

## NUTRITIONAL AND DIETARY PROTOCOL FOR SYSTEMIC HEALING

"LET THY FOOD BE THY MEDICINE."

**HIPPOCRATES, THE FATHER OF MEDICINE**

"LET ME SHARE MY VISION WITH YOU: I SEE THE WORLD WITHOUT SICKNESS, SORROW OR MENTAL DISTURBANCES, IN WHICH WE ARE LIVING IN PERFECT BALANCE AND ABUNDANT HEALTH AND HARMONY."

**DR. ANN WIGMORE, CO-FOUNDER, HIPPOCRATES HEALTH INSTITUTE**

THE PROTOCOLS WHICH I AM SUGGESTING ARE THE RESULT OF ALMOST THIRTY YEARS OF EXPERIENCE AND SELF-EXPERIMENTATION. THEY ARE TRIED AND TRUE. THEY ARE INTENDED TO ADDRESS THE ISSUE OF BEGINNING TO MAKE A TRANSITION FROM A STANDARD AMERICAN OMNIVOROUS DIET TO A HEALTHIER WAY OF LIFE.

THE COSTS OF THIS PROGRAM ARE RELATIVELY MARGINAL. MOST OF WHAT WE SUGGEST CAN BE DONE CONVENIENTLY AT HOME.

THE INITIAL PROTOCOL BELOW INVOLVES SOME SYSTEMIC CLEANSING MODALITIES ALONG WITH AN OPTIMAL NUTRITIONAL PROGRAM, INCLUDING SUPPLEMENTATION, FOR REJUVENATION. ONCE YOU HAVE IMPLEMENTED THAT FOR TWO OR THREE WEEKS, I WOULD STRONGLY URGE A THREE TO FIVE DAY INTENSIVE DETOX FAST AND CLEANSING. BOTH THE CLEANSING AND NUTRITIONAL ASPECTS ARE EQUALLY NECESSARY. SOMETIMES QUITE SEVERE DETOXIFICATION SYMPTOMS WILL PRESENT THEMSELVES WHEN TRANSITIONING TO A PURER DIET. THE CLEANSING MODALITIES WILL MITIGATE THOSE SYMPTOMS.

LET GO AHEAD AND GET STARTED WITH THE DIETARY CHANGES WHICH ARE

CRITICAL.

IT IS IMPERATIVE TO TRANSITION TO A NATURAL, ORGANIC WHOLE FOODS DIET. LOTS OF ORGANIC SALADS, FRESH FRUIT, WHOLE GRAINS AND VEGETARIAN PROTEIN (SEEDS, NUTS, BEANS, PERHAPS SOY). SORRY, NO RED MEAT, ALCOHOL, WHITE FLOUR, SUGAR, ARTIFICIAL AND CHEMICAL INGREDIENTS. IF YOU ARE VERY ILL, IT WOULD BE MOST ADVISABLE TO IMPLEMENT AN ALL RAW VEGAN DIET. EVERYONE SHOULD TRY TO GRADUALLY IMPLEMENT A 100% RAW DIET. FOR THOSE IN COLDER CLIMATES, SOME TUBERS AND GRAINS MAY BE NECESSARY DURING THE COLDEST MONTHS.

BEGIN TO SHOP IN A GOOD ORGANIC HEALTH FOOD STORE. BECOME FAMILIAR WITH THE PRODUCTS WHICH ARE AVAILABLE.

**WATER:** DRINKING LOTS OF PURIFIED WATER WILL ASSIST YOUR BODY IN ELIMINATING TOXINS. AS A GENERAL RULE OF THUMB, IT IS ADVISABLE TO DRINK ONE HALF ONE'S BODY WEIGHT IN OUNCES OF WATER PER DAY, THAT IS, ABOUT 100 OUNCES IF YOU WEIGH 200 POUNDS. IT IS BEST NOT TO DRINK WITH MEALS AND TO WAIT AT LEAST ONE HOUR OR MORE AFTER EATING BEFORE DRINKING WATER.

**JUICING:** GET A GOOD JUICER - AVAILABLE ONLINE. JUICE CARROTS BEETS, CELERY, CUCUMBER, AND AS MANY GREENS (KALE, COLLARD, PARSLEY, CABBAGE, DANDELION, ETCETERA) AS POSSIBLE. RESOURCES FOR MAKING RAW VEGETABLE JUICES ARE AVAILABLE ONLINE THROUGH GOOGLE AND AMAZON.COM. HAVE 16 OUNCES OF FRESH JUICE FIRST THING IN THE MORNING AND AGAIN ONE HOUR BEFORE YOUR EVENING MEAL.

