzymes have anti-coagulation (blood thinning) & cholesterol lowering

properties. One study showed that in patients, who had suffered a myocardial infarction, cholesterol dropped 12% and lipoproteins dropped 16% after taking 9 Wobenzym tablets a day for 10 days. A second group in the same study had a 24% drop of cholesterol and 31% drop of lipoproteins in one month at the same dosage [59]. In some studies, the patients were also on beta-blockers, nitrates, aspirin and ACE inhibitors. Even though there are no reported side effects after 40 years, Wobenzym has a fibrinolytic action, which decreases blood clots. Therefore, patients taking anticoagulants or prescription blood thinners should not take Wobenzym unless under supervision of a physician. Studies report it is safe to take with aspirin. Studies were also very compelling with regards to lymphedema, which is where lymph fluid cannot be circulated properly. Systemic enzymes digest intracellular waste and can improve circulatory and lymph disorders. Our friends at Foods That Heal offer Wobenzym for a discount: [www.Food-Healing.com](http://www.Food-Healing.com) Digest Gold is the best enzyme to help with nutrient absorption.

#### **Digestive Enzymes - Helps You Absorb Nutrients**

Everybody can benefit from taking digestive enzymes with meals. The enzyme bank account you have is limited and you don't want to use them up on the food you eat, especially with regards to high protein meals. Noticeable benefits from taking high quality digestive enzymes include; more energy, better environmental detoxification and improved assimilation of nutrients. Remember, it's not what you eat, but what you absorb that counts. Some people can use help in this department if their digestion is weak. Enzymes are part of every reaction in the body. Protease and lipase are used to break down proteins and fats, and help build new tissue to regenerate your body. They also digest foreign bacteria and unhealthy fats in your system. I am not big on taking pills, as I believe we can get everything from food if we know what foods are specifically needed and use a 3HP blender to micronize. However, some people have such a compromised system from stress that they could actually benefit from taking enzymes with meals and perhaps, even with smoothies. Anyone with health problems should take enzymes. Our friends at Foods That Heal offer Digest Gold at a discount: [www.Food-Healing.com](http://www.Food-Healing.com)

#### **Digest RC - Stimulates Liver to Produce Bile**

Sometimes poor bile secretion by the liver is the reason for digestive problems. Digest RC is an inexpensive way to stimulate your body's own digestive fire naturally. The active ingredients of black radish root extract and artichoke have been used for 100's of years to stimulate the flow of bile. For digestive troubles this is a very unique and inexpensive supplement. It is one of Europe's best selling digestive remedies for over 50 years. Our friends at Foods That Heal offer this product for a discount: [www.Food-Healing.com](http://www.Food-Healing.com)

#### **Garlic -Always Fighting for you**

Entire books have been written about garlic and I could easily fill several pages. The first things that come to mind are garlic's anti-viral, anti-biotic, and anti-fungal properties. God made garlic so smart too, because Garlic will not destroy your good bacteria. It knows to target only the bad. That's really amazing. Today there is a glut of antibiotics being taken, which are like atomic bombs destroying every spec of bacteria in their wake. Antibiotic drugs do NOT kill viruses and are helpless against the common cold, winter flu, or even the terribly feared 'bird flu'. With so many viruses going around in modern times, its good to know "Who ya gonna call?" I'm calling garlic, and you should to. Garlic destroys viruses and that is a claim few, if any others can make. If that weren't enough; garlic lowers blood pressure, and cholesterol, thins the blood, improves the release of nitrous oxide responsible for dilation of blood vessels, boosts endocrine function and sexual hormones, and improves sperm count aiding couples trying to conceive a child. We do not add garlic to our smoothies unless we are sick with the cold or flu. The taste is exceptionally bad and ruins the enjoyment of a joyous smoothie experience. Garlic is used daily for life, whenever you cook soups and meals. We use a system called "7 primary herbs" which we eat everyday in some form. To gain more benefits we always add ginger to the garlic to help balance yin & yang. Simply chop it fresh, and throw it in! Garlic lowers blood pressure and is a potent yin energy builder. Ginger stimulates blood circulation and is a yang tonic. They should always be eaten together. Actually, the ideal is to always cook with all the '7 primary herbs' in each meal! We need to cook our own meals more often so we can always add the "phytochemical-rich" 7 primary herbs. Fresh Garlic is one of the most powerful blood thinners. It helps improve blood circulation and lower blood pressure naturally. A phytochemical in raw garlic called "Alliin" blocks the activity of angiotensin II, which causes blood vessels to contract. This nutrient prevents unwanted contraction of blood vessels & increases in blood pressure. Garlic is also rich in sulfur-containing molecules that get converted by our body into a gas called hydrogen sulfide (H<sub>2</sub>S). H<sub>2</sub>S is similar to nitric oxide in that it helps expand and relax our blood vessel walls. Studies indicate garlic pills are ineffective. The easiest method to eat raw garlic is to make 9-clove pesto once each week. People with heart disease should eat 1-2 cloves daily.

**9-Clove Garlic Pesto:** 3/4 c. organic virgin olive oil, 9 medium size cloves of garlic, 1 1/2 c. compressed basil (1 large plant), 1 tsp. pink Himalayan salt, 6 oz. pine nuts, \*Simply add contents into food processor and blend

#### **Ginger - Everyday I Take It**

Many experts are talking about how inflammation of the internal organs & blood vessels is the key to most diseases. Ginger & turmeric are the master anti-inflammation herbs. In one clinical study of osteoarthritis & rheumatoid arthritis patients, physicians found 75% of arthritis patients and 100% of patients w/muscular discomfort experienced relief of pain & swelling after taking ginger into their diet [62]. Ginger has also been involved in numerous studies for its anti-cancer action and its immune boosting properties [63]. There's a long list of reasons to eat ginger and everyone needs to come to this party. Each morning I put a big slice into my smoothie. It gives it a delicious kick. We cook most meals with ginger, because its one of the 7primary herbs" used daily for the rest of your life. Ginger has phytochemicals structurally similar to the COX2 inhibitors found in Advil & Aleve. This size root makes 1 serving of with water. Pharmaceutical painkillers are bad for health. Firewater is good for health and stops pain naturally.

#### **Firewater Natural Pain Killer**

If a person has been in a serious accident I recommend 'ginger firewater' instead of taking painkillers. This also works wonders for arthritis or any condition where painkillers or anti-inflammatory drugs are called for. Simply take a large piece of ginger (like pictured above) and chop into thin pieces. Boil this root along with a small handful of goji berries in 6 cups of water until only 2 cups remain. This should take at least 1 hour. Drink 2 cups of this tea per dose. The goji makes it taste good, but it is still firewater and you can expect this tea to have serious kick. It reduces inflammation and pain in record time. It has worked for hundreds of people that I have recommended it to over the years. Ginger root is also excellent to help people stop the feeling of nausea. Pregnant mothers are known to use ginger to stop morning sickness. Ginger works even better when combined with papaya. Something about the enzymes of papaya and the anti-nausea effects of ginger make it a powerful combination to fight chemotherapy queasiness. The easiest way to stop nausea is to drink ginger as tea. Fire water (discussed above) is probably too strong for this purpose, as that is really designed to be a painkiller. You can make a milder tea with just a few slices of ginger boiled in water. When this delicious tea is consumed with papaya Ginkgo trees live as long as 1000 years! It is perhaps the most scientifically researched herb. It thins blood and improves brain micro-circulation

#### **Ginkgo - Master of Blood Circulation**

In Europe, ginkgo extract is among the best selling herbal medications, ranking within the top 5 of all prescriptions written in France and Germany. Emerging evidence suggests that ginkgo extract may be particularly effective in treating ailments associated with decreased blood flow to the brain, particularly with Alzheimer's. In addition to its "brain power" reputation, we most frequently recommend ginkgo extract to people with poor blood circulation. Laboratory studies show ginkgo extract improves blood circulation by dilating blood vessels throughout the entire body. Many people with cold hands & feet find that after a few weeks of taking Ginkgo the condition improves. With 100's of published scientific studies to document its complex and varied effects, ginkgo is among the world's best studied herbs. It enhances microcirculation, improves blood flow and oxygenation to the brain and limbs. For more scientific info: University of Maryland Medical Center: [www.umm.edu/altmed](http://www.umm.edu/altmed) Ginkgo extract is reputed to improve blood flow and has been studied in people with pain caused by inadequate blood flow to the legs (arteriosclerosis). These people have difficulty walking without suffering extreme pain. An analysis of eight published studies revealed people taking ginkgo extract tended to walk 34 meters farther than those taking placebo. University of Maryland Medical Center I recommend Gaia Herbs' Ginkgo Liquid Phyto-caps. They don't extract the herb or standardize with hexane. Our friends at Foods That Heal offer this product for a discount: [www.Food-Healing.com](http://www.Food-Healing.com) "Ginkgo can have negative interactions w/aspirin, blood thinners, anti-depressants, seizure medications & diuretics. Ask your doctor before taking.

#### **Green & White Tea - Heart-Protective Polyphenols**

The health benefits of green tea have been extensively researched and the PubMed database now contains more than 1,000 studies on green tea, with more than 400 published! A Japanese study published September 2006 issue of *JAMA*, suggested that drinking green tea lowers risk of death due to all causes, including cardiovascular disease. Shinichi Kuriyama, M.D. of Tohoku University School of Public Policy in Sendai, Japan, and his colleagues examined the association between green tea consumption and death due to all causes including cardiovascular disease and cancer. The study, which began in 1994, followed 40,530 adults in northeast Japan for 11 years. Within this region 80% of the population drinks green tea and 50% consume at least 3 cups a day! Compared with participants who consumed less than 1 cup of green tea per day, those drinking 5 or more cups a day had a significantly lower risk of death from all causes and, specifically, risk of death from cardiovascular disease, especially stroke. It was noted that women who drank 5 or more cups per day had 62% less stroke than those who drank no green tea! [66] The catechin epigallocatechin-3-gallate (EGCG) is believed to be responsible for most of the cardiovascular health benefits linked to green tea. Only weak or neutral relationships were seen between black tea or oolong tea. White Tea contains up to 3 times more phytochemicals than green tea! It is the top bud of the tea plant. High quality white tea has soft white hairs on it. Some varieties go for over \$300 per pound. Reishi Tea Company imports an organic variety called "Silver Needle", and is the absolute best we've seen anywhere. Our good friends at Foods That Heal offer this product for a



discount: [www.Food-Hedling.com](http://www.Food-Hedling.com) In August 2006, a study published in European Journal of Clinical Nutrition, found that green tea is a healthier choice than almost any beverage, including water, because green tea not only dehydrates as well as water, but provides a rich supply of polyphenols protective against heart disease [67].

### **Ginseng -The Most Powerful Longevity Herb**

There are 150 year old roots on the market that fetch over \$100,000 in Hong Kong, Taiwan, Japan and perhaps more if it came from a premium location such as Chang Bai Mountain. The most eminent physicians in China have written whole volumes upon the virtues of ginseng and made it an ingredient in all remedies, which they give to their chief nobility. The great master herbalists from antiquity affirmed that ginseng: (1) Removes weakness of the lungs and (2) the stomach. (3) Helps balance appetite. (4) Is adaptogenic, meaning it will improve your body's response to stress? (5) Is shown to improve the function of the adrenal glands. (6) Improves the immune system's ability to increase white blood cell count and fight off disease. (7) Increases the sexual energy or Qi within a person; Chinese medicine recognizes that sexual energy and Qi are very similar. When libido is low, Qi energy is most likely also low. (8) Increases the motion of blood, warming the blood, improving circulation to the limbs. 9) Has been shown to be stimulating and regulatory to the endocrine system & influence the pituitary gland. (10) Is used to increase endurance and strength in competitive athletic training.

### ***From 1990 through 1993 over 7 million pounds of Ginseng was imported into Hong Kong!***

The Chinese call it "The Root of Man" because it looks human. Wild ginseng is much more expensive than cultivated and nearly everybody believes wild roots are more potent and more chemically balanced than cultivated roots, no matter how effectively the cultivation was handled. However, there is the issue of authenticity. There is an ancient craft in China where skilled farmers can hand craft normal ginseng to look like old, wild mountain ginseng. In ancient times it was standard belief, and now scientifically confirmed, that roots that experienced extreme hardship, have produced more adaptive constituents and are more potent adaptogenically. Therefore, artificially standardizing Ginseng to a set level of ginsenosides isn't an adequate means of judging quality. Whole ginseng extracts from premium sources, properly prepared, always provide the best results. One ancient Emperor sent out ten thousand men on a wild ginseng hunt to assure the imperial palace would have an ample supply. Like the emperor, I firmly believe ginseng should always be on hand. Everything is a question of money with ginseng, I haven't tried any 100 thousand dollar 150 year old roots in my life yet, but I do take a wild ginseng tincture that costs several hundred dollars. Its called "Heaven Drops" from Ron Teagarden's Dragon Herbs. Those who know ginseng know that Ron is the undisputed master of ginseng. He hand makes this extraordinary extract with the 1st press from ginseng that has been growing in the wild for decades with many of the roots 50 years or older. But not everyone is looking for this level of quality or expense. Ron also makes "Ginseng Sublime". I believe this 2oz tincture to be far better than any commercial brand of ginseng on the market. It is made from a variety of premium grade cultivated Chinese, American & Korean roots. Ron Teegarden has access to Ginseng roots that most companies only dream about. The fact he makes the tinctures himself and oversees the entire process is the reason why I recommend his ginseng tinctures. Our good friends at Foods That Heal offer this type of ginseng for a discount: [www.Food-Healing.com](http://www.Food-Healing.com)

### **Goji Berry - The Most Amazing Super food**

The Dali Lama eats goji berries, so they must be good. I honestly believe that goji berries are the single most important food/berry for healing disease and maintaining vitality. Containing 18 amino acids, 21 minerals, glyconutrients for cell communication, more beta-carotene than any other food on earth, goji is truly in a league of its own. It has special combination of L-Arginine and L-Glutamine, an amino acids that stimulate secretion of human growth hormone by the pituitary. In Chinese medicine, goji berries are said to increase sexual fluids, fertility, longevity, and boost immune system. A man named Li Qing Yuen supposedly lived to be 252 years on a diet of mostly goji berries. Those with vision or respiratory diseases should eat goji berries, as beta-carotene is a big factor in reversing lung and eye diseases. Many people contributed to the alternative health movement in the 1950s-70s. Dr. Earl Mindell M.D. was the first person to take on the ANA & Pharmaceutical Industry head-to-head in the mainstream media on a massive scale. His books in the 1970s were some of the first to clearly communicate the natural healing power of Food. Dr. Earl Mindell M.D. recently studied in Asia for 7 years the effects of Goji Berries on health. He says, "I believe that goji berries will have more powerful benefits on health, well being, & anti-aging than any food, drug, or supplement that I've seen in the last 40 yrs." Putting a handful (1/3 of the bag) of goji berries in the 3 horsepower blender with 8 oz of distilled water is one of my most powerful secrets. It creates a delicious bright orange goji milk that will give you so much energy—you'll fly out of your seat! Everyone on this Food-Healing System is advised drink "Goji Milk" regularly for health. 1 cup = 8 grams protein! Take 1/3 bag goji and mix with 8oz distilled water + two ice cubes. Blend on high speed for 2 minutes. Add ginger for kick! A friend of the Qigong family was diagnosed with Hodgkin's Lymphoma and put on chemotherapy by the doctor. Her blood levels were dangerously low for such a treatment, so they started blood transfusions before every treatment. After drinking ONE 12 ounce glass of goji milk her blood levels were normal the next day. From this point on she rarely needed a transfusion and all she did to boost

her blood was drink fresh goji milk. Beware of the "Oh My God" reaction as you taste how awesome it is, and how much energy you get. *You just might become like a crack junkie for goji milk!* Also, beware of gimmick MLM goji products that promise eternal youth. The market is literally flooded by goji madness right now. Goji IS awesome, but let's remember the rule of using the whole food as God intended. There are many goji juices out there. Most are mixed with other fruit juices. Even pure goji juice can't compare to blending the whole fruit with distilled water in the 3HP blender on high speed. You'll understand after your first glass what I am going on about. I have searched high and low for the best source of goji berries. It is fair to say that I have tried over 20 varieties of organic goji berries. The cheap ones taste funny and are overly dried out. They sell a mid-grade brand of organic goji berry at Whole Foods. One day, a student gave me Heaven Mountain Goji Berries that were the moistest-plumpest-best-tasting goji berries I ever had! I believe goji berries are the #1 super food on Earth, above all other foods. They can be of utmost importance in the fight against disease. Our Qigong instructors use them so frequently in the 3 horsepower blender that we go through 100's of pounds monthly! 80z makes 3 servings if goji milk. Our friends at foods That Heal offer these goji berries for a discount: [www.Food-Healing.com](http://www.Food-Healing.com)

### **Grapefruit - Its All in the White Fuzz**

The war on cancer is closer to being won than ever before, and it is God's natural foods that are helping to take humanity in this direction. Several of my teachers and I have guided people to naturally reverse cancer using readily available foods. Using just food from the grocery store, your body can heal itself. Even the worst cases of lung, breast, and even pancreatic cancer. How do I know? I've worked with many people who have done it successfully using our cancer Food-Healing protocol. The "healer-warrior" inside of every person has the capacity to conquer any disease. Grapefruit is a core ally to winning against cancer. The white part is phytochemical-packed! A few powerhouse foods contain "so many phytochemicals" they kick the body's immune system into hyperspace. Grapefruit is one of these foods. Even though I am healthy, I often peel off the outer layer of the grapefruit leaving the thick white fuzz, which is God's incredible medicine. This stuff will bring the evil out of your body. And it does not taste too bad, a little bitter, but not bad. We teach people (everyone) to slice only the outside peel off & blend the rest, seeds and all. The white pith contains D-glucarate that may be helpful for reversing breast cancer. [69] Grapefruit is highest in pectin and is proven in studies as a cholesterol-lowering agent. [70] Studies show that blending/micronizing the grapefruit increased absorption by 130%. Even better than grapefruit is pomelo. Also called Chinese grapefruit, pomelo is an enigma in itself. There is no other fruit in the world like it. Sometimes they can be as big as a basketball! The catch is that they are mostly white pith. This means you can easily get more than enough of God's "White Magic Medicine" to help your body destroy cancer cells. Whether you have cancer or not, the white pith cleans your arteries, your kidneys, your liver, your everything! Use the blender; it enables your body to absorb it. This is especially helpful for breast cancer. Always consume grapefruit by itself as a solo ingredient. We call it a mono-smoothie. Citrus digests best on an empty stomach. Please Note: Anyone taking ANY medications must ask their doctor before consuming any grapefruit or pomelo. There are many pharmaceutical drugs having negative interactions with grapefruit. Ask your health care provider.

### **Muscadine Grapes - Like Nothing Else**

Normal grapes are a waste of time, but Muscadine is oh so fine. Resveratrol in grape skin is the compound in red wine that everyone knows prevents heart disease. The problem with grapes is that most have lost their all potent, mighty seed. This is the seed that God has commanded us to eat in Genesis. Muscadine grapes are seasonal, like pomelo, so buy them whenever you see them. They usually have 3 large seeds in each grape and a skin that is 4 times thicker than regular grapes. It is truly another enigma fruit that is here on this earth for healing. It is exceptionally good for heart disease. An unpublished study in Sept 2006 discovered a compound in "grape seed extract" that reduces damage to blood vessels walls by 85% according to findings presented at a biological conference on oxidative stress in Santa Barbara. Hardening of arteries begins with oxidative stress, leading to inflammation, & ultimately damages the arterial walls. Grape seed extract is a potent anti-inflammatory compound, but forget about the extract, blend and get the real deal!

### **Hemp Seed - More than just Omega 3's**

Until recently, most people in the health food industry touted flax seed as the best source of essential fatty acids or omega 3's. These EFA's are critical for health and there are hundreds of studies to document the benefits of omega 3's against inflammation and other diseases like cancer, diabetes & heart disease. A layer of fat surrounds every cell in our body and the dominance of vegetable oil (omega-6) in most diets (even healthy diets) greatly contributes to the epidemic of disease we see in Western culture. (See Appendix I) The problem with flax seed oil is that it goes rancid very quickly. It goes rancid faster than practically any other oil on the planet. In addition, it tastes bloody awful and I have a difficult time stomaching it. Hemp seeds taste awesome and do not go rancid nearly as easily. Walnut, chia & hemp are the most potent sources of Omega-3 ALA. However they all contain valuable nutrients unique to each. This means we should eat all three; walnuts, chia & hemp seeds. Our body uses energy to convert these ALA's into more

potent Omega 3's, which are SDA & EPA. Only a fraction of these ALA's are successfully converted into SDA & EPA and multiple studies show only .05% are converted into DHA. Unfortunately, the ALA from vegetarian sources does not convert into DHA, but they are still very important for health. (See DHA to learn more about the most potent fat for the human body) Hemp seeds and their oil contain "already converted" SDA, which is 5 times as potent as ALA. ALA has to be converted into SDA, but hemp already has some of it in the SDA form. Some people have impaired ability to convert ALA into the more potent fats. I know all this can be confusing. Don't worry about it. If you want to know more about fat please read the appendix to get the full story. For people with cancer, diabetes and just about every other disease, getting good fats is essential to restoring health. Hemp seeds are unique among seeds and taste amazing. Their good taste makes them easy to add into your diet. Another special fat inside hemp seed is called GLA. Although not technically an omega 3, this omega 6 behaves like an omega 3 and fights inflammation. The richest source of GLA is evening primrose oil. GLA is world famous for helping women to reduce PMS symptoms, allergies and more. 1-tablespoon hemp oil has 300mg of GLA or the equivalent of 3 evening primrose oil capsules. Hemp is a more economical method of getting GLA. I frequently recommend hemp seeds to women suffering from PMS symptoms. Do not cook with hemp oil. Unsaturated oils (like hemp) become toxic with free radicals when cooked! Contrary to popular belief, the only oils you should ever cook with are coconut oil & ghee, (clarified butter) because they are saturated and hence there is no possibility of picking up toxic free radicals. Hemp seed oil and hulled seeds are great on salads with avocado and watercress. Hemp seed butter, similar to a jar of almond butter, spreads great on sprouted toast. Just don't heat up the seeds or the oil. Hemp seed oil has absolutely no THC (the active psychedelic compounds) and is totally legal.

#### **Horsetail - For Bones**

Horsetail has brittle jointed stems that are rich in healing silica. It's been on the Earth for over 400 million years and resembles our most ancient plant life. Horsetail has been studied rather extensively for it's mineral content (most horsetail extracts are 7% silica by weight). It is legendary at helping broken bones heal at lightning speed and also for reversing osteoporosis. Silica from horsetail/ in my experience is proven to dramatically speed up recovery from bone fractures, torn ligaments & related injuries. Some research also suggests that as the silicon content of arterial vessels drops that our incidence of atherosclerosis increases. Even hair and nail growth remarkably improves with the use of horsetail. It is also a powerful diuretic that increases urination and is excellent to help reverse edema. Perhaps what's most important to know is that silica is the most important mineral for increasing bone density, For sure many in the calcium industry will challenge my belief, but it is scientifically founded and actual human results speak louder than words.

#### ***X-Rays and Doctors Confirm Horsetail can help repair Bone Fractures***

To the right is an x-ray belonging to Mary Young in Sarasota, Florida. During a fall she suffered a severe fracture. Her daughter is a close friend in the Qigong organization and I advised her mother to take 300mg of horsetail x 3 times a day for a total of 2400mg daily. The osteoporosis/fracture Food-Healing protocol was followed and within a 2 week period she no longer needed a cane and the doctor said she was 90% ahead of anyone else in recovery time. Many of our students have reported similar results taking horsetail to repair broken bones. What's even more interesting is that it works faster if the person stops taking calcium supplements. Eskimos have the highest osteoporosis incidence and also the highest calcium intake of any culture in the world. To understand the complete picture about growing strong bones and the role vitamin K and silica play see the osteoporosis protocol for more details. Professor Willford Willett, chairman of Harvard Nutrition Department believes the RDA for calcium is too high.

#### ***Observed Results with horsetail standardized at 7% silica***

Dr. Louis Kervran shared an unpublished study with rats whose femurs were broken. X-rays show the very rapid healing effects of horsetail on broken bones just 10 and 17 days after the break, and the very slow rate of healing in control rats that received only calcium. In a human study, 122 Italian women took horsetail showing noticeable improvement in bone density [72].

#### ***The bottom line for horsetail***

Most have no issues taking horsetail, but some cannot take it. Talk to your doctor about horsetail and silica before taking. Hundreds of cases point us to conclude that silica rich horsetail dramatically increases the speed that bones heal. Even rapid healing of bone fractures after a long period of very slow or no healing.

#### **Kim Chi & Sauerkraut**

I recommend every person eat at least 2 tablespoons or more of fermented vegetables each day. Fermented vegetables are a great source of naturally occurring probiotics (beneficial bacteria) & enzymes. Sauerkraut is perhaps the most popular fermented food and is made from cabbage. Fermented cabbage is an excellent source of the powerful phytochemical DIM, which is a great cancer fighter and stomach healer [73]. While raw cabbage contains DIM, it also contains thyroid inhibitors (goitrogens), but fermented cabbage does not. When eating fermented vegetables we receive a special lactic acid that promotes the growth of healthy intestinal flora and alchemically

creates hydrogen peroxide that oxygenates the blood. Today fermented foods can be purchased in stores, but many have vinegar or are pasteurized, which destroys beneficial microflora. Sauerkraut and Kim chi are a rich source of glutamine & cancer fighting phytochemicals cited in dole-3-Carbonal. Kim Chi is a whole different level of fermented vegetables. Fermenting cabbage with red chili peppers, radishes and a lot of garlic and ginger, makes it. The Korean government named Kim chi a national treasure and actually gives it to its workers. One of the really good things is that Kim chi has many of the known herbs that work overtime to keep your arteries clear. Eating cultured foods on a regular basis is the most effective way to heal a "leaky gut", a condition that exists because of an inflamed and "permeable" intestinal membrane which allows undigested food particles to enter the blood stream. Crohn's disease, colitis, irritable bowel syndrome, chronic allergies and immune system disorders are frequently caused by this problem. For people with these diseases I say eating fermented cultured vegetables is mandatory. You will read in the sections ahead that I am big on probiotics, however I also believe that getting it naturally from food is equally important. In order to maximize our "digestive power" I recommend both probiotics & at least 2 tablespoons of cultured vegetables every day. BBC News aired a report in March 2005 that officials in Korea had given kim chi to 13 Chickens with "bird flu" and 11 of them recovered. It started a frenzy where even more people than ever before started eating Kim chi.

#### **Making your own fermented cabbage:**

Chop a head of freshly washed, organic cabbage into small slivers. Place in a large salad bowl and set aside. Next, in the blender we create the 'brine' that the cabbage slices will be fermented in. Blend 2 cups of distilled water, 1 small beet, 1 medium carrot, 2 cloves of garlic, 1 small piece of ginger, 1/2 teaspoon pink Himalayan salt, 3 softgels of Dr. Ohhira's living probiotics. Blend for 30 seconds on speed 10 to make a brine (thick juice). Add the brine back into a large glass jar (or 2) with the mixture. Pack the cabbage slices down into the glass jar tightly. Roll 2-3 of the largest cabbage leaves firmly at the top to take up the space. Clamp jar tight and let sit at room temperature for 3 - 7 days. If you're too busy to make your own sauerkraut you can buy it from the health food store "Rejuvenating Foods" makes a raw sauerkraut and Kim chi that I really enjoy.

#### **Kiwi - Asthma Reversing Emeralds**

The white center of the Kiwi holds the treasure trove of phytochemicals. Kiwi is excellent to strengthen and detoxify the kidneys. It is also interesting that the cross section of a kiwi also happens to resemble a kidney. Kiwis are very high in vitamin C, even more than oranges. The most impressive medical study on Kiwis involves children with Asthma. Published in the April 2004 issue of Thorax, International Journal of Respiratory Medicine, 18,737 children aged 6-7 years living in Central & Northern Italy who were eating 5-7 servings of kiwifruit per week had 44% less incidence of wheezing compared to children eating it less than 1 serving a week. Upon including more kiwi into the diets of the children who were not frequently eating it, shortness of breath was reduced by 32%, severe wheezing by 41%, night time cough by 27%, chronic cough by 25%, and runny nose by 28% [74]. The high vitamin C and phytochemical content in kiwi plays an important role in combating respiratory diseases and is a key fruit in this Food-Healing system. I often recommended kiwi for asthma have seen hundreds of people reverse simply by eating 2-3 kiwis everyday. Without kiwi, hundreds of my students would still be wheezing. I wish there was more scientific research available on kiwi, but there are few who say what I say; kiwi can reverse asthma. It is v effective and I have proven this with my students. Over 100 students followed our asthma protocol ant are now asthma free. Our protocol involves more than just eating kiwi, and I am aware certain people will not follow the entire protocol. I challenged these individuals to eat 2-kiwi everyday for 1 week to see what would happen. 95% of these people were not using an inhaler after only a week of 2 kiwis a day! Researchers are working hard and millions of dollars are spent looking for a cure to beat asthma, but it's right here in our grocery stores! It may be vitamin C, or the white phytochemicals in the center. Science may never discover the molecules giving kiwi its asthma reversing powers, but I think God has a plan.

#### **Lime - Make Smoothies Taste Awesome**

Always add 1/2 a lime with the white fuzzy pith into every smoothie you make. Lime is good for the kidneys as well as skin complexion and as a standard rule of thumb within our Food-Healing System: lime always gets added. The lime takes time because it needs to be carefully peeled. Using a sharp knife cut away only the outermost green part. These leaves as much of the white fuzzy stuff on the lime, which is where all the healing power is. The lime has unique phytochemicals and flavonoids called flavonol glycosides. These flavonoids have been shown to stop cell division in many cancer cells [75]. In addition, limes are special for their antibiotic effects. In several villages of West Africa where cholera epidemics had occurred, the inclusion of limejuice during the main meal of the day was determined to be protective against the contraction of cholera. Of course we do not advise using limejuice but rather, the entire lime. My 9-year-old son eats the whole lime, flesh and all. I think it is interesting that he has been doing this since he was 2 years old. I suspect on a instinctual level he knows there are compounds he needs from it. In addition to strengthening kidney function, the lime makes your smoothie taste great! This is especially true for recipes that don't contain any fruit. Even with all veggies, the lime will give your smoothie a sweet and tangy taste.

### **Maca Root - Endocrine Enhancer**

This is a food staple for the people in the Andes Mountains of Peru and only grows at 14,000 feet. Very interesting is that maca roots grow in areas of intense sunlight, strong winds and below freezing temperatures—where no other crops can survive. Its nutritional profile is impressive with a high protein content in the form of polypeptides and amino acids, rich in fatty acids, minerals and vitamins etc. It has earned the name "Peruvian Ginseng", because it has similar effects as an adaptogenic, athletic performance enhancer and improves sexual health, like ginseng does. Important to maca is the presence of unique 'sterols', which are structurally similar to hormones in your body. Maca has indole-3-carbinol (I3C), a potent cancer fighting phytochemical found in cruciferous veggies. There are also a number of unique compounds in maca that support healthy sperm production and I highly recommended it for couples seeking to boost fertility [76]. Women experiencing symptoms of menopause or osteoporosis should also take it. Anyone over the age of 18 can take it. It's not for kids. There are few foods that will boost your endocrine system noticeably. Maca is undoubtedly the king of the endocrine modulating foods and is the top anti-depressant feel-good food [77]. From my own experience, eating high quality Maca Root powder will improve your feelings of well being and also your marriage! Seriously it's noticeable for me when I eat it even for only 1 week that my muscle tone strengthens (without exercising more). I believe that Maca is the top super food, second only to Goji. Everyone following this Food-Healing System is advised to take 1 tablespoon each morning with the morning tonic (*see morning tonic on page 26*). Getting a high quality Maca is key. Our friends at Foods That Heal offer premium Maca at a discount: [www.Food-Healing.com](http://www.Food-Healing.com)

### **Mushrooms - Boosting Circulatory & Immune Systems**

Most edible mushrooms contain polysaccharides called beta-glucans. Beta-glucans are clinically proven in studies to inhibit cancer cell growth, widen arteries lowering blood pressure, remove plaque from blood vessel walls, increase natural killer cells and activate the body's "immune system army". In our Food-Healing System, we suggest everyone eat these 3 mushrooms cooked in meals 2-3 times per week. You can eat them daily to help lower cholesterol! We are not talking about the white or brown 'button mushrooms' you see for 99 cents in the grocery store. Button mushrooms (the cheap white ones) have been tested to have aflatoxin (cancer causing bacteria), and no beta-glucans. Shitake & maitake are rich in beta-glucans and have clinically demonstrated anti-carcinogenic effects. Both taste awesome in meals! A supplement made from shitake mushrooms called AHCC is the #1 alternative cancer treatment in Japan. In hundreds of clinical studies it is shown to boost natural killer cell activity by up to 800% [78]. So who should eat these tasty mushrooms? People desiring to prevent cancer and keep a strong immune system! Wood Ear mushroom is one of only a few foods naturally rich in vitamin D and used in our infamous "black fungus goji tea". The tea is made by simmering (low heat) a handful of mushrooms overnight. Wood Ear is the master mushroom for lowering cholesterol! Although there are great mushroom extracts out there, eating them as food maximizes your benefit. Shitake is the best tasting mushroom of all Prevents virtually every disease known to man! Maitake is known for its cancer fighting effects. Add to soups or sauté in coconut oil with veggies. Wood Ear is known for lowering cholesterol. The oriental grocery store calls it Black Fungus.

