



# Break the Chain of Disease

Step by Step  
14 Day  
Detox Program

**With Recipes**

*Naturally Healthy*

*Printed  
Copy of this  
Book*

**R 100 Excl. Postage**

**Full Colour ring binded**

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# My Story

At age 9, my whole life changed upside down, my first bladder infection and hundreds more to come. Having constant kidney and bladder infection (at least once a month) at Age 11 they had to stretch my bladder tube. And again at age 18. At age 19 I was diagnosed with Chronic Kidney and Badder disease.

I was told that I would never be able to have children and had to be on medication for the rest of my life. Age 20 a doctor found 5 Lumps in my breast

An operation procedure was done to check from the tissue if these were malicious. I was scheduled for another operation in 7 weeks for all the lumps to be removed. It was during this time that my friend (now my husband) asked me: "Do you really want to be well and healthy?" "Well of course" was my reply.

He suggested I change to a Wholefood Plantbased diet and lifestyle. I had nothing to lose so I tried it. He also introduced me to our Loving Saviour and Healer.. Long story short; when the Sonar was done, all the lumps were gone! I never had a single kidney or bladder infection. Best of all, I have two beautiful kids. I never look back. I Praise God everyday for the miracle of a healthy life.

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# *Sanctified Life Ministries*



In 2017 We left our Business life behind, for a life of freely giving as Volunteer Medical Missionaries.

We moved to Politsi  
(25 Km from Tzaneen Limpopo).  
Where we dedicate our lives in helping people with over all health problems.  
We also do Cooking Classes and Health Seminars

***Our Ministry is based on  
Mathew 10:8 "Freely you have received , Freely you shall give."***

# Naturally Healthy

*Vigorous Health at any age*

- \* Cooking classes
- \* Health Seminars
- \* Nutrition
- \* Advanced Herbalism
- \* Ozone Therapy
- \* Child Psychology
- \* Counselling
- \* Naturology
- \* Holistic Massage
- \* Reflexology
- \* Aromatherapy
- \* Accupressure

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**Medical Missionary & Health Coach**

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*Sanctified Life Ministries*





# *Sanctified Life Ministries*

*If you would like to make a donation*

Banking Details:

Sanctified Life Ministries  
FNB (First National Bank)  
Cheque Account

Acc. nr. 62530733626

Branch code: 270324

***Our Ministry is based on***

***Mathew 10:8 "Freely you have received , Freely you shall give."***

# Remember

No Disease can be cured by a quick fix.  
You will need to detox your body and  
change to a healthier lifestyle.

**God gave Herbal and Natural Remedies  
to help restore Health**

*God is the Great Physician*

*Exodus 15:26*

*“I am the LORD that Healeth thee.”*

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# Why Detox?

Amazing benefits when you Detox your body

- \* More Energy
- \* Weight loss
- \* Better skin
- \* Improved digestion
- \* Better sleep
- \* Improved moods
- \* Less aches & Pains
- \* Improved joint and muscle flexibility
- \* Cleaner & better functioning organs
- \* Able to handle stress better
- \* Feeling Healthier

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# *Foods to avoid*

These foods should be avoided before and during a detox.

**\* Avoid drinking coffee, tea and Alcohol**

**\* Avoid Processed foods**

**Avoid bread, pastries, pizza, pasta,  
chocolate, chips, sweets.**

**\* Avoid Dairy and Meat**

**\* Avoid sugar and Gluten**

**\* Avoid Preservatives and colourings**

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# Detox Methods

These are methods you can incorporate, to help your body to detox.

