

Disclaimer

This webinar is not to be used instead of going to a competent doctor. I do not directlly nor indirectly dispense medical advice nor prescribe in any way alternative treatment!

In the event you use this information, which is only of historical value, you are prescribing for yourself which is still your construtional right. I assume no responsibility.

I am independent in my attempt to educate the public. Although I do endorse some top quality products, I receive no financial support from any health or herb company for producing and sharing this information.

I also believe it is a crime that we have to pussy foot around the truth because there is a law that says that I cannot declare what changing your lifestyle and diet can do for your health, but I love this great country and will do my best to try to obey their law, even if I strongly disagree with them...

Natural health works slowly. I suggest that you do not stop medication without guidance of a doctor. I say this not only because it is the law, but because I BELIEVE STOPPING MEDICATION WITHOUT THE GUIDANCE OF A DOCTOR IS UNWISE AND DANGEROUS.

If you would like to make healthier changes in my diet and my doctor was not willing to help you while you work with a natural health practitioner. I suggest you find a doctor who values and respects his patient's rights and fire the doctor who would not!



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Welcome!!!
Just hang On :o)
Our meeting will start soon.



Fasting, Juicing and Smoothies



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Fasting, Juicing and Smoothies

	Reason	Caution	Length of time
Fasting	<ul style="list-style-type: none"> Religious purification Letting the digestive system rest 	Pregnant, nursing, diabetic, hypoglycemic, weakened state, children	1 – 3 days actual fasting
Juicing	<ul style="list-style-type: none"> Cleansing Getting nutrients 	Diabetic, hypoglycemic, children	Exclusively 6 weeks with food indefinitely
Smoothie	<ul style="list-style-type: none"> Digestion help with fiber Sneaking in Oils 	Diabetic	Indefinitely



Fasting

I was working with a young woman who had advanced breast cancer. She was doing well by nourishing her body and doing poultices. She then went to an ND (Doctor of Naturopathy) in Maryland who counseled this woman who weighed only 84 pounds to go on a fast, eating only grapes. In a few weeks this dear lady, died of malnutrition.

Please only consider a fast if you are in stable enough health so not to do more damage.

To determine if fasting is an option for you, first consult a competent health practitioner

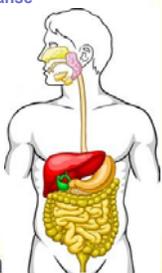



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When to fast:

- Sickness
- Physically active or busy
- Quick effective cleanse
- Healing
- Obtain self control
- Expelling parasites
- Spiritual awareness

During a fast the digestive system including the liver is at rest and the body's energy can be used to heal or cleanse



It is EXTREMELY important to drink an adequate amount of water and to have at least 2-3 bowel movements to flush out and eliminate toxins released as fat is broken down.



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One Day Fast

When	Suggestion
Day 1	Juice raw veggies and fruits and drink broth
Day 2	Abstain from everything but water
Day 3	Juice raw veggies and fruits and drink broth

Three Day Fast

When	Suggestions
Day 1	Eat Light foods (raw veggies and fruits) limit proteins
Day 2	Juice raw veggies and fruits and drink broth
Day 3-5	Abstain from everything but water
Day 6	Juice raw veggies and fruits and drink broth
Day 7	Eat Light foods (raw veggies and fruits) limit proteins




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Common During a Fast to Experience:

- Coating on the tongue -unpleasant odor and taste in mouth
- Headaches
- Increased body odor
- Dizziness
- Nausea
- Insomnia
- Visual and hearing problems
- Aching muscles and joints
- Irregular heart beat
- Feelings of rejection and depression

Drinking water and having frequent BM is essential

Tell someone you are fasting to check up on you.

If any of these symptoms seem severe or if you are not sure your symptoms are part of the cleansing process, contact the person that is supervising your fast.

It is imperative that you do not suppress this cleansing. However, if you add more vegetable juicing, you can usually lessen its severity.

If you are on medication, contact your doctor and let him know you want to fast. Dosages may have to be adjusted!