### **Mastic Gum - Ulcer Be Gone**

This aromatic resin is harvested from majestic mastic trees grown in the south of the Greek Island of Chios where it is also known by the name, Chios tears. Commonly known as mastic gum, it has been shown to kill *H. pylori* [79]. In a study, human patients with endoscopies-proven duodenal ulcers were given either one-gram of mastic or placebo daily, for two weeks. 80% of the patients taking mastic gum reported improvements in their symptoms of stomach pain and 70% had healing changes in gastric mucosa as observed by endoscopes. For stomach ulcers mastic gum is the best you can get. People in the Mediterranean region have used mastic as a medicine for gastrointestinal ailments for several thousand years. The first century Greek physician and botanist Dioscorides, wrote about the medicinal properties of mastic in his classic treatise *De Materia Medica* (about medical substances). With over 25 million Americans predicted to be treated for an ulcer in their lifetime it is great to know a cost-effective and powerful remedy from God exists. Unlike proton pump inhibitors and acid blockers, mastic gum will only make your body stronger. There is a huge multi billion dollar antacid industry that stands to be made irrelevant in the face of this mighty herb. It is also a great natural antibiotic & antiviral. Our good friends at Foods That Heal carry mastic gum for a discount: [www.Food-Healing.com](http://www.Food-Healing.com)

### **Manuka Honey - Destroyer of MRSA & H. Pylori Bacteria**

MRSA is a highly "antibiotic resistant" variation of the common bacterium *Staphylococcus aureus*. It is wreaking havoc in hospitals worldwide as of recently and it killed 19,000 Americans in 2007, more than AIDS virus. A publication of the Centers for Disease Control, estimated that the number of MRSA infections treated in hospitals doubled nationwide, from approximately 127,000 in 1999 to 278,000 in 2005. MRSA is a modern flesh-eating bacteria that many say has developed 'resistance' from over-use of antibiotics. It is commonly spread in hospitals & clinics. Western medicine currently treats MRSA infections by intravenously injecting potent antibiotics directly into the blood stream. Large number of antibiotic treatments for MRSA are failing, hence the many deaths from this resistant

bacterium. Many are calling MRSA a growing epidemic. Hospital trials underway at Walkathon Hospital in New Zealand (where Manuka is native) showing that the phytochemicals within Manuka honey could be a very effective treatment for MRSA. Consenting patients with chronic wounds that were infected, heavily colonized or had a history of recurrent infection were recruited. Wounds were dressed with manuka honey standardized with UMF antibacterial activity. Successful healing was achieved with venous leg ulcers, diabetic foot ulcers, pressure ulcers, unhealed graft donor sites, abscesses, boils, and infected wounds from lower limb surgery. Infection was cleared, including wounds infected with MRSA. I personally know of cases with my students where manuka honey was used to reverse bedsores & external ulcers. UMF is a term used by scientists to identify how strong the antibiotic properties of manuka honey are. The most common strengths are 5+, 10+, 15+, 20+, 25+ or higher is medical grade "wound honey" used to fight external infections like MRSA or stubborn ulcers. Laboratory testing shows which manuka honey has the UMF property in it and how strong it is. Manuka honey is well known for its ability to reverse stomach ulcers (it kills H. Pylori in clinical studies and hundreds of my students have reversed ulcers with it). Its good for preventative measures when taken by people working in the health care system surrounded by germs. Our good friends at Foods That Heal offer the highest UMF grades of manuka honey at a discount:

### **Monolaurin - Coconut on Steroids**

Coconut's fat content is 47% lauric acid, the medium chain triglycerides most associated with coconut's antiviral/antibacterial/antifungal effects. Lauric acid is also found in human mother's milk and protects baby from infection early in its life while the immune system is developing. Unlike coconut oil, mother's milk has enzymes that help the lauric acid get converted in monolaurin. Monolaurin has even more antimicrobial effects than lauric acid on its own. It is pre-converted and can begin destroying the lipid layer of viruses & pathogenic bacteria right away. In order to have antimicrobial and immune-boosting properties, the fat in coconut oil and mother's milk has to be broken down into free fatty acids & monoglycerides. Only about 1-5% of the lauric acid in coconut is converted into monolaurin. The benefits of taking monolaurin are powerful; you must consume 4 tablespoons of coconut oil to convert an equivalent amount of monolaurin contained in 1 teaspoon of pellets. While studies with pure coconut oil show amazing results, there are advantages to using *both* coconut oil and monolaurin pellets. Dr. Kabara discovered in 1966 that when lauric acid is attached to glycerin it is formed into a monoglyceride, known as *monolaurin*. Monolaurin was found to be effective against many viruses, bacteria, yeast, fungi and protozoa. People report the following benefits after taking monolaurin pellets made from pure coconut oil:

- 1) Remission/lower viral counts for sexually transmitted viruses HIV Aids, gonorrhea, chlamydeous, herpes, HPV virus (*Thormar 1999*).
- 2) Shortened duration of colds/flu. Often people stop getting sick altogether. Influenza is a virus. Monolaurin is highly antiviral.
- 3) Fierce bacteria MRSA, H. pylori, Candida albicans, staph & strep appear to be inactivated by monolaurin in vitro and live humans.
- 4) The protozoan parasite giardia lamblia is killed by monolaurin. B) Effective for toenail fungus, alternative to Lamisil
- 6) Shown very helpful for chronic fatigue, autism, cancer etc.

Monolaurin derived from lauric acid is a powerful antimicrobial lipid that is even more germicidal than lauric acid alone. All viruses, bacteria and microbes have a LIPID MEMBRANE surrounding them. Monolaurin fats are absorbed by the viruses or bacteria and "break apart" their lipid membrane, destroying the pathogen. Dr. Jon Kabara & John Hierholzer's 1982 study, "In vitro effects of monolaurin on enveloped RNA & DNA viruses" showed lauric acid was effective against 14 different lipid enveloped viruses, including influenza, RSV, measles, hepatitis C, HIV, rubella (measles), herpes simplex 1 and 2, EBV and CMV [81]. There was no activity against naked viruses like polio, encephalitis virus, or poxviruses. Dr. Kabara, widely credited with bringing monolaurin into the scientific community during the 1960's, says people need 3-9 grams of monolaurin daily to provide benefits. This is a cosmic breakthrough supplement that provides a natural and effective alternative to antibiotics & antiviral. However, all clinical trials using coconut oil and monolaurin side-by-side showed equal effectiveness against HIV virus. Supplementing monolaurin in its pre-converted state was not more effective than old-fashioned coconut oil. I still recommend everyone ingest 28-56 grams of fat each day from coconut, (see coconut and appendix on fatty acids) Always take with food. Normal dose is 1 scoop x 3 times a day, but can go up to as much as 9 scoops. It is very important to start slowly as monolaurin will kill Candida, bacteria and viruses with a die-off reaction. \* After meals swallow a scoop of pellets (teaspoon) at a time with some water. This will ensure the pellets get digested as food. People who are very sick should start with 1/4 scoop of pellets daily and work up slowly for the first few days. Don't put pellets in the blender, they taste bitter find its easier to just shallow them with liquid. Our friends at Foods That Heal carry monolaurin at a discount: [wtwv.Food-Healing.com](http://wtwv.Food-Healing.com)

### **Natto - Ultimate Bone Building Super food**

You may be confused because my book says I do not like soy, however natto is a fermented soybean product. Fermentation takes away most of soy's negative attributes. Unfermented foods like tofu, soy burgers > and soy milk are not healing foods and I strongly recommend avoiding, them. Soy foods only become healing after a long fermentation process, during which the toxic phytate & antinutrient levels of soybeans are eliminated. Fermenting soy also eliminates the thyroid inhibiting qualities it has. The samurai were known for fermenting soybeans in straw baskets with special probiotics. This in turn created natto, the single most powerful bone building superfood on the planet. Samurai are said to have eaten natto everyday and believed it quickened their reflexes. Currently 7.5 billion packages of natto are consumed in Japan annually. Natto contains B, shrills, which is a probiotic that can reverse many digestive problems.

### ***The most bio-available Vitamin K2 source for Bones & Circulatory***

Vitamin K is proven to help rebuild bone and protect against heart disease, but there are two kinds. Vitamin K1, called phyloquinone, is the type found in dark leafy greens like kale & Swiss chard. For a long time I recommended chard as the best source of vitamin K (it has 700% of the RDA per serving), however studies now show we only absorb 10% of K1 from dark leafy veggies. In the last decade research has turned to the more effective menaquinones, or vitamin K2. The far more beneficial form is vitamin K2 and it is hard to get from food with the exception of natto. A single package of natto (40 grams) has approximately 340mcg of vitamin K2. This is 500% the RDA per serving and is fully absorbed. Many scientists say vitamin K is ten times more powerful an antioxidant than vitamin C. Vitamin K helps lay down calcium into bone and produce a protein called osteocalcin. A study published by Journal of Nutrition found women who ate more than 4 packets of natto a week reduced bone mass loss on the thigh bone by 80%. [82] Natto is mandatory for those with osteoporosis. Studies reveal Vitamin K2 is more effective to build bone than calcium!! A study from Netherlands showed that those in the highest third of vitamin K2 intakes were 52% less likely to develop calcification of arteries. Vitamin K2 puts calcium back in the bone where it belongs. A healthy intestinal tract can produce vitamin K, but in most people it is not produced efficiently, therefore it must be supplied by food. Natto has 14 times more Vitamin K2 than hard cheeses and 4 times more than organ meats. It is by far the richest food source of K2 on Earth. Much of natto's research is centered around "Nattokinase", a fibrinolytic clot-dissolving enzyme. It was discovered by Dr. Hiroyuki Sumi in 1980 while working at the University of Chicago. He states, "No enzyme has stronger fibrinolytic clot-dissolving activity than nattokinase." Dr. Sumi and his colleagues induced blood clots into male dogs, and then orally administered four capsules of nattokinase (1000 mg). Angiograms (X-rays of blood vessels) revealed the dogs who received nattokinase regained normal blood circulation (free of the clot) within five hours of treatment. Nattokinase is a natural enzyme that may dissolve blood clots associated with heart attacks & stroke. Some people like to supplement Nattokinase, but I much prefer eating the natto itself so that the bone-building benefits of natto can be obtained. The texture of natto is gooey and most Americans won't eat it. I bought 50 packets from the Japanese grocery store and ate them all without a hitch, but later realized the soy wasn't organic/ GMO (genetically modified) and full of MSG. In fact I could not find organic, non-GMO natto until I met a Korean acupuncturist who has been making her own organic natto for over 20 years, using her grandmother's formula. Using only organic, non-GMO soybeans she makes a 'natto powder' for her patients. It takes 40 grams of natto (one traditional packet) to make 1 tablespoon of this powder. After much begging, she agreed to make the powder on a larger scale for our readers. It tastes awesome and my friends eat it straight out of the bag. For building bones and reversing osteoporosis the recommended dosage is 1 tablespoon daily. Our friends at Foods that Heal carry America's first organic natto powder: [www.Food-Healing.com](http://www.Food-Healing.com)

### ***Olive Oil -The Great Lubricator***

Being that Olive oil is the richest source of monounsaturated fat and vitamin E, its no surprise that Greeks & Mediterranean people have enjoyed fantastic health for centuries. Many societies with a "high-fat" diet develop arteriosclerosis and other diseases, but not the Greeks. Why? They use generous amounts of olive oil on just about everything. Olive oil has concentrated antioxidants, chlorophyll, carotenoids & many polyphenolic compounds, all of which have free radical scavenging abilities and protect the vitamin E found in olive oil. This makes Olive oil a real super food. Greek scientists at the University of Athens reported from their research that they believe they synergy of all these beneficial nutrients is what is responsible for olive oil's contribution to their health. Olive oil also has potent levels of vitamin E, antioxidants and a huge polyphenol content that removes free radicals, lower cholesterol and prevents oxidation of LDL Cholesterol. University of Spain did a study where subjects ate a breakfast containing olive oil. Far fewer free radicals were present in blood afterwards than would be expected after a meal. Olive oil protects against free radicals! In our Food-Healing system we use olive oil on salads, hummus, tabouli, and anything you'd normally put dressing or butter on. But we also use olive oil for cleansing our Liver. The Liver/Gallbladder flush is a major part of this program, which we recommend twice per year (see Liver section for details). The best is organic raw unfiltered olive oil, which is not available at most health food stores. We have located a really awesome source of Organic Raw Unfiltered Olive Oil that uses the best olives and methods of extraction to ensure the maximum

aliveness. It costs quite a bit more than your probably used to paying for Olive Oil, but it is worth it—especially if you eat salads. We never cook olive oil to bake or stir-fry only cook with coconut oil or butter.) Olive Oil is best used for dipping or salads. Our favorite way to take Raw Living Olive Oil is to douse it over Hummus. We dip our homemade dehydrated crackers into the hummus and Olive oil. If you have heart disease or high cholesterol eat 6 or more pieces of okra everyday. Okra's mucilage binds cholesterol! We see people lower LDL cholesterol anywhere from 50-150 points when the complete heart disease protocol is adhered to. (See heart disease)

### **Okra - The Amazing Artery Scrubber**

Research studies have shown that diets high in okra and eggplant can lower cholesterol equally well as drugs [84]. This is of great significance, because Statin drugs can deplete the body's CoQ10 reserves from the heart muscles. Okra is the artery scrubber & teamed with eggplant they are a dynamic duo. The gritty texture of okra contains special fibers and gums that pull fat from arteries. My teachers have been successful assisting people with so-called irreversible arteriosclerosis reverse the disease using only readily available foods. Okra is one of the big guns in the war on heart disease. When fresh okra is unavailable it is okay to buy frozen. Most of the benefits from okra come from the gums and soluble fibers, which are not damaged by freezing. Okra can be blended in a smoothie, but most prefer it cooked in soups or hot meals for its amazing circulatory system benefits. Okra contains more soluble fiber than any other vegetable and has played a key role in helping hundreds of people I have personally worked with reverse heart disease, America's #1 killer. Onions raise good (HDL) cholesterol according to the American Heart Association; Researchers at Tufts University have shown eating onions can raise HDL cholesterol by as much as 30 percent over time.

### **Onion - Boosting Circulation & Immunity**

In colonial times, people for flu-prevention ate onion sandwiches. For the most part it was said to be effective, but perhaps that was because nobody would get near you after eating onion sandwiches. There is a lot of amazing clinical data about onions now being published and I highly recommend them for various purposes. However, before getting into the many benefits of onion, let me begin by saying they cannot be grilled and still be considered healing. Most of the beneficial phytonutrients in onion are lost in cooking and furthermore, grilling that thin, clear, defenseless onion fills it with cancer-causing free radicals. So first rule; no grilled onions on this program! I know people hate this rule. Grilled onions have become sort of an iconic food in America, but they are harmful when grilled. Boil them in soups or eat them raw. Sulfur is the primary active ingredient in onions, similar to garlic. The various sulfur compounds are responsible for the onion flavor and produce the eye-irritating compounds that induce tears. In Chinese medicine, onions were used to treat angina chest pains and the World Health Organization (WHO) supports the use of onions to prevent atherosclerosis. Onions contain sulfides, which can lower blood lipids and blood pressure. A study conducted in China found that in communities where people never consumed onions or garlic, blood cholesterol and triglyceride levels were substantially higher, and blood clotting times were shorter, than in communities where people ate liberal amounts [85]. Onions are a rich source of flavonoids and saponins; substances known to provide protection against cardiovascular disease. Onions also offer natural anticlotting agents, since it possesses substances with fibrinolytic activity and can suppress platelets from clumping together in the blood. This anticlotting effect closely correlates with its sulfur content. People on blood thinners or anticoagulants must use onions cautiously. In central Georgia, where vidalia onions are grown, mortality rates from stomach cancer are about half the average level of the United States. Studies in Greece have supported this statistic, showing that high consumption of onions, garlic, and other allium herbs offers protection against stomach cancer. Chinese with the highest intake of onions, garlic, and other allium vegetables have a 40% less risk of stomach cancer than those with the lowest intake. Elderly Dutch men and women with the highest onion consumption (at least half an onion per day) boast half the level of stomach cancer compared with those consuming no onions [86]. Onions are also very rich in chromium, a trace mineral that helps cells respond to insulin. In addition to chromium, experimental and clinical evidence suggests the allylpropylsulfide found in onion lowers blood sugar levels by increasing the amount of free insulin available. It does this by occupying sites in the liver where insulin is inactivated. This results in an increase in the amount of insulin available to usher glucose into cells helping to lower blood sugar. Diabetics should use onion daily in salads and meals. Hair loss is another use for onion that most would never associate. The Department of Dermatology and Venereology, Baghdad Teaching Hospital, Iraq tested the effectiveness of topical crude onion juice in the treatment of patchy alopecia areata (baldness). Groups of people with baldness were advised to apply treatment of onion juice to their scalp twice daily, for two months. Re-growth of terminal coarse hairs started after two weeks of treatment with crude onion juice. At four weeks, hair re-growth was seen in 73.9% of the group; at six weeks, the hair re-growth was observed in 86.9%. Results show onion juice applied to scalp as an effective therapy for patchy alopecia areata, or baldness. Pungent varieties of onion possess more phytochemicals, whereas milder varieties have less medicinal value. Peel off as little of the edible portion as possible when removing the outermost paper layer. A red onion loses about 20% of its quercetin and 75% of its anthocyanins if over-peeled. A few slivers of sliced onion on a tossed salad



are a good thing, but probably not enough to provide you with the cancer-related onion benefits. In recipes that call for onion, include at least 1 whole onion (medium size).

### **Oysters for Minerals**

Zinc deficiency is believed to be at the heart of many diseases and nothing has more zinc than oysters. They DO have aphrodisiac qualities because zinc is a building block of testosterone. We also need zinc for a healthy immune system and many body functions. Sperm contains 700 times more ZINC than blood plasma. The prostate gland contains more ZINC than any organ. Men lose a lot of ZINC during ejaculation. Oyster's insane ZINC levels will boost sperm & endocrine production. One study performed on athletes showed 90% of them were ZINC deficient [88]. Most diets are very ZINC deficient. Because zinc is so critical for the brain, endocrine and immune system, when there is a problem in one of these areas, try the oysters. 15mg zinc is the RDA for men. Oyster is highest with 15mg bioavailable zinc in 1 tiny steamed oyster!! Raw oysters carry an abundance of bacteria, which can be hard on the immune system and difficult for the liver to process. Steamed or smoked oysters are best and have a source of high zinc that is not available in any other food. Abraham Lincoln served oysters at every party and Casanova is reputed to have eaten Oysters everyday! Pumpkin seeds are the 2nd highest zinc food but you would have to drink 5 glasses of pumpkin seed milk to equal the zinc in 1 tiny oyster.

### **Papaya to the Rescue**

The enzymes in papaya are great for any digestive challenge and also for improving the absorption of proteins to build muscle. In addition, the fiber in papayas has been shown to bind to cancer cells in the colon, keeping them away from healthy cells [89]. Therefore, papaya is specifically recommended for fighting against colon cancer or anyone at risk for it. Papaya's unique protein-digesting enzymes, pepsin and chymopapain, have been shown to help lower inflammation and improve healing from burns and also arthritis [90, 91]. Irritable bowel syndrome can also be helped greatly by taking more papaya in the diet. The seeds are bitter and can be added to smoothies, however pregnant women should not take them, because they can induce abortion [92]. Overall, papaya is great for diseases of inflammation and digestive problems because of its enzymes.

### **Peppermint Phytochemical Blast**

Can you say, "packed with phytochemicals" 3 times fast? Whenever possible this is how many times per day we eat this wonderful herb. My teacher always mentioned putting mint in prepared meals and smoothies. This is one of the "7 Primary Herbs" we should strive to eat every day and is good for everyone. Peppermint contains "Rosmarinic Acid", which has several actions that are beneficial for asthma. It blocks the production of pro-inflammatory chemicals & encourages cells to make the substance prostacyclin, which keeps the airways open for easy breathing. Also, in randomized controlled trials, peppermint has repeatedly shown the ability to relieve symptoms of irritable bowel syndrome, indigestion, dyspepsia, and colonic muscle spasms. Besides the magical healing effects of mint, it also takes another use within our Food-Healing System. We all need to take beets everyday in our smoothie. They can sometimes overwhelm people & create nausea. We have discovered the using mint totally eliminates this problem when put in the smoothie. The mint counteracts the beet taste. Many of our seminar attendees were told by our teacher, "Take a lot of the beet in your smoothie". Then we got emails from these people complaining of beet's harsh taste when taken in big quantities. Every time I told them about mint I'd get an email saying how good mint worked for them in this regard. \*\*Do not take mint if you have hypothyroidism.

### **Pineapple - Miracle Healing Fruit**

Fresh pineapple is rich in bromelain, a group of sulfur containing protein-digesting enzymes that not only aid digestion, but also can effectively reduce inflammation and swelling. It is even used experimentally as an anti-cancer agent. But guess what? The majority of the enzyme bromelain is NOT in the fruit—it's in the STEM! In clinical human trials, bromelain has demonstrated significant anti-inflammatory effects, reducing swelling in inflammatory conditions such as acute sinusitis, sore throat, arthritis, gout, & speeding recovery from injuries and surgery [96,97,93,99]. This is the power of enzymes. To maximize bromelain's anti-inflammatory effects, pineapple is eaten alone between meals or its enzymes will be used up digesting food. Pineapple is not as potent as papaya's high enzyme content, unless the stem is consumed. If the stem is consumed, it becomes the richest source of enzymes on the planet! Enzymes reduce inflammation and dissolve poisons we don't want in our body. We blend the fibrous core where the most phytochemicals are found.

**Eating Pineapple in our Food-Healing System:** Find pineapple that is not overly ripe. Pull the leaves out from the "super-enzyme stem". Cut and remove the white stem to be mixed in the blender. Straight pineapple may foam up in the blending process. Let it sit for a few minutes before drinking. Stir with a spoon in your glass, but don't take the foam out, because that's where the good stuff is! There are three ways to eat:

- (1) Use the stem with 4 ounces of water and 5 juicy slices of pineapple.
- (2) Use the stem with water & fibrous inner core—phytochemical rich & sweet. See lower left photo.
- (3) Take the stem top with another smoothie that doesn't have pineapple (this is the best way).

(4) Make sure to cut the woody part of the stem away or else your smoothie will taste "splintery".

**BBC News London (7/25/2005):** Australia's Queensland Institute of Medical Research has discovered anti-cancer molecules in "Pineapple Stems". Two specific phytochemicals CCS & CCZ appear to stimulate the immune system to target and eliminate cancer cells. The Queensland Institute of Medical Research discovered these anti-cancer molecules while studying bromelain, a rich source of enzymes that is derived from crushed pineapple stem. The researchers said, "We suspected that different components of the crude mixture might be responsible for bromelain's biological effects. In searching for these components, we discovered the CCS and CCZ proteins and found that they block growth of a broad range of tumor cells, including breast, lung, colon, ovarian & melanoma," said lead researcher, Dr. Trace Mynott. The major limitation of current cancer therapies is they are non-specific and affect both normal and tumor cells. Future cancer treatments will be highly specific to selectively destroy the cancer cells.

#### **Plum - Feel it in your Bones**

The phytochemicals in the skin of plum help your body to absorb minerals, especially iron. In this way plums are a very good food for people with anemia. Actually, women will fall in love with the plum and prune once they learn that it was my teacher's secret weapon against osteoporosis. Everybody knows that calcium is important for bones, but actually it is the mineral silica playing an even more important role. Women who use plum and other high-silica foods have regained well over 5% of their bone density back annually. The texture of plum is like silicon and its one of the foods we use for osteoporosis. The seed kernel of plum is very high in phytochemicals that specifically fight against cancer. Apricot kernels are remarkably similar, but a fresh plum provides the life force of a "still living" seed kernel. Simply take a nutcracker and break open the hard uneatable shell. Inside is a beautiful tiny almond-like kernel.

#### **Pomegranate - Heavy Artillery**

Antioxidants are the name of the game with pomegranate. Aside from the acai berry, pomegranate has more antioxidants than any other fruit. Recent medical research completed in 2004 studied heart patients with severe carotid artery blockages. They were given 1 oz of pomegranate juice for a year and their blood pressure lowered by over 20 percent and a 30% reduction in their total atherosclerotic plaque was observed. This is of huge significance! It has also been shown to reduce platelet aggregation. These are major benefits that can prevent both heart attacks and strokes. Pomegranate has also been found to contain phytochemical compounds that stimulate serotonin and estrogen receptors, improving symptoms of depression. My teacher always commented that the pomegranate looks like an ovary with eggs inside. He felt it was good for the ovaries. Being that it helps estrogen receptors, he was probably right. It also improved bone mass in lab animals. POM Wonderful is a great pomegranate juice on the run, but it still cannot compare to using the whole fruit as God intended. You can mix the fruit pods and seeds with water to make your own "unfiltered" pomegranate juice in the 3HP blender. For those that are daring: Using the white pith is where you really load the body with God's healing medicine, but it is not easy to take. I prefer the grapefruit white pith as it is easier to tolerate. My teacher would tell me to take 1/2 a pomegranate and only peel off the outermost skin—leaving the white stuff. If you do this, start out with 1/8th piece of white part adding the rest of the red fruit pods.

#### **Probiotics - Shiny Happy Intestines**

Bacteria were the first living creatures on earth 3.5 billion years ago. They are an evolutionary success and we should not try to kill them. Resistance is futile. Antibiotics destroy not only bad bacteria, but also good bacteria, which permits bad bacteria such as *Candida albicans* & *staphylococcus aureus* to overgrow. The balance of bacteria for optimal health is an 85% healthy shiny good bacterium with 15% being of the bad. This bacteria takes up about 4 pounds of your body weight! When a person fails to maintain a sufficient number of good bacteria in the body, disease will occur, no question about it. Certain naturally fermented foods are rich in good bacteria, called Probiotics. Unpasteurized sauerkraut, Kim chi and natto are probiotic rich foods I recommend eating. The probiotic bacterial strain Lp299v is the biggest breakthrough ever for reversing digestive problems. Few things have influenced my own health like probiotics. I have recommend to countless people that they take a 90-day cycle of high-grade probiotics and the change is usually profound. The first thing you'll notice is bigger bowel movements that are well formed. After all, it is the "good bacteria" that are responsible for shaping & forming bowel movements in the large intestine. Also, the immune system's function is greatly influenced by the balance of bacteria. When bowel movements are bigger it means you are absorbing more nutrition. My entire nutritional philosophy is centered on this. Some probiotic strains are better than others. *Lactobacillus plantarum 299v* (Lp299v) is a highly specific strain of lactobacilli clinically proven to be far superior to other strains in scientific studies. Lp299v has the ability to colonize the human intestine and is highly resistant to stomach acid. It works by producing a barrier along the lining of the intestine, which prevents the adhesion of pathogenic bacteria. It also helps produce short chain fatty acids that are used by the intestinal cells as food.

\*Lp299v has been shown to decrease IBS symptoms by up to 95%.

\*Lp299v has been shown to reduce cardiovascular risk factors including cholesterol.

\*Lp299v has been shown to inhibit growth of diarrhea causing bacterial strain of *E.coli*.

\*Lp299v is extremely stable in low pH solutions with the ability to survive stomach acid.

Good Belly's BIG SHOT line is beyond words powerful.

A Swedish biotech company named Probi developed the Lp22v strain. It was first used in the 1990's to help patients recover faster from gastric surgery. Later it was put in fruit juice and sold as a commercial product in Sweden called ProViva. It healed so many people of digestive ails that it quickly became a sensation. In 2008 Good Belly released the first ever product to the United States with the Lp22v strain. I have seen good belly work miracles on hundreds people with all types of digestive problems. Good Belly has a high bacterial count of 20 billion per unit, however they recently came out with their "BIG SHOT" line and these little canisters are packing 50 Billion. Because they have almost no sugar and 2.5 times the potency, the big shot good belly is really the only one to have. The BIG SHOT variety, which is the most effective and potent, is often kept with the supplements in the fridge at Whole Foods. The regular juice variety is usually in the dairy section. Another probiotic I also work with is Dr. Ohhira's 12 Plus Professional Formula. In numerous clinical studies it is proven effective to combat H. Pylori (responsible for ulcers), MRSA (the antibiotic resistant superbug) and even halt food poisoning in short time due to E. coli. This product has won numerous awards in Japan for its effectiveness in healing. I combine it with Good Belly. My protocol is to take 2 Good Belly "Big Shot" drinks everyday for 90 days. If you combine this with 2 caps of Dr. Ohhira's probiotics you will likely see greatly improved bowel health. Our friends at Foods That Heal offer Dr. Ohhira's probiotics at a discount: [www.Food-Healing.com](http://www.Food-Healing.com)

### **Pumpkin Seed - Nature's Mineral Healer**

The fact that pumpkin seeds serve as one of nature's richest source of zinc makes it very beneficial for men with prostate enlargement. There are other specific compounds in pumpkin seed, which directly effect the health of the prostate. In men, testosterone often can over-stimulate the prostate cells with its conversion product DHT/dihydrotestosterone. Components in pumpkin seed appear to interrupt triggering of prostate cell multiplication, thereby reducing enlargement. But not just for men, pumpkin seeds are very helpful for osteoporosis because they are such a rich source of zinc. In addition, these little green seeds (always eaten raw) have been shown in studies to reduce inflammation and help with arthritis-type conditions due to the anti-inflammatory action they have on the body. Because pumpkin seeds are the most "mineral dense" nut/seed of all, we recommend that everyone following this Food-Healing System take pumpkin seeds. The best way is "pumpkin/maca milk". All nuts are high in phytosterols, but pumpkin seeds rank near the top, second only to black sesame, with regards to the quantity they have. These phytosterols are structurally very similar to cholesterol and are excellent for naturally reducing cholesterol [112]. People with digestive problems or parasites can greatly benefit from doing a 3 day "pumpkin seed milk cleanse". Parasites live inside our colon and feed off the food we eat. My teacher has been recommending a pumpkin seed milk cleanse for years with great success for eliminating long tapeworms and parasites. Here is how it works. For three days drink only the delicious pumpkin seed milk. Because you are starving the parasites they will be forced to eat it. The pumpkin seed milk makes the parasites grow sleepy and lose their grip. On the 3rd day take herbs like "Super 2" and flax seed fiber to ensure several large bowel movements. This will chase them out. Overall, pumpkin seed milk is very tasty and has special healing properties. Mix 4 cups of distilled water with 1-cup seed in the 3 horsepower blender for 2 cycles on speed 10. You can add some other ingredients to make it taste even better like agave nectar & vanilla. To supercharge add maca powder. One 8-ounce cup of pumpkin seed milk provides 17% of the RDA for Zinc, 24% DV of Copper, 29% DV of Iron, 46% DV of Magnesium, 52% DV of Manganese and 10 grams of RAW Protein! Because of its high Magnesium, Pumpkin seeds are great for Osteoporosis.

### **Raspberry - Potent Cancer Fighter**

The highest source of an ellagic acid is from raspberries. This compound is considered to be a cancer inhibitor, which is found in 46 different fruits—raspberry being the richest source. Ellagic acid has the ability to cause apoptosis or cell death in cancer cells [113]. Healthy cells have a normal life cycle of 120 days before they die. This process is called apoptosis or natural cell death. The body replaces these dying cells with healthy cells. Conversely, cancer cells do not die. They multiply by division, making 2 cancer cells, then 4, 8, 16, 32 etc. In lab tests, ellagic acid caused cancer cells to go through the normal apoptosis (cell death). The Hollings Cancer Institute at the University of South Carolina has conducted a double blind study on a group of 500 cervical cancer patients. Nine years of study have shown that ellagic acid is causing the inhibition & stopping of mitosis-cancer cell division for breast, pancreas, esophageal, skin, colon and prostate cancer cells. All the studies on ellagic acid have been done with raspberry. Guess where most of the ellagic acid is found in these precious red raspberries? the seeds! there are many hundreds of companies selling ellagic acid extract from raspberry seeds, because they claim eating them is difficult to gain enough of the compound to fight cancer. However, take a pint of organic raspberries in 4 ounces of distilled water and pulse them in your 3 horsepower blender for 2 seconds. You can see the seeds are almost whole at this point—and there are thousands! Now blend on high speed for 1 full 50-second cycle—with ice (whenever you blend a solo ingredient, ice is recommended). After blending in the 3 horsepower, they've been broken down to micron level! This

is truly amazing that we can do this at home with fresh organic raspberries. We know that God has placed these phytochemicals in our food with 100's of co-factors and co-enzymes. So unless you have cancer there is no need to take it as a dietary supplement. 3 horsepower blender does the trick. For people who are currently fighting cancer, it may be a helpful to try the raspberry seed flour as part of their strategy. Sprinkle the powder on food and add it to smoothies. It's a popular supplement for cancer patients due to all the breakthrough studies on it. Our friends at Foods That Heal offer raspberry seed flour for discount: [www.Food-Healing.com](http://www.Food-Healing.com)

### **Reishi – For your Heart & Mind** - The most prized cardiovascular healing mushroom

According to many experts, Reishi is the single most influential medicinal mushroom in Asian history. Reishi can be seen depicted in Oriental art & carvings of the immortals—as a symbol of longevity. In Japan they manufacture an approved anti-cancer drug from Reishi mushroom and they've compiled a tremendous body of current scientific research that is very exciting. Of all Chinese herbs, Reishi is the most powerful for strengthening the cardiovascular system [114]. My reason for recommending Reishi is that it can be taken indefinitely with no known side effects, Reishi has also been found to improve the functioning of the immune system whether the immune system is deficient or excessive (like allergies) and is saturated with polysaccharides, which play an important role in strengthening the body's overall immune function. In addition, ganoderic acids in Reishi are shown to inhibit histamine release, improve oxygen utilization and are shown to be highly beneficial for Asthmatics [115,116]. The Ancient Chinese Qigong practitioners used Reishi Mushroom to improve meditative practices. It was used by spiritual seekers to help calm the mind, sharpen concentration, improve focus and build willpower. Traditionally referred to as the mushroom of immortality, Reishi was for 1000's of years the single most sought after product of nature by mountain sages. It has powerful anti-cancer and anti-tumor properties and has been used successfully in Japan to help against AIDS and leukemia. Reishi is widely used in Asia to help lower bad cholesterol and reduce hardening of the arteries, angina and shortness of breath associated with coronary heart disease. In a 16th century pharmacopoeia, the compiler Li Shi Chen described the uses of Reishi: "It benefits the life-energy of the heart, repairing the chest area and benefiting those with a knotted and tight chest." In a clinical study at Tokyo University hospital, ninety-two patients with myocardial infarction and chest pain were treated with Reishi extract and 72% of patient's felt symptoms were relieved. In Chinese medicine, Shen represents our consciousness or the energy of the head. Reishi is the premier Shell/Mind tonic and was used by ancient masters for meditation. 5000 years ago, Shen Nong, the renown founder of Chinese agriculture, herbology and farming said, "Long-term consumption of Reishi will lighten your body, you will never become old, it lengthens years, it has spiritual power, and it develops Shen so you become a 'spirit-being' like the immortals." Reishi mushrooms are too bitter to eat as food but are widely available in tea bags, capsules and liquid extracts. They grow on certain kinds of hardwood trees that are indigenous to regions of China. The Chinese have made a very thorough study of this, including conducting years of pharmacological studies on laboratory animals to determine which Reishi is the most potent, based on what kind of wood it is grown on. Dagwood Reishi was found to be more than twice as potent as any other. Nobody does Reishi better than Ron Teeguarden's Dragon Herbs. Undoubtedly, Ron has gone through the greatest amount of effort to acquire his cultivated Dagwood and even wild Red Reishi mushrooms from the Chang Bai Mountains. I've searched for the best source of Reishi mushrooms and it is undoubtedly from Dragon Herbs. Extract is always my preferred method of ingestion over the capsules, because it is the most direct route into your blood stream, however capsules are also effective. Standard dose is 3 squirts Wild Red Reishi from the dropper in the morning with your morning tonic or pomegranate juice. If cancer or heart disease is present then this amount can be doubled or tripled. Foods That Heal offers this product for a discount: [Food-Healing.com](http://Food-Healing.com)

### **Rosemary - Goodbye Depression**

Legends have been formed around rosemary for thousands of years. It has many nicknames including "Mary's Mantle", because legend says rosemary was the bush that sheltered the Virgin Mary on her flight to Egypt. In the 13th century, Queen Elisabeth of Hungary claimed that at 72 years of age, crippled with gout & rheumatism, she had regained her beauty and strength by using rosemary—to such a degree that the King of Poland proposed marriage to her! All legends aside, Rosemary has been proven effective for a wide range of health problems. Rosemary is recommended especially in cases of low blood pressure. It is well known as a stimulant to enhance poor blood circulation as well as increasing the flow of Qi, Rosemary is one of the '7 Primary Herbs our Food-Healing system. We use it all the time in smoothies. Rosemary contains the substance "Rosmarinic Acid", which has several actions that are beneficial for asthma & breathing and is also excellent for people with anxiety and depression. It increases blood circulation to the brain improving mood and relaxation [118,119]. My teachers often had great results having clients use rosemary in their diet to combat depression & anxiety. Rosemary also kills harmful bacteria & is rich in many phytochemicals. If you've been diagnosed with hypothyroidism, rosemary is not recommended for frequent use.