\* **Lemon and Luke warm Water**

\* **Dry Skin Brushing**

\* **Epsom Salt Baths**

\* **Vitamin D**      \* **Exercise**

\* **Charcoal**      \* **Bentonite Clay**

\* **Water**      \* **Massage**

\* **Ozone Treatment**      \* **Get Grounded**

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# Lemon and Luke warm water

**\* Can be done Daily**

**Drink every morning when you wake up.**

**Its a great way to kick start your liver and digestive system.**

**It is also detoxifying and alkalising.**

**Your body will love you for it!**

**\* Squeeze juice of 1 Fresh Lemon into  
glass with Luke warm water (NOT Hot)**

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# Dry Skin Brushing

**\* Can be done Daily**

**Not only does dry skin brushing feel good, its detoxifying as it's giving your lymphatic system a workout, and waking it up so to speak!**

**The lymph system is responsible for removing toxins and if it's overloaded it becomes sluggish.**

**Before you shower, use a dry skin brush use long brush strokes. Repeat 5 times**

**Always brush towards your heart.**

**You should be tingling all over**

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# Epsom Salt Baths

**\* Can be done twice a week**

**Epsom salts are high in Magnesium.**

**Magnesium is great for  
regulating heart beat, Hormones, relaxing muscles,  
improving sleep, drawing toxins out of the body,  
relieving arthritis and joint pain, digestive issues.**

**Very Warm bath with 2 Cups Epsom salt  
Few drops Lavender oil (optional)  
Soak for 20 minutes**

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# Vitamin D

**\* Can be done Daily**

**Vitamin D Helps prevent Breast Cancer, Ovarian Cancer, Colon Cancer, Prostate Cancer, Multiple Sclerosis, Heart disease and other ailments.**

**20 Minutes of regular sunlight exposure, on the bare skin without sun screen. is one of the easiest ways to boost your immune system and state of being.**

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# Exercise

**\* Can be done Daily**

**Exercise boosts your mood, helps you lose weight, sleep better, keeps health conditions and illnesses at bay, makes you feel good and gives you energy.**

**Best of all when you work up a sweat you are literally sweating those toxins out.**

**Trampoline and skipping rope is the best exercise for the lymph system**

**\* Hiking \* Cycling**

**\* Jogging \* Weight lifting**

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# *Bentonite Clay*

**\* Can be done twice a week**

**Bentonite clay is composed of aged volcanic ash. It contains Magnesium and approximately 67 other trace minerals. The particles of bentonite clay contain a negative charge that attract all types of toxins and pathogens, which include bacteria, toxins, metals and pesticides. All of which have a positive charge. This ensures that when taken orally, the clay can bind to toxins which are then excreted out through the body safely.**

***1/2 teaspoon in a glass of water***

***Can be mixed with the charcoal***

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# Water

**\* Daily at least 2 litres per day**

- \* Clean, filtered water will help your body flush out toxins.
- \* It prevents Constipation
- \* It protect against some types of cancer
- \* It can improve your mood
- \* It keeps our kidneys working
- \* It help prevent headaches
- \* It energizes us
- \* It helps with concentration
- \* It protects our joints and cartilage

**Drink minimum of 2 Litres every day**

**\* Never drink water with a meal  
(30 minutes before a meal,  
1 hour after meal)**

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# Massage

**\* Can be done weekly**

**Massage is great at moving toxins out of the body, removes stress and relaxes you.**

**Massage therapy also helps jump start the lymphatic System, which plays a crucial role in pushing out toxins and boosting your immune system to defend against illness.**

**Benefits you may experience:**

- \* More energy**
  - \* Stronger immune system**
  - \* Improved skin**
  - \* less Stress**
- and it feels good...!**

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# Ozone Treatment

**\* Can be done weekly**

Ozone Treatments are done at a  
Lifestyle Centre or Health spa.

- \* Purifying blood and Lymph**
- \* Reducing pain**
- \* Improving circulation by cleaning the arteries and veins**
- \* Stimulating the immune system to speed up healing**
- \* Detoxify the body**
- \* Having anti-inflammatory Properties**

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# Get Grounded

**\* Can be done daily**

**Wearing Shoes, living and working stress, electromagnetic frequencies from wi-fi, electronic devices all disconnect us from being grounded. Getting grounded is the process of connecting your body to the Earth's subtle electrical field. It is as simple as placing your bare feet directly on the earth.**

**On the grass or a beach for 10 minutes a day.**

**When you do this, your body can naturally discharge stress, pain and inflammation.**

**Walk bare feet on grass or beach  
10 minutes every day.**

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# For Detox or Health support



