

Disclaimer

This webinar is not to be used instead of going to a competent doctor. I do not directly 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 constitutional 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.




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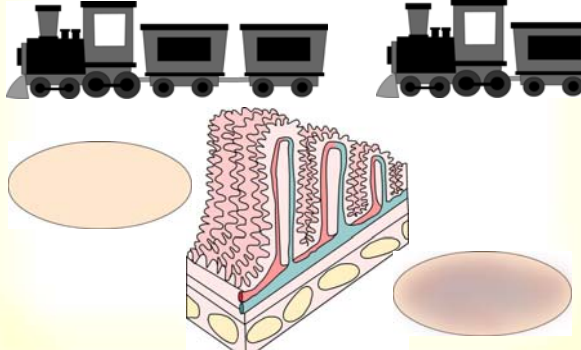
Basic Lifestyle

1. 1 bowel movement for every meal
2. Liver detox
3. Sleeping 8 hours straight
4. Dreaming nightly
5. Balance pH
6. Balance yeast
7. Exercise

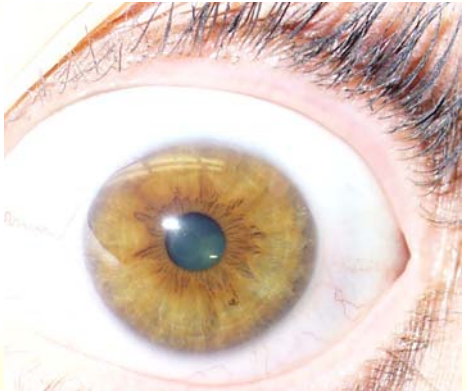


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1. 1 bowel movement for every meal




Toxic Bowel



1. Regular Bowel Movements

Number of BM	Consistency of BM	Suggestions
Less than 1 every other day	Dry	Slippery Elm, Cascara Sagrada, Magnesium, Liver Cleanse *
	Normal	Magnesium, Cascara Sagrada and Liver Cleanse*
One a day or less	Dry	Slippery Elm, LBS II, Magnesium, Liver Cleanse *
	Normal	Magnesium, LBS II and Liver Cleanse*
2-3 times a day	Dry	Slippery Elm*
	Normal	
4-6 times a day	Normal	Everybody's Formula
	Watery	Everybody's formula and Intestinal Soothe and Build*

* Basis for all bowel problems.... Good diet, plenty of water, Fiber, exercise and good liver function.



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2. Liver Health and Detox


ONE DAY LIVER AND GALLBLADDER FLUSH
FOR 1 DAY Only

No eating or drinking all day EXCEPT:
 Drink one gallon of apple juice.
 1/2 hour before going to bed..


- Drink 1/2 cup fresh squeezed lemon juice.
- Then 1/2 cup cold pressed olive oil (also called extra virgin, double virgin or 1st pressed olive oil).
- Lay on right side with hip elevated (use pillow).

CAUTION!!!!!!!
 The liver/gallbladder flush should not be done during a gallbladder flair up or if the Liver is weakened or diseased. It also should not be done if you are pregnant, diabetic, hypoglycemic, or physically weak.

IMPORTANT !!!!!!!!
 Next 2 days make sure bowel moves at least 3 times a day. (If you don't your body might absorb the chemicals flushed out of the liver which is highly concentrated and it can make you VERY sick).

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Liver Health and Detox




I usually suggest taking LIV-A (Liver Cleanse) as directed on the bottle and increase 1 capsule a day per week until the person sleeps the whole night long. When the liver has enough nutrients it should be able to cleanse without waking you up or releasing sugar causing the kidneys to produce urine.


After you are sleeping the whole night through for about 1 week you can try backing off the amount 1 capsule a day per week . Use sleeping the whole night as your guide. If you start to awake again, increase the LIV-A

**Dandelion
Asparagus
Zucchini**

NO Tylenol or unnecessary medication or chemicals



Take an unbleached 100% cotton or white flannel piece of material and soak in castor oil. Put it directly over liver. Then cover with Wax paper and tape it on. Leave on overnight and wash area in the morning.