### **Royal Jelly & Bee Pollen**

In the beginning the queen bee is just a normal bee. After she is chosen and begins eating the Royal Jelly she grows 40% larger than other bees and lays over 3 million eggs! Royal jelly is high in all the B-complex vitamins, especially pantothenic acid (B-5). Many diseases respond well to B-Vitamins because we need them for healthy metabolism. Also contained are 18 essential amino acids, omega 3's, acetylcholine, lecithin, & collagen. I recommend royal jelly all the time. The Chinese have used it for 1000's of years to uplift spirit & revive the weak. I recommend the freeze-dried powder over liquid royal jelly because it spoils so fast otherwise. Take 1 teaspoon daily for energy. The queen bee's cell is the only one filled with Royal Jelly. Her longevity increases from 6 weeks to 6 years by eating it. As bees fly through a filter, bee pollen is collected each color is from a different kind of flower. Pollen has important vitamins, enzymes and amino acids. Bees take pollen from the male reproductive part of flowers. Bees pack the powder into granules, adding honey or nectar and then transport it back to the hive. Bee Pollen is taken for similar reasons as royal jelly such as increasing energy, endurance, and giving strength. Dietitian Betty Lee Morales, a pioneer in nutritional sciences claimed, "Bee pollen is the only food which contains every essential nutrient needed by mankind for perfect health." Shedding further light on that a 1994 Korean research study showed that rats could live healthily on an strictly bee pollen diet. I like to eat both royal jelly and bee pollen as an energy tonic. Bee pollen tastes very good straight out of the jar. It is composed of 35% protein making it the highest protein food on Earth. It is also made of 3% vitamins and minerals. Start out with a few granules to see if you're allergic to pollen and 1-2 teaspoons thereafter. Our friends at Foods That Heal offer royal jelly & bee pollen for a discount: [Food-Healing.com](http://Food-Healing.com)

### **Sea Vegetables - Japan's Secret Weapon**

Why would anyone want to eat seaweed? Because sea vegetables offer the broadest range of minerals of any food. They contain all the minerals found in the ocean, the same found in human blood. In addition to their high mineral content, sea vegetables are high in lincans, which fight cancer cells—especially tumors. Want more reasons to eat sea vegetables? They're high in folic acid, which is important for pregnant mothers or those attempting to conceive children, because it dramatically reduces the rate of birth defects. Sea vegetables are also high in iodine, which is critical for thyroid function. Because thyroid hormones regulate metabolism in every cell of your body and play a role in all physiological functions, an iodine deficiency has devastating impact on health and well-being. A common sign of thyroid deficiency is an enlarged thyroid gland, called a goiter. Goiters are estimated to affect 200 million people worldwide and in all but 4% of these cases, the cause is iodine deficiency. Lastly, all the sea vegetables are high in calcium, magnesium, and silica making them an ideal choice for people with osteoporosis. Archeological evidence suggests that the Japanese have been consuming sea vegetables for over 10,000 years. Dulse is our favorite, because its rich purple color denotes a high phytochemical content. All of them are great for health.

### **Seafood - Food of Longevity**

Japan's significantly longer lifespan is most likely due to their diet, rich in sea vegetables and seafood. Unfortunately, each year an estimated 40 tons of mercury pollution moves through the air and into the sea from Coal-Burning power plants. Certain fish readily absorb this into their body. Mercury is highly toxic, especially to a pregnant woman and the unborn baby. In this system of Food-Healing we use fresh cilantro, which "chelate out" heavy metals from our body, yet many species of fish have become dangerously toxic. This is very unfortunate, because fish is so healthy. It helps naturally thin our blood, improving circulation. The Japanese have the lowest occurrence of heart disease eating the most seafood worldwide. Whole foods farm raised salmon and trout is harvested under the cleanest conditions and has very low mercury, even though it's farm raised. I frequently buy filets of rainbow trout & salmon with "huge stripes of fat" rich in DHA. Often I ask the butcher for the belly of the salmon where the most fat is. This DHA rich fat creates hormones and reduces inflammation. Eating fatty fish also boosts HDL good cholesterol, which lowers bad cholesterol. Back in the old days, the world used to have "real fish" that were not contaminated with mercury. The FDA warns against eating swordfish, shark, and mackerel. The latest readings of mercury toxicity in fish are downright scary and I have decided to eat only the fish on the very safe list. Given that pollution generated by coal burning power plants is not likely to stop next year... I recommend memorizing the list of safe fishes to eat for your health. Children need a lot of fish and omega 3's, but they develop many diseases from mercury toxicity, including mental problems & autism. The fish that I recommend are: Wholefoods farm-raised salmon, wild salmon, trout, flounder, tilapia, haddock, and sardines. A study from Denmark at the Clinical Chemistry Department of Aalborg Hospital compared the effects of fish oil vs. flax seed oil on the EPA content of blood fats. After one week, the fish oil showed a tenfold increase in the EPA content and the flax oil showed only insignificant increases [10].

\*Sardines are the safest of all DHA rich foods because their small size.

\*Because of the high mercury content in tuna - we advise eating it only on special occasions.

\*Do not eat albacore tuna! Chunk light tuna is processed from smaller varieties and is okay for special occasions,

\*The Environmental Protection Agency says not to eat more than 1 can of albacore tuna every 10 days.

\*Get a mercury test from the Sierra Club at: [www.sierraclub.org/mercury](http://www.sierraclub.org/mercury)

### **Sesame Seeds ~ Essential for Health**

These tiny seeds pack tremendous healing power. We're talking about the raw organic black sesame seed. They have very high amounts of calcium, magnesium, and copper. Copper is known for its use in reducing some of the pain and swelling of rheumatoid arthritis. This trace mineral is important in many anti-inflammatory systems. We often recommend organic raw black sesame seeds for helping people with inflammation type diseases such as arthritis. Aside from copper, black sesame is very high in many minerals that can help with asthma and other respiratory diseases. Black sesame is great to help people with osteoporosis and has been used for thousands of years within Chinese medicine as a "kidney tonic", which is related to youth, vigor and sexuality. People have claimed that black sesame will actually keep the gray out of your hair! The list of reasons to eat this inexpensive super-food is long indeed. Black sesame is also used to treat constipation and promote regular bowel movements. I eat them by the handful, straight out of the bag. Phytosterols are compounds found in plants that have a chemical structure very similar to cholesterol and other human hormones. When present in the diet they can reduce blood levels of cholesterol, enhance the immune response and decrease the risk of certain cancers. Out of every nut/seed on earth, sesame seeds have the most phytosterols of all. A whopping 400 mg per 100 grams—nearly double the amount of any other food! The black sesame is far superior to other colors and is the sesame used in our system of Food-Healing. Sesame butter and Tahini are made from hulled sesame seeds, which have 50% less mineral content. I recommend buying them whole & eating them fresh. We encourage everyone have several bags of organic raw black sesame seeds on hand. Foods That Heal offers organic black sesame for a discount: [www.Food-Healing.com](http://www.Food-Healing.com)

### **Spinach - Now You See**

My teacher was well known for helping people to recover vision and eyesight. Spinach and corn were his two main weapons. Lutein is a carotenoid compound that protects against eye diseases such as macular degeneration & cataracts. It's found in all green vegetables, but is especially high in spinach. One day a man who was rapidly losing his vision came to see him. My teacher advised a dietary strategy for him to recover his sight, but the man refused to change his diet. His vision became so bad that he was nearly blind when he visited him again. "The optometrist says I am going to go completely blind and it is irreversible... I will try anything... Can you help me?" My teacher told the man to eat nothing but raw spinach & corn until his sight returned. He did as instructed—and returned w/substantially improved vision weeks later! This case illustrates the superiority of food-based lutein over the supplement. Lutein is fat-soluble and cannot be absorbed unless fat is also present. To boost your lutein absorption, we suggest enjoying spinach & corn w/olive or hemp oil. Please Note: Spinach must be raw & organic. It is very high in pesticides otherwise and therefore must be organic. Also, spinach is high in oxalates, which have been correlated with causing kidney stones. Ask your health care provider if you are prone to having kidney stones, if so then avoid spinach entirely.

### **Saw Palmetto ~ Prostate Balancer**

Saw palmetto has been scientifically proven to improve enlarged prostate, frequent urination and incontinence. It prevents the formation of dihydrotestosterone (DHT) from the testosterone hormone, which is mainly responsible for the growth, and replication of prostate tissues. High levels of DHT are linked to male pattern baldness and some forms of cancer. As men get older they convert more testosterone into this more potent form, called DHT. Saw palmetto will lessen DHT conversion and offers relief to prostate enlargement symptoms. This small palm tree native to Florida produces berries with beta sitosterol, which is where its therapeutic properties are believed to come from. Of the approximately thirty, plant-derived compounds that exist for alleviating the symptoms of BPH (prostate enlargement), saw palmetto extract is the most widely used and studied. Most of the saw palmetto studies have been conducted in Europe. Recently, a systematic review of 18 randomized controlled trials involving a total of 2,939 men was published. Researchers reported a 28% greater reduction in urinary symptoms in the group treated with saw palmetto than the group taking the placebo. The systematic review of the clinical trials also showed that saw palmetto provided similar response as finasteride (proscar) in terms of urine flow measures and urinary symptoms. Another large, double blind study involving 1,069 participants with moderate BPH was recently conducted with subjects treated with either saw palmetto or finasteride for six months. Similar efficacy was found between the two treatments in terms of self-rated quality-of-life scores and urinary symptom scores. The symptom score improved by 37% with saw palmetto and by 39% with finasteride, however there are more side effects with finasteride than saw palmetto. The best method resolving urinary symptoms is to follow the kidney/urinary protocol. Saw palmetto can be used in conjunction to obtain the best results. While saw palmetto is not officially approved in the United States for the treatment of urinary symptoms from BPH, it has been approved for this use in Germany. It is often "prescribed" by doctors for men with nighttime urination difficulty. Side effects are rare, but have been reported. If you're taking medications speak with your doctor before taking.

### **Squash Family - Warming Up**

Many vegetables have unique properties making them beneficial for certain people. Squash and zucchini are a classic case. The fiber within them is especially helpful for any and ALL digestive problems. Many times people who

are constipated cannot tolerate certain vegetables, but the fiber in squash and zucchini will be very helpful. Irritable bowel syndrome and diarrhea also responds very well to the fiber contained in cooked squash and zucchini. In addition to their unique fiber, the squash family of vegetables is particularly warming foods. In Chinese medicine the squash helps to bring heat into the body, therefore eating these foods in the winter is a good idea. Also, people with low blood pressure will find it helps them to stay warm by improving blood circulation. My teacher for warming up people who are excessively yin, or cool recommends the spaghetti squash. In research studies extracts from squash are found to help reduce symptoms of prostate enlargement

### **Organic Strawberry - King of Berries**

The unique phytochemical content of strawberries makes them a BIG heart-protective, anti-cancer, & anti-inflammatory powerhouse. Anthocyanins in this fruit lessen activity of enzyme cytochrome P-450 or COX [125]. The COX inhibitors like aspirin or ibuprofen block pain by blocking this enzyme, whose over activity has been shown to contribute to unwanted inflammation, in arthritis, asthma, atherosclerosis and cancer. Unlike drugs that are COX-inhibitors, strawberries do not cause side effects and do the same job. A study published in Journal of Agriculture and Food Chemistry analyzed eight types of strawberry for their content of protective plant compounds. They discovered several unique compounds that significantly inhibited the proliferation of human liver cancer cells. Interestingly, no relationship was found between the higher antioxidant content of certain varieties of strawberry and its ability to inhibit cancer cell proliferation, which suggests that this beneficial effect of strawberries is caused by other actions, aside from antioxidants. How exactly the strawberry does this is still undiscovered. Strawberries have major phytochemical content, including high Ellagic Acid. In a study of 1,200 elderly people, those who ate the most strawberries were 3 times less likely to get cancer than those who ate no strawberries. One of my teachers told me plenty of stories about strawberries. Many days he would blend & consume up to 4 pints of organic strawberries each day! That—is a lot of strawberries! I consume at least 1 pint of organic strawberries every single day with the white tops & the green leaves (just be sure to wash them well with veggie wash because they often have small bugs on them living inside the seed pockets). Many smoothie formulas that we developed have plenty of strawberry. I consider the organic strawberry a incredible gift from God and a staple to be used daily. I have given strawberry the title "King of Berries", because it is used so abundantly in our program. Strawberries in California are treated with more than 300 pounds of pesticides an acre, and some areas use up to 500 pounds per acre. As a comparison, conventional farming currently uses about 25 pounds of pesticides an acre for the average crop. Strawberries are sprayed more than any other fruit bar-none. For this reason organic is the way. Dark purple potatoes have 3 times the anthocyanins content of blueberries.

### **Purple & Orange Sweet Potato**

According to a Tokyo study, anthocyanins in purple sweet potato showed stronger radical-scavenging activity than anthocyanins from red cabbage, grape skin, and elderberry or purple corn. It is sure to mesmerize you with its deep, gem-like amethyst hue. Purple sweet potato comes in "light & dark purple". The dark purple are hard to find except frozen in Japanese markets. Fresh ones are usually the lighter variety. Hawaii is the ultimate place for dark purple sweet potatoes fresh year round. Some say they have more anthocyanins than any food on Earth. These anthocyanins fight cancer-causing free radicals and reduce inflammation. Orange sweet potato's primary antioxidant is beta-carotene. I refer to both colors of sweet potato as the "King of Starches" because they are so healthy and delicious. My son's favorite, "sweet potato fries" are easy to make with some coconut oil & rosemary. Similar to the squash family, the fiber in sweet potato is very healing for ALL digestive problems. According to Janice Bohac Ph.D. a research geneticist and sweet potato breeder at USDA Agricultural Research Service's Vegetable Laboratory in Charleston, sweet potatoes contain a high quality protein, similar to that found in eggs. They also have a low glycemic index. I eat them frequently.

### **Super 2 - Make Big-Huge Bowel Movements**

Even when someone begins drinking smoothies & eliminating the foods that cause disease... digestion can still be sluggish. Some people think they are "regular" and by the average standards they probably are, yet anyone who knows about natural healing will tell you that 2-3 bowel movements each day are a requirement for good health. People make jokes about this. I use this conversation as a way of being funny in my seminars, but it is really a serious matter. I can remember when I first started drinking smoothies and my bowel movements became 3 times what they once were. In order for one's Qi energy to be strong a person needs to have 2-foot-long bowel movements every morning and they need to be well formed. Unless your already having these types of bowel movements you should consider taking 1/2 a super 2 before bed each night. If you are constipated by any standard than take 1, 2, or however many it takes until you are proud of what you do each morning! Yes... its funny. Promotes 2-3 bowel movements a day, yet is non-addictive and gentle on the eliminative system. Super 2 is NOT a laxative & enhances your body's natural ability to function and eliminate on its own. For years I have recommended various methods to help people achieve victory in the bathroom. One teacher recommended everyone take Psyllium Fiber to help create fuller bowel movements. Unfortunately, I observed that more than 80% of people had actually gotten more constipated from taking

it! Hundreds of people that I have put on Super 2 were amazed and delighted with the result. Many people have said, "I am not constipated", but after taking the Super 2 realized that they had tremendous room for improvement. Super 2 of harmony formulas is the single best non-addictive/non-laxative herbal formulation on earth for this. There is something about the synergy of the 12 herbs used in this formula. It was formulated by a naturopathic doctor and I have seen the most constipated people with less than 1 BM a week break free and shout for Joy upon taking Super 2. Even people who are not constipated can benefit from it. Many are shocked to learn what real bowel movements are like. During any cleansing or fasting it is imperative to continue eliminating. Also, sometimes when people travel their bowel movements are smaller. This is the only product I recommend for this. Our good friends at Foods That Heal offer this product for a discount: [www.Food-Healing.com](http://www.Food-Healing.com)

#### **Super-X: The #1 Sexual Enhancement Tonic**

This supplement uses 4 herbs to boost libido profoundly. It is the #1 supplement in total sales at my friend's health food store. I wonder why so many people buy it? Ginseng, cordyceps, cistanche & tongkat ali make up this formula. It speaks for itself so I will not discuss it further. If you are wishing your sex life was better this supplement will most likely make that a reality, (see sexual problems)

#### **Swiss Chard - For Diabetes & Bone Building**

If vegetables got grades for traditional nutrients alone, Swiss chard would be at the top of its class. The vitamin and mineral profile of Swiss chard contains enough to ensure its place in the vegetable hall of fame. It has more vitamin K1 than any vegetable. Vitamin K1 helps prevent osteoclasts formation, the cells that break down bone. Additionally, friendly bacteria in our intestines convert vitamin K1 into vitamin K2, which activates osteocalcin, the primary protein used in bone formation. Osteocalcin anchors calcium molecules inside of the bone. Without enough vitamin K, osteocalcin levels are too low and bone mineralization is impaired. Swiss chard is important for anyone with osteoporosis, however it has recently been discovered vitamin K2 from natto is far superior to Swiss chard, because it is already converted from K1 into K2.. Swiss chard is very rich in calcium, magnesium & minerals important for bones. We only eat it raw because of its high oxalic acid content. Swiss chard contains "Syringic Acid" a flavonoid that inhibits alpha-glycosidase. Often thin enzyme gets inhibited; fewer carbs are broken into sugars blood sugar stays more steady. It has helped thousands of people with type 1 & 2 diabetes naturally balance their blood sugar! Many people who can't even make any insulin at all (type 1) are able to naturally balance blood sugar partially by using this vegetable. Swiss chard contains an enzyme that inhibits the breakdown of carbohydrates into simple sugars, which keeps blood sugar down through the day [129]. My teacher had a very high success rate for helping people to naturally reverse type 1 & 2 diabetes. He became well known for this and actually observed that 95% of people who would follow the dietary principles would successfully balance their blood sugar naturally. A key piece of ammunition in the battle to help the diabetic naturally achieve this is SWISS CHARD, (see diabetes for details). If you are willing to open your mind you can also join the ranks of 1000's of people who've naturally reversed diabetes using readily available foods. Part of my protocol is to consume 5-10 large leaves everyday. The leaves have the vitamins/minerals and the stems have blood sugar lowering enzymes. It is important for people taking blood-thinning medications to know that vitamin K foods may reduce the effectiveness of the medication. If you take blood-thinning medication, your doctor may tell you to avoid vitamin K from dietary sources. It is important to speak to your doctor before making significant change in your diet. Always follow the advice of your health care provider. Tomatoes require cooking to absorb their Lycopene content.

#### **Tomato - Prostate Healer**

In the area of food and phytochemical research, nothing has been hotter in the last 5 years than studies on Lycopene in tomatoes. Lycopene from tomatoes has been repeatedly studied in humans and found to be highly protective against heart disease & cancer. The list of cancers includes prostate, breast, endometrial, lung, and pancreatic cancers. Tomatoes are excellent for nearly everyone (some are allergic), but they're extra important for men. Lycopene is found in concentrations within prostate tissue where it is stored. A meta-analysis of 21 studies, published in the March 2004 issue of Cancer Epidemiological Biomarkers & Prevention, says eating tomato provides protection against prostate cancer [130]. Research concludes that Lycopene is a more powerful stimulant than other carotenoids for phase 2 enzymes, which is the mechanism by which cells detoxify themselves. Organic tomatoes have 3 times the amount of Lycopene as regular ones, which are sprayed big time.

#### **Turmeric Curry - Panacea for Disease**

The spicy oil of turmeric/curry has demonstrated significant anti-inflammatory activity in a variety of experimental models. All the fuss is over the yellow/orange pigment called curcumin. In numerous studies, curcumin's anti-inflammatory effects have shown to be comparable to the potent drugs hydrocortisone and phenylbutazone as well as over-the-counter anti-inflammatory agents such as Motrin. Unlike these drugs, which are associated with significant toxic effects, turmeric has no side effects. Turmeric has proven anti-inflammatory; pain fighting effects and is helpful for people with OA & RA arthritis. In a recent study of patients with rheumatoid arthritis, turmeric compared to the drug



phenylbutazone & produced comparable improvements in shortened duration of morning stiffness, lengthened walking time, and reduced joint swelling. We cook with turmeric all the time, as it is one of the "7 primary herbs". Cancer is also very afraid of turmeric being in your diet. New research conducted at University of Texas suggests that even when breast cancer is already present, curcumin within turmeric can help slow the spread of breast cancer cells in mice. In another laboratory study on human lymphoma cells published in the September 2005 issue of *Biochemical Pharmacology*, University of Texas researchers showed curcumin, one of many active phytochemicals in turmeric, was found to suppress cancer cell proliferation and to induce cell cycle arrest and apoptosis (cell suicide) in the lung cancer cells [133]. Early phase I clinical trials at the University of Texas are now also looking into turmeric's chemopreventive therapeutic properties against myeloma & pancreatic cancer. In a recent rat study that was conducted to evaluate the effects of turmeric on the liver's ability to detoxify toxic chemicals, the measured amount of two very powerful Liver detoxification enzymes, glucuronyl and glutathione, were significantly elevated in rats fed turmeric as compared to controls. The researchers commented, "Results suggest Turmeric may increase detoxification systems and used widely as a spice would mitigate the effects from carcinogens." For pain relief there is nothing like Terry Naturally's Creamer. Our students say it works better than pharmaceutical painkillers. Prostate cancer is the 2nd leading cause of cancer death in American men with 500,000 cases appearing each year. In India prostate cancer is a rare occurrence among men, whose risk is attributed to a diet rich in the curry spice. Turmeric improves your liver's ability to detoxify and has been shown to help people with Alzheimer's disease.

### **Watercress —Yang Qi Power Food**

Generals of the Greek armies would feed watercress to their troops before battle in order to increase their stamina. It has heart-shaped leaves and believed to stimulate yang energy and warmth from inside. My teacher would recommend watercress salad frequently to people with low thyroid function. Its a very rich source of iodine and most of the other important minerals. Even more interesting is that watercress is rich in rhodium and iridium, 2 trace minerals that play key roles in memory & mental function. The watercress helps people who are too yin. It takes away excess water retention & edema, which Chinese medicine calls "internal dampness". Water retention is taken away by fire foods, like watercress. Iodine-Rich Watercress is Excellent for Thyroid. The pungent taste goes great with ginger to fight a cold. Some claim it helps heart disease by relieving retained fluids. It is also noted to support good kidney function & ease urinary bladder problems. Native Americans used watercress for liver and kidney trouble and to dissolve gallstones. I recommend eating watercress as salads or on a toasted sprouted bread sandwich. Watercress makes a powerful salad for fighting cancer and many diseases. \*Be sure to wash off all the tiny bugs before eating.

### **Walnut - King of all Nuts**

It's a bird! It's a plane! No, it's walnut! With heart protective healing power that few foods can match. Before beginning to talk about all the specific actions of walnut, lets begin with key details about its fat content. Walnuts contain a very high amount of alpha-linolenic acid (ALA), a plant based omega-3. Fat is so important to our diet because 60% of our brain is made of fat and every cell membrane (edge) is made of oil. Cell membranes (made of oil) are the gatekeepers of the cell, Omega-3 fats are especially fluid and flexible. They maximize the cell's ability to usher in nutrients while eliminating waste. This fact about cell membranes holds true for every cell in your body, but especially the brain cells. It isn't a coincidence that God made the walnut look like a brain. The nut may not fall far from the tree, but walnut comes through with huge amounts of L-Arginine, the amino acid precursor to Nitric Oxide and the most Omega-3 ALA fats of all nuts. Americans eat a diet high in omega-6 fats. These fatty acids are converted into pro-inflammatory prostaglandins, while omega-3 fats are metabolized into anti-inflammatory prostaglandins. Prostaglandins are hormone-like substances made in our bodies from fatty acids. Scientists now say a great number of diseases maybe caused by inflammation. This is why taking DMA, eating walnuts and fatty fish is so important for arthritis, heart disease and many health issues. Eating the right fats reduces inflammation, and ultimately this is why people get health benefits from flax and hemp seed. Flax seed goes rancid easily and has other issues (see flax) and therefore in my opinion is not a staple source of omega-3. Walnut is the king of healthy vegetarian omega-3's, who is nearly complete except that it's ALA will not convert into DMA. You still need fish or marine phytoplankton to get DMA (see DMA to understand the complete story on fat). Even with everything that walnut offers, with its awesome omega-3 fat content, its just the tip of the iceberg. 17% of a Walnut's protein content is from the amino acid L-Arginine Walnuts are high in the amino acid L-Arginine, which is the precursor of nitric oxide, the holy grail of heart disease fighting substances. This all-important molecule regulates blood flow and dilates arteries. Nitric oxide is what Viagra gives men to sustain an erection. People using nitric oxide drugs like Viagra have lower levels in their blood. Results from a study at the Lipid Clinic in Barcelona Spain showed people testing immediately after a meal rich in walnuts, had a 24% increase in blood flow through the arteries of the arm. No other food they tested had the blood flow increasing power of walnut.

### **Cholesterol lowering**

The Lipid Clinic at the Endocrinology and Nutrition Service in Barcelona, Spain did extensive research on the walnut's impressive ability to lower cholesterol. Feeding trials have demonstrated that healthy diets enriched with walnuts consistently reduce total and LDL cholesterol by 5%-15%. Walnuts also contain an abundance of vitamin E and flavonoids, which prevent the oxidation of LDL. Walnuts even contain ellagic acid, the hotly researched anti-cancer phytochemical found in raspberries and strawberries.

#### ***Sleeping better with melatonin-rich walnuts***

Melatonin has been shown to help improve sleep for night shift workers and people suffering from jet lag. In a study published in *Nutrition*, Russell Reiter and colleagues at the University of Texas quantified the amount of melatonin present in walnuts between 2.5 and 4.5 ng/gram [137]. They demonstrated eating walnuts triples blood levels of melatonin! Walnuts also increased antioxidant activity in the bloodstream of animals! Melatonin, a hormone produced by the pineal gland, is involved in inducing & regulating sleep and is also a powerful antioxidant. If walnuts are needed for better sleep you can eat them at night.

#### **Watermelon ~The Great Kidney Healer**

For any kidney disease, my primary weapon is watermelon. A powerful diuretic, I've seen it reverse the most chronic kidney stones as well as weak urinary flow & other problems. Currently my scientific research comes up empty when trying to explain how watermelon does this. It just simply boosts kidney function causing an increase in urination. This includes giving a stronger more steady flow of urine and dissolving kidney stones. Go watermelon! Although no scientific studies are available to explain watermelon's miraculous kidney and urinary healing powers, I do have my theories. There are 2 nutrients that watermelon is very high in that are difficult to obtain from other foods. When we investigate the actions of these nutrients you can see watermelon is unique and a strong ally to the urinary system.

#### ***Watermelon has more Lycopene than tomatoes!***

Lycopene is a red pigment that occurs naturally in tomatoes, red/pink grapefruit, guava & watermelon. In addition to giving watermelon and tomatoes their color, it acts as a powerful antioxidant. High amounts of lycopene are stored in the prostate gland, so we can assume the prostate needs Lycopene to function. Often times Naturopathic doctors have observed tomato sauce and tomato paste products have the effect of reducing an enlarged prostate. Well guess what. Watermelons have even more. Maybe that explains why so many of my male students with difficulty urinating got amazing results with watermelon. I think the primary reason for watermelon's healing power is its high lycopene. Scientific tests now conclude lycopene from raw watermelon is far more bio-available than raw tomato. Lycopene from tomatoes is more bioavailable when cooked or heated (*see tomato*). Nutritionist Beverly Clevidence and chemist Alison Edwards of the Phytonutrients Laboratory began a 19-week study of 23 healthy adults to assess the bioavailability of lycopene from watermelon. The scientists used tomato juice as the known benchmark for judging the relative bioavailability of lycopene. They compared tomato juice against watermelon juice and found that blood levels of lycopene were similar regardless of whether subjects consumed 20 milligrams of lycopene from tomato juice or from watermelon juice, which was not heat-processed. The scientists had expected lycopene availability to be greater from tomato juice because it had received heat treatment, which is believed to improve lycopene bioavailability [iss]. This is not true with watermelon. It is bioavailable without being heated. Studies have shown that a cup and a half of watermelon contains about 9 to 13 milligrams of lycopene. On average, watermelon has about 40 percent more lycopene than raw tomatoes. Dr. Edwards says that watermelons and tomatoes both have lots of lycopene. It seems that your body can use the lycopene from watermelon more easily than the lycopene from raw tomatoes. Researchers in the US have found the phytochemical lycopene is associated with reduced prostate cancer risk and lower rates of heart disease. Lycopene is a very hot topic among nutrition circles right now. Please note: It is possible to overdo watermelon with its sugar content if diabetes or cancer is present.

#### ***Watermelon is rich in Citrulline***

Although not as significant as being the top lycopene containing food, watermelon has an amino acid called citrulline. This amino acid is quickly changed into L-Arginine by an enzymatic process inside our body. L-Arginine is a precursor of nitric oxide, which relaxes blood vessels and improves blood flow. The rind of the watermelon contains 60% more citrulline than the pink part.

#### **Wormwood & Black Walnut**

In ancient times Native Americans and folk healers knew that humans are loaded with parasites. They frequently purged themselves by inducing diarrhea or vomiting to rid themselves of their slimy invaders. Dr. Hulda Clark, an expert on parasites, believes that many diseases have their origins in parasites. In her book, *The cure for all diseases* she says, "Eczema is due to roundworms. Seizures are caused by a single roundworm called, ascaris getting into the brain. Schizophrenia is caused by parasites in the brain. Asthma is caused by ascaris in lungs. Migraines are caused by the threadworm, strongyloides." She also says human heart disease is caused by dog heartworm, dirofilaria. We do not know if parasites are really the cause of all disease like Dr. Clark hypothesizes. What we do know for a fact is

that they are real. I have seen them floating in my toilet bowl upon taking a certain herbal formula. Below are brief descriptions of the 2 most powerful anti-parasite herbs and my protocol. Although walnut is the single highest vegetarian source of omega-3 fatty acids and my favorite nut in the universe, I write about it here from a different perspective. Rather unpleasant, parasites do exist in our reality and they are more prevalent than most people would like to admit. Live blood cell analysis and dark field microscopy reveal their presence. The nastiest of them can limb themselves in your stomach, intestines and colon. They steal your life force, interfere with nutrition absorption, and create imbalances such as chronic diarrhea, migraines, unexplained weight loss and a host of other problems. Black walnut is a species of walnut that contains the phototropic chemical called juglone. If you see a black walnut tree you will notice that vegetation under them is zero and juglone is the reason. Since yeast and fungus in humans are also plants, it works against them as well and its role as an anti-fungal and parasite killer is well established. Crushed unripe black walnut hulls are green when fresh and must be used when they are still green in color. Wormwood has been used medicinally to expel intestinal worms for thousands of years. The leaves and roots exude a substance that restricts the growth of many neighboring plants. It also serves as a bitter stomach remedy, stimulates and restores a poor appetite and is known to help to a wide range of digestive problems. Clinical studies prove it does effectively increase bile secretion and its reputation as a tonic to stimulate and prevent liver and gall bladder problems is established. Wormwood is almost always combined with green hulls from the black walnut along with clove and other parasite killers. My current protocol is to begin killing parasites without extreme measures. There are more aggressive strategies, however they require the guidance of a health care practitioner as you may expel tapeworms of up to 2 feet long when dosages get really high! Most important is to move your bowels really well during any parasite cleanse. Super 2 can help those who need assistance in this area. My starting recommendation is to use a product from Gaia Herbs called "Parashield" which has the best results of all the parasite extracts that I have tried. Take 3-5 liquid capsules with meals for 30 days. Our good friends at Foods That Heal offer this product for a discount: [www.Food-Headng.com](http://www.Food-Headng.com)

#### **Wellness Fizz - Cold & Flu**

Vitamin C obtained directly from food sources is the most effective, but sometimes it is beneficial to take several grams of vitamin C in its ascorbic acid form. Times when a vitamin C supplement would be warranted include; at onset of scratchy throat when your body is fighting something; before exposure to high-germ environments such as hospitals, large events, or airplanes. It is scientifically proven a vitamin C supplement will keep your immunity raised, making it is far less likely you'll catch the flu. When Supreme Science Qigong goes on tour, teaching thousands of people I always pass out containers of Wellness Fizz to our staff. With the entire deep breathing we do and all the demands of setting up a tour, we cannot afford to be sick on the road traveling. In addition to 1 gram of high quality vitamin C, each wafer has 170mg of yin chiao 10:1 extract. Wellness Fizz is a relatively modern supplement, but yin chiao is a centuries-old Chinese herbal blend that supports immune function with powerful phytonutrients. It is particularly effective in the beginning stages of cold or flu. I've been taking yin chiao for over 15 years and it has always proved to be a powerhouse formula to recover from cold and flu quickly or avoided entirely. Dissolve 1 Wellness Fizz wafer in 8 ounces of water every 3 hours at the first sign of imbalance.

