

How to Create the Foundation for Health
Gentle, Supportive, Effective
Holistic Everyday Cleansing for Living with Balance

This is a basic yet transformative “How To” to bring the body back to its natural Balance. Things you can do every day. I explain the Elements we need to support the body as a whole which you also can use separately or all together as they work synergistically. I recommend adding one (or two or three or all...) of the Elements for Health each week (or month or so...) slowly increasing the amount of each element based on how you feel mentally/emotionally, physically, and energetically/spiritually. The goal should be to create as little stress on the body as possible and at the same time setting a goal to discipline yourself for a certain period of time which you feel YOU can handle.

.....Be strong in your goals but flexible in your approach.....

Especially if you have health challenges or anything out of the “ordinary” you’ve been noticing, it’s probably a good time for a check-up. By “ordinary,” I mean any thing that is in any way limiting your freedom to do all the things you’ve always done or wanted to do. And as with any new health program, I would recommend the supervision of a holistic doctor who understands the process of natural detoxification, whole body health, and who specializes if you have specific issues. The website below (Ann Boroach) is a good website to read through to get a feel for what a good holistic doctor takes into consideration, treating the body, spirit and mind as a whole. Also, make sure that whomever you end up trusting takes the time like Dr. Boroach does (2 hr. intro consultation) to assess what you need by using a thorough questionnaire, meeting with you and intimately getting to know you, using several different tests and systems to check your whole body energetically, mentally and physically, and most importantly, really caring to take the time to help you HEAL YOURSELF. I believe that the doctors who have gone through the journey of healing themselves are the best teachers.

This is information which maps out how to begin the process of cleaning up built up toxins and flushing them out the body while maintaining/increasing energy levels and supporting/nourishing the organs and all cells of the body with highly assimilateable supplements, foods, herbs, and basic elements of health which will supercharge the body, spirit, and mind as a whole.

Start with surfing through these websites to get your juices flowing about people’s stories and balanced health and cleansing processes. Click into the literature and biography info on these sites:

www.gardenoflifeusa.com

www.annboroch.com

www.rainforestbio.com

www.21daydetox.com

Researching the many different approaches to vitality and good health, I've noticed a pattern of the Basic Essential Ingredients for Vibrant Health: SUN, WATER, CARDIOVASCULAR/OXYGEN/STRENGTH TRAINING/HORMONE BALANCE, RELAXATION TECHNIQUES, LIVING FOODS AND NUTRIENTS, AND OVERALL HEAT OR CHILL FACTOR: Alkaline Minerals/ Green food/ Dark Leafy Green Vegetables, Antioxidants/Sweet Fruit, Essential Fatty Acids, Free Form Amino Acids, Live Enzymes, Fiber, Probiotics, Wildcrafted Food/Herbs, Super foods, High quality Whole food supplements, DISCIPLINE, SUPPORTIVE COMMUNITY.

SUN: The sun is essential in your body's processes to produce vitamins like Vitamin K (no other resource), essential anti-depression brain chemistry, and many other complex chemical processes involving immunity, hormonal, mood and nutritional balance. The ideal is to have an hour daily dose of indirect sunlight through the eyes without interference from windows or sunglasses.

If you have candida, getting direct sun on as much of your naked body as possible each day for a little while (maybe around 10 mins. or so- whatever you feel is okay for you) will help eradicate it (it proliferates in dark moist places). Many people with candida (which lives mostly on sugar and undigested, fermented food in the gut) are extra sensitive to the sun.

If you're worried about sun damage, it is caused by or a reaction of refined sugar/chemicals in your skin with the sun. Raw foods increase the amount of anti-oxidants in your body to fight the free radicals released and you can never get sunburned! Sunburn is a good indication that you need to add a daily dose of antioxidant-rich food and whole food anti-oxidant supplements like Arise and Shine Super Antioxidant Formula (has saved me many times from over working out and too much sun). Also, lowering sugar intake will help sunburn. Of course too much sun during the strongest sun times of day is not recommended at first. We get essential vitamins from the sun that we can't easily get from anything else. Also sunshine helps you to wake up, to get over jet lag, and to cure depression.

WATER: Try drinking 12-24-32 fl oz. of charged, alkaline water every morning and whenever you feel toxic to hydrate and too facilitate and induce a bowel movement. We need hydration to eliminate. Purging toxins first thing is what everyone should be doing every morning before anything else. Drink plenty of water that your body can absorb. Order carbon filtered, steam distilled, reverse osmosis water from a reliable source to be delivered to your house or have a system installed. Distilled/ R.O. water lacks oxygen, minerals, and energy and needs to be restructured and charged. Spring water is usually mineralized and oxygenated, but almost all the name brand spring waters have been found to contain harmful toxins and most sources are not from natural springs but unnatural drilled sources. Organic minerals are what hold the electric charge to create electrolytes.