Juicing

Less Severe Cleansing



Juice Only (should only be done for 2 to 6 weeks)

Juice 1 or 2 meals a day eat a good diet the other meals (could be done for prolong periods of time)

Juicing Occasionally - indefinitely

Ward off Alzheimer's As reported by the Kame project.
Participants who drank juices (fruit & vegetable) more than three times per week, 76 percent less likely to develop Alzheimer's disease than the 1 time or less a week juice drinking counterparts

Note: Diabetics would tolerate vegetables with Low Glycemic Index better than High Glycemic Index Veggies or Fruits & Berries



Advantages of Juicing



- **Cleanse**
- **Get Nutrients**
- **Get Enzymes (if you drink within 20 minutes after juicing)**
- **Less filling**
- **Helps poor digestion**
- **No fiber easier on the intestines**
- **Helps balance pH**

The nutrients are free from fiber and can go straight into your system without having to be broken down by your digestive system..

REMEMBER: The body needs at least 25 grams minimum to properly cleanse the bowel and pull out toxins and cholesterol.



For both juicing AND smoothies

Make sure the vegetation is organic, or the insecticides, herbicides etc., will be concentrated. Making them even more toxic than if you ate the vegetation

The bacteria and virus and DNA of GMO food can follow the juice

Some people who have a horrible digestive problem can do a mono diet, where they limit digestion to one food a day.

For example, carrots and carrot juice one day then the next day perhaps apples and apple juice. The following day celery and celery juice etc.



ALWAYS Mix with Saliva to start the digestion. Use a almost chewing motion. Sip slowly rather than taking it down in one big gulp. Drink within 20 minutes of injuring the vegetation to benefit from pH and enzymes.



Example Recipes

<ul style="list-style-type: none"> 3 carrots 1/2 cup spinach leaves 1/2 inch ginger root 1/2 lime 1/2 tsp cinnamon 	<ul style="list-style-type: none"> 1 bunch spinach 1 cucumber 1 bunch parsley 1/2 inch ginger root 2 apples 1/2 lime 1/2 lemon
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3 pears
2 sticks of celery
1/2 inch of ginger root

3 curly kale leaves with stems, coarsely chopped
4 sprigs flat-leaf parsley
2 tart apples (such as Granny Smith), cored, and coarsely chopped
One 1-inch piece fresh ginger, coarsely chopped
1 teaspoon fresh lemon juice, plus more to taste
1/2 teaspoon honey, plus more to taste




Veggie/Fruit	Benefit
Parsley	Contains apigenin, a compound that helps kill cancer cells. Potassium
Red Cabbage and Blueberries	Contains anthocyanins, which helps with memory, pineal and pituitary health.
Spinach	Contains vitamin K, which helps keep bones strong.
Carrot	Contain Beta-carotene
Apple	Contains Pectin polyphenols antioxidants and anti-inflammatory substances
Kale and Collard Greens, Spinach, Swiss Chard	Contains carotenoids and flavonoid powerful antioxidants. Contains glucosinolates and isothiocyanates anti-cancer properties. Contains Vitamin K
Beets	Noted for cholesterol reduction abilities, stimulates liver, High Calcium
Lemon	Nourishes Liver
Lime	Alkalinizing properties
Ginger	Prevents scurvy, helps digestion, Helps sugar absorption, Gout preventative, eyes, heart health
Coriander	Contains Gingerol which helps vomiting, upset stomach, colds, flu, headaches and coughing anti-inflammatory, anti-cancer
	Contains anthelmintic(parasite expellant), fungicide and bactericide properties helpful for dysentery, colitis, indigestion and hepatitis.

Smoothies

Unlike juicing which removes the pulp, Smoothies contains the fiber and it is typically served cold and thick like a milk shake or a sherbet.

Same information as juicing except more diabetic friendly because the fiber lowers the glycemic index

Wash, clean, cut and Freeze Fruit and Berries

Peel bananas

Add Kefir

Honey

Nuts: pecans, almonds Chi seeds

Oils

Use as or between meals



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Example Recipes

1 handful Kale
4 handfuls of Frozen Blueberries
1 tablespoon of RAW Honey
1 tablespoon Hemp Oil
1 handful of almonds
½ cup Kefir

Peaches
½ cup Frozen Kefir
Almonds
Honey

1 cup Fresh Strawberries
1 cup Frozen Blueberries
1 cup Fresh Red Raspberry
1 tablespoon RAW honey

2 Frozen Bananas
2 handful of FRESH not frozen Strawberries
1 large handful of pecans
1 tablespoon Hemp oil



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Additional Thoughts

Refreshing
Energy enhancing
Curbs cravings for Sweets
Masking oils
YUMMY



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Questions

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Send your name to Tara Belderok 816-903-3377 or tara@natureherbs.biz if you are interested in being notified of our seminars. Please visit our Facebook page for information on attending one of our 2016 seminars. Thank you!

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