#### **Zeolite - Negatively Charged Volcanic Ash**

Heavy metal toxicity is one of the greatest concerns of modern health care. My passion for helping autistic children keeps me on the forefront of ways to safely remove heavy metals. Cilantro tea/pesto/smoothies and DMSA chelation are by far the most proven ways to safely detoxify heavy metals, but their result is often gradual and DMSA requires supervision of a trained health care practitioner. In 2008 I discovered anecdotal testimonials from DAN medical doctors (DAN = Defeat Autism Now) that offered perhaps the greatest hope yet for those with autism and diseases of heavy metal toxicity. Dr. Gabriel Cousins MD, the renowned author on nutrition, says "Zeolite is an alchemical gift from God." Zeolite is formed from the fusion of lava & ocean water, and combines all four elements. Dr. Peter Prociuk MD is one of the DAN doctors gleefully touting zeolite as being even more effective than protocol chelators such as DMSA. A significant event, since DMSA has been their most effective means for detoxifying mercury in decades. Dr. Prociuk says: "With typical chelators, you simply do not see the quality of the response that I've been seeing with zeolite. These kids seem to respond much more quickly and much more fully than with traditional chelating agents. It's almost a delight to have a new child come in because I know that I have something that's truly going to help this child in all likelihood. Previously there were things I could do and things that helped, but nothing to this extent. I would say it is the most powerful tool that I have in my clinical arsenal to help this group of children. At this point, I cannot think of a single child (out of 40) that I have used zeolite, with, who has not responded. The theory is that zeolite are one of the few negatively charged minerals and thus have the ability to draw heavy metals & toxins out of the body like a magnet. The FDA recognizes it as 100% safe. The body does not absorb it, it goes in and comes out. Dr. Prociuk has used zeolite successfully as a DAN doctor with autistic children, and it gets better results than DMSA. This has huge implications. Many people are claiming zeolite is good to help reverse cancer. Actually, zeolite is more known for can-

cer than for chelating heavy metals. Perhaps this negatively charged volcanic ash draws out more than just heavy metals.

#### **Section 4: Protocols for Specific Diseases-Allowing Your Body to Heal Itself**

##### **HIV AIDS ~ Fight Back With Coconut Oil & AHCC**

HIV attacks and weakens the immune system. As the efficiency of the immune system decreases, other viruses as well as bacteria and fungi are able to take hold and infect the body. These secondary infections are what cause most of the pain, discomfort and ultimately the death of HIV AIDS victims. Dr. Conrado Dayrit conducted the first clinical study on the healing effects of coconut oil for HIV infected patients at the San Lazaro Hospital in the Philippines. In this study 14 HIV infected individuals were given 3.5 tablespoons (49 grams) of coconut oil daily. No antiviral or other treatments were utilized. After six months, all participants were in better health, 8 of the 14 participants showed noticeable increases in white blood cell count and several had lowered their viral count to non-detectable levels [43]. This was the first study demonstrated in a clinical setting, that coconut oil does have an antiviral impact for HIV AIDS. Studies aside, I've personally seen amazing results in real-life people taking coconut products to lower viral counts from HIV and Hepatitis. Viral counts are dramatically improved in Aids patients who consume Coconut Oil. We are blessed coconut grows excellent where populations of HIV infection are high. The amount of coconut oil used is important. The higher the dosage the more effective it is in deactivating the virus and pathogenic organisms. Participants in Dr. Dayrit's study consumed 3<sup>1</sup>/<sub>2</sub> T of coconut oil daily. "Keep Hope Alive" has documented many cases of improvement with coconut. One man dropped his viral load from 600,000 to non-detectable levels in 2 months by consuming a bowl of coconut with cooked grains every day, along with eating a healthy diet containing lots of fresh fruits and vegetables. Another consumed a glass of coconut milk daily for 4 weeks. His viral load for HIV dropped from 30,000 to 7,000. Based on the hundreds of case stories in a scientific setting I would say coconut should be the primary weapon for fighting HIV. Lauric acid is the main anti-viral agent in coconut oil. To get a strong enough dose of coconut medicine we recommend 4-6 tablespoons of extra virgin coconut oil each day. This can be spread over the top of sprouted grain toast or cooked with *coconut*. The hallmark of HIV infection is the progressive loss of a specific type of immune cell called T-helper cells. The HIV virus attacks these T-helper cells lowering the count in the bloodstream. What can be done? The Japanese mushroom supplement AHCC is shown in dozens of published scientific studies to boost the immune system in the following ways:

- 1) Increasing the number of T cells by as much as 200%
- 2) Increasing the production of NK cells by as much as 300-800%
- 3) Increasing populations of macrophages, in some cases doubling them

##### **Food-Healing Protocol:**

- 1) Everyday 4 tablespoons of coconut oil or 56 grams of fat from coconut shavings, coconut milk etc. Do the coconut faithfully for 90 days. Give your body the chance. Be on it. Don't slack. 90 days. Some people with AIDS have been known to have difficulty digesting fat. If there is any problem digesting the coconut oil be sure to take it WITH FOOD. This always helps to digest it better. Also, take 1/4 scoop monolaurin 3 times daily. Gradually go to 2 scoops 3 times daily, (see *monolaurin*)
- 2) AHCC from Olympian Labs 2 capsules twice a day on empty stomach, (see *AHCC for details*)
- 3) Agaricus Mushroom from ATLAS. 2 caps twice daily or 4 dropperfulls daily in water, (see *agaricus*)
- 4) Drink the morning tonic to boost digestion and the endocrine system, (see *morning tonic pg 26*)
- 5) Smoothie is made in the morning and drank throughout the day. 20-40oz daily.
- 7) Each day have a watercress & avocado salad w/hemp oil. Essential fatty acids are essential.
- 8) Begin a morning routine of Qigong & yoga to boost up your Qi energy. Get 30 min of sunlight daily.
- 9) Eat lots of kim chi, which is proven to boost immune system. Also make plenty of meals with the shitake & maitake mushrooms. The immune boosting power of these mushrooms is established.

##### **Allergies & Sinus Problems - Diet Holds the Key**

There are 8 foods that account for 90% of all food-allergic reactions; Milk/cheese, egg, peanut, tree nuts, shellfish, fish, soy, and wheat. Before you give up the fish, I would recommend immediately giving up the other seven foods. See how you do. Many people have attachments to these foods, but you can't expect anyone else to give you a magic pill to solve all your problems. Be proactive and take charge of your health. Stop eating the above mentioned foods, minus the fish, unless there is no improvement, then exclude fish as well to see if its causing problems. Almost all allergies are from long-term use of dairy products, even if people deny it. I know it's true from seeing dramatic changes in people with allergies when all dairy is given up. But keep in mind that when people give up a food it takes 90 days to evaluate the result, so don't give up milk for 1 month and then decide you're not allergic, this thinking is incorrect. It takes 3 months to get dairy out of your system. Then begin a Food-Healing program rich in the foods below.

##### **Food-Healing Protocol:**

Histamine can cause allergies. Drinking nettle leaf tea can help naturally lower histamine levels.

- 1) First thing in the morning each day take 1 teaspoon of camu berry powder, the single highest vitamin C food in the world, and again before bedtime. Add 3 squirts of wild Reishi mushroom to the camu berry drink. Reishi is the most powerful of all the immune enhancing herbs and has shown remarkable results in helping allergies & asthma. If the bitterness of the camu bothers you put the powder inside capsules, (see camu berry and reishi mushroom for details)
- 2) Eat 2-3 kiwis each day. They have 3 times vitamin C of oranges and are shown to help allergies. Also include pineapple, papaya, & all organic berries. Eating these foods during the day is the key.
- 3) Take bee pollen in the morning by itself. Start out with a few grains, gradually taking more. This is actually building up your energy and your resistance to allergens. Bee pollen is an allergen for a few people and therefore its best to start out small. Bee pollen often works wonders for allergies.
- 4) You must give up the 8 allergen causing foods minus fish unless you determine that is needed. None of this is going to work unless you are willing and ready to change your diet. Try it for 90 days. Drink 20-40 ounces of smoothie that are 75% vegetable each day.
- 5) Take 1/2 scoop of monolaurin x 3 times daily. Gradually increase to 9 scoops daily, (see monolaurin) Monolaurin from coconut is highly antiviral/antibacterial/antifungal and boosts immunity. Also eat 28-56 grams of fat from coconut each day.
- 6) For morning tea ritual try a strong cup of nettle leaf tea, helpful for lowering histamine levels.
- 7) Eat lots of kim chi, which is proven to boost immune system. Also make plenty of meals with the shitake & maitake mushrooms. The immune boosting power of these mushrooms is well established. If you get sick a lot, I recommend taking AHCC (see AHCC).
- 8) A homeopathic remedy that works wonders for reversing sinus problems is called, "Sinus Wars". Post nasal drip, throat clearing and excess mucus can sometimes be stubborn to reverse, especially while detoxifying. I've seen many successfully reverse sinus problems using homeopathic remedies.

#### **Other Recommendations**

- 1) Curamed turmeric 2 caps twice daily
- 2) Watercress salads with hemp oil
- 3) Dr. Ohhira's probiotics 3 capsules daily
- 4) Drink "Morning Tonic" with probiotics, maca, reishi and ginseng
- 5) One cup of goji milk daily (*see Joji berries*)
- 6) Eat dried cordyceps for endocrine system
- 7) CoQ10 100mg 3 x daily with meals
- 8) Super II if bowel movements need to improve
- 9) DMA fatty acids 2 softgels x twice daily w/meals

#### **Alzheimer's & Poor Brain Function**

Scientific research indicates Alzheimer's occurs when nerve cells in several key areas of the brain are damaged or destroyed. These changes disrupt the flow of information between body and brain resulting in a decline of mental function. Heavy metal poisoning is a key cause in the 10-fold increase in Alzheimer's we've seen in this century. We absorb heavy metals, such as aluminum and mercury, from so many sources in modern times. Our coal-burning power plants emit 40 tons of mercury into our air each year! This mercury lands in water and concentrates within certain fish, and also in the air we breathe. Mercury toxicity is one of the plagues of modern times. I have helped a few people with Alzheimer's using cilantro. God has created this common herb as a solution to naturally "chelate out" heavy metal. Cilantro has specific phyto-chemicals that do this. Get tested for mercury levels, (see autism). Several nutrients in scientific studies have proven to help Alzheimer's patients recover their mental function. Vitamin E, protector of nerve cells, is believed a breakthrough in treatment of Alzheimer's disease. The embryo of the wheat berry (wheat germ), contains the highest forms of biologically active vitamin E and is the most concentrated food source of Vitamin E in the world, 65% by weight. Vitamin B12 supplementation was shown to reverse impaired mental function in a study where 61% of Alzheimer's cases with low blood levels of B12 had a near complete recovery taking B12 [139]. Acetyl L-Carnitine (ALC) has been shown to benefit Alzheimer's patients. The results of studies using ALC are outstanding, and the studies have been well controlled and extremely thorough. In a group study on Alzheimer's, 1500 mg of ALC daily resulted in significant improvement in mental function, particularly in memory and in constructional thinking [140]. Zinc deficiency is one of the most common nutrient deficiencies in the elderly and important for maintaining high mental capacity. To test the benefits of zinc supplementation in Alzheimer's patients, 10 patients were given 27 mg of zinc per day. An amazing 80% showed improvement and one patient was labeled "unbelievable" by both medical staff and family.

#### **Food-Healing Protocol:**

- 1) Drink the morning tonic (see morning tonic pg 26) and 20oz of Smoothie that are 75% vegetable. Follow Smoothie Formulas and take extra cilantro. Put in smoothies & salads. Best is the watercress and cilantro salad w/hemp oil. Eat raw corn daily. Corn has phospholipids for the brain.
- 2) Eat a few boiled oysters every day. Each one has 15mg of zinc, which is shown to be highly deficient in most cases of Alzheimer's. Start out with just a few each day. Zinc is very important. Take 3 wheat germ oil pearls from "Standard Process" after each meal. This is the best form of vitamin E on earth. Standard Process makes the best wheat germ supplement.
- 3) Take Wobenzym, 3 tablets x 3 times daily. Helps to dissolve intracellular waste, reported after 40 years. Will improve response to inflammation and helps Alzheimer's. No side effects (see enzymes)
- 4) Take zeolite and adjust dosage to comfortable detox levels. Zeolite gets rid of mercury and other metals. See Zeolite Also "Curamed Turmeric" 3 caps x 2 daily, (see turmeric & zeolite)
- 5) \*DHA 2 softgels x twice daily w/meals  
 \*1500mg Acetyl L-Carnitine once daily with meal  
 \*2mg Vitamin B-12 once daily with meal  
 \*300mg CoQ10 once daily with meal  
 \*6 dropperfulls (squirts) Wild Red Reishi extract once daily in morning (Helps Alzheimer's See Reishi)

#### **Anemia - Boost Iron Absorption with Food**

Anemia occurs when our body doesn't have enough red blood cells. These red blood cells contain hemoglobin, a red, iron-rich protein that carries oxygen from the lungs to the tissues of the body. When the number of red blood cells decreases, the heart works harder, pumping more blood to send enough oxygen through the body. An average sized person with anemia would have to eat at least a ten-pound steak daily to receive the therapeutic amounts of iron needed to correct the condition. Luckily there are other foods, which have proven extremely helpful for people with anemia. The key lies in understanding how the body actually absorbs iron. This is another ballgame because iron requires a host of co-minerals and nutrients to be fully utilized. Foods rich in vitamin C & iron together work best. Supplementing vitamin C is not advised and not as effective. Red Blood Cells are created when the body can absorb adequate amounts of iron.

#### **Food-Healing Protocol:**

- 1) Most important thing is to eat black sesame Tahini spread onto sprouted toast everyday. Surely eating the black sesame everyday will boost your iron. It is so nourishing and packed with minerals. Also try black sesame ice cream. Another iron-rich food is oyster. Chia seeds contain 28% DV of iron in just 1 ounce!
- 2) First thing in the morning take 1 teaspoon of cranberry powder, the single highest vitamin C food in the world, and again before bedtime. If you can't stand bitter taste, put powder in capsules (see camu) Drink black fungus tea in 14 day cycles. It has 3 times more iron than liver, (see heart disease)
- 3) Drink the morning tonic to boost digestion and the endocrine system, (see morning tonic on pg 26) Afterwards drink 20oz of smoothie made with 75% vegetables each day. Adjust "Smoothie Formulas" recipes and take 1 whole red beet in each smoothie. If the taste of beet is not sitting well with you (many people have complained) a solution that works is to add increasing amounts of mint to the smoothie. The mint seems to counter the taste of beet and most find this a good solution. Beet is high in iron, but more importantly it has helped people reverse anemia.
- 4) After your smoothies eat a watercress salad with chia, black sesame and hemp oil drizzled on top. Watercress has proven to be very helpful for people with anemia and gives strength to the weak. Eat some watercress everyday. It is warming and has all the co-minerals and co-vitamins your body needs to absorb iron, (see watercress)
- 5) Eat 2-3 kiwis each day. They have 3 times vitamin C of oranges. Vitamin C is crucial to assist in helping the body to absorb iron. Kiwi is perhaps the best source. Plum also is very good for anemia.
- 6) Begin a morning routine of Qigong and yoga to boost up your Qi energy. Get 30 minutes of sunlight each day. For your morning tea ritual try a strong cup of mettle leaf tea, helpful for anemia.
- 7) Eat RAW organic chocolate (called cacao nibs), which are very rich in useable iron and many other beneficial nutrients. Add kidney and pinto beans as a mainstay to your diet. Since they are high in iron. In addition, drink one cup of goji milk each day, which has iron and is also vitamin C rich, (see goji)

#### **Other Recommendations**

- 1) CoQ10 100mg 3 x daily w/meals
- 2) DMA 2 softgels x twice daily w/meals
- 3) Digest enzymes Enzymatic w/meals
- 4) Eat at least 2oz of Chia Seeds daily
- 5) Dr. Ohhira's probiotics 3 capsules daily
- 6) Eat dried cordyceps for endocrine system
- 7) Eat more Plums because they help to absorb iron

## 8) Wild Reishi mushroom extract for immune system

### **Arthritis ~ Time Tested Natural Approach**

An estimated 46 million Americans have some form of arthritis according to the center for disease control. Osteoarthritis is the most common and is a literal wearing away of the cartilage in the joints. Nearly half of all Americans older than 60 develop osteoarthritis. Rheumatoid arthritis is an autoimmune disorder where the immune system attacks healthy joint tissue and even the vital organs. Some with rheumatoid arthritis will run a mild fever or temperature increase because their immune system is in overdrive. Gout is a very painful form of arthritis that develops from too much uric acid in the body. It occupies the joints of the hands and feet in the form of crystals. The good news is that I have used this protocol successfully to get near miraculous results, all with side effect free foods. "I have found distilled water is a sovereign remedy for my rheumatism. I attribute my almost perfect health largely to distilled water."- Dr. Alexander Graham Bell. Some foods exacerbate inflammation and worsen the symptoms of arthritis. Most animal fat, excluding fish oil, contain arachidonic acid (omega 6 fat), a known inflammation-causing carcinogen. It is recommended to eliminate red meat and fowl from your diet if you suffer from ANY arthritis. Instead eat salmon and sardines loaded with DMA and EPA fats, which help to reduce inflammation and pain.

### **Food-Healing Protocol:**

- 1) Drink only distilled water and lots of it throughout the day. It draws out inorganic minerals that lead to calcium deposits and countless other health problems. Alexander Graham Bell, inventor of the telephone, is said to have healed his arthritis by drinking distilled water. Dr. Allen Banik, O.D. states, "Distilled water should play a most important part of the treatment for arthritis."
- 2) Take 1 Tablespoon of organic Montmorency cherry juice concentrate & 1 teaspoon of apple cider vinegar mixed in glass of water twice a day. This is especially helpful for gout, but all forms of arthritis will benefit from cherry's COX-2 inhibitors that reduce pain and inflammation. Cherry also removes uric acid (see cherry). Apple cider vinegar is well known for helping arthritis, (see apple cider vinegar)
- 3) Take 200mg of natural eggshell membrane twice daily. This supplement contains the building blocks of cartilage and actually is my secret weapon for osteoarthritis. It greatly helps with pain and is clinically proven to rebuild joint cartilage. It also works great for pets, (see egg shell membrane)
- 4) Take 12 softgels of DHA/EPA daily. 4x3 times daily with meals. This high dose is for decreasing inflammation. DMA has been shown to help greatly with arthritis (see DMA). I also recommend eating chia, hemp seeds & walnuts to lubricate joints and further boost inflammation fighting prostaglandins.
- 5) Drink the morning tonic to boost digestion and the endocrine system, (see morning on page 26) Afterwards drink 20oz of smoothie made of 75% vegetables. Avoid consuming acidic drinks like coffee, alcohol, soda, milk and do not eat foods fried in vegetable oil.
- 6) Take 3 Wobenzym 3 tablets x 3 times daily. Miraculous anti-inflammatory and pain killer. No side effects reported after 40 years of public testing. Systemic enzymes must be taken 1 hour before or 3 hours after meals or else the enzymes will digest food instead of help your arthritis, (see enzymes)
- 7) Curamed Turmeric from Terry Naturally is a super concentrated "curcumin" extract. This product offers the most effective natural pain relief available anywhere. In addition, when you take a curcumin concentrate you get anti-cancer benefits as well. 2 softgels, 3 times daily, (see turmeric)
- 8) When pain is really bad I recommend making the Ginger Fire Water! This is one of the most powerful natural painkillers. It has worked for people in terrible pain from auto accidents, (see ginger) Long term use of pain meds is perhaps the most dangerous part of arthritis. Ginger and turmeric work as good or better than pharmaceutical pain killers and with no side effects.

### **Asthma — Easy to Reverse**

During asthma attack the muscles surrounding the lung's bronchial tubes contract, narrowing airways making it hard to breathe. Asthma is one of the most serious chronic diseases in children and adolescents with 9 million children currently diagnosed. 50-80% of children with asthma develop symptoms before age 5! So what actually causes asthma? Various triggers like respiratory infections, exercise, stress, cold air, pollen, mold, and animal dander or dust mites can bring on symptoms. But surely asthma has its basis in diet, because so many people have overcome the disease by changing their diet. The hypersensitivity to allergens and exercise is really a disease of inflammation; therefore consuming large amounts of anti-inflammatory foods helps reverse asthma naturally. I have literally helped hundreds of people overcome asthma with dietary principles. This disease should not exist. Since I began teaching seminars I've seen hundreds of people reverse their asthma using Food-Healing. It is an easy fix in my opinion. Some foods exacerbate inflammation and worsen the symptoms of asthma. Most animal fats, excluding fish oil, contain arachidonic acid, which is a known inflammation-causing carcinogen. It is recommended that asthmatics eliminate all red meat & fowl from their diet. Instead eat salmon and sardines loaded w/omega 3's fatty acids, which are proven to lessen inflammation & help asthma. Published in the April 2000 issue of "Thorax,

International Journal of Respiratory Medicine" 18,737 children aged 6-7 years living in Central & Northern Italy who were eating 5-7 servings of kiwifruit per week had 44% less incidence of wheezing compared to children eating it less than 1 serving a week. Upon including more kiwi into the diets of children not frequently eating it, shortness of breath was reduced by 32%, severe wheezing by 41%, and nighttime cough by 27%!!! [74] We've received many testimonials over the years regarding the effectiveness of this asthma protocol: "Before I incorporated the Food-Healing asthma protocol, I averaged 8-10 asthma attacks per year since being diagnosed in 2000. However, I have not had one asthma attack since July 2010 since I began eating the foods Jeff recommended for asthma. I have not been wheezing and even the shortness of breath I frequently experienced has all vanished! This is fantastic and the smoothies are great! The asthma Food-Healing protocol works and has had a tremendous impact on my life and health, I now recommend this protocol to many of my patients." - General C. Johnson, Naturopathic Doctor - Hillsboro, OR

**Food-Healing Protocol:**

- 1) Eat 2-3 kiwis each day. They contain highly absorbable vitamin C and are shown to help allergies. Just kiwi by itself is often enough to relieve asthma completely! But more steps may be helpful.  
\*\*\*1 teaspoon of camuberry powder in the morning, the highest source of natural vitamin C.
- 2) Drink the morning tonic to boost digestion and the endocrine system, (see morning tonic on pg 26) This contains wild reishi extract, however take the reishi again 2 more times during day for a total of 3 times daily. Reishi is an immune enhancing mushroom that has seen great success with asthma, (see reishi mushroom) Also try nettle leaf tea. Both reishi and nettle lower histamine.
- 3) Scientific research is very convincing that beta-carotene dramatically helps asthma, emphysema, and most other diseases of the lungs. Goji berries are the single richest source of beta-carotene of all foods. Drink an 8oz cup of goji milk each morning or 2oz of actual goji berries.
- 4) Take 1/2 scoop of monolaurin x 3 times daily. Gradually increase to 9 scoops daily, (see monolaurin) Monolaurin from coconut is highly antiviral/antibacterial/antifungal and boosts immunity.  
Also eat 28-56 grams of fat from coconut each day. .

**Other Recommendations**

- 1) DMA 2 softgels x twice daily with meals
- 2) Eat dried cordyceps for endocrine system
- 3) Follow digestion protocol (asthmatics often need
- 4) Curamed turmeric 2 capsules x twice daily

**Attention Deficit Disorder ~ Simple Solutions**

A child is given the diagnosis of Attention Deficit Disorder (ADD), when he/she is considered overactive, cannot pay attention and cannot sit still. There has been a 500% increase in the use of ADD controlling drugs like Ritalin since 1991. In my opinion, ADD is a modern disease that can be traced back to an incomplete diet and environmental toxins. Many children will show remarkable improvement after dairy products, soda, & excess sugar products are removed from the diet. In addition to the wrong foods, much can also be said for heavy metal toxicity, which comes from many sources like vaccinations and coal burning power plants which release 40 tons of Mercury into the air and water each year. In my opinion, the heavy metal toxicity and junk food of modern times are the chief culprits of why diseases like ADD, anxiety disorder & autism have increased 10 fold within the last 10 years. I have witnessed parents who removed the foods mentioned in section 2 of this manual, and added smoothies to the family routine, find dramatic transformation in their child's behavior. Amphetamine-like drugs administered for ADD are so filled with side-effects, its amazing they're legal. ADD Reversal: High Quality Fish Oil + Delicious Smoothie + Remove Sugar = Naturally Reversed ADD. In a recent unpublished British study involving 20 children, symptoms of impulsiveness, inattentive/less and hyperactivity in ADHD teenagers showed remarkable improvement after only three months on omega 3 fish oils. The teenager's inattentive behavior dropped from 94% to 17%. Impulsive behavior dropped from 89% to 28%. The subjects, aged 12-15, received 500 mg daily of DHA.

**Food-Healing Protocol:**

- 1A) **For Adults:** Drink morning tonic to boost digestion and endocrine system. (see morning tonic) Also take DMA 4 softgels x three times daily w/meals
- 1B) **For Kids:** Give your child 1-3 teaspoons of strawberry flavored DMA from Nordic Naturals. I prefer the liquid, but they also have chewable candies that kids like to scarf down. The taste is good for both methods so that is seldom an issue with kids. Sometimes you get the kids started on DMA and everything works better. DMA can't be overdone and if you are not seeing results increase slowly up to 6 teaspoons daily. Its just fat from cold water fish. I recommend you also serve more salmon and trout at your dinner table where you can really load up on DMA. Additionally, drink 1 good belly blueberry shot each morning.



- 2) Everyone with ADD, especially children should have 1 kiwi everyday. Adults 2 kiwis' everyday. The vitamin C in kiwi is of especially high quality and will help with symptoms of ADD.
- 3) Drink 20 ounces of smoothie that is 75% vegetable each day. Follow Smoothie Formulas and take basil, ginger, cilantro, and peppermint in the smoothie. Use strawberry in every smoothie.
- 4) Take papaya and pineapple into your diet. Consider adding pineapple stem to smoothies. The pineapple stem is the single richest source of enzymes of any food part. It is shown to dramatically reduce inflammation. The taste is not noticeable with other fruits.
- 5) Qigong has helped many children with ADD. I taught an entire series of Qigong classes at the Light House School for Blind Children (who were 90% blind) in Ft. Lauderdale Florida. Many of these kids were off the wall hyperactive. They would show up with purple lips from the Kool Aid they drank 5 minutes before my class. Age 6 and up are candidates for Qigong. It builds discipline and focus.

### **Autism & Mercury Detoxification**

The Autism Research Institute has evaluated various treatments of autism since 1967. Over 27,000 parents responded to questionnaires evaluating 77 types of biomedical intervention for autism. Mercury detoxification received a far greater effectiveness rating than any drug, supplement or special diet. Mercury detoxification was rated helpful by 74% of parents & the gluten/dairy free diet came in second at 69%. These are remarkable finds that must be acknowledged. Before continuing to discuss the methods for removing mercury from the body, I would like to take this moment to suggest that you get professional help from a health care provider for your autistic child or adult. There are special autistic doctors called "DAN! Doctors". DAN stands for: Defeat-Autism-Now! These doctors are well-trained, high-precision masters at removing mercury from the body. Most of them are real M.D.'s with a few N.D.'s who have broken away from traditional treatment and acknowledged the overwhelming evidence that mercury detoxification is the primary solution to autism. The list of DAN Medical doctors is at: [www.autism.com](http://www.autism.com) Many people think mercury poisoning is rare. It is not rare. Perhaps 20 years ago it wasn't a problem, but it is scientifically evident that many diseases such as Alzheimer's, chronic fatigue & fibromyalgia are correlated with high mercury levels. One of the ways they can test for mercury (Hg) is to do a blood, hair or urine test. Sierra Club sells a mercury hair test with a lab analysis at the non-profit price of \$25. They believe mercury toxicity is one of the biggest concerns facing world health today. Each year we release 40 tons of mercury into the atmosphere, which then pollutes our oceans. Some suggest Thimerosal (vaccine preservative made of 49% ethylmercury) may be behind the surge in autism. Thimerosal was used in mandatory vaccines for children under 2 years old. The usage of Thimerosal began at the same time autism began its 1500% increase in 1990. It was widely phased out in the United States and Europe as a precautionary measure and the fact that autism rates continue to rise even though thimerosal is not being used casts doubt on the vaccine theory. Where ever the mercury is coming from one thing is for sure; mercury toxicity is a real problem and people with autism test much higher for it. I find it sad to know that bass fish in Florida's fresh water lakes are completely saturated with mercury. Autistic children's teeth contain 300% more mercury than healthy kids. CDC says 1 in 70 boys have autism. 15 yrs ago it was 1 in 2500. Autistic children often get poor nutrition because of their unwillingness to accept many types of food. Luckily most parents have found these children LOVE the smoothie program! We've personally guided many mothers to successfully incorporate our food healing with remarkable success. The kids usually become more attentive, socially interactive, make better eye contact etc. Some mothers express that for the first time, their kids stop slapping themselves. I believe these results are mainly from a phytochemical-cal-rich diet and the removal of gluten & dairy (as expressed by Autism Research Institute's citing that the dairy/gluten free diet was the 2nd most effective measure). "I'm a mother of boys with autism. After learning the dietary principles & smoothie concepts at Jeff's workshop my family has been blessed with the healthiest fast food ever. My autistic twins were picky eaters and I have tried different supplements to improve their appetite, but they didn't work. They used to have low muscle tone, little coordination in there movements and had bathroom accidents even if they go to the potty beforehand. After 3 months preparing smoothies 7-2 times a day, their appetite improved dramatically. They began having different smoothies from the Smoothie Formulas recipe book with added cilantro. Soon they began to do things more independently, keep more instructions and understanding. Their muscle tone and mvareness began to improve. They began to be more interactive and inviting to play with. The smoothies are a life saver for children and parents dealing with autism. My family enjoys the program very much!!!!" - Lynda Soto, Mother Of Autistic Twins. The medical director of Heart Disease Research Foundation accidentally discovered patients excreted more toxic metals after consuming Chinese soup containing Cilantro. We have grouped the guidelines for autism and mercury detoxification together. Mercury detox is not only for people with autism, but also fibromyalgia, Alzheimer's and anyone testing high in mercury. Cilantro mobilizes mercury, aluminum, lead and tin stored in the brain and spinal cord, removing them via urine & bowel movement. Cilantro tea is one of the best methods. Simply boil the herb in water for 15 minutes and drink. For kids, it can be diluted with juice to make it taste yummy, but I enjoy cilantro tea. Cilantro pesto is also a potent way to get it into your system. It is good in smoothies too, but seems to

have a stronger flavor this way. Cilantro-rich salsa also works very well. Glutathione, the all-important liver detoxifier, is typically 50% lower in children with autism. It must be formalized prior to beginning detoxification. Glutathione controls excretion of heavy metals and toxins in phase 2 liver detoxification. Glutathione levels should be raised higher 2 weeks before doing intensive mercury detoxifying. Asparagus is by far the richest source of glutathione and therefore it should be eaten lightly steamed everyday. Most of the autistic kids I've worked with enjoy asparagus. "My autistic daughter Nicollette was 10 years old and 43 pounds (emaciated) when I first heard of Jeff's Food-Healing program for 'autism. Prior to following the protocol, her doctors were recommending she eat pizza, doughnuts and other high-fat foods to get some weight on her. Nothing was working. She continued losing weight and would not drink what the doctors recommended. They were forced to put her on a feeding tube and she was classified in the 'failure to thrive' status. Finally I had enough of their advice and I began giving her the vegetable smoothies and following the autism protocol. The doctor thought I was crazy, because she was so skinny and how were veggie smoothies going to put weight on her. They told me I was going to lose her if I didn't follow their way of doing things. We went the whole other direction and cleaned out our kitchen cabinets! I nearly had child protective services called on me when I told the doctors I was actually eliminating foods from her diet that they wanted me to increase!! Nicollette's results on smoothies were astounding! At first she had the runs, but soon that subsided and then she started gaining weight. Her appetite increased and she began eating vegetables like they were ice cream! To this day Nicollette loves food in the freshest form possible. It took awhile, but she put on weight while I lost weight. She is now 67 pounds and no longer in the failure to thrive status. Although she's still autistic, her behavior is more balanced and she looks much healthier. Isn't she just lovely now!" - Nicollette's Mother, Ft. Lauderdale, FL

### **Autism & Mercury Detoxification**

In summary, there are many diseases that respond well to mercury detoxification. Simply having 20-40 oz of smoothie according to the principles laid out in this manual will assist in the body's natural detoxification of heavy metals. In light of information obtained from 100's of doctors it is clear that cilantro mobilizes & detoxifies mercury. Zeolite is a supplement made from negatively charged minerals that is proven safe and highly effective at removing heavy metals (*see zeolite*). I frequently recommend zeolite to people with mercury toxicity and mothers of autistic children. Zeolite can be mixed into juice or smoothie quite easily. Long before zeolite was around, a supplement called DMSA was used for over 20 years by DAN doctors, and continues to be their primary mercury chelator of choice. This man-made chelators is much stronger and is available without a prescription online. However, I get such positive results with cilantro, asparagus and zeolite that I no longer recommend DMSA unless working with a DAN doctor directly.

