

THE DAILY STRATEGY

A.M. Morning Program

Meditation, Visualization and Affirmation

Start your day with a spiritual practice. This is vital. It balances the mind/body/spirit complex and sets the tone for the rest of the day. I recommend meditation/prayer followed by visualization and positive affirmations. There are many personal development systems which embrace meditation, visualization and affirmation. I cannot endorse them all, but what I do know is that together with my associates we have developed an exceedingly potent formula. This particular system: **SUNPOP**: Success Ultra Now Personal Optimization Program is available on our website (www.. The critical factor is to move out of the stress of the normal waking state into a relaxed, loving, Divinely-inspired state.

Until this natural state of compassion becomes our way of being, the best way to start and end the day is to program the mind with the health, wealth and happiness feelings that we wish to experience. Suffice to say that you may eat as much medicinal nutrition as you like, but without the appropriate shift in the underlying consciousness which forms the magnetic energy body of each cell, our best efforts are doomed to fail.

Visualization is the practice that follows meditation. This is about creating a vision of the future, and emotionalizing that vision with heartfelt breath. Knowing it is more important than seeing it. The foundation of being able to create what you want in life is conviction, concentrated faith, intuitive knowing. When you are playing in your imagination be sure that what you are magnetizing into your existence is harmonious. We need to look to our higher self, to look into the mirror of our own hearts and pay heed to what it is we see. Desire for material wealth as a means to an end is not the path; this is an unnatural attitude. The desire to uncover the perfectly healthy being of love and intelligence that you are is a more natural desire

Affirmation is the active use of the power of the spoken word. Affirmations are positive statements that begin with "I am" and capture what it is you desire, expressed in the tense of *already possessing it*. For example, if you desire health, wealth and happiness in your life and you are not experiencing it, then after meditation and visualization, practice the affirmation: "I am now the perfect embodiment of health, wealth and happiness. Abundance flows in a never-ending supply in my life and I accept her gifts with love and gratitude."

Affirmations are best done in a deeply relaxed state before and immediately after sleep. The more definite sense of unshakeable conviction one has when applying them, the more powerfully they work. Dr. Joseph Murphy and Florence Scovel Schinn are the two leading exponents of this science. Affirmed statements need to be accompanied by the feeling experience of the end result you wish to experience. For instance, if it is health you desire to experience then you need to feel it while verbalizing the statement.

Breathing Exercises

Breathe deeply. Slow, rhythmic and constant breathing is the best way to get the most important nutrient, OXYGEN, into the body. The breath also is critical to the healthy functioning of the central nervous system. The vagus nerve, running from the brain down the spinal column to the solar plexus, does not function effectively without regular rhythmic breathing. If the vagus nerve is not operating correctly then neither is the endocrine system, digestive system, circulatory system and respiratory system.

Anyone with serious bowel disease, such as colon cancer, will benefit greatly from some form of oxygen supplementation. There are various products available in powder form which one simply mixes with water and takes orally. Oxygen kills cancer cells immediately and also destroys all anaerobic organisms. (Check out www.chrisbar.com for products such as Oxy Powder.)

Alternate nostril breathing is an ancient yogic technique which balances both hemispheres of the brain and opens important energy channels in the frontal lobe of the skull. Simply use the thumb and third finger to open and close the nostrils as you breathe deeply in and out. Breathe in through one nostril while closing the other, then open the other to exhale completely; inhale through the nostril from which you just exhaled then alternate and repeat the process.

We can also oxygenate our system easily and efficiently by practicing vigorous pressurized breathing.

Simply contract the abdomen slightly (by squeezing your stomach muscles in and up), slightly pull in the anal sphincter as if you were bursting for the loo but had to hold it, and begin to breathe short pumping breaths in and out through the nose. Feel if the nostrils are blocked and clogged. This is usually the case in toxic conditions. Continue to pump the breath generating pressure in the lower abdomen. Keep pumping. Keep the chin down slightly as the energy can fly up to the head making one feel dizzy. This is only inconvenient not dangerous. Pump the breath until you can feel warmth spreading from the solar plexus up and out across the chest into the collarbone area.

This also stimulates lymphatic flow. Put plenty of time into this procedure if you want to shift your health swiftly. I used this technique to blast open channels in my body that had become blocked and clogged with accumulated waste. Oxygenating makes you feel good and is best practiced in a well-ventilated areas.

Movement

Walking is particularly necessary during this program. Try and walk twice a day, in the morning and evening. I also recommend yoga, swimming, qi gong and cycling. One of the very best things you can do for your health is dance. Just put your favorite music on and dance. Try and let go at least three times a week. Rebounding is the best exercise to stimulate lymphatic flow. The best all around exercise that requires no equipment is Hindu squats.

The objective of exercise is to get the circulation moving, and it is not important how you do it as long as you do it.

Important Point

Because so many factors are involved in the health equation, I like to recommend general foundational effective protocols for super charging the immune system. One of the very best support strategies to achieve this end is inhalation of essential oil of SAGE.

This strategy is particularly relevant in these times because so many of the viruses and microbes which challenge are health are very often air borne germs. Sage oil is the ONLY thing I have ever heard of which absolutely kills all this stuff, which can live in the folds in the lungs for seventy years or more.

I once treated a dreadful cough, suspected Swine Flu, with Sage oil combined with an all raw food diet and within less than 24 hours all symptoms of disease had disappeared.

I recommend dropping 4-5 drops of Sage oil in a bowl and pouring a small amount of boiling hot water over them. Just enough to get the vapor going then place a towel over the head and breathe deeply and strongly until the vapor is noticeably weaker. At this point discard the water. Have a rest for a minute or two then repeat at 5 – 6 times. Do this 2 -3 times a day for a week.

It is guaranteed to knock out all residual lung infections and kick-start your ascension into super health.

The lungs are perhaps the most important organ in the body. Responsible for Lymphatic energy, heart energy as well as oxygenation of blood. The importance of keeping them in tip-top health cannot be overstated.

The Program

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

Follow these simple guidelines:

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

I call this strategy the Brontosaurus Diet.

Jungle Juice

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

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

- ½ tsp. Raw Honey-optional (loaded with enzymes)

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

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

(More on above ingredients in Appendix B)

Glandular Balancing Formula

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

- 8 oz. Pure Water
- ½ tsp. Ginger Root Powder
- 1 tsp. Licorice Root Powder
- ½ tsp. Kelp Powder
- 1 tsp. Sarsaparilla Root Powder
- 2 tsp. Ginseng
- 1 tsp. Raw Honey

Blend.

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

Other Hydrating A.M. Suggestions

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

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

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

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

Water variations:

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

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

Oxygenation - If you have cancer, I strongly recommend a daily intake of any quality oxygen powder product (see Resources for recommendations). *Also, find out where you can receive Ozone treatments and get on a program of a minimum of seven sessions.

Oxygen is definitely the most powerful medicine and superfood for assisting in establishing the optimum environment for cellular health.

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

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

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

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

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

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

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

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

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

Breakfast Options

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

Vegetable Juices. You can add any combination of the following: a little oil/apple cider vinegar to taste, slippery elm bark for fiber and intestinal nutrition, one tablespoon of herbal fiber dietary blend, or bee pollen. If you are overweight or suffer from constipation, use soaked flax/linseeds liberally in all juices and salads, chia seed, or Merlin's Magic Root Formula.