There are many ways to make water more absorbable: Put a large (so as not to swallow it) quartz crystal in your distiller. Water needs to be in groups of seven molecules or less to be able to be absorbed and used in our bodies to hydrate, etc. Charge your water with a few drops of lemon juice, MSM, or sliced cucumber. Or a scoop of Nature's First Food or Vitamineral Green has all the organic electrolytes needed to make your water absorbable. Alkazone and Crystal Energy (drops to add to water) will restructure your water, too. Alkazone electrolyte dietary supplement- Alkaline booster: alkazone.com 1(800)810-1888 Crystal energy made with flanagan microclusters 2 or 4 fl oz.: www.royal-health.com or www.crystalenergy.sun-cell.com

All fresh unpasteurized organic juices and fruit, coconuts, and veggies have perfectly structured water with plenty of electrolytes. Organic melons, cucumber, coconut water, etc. are very hydrating...make sure to eat only by themselves...mixing with other food can cause indigestion.

We find that when we are eating enough raw foods we don't need to drink as much water. When you have a live raw food lifestyle, you need to drink 1/4 of the amount of Lbs. you weigh in Oz. So if you are 100 Lbs. Divided by 4 is 25. So 25 Oz. of water extra per day. If you are not mostly "Raw", we should be drinking as much water in Oz. as we weigh in Lbs. Or at least half as much as that. So, if you weigh 100 Lbs., drink 50-100 Oz. each day.

Trinity Geothermal water is excellent bottled water, which uses the least-leaching plastic and is very energized with important minerals. They also spend the extra money to refrigerate their water in transport during the hotter times of the year to protect the water from reaching over 80 degrees in the bottle (saving the water from being infused with plastic toxicity which is as bad as pesticide toxicity).

On hot days and when feeling extra toxic or when on a cleanse, drink as many ounces of charged water as pounds in body weight you are to half that amount on cold days. 100 oz. of water is around 2 of the large 50.7 Oz./1.5 liter bottles. Herbal teas which are not caffeinated count as water:

Red Clover tea (Alvita brand is good for tea bags or organic bulk at the healthfood store) is very smooth and pleasant tasting and cleanses the blood, liver, and kidneys.

- Kidney Life by Arise and Shine in Powder can be used as a tea.

- African Red Tea's Rooibos Teas are tasty powerfully antioxidant teas...Honeybush and Vanilla are our favorites.

- Peppermint is great for digestion.

- Fresh Ginger is good with honey and lemon (slice up a two inch chunk and boil) for nausea and digestion, especially in the winter it is very warming.

4 quarts=1 gallon

4 cups=1 quart

8 oz.=1 cup

1 quart=32 oz.

Note: Some people believe that distilled water is helpful during cleansing because the water molecules are empty and attract toxins, which is beneficial

during a cleanse (or for a hangover) when a lot of toxins need to be flushed from the body. While cleansing, you should be going to the bathroom up to once an hour, not much more than that. You will overwork your kidneys by drinking too much water because they have to do all that work filtering it (lower back will get sore). A small 6-8 Oz. glass 5-15 min. before or after eating is fine or sipping during meals. I wouldn't recommend too much water while eating because the water will dilute the stomach acid (bile) meant to break down the food and can also wash away important nutrients. Though there are times when you may need/want to hydrate and/or wash away certain heavy, toxic, dry, cooked foods!

Here is a system for the occasional (or not so occasional) pig out that has saved us many times from feeling bad from overeating, too much heavily cooked food, excess cooked oils, heartburn from acid forming food, etc:

-Take 1-5 full spectrum (Rainbow Light Advanced Enzyme System) and 1-2 alkaline organic mineral/electrolyte caps (Electrolife by Arise and Shine) with meals depending on how heavy you ate (if you are taking extra enzymes, a half a glass of water will help to disperse and break down the enzymes).

-If you had a lot of cooked oils, it is very effective to add the juice of 1/2 to a whole lemon to 3-6 Oz. of luke warm water. This will immediately alkalize your body and cut the oil! Take it like a shot. It works!

-5-15 min. after meal take 1-3 probiotics to help restore Ph balance and aid digestion.

-In extreme cases or when you need to be clear, alert, and strong or are feeling under the weather, taking herbal laxatives (or cleanse program herbs), magnesium oxide, a fiber shake (chase with glass of water) 1 1/2 hrs. later, and/or an enema that evening and/or the next morning are effective ways to unclog and lighten up again!

TOXIN REMOVAL/CARDIOVASCULAR/OXYGEN/ STRENGTH TRAINING/HORMONE BALANCE:

Toxin Removal:

Burn off excess mucous with exercise: Exercise is essential to circulate and sweat out toxins out of the body, to keep your digestion healthy, and move the blood and reduce cholesterol build up. Work up to Exercising every day. This will increase your life span. Start by doing 20-30 minutes of mild exercise 2-3 times a week such as walking briskly or stretching. Then try at least every other day then move into at least 1/2 hr. every day or equal to 1 1/2 miles of brisk walking per day. Mood-enhancing, stress-releasing chemicals in the brain are unleashed when we exercise!

Here are some other ways to circulate the blood which brings fluid, nutrients, and oxygen throughout your body and helps to clean out the waste: do breathing exercises (breathe deeply many times through the day because 3/4 of our toxins are eliminated through the lungs), do qi gong, do yoga, get a massage, physical therapy, sit in an infrared sauna, go to the hot springs, take a salt bath, use essential oils to oxygenate the blood, bounce every day on a small trampoline (excellent for the lymph system), run, walk briskly moving arms back and forth, or anything else which increases the pulse rate and circulates the

blood. This is the way toxins are circulated out of your lymphatic system and out of your body.

