

NUTRITIONAL RESOURCES
Living Foods and Nutritional Supplements

NATURE'S FIRST LAW HEADQUARTERS, San Diego

(Request their amazing catalog that has everything you need for a healthy way of life or go to their website) Nature's First Law researches their products by investigating the actual places they're made or makes them themselves.

(800) 205-2350

www.rawfood.com

-Dried Tibetan Goji Berries/or Goji Berry bars. Tastes a bit like capt'n crunch berries. Tastes great with raw almonds and sulfur-free raisins. Packed with the 8 essential amino acids, 21 trace minerals, 500x the amount of vit. C than oranges, iron, and is an incredible immune booster, creates T-cell transformation, longevity, strength building, and sexual potency.

-Raw pumpkinseeds and pumpkinseed butter-tastes like peanut butter and is amazing on bananas with beepollen on top

-Raw almond butter- yummy to use on toast instead of butter or peanut butter...on apples too. Try to use instead of mucous forming dairy products.

-Nature's First Food Superfood Powder for mixing into smoothies, fresh juices or just water if you can take it. It's surprisingly mild for a green drink- 100% organic and wildcrafted dehydrated foods that contain live enzymes, minerals, and vitamins that are hard to get enough of in commercial produce...this will ensure you're getting a well rounded dose of nutrients every day...it also contains the best quality array of probiotics (good bacteria) available...I can feel the vitality it gives me when I drink it (also, see Vitamineral Green below).

-Msm-add to lemon water, juice, or smoothie...for elasticity of bones, skin, organs, lymph nodes, etc-read about all these products more extensively in the (888-rawfood) catalog and Eating for Beauty by David Wolfe, also available here

-Sundried sulfur-free organic Monuka raisins and prunes-great snack with raw nuts: almonds, macadamias, cashews, pecans, walnuts, etc. If you have trouble digesting raw nuts soak overnight in a jar with purified water, then pour out the water and rinse the next morning and the enzyme inhibitors will be washed away, leaving alive, energized, digestible nuts-keeps in fridge for a few days. Dried fruit can be soaked also. Eat only a small handful of each day of each and drink plenty of water with dehydrated foods.

HEALTHFORCE available at many natural food stores
(800) 357-2717

www.healthforce.net

Order Vitamineral Green super food powder- this is an every day staple. It's similar to the Natures First Food above. It's the best priced and best product like it in the world.

To make any water more absorbable , energetic, and alkaline:

-ALKAZONE ELECTROLYTE DIETARY SUPPLEMENT- 'ALKALINE BOOSTER' also available at: alkazone.com 1(800)810-1888
-'CRYSTAL ENERGY' MADE WITH FLANAGAN MICROCLUSTERS 2 or 4 fl oz.

also available at: www.royal-health.com or
www.crystalenergy.sun-cell.com

BARIANI OLIVE OIL CONNECTION available at many natural food stores

Contact Emanuel Bariani
(415) 864-1917

Say you're a private residence, not a store. I like to order 6 at a time (you can order less). It's \$15-ish a bottle and you can split up shipments with some friends. On a live food diet we go through 6 in no time.

check out the website www.barianioliveoil.com -you will be able to order from the website soon!

-Bariani olive oil- the best, high quality, cold-pressed, raw olive oils ever made...you'll taste the difference...mucous dissolving.)

THE GRAIN & SALT SOCIETY

www.celtic-seasalt.com

(800) 867-7258

FAX (828) 299-1640

-Fineground Grey Mineral Celtic Seasalt available at many natural food stores -glass gift jar 8 oz. (sj-fine)-easily replace your regular table salt with this! Regular table salt is bleached and poisonous. Less is more with this sea salt because it's much saltier! Contains 80 vital minerals. 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. Also 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! (we use an empty, old, glass spice jar to put our seasalt in.

-Celtic Bath Crystals- 1,5, or 22 lbs.(members only) You can become a Junior Member for \$25.-/year and receive a 50% discount off all Celtic sea salt varieties. The bath salts are incredibly healing. OR Celtic bath jar-2 lbs- use 1-2 cups in a hot bath to absorb toxins from your body and to re-energize.

-Sea Seasonings Organic Dulse granules and kelp granules- have amazing trace minerals and iodine not in land veggies. Add to all your salads, soups, sandwiches, etc. for extra nutrients. When you get your proper nutrients you become less hungry.

Essential Water and Air

(800)964-4303

www.ewater.com

Talk to them about pure water, pure air, and pure energy.

-Essential Energy uses highly charged, energized, positively polarized water that gives virtually any substance or liquid a positive charge. You can feel, smell, and taste the difference.