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3. Sleeping 8 hours straight

You heal most efficiently while you are sleeping.

Eight hours of uninterrupted sleep is paramount for the healing process.

Sleeping between the hours 1 to 5 is needed for the liver to detox properly.

Often people will initially want to sleep more.

In the right level of REM is the ultimate level for maximum healing.



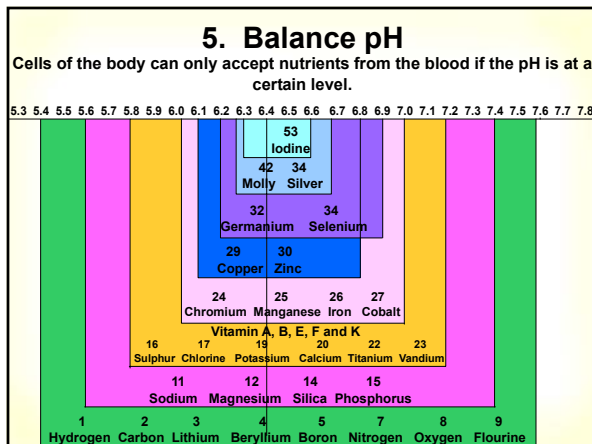

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4. Dreaming Nightly

Nervine Herbs: Start with recommended amount and increase 1 capsule a day per week until you dream nightly and remember them for 20 min after you awake. (back down the same way)





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Body Fluids pH Norms

- Saliva 6.3 – 6.6
- Cell Fluids 6.3 – 6.6
- Urine 5.5 - 6.8
- Skin 5.5
- Tears 6.5
- Breast milk – 8.0
- Blood 7.35 - 7.45 **7.41**

Water's pH should be 7.0
 RO Water is slightly acidic

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Products for Balancing pH

- Liquid Calcium (for those alkaline)
- Skeletal Strength, Cal/Mag, Herbal CA etc (for those acidic)
- Marshmallow and Slippery Elm (for pH in organs, glands, muscles and tubes)
- Cranberry Buchu (Alkalized Bladder)(D-mannose is the glyconutrient in cranberry that makes the bladder slippery so the bacteria cannot adhere to the lining.)
- Skin (Sunshine Concentrate)
- Una De Gato (Respiratory System and Joints)
- Joint support or Yucca (joints and bursa)
- Safflowers (uric acid)
- LEMONS and Water anytime



6. Balance yeast

The Six Steps to Yeast Control

1. Don't get re-infected
2. Starve OUT
3. Natural Predator – fermented foods and probiotics
4. Caprylic acid – coconut oil
5. Immune – Yeast Fungal
6. pH balance



Always work with the 6 basics Then add:

- **Thrush**– Silver Shield Gel and sipping Pau D'arco tea
- **Feet**- athletes feet or fungus toe nails --- vinegar soaks, plastic pot scrubber and tea tress oil
- **Organs/glands** – basics plus nourish that organ or gland
- **Brain** –L-glutamine and Frankincense
- **Intestine** – Keep bowels moving 3 times a day
- **Skin or Jock itch**– Pau D'arco lotion or Coconut oil
- **Folds of skin** – toilet paper or pads... keep dry
- **Vagin** – Douche with vinegar water/black walnut or plain yogurt



- **Sinus** – Silver Shield in Neti Pot



The Easy Approach

Must still follow diet & eat Fermented Foods



The Combo packet contains two capsules of Pau D'Arco, two capsules of Caprylic Acid and two capsules of Yeast/Fungal Detox. The Enzyme packet contains a proprietary blend of cellulase, protease concentrate, amylase, protease, bromelain, hemicellulase and glucoamylase.