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

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

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

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

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

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

Mid Morning

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

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

Stick to 80% water content.

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

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

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

Major Points of the morning program:

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

Lunch

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

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

Liquid Salad

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

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

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

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

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

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

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

A combination or choice of the following:

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

Herbal teas

Fruit

Raw chocolate and bee pollen or goji berries

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

Dry fruit or nuts (preferably soaked) or 3-seed mix (pumpkin, sunflower and sesame). Pine nuts are a delicious nutritious snack. Dry fruits are a great trail mix when out hiking or away from home and energy is required, but their super high sugar content needs to be considered with caution. Also, I would not recommend the preserved varieties. Sweet fruits go together. Use sparingly.

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

Evening Meal

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

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

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

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

Choose from:

Soups are a great form of simple nourishment. In the NGP they can be taken raw or include lightly steamed root vegetable base and freshly juiced organic vegetables with

seaweeds and Miso or Coconut. Add freshly germinated sprouts to your soups. (See Additional Recipes section for soup ideas).

Or *Steamed greens*

Or *Green salad*

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

Or *Herbal Tea* with favorite superfoods.

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

Bliss Chemical Evening Program

Ultimately, it is up to you and your body to decide what nutrition protocol will be the best ever. When we receive Raw nutrition, our body becomes more attuned with the natural flow and cycle of digestion. You will begin to notice what foods are attractive to you by listening to the digestive forces within your body. It's great to eat very simple meals so you can tune in to what feels good and what doesn't.

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

Herbal Tea formulas:

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

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

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

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

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

enables the qi within the body to circulate freely inside the person and leads to improved health.

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

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

Power Foods for the Superhero

Aloe: Rich in acemannan polysaccharide, known to stimulate the rejuvenation and, seemingly, resurrection of tissues. Used internally and externally for almost every dermatological or tissue imbalance. Fresh inner leaf gel is high in oxygen and shown to contain elements of high energy for deep rejuvenation.

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

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

dimethylcaffeate. Researchers have discovered that these substances prevent colon cancer in animals by shutting down activity of two enzymes, phosphatidylinositol-specific phospholipase C and lipoxygenase. When raw honey is extensively processed and heated, the benefits of these phytonutrients are largely eliminated.

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

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

Maca: From the highlands of the Peruvian Andes, has been used traditionally for centuries in South America to enhance fertility in humans and animals. Endocrine system support, increase physical energy. Supports libido and sexual functioning. Hormonal balance for men and women. Increase in mental clarity and focus.

MSM

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

Ormus

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

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

beneficial bacteria, to multiply at four times the normal rate. This, in turn, causes the body to take in nutrients more efficiently. In conjunction with beneficial soil-based organisms, this may be a very purifying synergistic combination.

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

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

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

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

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

Ginger: Warming and digestive stimulant. Clears spleen dampness.

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

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

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

Weekly Fast

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

End of program.

Recap of Daily Consumption Strategy

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

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

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

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

These principles are as follows:

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

The NGP provides an optimum strategy for enhancing bodily functions. If you stick to the program you will get the best results. If you follow the basic principles you will still

get good results. For instance, you could eat fruit all morning till lunchtime and still get very good results. The thing is to understand the principles and take responsibility for your own health.

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

Integrating the NGP Into the Working Week

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

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

Additional Recipes

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

Teas

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

Natural Goodness Health Drink

Vegetable juice

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

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

1 tbsp. apple cider vinegar

1 pinch of cayenne.

1 Pinch of kelp powder.

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

Protein Power

One scoop of hemp protein powder

One large teaspoon of maca root

One large teaspoon of carob powder and raw cacao

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

Pure Heart

Chocolove

Cacao's Girlfriend

Coconut water

Rose water

Honey

Dragons Herbs Tea

Cayenne

Cacao Butter

Vanilla

Hot Peppers

Surf Brew

Coconut water/Goji

Cacao powder/nibs

Red

Cordyceps

Bee pollen

Cistanche (tonix)

Deer Antler (jing herbs)

Cacao butter

Coconut oil

Mesquite

Ho shou wu/Reishi/BC Manna

Tocotrienols

Cinnamon

Astragalus

Salt

Sexy

Gold

6 Cistanche

2 Sq. Deer Antler

Maca

Honey

Home 1/15/10 12:10 PM

Comment: Quantities?

Bee pollen
Vanilla

Soups:

Coconut Green Soup

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

Remove pan from heat.

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

Add 2 tbsp. of 100% pure coconut oil.

Blend ingredients together.

Add herbs of choice.

Add a pinch of kelp and cayenne pepper.

Garnish with parsley.

Miso, Greens and Sea vegetables (my primary recommendation)

For something more substantial try:

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

Cut and slice, then lightly steam

While root vegetable is steaming, prepare a raw juice.

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

Add the root vegetable

Add 1 tbsp of Miso

Blend together

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

Add a pinch of kelp and mustard powder.

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

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

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

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

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

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

Double shot of wheatgrass juice
Root ginger
Red chili pepper
Lime juice
Cherry tomatoes

Simple Recipes for LIFE

by Julia Corbett aka RAWJules

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

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

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

2 Oranges (with seeds if possible)

1 cup Berries

½ bunch Kale or other Dark leafy green

Small handful Parsley

½ inch Ginger

½ Lemon

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

Fulvic Acid Power Drink

2 inches fresh Aloe or 3 T Aloe Juice

1 Noni Fruit or 1 T Noni Powder

1 cup Grapefruit Juice

Small handful Holy Basil

½ inch Tumeric

½ inch Ginger

Fulvic Acid (use recommended dose on bottle)

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

Elixir of Life

2 capsules Reishi Mushroom powder

2 capsules Cordyceps Mushroom powder

2 T Cacao powder

1 tsp Shilagit powder

1 tsp Bacopa powder

2 T Honey

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

1 cup Coconut water

½ Vanilla bean

Cinnamon stick, shaved with microplane

Nutmeg, shaved with microplane

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

Liver Cleanser Tea

2 tsp Shilagit

¼ cup Chanca Piedra

¼ cup Schisandra berries

2 T Milk Thistle seeds, ground

1 Vanilla bean shell

2 inches Fresh Ginger, chopped

2 inches Fresh Tumeric, chopped

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

Dandelion Tonic

2 cups Dandelion root tea, warm

1 Vanilla bean, scraped

1 cup Coconut water

2 T Honey

1 tsp Shilagit

Few shakes Sea salt

1 T Coconut oil

Blend all in a high speed blender until frothy.

Hemp Mylk

½ cup Hemp seeds

1 cup Coconut water

2 cups alkaline mineralized water

Shake sea salt

Blend in a high speed blender until smooth and creamy.

Variations: use Pumpkin Seeds instead of hemp for a super Zinc powered Mylk. Use Brazil Nuts instead of hemp for a super Selenium powered Mylk.

Sparkling Grapefruit Juice

3-4 large Grapefruit

1 cup Young Coconut water

1 cup Sparkling Mineral water

3 T Honey

¼ tsp Habanero Pepper powder

Juice grapefruit with hand juicer, add all ingredients to a large glass jar and mix with a wooden spoon.

Grapefruit Lavender Juice

5 Grapefruit

1 handful dried Lavender flowers

¼ cup Ginger juice

Juice grapefruit with handheld juicer, stir in flowers and ginger juice, let sit for a few hours so the flavors can meld.