-I like wearing the e-necklace to avoid cellular/computer radiation.

-Check out the Vitalizer

Amazon Herb Company

(800) 835-0850

www.rainforestbio.com

To order, call and give them Distributor# 75613. I recommend Chocamaca, the most delicious chocolate I've ever had that is actually healthy, in moderation, and makes you feel good, too. It's semi-sweet, organic, dark chocolate which has Amazon herbs and blue-green algae in it. Also, check out the "Health Pack" , Aquazon, and the Illumination herbs for everyday energy boosting and nutritional support. I like the Illumination tincture as an energy booster.

Hold it under your tongue as long as possible for immediate absorption into the bloodstream. Also their Mate Tea (yerba mate) is an awesome alternative to coffee as an energy boost! If it's too bitter add Rice Dream Organic vanilla rice milk and Organic Grade B Maple Syrup.

-Aquazon contains blue-green algae which stimulates immune patrolling or migration of natural killer cells as scavengers of virally infected cells and cells undergoing degeneration and Fucus which stimulates lymphatic

circulation important for riding of toxins, promotes healthy tissue growth, stimulates the immune system, helps maintain blood glucose levels and with weight management.

SUN WELLNESS, INC. available at many natural food stores
(800) 829-2828, EXT. 77
www.sunwellness.com

Order Sun Chlorella "A" tabs or granules. You can have them send a 1500 tab or 100 packet supply to your home every 3 months, or just order a 20 day supply. You get a discount if you give them my member #YAA295 under Kara Yoshimoto. A highly digestible form of bluegreen algae superfood. It's an amazing source of chlorophyll. It is cleansing, protects you from free-radicals, heals the digestive tract, is natural wholefood, is packed with tissue building and nurturing protein, and gives 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. We also take it when we need to balance our meals or snacks and when we don't have something green around, on the road, at work, when we don't have time to eat and so on, although they shouldn't be used as a meal replacement.

Other Green Superfood: Nutrex Organic Spirulina Pacifica tablets or Earthrise Spirulina Certified Organic tablets or powder are available at most health food stores. One of the most complete sources of Protein, rich in phycotone pigments, minerals, anti-oxidants, trace elements, and other nutritive components including Magnesium which is integral in more than 300 detox pathways of the body and helps us relax, and is packed with Chlorophyll (see pp. 166-168 of The LifeFood Recipe Book)

Other green super foods:

Healthforce Nutritional Vitamineral Green or another Organic and Wildcrafted Low Temperature Dehydrated Green Powder Mix that includes Probiotics, Enzymes, and Superfoods like Nature's First Law Nature's First Food, from Nature's First Law, Vision Inc.'s You're My Everything Green Food with MSM, OR if you want similar nutrients in a pill form try Garden of Life Perfect Food Super Green Formula capsules or Ultimate Food Complex capsules from Arise and Shine.

GARDEN OF LIFE available at most natural food stores
<http://www.gardenoflifeusa.com/products/primalpowder.html>
PRIMAL DEFENSE™ ULTRAZORB™ CAPLETS
Nature's First Probiotic

Primal Defense has been awarded the Diabetes Resource Center's "Seal of Approval" as a beneficial food for diabetic consumption.

- * The only probiotic that contains HSOs™ (Homeostatic Soil Organisms)
- * Provides 14 Probiotic Strains
- * Grown in a base of Nutrient-Rich Superfoods
- * Over 100 naturally occurring Vitamins, Minerals & Live Enzymes
- * Utilizes Exclusive Poten-Zyme™ and UltraZorbe™ Delivery Systems
- * Requires No Refrigeration

What is Primal Defense™? Primal Defense™ is a whole food probiotic blend containing 14 strains of hardy plant based, non-dairy HSOs™ (Homeostatic Soil Organisms.) HSOs™ contain naturally occurring live enzymes, vitamins and minerals designed to optimize the digestive terrain, bowel and immune system function. These unique micro-organisms are shown to devour undigested matter, and eliminate yeast, parasites and bad bacteria from the intestines. Primal Defense™ contains the same nutrients used for thousands of years by some of the healthiest and longest living people in the world.

Why do we need Primal Defense™? Beneficial soil and plant based microbes used to be ingested through food grown in rich, unpolluted soil. However, for the last 50 years our soil has been sterilized with pesticides and herbicides, destroying most bacteria, both bad and good. Our modern lifestyle, which includes antibiotics, chlorinated water, agricultural chemicals, pollution and poor diet, is responsible for eradicating much of the beneficial bacteria in our bodies. A lack of beneficial microorganisms often results in poor intestinal and immune system health, contributing to a wide range of symptoms and illnesses.