Skin brushing with a vegetable fiber brush before showering each day is fantastic. 2-5 minutes of dry brushing equates to 20 mins. of aerobic exercise for the cleansing and circulation of your lymphatic system by getting rid of wastes. Start with feet and legs toward the heart, hands up to the shoulders, breasts towards center of chest, from the back upwards and over shoulders to heart, and gently down the front and back of neck(not the face).

Tongue Scraping is another wonderful way to get rid of toxins and bacteria after brushing. Use a spoon or a tongue scrapper, not your toothbrush, because bacteria will stay of the brush.

Elimination: Moving the bowels 2 times a day or more is very important to keep clear and clean. If experiencing headache, fatigue, irritability, etc., you may want to do an enema or facilitate bowels with Fiber or Magnesium Oxide (see under Fiber below and also see my Health Info under TIPS TO HELP YOU PURGE CONSISTENTLY).

Deep Breathing: Breathe in through the nose and out through the mouth slowly from the groin, to the belly, through the ribs, and into the chest, for one minute 2-3 times a day. 75% of the body's toxic waste is eliminated out of the lungs when we breathe.

Strength Training: From http://www.bodybewell.com/site_map.html If we don't maintain our frame, we can forget the rest of the program as it will give out and disease will take over regardless of whatever else we do. Strengthen your frame and boost your energy producing structures with strength training. This will lessen the incidence of injury, maintain our bone and muscle mass, increase our circulation, lubricate the joints, feed our brain better and give us the ability to carry ourselves around for life without being a burden to ourselves and others.

We need to have an efficient outside to efficiently and painlessly carry our efficient insides around! For this, aerobic training will not do. All of the jazz exercise, yoga, karate aerobics, and even swimming and walking simply will not do. For this we have to strength train! Mind you I said strength training not body building. There is a huge difference I'll get to explain in a bit.

First let's look at something known as Wolfes' physiological law. A physiological law is an uncontested truth. That's the way it works - no questions about it! Wolfes' law states: **"Mineralization is laid into bone along axial lines of stress". What that means is that unless we compress hard, tug hard and yank hard on a bone, it will not fill well with minerals or maintain it's mineral mass.** Most MD's think Wolfes' law can be fulfilled by simple weight bearing as in walking, they are dead wrong. For one thing, while walking, what weight bearing do the arms, shoulders and mid back do? How can they benefit from the walking? For another, **the first principle of exercise is that a muscle prefers to get its exercise in its primary range of motion in as great a range of motion as it can safely do. This will stress the bones sufficiently to produce the adaptive response of mineralizing.** Walking has a mere 13 degrees of range of motion at the hip and knee when the hip is capable of 160 degrees of range and the knee 135 degrees. So how much exercise is 13

degrees? Not much. For walking to be a good exercise in bone building for the pelvis and lower extremity, you would have to go very fast up hill both ways....coming and going. Not likely to happen.

What's the difference between strength training and body building? Body building bloats muscles through a process known as hypertrophy and does not produce a lot of strength for the size. Real strength training on the other hand produces dense strong muscle through a process called hyperplasia. Do any of the lightweight Olympic weight lifting champions look like bodybuilders do? No. Do the men in the "Worlds Strongest Man" competitions look like bodybuilders? No. Look at the bantam and lightweight class of Olympic lifters. Yet these small men and women are some 3 to 4 times stronger and more able than the biggest of bodybuilders. We are not going for kissable beautiful biceps. We are shooting for useable strength for the Activities of Daily Living (ADL's) and: to keep our circulation up, our bones strong, and very importantly increase the number of mitochondria in the muscle cells.

The energy we use for everything in our lives is produced by mitochondria. It is these furnaces of the cells where Adenosine Tri Phosphate is produced (ATP). ATP is the sugar everything in our bodies is powered by. Most all of the ATP in the body is made in the muscles. The brain uses 33% of the bodies' daily energy, the eyes 33% and the remainder of our body the rest! If we have lowered numbers of mitochondria, as in Mononucleosis, Fibromyalgia, Chronic Fatigue or due to age and loss of muscle, then all of our energy is significantly reduced and we are in a fog.

The only thing that can significantly increase the number of mitochondria in our bodies is STRENGTH TRAINING. Period. And yes, I know that for the last 20 years the medical emphasis has been on the aerobic training of the heart. Again research now shows that couch potatoes are living as long as their marathon running cousins and, that runners are dying of heart disease anyway while they sink their immune systems and wreck their joints with all the aerobic work! As we age, frame strength becomes more important than heart endurance. When was the last time you ran after the postman because he forgot to pick up a letter? But you arise from bed, the toilet and chairs every day. Strength is important not only in maintaining the circulation to our extremities but to perform all of the activities of daily living from blow drying our hair, to serving the table, to picking the skillet up from that bottom shelf!