Parsley Lemon Ginger Sweet Shot

1 cup Parsley

1 Lemon

1 inch Ginger

3 stalks celery

2 Apples or other sweet juicy fruit

Place all ingredients through a juicer and drink immediately.

Alive Applesauce

4 of your favorite apples

1-2 lemons, juiced

2 tsp cinnamon

½ tsp sea salt

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

Sea Mineral Soup

1 oz Wakame or Kombu

1 oz Arame

1 oz Sea Palm

2 T Red Miso

½ cup Lemon Juice

2 cloves Garlic, chopped

1-2 inches Ginger, chopped

1 small hot pepper

2 T Coconut oil

Fresh Lemongrass

4 cups Mineralized water

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

Tomato Basil Soup

2 medium size Heirloom tomatoes

small handful Holy basil (Tulsi)

1 Lemon

2 cloves Garlic

½ inch Ginger

1 T Miso

½ tsp Sea salt

3 T Olive oil

½ cup Seaweed soak water

1-2 Young coconuts

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

Sealicious Salad

2 sheets Nori
2 T Kelp powder
1 cup Sprouts
2 T Spirulina and/or chlorella
1 Lemon or lime, juiced
Handful Olives
1 Avocado
Few shakes Sea Salt
¼ tsp Cayenne pepper
1-2 cloves Garlic

Slice Avocado into chunks, and mix in a large bowl with kelp powder, spirulina, lemon, sea salt, cayenne, and garlic. Top a bed of sprouts with this mixture and toss the olives on top along with torn up sheets of nori, or roll the mixture in the nori.

Grow your Own Wild Salad

Wild greens
Fresh herbs
Fresh Kale
Edible flowers (nasturtium, impatiens, hibiscus, borage, lily)
Lemon or apple cider vinegar
Olive oil or other raw oil
Sea salt
Hemp seeds
Spirulina or chlorella
Eat as many greens as you like, chop with a ceramic knife and sprinkle on the lemon, olive oil, salt and hemp seeds.

Super Amazing Heirloom Salad

Large Heirloom tomato
Large buttery avocado
1 cucumber
¼ cup Dulse
1 lime, juiced
Sprinkle Cayenne pepper
1 clove Garlic
Few shakes Sea salt
Slice and dice the heirloom tomato and cucumber, place in a large bowl. Add cubed avocado, dulse strips, chopped garlic, lime juice, cayenne pepper and sea salt. Mix and enjoy!

Fresh Minty Salsa

1 cup Mint

1 Pineapple
2 medium Heirloom tomatoes
1 Jalapeño pepper
2 Avocados
2 limes
Few lime leaves

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

The Best Fruit Salad Ever!

1 Pineapple
2 Papayas
2 cups Berries
1 cup Mint Leaves
¼ cup Honey
2 T Spirulina
½ Cup coconut water

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

Orange Kiwi Berry Salad

3 Oranges
1-2 cups Kiwi Berries, or kiwi
1 cup Blueberries
1 Lemon, juiced
½ inch Ginger

Nutmeg shaved on a microplane

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

Berry Tart

2 ½ cups Fresh Berries
½ cup Tahini (sesame seeds)
½ cup Honey or grade B maple syrup
8 Dates
½ tsp Sea salt
½ tsp Vanilla
¼ cup Lucuma powder
¼ cup Chia seeds
2 cups Dried nut mylk pulp, or coconut flakes
1 orange

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

The Living Mandala Pie

4 Avocados

½ cup coconut water or fresh orange juice

1/3 cup Honey

3 T Spirulina

1 tsp Sea salt

2 T Bee pollen

2 T Maca

1 Vanilla bean, scraped

Edible flowers

2 cups Hemp seeds

¼ cup Carob powder

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

Seasonal fruit to decorate

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

Superfood Mashup

½ cup Cacao nibs

3 T Mesquite powder

3 T Maca powder

Handful Chlorella tabs

2 T Noni Powder

¼ Cup Honey

2 T Bee pollen

½ tsp Sea salt

¼ cup Tahini

½ cup Goji berries

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

Yogurt Parfait

2 cups Cashews

½ cup Hemp seeds

½ cup Orange juice

1 Vanilla bean

¼ cup Honey

½ cup Mint leaves, chopped
2 Organic papayas
1 cup Strawberries

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

Chocolate Cream Pudding

2 Avocados
1/3 cup Honey
½ cup Cacao powder
2 T carob powder
3 T Maca powder
1 Vanilla bean
1 Lemon
2 T Spirulina
½ tsp Sea salt

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

Following By Jared Port:

Heavy Metal Chelation Wraps

Filling:

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

Optional enhancements for filling mix: Milk Thistle extract (open capsules if powder not available; assists in protecting the liver and enhanced purification), Reishi Mushroom Extract (liver and immune boosting; enhances metal purification), other medicinal mushroom extracts, Horsetail or Nettle powder (contains organic silica primary mineral component of skin, hair, nails, collagen, bone/joints, tendon; many areas where heavy

metals and excess calcification are stored) Vitamineral Green (Health Force Nutritionals; provides highly beneficial probiotics, herbs, sea vegetables, and green foods).

Be creative!

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

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

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

Cucumber, bell pepper, onion, minced/pressed garlic, papaya (improves assimilation of amino acids and proteins), pineapple (improves assimilation of amino acids and proteins).

Be Creative...there are no limits!

Superhero Dressing

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

1 handful Brazil Nuts

1 handful Pumpkin Seeds

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

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

Juice of 2-3 lemons

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

large pinch of salt

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

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

Add any blend of herbs or spices

Add water to desired thickness.

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

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

Autumn / Winter

During autumn and winter months in a cold damp climate – *for many of us* most food should be warming or neutral. Every kind of food has a thermal nature which means it can be either cooling, neutral or warming to the system. For example, nearly all fruit is cooling. Internal coldness, especially when associated with dampness is the kind of inner environment associated with a cold damp condition within the individual.

Cancer is a good example of a disease in which dampness is a factor. Wheatgrass juice is a very powerful anticancer elixir but it is also a damp cooling liquid, so if we want to use it (which we definitely do), then we have to change the thermal nature. The best way to do this is to either add warm water, freshly pressed, or dry ginger and a pinch of cayenne pepper. *Do NOT, use boiling water with wheatgrass juice or any other enzyme-rich food.*

It is also advisable to eat with the seasons, preferably local organic food. Fresh local vegetables during the winter months are a wonderful tonic for the body and perhaps offer far more nourishment than tropical fruits imported from overseas. Follow the NGP and let your intuition guide you.

A good autumn-winter program is to increase the herbal tea intake and introduce slow cooked whole grains such as porridge oats in the morning. Not every morning but when really desired. Winter is a challenging time to be cleansing. Obviously, if we are seriously ill then we have no choice about postponing our detox strategy until the weather warms up. So we need an intelligent program that includes plenty of nourishing whole foods. Winter is the time to experiment with vegetable broths and soups. It is a good idea to take warming soup for breakfast as well. Miso soup and greens with ginger is a great way to start the day in wintertime. Try and get a liter of root vegetable juice in, as well as carrot juice. Herbal teas should be slow cooked and boiled then simmered using the roots and bark and adding leaves later. These should be taken first thing, and then throughout the day. Broths and soups then could comprise the main meals – and that would be an excellent way to support the body in regeneration.