**Please note:** Approximately 90% of mercury in our bodies is eliminated through the stool. You need big huge bowel movements! Smoothies are key! Also following the protocols for digestion can be extremely helpful. If bowel movements are poor make sure to follow the protocols for digestion. This cannot be overlooked and success depends on it.

### **Food-Healing Protocol:**

- 1) Take 5-10 stalks of asparagus everyday. Glutathione is super critical to excretion of heavy metals and asparagus has the highest glutathione. Add to meals for best results. What is interesting is that the autistic children tend to like asparagus naturally. Let them eat it with their hands, (*see asparagus*)
- 2) Eliminate all dairy and gluten from the diet. This involves cleaning out the kitchen cabinets. I know this is a major life change, but consider the dairy and gluten free diet is rated the 2nd most helpful protocol by parents of autistic children. All milk and cheese products should be eliminated, but eggs are very beneficial. Do not attempt to fast during mercury detoxification. Low mercury seafood like salmon, trout & sardines are recommended to ensure good protein and fat requirements are being met,
- 3) Keep cilantro pesto in your house at all times. It is easy to make and everyone loves it. My boy can eat an entire jar of the 9-clove cilantro pesto recipe from Smoothie Formulas. This cilantro pesto includes olive oil, pine nuts as well as lots of garlic. Don't worry, it tastes great. Garlic is rich in sulfur, which is important when detoxifying mercury. If ones "sulfur stores" are greatly depleted this impairs chelation. Sulfur containing foods like garlic serve as an effective agent supplying organic sulfur for detoxification. Cilantro tea, soup, salsa and cilantro in smoothies are all excellent methods.
- 4) Zeolite is well known for its ability to draw out heavy metals such as mercury. This supplement has helped many with autism and some DAN doctors say it rivals the effectiveness of DMSA chelators. Start out with 1/4 teaspoon doses and work up to 1 teaspoon x 3 times daily, (*see zeolite*)
- 5) Take 1/4 scoop monolaurin 3 times daily. Gradually increase to 3-9 scoops daily, (*see monolaurin*) Monolaurin from coconut is highly antiviral/antibacterial/antifungal and boosts immunity. Also eat 28-56 grams of fat from coconut each day. 14 grams daily for kids, (*see appendix fatty acids*)

- 6) Take Children's DHA from Nordic Naturals. Liquid is easier to take and they also make candies. 1 teaspoon x 3 times daily. This will definitely help with ADD hyperactivity & concentration, (see *DHA*)

### **Blood Circulation & Energy Flow**

4000 yrs ago Chinese medicine said, "Blood is the mother of Qi". During Qigong practice we can feel a powerful pulsation of blood in our body. Often it takes people by surprise how warm they feel after making just a few hand movements. Our health is largely determined by the strength of our blood flow. If blood circulation is poor then our brain, internal organs, endocrine glands and muscles are nourished less. When our blood delivers oxygen & nutrition effectively, a sense of well being envelopes us. Some people have cold hands and feet or low energy levels from poor blood circulation. In severe cases, some people have arteriosclerosis and heart disease from long term circulatory disease. Luckily, there is a lot you can do to improve your blood circulation. Qigong is number 1 along w/exercise like swimming and rebounding. Number 2 is eating the foods that promote big-huge-bowel-movements. When we go to the bathroom more it directly affects internal energy flow & blood circulation. Number 3 is knowledge of proven herbs and tonic foods that can greatly improve the flow of blood and Qi. Also see the section on heart disease, which has a more in depth look at circulation. 75,000 miles of arteries & veins bring oxygen/LifeForce to every organ, gland & cell.

### **Food-Healing Protocol:**

- 1) Drink the morning tonic to boost digestion and endocrine system.
- 2) Often when blood circulation is poor the bowel movements are not big enough and digestion can be weak. See digestive problems for more details. In the morning you should have a big-huge-bowel movement. Drink lots of hot water, green tea or yerba mate while sitting relaxed in a chair for 30 min to 1 hour until you have eliminated fully. It is impossible to have good blood circulation and energy flow without good bowel movements, (see *morning ritual*)
- 2) Goji berries are excellent at improving blood circulation as well as cordyceps mushrooms. They strengthen kidney yang energy and sexual function. Drink 1 glass of "GOLDEN MILK" everyday, this recipe is in Smoothie Formulas or you can eat dried cordyceps & goji berries, (see *goji & cordyceps*)
- 3) Drink 20-40 ounces of Smoothie that are 75% vegetable each day. Follow Smoothie Formulas and take basil, ginger, cilantro, & peppermint in the smoothie. Use avocado w/seed in all smoothies.
- 4) Eat lots of garlic, salmon, trout and sardines. Also supplement DMA 1000mg 2 x daily with meals. Chop up 1-2 cloves daily in your meals and snacks. Enjoy garlic on hummus and crackers. Steam or poach fatty fish and eat it 3 times per week. Omega 3's and garlic are natural blood thinners, which enhances blood flow and boosts the endocrine system. Eat watercress, which helps thyroid.
- 5) Take Ginkgo Supreme from Gaia Herbs, which is renown for helping people with cold hands and feet and even Alzheimer's. Each day take two liquid caps. This is the 120mg dose used in all the experimental models. Take 1 when you first wake up and then again before bed. You can take more later, but start w/120mg for 8 weeks. Ginkgo can take 2-3 months to work, (see *ginkgo for more details and possible drug interactions*)
- 6) Mushrooms like shitake and wood ear are renown for their beta glucans, which lower cholesterol and open arteries. Cook with these mushrooms as often as possible. Cayenne, black sesame, maca root, okra and royal jelly can greatly improve yang constitution.
- 7) Hawthorn berries are extremely helpful in improving blood circulation. Beware of cheap herbal capsules that have little effect. The best is a product called "Hawthorn Berry Syrup" from SRC. Also, CoQ10 helps promote heart health and is very important: Take 100mg 3 x daily with meals.

The protocol for cancer is involved, yet simple. It is listed here in the sequence you will do it. All types of cancer have the same protocol.

### **Cancer & Tumor ~The Body Can Heal Itself**

Many tens of thousands of people have reversed the worst types of cancer using dietary principles from naturopathic medicine. I have personally worked with people who had stage 3 lung cancer and reversed it using readily available foods. So lets get down to the real essence of what it takes to defeat any kind of cancer. (1) It takes a positive attitude and faith in your body's healing ability. If you fully study the concepts within this manual you will understand the "immune army" in your body can win the fight if supplied the right food. If you have a lot of doubt about your body's healing ability, it's harder to win. (2) It takes commitment to eating lots specific veggies, herbs & mushrooms until the cancer is gone. Our Food-Healing system is based on a dietary principle that cancer patients can activate the body's immune system army with 10 oz of phytochemical-rich vegetable smoothie each day. The only fruits we use are strawberries and grapefruits. As far as meals go, watercress salads, steamed asparagus, and fermented cabbage are best. 1 hard-boiled egg daily or sardines are ok, but no rice, or starches of any kind, sweet fruit or milk/ cheese products. Sugar is the archenemy for those with cancer. We've received many testimonials over the years regarding the effectiveness of this cancer protocol: "In 2009 I attended your seminar after receiving a diagnosis of breast cancer from the medical community. The doctors suggested I undergo a double mastectomy, which I declined. Instead I followed Jeff's Food-Healing protocol for cancer. Amazingly, my health and attitude thrived.

I agreed to monitor the cancer with my doctor and there is no longer any evidence of it in my body. Your program was so simple and easy to follow. " - Charlene Wallace, Winter Park, FL

### **#1 Mushroom Water and Immune Boosting AHCC**

First thing in the morning take four 16oz bottles of distilled water and put 1 dropper full of wild reishi into each bottle. Also, put 25 drops of Atlas Agaricus Ekismate in each bottle for a total of 100 drops in all 4 bottles. This means each 10 gram vial of Ekismate will last 2 days. If there are financial limitations, the Ekismate will be too expensive. Just use the Agaricus Bio, which is the next level down in strength. After putting the reishi & agaricus drops in the water, cap and shake the bottles. Drink 1 bottle of mushroom water upon waking along with 8 capsules of ACHH on an empty stomach. The remaining 3 bottles of mushroom water are consumed throughout the rest of the day.

**Agaricus Blazei & Reishi Mushroom:** These mushrooms are the most powerful for strengthening the immune system; proven safe, both may be taken indefinitely with no known side effects. They're saturated with polysaccharides that strengthen the body's overall immune function. They have powerful anti-cancer and anti-tumor properties and have been used successfully in Japan to help fight against many types of cancer, (see *reishi & agaricus for details*)

**Active Hexose Correlated Compound (AHCC)** is produced by enzymatic modification of several species of mushroom, mainly shiitake. This is the #1 alternative cancer supplement in Japan. AHCC has been researched extensively for its immune-enhancement properties. According to human and animal research, AHCC often increases natural killer (NK) cell; activity by 300-800%! AHCC may also increase macrophage activity by 200% and enhance cytokine production [12]. Hundreds of studies have been done on AHCC. (see *AHCC*). Grapefruit does not play well with others. It needs to be taken by itself. Some people on medications are not allowed to eat it.

### **#2 Phytochemical Blast Pre-Smoothie - *The Smoothie before your Smoothie***

Certain foods are equipped with a high-phytochemical content. My research in naturopathic medicine and the success people have following this system, has shown grapefruit as a powerhouse of phytochemicals. Grapefruit has limonoids that inhibit tumor formation by increasing the body's production of glutathione and D-glucarate, which is a potent cancer fighter [69]. Most people don't know how to eat a grapefruit with all the white pith, but that is exactly what you will do everyday. Grapefruit should be taken by itself or with only a few small ingredients. This smoothie is smaller than the your regular one, thus we call it pre-smoothie. The other ingredient included in the pre-smoothie is pineapple stem. People with cancer cannot eat the actual pineapple, because it has far too much sugar. The stem is wonderful and has the phytochemicals, CCS & CCZ that appear to stimulate the immune system to eliminate cancer cells (according to the Queensland Institute of Medical Research). A rich source of enzymes is derived from the crushed pineapple stem. (see *pineapple for details on how to harvest the stem*) Simply use a knife to peel the outermost rind off the grapefruit exposing the white pith. Try to leave as much of the white pith on as possible. Place half of a large grapefruit or one small one in 8 ounces of distilled water. Add pineapple stem and some ice cubes. The ice keeps the smoothie from overheating, which tends to happen when you blend only a few ingredients. If possible, blend it 3 times on high because the stem can be quite fibrous and this helps to really break it down. If you need to add more water this is fine. Adding more ice after each blending cycle will keep the contents from overheating.

### **#3 Veggie Smoothie - *The Most Important Part of the Protocol***

Numerous cases of people with stage 4 cancer were unable to eat much of anything when they started. They were first spoon-fed smoothie and slowly came back to life. If appetite and will power is sufficient, I recommend 50 ounces of fresh smoothie be consumed everyday. If appetite is poor I suggest having a loved one assist and motivate the person to consume as much as possible. There are many recipes in Smoothie Formulas for cancer. The ones that work best have cabbage, broccoli stem and beet. We tried to make these ingredients taste as good as possible and I think we did a good job, but the bottom line is that cancer smoothies are not going to be as palatable as smoothies for general health. Smoothies labeled "advanced" don't have any fruits, but one can add strawberries if needed. The smoothies for cancer labeled "easier" have an apple and this lends a better taste, but all smoothies must be 80% vegetable.

**Red Beet:** It is important for people with any type of cancer to consume large quantities of smoothie with lots of beet. Depending on your present state of health you can add 1/2lb - lib of beets (or more) to your total smoothie intake each day. With more serious types of cancer one can use 2-6lbs of beets daily. This may seem like a lot, but I have learned directly from one of my teachers just how powerful taking a lot of beet can be, even w/pancreatic cancer. Many healing miracles for cancer have occurred when beet was taken in large quantities. Adding mint can lessen the taste of beet. Yes, I know that beets have a fair amount of sugar, but their phytochemical content is off the chart. When mixed with other vegetables this dramatically lowers the glycemic index.

### **#4 Salads and Meals**

Many won't have much appetite to eat after 50 ounces of smoothie, but most will desire a meal time experience. Food is our medicine and there is a wealth of culinary masterpieces out there waiting for the cancer patient. My focus

is to make sure that every ounce of food eaten is healing in nature. Salads are the most important actual food for the cancer patient, but not just any salad. Watercress is absolutely the best; it's rich in minerals and transforms acidic terrain into alkaline terrain. It is also crucial to include cucumber, the most alkaline of all the vegetables, I also highly recommend fresh sunflower sprouts. Another very important ingredient on salads for the cancer patient is purple sauerkraut. It tastes awesome on salad and is rich in I3C phytochemicals that are proven fierce fighters of cancer. Cabbage contains a lot of glutamine, an amino acid responsible for muscle growth. This is especially important for cancer patients who may lose weight. Losing weight is the worst thing in the quest to reverse cancer. We want the cancer patient to keep weight on and cabbage is excellent for this, (see *Kim chi and sauerkraut*). Healthy fat is extremely important during the process of reversing cancer. A layer of oil surrounds all cells. Cellular regeneration is crucial during a time of healing and it is no secret that omega-3's and coconut oil are extremely beneficial in the fight against cancer. Salads need oil to increase the absorption of vitamins and phytochemicals. Chia seeds are the best source of ALA and I recommend at least 1-2 ounces daily for cancer. They can be sprinkled on top of salads and taste great (some people with low blood pressure don't respond well to chia and then simply use walnuts or hemp seeds). The oil you put on salad is very important, so don't even think about using store-bought salad dressings, which mostly contain omega-6 fats from vegetable oil. I recommend using hemp seed oil instead. I can't over emphasize how important good quality fat is for reversing cancer. Add avocado, chia, hemp seeds or walnuts to salad in addition to the oil. As far as vinegar, only apple cider vinegar is allowed. The cancer protocol is 80-90% raw foods either blended or eaten in salads. The remaining 10-20% of the diet that is cooked consists mainly of the four foods you see to the right. One hard-boiled egg or serving of sardines is allowed each day, but not both. The best cooked meal is simply steamed asparagus with cooked coconut shavings. Asparagus becomes more powerful with light steaming so I advise not to eat it raw. I recommend the cancer patient eat 10-20 stalks of steamed asparagus daily for its high glutathione content. In addition, I recommend 28 grams of fat from coconut taken daily. This can be accomplished by lightly cooking coconut shavings in a frying pan of coconut oil. Add these cooked coconut shavings to the plate with the asparagus. This is the traditional medicinal way to eat coconut.

#### **#5 Additional Supplements Highly Recommended**

**Raspberry Seed Flour:** produced by crushing seeds of Meeker raspberries into a fine powder. It is the richest source of ellagic acid. The Rollings Cancer Institute at the University of South Carolina is conducting a double blind study on 500 cervical cancer patients. 9 years of study is showing ellagic acid causes the inhibition and stopping of mitosis-cancer cell division for breast, pancreas, esophageal, skin, colon & prostate cancer cells. Add 3 teaspoons once each day into any beverage, (see *raspberry*)

**CuraMed from Terry Naturally:** the most powerful turmeric supplement available as of 2011. Take with meals or smoothie, 2 softgels 3 times daily. In many studies it is shown to be a potent cancer fighter, boost glutathione levels and reduce inflammation, If there is any type of pain associated with the cancer, the high powered Curcumin softgels will greatly help. India has one of the lowest cancer rates in the world, perhaps due to cooking with curry, (see *turmeric*) Other supplements that can be highly beneficial include: DHA/EPA fatty acids from Nordic Naturals. These important fats improve inflammation response - 6-12 softgels daily. Also, take 100mg of COQ10, three times daily with meals. Cordyceps mushrooms improve blood circulation and give warmth to the weak. Take 3 Wobenzym tablets x 3 times daily, 1 hour before or 3 hours after meals. Helps reduce pain and dissolve toxins. Monolaurin is excellent to keep the immune system focused on fighting cancer, rather than bacteria & viruses. At first only take 1/4 scoop with meals x 3 times daily. Gradually work up to taking 1-2 scoops with each meal. With skin cancer, use topical cream "Curaderm" made from eggplant.

#### **#6 Psychological Aspects of Cancer**

Within our mind is the capacity to heal or destroy. During the fight against cancer it is important to stay relaxed and energized. Many people with cancer become depressed or mentally discouraged by a negative prognosis. Ed Sopcak a cancer researcher in the US consulted with over 30,000 cancer patients. He said, "Almost all the cancer patients I have spoken with had a major stress in their life six months to three years before they were diagnosed with cancer." The emotional factors that most negatively affect health are stress and grief, especially when grief is accompanied by loneliness. According to Larry Dossey, grief, especially when accompanied by loneliness, can adversely affect the immune system. In a 1977 study on the immune systems of widowed people in Australia, researchers found the recently widowed showed significantly less immunity than the control group. My own observation from teaching 20,000 people in live seminars and speaking with people that have cancer is that forgiveness and letting go of past trauma is the most important step psychologically towards reversing cancer. Often I hear someone stole money from them, cheated on them with another lover, left them feeling worthless etc. Especially when this trauma continued to be unresolved with out letting go it can wreck havoc on the immune system. If you have cancer and find yourself resonating with this message, it would be highly beneficial to forgive those who did you wrong. Think of it as a gift you give yourself. You don't forgive because they deserve it. You forgive because it is the best choice for your own health

and well being. The past is the past. See a new life free of resentment or bitterness. Resolve not to be angry or bitter about past events. Have a letting go ceremony. Let go and let God.

#### **#7 When You're Not Eating or Drinking Smoothie-*Lifestyle Choices and How to Use Your Time Wisely***

Ideally people with cancer will create two hours of time daily to practice Qigong. This may seem a lot, but when fighting a disease like cancer Qigong is extremely helpful. It can circulate more blood more than jogging does, while standing perfectly still. Unlike jogging, there is no stress response from Qigong. It was recently rated the #1 exercise therapy for helping cancer. Standing forms of Qigong send the signal to your body to grow stronger. A daily practice along with a DVD can be a time of inner peace. Breathing techniques are spiritually liberating and create oxygen-rich blood that cancer cannot thrive in. My favorite technique is the Advanced 9-breath method. This can be practiced along with a CD and learned in a single afternoon. It gives a full body vibration that rivals many euphoric drugs and allows the cancer patient to feel hopeful and free of worry, at least for a short time. Additionally, I recommend Qigong walking around your neighborhood to get fresh air and move your body. Exercise tells your body that you are alive and walking is the most perfect exercise. Between your standing Qigong forms, breath work and walking practices your total practice time each day ideally is two hours. Recent studies published in the British "Journal of Clinical Pathology" released Sept 2006 showed Vitamin D to be a critical component in prevention as well as treatment of a variety of cancers m- Cancers of prostate, lung, skin and colon, as well as lymphoma, have been specifically linked to deficiency of this potent "sun-derived" vitamin. A Harvard professor of medicine and nutrition recently told a group of cancer researchers they were 30 times more likely to die from Vitamin D deficiency than sun-caused skin cancer. The amount sunlight I recommend for everybody, especially cancer patients, is 30 minutes everyday. Take the time to do this! You may have been taught to fear the sun, to slather sunscreen on your skin, but this is absolutely false. Vitamin D3 is a powerful anticancer supplement that many people should take, but don't ever think a pill can replace being outside in the sunlight. Dr. Edward Giovannucci challenged the American Association for Cancer Research to find another factor with as much anti-cancer benefit as Vitamin D. We need photons from the sun. If you're concerned about overexposure to UV rays then you can choose to "lay out" 15 minutes on each side of your body 9:00am-10:00am or 4:00pm-5:00pm. Most people don't burn in 30 minutes. You will feel empowered and energized by this practice.

#### **Cancer, Appetite and Big Huge Bowel Movements**

This protocol involves a lot of eating & drinking. 4 bottles of mushroom water, 20oz grapefruit smoothie, 50oz of veggie smoothie, salads with watercress, avocado, cucumber, hemp oil, chia seeds, 28 grams of fat from coconut and taking supplements. If appetite is poor this will not all be possible. Concentrate all the mushroom extract into 1 bottle of water instead of 4 if needed. Recommendations are flexible in the quantity of what is consumed, but not the quality. Spoon feeding smoothie is shown to work miracles. Also crucial is the bowel movement. If the cancer patient becomes constipated they must follow protocols for constipation in the digestion section. Taking 1-2 Good Belly Big Shots daily and Dr. Ohria's probiotics is probably a good idea anyways to ensure healthy and well formed bowel movements. The probiotics also help if things are flowing too fast from all the smoothie. Read digestion protocols if help is needed.

#### **Things that make you go hmmm...**

This table shows incidence of cancer in India vs. America From Globocan 2000: Cancer Incidence Mortality 6 Prevalence Worldwide, Version 1.0 IARC Cancer Base No. 5 Lyon, Arc Press 2001. Notice that breast cancer in the United States is at 660 cases per 1 million people. Shocking to most people is that only 79 cases per 1 million people occur in India! This means there is 8 times more breast cancer in America than India. Check out the numbers on prostate cancer. What the heck is going on? In the United States prostate cancer accounts for 690 cases per 1 million people. In India it is only 20 cases per 1 million people. This means there is 34 times more prostate cancer in America than India. What is most surprising is that in a country where large numbers of people smoke, and here pollution control is not as good as that in the developed countries like the United States, the incidence of lung cancer in America is 660 cases per 1 million. Now check out India! Only 30 cases per 1 million people! This means there is 22 times more lung cancer in America than India. I guess these photos on the right instantly reveal my theory. Curry is added to almost all of the foods in India and the cooking oil of choice, aside from American fast food chains, is still coconut oil. With more people and far more pollution than America, India has a strikingly low prevalence of most cancers. Maybe we can learn from them. They eat more vegetables, cook with ghee butter and coconut oil and they take a lot of pride in home cooked meals.

#### **Cancer's Cost Crisis - Forbes.com**

New Orleans - After helping to develop some of the hottest new biotech drugs, Memorial Sloan-Kettering cancer Doctor Leonard Saltz has come down with a bad case of sticker shock. The price tag for treating patients has increased 500-fold in the last decade. 15 years ago, doctors could extend the life of a patient who had failed to respond to chemotherapy several times by an average 11.5 months using a combination of drugs that cost \$500 in

today's dollars. Now, new medicines such as Gene Tech's Averting and Sanofi-Synthelabo's Eloxatin can extend survival up to 22.5 months, at a total cost of \$250,000. And that doesn't include pharmacy markups, salaries for doctors and nurses, and the cost of infusing the drugs into patients in the hospital. That kind of cost is not sustainable. "Sooner or later the bubble is going to pop," Saltz says.

### **Chronic Fatigue & Fibromyalgia**

Centers for Disease Control officially recognized Chronic Fatigue Syndrome (CFS) in 1988 as persistent fatigue lasting for six months or more. People with CFS have exhaustion so severe and persistent that normal activity is impossible. Chronic fatigue does not go away after a night's sleep. Fibromyalgia (FMS) is described by constant & debilitating muscle pain (myalgia) and shortened fibrous tissues (fibro) as a result of low cellular energy. The majority of people diagnosed with FMS really have chronic fatigue syndrome, except they experience more intense muscle pain along with fatigue. The pain of fibromyalgia is often so severe, it brings people into depression and sometimes even suicide. Good news! Both chronic fatigue and fibromyalgia sufferers will notice miraculous improvements in a short time period following this food-healing system. Thousands of people who suffered from fibromyalgia and chronic fatigue syndrome for 10 years or more were able to reverse the disease in a matter of months following dietary changes. This is the real key. Other factors too are the yeast overload that seems to accompany people suffering from CFS & FMS. For these people complex carbs feed the yeast more than the body. It is imperative to eliminate all refined carbohydrates and dairy. Most importantly it is crucial to add coconut oil and monolaurin to the diet so that these bacteria are destroyed. The causes of chronic fatigue & fibromyalgia are still debated in medical circles. Many consider it to be a type of autoimmune system syndrome like lupus. There are similarities with lyme disease and many believe the two are misdiagnosed back and forth. Our approach to success with CFS & FMS is a diet free of grains & dairy & rich in coconut along with 40 ounces of smoothies daily. The only permissible source of complex carbohydrates is beans, until the disease is gone. If you cheat, you can expect flare-ups so stick with this program for 6 months. Also, there's a strong correlation with mercury toxicity & CFS/FMS. See autism and mercury protocol. Also check: <http://www.sierracub.org/mercury>

### **Food-Healing Protocol:**

- 1) Drink the morning tonic to boost digestion and the endocrine system, (*see morning tonic*)
- 2) Start with 1/4 scoop of monolaurin x 3 times daily. Gradually up to 9 scoops daily, (*see monolaurin*) Monolaurin from coconut is highly antiviral/antibacterial/antifungal and boosts immunity. Also eat 28-56 grams of fat from coconut each day.
- 3) Each afternoon, after your morning smoothie, eat 10-20 stalks of asparagus with some avocado. With its ultra high glutathione content, asparagus helps remove mercury. It will become your favorite vegetable for it alkalizes your body and gives the phytochemicals needed for phase 2 enzyme.
- 4) Goji berries are the single richest source of beta-carotene of all foods, have 21 minerals & 18 amino acids and glyconutrients to boot. Glyconutrients help your cells communicate better and have been shown to help CFS & FMS. Eat a few ounces of goji berries each day.
- 5) Try eating WATERCRESS SALAD with avocado & hemp seed oil sprinkled on top. Watercress gives strength to the weak. The body needs high quality fat to heal. Don't eat salads if you are constipated. Follow the constipation protocol first until you are regular, then add salads slowly into your meals.

### **Other Recommendations**

- 1) DMA 4 softgels x twice daily w/meals
- 2) Maca root powder is very helpful for endocrine
- 3) Dried cordyceps to boost endocrine system
- 4) Get your thyroid tested (*see thyroid*)

### **Cold, Cough and Flu Virus**

Flu influenza can strike entire populations who have inadequate immune strength, especially newly mutated viruses. Less than 100 years ago the Spanish flu (1918) caused 20 million deaths and the Asian flu (1957) caused 500,000 deaths in the U.S.A. The U.S. government now reports flu influenza deaths during the 1990's were 35-50,000 annually. Many deaths occur in elderly, yet 84% of colds occur in children due to their immature immune systems. James Balch M.D. states his opinion, "We do not recommend flu shots. Their usefulness is questionable and the side effects may be worse than the flu. Enhancement of the immune system is preferable and safer." Catching a cold or flu virus is more likely in crowded work, home and school conditions. Airline travel and airports are also prime sources for virus transmission, as well as sporting & entertainment events. What can you do to prevent getting a cold or flu? How do you overcome cold or flu after you have it? Preventing the flu and cold is never a perfect science. Often times I will go for years without one and then without any warning I will feel it attacking me. My throat will get scratchy and lymph nodes will become swollen. At this point I know I have less than 24 hours to do something about it or else. Usually, if you have been following the High-Phytochemical Food-Healing program you will not get sick. Especially if you are

taking eating 28-56 grams of fat from coconut, taking monolaurin coconut pellets, wild reishi mushroom extract, drinking goji berry milk and practicing Qigong exercise. These things along with your smoothies and elimination of foods that block immunity (section 2) should keep your immune system strong enough to avoid colds all together. But sometimes we're hit with one that knocks us back. Below is a program I've recommended for years that has kept people free of flu or shortened its duration:

**Prior to traveling or before the cold/flu hits... the moment you feel it coming...**

- 1) First thing, don't wait! "Wellness Fizz" take 1 wafer in 8oz. water every 3 hours. See Wellness Fizz for why this is one of my favorite fail safes in cold /flu prevention. "Echinacea Supreme, Extra Strength" from Gaia Herbs. You should always have some in your purse or travel bag. *Take 2 droppers every hour.*

**Protocol that works both before & after the flu has set in...**

- 2) Take 6 scoops of coconut derived monolaurin during the day. One scoop every 2 hours. Maintenance dose is 3 scoops daily. It is safe to take everyday and suited for those working in health care or surrounded by germs. Monolaurin from coconut is highly antiviral/antibacterial/antifungal and boosts immunity, (*see monolaurin*) Also eat 28-56 grams of fat from coconut everyday, (*see coconut*)
- 3) Take garlic cloves with lots of ginger in a smoothie with pear, (contains antiviral caffeic acid)  
Onion is similar to garlic. Blend 1 onion, 6 oz water & add honey at end. Take 2 tablespoons every hour. Make 9-clove garlic pesto. (*see garlic*) Add onions to your meals. Drink onion juice/smoothie with honey.
- 4) "Ginger Rub" is for prolonged cough and built up mucus and will bring herbal heat to the chest. Ginger's stimulating properties increase circulation and help loosen phlegm. Be forewarned that you may cough up serious phlegm, but I say it is better to get it out. To prepare; mix 1 tablespoon of powdered ginger + 1 tablespoon non-petrolated petroleum jelly, both from the health food store.

The mixture is like brown frosting. Spread it on the chest and cover up with a shirt.

\*Also highly effective is drinking 2 cups of homemade ginger firewater tea (*see ginger*)

- 5) "Garlic Gauze Foot Pads" are to really turn up the Anti-Viral powers while sleeping at night. Chop 10 cloves of fresh garlic into very small pieces (but do not mash it). Place on surface of 2 gauze pads. Coat the soles of your feet with olive oil so the garlic doesn't irritate them. Affix Garlic Gauze pads to the soles of your feet with gauze tape and cover with socks. Leave it on overnight.

Garlic is so powerfully absorbed through soles of feet—in short time, you'll have garlic breath.

**Depression & Emotional Problems**

There are many foods that can help your body reverse depression. Some aspects of depression are spiritual or trauma based, however many people with even the worst cases of depression or bipolar disorder find that a steady inflow of specific foods makes a huge difference. The primary focus in our system of Food-Healing is to heal the entire body, not just one disease or symptom. The protocol is basically what I ask everyone to follow regardless of the diseases they have i.e. getting sunlight, eliminating the immune suppressing foods from section 2, regular exercise (qigong), time spent in nature, drinking 20-40 ounces of smoothies each day etc. In addition, there are specific foods and herbs that can be used more heavily for helping the symptoms of depression. Before diving into the subject of food and herbs, I believe other information may be just as valuable. Many with depression have gone through years of counseling and therapy only to find that they are still right where they started. My experience in counseling 100's of students with depression shows that volunteering and taking the emphasis off what problems "they have" and redirecting that focus to problems that "others have" is a powerful strategy. When we dedicate our lives to improve society many times this is the most powerful anti-depressant there is. Try volunteering or giving assistance to others.

**Food-Healing Protocol:**

- 1) DHA/EPA omega 3's from fish oil are perhaps the most important supplement for depression. When using it for this purpose I recommend a fairly high dose to give a mood improving effect. Take Nordic Naturals DMA, 4 softgels, 3 times daily. This gives you 3 grams DMA each day.
- 2) Drink the morning tonic to boost digestion and the endocrine system.  
I have noticed a correlation with constipation and depression. We have mastered the art of reversing digestive problems so read section on digestion. Also, MACA will boost sexual energy, which usually has the effect of making people happy. Eating dried cordyceps will also improve well being.
- 3) Drink 20-40 oz of smoothie that are 75% vegetable each day. Follow "Smoothie Formulas" and take basil, ginger, cilantro, rosemary and peppermint in the smoothie. Use rosemary as much as tolerable. Rosemary is proven to be one of the best antidepressant foods. Also beets are high in uridine, which fuels mitochondria. Uridine is a compound in beets that is shown to help depression. Corn is highest in lecithin, a major brain food. Have beet, rosemary and corn in every smoothie.



- 3) Goji berries are the single richest source of beta-carotene of all foods, have 21 minerals & 18 amino acids and glyconutrients to help cells communicate better. Goji berries are shown to help depression. Drink one glass of goji milk daily.
- 4) Camu berry powder, the highest source of natural vitamin C is shown to be helpful for depression. Take 1-3 teaspoons each day. You can take the powder in capsules if needed, (see *camu berries*)
- 5) Eat fava beans, which are high in L-DOPA. Dopamine is a key factor in depression and this food has helped a lot of people. Be sure to get green Fava beans, not dried or mature beans. They can be steamed or boiled until tender. Add olive oil, lemon juice, sea salt & serve as a vegetable side dish, like snow peas. Eat 1 oz daily. If you can't find them fresh at the store: [www.Riceandbean.com](http://www.Riceandbean.com)  
\*Eating too many fava beans can be bad. Start out small and work your way up.
- 6) Raw chocolate beans, called cacao, are an excellent super food for brainpower and happy vibes. Take at least 10 beans each day. Try rolling them in manuka honey.

### **Type 2 Diabetes & Insulin Resistance**

Diabetes is totally reversible and anyone with a spine & some willpower can do it. Since our protocol was first shared in 2005 there have been literally hundreds of students that have proven its effectiveness. Consider that the "diabetes epidemic" began right around the same time as soda pop and white bread. Its origin is not a mystery. The rapid spread of type 2 diabetes to our American children is also not a mystery. Most Americans pump their children with sugar and milled flour products. These foods create high blood sugar. the pancreas is frantic trying to secrete enough insulin to process it all! Over time, the pancreas produces so much insulin the cells become less responsive to it. This is known as "insulin resistance" and is totally reversible when a person is willing to return to a natural diet. Because the problem in type 2 diabetes is not a "lack" of insulin, but rather a diminished response to insulin, the foods eaten should not spike blood sugar. The protocol is time-tested, strict and largely based around eliminating foods and eating 1 incredible vegetable all the time. Although the protocol is initially strict, after diabetes is reversed for 6 months the person can introduce some healthy foods back into the diet that were originally forbidden. We've received many testimonials over the years regarding the effectiveness of this diabetes protocol: "I was very overweight and had type 2 diabetes when I first, began following Jeff's protocol I started making the diabetes smoothies with bitter melon and to this day have had one every morning since the class. I have been following the list of foods to avoid and have been taking the 'morning tonic' every day along with the lea ritual for big bowel movements. I've lost 60 lbs and my HgA1c went from 6.4 to 5.7. My doctor stated she is going to take me off my oral diabetes medications the next time I go back to see her in 2 months. Everyone has been commenting on how clear, healthy and beautiful my skin looks and how good I look overall.

