

## Protocols for Reducing and Regenerating and Recovery—from Immune Disorders and Cancers

There are things needed to be applied In the area of reduction—and with reduction of body mass, there will be a reduction to the amount of poisons, toxins, build up and inflammation—So when applying these protocols do them at least once a month at any time of the month and watch unwanted health conditions disappear—and a new vigor come back.

**Here is the NO list:** NO : Bread(s) or any Facsimile of bread( crackers donuts, tacos, pita, breads ) – Pasta –Rice –Corn – Cereal ( not even oatmeal during this time )—No Stores bought Juices,-No Pop ( Soda for the easterners ) No Milk or Dairy Products that are Sugar or Fat Free—No Sugar (Brown or White or Pasteurized Honey-Agave-Molasses ) **NO MICROWAVE** ( not to be used any time—totally Damages the Body from cellular level to tissues and DNA damaging ) Canola Oil – Vegetable Oil – Soybean oil ( or any **Soy whatsoever or any Derivatives – TVP –HVP – AVP –HPP – MSG – Disodium Guanylate – Disodium Inosinate**-Bananas – Grapes – Raisons – Watermelon—Dates- the high glycemic sugars will trigger a growth due to the high carbon glucose and fructose in these foods---avoid all high glycemic**No Pork Products** ( due to the sugar content) **Meat \*\*\* if there is any consumption should be extremely low do to the energy it takes to break it down**

**Here is the YES List: Yes to -** Poultry –Fish –Lamb ---, These will be added to your regimen up the way in about 6 months---you may still consume these intermittently but as a baby food ---you can see my pate video to show how to make it)\*\*\* 2 This will be for those whos digestive systems are so compromised or have damaged colons -then the heavier animal proteons may need to be avoided as well -and instead utilize ricotta cheese-yogurt- kefir-muslanka-sour cream cottage cheese-to estore and rebuild the intestinal tract ---or if these animal proteins are being consumed then to utilize with them fermented veges or sprouts to assist in the breaking down or assimilation of nutrients \*\*\*  
Eggs – Yogurt ( Plain and with aFat ) Kefir ( plain and with Fat ) Whey Protein ( Plain or Vanilla **Without Artificial Sweeteners –Aspartame—Splenda – Aceslfame Potassium** – Gelatin Broths) Cottage Cheese ( **unless you have a yeast or fungal infection** ) Cream – Olive oil – Butter - Ghee – Almond Oil – Pumpkin Seed Oil – Macadamian Nut Oil – Apricot oil – Sesame Seed Oil – Coconut Oil- Palm Oil – Animal Fat ( try to make sure the animals are GRASS FED not GRAIN FED---the fat then will be beneficial if the fat is from a grass Fed Animal ) Fruit with Fibre ( Apple, Peaches, Plums, Pears, Apricot, Nectarines etc **PEEL BEFORE CONSUMING TO MINIMIZE PESTICIDE OR WAXES** even if organic)Citrus Fruits – Oranges – Lemons – Pommelo's – Grapefruit – Tangerines- Mannelos, etc Berries ( **Wash and clean with either Peroxide. GSE, Vinegar, Lemon Juice- Use an Iodine Spray** ) Veggies all kinds ( **Wash and clean with either Peroxide. GSE, Vinegar, Lemon Juice- Use an Iodine Spray** ) Make Juice fresh and Home made Use Sprouts—Seeds - Nuts – Make Nut or Seed butters— **Do not do so initially if dealing with a damaged colon---the seeds may actually exasperate the pain -so until there is a healing or the system is repairing do not utilize**

Do this for 5-10 days and afterwards if you wish to consume rice or pasta or polenta then introduce them back slow and minimize the consumption **BEST TO AVOID DUE TO GENETIC MANIPULATION AND DESTRUCTIVE BIOLOGY IN THE FOOD**— breads **DO NOT** consume any breads example - Rye, Barley, or Oat and again Minimally —the idea is to get off breads and cereals **which are actually Fermenting inside and potentially causing DNA damage and Restructuring**--- Potato Can be used

as long as it is not fried **utilize this way** instead-broiled—boiled—mashed-or baked this will assist in the cleansing of the colon as well as provide energy

Mornings can be a egg and yogurt mix---egg and cottage cheese---a tea of choice--- preferably a non stimulating one---hawthorn berry leaf would be a good one---rosemary and sage---bay leaf and thyme---different teas -- fruit if you desire

Lunch can be a broth of gelatin mixed with either herbs or veges---baked potato— salad---juices ---smoothies---fermented foods of choice

Dinner can be a mixture of juices---broths---soups---teas---fruits---salads--- Nuts such as walnuts would be encouraged since they are a good source of omega 3 and a nitric oxide as well

Juices-fermented foods –dairy and veges-will be a good source of protein such as kefir and your high probiotic

Utilize enzymes with every meal and utilize foods that highly enzymatic ---such as pineapple and papaya-ginger-kiwi –fermented vegetables-kefir

Use heart supporting supplements or herbs such as Vitamin E \_ NON SOY BASED or CANOLA based

Hawrhorn Berry-cayenne-Motherwort-lily of the valley-rosemary-sage-garlic-onion – grapefruit-galangal-grapeseed

Vitamins –cq-10-magnesium-aurine-potassium  
Bioflavonoids-vitamin C + lysine-omega 3's extracted from seeds like walnuts  
Arginine

**Root based** Veges Only—Potato --Sweet potato-Carrot-Parsnip- Celery root—Beet-Onion-Garlic-Ginger-Galangal – **Tumeric-Dandelion root ---Nettle root –Burdock-Milk thistle SAGE**

**Teas** –rosemary –sage –oregano-savoury –thyme-green tea

**Berries** ---Must be juiced and filtered with oil and then separated in a har then coffee filtered

**Water** –RO –Distilled

**Liver**—rosemary –sage burdock – **NAC –Alpha lipoic Acid-MSM—Methionine**— green tea –Black seed oi—and zinc and enzymes—bromelain –papain—Full Spectrum-Digestive Enzyme— **Sunflower Lecithin—Vitamin C**

**Plain Vinegar in cooking** animal Proteins

**Gelatin or Collagen**--- Make jello --broths –combine egg and ---your choice of sage powder rosemary powder onion powder turmeric+ pepper