Any whole foods should be chosen from the accepted list. Slow cooked soups are a great source of nourishment. During the wintertime, especially if the weather is cold and damp, the main part of the diet should be nourishing. Raw foods tend to strip us down and the whole key to health is found in balance. It is absolutely useless if we become unstable by doing too much cleansing. An intelligent balance of nourishment, building and cleansing needs to be found. Generally speaking, the lighter we can go in the mornings and evenings, the better off we are in terms of allowing the body to detoxify.

Spring / Summer

During the spring and summer months the bases should shift to juices and raw foods. The basic principle is that the simpler and more natural the food, the easier it is to digest. This relieves the body of a great deal of stress and releases energy that can be directed towards regeneration. Simplifying the diet but maintaining a balance of fruit, especially in the mornings, with leafy green salads and nuts taken at lunch time, and very healthy fatty foods such as avocados or coconut (see food combining chart) for the evening meal is an excellent way to get the natural goodness we need for optimum health.

Be Simple. Be Natural.

Springtime is also an excellent time to begin an exploration into the wonderful benefits of fasting on pure water. For this, the purest water is required. Mineral water will do but there are better choices. Distilled water is available in many grocery stores, but you are much better off with a machine, or try reverse osmosis water, or charcoal filtered water as

a last choice. Distilled water is the best for fasting and cleansing but not for prolonged use without the addition of suitable minerals. I particularly recommend the addition of Original Himalayan Crystal Salt. I urge you to get a hold of *The Miracle of Fasting* by Paul Bragg. More importantly, begin to drink only pure water one day a week and completely rest the digestive organs. This weekly fast is a critical part of the NGP and should be extended to 3-day fasts each quarter (every 3 months). You may, like me, abhor the idea of not eating, but I assure you that if you try this wonderful method you will be astonished at the results. Fasting allows the body precious time to regenerate and rebuild from the damages of excess. Find your rhythm. Try fasting on the full moons and increase the focus on cleansing around these times.

Don't forget to take honey with the water if you feel blood sugar levels dropping (fatigue, light-headedness, weakness) or thought processes becoming sluggish.

Living Foods

Along with powerful natural foods like wheatgrass, we can add life force to our system with living foods. For the purposes of detoxification and alkalization, it is advisable to take as much food as you can in its raw and unadulterated state. All food has an inherent thermal nature that means it is either cooling or warming. Most raw foods are cooling. For someone with digestive weakness and a tendency to diarrhea, an excess of cooling foods, especially in the wintertime, can further weaken one's system. Pineapple is a good cure for this condition. So is carob powder. This is the reason why it is advisable to warm juices, if necessary, either by preparing as soups (as outlined above) or by adding warm water and always a pinch of cayenne and plenty of fresh ginger. By doing this, the juices we consume do not have that weakening affect. During the process of detoxification, at times we can experience feeling low on energy: this is a signal that the body is using most available energy for the purposes of repairing and regenerating areas of the cellular structure that need it most.

Balancing Raw and Cooked Foods

We have heard it said many times over that balance is a key factor in anyone's health equation and balancing cooked and raw food to personally suit your individual requirements is something only you can figure out. Eating any form of cooked food generates heat in the body. Digestion is a process of combustion, in other words the food is heated up then assimilated. Cooling food (i.e. all raw food) requires some heating up by the body to digest it. This is good when balanced with a sensible early morning strategy that involves mainly cleansing foods. If you feel too cool after eating them then you can engage in some pressurized breathing some time after the meal and heat will be generated very quickly.

Vigorous exercise is also a very good way to generate lasting heat in the body. A good vigorous exercise session will leave you feeling warm for quite some time afterwards. It is a fallacy to say that a raw food diet cannot be eaten in a cold climate. There are many individuals who thrive on such a diet, but if you are a thin, nervous type then raw foods need to be balanced intelligently with warming foods. Whether to eat raw or cooked is not really the issue. A better question to ask is what would I really benefit from right

now? In order to answer this question honestly we need to ask ourselves where we have come from and be honest about what is really serving us.

If we have been stuffing ourselves with junk then moving onto fruit mainly in the mornings, salad and whole foods in the afternoon and light soups in the evening time is a very good improvement. A greater emphasis can be placed on raw foods in the spring and summer time, and moderation should always be the keynote. For those of us who tolerate it or who have moved through the transition phases slowly, a mainly raw diet with nothing taken in excess is a real joy.

Also, any cooked foods other than vegetables should be chosen from the following list if we wish to lend *maximum* support to the detoxification process.

- Quinoa
- Millet
- Brown rice (use sparingly)
- Amaranth
- Barley
- Wheat whole grains
- Oats
- Buckwheat
- Tofu and tempeh (use sparingly)
- Whole beans and legumes
- Baked potatoes
- Any other root vegetable
- Any other whole foods

It is best to restrict grains to no more than three times weekly. With the exception of millet, they are all acid forming to some degree. Quinoa is botanically a fruit and is an excellent source of protein. Although the foods on the above list will generate some acidity and dehydration, they can be used intelligently in a cleansing program to “apply the brakes” to the detoxification process. If detox symptoms become too severe simply add a little food from this list and slow down the process. Toxicity is stored in the tissues of the physical body. As soon as the body is allowed to rid itself of its accumulations, it will begin this process. As toxicity levels rise in the bloodstream and accumulations build up in the bowel we can very often feel quite overwhelmed. Drink plenty of fresh water and take a coffee enema once a week.

Try to restrict all unnatural and processed foods to an absolute minimum. Never overeat *anything* – leave the table feeling light.

It is always advisable to make gentle changes to the daily habits rather than abrupt major shifts. If you have experienced any form of serious disease or are simply interested in experiencing the highest levels of health and vitality you should transition smoothly through the phases away from a dairy/meat-based diet through cooked vegetarian foods to a mainly raw regime.

According to Dr. Gabriel Cousens, who is probably the most knowledgeable doctor in the world today, we are all individuals, and so there is no “one diet fits all” system. Dr. Cousens recommends the same basic principles that are outlined in the NGP, tailored to meet individual requirements.

(For an in-depth study of these considerations I recommend two books: *Conscious Eating* and *Spiritual Nutrition*, both by Dr. Gabriel Cousens).

Don't Go Nuts

When transitioning to a more natural diet do not overeat nuts. Nuts, with the exception of almonds, can be quite acidifying and difficult to digest. Nut milks are a great option blended with super foods in smoothies. Eat nuts with plenty of greens, and do not have more than a handful a day. Seeds are a better option, preferably sprouted. Try making all smoothie mixes 80% water content.

Mucous

One of the consequences of acidity and toxicity is excess mucous in the system. Mucous is a natural substance secreted by the body as a protective mechanism to prevent the absorption of substances the body does not desire. Pasteurized cow's milk is one of the most mucous-forming foods. Anyone interested in researching this subject further should find information on Arnold Ehret and *The Mucusless Diet*. Apart from being a strong antioxidant, lemon juice clears up excess mucous. Antioxidants mop up free radicals. Free radicals are unstable substances that react with and damage the molecules of cells. It is these damaged molecules that have been linked to almost every degenerative disease.

Antioxidants

The three main antioxidant nutrients are vitamins A, C and E and they work very well together.

Vitamin A is found in all fruit and vegetables and is especially high in yellow and orange fruits and vegetables as well as dark leafy greens.

Vitamin C is found in all citrus fruits, potatoes, green leaves and tomatoes.