### **#1 Eating Bitter Melon Everyday**

If you really want to naturally balance your blood sugar you'll need to eat this vegetable. Bitter melon is available at Oriental grocery stores and if you have to drive far to get it then you can buy a lot and freeze it. I normally don't allow frozen vegetables, but it is crucial that this vegetable be eaten 2 times everyday. It contains insulin-like phytochemicals charantin and polypeptide-P. These phytochemicals lower blood sugar & increase glucose uptake. For people with type 1 or type 2 diabetes the protocol is the same. Eat 1/4 medium-sized bitter melon in smoothie, raw in salad or cooked in a tasty meal TWICE everyday. This is consuming half a bitter melon each day. In the long run eating bitter melon can regenerate the pancreas function, even helping type 1 diabetes. Although progress is slower for type 1, the health promoting effects of this protocol are profound for both type 1 and type 2 diabetics. It is important to realize that bitter melon can cause hypoglycemia similar to the way insulin tablets or injections can. Cooking bitter melon can be challenging because as the name implies, it can be bitter. A reality show challenged a chef to cook with bitter melon as the main ingredient. He failed big time. Luckily, we have delicious bitter melon recipes. Curries are great and I love bitter melon black bean burgers. "Food Healing—The Cookbook" has 100 delicious recipes for this system & 30 w/bitter melon.

### **#2 Eating Right Fats**

Insulin resistance is a problem with the LIPID layer surrounding all cells. Glucose requires insulin to pass through cell walls, but when 2 diabetes is present—even with insulin it can't pass through (hence insulin resistance). Over-eating starches and sugars are clearly to blame, but also suspect is eating the wrong kinds of fats. You see, fat makes up every cell wall which glucose must pass through. To heal insulin resistance we need good fats. Coconut oil is the healthiest oil in the world. Many involved in Western medicine will scoff at this, because it is 94% saturated fat, but it is "medium chain" and has completely different properties than animal fat. Please read the appendix on fatty acids to get the complete story. Things are not what they seem. Our diabetes protocol asks you to consume 2-4 tablespoons (28-56 grams of coconut fat) daily. Cook with coconut oil, add the oil into smoothies, and my favorite method is adding 1-2 tablespoons of coconut oil in a frying pan and then sautéing slices of dried coconut in the oil. This will lightly brown the coconut and soak up more oil. Cooking shredded coconut in its own oil gives amazing energizing properties. This is

the traditional medicinal way of preparing it. Coconut helps people lose weight too! (*see coconut*) Additionally, I recommend eating a lot of raw walnuts, chia seeds and hemp seeds. Please read about each of these foods individually so you can become informed. Omega 3's have profound effects on health, however they must be eaten raw. Remember, the only oils that don't pick up free radicals from cooking are coconut and butter. Raw walnuts increase blood circulation, which many diabetics need help with. What oils should you avoid? Avoid vegetable oils like soybean oil and all cooked unsaturated fats. Olive oil is great, but not to cook with. In fact, most oils become toxic when cooked. Society's overuse of looked unsaturated oils filled with free radicals are a big threat to health and gives cell walls bad building materials. If we want insulin resistance to improve, we need to improve cell walls by eating better fats.

### **#3 Cinnamon, Chard & Cucumber**

I suggest diabetics make "cinnamon tea" each morning by boiling two cinnamon sticks for 30 minutes and drinking the liquid. If this is too much trouble one can simply add cinnamon powder to a hot cup of water. Cinnamon is the single most important herb to help diabetes and prevent obesity. Cinnamon oil capsules after meals are especially helpful for diabetics. Hydroxychalcone is the active ingredient in cinnamon that stabilizes insulin. Studies show cinnamon stimulates insulin receptors and increases cells' ability to use glucose [37]. Take 2 caps after smoothies and meals. Another weapon in the arsenal to reverse diabetes is Swiss chard. It contains "Syringic Acid" a flavonoid that inhibits alpha-glycosidase. When this enzyme gets inhibited, fewer carbs are broken into sugars and blood sugar is able to stay steadier. The best way to eat Swiss chard is in salads. All of your salads should be made out of Swiss chard leaves. Do not throw the stems away, as that is where most of the sugar-stabilizing phytochemicals are. If you find the stems to be too fibrous, you can save them for the smoothies where they will break apart into fairy dust. Swiss chard is also one of the richest sources of plant-based minerals, but don't cook it. We only eat chard raw. (*see Swiss chard*) Cucumbers contain phytochemicals that improve the function of insulin. This will help to balance blood sugar and promote increased energy levels [51]. The phytochemicals are in the skin, therefore one must use ORGANIC because the skin is almost always waxed conventionally and is high in pesticides. The protocol is to eat at least 1 cucumber everyday.

### **#4 Foods to Eat/Avoid on this Protocol**

There are many "diabetic plans" on the web. Diabetes.org recommends having 6-11 servings of carbohydrates. They show whole grain breads and muffins in the photo of their diabetic food pyramid. Dr. Andrew Weil, whom I have tremendous respect for, says it's ok for diabetics to eat low glycemic foods and even allows sweet potato. Allow me to be blunt and straight to the point; you can live with diabetes or you can allow your body to completely reverse diabetes. If you simply want to live healthy, but still have diabetes, then you can eat fruit and grain-based foods like everyone in the nutrition industry advises. Me personally, having seen hundreds of people naturally wean themselves off of insulin, I know that it requires more limitations. The reality is, your body can totally transform itself and heal if given the chance. For diabetes, this cannot happen unless there is removal of all fruits (except lime & acai) from the diet. One must also lose carbohydrates even from whole grains. The only source of carbohydrates for the diabetic on this system is beans. Raw corn, beets & carrots have sugar, but are all right in smoothies and salads. Onions (raw, boiled or steamed - not gridded) are excellent because they have altypropyldixnlfide, which lowers blood sugar and increases free insulin. Grains are the primary enemy to reversing diabetes. Whole grain breads and even my favorite sprouted breads are out. Whole grain pasta, bran muffins, spelt bagels; buckwheat pancakes and corn chips are also not allowed. Even sweet potatoes aren't allowed for six months while we are giving the pancreas time to regenerate. Basically, we must stop requesting insulin. All grains, even whole grains will turn to sugar and increase your need for insulin. The good news is that you will become the healthiest you've ever been and you'll lose all the weight you want. After six months of being diabetes free you slowly bring back low glycemic fruits like strawberry and starches like sweet potato. The Atkins Diet does not allow any carbohydrates and often leads to a type of insanity I call "carb craving". The person acts like they are not deprived or suffering, but in their head they are thinking about muffins and Italian breads. This occurs as the glycogen stores in the liver become depleted from lack of starch. Lucky for you this will not happen; you have beans. The bean is a perfect carbohydrate for diabetes. It has a lot of fiber & protein to slow down how fast it turns to sugar. Make no mistake, the starch from the bean does turn to sugar, but it happens very slowly. What does this mean? It means you must make good friends with the bean family! Learn to cook with it in a variety of ways so you never get tired of it. If you master the bean your chances of success are much greater—and you will be free of cravings. Bean soups, humus without crackers, lentil veggie curries & 100's of other bean dishes are waiting for you, Canned beans are okay, but I encourage you to soak and cook them instead. Lentils cook in about 10 min.

### **#5 Smoothies, Supplements and Diabetes Relationship with Heart Disease**

Diabetics drink 20-40 ounces of smoothie everyday on this protocol. In Smoothie Formulas the recipes focus on bitter melon, Swiss chard, cucumber etc. There is no fruit added except for lime. As far as supplements are

concerned, most of what I recommend is due to the intimate connection diabetes has with heart disease. After all, 66% of diabetics die of heart disease. People with diabetes are more likely than other people to develop high blood pressure, obesity and high cholesterol. High glucose levels cause artery damage that leads to circulation problems by stressing the arteries. When a diabetic eats grains, fruits and sweets commonly consumed, blood sugar levels rise. The higher the levels get, the more likely sugar is to stick to cells. High glycemic foods increase blood sugar rapidly, causing the thin layer of cells that line artery walls to suddenly expand. This makes arteries less elastic. Bottom line is that eating the way this protocol advises cannot only reverse diabetes, but may save your life from heart disease as well. I encourage you to read the section on heart disease. You can eat most of the foods for heart disease that do not include fruits or grains, (*see heart disease*)

Take COQ10 to help with heart disease. 100mgs x 3 times daily

Take the "Morning Tonic" with 6 squirts of wild reishi instead of 3. (*see morning tonic and reishi*)

Take 12 softgels of DHA/EPA daily. 4 x 3 times daily with meals, (*see DMA*)

Take 3 Wobenzym tablets x 3 times daily. 1 hour before or 3 hours after meals, (*see enzymes*)

Take 1/2 scoop of monolaurin x 3 times daily. Gradually increase to 9 scoops daily, (*see mono/aurin*)

Practice 1 hour of Qigong, swimming or walking everyday to boost blood circulation.

### **1 in 4 Americans have Pre-Diabetes**

300 million Americans / 79 million with pre-diabetes, 26.3% of the American population has pre-diabetes The American Diabetes Association estimates that 79 million Americans have "pre-diabetes". This is where blood-glucose is higher than normal, but not high enough to be considered diabetes. Research shows long-term damage to the body, especially the heart and circulatory system, often occurs during pre-diabetes. The modern diet in Westernized culture causes the pancreas to be *overburdened*. Look at it this way; modern diets produce more insulin than would be required in our natural-wild state. Eating natural foods high in phytochemicals with lower glycemic index is crucial for our survival. Estimates predict diabetes will surpass cancer, becoming the #2 cause of death. Heart disease is #1, but lets remember that 66% of diabetics die of heart disease! So what is the real enemy? The greatest threat? It is sugar. Look at what the American way has caused. We're the most diabetic and obese nation on the planet! When you see Japan with only 3% falling into the obese category, don't make the mistake of thinking its genetics. It is not genetics. They eat more vegetables, drink tea instead of juice or soda and they eat good fats that increase metabolism. Don't become a statistic. Center for Disease Control: In the 10 year period 1998-2008, The number of Americans with diabetes went from 5 million up to 25 million, a 500% increase! This growth rivals what is happening with Autism. Modern times are seeing huge declines in public health. We need a health care revolution!

### **Digestive Problems**

You aren't what you eat; only what you absorb. That being said, the biggest challenge a person w/digestive problems faces is a lack of nutrition and energy. This program with its emphasis on 3 horsepower blending is very powerful for most digestive problems because it "breaks down" fruits, veggies, herbs, seeds & skins to the micron level. This allows a level of absorption that cannot be matched any other way. In addition, the fiber and cellulose (which can sometimes make digestive problems worse) are of such a small particle size that they work as the perfect bowel strengthener. At my seminars I often joke around (not really joking) about how after I started drinking smoothies I learned what a bowel movement really was. My term used in this manual is, "big-huge-bowel-movement". Everyone needs to make having them a daily occurrence. Many people will not read about digestion and skip to the next topic, because they believe they are regular. By my standards most people are not. We can improve our Qi energy and immune system by simply having larger better-formed bowel movements. This is the true sign of health and good digestion. All disease has its origins in poor digestion. This is simple and clear. Americans spend more than \$100 billion annually on digestive health care. This is almost double what is spent annually on weight loss - about \$60 billion. Many times people with fibromyalgia will eat something that sets off their pain. Or someone with Crohn's disease has a meal and suffers a major episode of diarrhea. The bottom line is that they ate something, which was not digested. If you have any digestive problem it is up to you to figure out which foods you are not digesting and eliminate them. Abdominal pains can point to more serious problems, but are often not serious. The best approach is to know what issue you have. This book addresses the three main types of digestive complaints that are commonplace. They are; constipation, irritable bowel syndrome/diarrhea and ulcers/stomach discomfort.

### **What everyone should do to improve Digestion**

If your digestion is perfect, you have at least 1 very large bowel movement each morning and 2 smaller ones after eating your meals. It means that your poop does not smell offensive or burn your ass on the way out. Gas is minimal and is hardly noticed by others when you release it. Does this sound like you? Very few individuals are this lucky. It took me years before I figured out how to make this my reality. Now with the advent of powerful probiotics and parasite killing herbal extracts it is becoming easier than ever to be proud of your offering to the toilet Gods each

morning. Below is my protocol I recommend for all people who want to improve their digestion. These are the 3 things, which everyone is required to do regardless of the particular digestive disease they may, or may not have:

1) Everyone needs to saturate with good bacteria. The best strain is Lp299v and right now the best place to get it is Good Belly. Every morning and every night (2 times daily) drink 50 Billion Good Belly big shot. After 90 days you can decrease the dose down to once each day. (2) Everyone has parasites in their body. To what degree is the question. Except for pregnant women, I advise everyone try a cycle of "Parashield" from Gaia Herbs. For 30 days take with meals 3 capsules. This will rid your body of parasitic organisms & strengthen digestion,. 3) Everyone has Candida bacteria in their colon. After 15 years I finally figured it out to help even the most stubborn cases of yeast; eat a truly high-coconut diet. But coconut can give some people loose stools or create the opposite effect, constipation. *Monolaurin* is the most germicidal agent in coconut oil and most everyone thrives on monolaurin. It kills off Candida successfully without crazy diets. Take 1/4 scoop monolaurin 3 times daily. Gradually go to 2 scoops 3 times daily.

#### **Constipation Protocol - Not Going is not an Option**

Avoid eggs and doughy foods while constipated. Beef & chicken should be avoided until one is regular, or perhaps altogether. Fish is actually helpful and does not create constipation like other animal products. Minimize eating nuts. Enjoy sprouted grain toast. Avoid sleeping too much, which slows peristalsis. If you sleep at 10PM then wake up at 6AM. Don't sleep more than 8 hours. You would be surprised how much difference not oversleeping makes for people who are constipated. My approach to constipation takes into account the bacteria in the intestines, which is frequently out of balance. It also considers not eating within 3 hours of sleeping. Going to sleep with food in the belly is a huge thing to avoid. Finish eating everything by 7PM. Sleeping is the key to healthy digestion since bowel formation and the absorption of jing from food happens at night while we sleep. Go to sleep by 11 pm and wake between 6-7am. If you stay up late your constipation will not improve. We know this. Coffee helps people go to the bathroom, but can cause ulcers, insulin resistance (it spikes insulin) and a host of other problems including osteoporosis (the body uses calcium from bones to counter the acidity of coffee). Some people like Yerba Mate tea. I've seen that this tea, which promotes good health, is also great at stimulating peristalsis and can be had each morning as the 'morning beverage of choice'. Before eating breakfast, one must go to the bathroom in the morning. I suggest following the protocol below for constipation. In addition, drink several cups of green tea or hot yerba mate mildly sweetened with agave on an empty stomach—while seating in a chair. Relax and do nothing while sipping tea. Don't talk on the phone or walk around. Sit and drink tea. Cup after cup until you GO. After 1 or 2 cups you should be making a trip to the bathroom. I refer to this ancient wisdom of cleaning the kidneys and colon before eating anything the "morning ritual". Many Qigong masters will fast for the first 1-2 hours of their morning to detoxify. Empty stomach allows detox by water and tea. Before drinking smoothie or eating anything, continue drinking hot tea until bowels have moved.

#### **Constipation Food-Healing Protocol:**

- 1) Drink the morning tonic to boost digestion and the endocrine system.  
At the very least—get the LP22v bacteria in your system. "Good Belly Big Shot" has 50 billion count per container. Drink 2 Good Belly big shot each day as a minimum. You can take more if you don't see a result, (see *probiotics*) In addition you can combine Good Belly with Dr. Ohhira's Professional Probiotics which I have seen work miracles. Add 2-4 Dr. Ohhira's each day if possible. If money is an issue, just do the Good Belly. Don't skip good belly! This is the utmost important priority.
- 2) Drink 20 oz of Smoothie made with 75% vegetable each day. Follow "Smoothie Formulas" and take basil, ginger, cilantro, and peppermint in the smoothie. Drink slowly to maximize absorption. Do not drink cold smoothies. \*While you are constipated do not eat ANY chocolate, coconut, eggs or beef.
- 3) Goji berries are the single richest source of beta-carotene of all foods, have 21 minerals & 18 amino acids and glyconutrients to boot. Drink one 10 oz glass of "goji milk" daily.
- 4) Avoid eating salads! I know this is contrary to popular opinion, but if digestion is compromised then the ONLY raw food (aside from berries) should be from fruits and smoothies. This is only until your "digestive fire" increases enough to handle salads. The following are highly nutritious foods that are proven with my records of students and family to reverse constipation and digestive issues: Sweet potato, black sesame, squash/zucchini, salmon, stewed apples, okra, eggplant & hummus avocado, flax seed in the smoothie, acai berry and Good Belly, Good Belly, Good Belly!
- 5) Super II by Harmony Formulas has worked for friends and family when nothing else would. This is not a laxative and can be taken for life. I also recommend it to people who are not constipated because it promotes big-huge-bowel-movements w/out side effects or dependency.  
I recommend starting with half a tablet before bed. If no improvement, increase by half tablet counts until you can proclaim victory to the toilet Gods.

#### **IBS Irritable Bowel Syndrome/Diarrhea - Spastic Colon**

IBS (and Crohn's) sufferers switch from being constipated to having diarrhea very easily, thus the problem is more complex than simply being constipated. People with IBS can go to the bathroom up to 10 times per day! It can ruin

one's ability to hold a job and social interactions become centered on; "where is the bathroom?" As of 2011 the cause is still unknown. One thing is certain about IBS. Taking the anti-spasmodics does not help it and corticosteroids doctors often prescribe to prevent the colon from spasming and/or being inflamed. On the contrary, these drugs cause imbalance of the endocrine system and decrease life force. So what is the best course of action for someone to take with IBS? There are 3 main courses of action: 1) Probiotics 2) Eating gentle diet 3) Qi meditation I believe bacteria to be the most powerful 'drug' of the future. I've always said that when man develops probiotics instead of antibiotics that it will be one of the biggest breakthroughs in Western medicine. Everyone has heard of acidophilus & bifidus bacteria as being important for gut health. However, there are hundreds (perhaps thousands) of different types of probiotics. Some of the leading probiotics supplements contain 10-20 different strains of probiotics. People with IBS responded favorably to very specific types of probiotics. Dr. Ohhira's probiotics have helped lots of people with IBS and Crohn's disease to improve. Also my favorite probiotic on earth good belly is exceptionally helpful. Most important to IBS is what you do not eat. I recommend a low fat diet for the people with IBS. Nuts are not allowed, however coconut oil is allowed because it is easily digested. Also it is imperative to avoid eating too many kinds of foods at one time. Smoothies are perhaps the trickiest for people with IBS. They respond better to smoothies when the avocado seed is left out, number of items limited to 4, and when smoothie is sipped slowly. Add coconut to smoothies to help slow down transit time. Some people with Crohn's disease have to have part of their intestines removed. In severe cases of Crohn's I recommend a 1-month "mono-diet" of eating only cooked dark leafy green vegetables. This will give the body the nutrients it needs and usually calms intestines down. Eating strictly cooked greens has helped reverse the worst cases of Crohn's and after awhile they were able to resume eating other foods.

#### **IBS Food-Healing Protocol:**

- 1) First thing in the morning take "Good Belly big shot" which has 50 billion count per container. Drink 2 of these each day as a minimum. You can take more if you don't see a result.  
Dr. Ohhira's probiotics are also very helpful for IBS. 3 capsules daily, (see *probiotics*)
- 2) Drink smoothie in increments of 5 or 10 ounces at a time. Avoid smoothies that are complex in nature and always add MINT, which calms the intestines. No avocado seed until healed.
  - 3) Take 3 "Parashield" from Gaia Herbs with meals. I have witnessed people reverse long term diarrhea by killing parasites. Often parasites are to blame for long-term diarrhea.
- 4) It is well known that coconut slows down and stops diarrhea. Try taking virgin coconut oil or a couple coconut macaroons (if that is the only way you can take it). They say eating 2 coconut macaroons, which are made up of 70% coconut oil, will stop diarrhea in its tracks. People with IBS & Crohn's swear by it.  
I also highly recommend taking monolaurin with meals. Start out with 1/4 scoop x 3 times daily.
- 5) Avoid eating salads! I know this is contrary to popular opinion, but if digestion is compromised then the ONLY raw food should be from fruits and smoothies. This is only until your "digestive fire" increases enough to handle salads. The following are highly nutritious foods proven by my records of students and family, in reversing IBS and digestive issues: Sweet potato, black sesame, squash/zucchini, salmon, stewed apples, okra, eggplant & hummus and avocado.

#### **Stomach & Intestinal Ulcers**

Ulcers are sores that grow on the digestive track and are most commonly formed in the stomach lining. It was believed ulcers were caused by stress until recently. In 1994, the National Institute of Health published papers stating that *H. pylori* bacteria caused most recurrent gastric ulcers & overusing antibiotics [142]. Surprisingly, most of the antibiotic treatment for ulcers do not work and leave patients suffering side effects. The more natural approach to reversing ulcers is not only proven more effective, but is safer for your health. Symptoms of ulcers vary from a dull ache or cramp in the stomach, to searing pain. *H. Pylori* bacteria weaken the protective mucous coating of the stomach and duodenum, which allows acid to get through to the sensitive lining beneath. Both the acid and the bacteria irritate the lining causing a sore/ulcer. *H. Pylori* is able to survive in stomach acid because it secretes enzymes that neutralize the acid. Knowing that ulcers are frequently caused by bacteria gives us the edge in defeating the enemy. Rather than drop a nuclear bomb (antibiotics) that defeats both the beneficial and *H. pylori* bacteria, there are certain substances that selectively attack the *H. pylori*. We also know of certain foods that rebuild the stomach lining even after years of wear and tear from acid. A native plant to Greece, mastic gum has been shown to kill *h. pylori*. In 1 study, human patients with endoscopy-proven duodenal ulcers were given either one-gram of mastic or placebo daily for two weeks. 80% of the patients taking mastic gum reported improvements in their symptoms of stomach pain and 70% had healing changes in the gastric mucosa as observed by endoscopes. Honey is a natural antibiotic, but far too weak to fight a contender such as *H. pylori*. However, a special type of honey is making headlines for people with ulcers and other bacterial infections. Bees produce manuka honey from the nectar of flowers on the manuka bush, a native plant of New Zealand. UMF is a phytochemical within the nectar of the manuka flower and it kills *h. pylori*. Cabbage is the mighty stomach healer, but did you know that it is very high in the

amino acid glutamine? This glutamine protein makes up the lining of your stomach and intestines and cabbage has a super bio-available form of this glutamine. Naturopathic physicians have known for decades that raw cabbage juice can reverse ulcers and rebuild the stomach lining. It is well documented that in as little as 14 days of drinking cabbage juice, many have reversed their ulcers. This is one instance where juice is better than blending, because you need 2 large cabbages daily to do the job and juice is gentler on the stomach.

#### **Ulcer Food-Healing Protocol:**

- 1) Take four 500-milligram caps of mastic gum on an empty stomach each morning on empty stomach. Continue until the ulcer is healed. You can take maintenance of 500mg after because it's good to fight future infections from H. Pylori. Source Naturals is the brand I recommend.
- 2) Take 1 tablespoon of manuka honey 16+ on an empty stomach 3 times daily until the ulcer is healed. Don't drink liquids after taking the honey (to avoid diluting it). Eating honey on sprouted bread or with raw walnuts holds the honey in your stomach longer.
- 3) Cabbage juice is another proven remedy that you can try, but I am more impressed with mastic gum's results. You can drink the cabbage juice as "post therapy" or if your ulcer does not respond to H. Pylori destroying agents. Protocol is 32 oz of organic purple cabbage juice through out the day for 10 days.
- 4) Charcoal is great to take away the pain from an ulcer. Take 3 caps before meals
- 5) Avoid alcohol, chocolate and coffee as these foods are known to worsen ulcers.

#### **Eyesight Improvement**

A teacher once told me a story about a man who was about to go blind. He came desperately seeking any way to save his vision. After much hesitation he went on a brief diet of nothing but raw spinach, yellow corn, carrots, and goji berries. Within a month his sight had improved. All things can be healed, even when a doctor says vision can not be restored. Two relevant points: (1) Eyes are connected to liver in Chinese medicine. We need good elimination & digestion to have healthy eyesight (2) Phytochemicals called carotenoids is the undisputed main healing nutrient for eyes. The human retina selectively accumulates two carotenoids called zeaxanthin and lutein. Their concentration is very high in the macula retina area of the eye. Significantly lower macular pigment levels have been found in people with macular degeneration, Observational studies have shown that people with higher *dietary* lutein and zeaxanthin carotenoid have less risk for macular degeneration. More than 22 million Americans suffer from cataracts and macular degeneration. Nutrition plays a big role. A human study in the August 2004 Journal of Nutrition showed lutein is much better absorbed from food than supplements. Lutein and zeaxanthin are fat-soluble and are absorbed much better when fat is present along with them. Drizzle your salads with olive or hemp oil to help the absorption of these carotenoids [43]. Goji berries have more carotenoids than any other food on earth, and are our primary eye food for improving vision or preventing loss of vision. The carotenoid zeaxanthin is most concentrated in orange bell peppers & yellow corn. Orange bell pepper has nearly 3 times more zeaxanthin than any other food. The carotenoid lutein has the highest concentrations in egg yolk, kale and spinach. It is great in salads with spinach and corn. Studies show that what matters most to eye health are lutein and zeaxanthin pigments together. Many foods are high in lutein, but low in zeaxanthin. We need foods that have all three eye-improving phytochemicals to reverse macular degeneration and for improving eyesight. One medium avocado has 400mcg of lutein and because it is rich in fat the bioavailability is very high. A quick search on the Internet will show many supplements with these phytochemicals for eyesight improvement, but they can never offer the results whole foods can.

#### **Food-Healing Protocol:**

- 1) Drink the morning tonic to boost digestion and the endocrine system. Drink the smoothie recipe in Smoothie Formulas for the eyes. It has all the above ingredients.
- 2) Goji berries are the single richest source of beta-carotene of all foods. They are also very high in zeaxanthin. Drink one glass of "goji milk" daily or eat 2 ounces.
- 3) Eat 4 ounces of blueberries everyday to help with eye diseases & vision problems.
- 4) Eat 1 salad daily with organic raw spinach, corn, and orange bell peppers. Steam kale for cooked meals or steam and then cool, adding it to salads. Remember to add olive oil or yummy hemp oil, as well as lots of avocado. Remember lutein and many vitamins require fat to be absorbed.
- 4) Use the tonic foods to build your Qi energy and strength. In order of importance: maca root, dried cordyceps mushrooms, camu berry powder, raw chocolate beans, black sesame seeds, ginseng extract, royal jelly freeze dried powder, shitake and maitake mushrooms cooked in meals.

#### **Heart Disease: Reversible with Food. Herbs & Medicinal Mushrooms**

A study done in Finland and reported in the Journal of the American Medical Association, 266 no. 9 (Sep. 1991)-.1225-1229, showed that deaths from heart attacks & strokes were 46% more in those taking cholesterol-lowering drugs. Dr. T, Strandberg authored the study. When doctors and everyday people talk about heart disease, they refer

to it as being caused by a build-up of cholesterol in arteries. This is only partly true and omits the real villain, calcium. The arteries don't get hard unless the calcium starts to build up. The role calcium plays in heart disease has been suppressed. You don't hear the term 'calcification' anymore. 25 years ago doctors used the phrase 'calcification of arteries' or 'hardening of arteries'. When cholesterol mixes with calcium it forms the blockages that take down giants. Cholesterol is a buttery substance that couldn't block anything by itself. Our protocol lowers cholesterol effectively, however it should be said that this won't end heart disease. Lowering your lipid score is easy. Boosting your HDL good cholesterol is less easy, but very doable. If you follow 50% of the protocol you'll get great results. Even the most clogged arteries can be unclogged. Our protocol for heart disease address cholesterol, angina chest pain, calcium deposits & blood pressure. It is listed here in a sequence you will follow daily. Talk to your doctor about it before starting. The best way to keep calcium deposits out of your arteries is to drink 100% pure distilled water. This can be delivered to your home in large 5-gallon containers or you can distill it yourself. I like the Mini Classic II water distiller, but it does not matter what machine you have. Most do the same thing; make water that draws out excess calcium from your joints and circulatory system, (see distilled water). We've received many testimonials over the years regarding the effectiveness of this heart disease protocol: "I 2009 I suffered a heart attack and was rushed to the ER. After I was released from the hospital they told me my LDL bad cholesterol was 140 and that this was too high. My wife had learned about Jeff's food healing program just before my heart attack and so it was only a few days before I found a smoothie in my hand. I drank the smoothies for heart disease 5 days per week, but did not follow the complete protocol. After 12 weeks my LDL cholesterol dropped to 98, which is considered optimal Although I continued taking my blood pressure medication for the first year, I am happy to say that I no longer take any medications at all and feel healthier than I did 30 years ago. " - Ken Stinnett, Las Cruces, NM

### **Black Fungus & Eggplant Tea Recipe**

6 cups distilled water, 1 handful goji berries, 1 handful dried black fungus mushrooms, 1/2 large eggplant sliced thin

#### **#1 Medicinal Tea to Lower Cholesterol**

Let's set our sites on an optimal cholesterol score. We accomplish this by drinking inexpensive, homemade medicinal tea, smoothies & delicious meals. The tea is made overnight then taken each morning on an empty stomach. Wait 30 minutes afterwards before eating anything else (even smoothie). Bring contents to a boil for 5 minutes and turn down burner to lowest setting and simmer for 6 hours or overnight. The mushrooms expand getting very large. In the end you'll boil it down to 1-2 cups of black fungus tea. Consume once each morning for 14 days. Black fungus mushroom are found in Asian markets. Most people don't have "adverse reactions to this tea. Some may notice their stool is dark from the tea and that's normal. After boiling put contents in a strainer and extract all the last remaining water to get more medicine. To everyone's surprise, the tea tastes pretty good.

#### **#2 Morning Tonic with Extra Reishi**

Of all the mushrooms, reishi is the single most powerful one for fighting heart disease. Traditionally called "the mushroom of immortality", reishi was the most sought-after product of nature by mountain sages, for thousands of years. Reishi is widely used in Asia to help lower LDL cholesterol and reduce angina and shortness of breath associated with coronary heart disease. In a 16th century pharmacopoeia, the compiler Li Shi Chen described the uses of reishi; "It benefits the life energy of the heart, repairing the chest area and benefiting those with a knotted and tight chest." My grandfather reversed his angina chest pain the same day he began taking wild reishi extract and the positive effects lasted over 5 years. In a clinical study at Toltyo University hospital, ninety-two patients with myocardial infarction and chest pain were treated with reishi mushroom extract with 72% of patients feeling symptoms were relieved. Physicians often prescribe surgery upon the appearance of angina chest pain. Coronary bypass surgery consumes more of our medical dollar than any other treatment or procedure. Although surgery is necessary sometimes, I still say Food-Healing should be given 90 days before surgery. Many people I've had the honor of working with have canceled surgery and naturally reversed angina chest pain in as little as one day of taking wild reishi mushroom. If you are in good health and just wanting to prevent heart disease then my recommended dosage is 3 dropperfulls x 1 time daily with the *morning tonic*. It includes; reishi drops, probiotics, maca & ginseng. People with high blood pressure may want to leave the ginseng out. For people with heart disease I suggest 6 dropperfulls of wild reishi extract in the morning tonic instead of 3. For advanced heart disease where chest pains are severe I have seen numerous cases where up to 24 dropperfulls was needed to make it work, but this is rare and awesome results are usually seen with 3-6 dropperfulls once daily. Reishi is completely safe & non-toxic even in extreme amounts. Reishi dilates arteries thereby stopping angina pain. It also has many other wonderful effects such as stimulating deeper states of meditation and mental clarity. Morning tonic is taken first thing in the morning or 30 min after medicinal tea.

#### **#3 Morning Smoothie**

Crucial to beating heart disease is to drink a micronized, 3-horsepower smoothie everyday. Most of the recipes from "Smoothie Formulas" will work as long as you include the avocado with the big seed. It is tasteless, has more

soluble fiber than any food on Earth, has the energy of an entire tree and has big, big Qi. You can't get that in a pill! I've seen people lower cholesterol by over 100 points with smoothies alone! If you're healthy, 20-40 oz. of smoothie a day is good. If you have heart disease I advise 30-50 oz. of smoothie daily, which is basically two servings of life saving smoothie during the day. Smoothie Formulas, "Jeff's Most Highly Recommended Smoothie", Tastes so good, you would never know it has a giant avocado seed.

#### **#4 Morning Qigong Exercise**

Heart disease is stress related, therefore it is important your exercise of choice be both strengthening & relaxing. Jogging is not recommended in this instance, however walking is excellent. Swimming & Qigong are perhaps the two best types of exercise for people with heart disease. Qigong can circulate more blood more than jogging does - while standing perfectly still. There is no stress response from Qigong. Improving the energy flow within your body is priceless, enjoyable & mandatory if you're on a healing journey. It is important to strengthen your life energy and circulatory system on a daily basis, which Qigong does so very well. Many students that I have trained over the years have reversed high blood pressure and balanced blood sugar without changing their diet much, just doing Qigong. Of course, it works better when Qigong and Food-Healing are combined. My top 3 picks for heart disease patients to do for their Qigong are: SSQ Level-1 Form, Full-Body Breathing Meditation & Natural Qigong Walking. If you're a busy person you simply must create time in the morning. For some people just waking up early is a life-changing and profound shift. Giving yourself time in the morning for "charging your battery" is the secret to a good life. Try to wake up at 6am each morning and go to sleep by 10pm. This gives you a glorious morning with an abundance of time to take medicinal tea, morning tonic, shower, drink smoothie & practice Qigong before starting your day. Drink 10oz. of smoothie before Qigong practice to hold you through the routine and keep you grounded. After practicing you'll be hungry to down another 20 oz.