Hormone balance/Progesterone and Testosterone: From http://www.bodybewell.com/site_map.html If we don't raise our levels of the sexual hormones, then we cannot stop or reverse the bone and muscle loss; we'll be depressed, gain fat and have no drive for life. With simple saliva tests we can determine just how low or off we are in our hormone balance and then safely supplement the loss with topical creams that are natural and without side effects. Testosterone has gotten a bad rap in the last 20 years as a cancer producer and aggression maker. The latest research shows the truth. Natural testosterone; protects the heart from disease, is the greatest antidepressant known, maintains sex drive, bone mass and muscle mass, lowers cholesterol and levels of body fat, protects the prostate and maintains mental drive! Life Flo makes the purest

most utilizable proto - hormone supplement creams on the market today. The Progesta Care for women and the Andro - Edge are the products to look for.

Oxygen: From http://www.bodybewell.com/site_map.html If we don't have high levels of circulating oxygen, we'll have bugs grow and fester throughout our bodies and have low energy and shortened life span. We first clean the blood with the enzymes. Then we make the blood rich with oxygen carrying red blood cells. We then increase the circulation by opening up clogged blood vessels with enzymes and then make miles and miles of new blood vessels through weight training. On top of that, to make sure we are always oxygen rich to fight off bugs despite air pollution and the rest we'll supplement with a rich oxygen source. Aerobic 0-7 and K 0-7 are the industry standards for oxygen supplementation.

RELAXATION/STRESS RELIEVING TECHNIQUES: Change can be positive, but whenever we go through change, it can put stress on our bodies. Yoga, a positive attitude, spending time in nature, compassion for all living things, good therapy, osteopathy with cranial-sacral balancing, energy work, meditation, breathing exercises, Chi Kung, Tai Chi, chanting, using essential oils, helping others, surrounding yourself with a community of people who support your true ideals, values, and beliefs, etc...these are all ways to raise your vibrations, your hertz level, cleanse and raise your spirit, your body and mind...these practices are so helpful during cleansing and for life. Also, just make time for yourself and your favorite hobbies. The focus is on finding power and the truth within so we may then help others.

LIVING FOODS AND NUTRIENTS:

Dark Leafy Green Vegetables/ Alkaline Minerals/ Green food: 1 Green Juice and 1-2 Dark Leafy Green Salads a day will keep the doctor away. Eat raw, dark leafy greens with every meal or as much as possible: spinach, celery, kale, chard, mixed organic mesclun greens, arugula, etc. The dark leafy greens and sea vegetables (Granulated Nori, Kelp, Dulse are great on salads) contain the most vital alkaline minerals which are the foundation of all health. These minerals are what conduct our electrical system, carry fluids to our tissues, carry out toxins, carry vitamins through our system, and create a healthy alkaline environment. When we are in an acid state our homeostasis is thrown off and our body has to put all its energy into balancing it again and because most of us have depleted alkaline mineral reserves, our stomach stops creating hydrochloric acid, therefore we stop digesting our food. Tip: fresh vine and tree ripened fruits are more alkaline than acid (versus fruit and veggies picked unripe then ripened off the vine or tree). Our bodies need to be more alkaline for natural cleansing processes to kick in. It's interesting that when the body is more alkaline, it craves more alkaline foods and when it's ph is acidic, it craves acid forming foods. Green Juice is recommended to be take 8 oz. at a time and can be 1/2 apple, carrot, and/or beet and 1/2 Dark leafy green and/or green food powder supplement such as Vitamineral Green or Nature's First Food. These green food supplements come in a powder form and contain organic and wildcrafted green foods that have been dehydrated at low temperatures below 118 degrees in

order to preserve their enzymes and nutrients. I like to mix 1-2 tablespoons in with smoothies or apple/lemon juice.

Fruit/ Instant Energy, Antioxidants: Have 1-4 servings of fruit every day. Fruits provide us with an instant available energy source and hold the highest vibration/ hertz level (electrical frequency) of all the foods. You'll notice that all fruit contain seeds or at least all the non-hybridized ones do. The seeds mean they can produce new life. Some say fruits have the best "karma" of all the foods. When you eat the fruit of a plant, you don't have to uproot it. Fruit falls off trees naturally.

Before noon, and after 8pm try eating only watery fruit. At those times our bodies are in elimination mode no matter what time we go to sleep or wake up. If we eat hard to digest foods during those times, our body will focus all its energy on digestion instead of elimination.

Watery fruits are watery and have lots of enzymes, therefore, are extremely easy to digest. Watery fruits include grapefruit, orange, watermelon, cantaloupe, honeydew, nectarine, peach, grapes, cherimoya, apple, papaya, pineapple, cucumber, tomato, etc. Eat lots of fresh organic fruit, especially ones in season...for snacks. Try not to mix fruits with other foods or each other because mixing enzymes can cause both foods to ferment depending on the person. For better digestion, eat fruit at least 15 mins. before eating other foods and wait a half to a full hour after. Apples, Pineapples, and Papayas can be eaten pretty much with anything because of their digestive qualities. Fruits include avocados (have lipase, which dissolves fatty deposits and have loads of anti-oxidants). Side note: All Vinegars, except unfiltered, organic, apple cider vinegar, ferment any food in your stomach.