Vitamin E is in fresh beets, celery, avocados and green vegetables, especially watercress.

Hydration

What kind of water to drink and in what quantity has become a much-discussed subject amongst health experts. I suppose it rather depends on your circumstances. One of the finest books on the subject: *The Body's many Cries For Water* by Dr. F. Batmangelidj, was inspired by his experiences in an Iranian jail. He was using ordinary tap water to cure people of various conditions. Dr. Gabriel Cousens contends that water needs to be distilled to be pure, restructured by adding salt crystals, re-programmed by words or song and energized in a variety of ways. He maintains that hydration cannot occur when the dry residue content is over 60mg/l. I leave it to you to decide. It seems to me that water is

required for two main functions: *hydration, and as a solvent for dissolving blockages within the body.*

Any water will act as a solvent. Fresh raw juicy foods are all high water content solvents.

The body *does not* need six to eight glasses of mineral water each day.

The body *does* need six to eight glasses of LIVING WATER each day.

Living water is the kind of water that we find in fresh fruit and vegetables. It is the living water from living plant food and is full of the cellular nutrition that our cells need. Bottled mineral water does not contain this nutrition. There is plenty of debate whether the body can even absorb inorganic minerals that are present in bottled mineral water. If you do use mineral water, look on the back and find the dry residue figure. Look for water that has a dry residue of 220mg/l or below. The reason for this, according to Dr. Gabriel Cousens, is that if the mineral content of water is over 60mg/l then hydration efficiency is significantly diminished. Hydrogen electrons have to be given to the cells in order for hydration to occur. Over 60mg/l of inorganic mineral presence means that the minerals bind the hydrogen electrons preventing cellular hydration. After approximately 220 mg/l the hydration effect is virtually zero. The best water is found in fresh fruit and vegetables

For the purposes of detoxification, distilled water is also very good, particularly in the cases of arthritis. Reverse osmosis water is also useful. Distilled water can be ordered by your local pharmacy. Alternatively, buy yourself a water distiller (see appendix for details). If you have no choice then use mineral water but check the dry residue and go for the lowest. Also make sure you add the Himalayan rock salt. Add a tiny pinch of original Himalayan salt to one gallon of distilled water for the most effective hydration.

The human digestive system is a sophisticated juicing machine. The elements that pass through the main filter, i.e. the liver, should be organic compounds in soluble form. The living elements of juices from fresh fruit and vegetables provide these compounds in an easily digestible form.

Within the health equation, the water factor cannot be underestimated. It is the major solvent and we need plenty of it. If I were to drop dead in ten seconds and wished to impart the synthesis of my learnings relating to healthy physiology, I would just say: breathe and drink water. There are several powerful publications relating to the power and necessity of water. Try and do some research on the works I mentioned earlier: *The Water Cure Recipe* and *Your Body's Many Cries For Water* by Dr. F. Batmanghelidj.

Another amazing work on water is by Dr. Masaru Emoto, called the *Hidden Messages in Water*. This groundbreaking work illustrates the capacity of water to absorb the vibrations of the atmosphere and also of thoughts. The suggestion is that as our physical bodies are largely composed of water, all of the thoughts and feelings and vibrations of words we speak are recorded in the cellular structure. These vibrations crystallize, and Dr. Emoto has captured brilliant photographs of this phenomena. Well worth researching if you have any doubt regarding this subject.

Remember, we are not attempting to get our minerals from water. We use water to hydrate and dissolve. Hydration requires the transfer of hydrogen electrons to the cell site. Alkaline water with high mineral content has the lowest capacity to hydrate. Slightly acid water (distilled water) is the optimum hydrator. By adding a pinch of original Himalayan salt (1/16 tsp. to one gallon) and giving it a good stir, we structure the water. Structured water will hold an energetic imprint. Dr. Masuro Emoto's work is a marvelous illustration of this. We can then bless the water and receive the healing benedictions of our intent.

Prepare All Food With Love

The amazing work of Dr. Masuro Emoto (*The Message of Water a must read*) leaves us in no doubt that water absorbs and records the energy of consciousness. The mixing of loving feelings and thoughts with the foods and liquids we are preparing is an integral part of this process. We are born to love. It is our inner nature: there is no other purpose to existence. There are many enlightened schools of thought who contend that, in fact, as spiritual beings, we can only derive nourishment from Love.

Sprouts

Dr. Satish Gupta makes special reference to the beneficial effect of the life force element in sprouts. Things like mung, alfalfa, aduki, lentil, radish and fennel are excellent additions to any salad. Sprouting is very simple. Just take the seed, soak it in a glass of water for one night, then drain and rinse the next day. Leave in the kitchen, in a not too warm, not too cool place and rinse every day for two to five days. The sprouts will be ready during this timeframe, depending on how cool it is. When seeds sprout, reserves of energy are released. Free from any additives and with nothing taken away, sprouts make an ultra-healthy instant food. Weight for weight they are probably more nutritious than any other form of food. I recommend *The Sprouters Handbook* by Edward Cairney for anyone interested in expanding their knowledge of sprouting living foods. Never boil sprouts and include in all salads and soups.

Hot Tip!

Soak linseed or chia seeds overnight and blend with vegetable juices. Soaked linseeds generate a gelatinous substance that lubricates the bowel and provides *essential fatty acids*. They are very cheap and very good. In order for the essential fatty acids to be fully activated, the presence of a *sulfur-based protein* is required. Dr. Johanna Budwig has had amazing results in cancer patients using linseeds and sulfur-based proteins. The reason for their effectiveness is the fact that the presence of essential fatty acids is required for communication to the cells. This does not mean that you cannot take linseeds or chia without sulfur. Linseeds are very good for the bowel and I recommend you using them a lot in smoothies, juices and salads. Although they are a seed, they seem to go well with fruits in smoothies, so try them and see how you feel. Have a good tablespoon two or three times a day. You cannot overdose on soaked linseed or chia.

Without essential fatty acids, this communication between bodily intelligence and individual cells is ineffective. By combining sauerkraut with soaked linseeds, not only do

we improve cellular communication but also provide the intestinal tract with first-class probiotics, living organisms that are beneficial to the body. Dr. Budwig has also done a lot of research into cellular health which is well worth checking out online. Get into the habit of investigating information and compiling your own dossier.

According to Dr. Gabriel Cousens, the best oil blend is 3:1 teaspoons coconut oil and linseed.

Other examples of sulfur based proteins are sauerkraut, kale, cabbage (eaten raw or juiced) cottage cheese – take only if you are weaning yourself off dairy products – and mustard greens. Garlic, onions etc. are also examples of sulfur-based proteins. Garlic is an excellent natural antibiotic and can be added to juices, however, the subtle stimulating effects of this type of food can undermine the essential base of inner peace that is the foundation of the NGP. Check out the work of Dr. Johanna Budwig.

The Miracle of Fasting

Physical health begins in the digestive organs, and these organs do not need to be constantly working. Bring yourself to higher levels of health by the appropriate use of natural foods, deep breathing and exercise. The electrical systems of the body need to be stimulated and this can be achieved through a regular practice of yoga asanas (postures) and chi gong. Another marvelous tool for enhancing well being is fasting. I strongly recommend the work of Paul Bragg on this subject; he is without doubt a great authority on this. Without going into great detail here, fasting simply gives the internal system a very well-deserved rest.