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# Activated Charcoal

**\* Can be done twice a week**

**Fine Black powder that you can buy at a Health shop.**

**Charcoal works by attaching to toxins in the stomach and adsorbing them before they get into the bloodstream. It traps toxins and chemicals in the body, allowing them to be flushed out so the body doesn't reabsorb them.**

**It reduces the absorption of Poison up to 60%**

**1 Heaped teaspoon in a glass of water**

**For Children use**

**100% Juice in stead of water**

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# Activated Charcoal Abdominal Poultice

**Apply the Poultice Before bed time,  
and remove the next morning**

**Cut a 3 pieces of material 300 x 550mm (The 550mm will be  
folded over, making it a 300mm x 275mm Poultice)**

**Mix the following in a glass mixing bowl.**

**\* 1 Cup ground Linseed**

**\* 3 Heaped Tablespoons Activated Charcoal**

**Then Add 2 cups Boiling water, stir immediately.**

**The Cloth will be folded over make a mark where  
you will fold over. Spread the paste thinly on each cloth.  
Leaving a 20 mm border on all 4 sides. Fold cloth over.**

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# *Activated Charcoal Abdominal Poultice*

Use immediately or wrap with clear plastic a few times and freeze. To use the frozen poultice, take off the plastics.

Put it over a warm water bottle, cover with old Towel.

Leave until it is very warm, but not so warm to burn the person.

## **HOW TO APPLY POULTICE:**

**Warm the poultice, put over abdominal area.**

**Secure all around with bandage or old cloth and then with Plastic wrap.**

**(Having the plastic wrap directly on the skin may irritate the skin.**

**Hence put another cloth or bandage first.**

**If you take the Poultice off in the morning and you have a red rash.**

**You can apply zinc ointment, Castor oil or Coconut oil.**

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# Colon Cleanse

It is very important to Clean the Colon before you start a detox, and also during the detox. 98 % of all people has a toxic Colon and build up of old feces.

It is Extremely important to drink lots of water during your cleanse to eliminate all the Toxic build up.

During this detox we are gently going to:

- \* Clean the colon.
- \* Restore a healthy Gut Biome

## Epsom salt Mixture

**3 tsps epsom salt dissolved in 4 Tbsps Juice**

- \* **Take a little bit of juice afterwards to get rid of taste in mouth.**

**Drink the Epsom salt mixture on day 1**

## Colon Cleanse Mixture

**\* 2 Cups Ground Flax seed**

**\* 1 Cup Psyllium husk**

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# Liver Cleanse

**Proper Liver function is essential for a healthy body to function optimally. Buildup of fats and toxins in the liver can be responsible for a whole host of symptoms. Liver stones can accumulate bacteria, parasites and viruses which then go to the liver. This creates an environment for infections which increase the number of harmful bacteria in the body.**

**You may have Diarrhea.**

**The stones sometimes rise up to the surface of the water because of the cholesterol inside them.**

**Sometimes the liver channels are filled with cholesterol crystals and not stones, they will appear on the surface in the toilet as a greenish substance**

## **Epsom salt Mixture**

**Mix 4 teaspoons Epsom salt with 3 Cups water.**

**Pour mixture in a glass container and refrigerate**

**\* This Mixture will open your liver channels  
for the stones to move through without causing you pain.**

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# Liver Cleanse

## Olive oil Mixture

**1/2 Cup Cold pressed Extra virgin olive oil**

**70 ml Fresh lemon juice      70 ml Fresh Grapefruit juice**

**Store the olive oil in 1 bottle and  
the Lemon and Grapefruit juice in another bottle**

**14:00 Eat your last meal (Must be a light Non greasy meal)**

**Prepare Epsom Salt Mixture**

**18:00 Drink 1 Cup of Epsom Mixture**

**20:00 Drink another cup of Epsom Mixture**

**21:45 Go to bathroom and get ready for bed.**

**Mix the Olive oil, lemon and grapefruit juice in a bottle and Shake.**

**Drink it while standing for 5 minutes.**

**Go to bed. The sooner you lie down the more gallstones will come out.**

**Lie on your back and keep your head slightly raised.**

**Stay still for 20 minutes.**

**Now you can sleep.**

**Drink the third cup of epsom mixture the next morning.**

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# 14 day Detox Program

**This Detox program is designed to keep  
your meals light.**

**If you feel you are still hungry, drink more water  
if that doesnt help, you may have a extra  
smoothies from the Program.**