**PROTEIN DRINK** - BLEND ORGANIC BANANA WITH A CUPFUL OF SESAME OR SUNFLOWER SEEDS, SOAKED OVERNIGHT AND THEN RINSED, WITH ONE CUP ORGANIC FROZEN BERRIES, AGAVE (A SWEETENER WHICH IS AVAILABLE IN HEALTH FOOD STORES) OR HONEY TO TASTE, TWO TABLESPOONS OF FLAX SEED (RINSED AND SOAKED OVERNIGHT) AND WATER TO A SMOOTHIE CONSISTENCY. CAN ADD CINNAMON, GINGER, NUTMEG TO TASTE. YOU WILL ENJOY DRINKING THIS. IT'S DELICIOUS. THIS SHAKE WILL DELIVER OPTIMAL NUTRITION WITH PLENTY OF NATURAL FIBER IN A HIGHLY BIO-AVAILABLE AND EASY TO DIGEST FORM.

YOUR OTHER MEALS SHOULD CONSIST MAINLY OF ORGANIC SALADS AND VEGETABLES WITH SOME LEAN PROTEIN, PREFERABLY RAW SPROUTED SEED AND NUT PREPARATIONS, BUT ALSO BEANS, TOFU, SOY PRODUCTS IF DESIRED . AGAIN, OPT FOR AN ALL RAW DIET FOR MAXIMUM HEALING. THERE ARE MANY RESOURCES ONLINE FOR HELP IN IMPLEMENTING THE RAW DIET. IF WEIGHT LOSS IS DESIRABLE, AVOID ALL CARBOHYDRATES. OTHERWISE, ORGANIC POTATO, SQUASHES AND WHOLE GRAINS ARE BEST.

USE ORGANIC EXTRA VIRGIN OLIVE, FLAXSEEDS AND COCONUT OILS.

## **SUPPLEMENTS:**

ALL NATURAL SUPPLEMENTS CAN BE FOUND AT DISCOUNTS ONLINE. WE RECOMMEND THE SIMPLEXITY HEALTH LINE ([WWW.SIMPLEXITYHEALTH.COM](http://WWW.SIMPLEXITYHEALTH.COM)) ALSO, THE HIPPOCRATES HEALTH INSTITUTE ([WWW.HIPPOCRATESINST.ORG](http://WWW.HIPPOCRATESINST.ORG)) HAS A LINE OF SUPERIOR NATURAL SUPPLEMENTS.

- WITH EACH MEAL, TAKE 2 **DR. JOHN R. CHRISTOPHER'S LOWER BOWEL TONIC. NATURE'S WAY NATURALAX #2**. THIS IS AN HERBAL FORMULA WHICH IS AVAILABLE IN HEALTH FOOD STORES. IT IS IMPERATIVE THAT YOU HAVE NORMAL BOWEL MOVEMENTS DAILY. START WITH 2 WITH EACH MEAL AND TAKE AS MUCH AS IS NECESSARY TO INSURE YOUR DAILY MOVEMENT. IF STOOL BECOMES TOO LOOSE, TAPER BACK ON THE HERBS. FURTHER INFORMATION ON THIS PRODUCT IS AVAILABLE AT <http://www.drchristophers.com/Lower-Bowel-Capsule.HTML>

**ENZYMES** - TAKE 5 FULL SPECTRUM VEGETARIAN ENZYMES WITH EACH MEAL. **HHIZYMES** - AVAILABLE FROM [www.hippocratesinst.org](http://www.hippocratesinst.org) IS A PARTICULARLY FINE PRODUCT. SEE <http://www.soul-guidance.com/health/enzymes.htm>

- EACH EVENING BEFORE RETIRING. YOU WILL WANT TO TAKE THE **SONNES** BRAND DETOXICANTS. THIS IS TAKEN AS FOLLOWS. TO A SHAKER JAR, ADD 8 OUNCES OF ORGANIC APPLE JUICE OR WATER. ADD 1 TABLESPOON OF SONNES' DETOXICANT #7. THIS IS A COLLOIDAL CLAY THAT WILL PULL TOXINS OUT OF YOUR BLOODSTREAM AND THEREBY CREATE A SIGNIFICANT IMMUNOLOGICAL BOOST. ADD 1 HEAPING TEASPOON OF SONNES FORMULA #9 - PSYLLIUM SEED- COVER JAR, SHAKE VIGOROUSLY AND DRINK IMMEDIATELY AS IT WILL GEL QUICKLY. OR IT CAN BE SIMILARLY PREPARED BY WHIRRING IN A BLENDER FOR JUST A FEW SECONDS. FURTHER INFORMATION ON THESE PRODUCTS AND INSTRUCTIONS FOR THEIR USE IS AVAILABLE AT [WWW.SONNES.COM](http://WWW.SONNES.COM) AT THE "CLEANSING PROGRAMS" LINK.