The NGP includes a once weekly fast lasting between 24-36 hours. The first thing to do is get your diet sorted out. After the first six weeks on the program, introduce juice fasting and water therapy. Quite simply, all of the excessive eating habits take a great toll on the system and it needs a rest. On fasting days, try to use only the purest water and be as quiet as possible. A lot of progress is made on these days, which is definitely noticeable when you break the fast. For a full 24-36 hours try and take only juices and have them diluted with the purest water. When you feel confident, try fasting the whole day on pure water only. This is a fabulous thing for your health. Distilled water is the purest water.

Elimination Tips

Because every food we are using on the NGP has cleansing properties, we are obviously going to spend a fair bit of time on the toilet. Most of the toxicity will pass through our bowels. It is, therefore, very important that this channel is clear and flowing freely. Enemas can be a big help in this department. An enema is the way we wash out the bowels by inserting a small plastic tube into the anus that is connected to a small bag of warm water. This is an extremely efficient method of ridding the bowel of excessive waste poisons and really makes a difference to how we are feeling. Anyone serious about regenerating their health definitely needs to include regular enemas as a part of their weekly program. See later for details on how to take an enema. A series of colonic irrigations are also an option.

Linseeds, chia seeds and/or herbal fiber blend will also significantly improve bowel movement.

It should be clearly understood that, as these high-quality natural nutriment are included in the daily food, the body will begin to rid itself of any areas of cellular tissue not in good health. Cooked food and poor-quality nourishment can only supply the cells with inferior materials with which to repair physiology. A lot of waste will be eliminated. This is why it is very important that the bowel is functioning smoothly. If the bowels are blocked or sluggish then we need to get them moving. If one is feeling weak or dizzy or has headaches when cleansing, then use an enema kit and remove the toxic build up from the bowel. Taking herbal and pro-biotic supplementation is also advised if the bowels are sluggish (see appendix for details). Add oat bran and slippery elm powder to vegetable juices. This thickens the juices and gives the sense of a meal. The bran assists bowel movements. The best product I know is Herbal Fiber Blend. It is a combination of herbs, slippery elm and psyllium husk fiber – it not only cleanses the bowel but also encourages it to regenerate.

Healthy Points

1. Chew your food

There is nothing more acutely beneficial to one's health than the ability to chew thoroughly and to breathe deeply while eating perfectly balanced nutrition. Anyone serious about getting healthy needs to become a master here.

All food ingested, whether juiced or solid, should be masticated very well before swallowing. As I mentioned previously, the digestive system is an ultra-sophisticated juicing system. Everything is converted to liquid. This process is greatly enhanced by chewing food thoroughly. Try chewing each mouthful 40 times before swallowing. Have "slow eating races" with your friends and family and see who can eat the slowest. Combining spiritual awareness with eating is the best idea. Try meditating before eating. Simple practical tips like putting down the cutlery and breathing deeply between mouthfuls do wonders. Get in touch with your feelings while chewing. Chew food until all that's left is liquid love. This is a wonderful feeling and is such a healing experience for the physiology.

Much ill health is generated by the anxiety that living in the false world creates. When we allow this fear to dominate our eating habits then each meal becomes a subtle form of prostitution. These negative archetypes will rob us of our holistic health if we allow it. Eating is the time to be extra alert for their subtle infiltration into our world. Far too often we display the characteristics of starving pigs when eating, and this is a far cry from our authentic angelic natures.

2. Skeletal Structure

The whole physical system is dependant upon every other system within it. It is said that a chain is only as strong as its weakest link. The skeletal system (i.e ones posture is vital to a healthy organism). I recommend chiropractic adjustment if necessary and regular massage supplemented by a daily stretching and callisthenic routine.

3. Chi

The modern western medical system is the ONLY system in the history of the modern world which does not include biological electrical energy otherwise known as chi. By practicing Qi (Chi) Gong one can enhance the flow of this essential life force. I highly recommend this as a daily practice. The natural energy derived from this practice, in my experience, is far superior to that found in virtually all foods and supplements. Just as a car will not function without oil, water, fuel and electricity, neither will we. Breathing evenly and deeply is a good way of generating Chi. Sexual energy enhanced, but not to the point of ejaculation for males, is also a great help here. (There are more details on all facets of Chi in our SUN Chi Gong programs).

4. Sweating

As the skin is the major organ of elimination, keeping the pores open by sweating regularly is an effective way to guarantee the excretion of toxicity from the system. Daily exercise to the point of raising a light sweat is a very good idea if it suits you. Saunas and steam baths are also highly recommended. The ideal supplements to assist in the sauna sessions are: Vitamin C (1000mg), Niacin (approx. 100mg), take enough to make your cheeks flush a little red.

5. Natural Highs

There are many ways to achieve a natural high without paying the cost of toxicity. Eliminate toxins, replenish with healthy, vibrant foods and you'll be amazed how good you fee. Check out a great book by Patrick Holford and Dr. Hyla Cass called *Natural Highs* (ISBN:07499 2254 0).

6. Enzymes

Enzymes are required for every chemical reaction in the body. Digestion utilizes large quantities of enzymes. Living foods, such as sprouts and wheatgrass, are loaded with enzymes. All raw foods have their enzymes in tact, which assists in the digestive breakdown and assimilation of the food. Cooking at high temperatures destroys the enzymes in food and requires the body to supply the required enzymes in order to complete digestion. Enzyme supplementation is a very good idea. Natures First Law and The Fresh Network has top quality enzymes (see appendix)

"Enzymes are catalysts. They are transformative elements. They are truly analchemical symbol of transformation. On a physical level, enzymes help to overcome digestive lethargy. On a spiritual level, enzymes help to overcome life's ruts and setbacks - enzymes overwhelm spiritual stagnation...If you want things to change for you, if you

want to attract and create beauty in your life, you have to do something different than you are doing now. If you desire a different destiny (destination) than relatives and friends who ended up dead-broke or dead at the age of 65, then you must do something different now. Food enzymes make the difference."

~David Wolfe, *Eating For Beauty*

A Few Words on Sugar

Sugars are potentially the most destabilizing food group. White sugar is the worst but also sugars in fruits can upset our balance if we overdo it or don't combine them with a pacifying food such as green leafy vegetables or dry green super-foods. That's why it's good and necessary to water down all juices by up to 50% and add a little green powder or green juice.

Juicing machines are a great tool but they remove all the fiber. Natural fiber slows down digestion and also gives us the cofactors that nature put in the food in the first place. I recommend combining juicing with eating the whole food. A good compromise is to blend whole fruits. Just take a bunch of grapes or an apple, blend with water and drink. Be sure to chew them up. Ghandi once advised to chew your liquids and to drink your food. Without proper mastication we cannot digest especially the sugars in foods.

What About Meat, Eggs and Dairy?

Meat

Eventually, mankind will eat little or no meat. However, that will come only when a stronger heart and a greater refinement of physical energies can produce hormones and nutrients which cannot be manufactured by most people at this time. It is pointless to feel guilty about eating meat when you need it. Vegetarian ideals should not be prematurely enforced on people who are not ready for them. It is far more important that people awaken in their own hearts and decide which direction to go in as they look for greater health. Meanwhile, you will benefit more by gratitude and appreciation for those who have bestowed the bounties of life upon you. For I assure you, it is not by food that you are nourished, but by love. A humble meal that is beautifully prepared with love and shared in loving company is more nourishing than vegetarian cuisine eaten on the run. No combination matters if love is not the central ingredient. The major cause of overweight, malnutrition, and dietary diseases is loveless meals from unloved plants and unloved animals, grown on an unloved earth. There is no coincidence that such problems have increased in proportion to lifestyles of hasty and obsessive eating.