**Fruits and Vegetables  
should NEVER be mixed.**

**ONLY Apple is an exception to the rule**

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# 14 day Detox Program

## Day 1

**Try to drink pure water at least every hour during the day!**  
**Try to be in the sun every day.**

### **Morning**

1. Drink Luke warm lemon water
2. Prayer and Worship
3. Drink Epsom salt mixture
4. Get Grounded
5. Dry skin brushing, Shower
6. Drink Flaxseed mixture
7. Berry Blast Smoothie

### **Mid day**

1. Celery Crunch Salad
2. Flaxseed Mixture
3. Red detox Juice

### **After work**

1. Flaxseed Mixture
2. Green Cleanse Smoothie
3. Exercise
4. Epsom Salt Bath
5. Prayer and Worship
6. Charcoal Poultice

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# 14 day Detox Program

## Day 2

**Try to drink pure water at least every hour during the day!**

**Try to be in the sun every day.**

### **Morning**

1. Drink Luke warm lemon water
2. Prayer and Worship
3. Drink Charcoal
4. Get Grounded
5. Dry skin brushing, Shower
6. Drink Flaxseed mixture
7. Banana Berry Smoothie

### **Mid day**

1. Cucumber meets Avo Salad

2. Flaxseed Mixture

3. Mean Green Juice

### **After work**

1. Flaxseed Mixture

2. Green & Leafy Smoothie

3. Exercise

4. Epsom Salt Bath

5. Prayer and Worship

6. Charcoal Poultice

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# 14 day Detox Program

## Day 3

**Try to drink pure water at least every hour during the day!**

**Try to be in the sun every day.**

### **Morning**

1. Drink Luke warm lemon water
2. Prayer and Worship
3. Drink Charcoal
4. Get Grounded
5. Dry skin brushing, Shower
6. Drink Flaxseed mixture
7. Goodbey Toxins Juice

### **Mid day**

1. Carrot turns Red Salad
  2. Flaxseed Mixture
  3. Liver Cleanser Juice
- ### **After work**
1. Flaxseed Mixture
  2. Avo Nice Smoothie
  3. Exercise
  4. Bath or Shower
  5. Prayer and Worship
  6. Charcoal Poultice

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# 14 day Detox Program

## Day 4

**Try to drink pure water at least every hour during the day!**

**Try to be in the sun every day.**

### **Morning**

1. Drink Luke warm lemon water
2. Prayer and Worship
3. Drink Charcoal and Bentonite
4. Get Grounded
5. Dry skin brushing, Shower
6. Drink Flaxseed mixture
7. Banana berry Smoothie

### **Mid day**

1. Broccoli & Avo Salad
2. Flaxseed Mixture
3. Green Cleanse Juice

### **After work**

1. Flaxseed Mixture
2. Green Cleanse Smoothie
3. Exercise
4. Epsom Salt Bath
5. Prayer and Worship
6. Charcoal Poultice

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# 14 day Detox Program

## Day 5

**Try to drink pure water at least every hour during the day!**

**Try to be in the sun every day.**

### **Morning**

1. Drink Luke warm lemon water
2. Prayer and Worship
3. Get Grounded
4. Dry skin brushing, Shower
5. Drink Flaxseed mixture
6. Berry Blast Smoothie

### **Mid day**

1. Pumpkin & Carrot Salad

2. Flaxseed Mixture
3. Anti-inflammatory

### **After work**

1. Flaxseed Mixture
2. Green & Leafy Smoothie
3. Exercise
4. Epsom Salt Bath
5. Prayer and Worship
6. Charcoal Poultice

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# 14 day Detox Program

## Day 6

**Try to drink pure water at least every hour during the day!**

**Try to be in the sun every day.**

### **Morning**

1. Drink Luke warm lemon water
2. Prayer and Worship
3. Get Grounded
4. Dry skin brushing, Shower
5. Drink Flaxseed mixture
6. Banana Berry Smoothie