All berries, pomegranate, and other deep, brightly colored fruit (and veggies) have a plethora of bioflavonoids and antioxidants needed to neutralize free radicals from excess environmental pollution, working out, stress, excess toxins releasing in the body when cleansing, drugs, cooked/burnt food, black teas, coffee, alcohol, prescription drugs, over the counter medication such as aspirin, etc.

Wholefood Antioxidant supplements (Arise and Shine Super Antioxidant Blend) are also helpful at times like during sickness, sun poisoning, too much exercise, cleansing or surgery. Antioxidants can be acidic, so make sure to balance your diet with alkalizing minerals and foods.

Sometimes Citrus Fruit can be too acidic, especially pineapple, cherries, strawberries, grapefruit, grapes and oranges. Eat in portions that can fit in your palm. They are extremely cleansing and may evoke "allergies" or cleansing reactions.

If you have sugar sensitivities, eat non-sweet fruits like cucumber, grapefruit, tomatoe, avocado, or 1/2-1sweet fruit each day.

Live Enzymes: Enzymes work in the body not only to help digest foods and break down mucoid plaque but also clear and clean excess sludge out of the body via the white blood cells throughout the body and lymphatic system (among

hundreds of other important functions). In other words, Enzymes actually pass through the digestive system through the blood into the bloodstream and break down and cart out cholesterol in the blood and blood vessels. Enzymes are responsible for every biochemical reaction that occurs in living matter. All life depends on enzymes.

Full spectrum live digestive enzymes are extremely helpful for when you eat less than healthy foods, i.e.: refined flour (pasta, bread), refined sugar, refined anything, dairy, meat, chemically bleached foods (white rice, refined sugar, table salt), fish, potatoes, candy, ice cream, less than excellent food combinations, over-stuffing, constipating foods (less than two bowel movements a day), any foods that make you tired after eating them or feel hard on your body. You can test how well your enzymes work by opening them on whatever food you want to break down and leaving it there for a few hours.

Get more enzymes by adding more fresh, organic fruits and vegetables to your diet. Food from local farmers markets are much more fresh...make sure they are certified or at least registered Organic and ask when they were picked/harvested! You'll see that unlike food from your supermarket, at the farmer's market they usually have picked them appropriately for maximum nutrient value. Produce can sit on shelves for months with the technology and practices they use nowadays. Common farming practices include irradiation, using unnatural waxes to coat food, genetically modified food to lengthen shelf life or immunity to pests and extreme temperature such as fish genes in tomatoes to make them immune to cold or wheat crops spliced with an immunity to a certain pesticide so spraying won't kill them, etc. Also look for produce containing their seeds. The fact that a fruit can reproduce is also a sign that it is more nutritious. Also, you've probably heard that plants respond well to good intention and energy. Well, you can meet the people who grow the food at the farmer's market and learn about sustainable farming practices like those used for centuries in Europe.

You can heat foods up to the point where you can still stick your finger in them for 4 seconds (below 104 degrees...some say 108, some 118), and it's still considered raw, leaving most of the enzymes intact.

From http://www.bodybewell.com/site_map.html When we only take vitamins, minerals and herbs, as important as they are, we are skirting around the outside of the essentials for health. If we just take supplements and not replace the enzymes we are wasting a good bit of money, expectation and time. Have plenty of live enzymes from juicing, raw foods and most importantly from supplementation. We need to supplement our Metabolic Enzymes because the most essential enzymes for avoiding or combating the catastrophic diseases are the enzymes we may no longer make as much of. Pancreatin is essential in the prevention and fight against all cancers and inflammations. Eating raw pancreas and meat is out of the question. So, we have to find the finest enzyme supplement and take it liberally. Today Vitalzym from is the greatest systemic enzyme supplement on the planet!

Probiotics: Probiotics (friendly bacteria) initially are provided by your mother's milk and beneficial soil organisms from farm fresh produce are destroyed by radiation, aspirin, antibiotics and other over the counter and prescribed drugs and desperately need to be replaced to restore body balance and pH. Good health is directly linked to an alkaline balance in the body. An acid environment harbors disease. Beneficial bacteria in the body naturally produce vitamin B-12. Probiotics heal the stomach lining and crowd out or kill pathogenic (bad) bacteria directly associated with the common cold, flus, yeast (candida), and food poisoning. Read more about Probiotics in my Nutritional Resources or <http://www.gardenoflifeusa.com/products/primalpowder.html>

Essential Fatty Acids: It is important to balance about 1/3 chlorophyll (leafy greens), 1/3 sweet fruits, and 1/3 vegetable/fruit fat (essential fatty acids) in you diet. Read Eating for Beauty and Sunfood Diet Success System both by David Wolfe for details. Usually when we crave heavy foods, it's usually because we need essential fatty acids.