Love Without End Jesus Speaks. Glenda Green

Notwithstanding what Jesus has said, which I consider to be the highest perspective on this subject, a great argument rages, especially between conscientious vegetarians and their carnivorous cousins. It is a fact that in all of the most effective proven cellular

rehabilitation programs meat is not on the menu. There are various reasons why this is so, ranging from the moral to the scientific.

Unless you are absolutely addicted to these foods, reduce them significantly. If this proves too difficult then reduce them very gradually. All of them are acidifying and mucous forming, and there is absolutely nothing in them that cannot be found from another source. If you have been eating significant quantities of these foods and have become ill, it is obvious that they have played a contributory role in the disease, primarily by clogging the system to a degree and acidifying the blood. Even so, not everyone can go through the “cold turkey” experience without reverting back to old eating habits. As soon as the urges begin to drive you to get back on these dense types of food, question them. Experiment with alternatives, and when you do have these foods put a great deal of love into their preparation and observe food combining principles.

If you are a big consumer of animal products consider this: the commercial industry of animal farming is one of the most violent and unconscious form of commerce on this planet. I was brought up on a farm, eating meat etc. three times a day. I grew into a big strong lad of a rugby player and could run around full sprint nearly every day of the week for many years smashing into my contemporaries with a mixture of terror and joyful wild abandon. Meat makes you strong and tough early on. However, as you become more enlightened, you realize that it is not the optimum food source. I have seen chicken farms and the way they are killed. Eating commercial meat is supporting an industry that has essentially lost its soul. If you are preparing a meal with meat, understand it *needs a great deal* of love.

If you are stuck in this arena, upgrade to organic meat and free range. To really understand what you are doing try buying the animal alive and follow these instructions:

First of all, make sure the animal is what you want to become because spiritually you are about to merge. Have you heard the saying *you are what you eat*. Now, assuming you have chosen the right animal and you have met in the soul, so to speak, you can begin to kill it. Fish are the easiest to kill, but you don't want to eat fish all of the time. Also, their meat is the fastest to decompose. Have you ever smelt rotten fish? Well, that will be in your guts within 24 hours. Keep a nose on your bowel movements. If they stink, you know that it's toxic s.h.i.t. When you have fully connected with the soul of the animal you may begin to murder it but not until. Does this disturb you? If it does, you are moving out of the consciousness that thinks it needs meat to survive.

The benefits of upgrading the nutritional intake to lighter, healthier foods far outweigh the temporary satiation of withdrawal symptoms. *If it all gets a bit much then choose the highest quality versions of these foods and very small amounts as a treat, rather than staple fare.* Remember, this program is designed to cleanse and remove the accumulated blockages of previous bad habits. For more information on this subject read, *The Mucusless Diet Healing System* by Arnold Ehret (ISBN: 087904 004 1) and reread the opening passage by Jesus on this subject.

If you are unhealthy or ill, these foods can do far more harm than good.

Dairy and Eggs

With the exception of cottage cheese, which can be used in combination with linseeds as per Johanna Budwigs' recommendations, commercial dairy products are not helpful in a medicinal nutritional program. Make sure the cottage cheese is of the highest quality if you do use it. Many of the cottage cheeses have a chalky, indigestible calcium added.

It is a complete fallacy that *pasteurized* milk has health-giving properties. This is a fabrication and there is plenty of well-researched evidence that proves this. Even a calf will die within a matter of months if fed its own mothers milk when it has been pasteurized. The human being is amazingly adaptable, but the number one reason why children are often streaming with mucus is because their bodies are reacting to milk and dairy products. However, if we have grown up on milk then we will obviously crave it if we cut it right out. Be sensible. If dairy is chosen then try and go for goat's milk products which are slightly alkaline and more compatible with the human system. Take cheeses with large salads and include tomatoes, but do not mix with bread or other starchy carbohydrates.

Dairy can also be taken with acid fruits if it agrees with you. The acid in those fruits helps to digest the proteins. (Check out www.curezone.com for almost every possible answer to any questions you have).

If you do have eggs, make them free range and separate the yolks out. Meat is best organic.

One of the reasons many cooked food vegetarians look less healthy than meat eaters is because the grain and flour based vegetarian diet is extremely mucus forming. Meat does not generate a lot of mucus and, as long as it is combined well (i.e. not with starchy carbohydrates), it will not cause the problems that a high-starch diet does, especially when not eaten in excess. This is not to recommend meat eating but to clarify an important point. If one is ill and used to eating a lot of meat, then begin by eating smaller amounts only with salad or steamed vegetables and definitely not mixed with any starchy foods such as potatoes or bread. Or take stews with lots of green leafy vegetables. (See food combining regulations in Appendix C)

**Tip:* When preparing the evening meal save a portion of everything as if another person were to join you (including desert, cheese, coffee etc.). Place this portion in a saucepan with a little water and heat gently for an hour (this simulates part of the digestive process). Allow to cool and leave overnight. Check this concoction in the morning, have a good smell. You will be shocked at just what we ask our bodies to process. This simple test will give you insight into the biological foundation of disease. Cooked food vegetarians should try this experiment as well. It is a good advert for eating naturally. Cooking carbohydrates produces specific acids which are extremely detrimental to health.

Worried about Protein?

Proteins in the form of amino acids are necessary for bodily health. All fruits and vegetables contain amino acids, especially the dark leafy greens and chia seed. The best

source of protein I know is hemp seed (see appendix for recommended suppliers of hemp protein powder and add it to your smoothie mixes daily). Bee pollen is full of it and nuts and seeds also have plenty. Sprouted seeds are also good sources. Sprouts have amazing Life Force energy. Have them in salads and add them to soups but do not cook. Beans, like black eyed, red kidney etc.) are a mix of protein and carbohydrates which is why for some folks they can be difficult to digest and often produce gas. They are best slow cooked with ginger and greens (added later) for very hearty winter broths and are a good transition from foods such as meat.

Supplements

Before buying any supplements, especially vitamins and minerals, read what Dr. Richard Schulze has to say on the subject on the Cure Zone website. In my opinion, with a healthy system flowing, well supplied with high-quality nutrition, they are not necessary. However, in the case of specific deficiencies and disease, check out *The Optimum Nutrition Bible* by Patrick Holford or consult a recommended professional. Dr. Gabriel Cousens recommends supplements to many of his patients in the early days of therapy. Many nutritional consultants do for there is no doubt that they help to kick start a health program. However, by applying the principles outlined in this program, shifting to a mainly raw regime with regular exercise and relaxation, and doing what makes you truly content you may very well by-pass the supplement road. There is a great argument for taking recommended supplementation in whole food form as all of the requisite co-factors which assist in assimilation are present. I favor this argument and emphasize the BE HAPPY approach. "Vitamin Joy" is the most potent medicine in the world and it is found in the path of your happiness. You were not born to be miserable and suffer. Discover your purpose for being and express it.