### **Mid day**

1. Broccoli Avo salad

2. Flaxseed Mixture

3. Red detox Juice

### **After work**

1. Flaxseed Mixture
2. Avo Nice Smoothie
3. Exercise
4. Bath & Shower
5. Prayer and Worship
6. Charcoal Poultice

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# 14 day Detox Program

## Day 7

**Try to drink pure water at least every hour during the day!**  
**Try to be in the sun every day.**

### **Morning**

1. Drink Luke warm lemon water
2. Prayer and Worship
3. Get Grounded
4. Dry skin brushing, Shower
5. Drink Flaxseed mixture
6. Banana Berry Smoothie

### **Mid day**

1. Green Clean Salad
- Before 14:00**

### **After work**

1. Exercise
2. Bath & Shower
3. Liver Cleanse
4. Prayer and Worship

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# 14 day Detox Program

## Day 8

**Try to drink pure water at least every hour during the day!**  
**Try to be in the sun every day.**

### **Morning**

1. Drink Luke warm lemon water
2. Prayer and Worship
3. Get Grounded
4. Drink last of Liver cleanse mix
5. Dry skin brushing, Shower
6. Drink Flaxseed mixture
7. Goodbey Toxins Juice

### **Mid day**

1. Celery Crunch Salad
2. Flaxseed Mixture
3. Mean green Juice

### **After work**

1. Green Cleanse Smoothie
2. Exercise
3. Epsom salt warm Bath
4. Prayer and Worship

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# 14 day Detox Program

## Day 9

**Try to drink pure water at least every hour during the day!**  
**Try to be in the sun every day.**

### **Morning**

1. Drink Luke warm lemon water
2. Prayer and Worship
3. Get Grounded
4. Dry skin brushing, Shower
5. Drink Flaxseed mixture
6. Good morning Juice

### **Mid day**

1. Cucumber meets Avo Salad
2. Flaxseed Mixture
3. Liver Cleanser Juice

### **After work**

1. Green & Leafy Smoothie
2. Exercise
3. Shower or Bath
4. Prayer and Worship

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# 14 day Detox Program

## Day 10

**Try to drink pure water at least every hour during the day!**  
**Try to be in the sun every day.**

### **Morning**

1. Drink Luke warm lemon water
2. Prayer and Worship
3. Get Grounded
4. Dry skin brushing, Shower
5. Drink Flaxseed mixture
6. Berry Blast Smoothie

### **Mid day**

1. Carrot turns red Salad
2. Flaxseed Mixture
3. Green Cleanse Juice

### **After work**

1. Avo Nice Smoothie
2. Exercise
3. Shower or Bath
4. Prayer and Worship

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# 14 day Detox Program

## Day 11

**Try to drink pure water at least every hour during the day!**  
**Try to be in the sun every day.**

### **Morning**

1. Drink Luke warm lemon water
2. Prayer and Worship
3. Get Grounded
4. Dry skin brushing, Shower
5. Drink Flaxseed mixture
6. Banana Berry Smoothie

### **Mid day**

1. Broccoli & Avo Salad
2. Flaxseed Mixture
3. Anti-inflammatory Juice

### **After work**

1. Green Cleanse Smoothie
2. Exercise
3. Epsom salt Bath
4. Prayer and Worship

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# 14 day Detox Program

## Day 12

**Try to drink pure water at least every hour during the day!**  
**Try to be in the sun every day.**

### **Morning**

1. Drink Luke warm lemon water
2. Prayer and Worship
3. Get Grounded
4. Dry skin brushing, Shower
5. Drink Flaxseed mixture
6. Berry Blast Smoothie

### **Mid day**

1. Pumpkin & Carrot Salad
2. Flaxseed Mixture
3. Red detox juice

### **After work**

1. Green & Leafy Smoothie
2. Exercise
3. Epsom salt Bath
4. Prayer and Worship

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# 14 day Detox Program

## Day 13

**Try to drink pure water at least every hour during the day!**  
**Try to be in the sun every day.**

### **Morning**

1. Drink Luke warm lemon water
2. Prayer and Worship
3. Get Grounded
4. Dry skin brushing, Shower
5. Drink Flaxseed mixture
6. Banana Berry Smoothie