Eat plenty of essential fatty acids, especially Omega 3. We need a mixture of Omega 3, Omega 6, and Omega 9. They help to break down and disintegrate the mucoid plaque and undigested fats in our intestines as well as fat and cellulite on our bodies in general. Also, they contain a lot of protective antioxidants. EFAs are essential for hormonal balance, skin, eyes, etc. Raw organic, unprocessed coconut butter, avocados, raw olives made with Celtic sea salt, raw ground flaxseeds (you can get the grinder at www.rawfood.com and you can grind them on everything-salads, fruit, smoothies, juices). (Deep-water fish have the omegas but cooking coagulates the delicate EFAs. Also, all fish in studies testing fish from the most pristine waters around the world, have been found to contain dangerous amounts of the most toxic chemical, dioxin.) Try Health from the Sun's "The Total EFA" which contains the Omega 3, 6, and 9s, and raw, 1st cold-pressed, unfiltered, organic olive oil (all mucous dissolving). If you want cook veggies...lightly steam instead of sautee-ing and add oil after. Cauliflower, broccoli, artichoke, and asparagus are some of the only vegetables that don't become starchy when cooked. I like the flavor of 1-2 cap-fulls of flax oil in my daily salads.

Veggie and fruit fats give us that sense of fullness we need. Also when you eat them with any fast burning/moving sugar (sweet fruits, raw organic honey, grade b organic maple syrup, simple carbs, etc.) it slows the absorption into your body, preventing an insulin rush and thus the crash afterward (low blood sugar). And fruit sugar actually moves slower than refined and or starch/simple carbo sugars like from pasta, potatoes, rice, popcorn, and bread. If you eat these starchy/carbo foods, add plenty of raw plant fats with them so they glide through, protecting your stomach lining from being damaged and the plant oils slow the fast moving sugar /insulin raising effect.

Fiber: Raw foods have fiber that act like a broom, cleaning out intestines. Supplemental fibers like high quality steam purified psyllium husk powder, ground flax seeds and/or slippery elm bark combined with a large amount of

water bind with toxins and undigested protein, facilitating debris out of the body. (Gentle Fibers by Jarrow is without psyllium, since sometimes psyllium can cause bloating and gas. Also, try an enema if feeling congested or bloated...it works!!)

Sometimes, when feeling extremely toxic from food poisoning, when one is releasing a lot of toxins on a cleanse (or hangover), or from eating toxic food, hydrated bentonite can absorb as much as 40 times the amount of toxins when mixed into the fiber and water. This way the toxins are carted out of the body safely, preventing reabsorption into the bloodstream (auto-intoxication).

For less intense cleanse reactions, try Gentle Fibers. Start with 1/2-1 tablespoon to 10 Oz. of water and work up slowly- read instructions. Drink first thing in the morning or last thing at night. Or try 1 tablespoon of ground flax seeds (can use a coffee grinder) in 8 Oz. warm water. For more info see my Health Info.

Wildcrafted Food/ Herbs: Check out <http://www.rainforestbio.com/corporate/index.htm> and to get advice as to what to start with, contact chrishutnik@yahoo.com and he can get them for you and give you good ideas as to what to try. Herbs like those from the Rainforest are powerful nutritional resources from the most fertile soils left on the planet. 100 years ago, our local soils were much more fertile. Wild crafted, heirloom, non-genetically modified, unhybridized foods and herbs are some of the most assimilable, highly nutritious foods available. Some people believe that regular lettuce salads do not contain enough nutrients these days, so they eat dark leafy green and/or fresh herb salads.

Herbs are very effective tools for cleansing and maintaining a healthy, functioning whole body system. Herbs used in the right way will create results you want from cleansing and daily life. Herbs stimulate all the body's organs. The Herbs I like to use work synergistically together and by themselves to support and strengthen the whole body system and can be used for an ongoing basis to round out nourishment for life. These herbs are mild enough for children and the elderly in proportional amounts.

Super food: Blue-green algae, chlorella, spirulina, kelp or other sea vegetables. Green superfoods provide nutrients not as available in modern day produce, which use unsustainable irrigation methods, which wash away fertile topsoil into the ocean and many other vital nutrients. Green superfoods are amazing sources of chlorophyll, are cleansing, protect you from free-radicals, heal the digestive tract, are natural wholefoods, are packed with tissue building and nurturing protein, and give you a good, grounded and even energy boost. We love to take chlorella before working out to give us stamina and to circulate it through our system. I always notice a big difference in my stamina when I take chlorella before working out. I like to take Green super foods with 1-5 enzymes...I think the enzymes help to make the nutrients more absorbable. Other super foods include Goji berries and Bee pollen. See: <http://www.rawfood.com> : My favorite green foods are Pure Synergy by The

Synergy Company, Vitamineral Green by Healthforce, Aquazon, a spirulina, chlorella, and marine fucus mixture in capsule form, by Amazon Herb Company, Hawaiian Spirulina, and Sun Chlorella.

High Quality Wholefood Supplements/Healthy Condiments: We can replace nutrients missing or in low concentration in foods supplied by modern day processing, farming practices, and mass distribution.

-There are Wholefood supplements available that include a balanced array of nutrients including enzymes, antioxidants, minerals, vitamins, amino acids, essential fatty acids, green superfoods, organ/energy supportive herbs/wildcrafted foods, phyto nutrients, probiotics/flora/beneficial soil organisms, etc. all in one capsule. Check this product company out:

<http://www.gardenoflifeusa.com/products/perfectfoodcaps.html> Also, I like Ultimate Food Complex by Arise and Shine, Chris Hutnik can send them to you: chrishutnik@yahoo.com.