Conclusion

Arnold Ehret is a great professor from the 1920s whose life work was based on the subject of diet. In his magnificent work, *The Mucusless Diet*, Ehret informs us in brilliant clarity about the workings of the human body in a way that makes tremendous sense. He explains how every disease that humans suffer from is caused through wrong diet. This is not to deny the claims of Edward Bach, who you will recall, posited the underlying cause as conflict between personality and soul. As soon as the false or impure ego is in charge, poor choices are guaranteed, including inappropriate foods. Ehret's teachings have cured many thousands of people whose conditions were diagnosed by medical science as incurable and, in many cases, terminal. This may sound fantastic but is an absolute verifiable fact. Dr. Richard Schulze has achieved the same thing and the NGP is based upon the exact same principles.

"All constitutional encumbrances throughout the entire system are the source of every disease; the greatest and most harmful source of lowered vitality, imperfect health, lack of strength and endurance and any and all imperfect conditions. All have their source in the colon, never perfectly emptied since birth."

~Arnold Ehret

Integration

No matter what the quality of the wisdom I have shared may be, YOU have to experience it. Get in touch with the essence of who you truly are. To do that it is wise to reduce the influences that make us feel like *who we are not*.

It is wise to understand that as we proceed deeper into the mystery of ourselves through the purification of consciousness and biology, we catalyze the purification of our world. It is through this detoxification process of our physical, emotional, mental and spiritual realities that we accelerate the detox of the planet. This purging means that all of our hidden poison in the form of twisted behavior spills out onto the surface of human affairs to be held in the light of Truth. No matter what we witness in these times ahead, no matter how dreadful the evil, we should never lose our innate sense of knowing that we are bound for a future of pure beauty. This future is the harvest of our purification through introspection. The secrets of life's perfect mystery lie within us all. Water the seed of the soul you are with loving attention and awareness. Understand by experience that your original and eternal nature is perfect peace. In Sanskrit language this fact is stated thus: *Om Shanti*.

As much as spiritual awareness/attitude, a pure diet, and harmonic alignment with the natural forces of creation are a foundation for health, our creative expression and contribution to our culture and world is also a critical factor in completing the holistic mission for which we are born to serve. As Matt Furey and Dr. Maxwell Maltz clearly state, true peace comes from being fulfilled. Fulfillment comes from doing your mission, being who you truly are, active in the world of form and contributing to the wellbeing of others around you. That may mean something very subtle and non-descript or it may mean major contributions that obviously change the world. It doesn't matter either way. By expressing our Truth, becoming holistically complete and living the life we were born to live, we are transforming the world.

The best model I have found which illustrates this point is the Sevenfold Peace of the Essene tradition. I include the following text for your consideration. It is a perfect example that being truly healthy means to be truly human and being truly human means being truly peaceful. I wish you well.

"To live in peace is to actively create Heaven on Earth."

~Dr. Nick Good

The Sevenfold Peace

As the Essene communions with the Angels of Mother God access the power of the physical domain, and the communions with the Angels of Father God open the door to powerful spiritual forces, the height of the Essene teachings is accessing our unique Christ expressions using the path of the Sevenfold Peace. The Sevenfold Peace is a spiritual discipline which nourishes the expression of our unique Godhood within ourselves, our families, humankind and ultimately all physical and spiritual reality. This path proves to be a powerful and effective spiritual blueprint for harmonious living, in a peaceful world where we can express our Divine potential.

The ancient Essenes knew that the experience of peace is a personal one. If we ever hope to have a collective experience of peace, *we must first as individuals heal that which hinders our experience of peace.*

One of the communions of the Sevenfold Peace is honored daily at noontime. Another one of the communions is honored weekly on the Sabbath, so that all aspects of the Sevenfold Peace are honored every seven weeks. The following are the seven aspects of contemplation for The Sevenfold Peace used by both ancient and contemporary Essenes.

Peace with the Body

Our Father, who art in heaven, bring to the Children of God your Angel of Peace and bring to our bodies your Angel of Life, that it may reside there forever.

We recognize the body as a divine product, created by spiritual laws, and know that in the body are manifested all the laws of life and the cosmos. The Essenes learned the healthful foods, herbs, breathing techniques, etc. that were needed to have a vital physical body. This communion nurtures the power of love and acceptance for our physical expression. It is through our spiritual relationship with our bodies that the ability to heal is mastered.

Peace with the Mind

Our Father, who art in heaven, bring to the Children of God your Angel of Peace and bring to our minds your Angel of Power, that our thoughts may be stronger than death.

The quintessential communion for Sevenfold Peace is through thought. Thought is considered to be a superior force – far greater than either feeling or action, because it is the creator of both. It is important to understand the power of the mind as a tool of manifestation. It is what empowers us to be co-creators with God. It is through the use of the mind that we direct the flow of energy – through the choices we make about our thoughts.

Peace with Family

Our Father, who art in heaven, bring to the Children of God your Angel of Peace and bring to our families your Angel of Love, that we may see ourselves reflected in their eyes.

This communion is a reflection of our love towards one another. It governs our relationships with those who are in our close environment and our spiritual families. Through this communion we learn how our families are mirrors in learning more about ourselves and our feeling bodies. The Essenes knew that the feeling body is a most powerful instrument for the production of good health, vitality and happiness. Peace with Family is about releasing that which manifests as in-harmony in the feeling body.

Peace with Humanity

Our Father, who art in heaven, bring to the Children of God your Angel of Peace and bring to humankind your Angel of Healing, that we may each know the blessings of our unique contribution.

A powerful step in the path of the Sevenfold Peace, this communion refers to harmony between groups of people. The Essenes teach that each of us travels a unique path in serving human evolution, and it is only when we pursue our own unique contributions that joy and peace will reign in our societies.

Peace with the Wisdom of the Ancients

Our Father, who art in heaven, bring to the Children of God your Angel of Peace and bring to our knowledge your Angel of Wisdom, that we may follow the pathways of the Ancients.

In this communion we utilize the masterpieces of wisdom from all ages. The Essenes believed there were three pathways to discovering truth:

1. Through intuition- this path is followed by mystics and prophets.
2. Through nature- the way of the scientist.
3. Through the pathway of culture – exposure to the great masterpieces of literature and the arts. This communion opens the door to our spiritual ancestors, and their spiritual truths. Essenes consider it the duty of all to learn from cultural masterpieces, commune with the Ancients, and pass teachings down to the next generation as a way of contributing to the evolution of humankind.

Peace with Earthly Mother

Our Father, who art in heaven, bring to the Children of God your Angel of Peace and bring to the Earthly Mother your Angel of Joy, that we may experience the full blessings of this earthly domain.

This communion nurtures how we live in harmony with the Earth and the physical domain. It is coming to terms with the knowledge that our health and wealth is dependent on how we interact with the physical planet. As we develop a loving relationship with the Earth, the planet nurtures our own spiritual beings.

Peace with The Heavenly Father

Our Father, who art in heaven, bring to the Children of God your Angel of Peace and bring to the kingdom of the Heavenly Father your Angel of Eternal Life, that we may be with you forever.

It is with this step of the Sevenfold Peace that we experience one power and one presence in our lives and in the Universe. A doorway opens in our consciousness that accesses powerful, loving guidance and support from spiritual energies.

The Sevenfold Peace asks us to evaluate ourselves and the way we present ourselves in our world. With every thought, feeling and action we are creating and contributing to the world. The question is, are we contributing to peace or to more chaos? Am I building up or am I breaking down?

The Sevenfold Peace offers us an opportunity to become aware, awake and conscious. To live in peace is to actively create Heaven on Earth.

~Amen~