### **Mid day**

1. Green Clean Salad
2. Flaxseed Mixture
3. Mean Green Juice

### **After work**

1. Avo Nice Smoothie
2. Exercise
3. Bath or Shower
4. Prayer and Worship

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# 14 day Detox Program

## Day 14

**Try to drink pure water at least every hour during the day!**  
**Try to be in the sun every day.**

### **Morning**

1. Drink Luke warm lemon water
2. Prayer and Worship
3. Get Grounded
4. Dry skin brushing, Shower
5. Drink Flaxseed mixture
6. Berry Blast Smoothie

### **Mid day**

1. Broccoli & Avo Salad
2. Flaxseed Mixture
3. Liver Cleanser Juice

### **After work**

1. Green Cleanse Smoothie
2. Exercise
3. Bath or Shower
4. Prayer and Worship

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# FOOD COMBINATION CHART

**DO NOT COMBINE**



## STARCHES

Potatoes - Carrots  
Parsnips - Corn  
Winter Squash  
Grains  
(Barley, Buckwheat,  
Dried corn, oats,  
Rice, Wheat, Rye)  
Pasta  
Bread  
Brown rice  
Wild rice

## LEGUMES

Beans - Peas  
Tofu - Peanuts  
(may be combined  
with grains, pasta,  
bread to make  
complete protein)

## PROTEINS

Poultry\* - Fish\*  
Meats\* - Cheese\* - Milk\*  
Yogurt\* any Dairy Products\*  
Eggs\*  
Seeds - Nuts\*\*

\* We do not recommend any  
animal Products.

However we've included  
these for clarity

\*\* Nuts are part Protein,  
Part fat and may be  
eaten as both.

## VEGETABLES

Cabbage - Kale  
Lettuce - Celery - Sprouts  
Artichokes - Mushrooms - String beans  
Green peas - Green beans  
Red, Yellow & Green Peppers  
Cucumber - Cauliflower  
Broccoli - Spinach  
Tomatoes

## OIL & FATS\*

Butter\*\* - Margarine\*\*  
all oils ( including olive,  
Vegetable, Safflower)  
Avacados - Olives - Coconuts

\* Oils and fats combine with all  
foods, but should be used  
sparingly because they slow  
the digestive process.

\*\* We do not recommend the use of  
Butter or Margarine

**OK TO  
COMBINE**

\* Only the Rings  
that touch  
each other  
can be combined

**OK TO  
COMBINE**

\* Enjoy a  
Healthy Life  
Forever!

**DO NOT COMBINE FOODS ABOVE AND BELOW THIS LINE**

## SWEET FRUITS

Bananas - Plantains  
Dates - Persimmons  
Figs - Prunes  
Raisins - Dried fruits  
**DO NOT COMBINE  
WITH OTHER  
FRUITS**

## ACID FRUITS

Grapefruits  
Oranges - Lemons  
Limes - Kiwis  
Strawberries  
Cranberries  
Pineapple

## SUB-ACID FRUITS

Apples - Apricots  
Blackberries - Plums  
Peaches - Cherries  
Pears - Raspberries  
Mangos - Nectarines  
Grapes - Papayas

## MELONS

Cantaloupe  
Honeydew  
Watermelon  
Canary Melon  
**DO NOT COMBINE  
WITH OTHER  
FRUITS**

**OK TO  
COMBINE**

# *Clean your Fruit & Veg*

**Fruit and Vegetables may be full of insects, bugs, bacteria, pesticides etc.**

## *Recipe*

**Luke warm water in sink  
1/2 Cup Apple Cider Vinegar  
1 Tbsp Bicarbonate of soda  
Soak, Rinse and use!**

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# Smoothies

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# Berry Blast Smoothie

**Almonds Contains Leatril (anti-cancer). They are also Rich in Vitamin E, its very Alkalisng.**

**Strawberries acts as an Antioxidant, Boost the Immune System, Detoxify the body.**

**Rasberries are rich in Vitamins, anti-oxidants and Dietary fibre**

**Blueberries are rich in Vitamin C & B6, Protects your body against inflamation and free radicals.**

**Dates heal the digestive tract, its a natural energy booster and help maintain healthy weight**



## Recipe

**1/2 Cup Almonds**

**1 Cup Filtered water**

**1/2 Cup Fresh or Frozen Strawberries**


**1/2 Cup Fresh or Frozen Rasberries**

**1/2 Cup Fresh or Frozen Blueberries**

**5 Dates**

**Powder of 1 Probiotic Capsule**

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 *Delicate 'n Spicy*



# Banana Berry Smoothie

**Bananas Promotes kidney health, are a great source of Potassium, promotes bone health  
Almonds Contains Leatril (anti-cancer). They are also Rich in Vitamin E, its very Alkalisng.**