7. Exercise

- Improve bowel movements
- Circulates Lymph
- Oxygenates Tissue
- Facilitates in removing toxic debris
- Strengthens heart and circulatory system
- Helps build bone and muscle density



Cut out Sugars, Junk Foods, Coffee, Tea, Soda Aspartame and MSG



Basic Diet

1. Water
2. 60% vegetables
3. 10-20% Fruits
4. Proteins and fats 18 - 20%
5. Whole grains
6. Fermented Foods
7. NO Coffee, Tea, Soda or Milk products (except butter)



Adequate Amount of Water

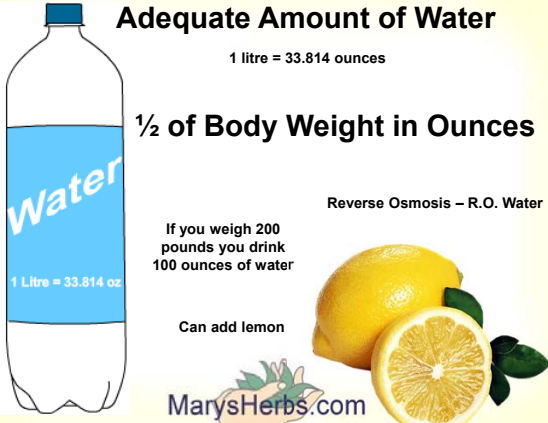

1 litre = 33.814 ounces

1/2 of Body Weight in Ounces

Reverse Osmosis – R.O. Water

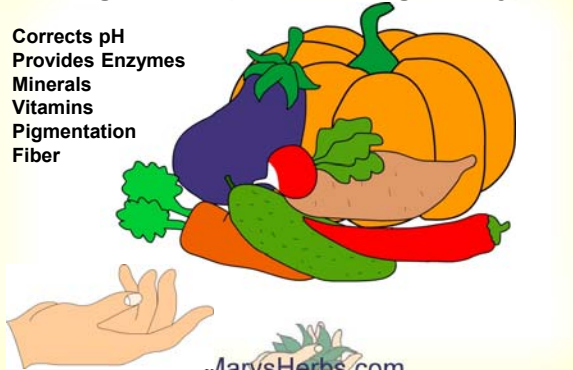

If you weigh 200 pounds you drink 100 ounces of water

Can add lemon

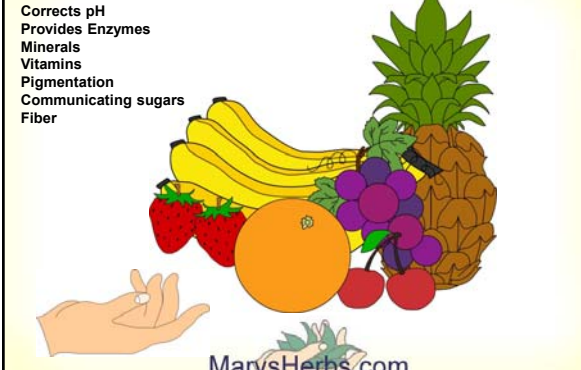

Vegetables (5 – 7 servings a day)

- Corrects pH
- Provides Enzymes
- Minerals
- Vitamins
- Pigmentation
- Fiber

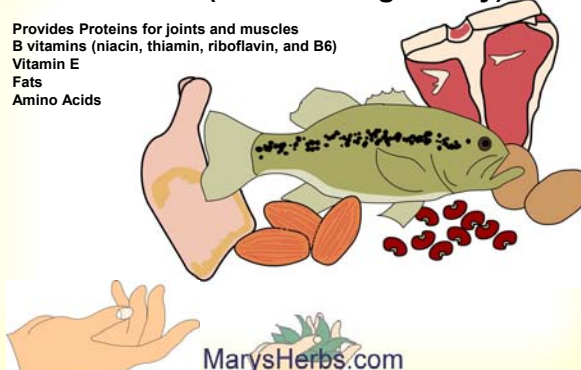

Fruits (3 – 4 servings a day)

- Corrects pH
- Provides Enzymes
- Minerals
- Vitamins
- Pigmentation
- Communicating sugars
- Fiber

Proteins (2 – 3 servings a day)

- Provides Proteins for joints and muscles
- B vitamins (niacin, thiamin, riboflavin, and B6)
- Vitamin E
- Fats
- Amino Acids

Simple Carbohydrates (1 – 2 servings)

- Provides Fast Energy
- Helps release serotonin
- B vitamins (thiamin, riboflavin, niacin and folate)
- Fiber
- Vitamin E