-Free Form Amino Acids: Amino acids rebuild every cell, tissue, and organ in your body. They are the matrix of life, the building blocks— without protein you cannot rebuild nor exist. Check out <http://www.jomarlabs.com/20blend.asp> The Pure Form 20 Blend Powder is good for vegans and they recommend taking it with their Mega –C vitamin powder which I like a lot. 4000mg of C in one rounded teaspoon. Vitamin C is essential during stressful times. My doctor said it is the one vitamin/supplement she would take with her on a deserted island.

-MSM is a by-product of algae photosynthesis, usually provided by rainwater and plants that absorb rainwater. MSM maintains healthy tissues, ligaments, hair, skin, bones, and organs, keeping them pliable, elastic, and breathable. We rarely or no longer get natural, unprocessed rainwater.

http://www.rawfood.com/cgi-bin/order/index.cgi?id=504822174185&d=single&item_id=NFL-667&c=Supplements&sc=MSM&tc=

-Vegetal Silica is an essential mineral also for the hair, skin, nails, bones, ligaments. Go to rawfood.com, go to the supplements section and get more info.

-Organic Cayenne Powder instead of acid forming black pepper as a condiment and 20,000-40,000 Heat Unit Cayenne, some are blended with ginger and other herbs, Capsules (may create a harmless burning sensation in sensitive people) as a supplement: increases the effectiveness of herbs, helps loosen mucoid plaque, acts as a blood thinner/ purifier, stimulates digestion and keeps the body warm when eating a lot of raw foods (so does ginger). Chris Hutnik has the scoop on cayenne: chrishutnik@yahoo.com

-Fine Ground Light Grey Celtic Sea Salt <http://www.celtic-seasalt.com/> (it's a must to replace the poisonous sodium chloride/table salt with this natural, health supporting, tasty salt) we use an empty, old, glass spice jar to put our seasalt in: Less is more with this sea salt because it's much saltier! Contains 80 vital minerals, which is apparent in the light grey color of this highly mineralized salt. And it has magnesium, which is needed for over 200 cleansing passageways in your body. The magnesium is only intact in the salt when you

can see the salt sticking together. Once the salt is dry and free flowing, it means the magnesium has evaporated with the moisture and the salt has been treated with chemicals. Table salt has been processed to the point that it has become poisonous. The organs have to work extra hard to remove sodium chloride from the body. Also, sodium chloride calcifies mucoid plaque and immediately stops the natural cleansing processes of the body when eaten.

Therapeutic uses of Celtic or Atlantic Sea Salt:

- When you have a blocked nasal passageway, add a teaspoon or so to warm distilled water and gently breathe into you nose to pull it in just enough, then let drain out...it works amazingly to kill bacteria and viruses and also to dissolve the mucous, cleaning your nose!

- Add a teaspoon to a cup of warm water and gargle to speed healing of any cuts or sores in the mouth.

- Helps to heal stomach lining.

- Celtic Bath Crystals: The bath salts are incredibly healing. Use 1-2 cups in a hot bath to absorb toxins from your body and to re-energize (the minerals conduct and balance energy).

- <http://www.celtic-seasalt.com/>

- Sea Seasonings Organic Dulse granules and kelp granules or any other seaweed-have amazing trace minerals and iodine not in land veggies. A great way to boost your electrolyte/alkaline mineral reserves. Add to all your salads, soups, sandwiches, etc. for extra nutrients. When you get your proper nutrients you become less hungry. <http://www.celtic-seasalt.com/>

- Bariani Extra Virgin, Organic, 1st Cold-pressed, Unfiltered Olive Oil is the best ever to pour raw over salads (marinate raw greens and you will see the live enzymatic activity starting to break down roughage), steamed veggies, cooked whole grains, etc.

- Organic Grade B Maple syrup, Stevia, Raw Honey or Raw Agave Nectar as a sweetener instead of over-processed non-vegan sugars. Raw Agave is my favorite non-insulin raising sweetener. Raw Honey like Healing Honey by the Synergy Company(order and get more info on rawfood.com) is the more healing. Grade B maple syrup just add more flavor to certain recipes.

DISCIPLINE: A clean way of life is about BALANCE and adding new habits to your life little by little. As you start rehydrating, mineralizing your body and alkalizing your pH, you will have much more clarity in your mind and intuition about what you want to put in, on, and around yourself.

When you're hydrated and your blood is clean, all your body processes work efficiently like when you were a child. On the other hand, when you are toxic, undigested proteins and other toxins are pass through into your blood and thicken it. This slows down the flow of blood, which carries fluid and oxygen to all your cells. If you get head rushes, light headedness and/or bad circulation causing limbs to fall asleep, tingling, cold hands and feet, diarrhea or constipation these are all signs of dirty blood or a cleansing reaction (see Cleanse and Purify Thyself Book 1- Chapter 12, p. 157 and see how to purge toxins faster than your

body is dumping them into your bloodstream in the “Health Info”- under YOU CAN PURGE TOXINS OUT OF YOUR BODY COMFORTABLY AND SAFELY and TIPS TO HELP YOU PURGE CONSISTENTLY).