**Strawberries acts as an Antioxidant, Boost the Immune System, Detoxify the body.**

**Rasberries are rich in Vitamins, anti-oxidants and Dietary fibre**

**Blueberries are rich in Vitamin C & B6, Protects your body against inflamation and free radicals.**

**Dates heal the digestive tract, its a natural energy booster and help maintain healthy weight**

**Chia seeds are good for digestion, Cleanses the colon, high in antioxidants**

## Recipe

**1 Cup mixed Berries**

**2 Frozen Bananas**

**1 1/2 Cup Almond milk**


**5 Dates**

**2 Tablespoons Chia seeds**

**Powder of 1 Probiotic capsule**



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# Green Cleanse Smoothie

**Cucumber Relieves joint pain, Reduces Cholesterol, Promotes Digestion, Fights Cancer, Aids in weight loss**

**Kale is Anti-inflammatory, aid with digestion, boosts the immune system, help prevent cancer**

**Celery is Anti-inflammatory, Lowers blood pressure, rids kidney & gall stones, prevents calcium deposits**

**Apples relieves constipation, reactivates Good Gut Bacteria, removes Toxins, Helps control weight**

**Ginger lowers Cholestrol levels, Relieves joint pain, prevents Stomach ulcers**



## Recipe

**1 Cucumber**

**1 Stalk of Celery**

**4 Leaves of Kale**

**2 Apples**


**1cm piece of ginger**

**Dash of Lemon juice**

**1/2 cup water**

**\* Powder of 1 Probiotic Capsule**

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# Green and leafy Smoothie

**Cucumber Relieves joint pain, Reduces Cholesterol, Promotes Digestion, Fights Cancer, Aids in weight loss**

**Spinach removes toxins, strengthens blood vessels, improves metabolism, Prevents cellulite.**

**Celery is Anti-inflammatory, Lowers blood pressure, rids kidney & gall stones, prevents calcium deposits**

**Apples relieves constipation, reactivates Good Gut Bacteria, removes Toxins, Helps control weight**



## Recipe

**1 Cucumber**

**1 Stalk of Celery**

**Handfull baby spinach**


**2 Apples**

**Dash of Lemon juice**

**1 Cup filtered water**

**Powder of 1 Probiotic Capsule**

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# *Avo Nice Smoothie*

**Cucumber promotes Digestion, Good for Weight loss, Reduces Cholesterol, Relieves Joint pain.**

**Celery is Anti-inflammatory, Rids kidney & Gall stones, prevents calcium deposits.**

**Spinach remove toxins, improves metabolism, helps to lose weight, normalizes bowel function**

**Avocado aids in Digestion, Cancer protection, healthy for heart, brain and eyes.**

## *Recipe*

**1 Cucumber**

**1 Stalk of Celery**

**4 Leaves of Spinach (Stems removed)**

**1 Avocado**


**Dash of Lemon juice**

**1 Cup filtered water**

**Powder of 1 Probiotic capsule**



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# Salads

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# *Pumpkin and Carrot Salad*

\* 2 Carrots grated      \* 1/4 Butternut grated

\* 1 Apple Grated      \* Handfull sprouts

**Mix everything, Top with Sauerkraut and enjoy!**



# *Carrot turns Red Salad*

\* 1 Raw beetroot grated      \* 2 Carrots grated

\* 2 Radishes thinly sliced      \* 1 Celery stalk very thinly sliced

**Mix everything, Top with sauerkraut and enjoy!**

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# *Celery Crunch Salad*

- \* 7 Stalks Celery, very thinly sliced
- \* 1 Radish, very thinly sliced
- \* Small onion diced thinly
- \* 1 Avocado cut into cubes
- \* 5 Basil leaves chopped
- \* Squeeze of Fresh lemon juice
- \* Handfull of Sprouts

Mix everything, top with saurkraut and enjoy!



