



Healing from dis-ease through whole fresh food

Healing foods come from crops that are not easily extinguished.

These thriving plants supply a multitude of micronutrients, antioxidants, phytochemicals and minerals, creating robust energy. They supply things you can't get from any vitamin. And they don't just help treat deficiencies; they prevent them to begin with.

The following suggested eating plan addresses all chronic and/or auto-immune dis-eases and inflammation of the whole body at its core. It is alkalising, full of healing nutrients and biochemical compounds for your healing.

The basis of this plan: A Low fat, plant-based diet with minimal animal protein

- Eat mostly raw fruits and vegetables – living, whole foods (not fermented)
- Eat organic
- Drink only pure water and herbal teas

Avoid the following:

- Animal fat
- Animal protein (one small serving a day is sufficient)
- ALL Processed and refined foods and sugars
- Dairy
- Eggs
- Gluten
- Corn
- Canola Oil
- Soy
- Pork
- Farmed fish
- MSG, Artificial and Natural Flavours
- Supplements: L-Carnitine, Glandular, Whey protein, Fish Oil and Iron supplements
- HCl supplements, Sodium Bicarb, Diatomaceous Earth, Fermented Foods and Apple cider Vinegar (these may just be too harsh on your gut)

Try to eat all suggested foods in a week.

The 4 Week Healing Cleanse

The CLEANSE is strongly recommended for Everyone dealing with long term, chronic dis-ease or health concerns. You do the best you can, but the better you commit, the better you will feel.



Healing Foods

Certain fruits and vegetables can help your body rid itself of stealth and dormant infections and toxins and heal from their effects. The following are the best ones to incorporate into your diet (listed in rough order of importance). Try to eat at least three of these foods per day—the more the better—rotating your consumption so that in a given week or two, you get all of these foods into your system.

- **Wild blueberries:** help restore the central nervous system and flush EBV neurotoxins out of the liver.
- **Celery:** strengthens hydrochloric acid in the gut and provides mineral salts to the central nervous system.
- **Papayas:** restore the central nervous system; strengthen and rebuild hydrochloric acid in the gut.
- **Coriander:** removes heavy metals such as mercury and lead.
- **Spirulina** (preferably from Hawaii): rebuilds the central nervous system and eliminates heavy metals.
- **Garlic:** antiviral and antibacterial.
- **Ginger:** helps with nutrient assimilation and relieves spasms.
- **Sprouts:** high in zinc and selenium to strengthen the immune system.
- **Kale:** high in specific alkaloids that protect against viruses.
- **Spinach:** creates an alkaline environment and provides micronutrients to the nervous system.
- **Asparagus:** cleanses the liver and spleen; strengthens the pancreas.
- **Parsley:** removes high levels of copper and aluminium.
- **Lettuce:** stimulates peristaltic action in the intestinal tract and helps cleanse the liver.
- **Sweet potatoes:** help cleanse and detox the liver from microbial by-products and toxins.
- **Cucumbers:** strengthen the adrenals and kidneys and flush neurotoxins out of the bloodstream.
- **Coconut water:** electrolytes for cellular hydration, immune boosting and full of minerals
- **Coconut oil:** antiviral and acts as an anti-inflammatory.
- **Raspberries:** rich in antioxidants to remove free radicals from the organs and bloodstream.
- **Apricots:** immune system rebuilders that also strengthen the blood.
- **Pomegranates:** help detox and cleanse the blood as well as the lymphatic system.
- **Grapefruit:** bioflavonoids and calcium to support the immune system and flush toxins out of the body.
- **Fennel:** contains strong antiviral compounds.

Healing Herbal teas

- Lemon Balm, Liquorice root, Chaga, Nettle leaf, Red Clover, Burdock, Ginger, Chrysanthemum



4 WEEK HEALING CLEANSE

Suggested for all chronic conditions. Do the best you can. If you can do it for a few days every week only, then that's ok. Lightly steam vegetables if needed. The cleaner you eat, the better the results will be for you.

Upon waking:

1 cup plain Celery juice on an empty stomach (best plain)

Add apple juice if needed

Breakfast and mid-morning:

Papaya (by itself or added to smoothie)

Fruit Smoothie – Base: 2-3 bananas, 2 dates and a cup or more of blueberries

Additions: pear, mangoes, handful of greens (kale, spinach, coriander, 2 celery stalks or a barley grass juice extract powder)

Lunch:

Salad base: spinach, lettuce and cucumber

Add fruit: berries, mango, papaya, grapes, orange etc.

Dressing: blend ½ avo, juice of two oranges plus ginger or garlic etc.

Optional additions: sprouts, cabbage, kale, spring onions, celery or cauliflower

Dinner:

Soup – blend: 2 bunches spinach, 3 medium tomatoes, juice of an orange, a stalk of celery and a handful of coriander leaves or basil (can add garlic)

Garnish: sprouts, spring onions, fresh herbs or atlantic dulse

Optional to use this as a dressing over cucumber noodles (no zucchini, carrot or squashes during this cleanse)

Snacks and Drinks:

Afternoon fruit and dates with celery sticks (plus a spoonful of honey if needing a pick-me-up), Apple and a date after dinner. Drink pure water and herbal teas.

Modifications:

- Can swap lunch and dinner or eat 2 salads
- Use different greens and as many as you like
- Make mango salsa (mango, tomato, cucumber, celery, coriander leaves and garlic) and serve in lettuce wraps or cucumber boats or over salad greens
- Guacamole
- Remember Raw fruit and veg

For a less intense cleanse and slower rate of healing:

- Swap soup for simply steamed veggies (squash, potato, broccoli, cauliflower, asparagus)
- Add raw sprouts and/ or celery sticks
- Sprinkle nuts and seeds over salads
- Can use raw coconut butter sparingly

Transitioning out of the cleanse: Little bit by bit, start adding cooked veg, then legumes, then a bit of very lean protein a few times a week etc. be gently and patient. Avoid the dense and dead foods eg: pizza, pasta and heavy creamy meals and large pieces of fatty meats and poultry.