TAKE 2 OR 3 OF THE LOWER BOWEL TONIC HERBAL CAPSULES WITH THIS DRINK. BOTH THE SONNES' PRODUCTS AND THE HERBAL BOWEL TONIC ARE NECESSARY DURING TRANSITION TO RESTORE THE BOWEL TO HEALTH AND TO CLEANSE IT OF THE RESIDUE, MUCOSAL CATARRH AND IMPACTION CAUSED BY THE STANDARD AMERICAN DIET AND EVEN THE MORE COMMON VEGETARIAN DIETS. FOR FURTHER INFORMATION, PLEASE COPY AND PASTE THIS LINK INTO YOUR BROWSER:

[http://www.amazon.com/Jensens-Guide-Better-Bowel-Care/dp/0895295849/ref=pd\\_bbs\\_sr\\_1?ie=UTF8&s=books&qid=1219160011&sr=1-1](http://www.amazon.com/Jensens-Guide-Better-Bowel-Care/dp/0895295849/ref=pd_bbs_sr_1?ie=UTF8&s=books&qid=1219160011&sr=1-1)

- **USE WHEATGRASS JUICE, E3LIVE** - <http://www.e3live.com/>), **BLUE GREEN ALGAE OR SPIRULINA** 2 OR 3 TIMES DAILY OR USE TAKE ONE SCOOP OF GARDEN OF LIFE "PERFECT FOOD" AS PER LABEL DIRECTION. OTHER GRASS AND ALGAE BASED SUPERFOODS WHICH ARE AVAILABLE AT HEALTH FOODS STORES AND ONLINE CAN BE SUBSTITUTED.

- **PROBIOTICS** - TAKE 3 FULL SPECTRUM PROBIOTICS WITH EACH MEAL. AGAIN, THERE ARE MANY SUCH PRODUCTS AVAILABLE IN HEALTH FOOD STORES. JUST BE SURE THAT THE ONE WHICH YOU SELECT INCLUDES BOTH LACTOBACILLUS ACIDOPHILUS AND LACTOBACILLUS BIFIDUS. THESE PRODUCTS SHOULD BE KEPT REFRIGERATED.

- **35% FOOD GRADE HYDROGEN PEROXIDE** AT A HEALTH FOOD STORE. TAKE 3 DROPS OF HYDROGEN PEROXIDE IN 6-8 OUNCES OF PURIFIED DRINKING WATER THREE TIMES A DAY. EVERY THIRD DAY, TAKE ADD ANOTHER DROP THREE TIMES A DAY, UP TO 15 DROPS THREE TIMES DAILY. IT WILL TAKE A FEW MONTHS TO GET UP TO THAT AMOUNT. THIS SAFE AND TESTED TECHNOLOGY WILL BOTH OXYGENATE THE SYSTEM AND ERADICATE THE YEASTS, FUNGI, PARASITES AND PATHOLOGICAL MICROBES WHICH ARE COMPROMISING YOUR IMMUNE SYSTEM. BE SURE TO TAKE ON AN EMPTY STOMACH, 1 HOUR BEFORE OR TWO HOURS AFTER EATING. FOR FURTHER INFORMATION ON OXYGEN THERAPIES, USE GOOGLE OR THIS LINK:

[http://www.amazon.com/s/ref=nb\\_ss\\_b?url=search-alias%3Dstripbooks&field-keywords=FLOOD+YOUR+BODY+WITH+OXYGEN&x=11&y=22](http://www.amazon.com/s/ref=nb_ss_b?url=search-alias%3Dstripbooks&field-keywords=FLOOD+YOUR+BODY+WITH+OXYGEN&x=11&y=22)

#### **ADJUNCT THERAPIES:**

A 20 MINUTE **SAUNA** EACH DAY WILL ASSIST WITH DETOXIFICATION THROUGH PERSPIRATION.