#### **#5 Lowering High Blood Pressure**

Got high blood pressure? Eat 6 stalks of celery daily and you can kiss it goodbye. Chinese medicine has successfully used celery to lower blood pressure for hundreds of years. It contains active compounds called pthalides, which can help relax the muscles around arteries and allow those vessels to dilate. With more space inside the arteries, the blood can flow at a lower pressure. Pthalides also reduce stress hormones and help people to become more yin. Celery is high in organic sodium, but it would take over 30 stalks to get more than the RDA of sodium for one day. In other words, people concerned about getting too much sodium should not worry about 6 stalks of celery. The leaves of celery reportedly have been shown to help the endocrine system, so eat the leaves in addition to the stalk. Buy organic celery, because its one of the highest foods in pesticide residue when not organic. About 35% of adults have high blood pressure and most don't know about it. For many this is not be a problem, but for some, high blood pressure may cause a stroke. Eating less salt can lower blood pressure and reduce the risk of getting heart disease or having a stroke. Sodium is still an integral part of our blood; it assists nutrient transfer to cells, helps regulate blood pressure and aids the nervous systems' ability to transmit messages. These necessary functions mean eating small amounts of sodium is essential for life, but because it's so important to our health, *we've developed a real taste for it*. Our ancestors didn't have saltshakers; they got all the sodium they needed from natural sources like meat and vegetables. An attraction to the taste of salt made sure they chose foods that contained enough. 75% of the salt most people eat comes from processed foods. Celery plays a huge part in lowering blood pressure, so don't be afraid of it. Avoid excess salt and processed foods.

#### **#6 Breakfast, Lunch and Dinner**

After drinking medicinal tea, morning tonic, your first smoothie and hopefully some Qigong, you will soon be ready for real food. Some take a 2nd smoothie and then a nice dinner, but most do their smoothie in the morning and then eat two "straight up meals" during the day. As long as you incorporate these healing foods listed below, your sit down meals will continue healing your heart, circulatory system and pull out fatty deposits from arteries. In order of importance, the following foods should be eaten daily. Walnuts are high in the amino acid L-Arginine, the precursor of nitric oxide, and the holy grail of heart disease fighting substances. This crucial molecule regulates blood flow and dilates arteries. Studies at the Lipid Clinic in Barcelona, Spain showed that people who ate a walnut rich meal & tested immediately afterward had a 24% increase in blood flow through the arteries of the arm [135]. The Lipid Clinic in Barcelona also did extensive research on walnut's impressive ability to lower cholesterol. Feeding trials show diets enriched with walnuts reduce LDL cholesterol by 5-15%. Raw walnut butter & manuka honey on sprouted toast. Eat 1 oz. of walnut in some form every single day, forever. Walnut opens circulation the best of any food on earth. Eat them by the handful, on top of salads or make a walnut butter sandwich on sprouted toast. Add them to curries or any dish you like. Eat a minimum of 1 oz. of walnuts everyday. Okra is one of the big guns in the war on heart disease and a true artery scrubber. The gritty nature of okra contains special fibers and gums that pull the fat out from arteries [84]. Many people have successfully reversed "irreversible arteriosclerosis" using this protocol. I have a message for all the people out there that may not like okra; if you have heart disease and you don't like okra, you learn to like it! This one



isn't optional and must be eaten everyday in some small form. Many people just eat them raw or in a smoothie, however, I prefer them cooked in coconut curries or with sun dried tomato & eggplant. If you cannot find fresh okra in the produce section, head over to the freezer, where they almost always sell it in a frozen bag. One way or another, eat six or more okra everyday. Eat 6 small okra everyday. Fresh or frozen, okra eaten daily cleans your arteries and saves lives. Sautéed in coconut oil or tomato base is excellent. Get scrubbing on those arteries... Eat 1/4 to 1/2 large eggplant everyday I recommend anyone with heart disease take second helpings on eggplant. Chlorogenic acid in eggplant inhibits the ACE enzyme much like ACE inhibitors that lower cholesterol. When rabbits with high cholesterol were given eggplant, the cholesterol in their aortas was significantly reduced. The walls of blood vessels relaxed<sup>1</sup> and blood flow was improved. If your heart disease is mild you can eat eggplant 4 days a week. But when blood lipid profiles look scary and the doctor is talking about cutting open your chest, I think it is great time to take 1/4 - 1/2 an eggplant daily as hot food. Coldwater fish like salmon; sardines and trout have DMA & EPA oils that raise HDL good cholesterol, which in turns lowers bad cholesterol. Fatty fish also appears to thin the blood similarly to blood thinners. Although I recommend people with heart disease also supplement fish oil softgels, there is nothing like eating a fresh piece of fatty fish. My favorite way to prepare fish is with dill inside the bamboo steamer. Sardines are the best fish of all and make a great snack. Eat salmon, trout or sardines 3-4 times per week as part of this protocol.

### **#7 Additional Foods & Beverages**

Recent medical research studied heart patients with severe carotid artery blockages. They were given loz of pomegranate juice for 1 year and a 30% reduction in total atherosclerotic plaque was observed [ioi]. Can you say OMG! Heart disease patients listen up! To eat fresh pomegranates is a privilege reserved for royalty. This fruit can really save your life. Eat them fresh while in season, but for times when they are unavailable drink POM Wonderful juice sold in stores 365 days a year. You can taste healing power in this bright red juice. People with heart disease should drink 2 oz. of juice or eat 1/2 a pomegranate everyday. My grandfather liked his wild reishi drops in the pomegranate juice. He lived to the age of 91, five years past a death sentence given by doctors. To lessen the spike in blood sugar I recommend diluting 2oz of pomegranate juice into 8oz of water. Take either fresh pomegranate fruit or juice everyday. A prescription drug called Betaine is actually named after the nutrient in beets. Betaine is proven to help the body remove excess homocysteine, an amino acid proven to be a risk factor in all forms of heart disease [19]. Beets also purify the blood, which is the core of healing any disease. Beets must be eaten raw or fermented, not cooked. People with heart disease are to eat one small beet everyday in salad or smoothie. The flesh of one haas avocado has 3 grams of soluble fiber, which is the amount found in 2 bowls of oatmeal. It also contains a rich supply of phytosterols for lowering cholesterol [17]. Beta-sitosterol can range from 100-400 mg per avocado making it the highest in cholesterol lowering sterols of any food. This may explain why it has a greater impact on blood cholesterol than both olive and almond oil. The seed is even higher in soluble fiber than the flesh. I put half of the avocado flesh with the seed in every smoothie. In the afternoon I eat the other half as guacamole. People with heart disease are to eat 1 avocado daily. A study in Sweden highlighted shiitake's ability to reduce blood cholesterol levels. The cholesterol-reducing compound in shiitake mushrooms has been identified as eritadenine. Research at Obihiro University of Agriculture and Veterinary Medicine in Japan, has shown intake of shiitake mushrooms increases the level of cholesterol in feces (reducing the amount of cholesterol in the body) [147]. Luckily, they are the best tasting culinary mushroom. Boiled with a pinch of pink Himalayan salt is good, but sautéed in a number of dishes, shitake pleases even the pickiest palates. People with heart disease are to eat shitake mushroom in meals 4 days a week. Raw garlic and onion are powerful blood thinners. They both improve blood circulation and lower blood pressure naturally. The phytochemical alliin in RAW garlic & onion blocks the activity of angiotensin II, which causes blood vessels to contract. This nutrient prevents unwanted increases in blood pressure & contraction of blood vessels [148]. Garlic and onion are rich in sulfur containing molecules that are converted by our body into a gas called hydrogen sulfide (H<sub>2</sub>S). H<sub>2</sub>S is similar to nitric oxide in how it helps expand and relax our blood vessel walls [149]. Studies indicate garlic pills are not effective. The easiest way to eat raw garlic is to make 9-clove garlic pesto once a week. People with heart disease eat 1 clove of raw garlic or 1/4 onion everyday.

### **#8 Crucial Supplements & Super foods**

There are so many pills and supplements available for heart disease. It is very confusing to say the least. Most of what you need can be found in food sources, but there are a few supplements and super foods that help the protocol work better. The following items have a good success to help in reversing heart disease. Scientific research behind COQ10 has proven it's premier status as the "must-take" supplement to fight heart disease. In a randomized placebo controlled, double blind study, 641 patients with severe congestive heart failure were given either a placebo or approx 150 mg/day of CoQ10 for one year. The number of patients requiring hospitalization was 38% lower in the CoQ10 group. Episodes of life threatening pulmonary edema (buildup of fluid in the lungs) were 60% less in the treatment group [46]. Patients with life threatening cardiomyopathy (weak heart muscle) have reduced levels of CoQ10 in their heart muscles and when CoQ10 was given to a group of these patients, the strength of heart muscle increased

significantly & survival increased three-fold! [46] Taking COQ10 is shown to be extremely safe for people with all types of heart disease. People w/heart disease should definitely take 100mg CoQ10 Ubiquinol 3 times daily. Natto is a fermented soybean product from Japan. It's the world's richest source of natural vitamin K2. One tablespoon of organic natto powder has approx 340mcg of vitamin K2. Scientists say vitamin K is ten times more potent an antioxidant than vitamin C. Natto is a super food for heart disease. A study from Netherlands showed those in the highest third of vitamin K2 intakes were 52% less likely to develop calcification of arteries [83], Vitamin K2 puts calcium back in the bone where it belongs, instead of inside your arteries. In addition to having the highest vitamin K2 content, natto contains nattokinase, a clot-dissolving enzyme. Eating natto is great for the heart and circulatory system. It is not recommended for people taking anticoagulants. Because natto is also excellent for osteoporosis, I recommend virtually everyone use natto. It is commonly sold at Japanese markets, but Americans do not usually like natto's slimy texture. Our friends at Foods that Heal ([www.Food-Healing.com](http://www.Food-Healing.com)) have partnered with authentic Korean natto masters to create a delicious powder from 100% organic, non-GMO soybeans. Talk to your doctor before eating vitamin K rich foods. People with heart disease should consume 1 tablespoon of natto 4 days a week, (see natto). When someone is dealing with heart disease it is crucial to supplement additional DHA/EPA fatty acids. 6000 grams of DHA/EPA need to be taken everyday to see real lipid profile improvements. Fish oils are clinically proven to boost HDL (good cholesterol), which helps lower LDL (bad cholesterol). HDL's job is to shuttle LDL back to the liver to be metabolized. DHA helps reduce risk of heart disease by greatly reducing blood triglycerides, acting as a blood thinner (reducing risk of blood clots), improving health of arteries, and reducing amount of arterial plaque. ^People on blood thinning medications must ask their doctor before taking fish oils. In 2010 doctors began "prescribing" DHA meds called Lovaza. It is basically DHA and EPA at \$2 a pill. Nordic Naturals has equally high purity & potency at 75% less cost. The dosage I recommend for people with heart disease is high, but the effects are worth the cost. 4 softgels x 3 times daily with meals. According to University of Maryland Medical Center, ginkgo extract is shown to improve blood flow and has been studied in people with pain caused by inadequate blood flow to the legs (arteriosclerosis). These people have difficulty walking without suffering extreme pain. An analysis of eight published studies revealed that people taking ginkgo extract tended to walk 34 meters farther than the placebo. Ginkgo is in the top 5 of most scientifically examined herbs. It's a natural blood thinner and people with heart disease must talk to their doctor before taking it.

#### **#9 Green Tea, Super Foods & B-Vitamins**

The Japanese enjoy the lowest heart disease worldwide, primarily because of the blood-thinning diet they eat in abundance. More than 50% of Japanese people drink 3 cups of green tea everyday. See "green tea" for the amazing studies on how the polyphenols in green tea are backed by over 1000 studies to help against heart disease. I recommend drinking green tea instead of coffee. Although I have seen coffee promoted as beneficial for the heart, it is still a burnt-chard-up coffee bean full of free radicals. Look at how much coffee is roasted! Green coffee beans I would have no issues with, but we know that coffee does not improve health and the benefits of green tea are superior to coffee. It is recommended for people with heart disease to transition off coffee and drink green tea instead when caffeine is desired. Eating super foods like goji, acai and maca root are also highly recommended. Acai and goji can easily be added to smoothies. People usually add the maca into the morning tonic. The cardiovascular benefits of anthocyanins are well known. Studies show they can help prevent blood clots, improve circulation, relax blood vessels and prevent arteriosclerosis. The dark, purple skin of the acai berry contains anthocyanins. A serving of acai contains 33 times more anthocyanins than a glass of red wine or bunch of grapes. In a Ningxia Medical University study, goji berry consumption was accompanied by an impressive 65% decrease in lipid peroxides [1453]. Goji berries contain beta-sitosterol, also in avocado, which studies indicate may help normalize cholesterol. Maca assists with hormone balance and increased vitality. Studies show low hormone levels may play a role in heart disease. Maca is the best endocrine enhancing food there is. B-vitamins are important for health and you can get them from food, however with heart disease it is shown that folic acid (vitamin B-9) dramatically lowers homocysteine and niacin (vitamin B-3) helps to lower cholesterol. Garden of Life makes a "Raw B Complex Vitamin" that I recommend with this protocol.

#### **# 10 required avoid all dairy products when your sincere about reversing heart disease**

It is easy to proclaim how great avocado is for heart disease, but what about when you have to tell someone they can't have milk anymore. People have been drinking that calcium rich beverage for so long. Now I want you to stop? What nerve I have. Well, screw it. If I can't tell it like it is, then I'm not being sincere with you. So here it is: The calcium in dairy is the worst thing for heart disease and does not promote strong bones like silica-rich plants do. Instead, calcium builds up in arteries and joints. Nutritionists from Harvard say the RDA for calcium is set far too high. Milk is big business and they have a vested interest in getting you to believe you need calcium from dairy, but you don't. Calcium mixes with cholesterol, forming plaque. Little babies need milk. We are supposed to be weaned by now. Japan has hardly ANY heart disease. Are they eating ice cream? No, they are not, and they are very wise. We could learn a thing or to. Cheese is the very worst kind of dairy product. It gets the title of Worst Artery Clogging Food".

Avoid all milk products for 6 months. I believe in you. You can do it. Healing ice cream recipes (made from nuts instead of dairy) are in the "Smoothie Formulas" hook. Nut ice cream easily rivals (and I think tastes better) than dairy ice cream. You can make nut cheeses that taste better than dairy cheese. Look how much writing just to get you to swear you will give up dairy products for 6 months. Its only 6 months. Just do it.

### **Closing Words About the Heart Disease Protocol**

Following the heart disease protocol, even for short periods of time, can lead to a supreme health transformation. I know most of these suggestions for heart disease are things that I am already doing now, or do regularly to stay healthy. Heart disease is so important to everyone, because it is how nearly half of us will check out of here. The protocol has been fine tuned over the years. Medicinal tea is more effective than it's ever been and I removed things I saw to be of less importance. Overall, I say this is as simple as it gets. If heart disease is in your life now, don't be so afraid that you remain paralyzed. Take action, focus the laser on exactly what you are eating and let the food do its work for you. If you follow it 50% you will still get excellent results, however if you manage to get your willpower going strong and you do it 100% your lab results will amaze your doctor. Lastly, please show this protocol to the doctor before doing any of it. In all sincerity, foods are medicine, some may not be appropriate for you and perhaps your doctor can help inform you. Always seek the input from your doctor. After information has been received from the doctor, then you decide what to do. Use Distilled Water, Drink Morning Medicinal Tea 14 days on 14 days off, Drink Morning Tonic with Extra Reishi, Drink 20-30oz. High-Phytochemical Smoothie, Practice 45 minutes Qigong daily, Drink Green Tea instead of Coffee, Eat Celery six stalks daily for High Blood Pressure, Eat 1 oz. Walnut everyday, Eat 6 pieces of Okra everyday, Eat 1/4-1/2 cooked Eggplant four times a week, Eat Cold Water Fish four times a week, Drink 2oz. Pomegranate juice in water everyday, Eat 1 Small Beet everyday, Eat 1 Avocado everyday, Eat Shitake Mushrooms four times a week, Eat Raw Garlic & Onion as much as you can Take 100mg COQ10 Ubiquinol three times a day, Take IT Organic Natto Powder four times a week, Take 2000mg DHA/EPA Oils three times a day, Eat Goji Berry, Maca & Acai everyday, Take B-Complex Vitamin with Folic Acid, Eliminate All Dairy.

### **Infertility - Smoothies, Maca & Oysters**

I have worked with many couples that could not conceive a child and after following this food healing system, became healthy enough to have several kids. Some didn't even follow this protocol! Some just drank smoothies, had big huge bowel movements and got really healthy for the first time. The body knows when someone is healthy enough to produce a child. Sometimes the best strategy towards fertility is to just get really healthy. Over the past twenty years, fertility problems have increased dramatically. At least 25 percent of couples planning for a baby have trouble conceiving, and more and more couples are turning to fertility treatments to help them have a family. Zinc is the most widely studied nutrient in terms of fertility and therefore boiled (cooked) oysters are crucial. One tiny oyster has more zinc than 5 servings of pumpkin seeds. I recommend only boiled or smoked oysters, as the bacterial count in raw oysters is too high, especially for the female seeking to carry a baby. Steamed oysters are very safe and are my highest recommendation for this purpose. One tiny steamed oyster contains 100% the RDA for zinc, the most important mineral for fertility. Maca has been known to increase a woman's ability to conceive. Scientist Gustavo Gonzales, who led what doctors say was the world's first study of maca's effect on human sexual function and infertility, told a news conference; "The three month trial involving 12 volunteer men pointed to an 180-200 percent lift in sperm count & semen production." Even small amounts of alcohol will interfere with fertility. Drinking alcohol in any amount has reduced conception by up to 50 percent in numerous studies. Drinking more than one cup of coffee a day also seems to have a small negative effect on fertility for women. Soy has estrogen like compounds that also act as anti-estrogens, to reduce the activity of estrogen. A few studies suggest that high levels of soy may decrease fertility. Lastly, if you are stressed out—try Qigong and become more peaceful. If your burning the candle at both ends... your body will not have enough energy for success.

### **Insomnia - Cherry, Walnut, Foot Soaks & Timed Sun Exposure**

More of a symptom than a disease, insomnia indicates something is out of alignment. Insomnia has many causes, but the biggest is STRESS. Eating a high phytochemical diet like we are describing throughout every page in the manual should do the trick. For more help try these suggestions: (1) An hour before bed eat 10 walnuts and take 1 tablespoon of tart cherry concentrate in 4 ounces of water. Cherries have an extremely high melatonin content according to scientific studies. (2) No caffeine after 11am. (3) Stop eating any big meals within three hours of going to sleep. A big meal before bed can give bad dreams and cause problems sleeping. (4) Soak your feet in warm water for ten minutes before getting into the bed. (5) Reset pineal gland by going outside everyday at 3am and 4pm. Melatonin is produced when we let sunlight in our eyes. This explains why we get sleepy after a day in the sun. This works for jet lag too. Eating meat before bedtime is associated with causing nightmares. Excess use of salt has also been frequently associated with insomnia. My favorite method is to breathe very slowly getting down to 2 breaths a minute.

Once your breathing is slow, imagine a time when you had to stay awake when you really didn't want to, like studying all night for a test. Picture yourself struggling to stay awake. This imagery helps some people fall asleep. Both walnut and cherry contain amounts of melatonin, a hormone that regulates sleep.

### **Kidney, Bladder & Urinary Problems**

If you've ever passed a kidney stone, you're not likely to forget the experience; it can be excruciatingly painful. The incidence of kidney stones has been increasing in recent decades probably as a result of the poor diet of most Americans. More people get kidney stones in the summer time when it's hot outside and people are more prone to dehydration. Drinking lots of water helps flush away substances that form stones in the kidneys. I recommend distilled water, which draws out unwanted inorganic mineral deposits. There are different kinds of kidney stones. About 80% of kidney stones are calcium oxalate stones and are due to high blood calcium levels. Women with recurring urinary tract infections are more at risk for struvite stones. Uric acid kidney stones frequently happen in people with gout, because high uric acid levels cause gout. I have seen all manner of kidney stones dissolved using this protocol, regardless of which type of stone it is. If you already have had previous kidney stones you should limit foods rich in oxalates like all meats, chicken, and pickled fish. Other foods to avoid are chocolate, cooked spinach, cooked beets, chard and rhubarb. Studies show that the greatest factor for reducing the incidence of kidney stones is a diet low in animal protein. Consider going vegetarian for a few months if you suspect that you have a kidney stone. This will allow your kidneys to cleanse, lightening their detoxifying job. For any kidney disease my primary weapon is watermelon. It is a powerful diuretic and I've seen it reverse the most chronic kidney stones as well as weak urinary flow & other problems. Currently my scientific research comes up empty when trying to explain how watermelon does this. It just simply boosts kidney function causing an increase in urination. This includes producing a stronger more steady flow of urine, dissolving all of the different types of kidney stones.

**Watermelon Kidney Stone Flush:** The key lies in fasting or not eating much while talking in large quantities of watermelon via smoothie or just simply eating it. Buy a few large watermelons, eating freely throughout the day. Alternatively you can blend the red and white part to make 64 ounces of juice each day. Do this for 5-7 days if needed, to pass the stones. Many people using this method have passed large stones in days, without any supplements. "For the last 15 years I've struggled with horrible kidney stones and had numerous surgeries. These procedures left my ability to urinate correctly crippled. After learning Jeff's food healing system I read about watermelon being good for dissolving kidney stones and restoring the urinary system. The first week I began drinking watermelon smoothies my urine flow increased 10 fold from a trickle—to a fire hose! I passed numerous small stones that came out easily. For the last 2 years I've had no more kidney stones and all is flowing well." -Shawn Hearing, Port St. Lucie, FL

**Urinary Tract Infections:** I am asked about UTI's all the time and I have a never-fail protocol for dealing with them. Everyone knows that cranberry juice can help, but it's loaded with fructose and doesn't always work. D-mannose is the active ingredient present in cranberry juice that supports a healthy urinary tract. D-mannose does not convert to glycogen or get stored in your liver. It goes directly into your bloodstream and is filtered through your kidneys. Then it's routed to your bladder where it removes bad bacteria from your bladder lining. The frequent use of antibiotics can actually damage the lining of the bladder. Take 1200mg (3 capsules) of D-mannose five times a day for the first 4 days. After it goes away, 3 capsules daily for maintenance. For best results, combine w/Bladderex; taking 2 Bladderex twice a day. I also recommend monolaurin, the antimicrobial lipid of coconut, which is very helpful. All of these items are on *Food-Healing.com* \*Consult your health care provider before doing the Liver-Gallbladder Flush if you have diabetes, heart disease, ulcerative colitis, or if you are on medication.

### **Liver Diseases & Gall Stone Flush**

Phytochemicals stimulate phase 2 enzyme detoxification pathways in the liver. Following the system as it is laid out will give your liver a new life. Cirrhosis is the twelfth leading cause of death by disease, killing about 26,000 people each year and is considered irreversible. Turmeric and Kang Yuan are extremely beneficial for Liver, but there is one food that stands above them all—BEET. My teacher had helped guide several people w/liver cirrhosis to a new life by recommending they take several months to cleanse the body and take 4 pounds of beets everyday. Beet softens the liver & helps by supplying perhaps the most phytochemicals of any food. In addition to beet I highly recommend turmeric supreme & Kang Yuan cordyceps. Liver Gallbladder Flush two times each year improves the flow of bile and helps digestion. Nearly everyone has gallstones from eating bad oils. Once these stones form, changing the diet will not clear them without a gallbladder flush. I believe this ancient practice heals the liver bringing it into top function.

**The Liver Gallbladder Flush:** Most of the magic happens while your sleeping so it is important to follow the exact times and be in bed, ready to sleep immediately after drinking the "main potion" at 10:00 pm. The times are not flexible if you want results. You'll need: Organic unfiltered raw olive oil, bag of organic grapefruits, bag of organic lemons, bag of organic green apples & Epsom salt. 24 hours prior to doing the Liver Gallbladder Flush do not have any foods with fat or oils. Good ideas for food the day before would be: a slice of sprouted bread with honey, a sweet

potato with sea salt, or smoothies with no avocado or fat or any kind. It is a no-fat-diet the day before to build up bile stores. Fat stimulates the release of bile and we want it to build up. Also, don't have animal protein 1 week before the flush. Nearly everyone passes 10-60 green stones on the very first flush. The large influx of oil into the body (after 2 days without oil) coupled with a light diet stimulates the gallbladder to excrete a large amount of stored bile and propel stagnant residues out the gallbladder and into the bile duct to be released into the intestines. When you see visible stones in the toilet the next day you can experience the new freedom of a liver without hampered physiology.

Step 1) The day of the flush (Saturday is best) eat as many apples (for pectin fiber) as you want, stopping by 2:00pm. Drink only juices and/or water after 2pm. This is the one time we recommend juice. Normally we fast on smoothies, but you should have no solid food or it won't work.

Step 2) At 6:00pm in a citrus juicer make 6oz of fresh grapefruit juice and remove all the pulp. Add 1 tablespoon of Epsom salt with the 6oz fresh grapefruit juice. Drink it down. The Epsom salts dilate the gallbladder ducts in preparation for the olive oil cocktail. Its important you didn't eat after 2:00pm. The Epsom salts may cause you to eliminate. Be ready to use the bathroom in 30 minutes.

Step 3) At 8:00pm mix another 1 tablespoon Epsom salt w/6oz fresh grapefruit juice. Drink it down. After drinking the second lovely Epsom salt & grapefruit beverage you're on your way.

Step 4) At 10:00pm, juice the lemons in a citrus juicer until you have a 6oz cup of pure lemon juice. Next, pour 4oz of premium grade olive oil into a jar with a lid. Add in the lemon juice and close lid to shake the jar for 1 minute. Before you actually drink it go to the bathroom 1 last time before bed. When you return, shake again and drink the olive oil & lemon juice mix. Have some honey nearby to help chase the taste. Immediately after you drink, head straight for your bed and lie on right side. You may feel things moving inside the liver. Breathe and love it. Go to sleep now! Don't get up.

Step 5) In the morning relax and go for a walk. It should be no problem, but ensure a large bowel movement. Don't be surprised if you have diarrhea. Look at your bowel movement and will most likely see lots green & tan crystals of various sizes. It will take a few flushes to get them all out.

### **Menopause & Andropause Hormone Decline**

Hormonal decline is normal for both men & women after age 50, Luckily, there is a lot you can do to naturally boost the function of your endocrine system. For women, this will alleviate symptoms of menopause such as hot flashes, weight gain, fatigue, and reduced sex hormones. Aside from meno/andropause relief, having a vibrant endocrine system through old age is believed to be the secret of longevity in Chinese & Indian systems of healing. First, realize that meno/andropause is optional. If your belief is that you must loose your sexuality and vitality as you age then it is quite possible that your body will reflect this belief. I've met couples that are sexually active in their eighties. Usually they are eating healthy diets and have a positive attitude about aging. Follow the guidelines for 20-40oz of smoothie each day and abstain from the foods in section two. The biggest endocrine system enhancers for menopause & andropause are maca root and cordyceps mushrooms. Take 1 tablespoon of maca in the morning tonic (see page 26) and eat/blend at least 10 cordyceps mushrooms everyday. In addition, goji berries, black sesame, ginseng, raw chocolate, bee pollen and royal jelly will be helpful. If you want soy, make sure its fermented or else it can lower thyroid hormones. Natto is a fermented soy food that offers amazing bone & cardiovascular protection with its huge vitamin K2 content. Additionally, evening primrose oil contains GLA, which is a fat known to help women with PMS and numerous female reproductive disorders. Hemp oil also contains GLA. You would only need 1 tablespoon of hemp oil on a salad to get the daily required amount. Lastly, do the osteoporosis protocol because its about that time.

### **Migraine Headaches ~ Food holds the Key**

Headaches affect as many as 50 million Americans a year and account for more than 18 million visits to the doctor. What many doctors don't realize is that the most common causes of headaches are ordinary foods that many people eat everyday. Food seems to be able to cause migraines, cluster headaches and tension headaches. There is a diet called "the headache prevention diet" and I recommend looking into it. If you're following this system most of the trigger foods will automatically be eliminated. The #1 trigger is caffeine and it's the one thing people often have the most resistance to giving up, until they discover that doing so can help them eliminate disabling pain. Other triggers include: Aged cheese, alcohol (especially red wine), chocolate, aged or cured nitrated meats like cold cuts, gravy, soup mixes with hydrolyzed protein, soy beans, green beans, all beans, MSG, all nuts (especially peanuts), yeast (especially in homemade bread and sourdough), sauerkraut, kim chi and other aged foods, dried fruits, imitation crab, licorice, mushrooms, salty foods, rhubarb, citrus fruits, avocado, banana, yogurt, milk, raspberries, plums, onions, wheat, Worcestershire and teriyaki sauce. This sure is a long list! The key is finding out the cause. Tibetan medicine correlates migraines with spicy and dairy rich foods. Some headaches come from a pulled muscle, car accident or a injury from the past. Try seeing a chiropractor, because if the spine is misaligned it can be the cause. If you suffer from headaches or migraines, it is up to you, not your doctor, to discover any foods that may trigger migraines. As I mentioned, I have interviewed many people who have become free of migraines, after sometimes ten or twenty years,

simply from discovering their trigger foods. Avoid the above foods for 60 days and record whether your headaches improve during this time. You can slowly reintroduce foods you can't live without, but hopefully you've learned from this system not to eat the foods in section 2. When you reintroduce foods after the 60 days, do so one at a time. You'll probably remain headache free, unless you come upon a food that triggers you. Try the diet for 60 days. "Elimination Method" is the most successful way to reverse migraines.

### **Osteoporosis - Bone Regenerating Protocol**

According to World Health Organization, osteoporosis is second only to cardiovascular disease as a global healthcare problem. Medical studies show a 50-year-old woman has a similar lifetime risk of dying from a hip fracture as from breast cancer. When looking at statistics, no nation is immune to huge increases in osteoporosis that are being reported worldwide. Currently, the highest calcium-consuming nations have the most osteoporosis. Controversial viewpoints on what causes disease can be found throughout this book, but none are more riot-inciting than my views on calcium & osteoporosis. I disagree with prevailing theories about supplemental calcium being beneficial. Our protocol asks you to minimize calcium intake. Consider the following: Eskimos have the single highest rate of osteoporosis worldwide, yet they consume more calcium than any other culture on Earth [1523]. Their diet, composed primarily of fish, walrus & whale provides them enormous amounts of calcium (over of 2,000 mg a day) because they boil and consume the bones. Eskimo calcium intake is twice the United States RDA. Many might say Eskimos' higher osteoporosis rate is due to limited sunlight making them deficient in vitamin D. This is false, because the whale, seal and fish oils they eat are among the richest of vitamin D foods. Eskimos have all of their vitamin D needs met through diet, not; the sun. It is obviously not due to their vitamin D levels, which are normal, but instead to the Eskimos' rich calcium and protein diet. What happens from too much calcium and protein? Norway, Europe and America are right behind the Eskimos in terms of osteoporosis prevalence. Guess what else? Nations with previously low-dairy and protein consumption rates who later rated high in dairy and protein consumption (due to fast-food modernization), osteoporosis incidence increased. Africa has the lowest osteoporosis worldwide, as well as the lowest protein and calcium consumption. This protocol to rebuild bone works so good, it could solve the world's osteoporosis crisis. It helps re-grow broken hip bones that are normally stubborn to heal in the elderly. Many of my students have increased bone density to strong levels, with speeds most doctors would scoff at. All of this... with low calcium. We've received many testimonials over the years regarding the effectiveness of this osteoporosis protocol: "I used the osteoporosis protocol and smoothies to support bone re-growth following serious bone surgery & spinal fusions. I did not take calcium supplements as Jeff advised that it is often counter productive. After one year, the surgeon said that he had not seen anyone repair and grow new bone as fast as I did. I told him what I did with the protocol, smoothies and silica mineralization. He got it!" - Robina Werner, North Bend, WA "My mom fell and broke her hip. She followed the osteoporosis protocol to help the bone heal faster. After 2 weeks on the protocol... we went to the doctor and he was amazed when she walked through the door with only a cane! When they took x-rays the doctor said, "Wow, you are 90% ahead of anyone at this time in recovery!" - Margaret Ann Young, Sarasota, FL

#### **#1 Stop Taking Calcium Pills or limit daily intake at 400mg**

Osteoblast are special cells in charge of growing new bone for you. Studies show if we give them too much calcium, we greatly hamper the bone regeneration process. High calcium intake overburdens osteoblasts, leading to a lack of bone regeneration. A 12-year Harvard study of nearly 78,000 women, found that women who drank milk three times a day actually broke or fractured more bones than women who drank little to no milk at all [1533]. The bottom line: Processing excessive amounts of calcium causes osteoblasts to die prematurely. Avoid taking calcium supplements or take under 400mg with an EQUAL amount of magnesium. Calcium without an equal magnesium content is not absorbed and is harmful. Horsetail is the richest source of 'bone-growing' silica at 7% by weight!

#### **#2 Morning Tonic with Horse Tail**

The morning tonic will surely improve the digestive absorption of minerals your bones need. It also helps the endocrine system, which plays a big role in bone formation. First thing, at the same time you take the morning tonic, (see page 26) you can also take horsetail, the miracle herb for bones. Silica from horsetail, in my experience, is proven to dramatically speed up recovery from bone fractures, torn ligaments and injuries. Silica is the most important mineral for increasing bone density. Many in the calcium industry will undoubtedly challenge my belief, but it is scientifically founded and human results speak louder than words. My students' great results are the proof. Dr. Louis Kervran shared an unpublished study with rats whose femurs were broken. X-rays showed very rapid healing effects from horsetail on broken bones just 10 and 17 days after the break and very slow rates of healing in control rats that received only calcium. In a human study, 122 Italian women took horsetail showing noticeable improvement in bone density [72]. Horsetail regenerates bone faster than any supplement I've seen. This amazing plant is 7% silica by weight! None of the people I've recommended horsetail to have reported side effects, but research shows some people with kidney disease may not tolerate it. It is a mild diuretic so you need to drink more water. Talk to your doctor

before taking it. Horsetail increases the speed that bones heal dramatically. Even rapid healing of bone fractures after long periods of very slow to no healing. It is said that horsetail can deplete vitamin B-1. This is easy to solve by taking a good quality vitamin B supplement. For people with osteoporosis, bone fractures or simply at risk for having osteoporosis; Begins with 2 horsetail capsules 3 times daily for the first week. Increasing to 1 capsule 3 times daily thereafter. 1200-2400mg daily.