Minerals actually hold a grounding charge, aligning you with the earth below. Minerals make us feel balanced, actually do balance our pH and act as relaxing de-stressors.

Here are some ways to discipline and start adding to our lifestyle. Remember to write down and set a goal for how long you will try this depending on how you feel and what you feel you can do. Do the easier things for you first. If something is hard for you not to have, then don't take it away fully, because anything you say you can't have can become an obsession. Allow yourself to be easy on yourself if you're really craving something and just have a little bit.

For each Week or Month, set a goal of adding a healthy habit. Here are some examples of goals you could make:

- Balance your pH by adding more alkaline forming foods and habits to your life and letting go of the more acid forming. Eat 1-2 organic dark leafy green salads a day and 1-2 organic fruits. We need to have an alkaline balance in order for the body to kick in the cleansing processes. See a list of alkaline forming and acid forming foods in Cleanse and Purify Thyself Book One by Richard Anderson, in the Arise and Shine Intestinal Cleanse Pamphlet, or in The Sunfood Diet Success System by David Wolfe: http://www.rawfood.com/cgi-bin/order/index.cgi?id=504822174185&d=single&item_id=NFL-003&c=Beauty/Self_Care&sc=Books&tc=David_Wolfe
- Eat foods that are not mucous forming. Mucus slows down the body's efficiency and prevents nutrients from being absorbed.
- Eliminate wastes as quickly as possible through AT LEAST 2-3 bowel movements A DAY and a lifestyle supportive to cleansing. This prevents reabsorption of toxins into the bloodstream.
- Let go of Exito-toxins such as Sugar, Coffee, Caffeine, Cigarettes, Alcohol, Drugs (recreational and over the counter), and Preservatives.
- Very important: No matter what you're eating or doing, what ever it is, it is the BEST EVER... guilt, stress, and negativity are acid forming.
- Eat half the amount of animal protein than you usually would or just eat fish. Or cut it down to once a week and/or 1-3 Oz. portions. The next level would be to cut out meat and fish entirely.
- Exclude wheat, wheat products, wheat gluten: pasta, pastries, cakes, cookies, muffins, bread, seitan, etc.
- Exclude refined, processed, chemically preserved, bleached products. Learn to always read labels. If there are a lot of complicated words that you don't know what they are then you're probably better off not eating them. Pretty much anything in a box or package has dead processed foods, oils and chemical preservatives to help them stay fresh on shelves for even years! David Wolfe calls them “Emergency foods”: white rice, white flour, white sugar, salt/table salt (sodium chloride), high fructose corn syrup, fructose, cane sugar, sucrose,

saccharin, equal, fractionated palm kernel oil, canola oil is heated to 1000 degrees to process, candy, gum, soy products like tempeh are extremely processed to become the texture they are, soy ice cream, soy milk, soy margarine, etc. Organic, non-GMO, fresh tofu once or twice a week can be your leeway.

-Exclude dairy and eggs: cheese, cows milk, cream, whipped cream, ice cream, cottage cheese, etc. The only exception would be raw, unpasteurized, organic goat's milk, yogurt, and cheese. These are much less mucus forming.

-Exclude heated oils and fats: fried foods, sautéed foods, any food cooked with oil, lard or butter, corn chips, fries, waffles, pancakes, cooked animal and bird flesh, etc. (Add raw oil and seasonings after steaming for a satisfying meal. You'll be surprised how tasty it is.)

-Cut out exito-toxins by one less each day/week: Saccharin(all fake sugars), Processed Sugar(Fructose Corn Syrup, Fructose, Sugar, etc.), Caffeine, MSG, Look out for "Natural Flavorings" on labels.

-Exercise two times during the week and once on the weekend and if you miss one in the week do it on the other weekend day. Work out Before work.

-Take away the nautiness and the stigmas we put on things. It's not a big deal. It's more about being aware and having the right information so you CAN make your own educated decision about what goes in or on your body.

-Decide to Meditate for 5 minutes or more each morning and state your goals, intentions, and what you want to do for others.

-Watch less TV. Save it for certain days that there is actually good programs on.

-Read for 5 minutes or more at bedtime each night.

-Do yoga for 5 minutes or more every morning.

-Breathe deeply for 1 minute or more in the morning, noon, and night, and/or whenever you remember.

-Etcetera!

COMMUNITY/ FAITH: It's extremely important to surround yourself with people who support what you are doing for yourself, who understand it, and will help you with the journey. As with any relationship, creating this relationship with yourself will have its hills and valleys. Every relationship is a challenge. Have faith in yourself. It is best to be as honest with yourself as possible and to not bully yourself into things. Avoid beating yourself up and creating all kinds of conditions for yourself. Try to be very forgiving and excepting of all your so-called mistakes because each experience is your experience and who's to judge it but yourself? You are the one in your body. You can move through every experience no matter what it may be with joy and peace if you decide to do so. So enjoy each moment of the journey, take it lightly if you "screw up", learn to laugh at yourself, and do away with the heaviness. Watch your thought patterns, too. What are you telling yourself? One step at a time.

.....*Enjoy the journey!*.....