The following symptoms may result from a lack of probiotics:

- * Gas, Bloating and Indigestion
- * Diarrhea and/or Constipation
- * Bad Breath and Body Odor
- * Candida Yeast Infections
- * Chronic Fatigue and Fibromyalgia
- * IBS (Irritable Bowel Syndrome)
- * Skin problems such as Acne, Eczema and Psoriasis
- * Delayed development in children

- * High Cholesterol Levels
- * Frequent Colds and Flu

What are HSOs™(Homeostatic Soil Organisms)?

The main component in Primal Defense™ is HSOs™, which have been used for over 22 years by thousands of health care practitioners. The non-mutated naturally occurring colonies of probiotics are from the original, pristine cultures found in unpolluted soil and plants, now cultivated in U.S. laboratories using proprietary methods. The HSOs™ are in a substrate of nutrient rich superfoods providing vitamins, minerals, trace elements, enzymes and proteins. The probiotics are then made dormant using the Microflora Delivery System™, which protects and delivers them directly to the GI tract where they multiply and flourish.

How do HSOs™ Work?

Impervious to stomach acids and the digestive process, the microorganisms move through the stomach into the intestinal tract where they form colonies along the intestinal walls. HSOs™ multiply in the intestines and actually compete with harmful bacteria and yeasts for receptor sites, crowding out pathogens and taking up residence. Once established, the organisms quickly begin producing the proper environment for nutrient absorption, thus reinstating a balanced pH.

According to early research and anecdotal evidence, the following is a summary of the actions of HSOs™.

- * HSOs™ work from inside the intestines dislodging accumulated decay from the walls and flushing out waste.
- * HSOs™ break down hydrocarbons, a unique ability to split food into its most basic elements allowing almost total absorption through the digestive system. This increases overall nutrition and enhances cellular development.
- * HSOs™ produce specific proteins that act as antigens, encouraging the immune system to manufacture huge pools of uncoded antibodies. This increased production of antibodies may significantly boost the body's ability to ward off disease.
- * HSOs™ are very aggressive against pathological molds, yeasts, fungi, bacteria, parasites and viruses.
- * HSOs™ work in symbiosis with somatic (tissue or organ) cells to metabolize proteins and eliminate toxic waste.
- * HSOs™ stimulate the body to produce natural alpha-interferon, a potent immune system enhancer and powerful virus inhibitor.

* HSOs™ provide critical Lactoferrin supplementation as a by-product of their metabolism. Lactoferrin is an iron binding protein essential for retrieving iron from foods.

What is the difference between Primal Defense™ and other Probiotics?

Even if they manage to get through the destructive stomach acids, most probiotic supplements can have a difficult time implanting in colons that are pH imbalanced or have too many harmful bacteria. HSOs™ are designed to implant in any colonic environment. The Microflora Delivery System™ ensures that the probiotics colonize throughout the digestive tract where they are most effective. The probiotics contained in Primal Defense™ are grown and incorporated into a living whole food substrate using the Poten-Zyme™ process, which allows them to thrive on their long journey through the GI tract.

Most probiotics on the market today grow bacteria, and then in a centrifuge, separate them from their substrate. We believe the substrate is as important as the probiotics themselves. Many probiotics have included fructooligosaccharides (FOS) in their product. FOS is an indigestible sugar that may cause digestive disturbances in certain individuals. Primal Defense™ contains no FOS.

Since most probiotic supplements contain live cultures, they are temperature and age sensitive, therefore requiring refrigeration. If room temperature can begin to degrade these probiotics, imagine what the warm human body will do. Our HSOs™ remain dormant until activated by body fluids, thus requiring no refrigeration. Many probiotic products measure their potency in colony forming units (CFU), whereas in Primal Defense™, it's not the quantity of probiotics, it's the quality. The hardy probiotic strains in Primal Defense™ are resistant to heat, cold, stomach acid, chlorine, fluorine, ascorbic acid and bile. The efficacy of a probiotic should be based upon its ability to ferment foods.

Co-opportunity Market (Our favorite market-you can get most of my Nutritional recommendations here!)