**IONIC FOOT CLEANSE BATH** (<http://www.bewellu.com/id31.html>) -THIS IS A INCREDIBLY EFFECTIVE WAY OF DRAWING OUT TOXINS - ACID, BILE, LYMPH, YEAST, FUNGUS, PARASITES AND HEAVY METALS, THROUGH THE SOLES OF THE FEET. ONE EVERY OTHER DAY FOR TWO. CALL 239 649 0077 DIRECTLY FOR A DRAMATICALLY REDUCED PRICE ON THIS UNIT. TELL THEM THAT VIKTORAS AND RICHARD SENT YOU!

**SALT BATHS:** PURCHASE THREE POUND BOXES OF CANNING OR PICKLING OR KOSHER SALT AT SUPERMARKET. OR AN INEXPENSIVE FINE SEA SALT. POUR ONE BOX OF KOSHER SALT IN BATHTUB FULL OF HOT WATER. STANDING IN

TUB, WET YOUR BODY. USE HANDFULS OF FINE SEA SALT TO "SANDPAPER" YOUR SKIN. RUB VIGOROUSLY OVER YOUR ENTIRE BODY, BEING CAREFUL TO AVOID EYES, GENITALS AND OTHER SENSITIVE AREAS. THIS WILL EXFOLIATE YOUR SKIN - THE LARGEST ORGAN OF ELIMINATION. THIS "SALT GLOW" WILL DRAW BLOOD AND TOXINS TO THE SKIN SURFACE AND OPEN THE PORES TO FACILITATE ELIMINATION OF TOXINS. SOAK IN TUB FOR AT LEAST THIRTY MINUTES OR LONGER IF POSSIBLE.

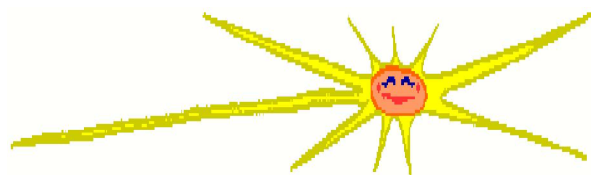
ALSO, HIGHLY DETOXIFYING BATHS WITH MAGNETIC CLAY (AVAILABLE AT NATURAL FOODS STORES) ARE EXCELLENT. A HYDROGEN PEROXIDE BATH CAN BE VERY DETOXIFYING AND INVIGORATING. (ADD 1 CUP OF 35% FOOD GRADE HYDROGEN PEROXIDE (AVAILABLE AT HEALTH FOODS STORES OR ONLINE) TO A TUB OF WATER. SOAK FOR 30 TO 60 MINUTES. DO NOT DO AFTER 4 P.M. AS THIS CAN KEEP YOU AWAKE. BE CAREFUL WHEN HANDLING THE UNDILUTED H<sub>2</sub>O<sub>2</sub> AS IT CAN BURN. FLUSH SKIN THOROUGHLY IF IT COMES INTO CONTACT WITH THE UNDILUTED H<sub>2</sub>O<sub>2</sub>. YOU CAN ALSO ADD 1 POUND OF SEA SALT AND 1 CUP OF EPSOM SALTS AND ONE CUP OF ALUMINUM FREE BAKING SODA TO A TUBFUL OF WATER FOR A CLEANSING AND ALKALINIZING BATH.

**COLONIC IRRIGATION** - THE COLON IS, NEXT TO THE SKIN, THE LARGEST ORGAN OF ELIMINATION IN THE BODY. IT IS THE "CESSPOOL" OF THE BODY. THOROUGHLY DETOXIFYING THE COLON OF ALL PUTREFACTIVE WASTE AND RESTORING IT TO NORMAL NATURAL ACTIVITY IS ESSENTIAL TO IMPROVED HEALTH AND WELL-BEING. SCHEDULE A SERIES OF THREE COLONICS AND THEN ONE EVERY WEEK OR TWO AND MORE FREQUENTLY DURING A CLEANSING FAST.

**CHOOSE SOME FORM OF LOW IMPACT BUT HIGH INTENSITY EXERCISE AND STICK WITH IT.**

**PRAY AND MEDITATE.** ASK THE DIVINE WHICH KNOWS ALL AND INFORMS ALL THINGS TO GUIDE YOU TO YOUR HEALING.

ONCE YOU HAVE ESTABLISHED YOURSELF IN THIS PROTOCOL FOR TWO TO THREE WEEKS, YOU MIGHT WANT TO THINK ABOUT MORE AGGRESSIVE DETOXIFICATION AND REJUVENATING PROCEDURES SUCH AS FASTING, WHICH WOULD BE ADVISABLE FOR YOUR RESTORATION TO SYSTEMIC HEALTH.



*"My (child), in thy sickness neglect not thyself,  
but pray to the Lord, and He shall heal thee."*

Ecclesiastes 38:9