### **#3 Drink Morning Smoothie with Extra Cucumber**

Smoothies in the morning are crucial for everyone, but especially for people wanting to improve bone strength. Silica, magnesium and calcium are the most important minerals for regenerating bone. Smoothies supply the body with easily absorbed minerals because the food has been so broken down making them quick to digest. Numerous studies show bones release calcium to buffer acidic blood PH, caused by eating bad food. Cucumber helps osteoporosis on two fronts; as the most alkaline and silica rich vegetable of all. Consume at 1 whole cucumber daily.

### **#4 Eat Mineral Rich Salads**

Watercress and Swiss chard salads are the top choices for reversing osteoporosis. First, they are very alkaline and will prevent leaching of calcium from bones by naturally balancing your PH. Second, they contain an abundance of calcium and magnesium. Dairy is high in calcium, but not magnesium. These 2 minerals need to be taken together to benefit bones. Magnesium is often deficient in people with osteoporosis and food sources are far superior to tablets. You also need calcium, therefore chia seeds and black sesame are recommended. They have 5 times more calcium than milk! Boiled oysters on a cracker may gross some people out, but they are extremely high in zinc and numerous minerals that are hard to get. This protocol asks you to eat 1 watercress or chard salad everyday. Natto is the single most important food for reversing Osteoporosis. In Japan it is a staple food. Americans are known for hating it.

### **#5 Take Organic Natto Powder**

Vitamin K helps lay down calcium into bone, producing a protein called osteocalcin. A study published by Journal of Nutrition, found women who ate more than four packets of natto per week reduced bone mass loss on the thighbone by 80%! [82]. Natto is mandatory for those with osteoporosis. Studies reveal vitamin K2 to be more effective at building bone than calcium! A study from Netherlands showed that those in the highest third of vitamin K2 intakes were 52% less likely to develop calcification of arteries [83]. Vitamin K2 puts calcium back in the bone where it belongs. A healthy intestinal tract can produce vitamin K, but in most people it is not produced efficiently, therefore it must be supplied by food. There are two kinds of vitamin K and it is important to understand the difference between them. Vitamin K1, called phylloquinone, is the type found in dark leafy greens like kale & Swiss chard. For a long time I recommended chard as the best source of vitamin K (it has 700% of the RDA per serving), however studies now show we only absorb 10% of K1 from dark leafy veggies. In the last decade research has turned to the more effective menaquinones, or vitamin K2. This far more beneficial form of vitamin K2 is hard to get from food with the exception of natto. A single package of natto (40 grams) has approximately 340mcg of vitamin K2. Manufacturers produce K2 supplements, but it occurs naturally in natto and has numerous other beneficial enzymes, like nattokinase, that we don't fully understand yet. 1 Tablespoon of natto powder equals a standard 40-gram container of fresh natto. It tastes good enough to eat straight from the spoon! Our friends at Foods that Heal ([www.Food-Healing.com](http://www.Food-Healing.com)) have partnered with authentic Korean natto masters to create a delicious powder that uses 100% organic non-GMO soybean. A true master of natto makes this natto by hand with love. It is dried and ground up into a powder that stays good without refrigeration for 1 year. Talk to your doctor before eating vitamin K rich foods. The osteoporosis regenerating protocol calls for 1 tablespoon of organic natto, once daily.

### **#6 Alkalize Your Body - Give Up Coffee & Soda**

Protecting your bones is more a function of retaining the calcium in your bones rather than the amount you consume. That being said, the highly acidic nature of soda & coffee are totally to blame for the osteoporosis surge. Our parathyroid gland signals bones to release calcium (which is alkalizing) when we become overly acidic. Diet coke and most sodas have an average PH of . 2.8; acidic enough to clean the rust off your car's engine! Your blood PH must always remain precisely at 7.4. or you will die in a few minutes. So why aren't all the diet soda drinkers passed on yet? In order to maintain the ideal blood PH range of 7.4, our body leaches calcium from bones to correct an overly acidic condition. The Framingham Osteoporosis Study found women who drink cola everyday have lower bone mineral density than those who drink it less than once a month. Soda is an evil weapon of death. Coffee isn't bad because of its caffeine... Burnt-charred-iip coffee beans are full of free radicals. It has an acidic PH, unlike green tea or yerba mate that causes bones to leach calcium.

It is also a known scientific fact that drinking coffee increases the amount of calcium excreted in the urine. Yerba Mate is alkaline and has a caffeine kick like coffee. Green tea is good for preventing heart disease. The protocol for osteoporosis calls for giving up acidic beverages like coffee and soda.

## **#7 Supplement Vitamin D3 and Get Sunlight**

Although osteoporosis is spreading through almost all cultures, it appears that environments with low levels of sunlight have a higher incidence. Nutritionists are suggesting vitamin D3 for bones and also think it is a great idea. This can be easily supplemented with drops or a raw vitamin D from Garden of Life. However, it is clear that God created the sun to regenerate all of life's creatures. No supplement can replace the sun. If you're concerned about overexposure to UV rays then you can choose to "lay out" 15 minutes on each side of your body 9:00am-10:00am or 4:00pm-5:00pm. Most people don't burn in a half hour. You will feel empowered and energized by this practice. As part of osteoporosis protocol get 30 minutes of sun everyday.

## **#8 Weight Bearing Exercise**

If you sit around all day, your body will realize; "Hey, I don't need strong bones, since I never use them!" The result is weak bones, which are factors that make you more susceptible to fractures. Many people believe that walking is enough to protect you, but I disagree. Walking is a healthy exercise, but I don't think the stress on your skeleton is enough to keep those bones strong. Studies show that Tai Chi and Qigong are excellent weight bearing exercises to prevent osteoporosis. In Qigong we bend at the knees putting weight over bone. Osteoporosis protocol includes 30 minutes of standing Qigong daily.

## **Parkinson's Disease - A Few Pointers**

Parkinson's disease is caused by damage to brain cells in the substantial nigra, an area deep in the center of the brain that helps to coordinate muscle movement. These cells produce dopamine, a neurotransmitter essential for the brain's ability to send messages to muscles. As the cells die and dopamine levels drop, muscle control suffers. The movements that were once second nature, like walking and writing, take on a cumbersome and heavy quality. Hand tremors can complicate tasks such as buttoning clothes and the disease usually worsens with time. There appears to be a sharp correlation with people who worked around industrial chemicals and Parkinson's disease. Although there is no reversing Parkinson's, it is possible to improve with nutrition & herbs. Allopathic medicine offers a bleak outlook for Parkinson's disease, with most Doctors agreeing it does not go away and it will gradually get worse. Naturopathic medicine helps Parkinson's by using non-toxic healing with food and herbs that have been shown to slow the progression of symptoms. It is proven with Parkinson's disease that following a low protein diet (no meat or chicken, just fish) eating Fava beans, raw fruits & veggies, maca and 40oz of smoothie is very helpful. Refined flour, sugars (even honey), dairy products, alcoholic beverages and coffee are forbidden, (see section 2 for details on bad foods) Eating the tonic super foods, drinking smoothies, consuming less meat and more vegetables and alkalizing the body will be a step in the right direction. I have heard wonderful things about a Tibetan herbal company that specializes in formulas for Parkinson's disease. Pictured at left, this formula is created by master Tibetan herbalists and has helped some people with Parkinson's. Many have noticed enormous improvement with debilitating symptoms, such as speech issues, walking, sleeping and performance of basic daily tasks. The main herbal ingredient in Parkinson's support is rhododendron and it is blended in careful proportions with 14 other herbs. The knowledge of Tibetan medical science about Parkinson's is unique & extensive, using ancient written texts. The company also gives telephone customer support, which is nice. Fava beans contain levodopa, the same chemical in Sinemet, Madopar, Dopar, Larodopa, & other medicines used to treat PD. Small studies have shown that the levodopa in fava beans can help control symptoms of PD, just as medications containing levodopa do [18]. In fact, a few people report that the effects from fava last longer than from medications. Some researchers believe fava beans may have substances besides levodopa that could be helpful for PD. Because fava plants have varying amounts of levodopa, it's possible to get either too much or too little levodopa. Too little levodopa will not relieve PD symptoms and too much levodopa can cause overmedication effects, particularly if PD medications are used at the same time. Discuss use of fava beans with your doctor first. Fava beans are the main commercial source of the drug L-DOPA. Some people report that 4 oz of fava beans daily gives better results than medications. Begin with a small amount (1 oz), increasing gradually under your doctor's supervision, until you find the combination of fava and/or PD medications right for you. Be sure to buy green fava beans, not the dried or mature beans. The pods and beans are best eaten when very young, before a string forms along the side. They can be steamed or boiled until tender. Add olive oil, lemon juice, sea salt & serve as a vegetable side dish, like snow peas. Discuss taking fava beans with your doctor. If you can't find them fresh at the grocery store: [www.Riceandbean.com](http://www.Riceandbean.com)

## **Prostate Enlargement & Disease**

The second leading cause of cancer death in American men is prostate cancer with 500,000 cases appearing annually. In India it is a rare occurrence among men, whose low risk is attributed to a diet rich in the curry spice. Turmeric improves the liver's ability to detoxify by improving phase 2 enzymes and is high in the yellow phytochemical "Curcumin". For prostate disorders I highly recommend fresh turmeric roots or a powerful supplement called, "Curamed" (see turmeric). Benign Prostatic Hyperplasia also known as Enlarged Prostate affects half of all men by the time they reach 60 years old. Bellow are foods and herbs that specifically address prostate disorders. Pictured is a



Healthy Prostate Gland. When Enlarged it presses on the Bladder. The Red Phytochemical "Lycopene" is found in concentrations within prostate tissue where it is stored. A meta-analysis of 21 studies published in the March 2004 issue of Cancer Epidemiology Biomarkers & Prevention confirms eating tomatoes provides protection against prostate cancer. Organic Tomatoes have 3 times the amount of Lycopene as regular ones. In an interesting twist, fresh tomatoes don't appear to be as protective as cooked tomatoes. Men with prostate cancer should eat cooked tomatoes daily in soups. Gazpacho soups or tomato paste is the best. Researchers at University of Illinois fed 1 serving of tomato sauce daily for 3 weeks to 32 men who were scheduled for prostate surgery. Levels of prostate specific antigen (PSA) in the patients' blood dropped by nearly 20 %. This is a very significant drop and shows the tomato's Prostate Healing power! [154] Watermelon has about 40% more Lycopene than raw tomato by weight and is scientifically proven to be bioavailable even without heat or cooking. I have seen many urinary diseases resolved by the watermelon and I suspect it is because of its high Lycopene content. Expect to hear more about how amazing watermelon is in the future. Eat 2 cups of pink watermelon everyday to help improve prostate & urinary function. The dosage varies depending on the need. If diabetes is present do not use it.

Saw palmetto is scientifically proven to improve enlarged prostate, frequent urination and incontinence. It prevents formation of dihydrotestosterone (DHT) from the testosterone hormone, which is mainly responsible for the growth, and replication of prostate tissues. Gaia Herbs saw palmetto extract is the one I recommend. Dosage is 1 capsule twice daily.

In men, testosterone often can over-stimulate prostate cells with its conversion product DHT/dihydrotestosterone. Components in the pumpkin seed appear able to interrupt this triggering of prostate cell multiplication. Eat some pumpkin seeds everyday. In a clinical study, Red Maca administered for 42 days decreased the size of the prostate gland in lab rats [IBS]. Maca triples the sperm count in human studies and is a profound endocrine enhancing food. There are different colors of Maca: Red, Yellow, and Black, Only the red worked to shrink the prostate in the lab rat study. It is believed the Red is the stronger of the 3 types of Maca. Take 1-2 teaspoons Red Maca powder daily each morning (see morning tonic) Zinc has scientifically demonstrated the ability to shrink an enlarged prostate. Nothing has more zinc than Oysters. They have aphrodisiac qualities because zinc is a building block of Testosterone. 1 tiny boiled oyster each day provides 100% of the RDA for zinc or the equivalent of 5 glasses of pumpkin seed milk!

#### **Sexual Problems - No Longer a Problem**

Being that I teach spiritual development in addition to Qigong, I've never been totally comfortable discussing this aspect of the art. Qigong is known for increasing sexual energy, but I still say true love is the most supremely potent aphrodisiac there is. When there is chemistry present between two people, even the most impotent man can become alive with desire. Before I reveal the multitude of foods and herbs that improve testosterone levels, and free hormones in the body, I must emphasize; finding the ideal person to connect with is key. Sex without love is poison for the soul. Pornography creates a lusting, hungry ghost. Loving sex can be the most powerfully beautiful human experience if there is a true heart connection between 2 partners. The current epidemic of Viagra commercials on television is a reflection of America's declining vitality. With over 30 million men in America impotent, you can bet at least double that amount of women have no desire sex. Sexual health requires: (1) Good blood circulation (2) Healthy nervous system (3) Functional prostate gland (4) Adequate testosterone levels (5) Healthy adrenal glands (6) Positive outlook on life (7) Ability to handle stresses of life (8) Freedom from poisonous drugs that lower endocrine system function (9) Abstinence from smoking and excessive alcohol intake. Food is the #1 healer of sexual problems. The right diet will improve your sex life, but also your circulation, endocrine system, digestion i.e. the whole package. If you really want to gain progress in your health it is imperative to drink 20-40 oz of healing smoothies each day and avoid the foods in section 2. Walnuts are high in L-arginine, which is responsible for nitric oxide production & blood vessel dilation. Oysters (smoked or steamed) have very high zinc content, which is a precursor for testosterone.

#### **Food-Healing Protocol:**

1) Drink the morning tonic to boost digestion and the endocrine system, (*see morning tonic*) If money is not an issue, try wild ginseng extract for the morning tonic (see ginseng)

2) Everyday make a "pre-smoothie" using 1/3 bag or 2.5 ounces of organic goji berries, a 1/2 inch slice of ginger, and 10 oz distilled water with ice cubes. Blend on high speed for one minute.

3) Take 10-20 cordyceps mushrooms with smoothie or eat hem right out of the bag. These mushrooms enhance your liver's ability to detoxify and also make you strong as a horse! It will do the trick. Cordyceps improves your sexual energy and is known for this, (see cordyceps)

4) Eat walnuts and watermelon everyday. Both are high in L-Arginine and stimulate the release of nitric oxide, the vasodilator Viagra is notorious for getting its results from. The watermelon is especially rich in lycopene for the prostate and can improve sexual function, (see watermelon)

5) Eat lots of wild salmon and trout. Sushi is a known aphrodisiac; their essential fatty acids thin the blood, improving circulation. Garlic is also recommended. Enjoy homemade pesto with basil & garlic. Garlic is known for

boosting fertility and assisting w/nitrous oxide production, which dilates blood vessels. Give up dairy products and cheese because they will take your mojo.

6) Get 30 minutes of sunlight everyday. Vitamin D is one of the most powerful healers and the light boosts brain neurotransmitters needed to feel good and maintain a positive attitude.

7) Qigong is a great form of exercise to practice as it enhances your personal power. Practice for 30-45 minutes each day and see noticeable results. Make it part of your morning routine. Qigong with your partner just before entering the bedroom will ignite a wonderfully energetic session.

8) If you really want to crank up the juice, try super-X. It is the most powerful sexual stimulant of all the supplements I recommend and has a proven reputation, (see super X)

### **Thyroid Problems ~ Silent Epidemic**

The thyroid gland is a butterfly-shaped gland located in the neck. Its main function is to produce thyroid hormones, which control the body's metabolism and body temperature. An excess of secreted thyroid hormones causes hyperthyroidism, which over-stimulates the body, resulting in increased heart rate, anxiety, and weight loss. A lack of secreted thyroid hormones causes hypothyroidism and is known to cause depression, fatigue, weight gain, & heart failure. Hyperthyroidism is rare, affecting about 1 percent of the population. Hypothyroidism is much more common than most people think and is becoming another one of America's epidemics. Western medicine has a thyroid stimulating hormone (TSH) test. If the amount is high then it means the pituitary gland is trying to tell the thyroid to make more hormones and it is not responding. However, thousands of medical doctors have proclaimed that by itself the test is inadequate for diagnosis. Much more accurate is the basal body temperature test one takes in the morning upon rising. Doctors typically base diagnosis of thyroid disease on the "normal" range for the thyroid stimulating hormone between 0.5 and 5.0 as normal. The higher the amount of TSH the more the pituitary gland is telling the thyroid to make more hormones. However, thousands of medical doctors have come out and proclaimed this broad range is leaving millions of people undiagnosed. New guidelines narrow the range for acceptable thyroid function between 0.3 and 3.04. Under these new guidelines, as many as 27 million Americans may have low thyroid function. These estimates would make thyroid disease equally common in North America as diabetes.

In Western medicine, hypothyroidism is typically treated with supplemental thyroid hormones. The reality is that some people will have to take synthetic hormones (of both T3 and T4) if their thyroid gland is not producing. For some people their entire life opens like a flower when they take these hormones into their body. Other people can get results without taking synthetic hormones. It is quite easy to start someone on thyroid hormones, relieving their symptoms. However, once a person remains on thyroid hormone for a number of years, there is a great tendency for their thyroid to become progressively less functional and eventually stop producing any functional hormones. Starting a person on thyroid hormones could condemn them to taking thyroid hormone for the rest of their life. My first tactic is to provide the raw materials for their thyroid gland to work better.

### **Thermogenic Properties of Virgin Coconut Oil**

What gives coconut its ability to balance the thyroid gland? Melanesians from Fiji Islands & Mexicans from the Yucatan area are observed to be slightly hyperthyroid (faster metabolism) because of the thyroid stimulating effects of coconut oil. Although coconut oil is a saturated fat, it differs from fats such as butter because it is made of medium-chain triglycerides (MCTs). Common vegetable oils and animal fat, are always made of long-chain triglycerides. The oil present in coconut oil stimulate metabolism promoting thermogenesis (i.e. burning of calories to produce heat) and this is why many people with low thyroid function testify they feel warm and their body temperature rises 1 or 2 degrees. Eat 28-56 grams of fat from coconut each day.

Another coconut product I highly recommend for hypothyroid is "Monolaurin". This takes the most active antiviral and antibacterial components in coconut and concentrates into small pellets. Because, immunity is often an issue with hypothyroid, I highly suggest monolaurin to decrease the influence of harmful bacteria, fungi and viruses. Take 1/2 scoop of monolaurin x 3 times daily. Gradually increase to 9 scoops daily, (see monolaurin)

### **Thyroid Problems continued**

People currently believe soy and soybean oil to be healthy, but they are highly destructive to the thyroid and endocrine system. When healthy people without any previous thyroid disease were fed 30 grams of soybeans per day for one month, Pubmed.gov reported goiter & elevated individual thyroid stimulating hormone (TSH) levels in 37 healthy adults (increased TSH levels are the pituitary's requests for more T3 not being fulfilled). One month after stopping soybean consumption, individual TSH values decreased to the original levels and goiters were reduced in size. Need I tell you, I advise avoiding soy! The only soy I like is natto, which is fermented and does not have thyroid inhibiting qualities. Coconut is the primary healing food for people with low thyroid levels. All of the cruciferous vegetables will lower thyroid function, therefore it is quite easy to reverse hyperthyroidism.

### **Hyperthyroidism is an easy fix**

When former president Bush was diagnosed with Graves's disease several alternative health authorities urged him to eat broccoli. One even published a book, "Why George should eat Broccoli." All of the cruciferous vegetables gently and naturally suppress thyroid hormone production, but radishes do it best. Radishes are used in Russia precisely for this purpose! Bugleweed herbal extract has considerable folk history for treating hyperthyroid conditions and modern medicine supports this use. It should go without saying that the same foods that heal hyperthyroid, will harm hypothyroid. Cooking "reduces" the thyroid inhibiting qualities of cruciferous vegetables, but only fermentation completely nullifies these effects.

#### **Bottom Line for Hypothyroidism**

- (1) Eat lots of proven endocrine boosting foods and herbs. Maca & cordyceps are the best. Take 1 tablespoon of maca and 10 cordyceps mushrooms every day.
- (2) Avoid eating the Goitrogens containing foods, however if fermented they are healthy. Broccoli, Brussels, cabbage, cauliflower, kale, mustard, turnips, millet, peaches, radishes, soybean, spinach, mint and rosemary.
- (3) Take 2-4 tablespoons (28-56 grams) of fat from coconut each day in food or smoothie.
- (4) If constipated—take "Super 2" each night before bed (*see digestive problems*)
- (5) Take Good Belly Probiotics. This WILL dramatically help thyroid suffers with digestion.
- (6) Smoothies are key for healing. Take 20 ounces daily.
- (7) Give up foods in section 2, especially milled flour
- (8) Qigong is the best way to improve blood circulation & metabolism. Practice daily.
- (9) Get 30 minutes of sun each day. This will improve circulation and vitamin D levels.
- (10) Eat goji berries everyday
- (11) Eat watercress, kelp & fatty salmon. These help to improve endocrine function
- (12) Take DMA 2 softgels x 3 times daily with meals

#### **Weight Loss - Looking Better Inside & Out**

I was hesitant to write about weight loss because I see it as a natural consequence of radiant health. However, the frequency of which I am asked for weight loss secrets has prompted me to write a section on the subject. I have Guided Great Numbers Of People To Lose Weight Successfully. If Followed, This Diet Is A Sure Thing. There is a great deal of information in terms of books, websites and expert opinions, some of which are valid, but most are either unhealthy or unrealistic. Three main factors that will determine your degree of successfully losing weight permanently are: (1) Food quality (2) Digestion and elimination (3) Exercise program We've received 100's of testimonials over the years regarding the effectiveness of this weight loss protocol: Drinking the smoothies and using this information I dropped 65lbs without trying and feel awesome!!! - Glenda Bisbee, Anaheim, CA. Drinking 40 ounces of the high-phytochemical smoothies described in this book will definitely make you shine with health and help you lose weight if you are overweight. Most will lose 15-20 pounds each month if they need to—this is if you also give up the problem foods described in section two. Calories are relevant, but not as relevant as the acid/alkaline balance of the body when it comes to losing weight. Body fat provides protection from toxic chemicals that our liver and kidneys cannot presently metabolize. If you focus on neutralizing acids in your body and increasing detoxification pathways you can achieve lasting weight loss. When your body is acidic, which can be easily measured using PH sticks from the health food store, it will be 10 times harder to lose weight. Drinking the smoothies will help alkalize your body's PH. Other things you can do include eating more raw salads with dark leafy green vegetables. Make your smoothies at least 75% vegetable or more and only use berries and limes for fruit in your diet. Eliminate all sugar and drastically reduce your intake of acidic meats like chicken and beef. Regardless of what the "experts" say, these acidic meats will help you lose short term weight with their high protein, but they put so much acid in the body, reducing the chances of long term health and success with weight loss. You will need plenty of good fat & protein to lose weight. My protocol for weight loss is almost identical to the protocol used to help people reverse diabetes. (See section on diabetes). This diet emphasizes mainly vegetables, beans and seafood because of their blood sugar balancing effects, low acid content and avoidance of spiking insulin levels resulting in weight gain. I also recommend taking 3 tablespoons of high quality virgin coconut oil each day with food. I know that many will scoff at taking in saturated fat, but only the uninitiated will protest. Realize that avocado and coconuts contain 'good fats' created by God to stimulate metabolism. I would eat 1 avocado every day to lose weight. When we starve the body of fat, it holds onto fat, thinking it needs to keep fat for survival. Eating fat tells the body its ok to Net go of it'. Low fat diets do not work for weight loss for this very reason. I repeat; low fat diets do not work for weight loss. The medium chain fatty acids in coconut are renown for helping people lose weight as they are shorter, less complex fatty acids. They are digested almost as easily as carbohydrates and it will not raise cholesterol, rather they will lower it. (*see coconut*)

#### **Digestion, Elimination & Exercise**

What goes in must come out. Some people have 5-50 pounds of compacted fecal matter stored in their colons. Your metabolism will improve when you are having well-formed, high quality bowel movements everyday. See the

section on digestion for diarrhea, constipation and taking probiotics. Qigong helps with weight loss by increasing metabolic energy. I highly recommend Qigong Walking, which I have used to help people lose weight for years. The walking and Qigong together crank up the metabolism.

## **Appendix I: Dietary Fats and their Impact on Health**

Fat is the most important and often most misunderstood aspect of nutrition. Oils are "added into" almost all prepared foods from Doritos to so called healthy snack bars. I'm still amazed by the prevalent use of canola and soybean oil by the health food industry. It seems to me that even some of the experts are confused. In light of this I decided to write an appendix for this book, specifically dedicated to fat. It is probably more chemistry & biologically detailed info than you need to get healthy. If you are not interested in learning about LA, ALA, omega 3,6,9, how certain fats are converted into hormones and you just want to start your journey into radiant health, then this information is probably unnecessary. Since this book was published in 2005, it has become a big hit mainly due to its simplicity and effective protocols. I don't speak about any single food for more than one page! So brace yourself, this appendix is not simple and may be completely unnecessary. It is for those people who want to know every detail about dietary fat and how it affects our body. The goal is to clearly lay out the myths and simplify complicated processes so readers understand why certain fats are good, and why others are terribly bad. Of all the nutrients, fat is surely the most misunderstood, especially with regards to what happens when we cook with oils. So if you are ready, lets begin with the most @#!% up lie there was ever told about fat, specifically *Saturated Fat*. Thanks to the American Soybean Association (ASA), we have had a negative view of ALL KINDS of saturated fat since the 1980's. The MEDIUM chain saturated fatty acids in coconut are very healthy and might be the world's healthiest oil of all time. Coconut's saturated fats should not be confused with the artery clogging LONG chain saturated fatty acids found in animal meats. Yet, this confusion was knowingly perpetuated even though countless studies show coconut oil did not raise LDL cholesterol nor could it be correlated with any form of heart disease. In fact, Pacific Islanders eat lots of coconut and cook with coconut oil but have little to no heart disease or cancer! That is until they start using Western oils like soy, corn and canola oil in their processed foods. And lets not forget how destructive cooking many vegetable oils at high temperatures can be. When ANY oil that is not saturated is used to fry or sauté there is the consequence of generating large amounts of free radicals. Perhaps more than anything else, this tainted oil (with high amounts of free radicals), threatens our society's well being. In the following pages I attempt to simplify the mystery of fatty acids.

### **Long Chain Saturated Fatty Acid Stearic Acid – Abundant in Animal Meats-Medium Chain Saturated Fatty acid Lauric Acid – Abundant in Coconut**

To begin we understand the molecular structure of fat itself. All fatty acids are a "chain" of carbon atoms. Imagine that C represents the aisle of a small airplane. On either side of the aisle is one seat. It is either being occupied or the seat is empty. A saturated fat is a "full airplane" where every seat is occupied by a hydrogen atom. Yet, just because a fat is fully occupied by hydrogen atoms does not make it bad. In fact, one distinct advantage that all saturated fats have over unsaturated fats is that they don't have any missing hydrogen atoms (empty seats). This means they are not vulnerable to oxidation or free radical formation. This is precisely why they do not oxidize at high temperatures and are the best for cooking. I will go on record saying coconut oil & butter are the best oils to cook with. We incur far more damage to our body from free radicals than we do from ingesting saturated fat. Toxic oils overheated are the #1 health threat and are linked to cancer, heart disease, inflammation, you name it. Food manufacturers used to use palm kernel and coconut oil in their foods because they prevent spoilage. Of course, when the "soy oil cartel" began artificially hydrogenating soybean oil they found a cheaper alternative for spoilage prevention. These artificially hydrogenated oils are the evilest of all villains. If you read the word hydrogenated oil on an ingredient list, this means the fatty acid chain has been artificially made to act like a saturated fat. It is common knowledge in 2011 that these fats kill. For simplicity, it is easy to remember that almost all fats from plants and animals are triglycerides. The definition of a triglyceride is rather complicated and unimportant for the perspective we need here. What is important is whether it is a "long chain" triglyceride or a "medium chain" triglyceride. Notice that the size of the coconut fatty acid molecule is substantially smaller than the animal fatty acid molecule. Medium chain triglycerides (often called MCT's) are absorbed directly into the blood via intestinal capillaries. Long chain fatty acids are too big to pass through intestine capillaries and thus require more complex digestive processes. We do not find MCT's naturally in great quantity except for a few sources. Coconut is composed of 64% MCT's and butter has 3%. It is also found in human mother's milk, which is very high in saturated fat. Medium chain triglycerides are digested so easily, they burn like carbohydrates. Coconut oil is often given to patients in hospitals when they are on IV's and unable to eat solid foods. Baby formulas frequently add coconut oil, because it is so easily digested. The most noteworthy MCT's are lauric acid & caprylic acid. These fatty acids are highly anti-viral, anti-fungal and anti-bacterial. (See coconut for details) One big reason mother's milk is so valuable for newborns is the lauric acid found in breast milk. It protects babies from

infection while they are still developing their immune system. Yet, even after we grow up we still need protection from viruses, harmful bacteria and fungus. Most diseases are caused by these pathogens. Read the studies on Tokelau Islanders if you are not convinced. Their island uses coconut as the chief food and they are noted for having an almost zero incidence of heart disease and cancer. Scientists have grouped all Fats in 3 primary categories: Saturated, Monounsaturated & Polyunsaturated. As of writing this appendix in January 2011, the Mayo Clinic has listed ALL saturated fats as harmful on their website. They even list coconut in the harmful section! For me it is a lesson in forgiveness, but I must say it is a grave mistake they still make as of writing this. It is a shame because coconut reverses many health problems. It does not need to be used in moderation! It does not raise LDL cholesterol as proven in double blind studies. I regularly eat many tablespoons of the oil in smoothies & cooked meals. None of the 3 primary categories are "healthy" or "unhealthy". We must look at the specific fatty acid in question. A common mistake is that people think all Monounsaturated Fats are healthy. Not true! For example, Oleic acid, which makes up 77% of olive oil, is known to be a very healthy monounsaturated fat. However, Erucic acid, another monounsaturated fat, is highly toxic. So toxic it is hard to comprehend. Canola oil (used to be called rapeseed) is made of over 60% Erucic Acid!!! Of course if we ate oil with this much Erucic Acid we would all be dead. Why is Canola Oil in almost all so-called health foods and we are still alive? Canola has been genetically modified to include only 1% or less Erucic acid. There is no such thing as non-GMO canola oil! 1% Erucic acid is still too much and quite toxic.

#### **Long Chain Monounsaturated (Omega-9) Oleic Acid Abundant in Olive Oil & Avocado**

Double bonds are present in more complex fats. You can view them as another cart on a train. Each cart requires a double bond to hold it together as it gets more complex. Monounsaturated fats are called "mono" because they always have only 1 double bond. This is indicated in the molecular structure by double lines = in the middle of the fatty acid. Saturated fats have no double bonds, making them the simplest of all the fatty acids. Polyunsaturated fats are the most complex because they are longer and have many (poly) double bonds. Some of the most important fats for brain function and hormones are the polyunsaturated type. Oleic acid is monounsaturated and is proven to help lower LDL cholesterol. All food sources will have a *blend* of many different fatty acids. It is this blend that makes a food healing or harmful to health. Olive oil is 77% Oleic acid, which is the most of any food. In my opinion, ALL unsaturated oils, especially olive oil, are bad to cook with because they have empty seats that will occupy free radicals.

#### **Long Chain Polyunsaturated Fatty Acid Omega 3 Alpha-Lineolenic Acid (ALA) Abundant in Chia, Walnut, Hemp & Flax-Long Chain Polyunsaturated Fatty Acid Omega 6 Linoleic Acid (LA) Abundant in Vegetable Oil**

Omega-9 refers to oleic acid, and is found in high concentrations in olive oil, avocado and most nuts. Omega-6 refers to several fatty acids, but mainly linoleic acid and is found in vegetable oils, salad dressings and processed/fast foods. Omega-3 refers to three fatty acids: Alpha-lineolenic acid is found in high concentrations in chia, walnut, hemp and flax seeds, Eicosapentaenoic acid and docosahexaenoic acid are more complex and found only in cold water fish, krill and ocean micro-algae. For most Americans, 20% of all calories in the common diet are estimated to come from soybean oil! Vegetable oils are used instead of coconut oil in cooked foods (biggest mistake ever). With everything from potato chips, fried foods, health food snack bars and virtually all processed food under the sun. We are inundated with Omega-6 oils and these are the real culprit behind most diseases. Omega-6 fats produce hormones that create inflammation in the body, which is associated with asthma, arthritis, cancer, diabetes, heart disease, and nearly every health problem. These pro-inflammatory fats are needed for health, as they are considered essential fatty acids. We are simply consuming far too much of them. The best omega-6 oils come from evening primrose oil and hemp oil GLA which reduce inflammation. The bottom line is that we are out of balance in our omega-3 to omega-6 ratios. University of Maryland says a typical American diet consists of 14-25 times more omega 6 than omega-3. Meat is high in omega-6 fats as are most processed foods, which create inflammation in the body. On the other hand, omega-3 fatty acids produce prostaglandins (hormones) that actually reduce inflammation. That is why supplementing DMA & EPA frequently helps arthritis sufferers. I strongly recommend people reduce the consumption of ALL vegetable oils (except olive & avocado, high in omega-9) and increase the usage of omega-3 rich foods like chia, walnuts, hemp seeds and of course coconut oil for its fast burning medium chain triglycerides. Lastly, I recommend eating or supplementing mercury-free sources of DMA & EPA fatty acids, which are the most biologically potent fats in the universe. Numerous studies show our body can only convert 15% of the ALA found in seeds into EPA and only .05% into DMA. The only way to get "King of Fats" DMA & EPA is from marine sources. (See DMA & EPA for details)

#### **Long Chain Polyunsaturated Fatty Acid Omega 3 Eicosapentaenoic Acid (EPA) Cold Water Fish, Krill, Ocean Microalgae-Long Chain Polyunsaturated Fatty Acid Omega 3 Docosahexaenoic Acid (DMA) Cold Water Fish, Krill, Ocean Microalgae**