1525 Broadway

Santa Monica 90404

(310) 451-8902 (8am-10pm daily)

Organic juice bar, bulk foods, fresh organic produce (you can ask to taste the fruit before buying it), Namashoyu (raw soysauce), Rejuvenative Foods raw nutbutters (refrigerator section), Goldmine organic live sauerkraut

(fridge), **sea vegetables (dulse, nori and/ or kelp) granules**, seaweeds, **Healthforce Nutritionals Vitamineral Green(superfood green powder)**, garlic/chili flax oil by Omega(fridge), Mellow white Organic Miso, **grey Celtic mineral sea salt**, etc. Also, La Ligne Alchemique is an amazing line of therapeutic essential oil products only available at the Co-op in Santa Monica. **I love their Essential mouthwash (to replace toothpaste**, use with a natural bristle toothbrush-ask for sprayer top for mouthwash bottle), their face oils, rose water, essential oil fragrances, etc. **Make sure you ask for the sprayer or dropper for whatever size product you choose and the available literature on the company. Trinity Geothermal Water (Blue Label) My favorite bottled water.**

Chris Hutnik-Nutritional Counselor/Health Educator
(805) 797-4990

chrishutnik@yahoo.com

Chris is extremely knowledgeable about anything you want to know about internal cleansing and nutrition. He's done all the cleanses himself. He's supportive, helpful, and easy to talk to. You receive complimentary guidance throughout the cleanse and detox program if you order through him.

ORDER the Cleanse and Purify Thyself Books 1 &2 from him as well as the Arise and Shine cleanse package, **Organic Cayenne, Electrolife, Super Antioxidant Blend, Dehydrated Minerals** and Liquid Minerals, PapayaZyme, Flora, Yeast End, Arisenymes, etc.-check out the Arise and Shine website below for product info.

www.ariseandshine.com , www.cleansen.net -Dr. Richard Anderson's cleanses, author of Cleanse and Purify Thyself. Chris Hutnik will be available to guide you the right cleanse for you and answer questions throughout-see above.

Arise and Shine Products are available through Chris, above, Their own website, above, and Local Distributors listed on their website.

Thunderbolt Spiritual Books carries most of their products Open Everyday 10am-10pm

512 Santa Monica Blvd. (5th/6th St.)

Santa Monica, Ca 90401

-Arisenymes: Enzymes work in the body not only to help digest foods but also clears and cleans excess sludge out of the body via the white blood cells throughout the body and lymphatic system (among hundreds of other important functions). Enzymes are responsible for every biochemical

reaction that occurs in living matter. All life depends on enzymes.

-Super Antioxidant Blend: to neutralize free-radicals released when purging toxic liver/gall stones and to combat free-radicals released from stress during travel, exercise, and from drugs, drinking alcohol, smoking, and sickness.

-Electrolife: organic electrolyte minerals so the body can maintain and store alkaline minerals needed for proper digestion and vitamin assimilation, fluid absorption, cleansing processes and healthy immune system.

-Chelated Dehydrated Organic Minerals 100/ 3 month supply, vegetable capsules: the best form of organic minerals from fossilized plant matter which are in perfect balance with each other. Very important for rebuilding our alkaline mineral reserves for healthy skin, hair, bones, and immune system

-Kidney Tea: excellent for supporting the body especially during cleansing and for use in enemas- Dr. Anderson uses this tea in all his enemas.

-Organic Cayenne capsules 40,000 H.U.: good for strengthening heart, thinning blood during Cleansing, and for Daily Life in general unless there's Diarrhea for more than two days- stop taking until bowels normalize, then add back in slowly.

-Flora Grow: beneficial bacteria/ probiotic which balances bowel PH and is good for digestion and immune system.

-Yeast End: herbs and a probiotic which actually destroys pathogenic bacteria from food poisoning, candida, and other sicknesses such as the common cold.

-Ultimate Food Complex Capsules: for high power energy...full of vital nutrients including green food ...needed to help alkalize the body. Available in powder also.

-Cleanse Thyself Program Kit: Intestinal Cleanse including Herbs, Shakes, Flora, etc.

Books:

Inspiring and informative starter reads

-Eating for Beauty by David Wolfe:

Nature's First Law (888)rawfood/ www.rawfood.com

-The Sunfood Diet Success System by David Wolfe

Nature's First Law (888)rawfood/ www.rawfood.com

-The Food Revolution by John Robbins

www.amazon.com

-Cleanse and Purify Thyself Book One and Two by Richard
Anderson, N.D., N.M.D.
Chris Hutnik (805)797-4990/ www.chrishutnik@yahoo.com

-Natural Healing by Jack Soltanoff, D.C.
Elaine Love (831) 338-1104/ www.purejoylivingfoods.com

-The LifeFood Recipe Book by Annie Jubb and David Jubb,
Ph.D.
Jubbs Longevity (212)353-5000/ www.lifefood.com