# *Cucumber meets Avo Salad*

- \* 1/2 Cucumber sliced
- \* Handful chopped baby Spinach
- \* Small onion diced thinly
- \* 1 Avocado cut into cubes
- \* 5 Parsley leaves chopped
- \* Squeeze of Fresh lemon juice

Mix everything, top with sauerkraut and enjoy!

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# Green Clean Salad

- \* Handful Chopped Kale
  - \* Handful chopped baby Spinach
  - \* 2 Zucchini Sliced thinly
  - \* 1 Avocado cut into cubes
  - \* 1 Stalk Celery, very thinly sliced
  - \* Half green Pepper chopped
  - \* 5 leaves Cilantro chopped
  - \* Squeeze of Fresh lemon juice
- Mix everything, top with sauerkraut and enjoy!

# Broccoli & Avo Salad

- \* 1/4 Broccoli finely chopped
  - \* 1 Zucchini sliced thinly
  - \* Small onion diced thinly
  - \* 1 Avocado cut into cubes
  - \* 5 Basil leaves chopped
  - \* Squeeze of Fresh lemon juice
- Mix everything, top with sauerkraut and enjoy!

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# Twice

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# Good Morning Juice

Oranges are full of Minerals & Vitamins, Protects Kidneys, Purifies Blood, Fights infections  
Apples relieves constipation, reactivates Good gut Bacteria, removes Toxins, helps control Weight.  
Papaya is full of minerals and Vitamins, Anit-inflammatory, Aids in digestion, rich in Anti-oxidant

**Do not use the skin of the Oranges or Papaya**



## Recipe

**1/2 Papaya (Peeled, no seeds)**  
**3 Oranges (Peeled)**  
**2 Green Apples**

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# Goodbye Toxins Juice

Oranges are full of Minerals & Vitamins, Protects Kidneys, Purifies Blood, Fights infections  
Apples relieves constipation, reactivates Good gut Bacteria, removes Toxins, helps control Weight.  
Grapefruit helps break down fat, Loaded with Vitamin C, Extremely Alkalizing, reduce water retention

**Do not use the skin of the Oranges or Grapefruit**



## Recipe

- 1 Grapefruit (Peeled)**
- 3 Oranges (Peeled)**
- 2 Green Apples**

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# Anti-inflammatory Juice

**Carrot Juice help to normalize the entire system. It is the richest source of Vitamin A, source of Vitamin B, C, D, E, G and K. Help prevent ulcers and Cancer, help prevent infections**  
**Butternut is high in fibre, High in Anti-oxidant, Helps prevent cancer, good source of magnesium**  
**Apples relieves constipation, reactivates Good gut Bacteria, removes Toxins, helps control Weight.**  
**Turmeric is Anti-inflammatory, strong Anti-oxidant, Heals Wounds faster, natural painkiller**  
**Boost Immunity, Great Anti-Allergic, Treats Asthma**



## Recipe

**3 Carrots**  
**1/4 butternut**  
**2 Green Apples**  
**1 cm raw turmeric cube**

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# Green Cleanse Juice

**Cucumber** Relieves joint pain, Reduces Cholesterol, Promotes Digestion, Fights Cancer, Aids in weight loss

**Kale** is Anti-inflammatory, aid with digestion, boosts the immune system, help prevent cancer

**Celery** is Anti-inflammatory, Lowers blood pressure, rids kidney & gall stones, prevents calcium deposits

**Apples** relieves constipation, reactivates Good Gut Bacteria, removes Toxins, Helps control weight

**Ginger** lowers Cholestrol levels, Relieves joint pain, prevents Stomach ulcers.

**Lemons** detoxify your body, Relieves Constipation, high in Ani-Oxidants, Anti-viral, High Alkalizing



## Recipe

**1 Cucumber**

**4 Stalk of Celery**

**7 Leaves of Kale**

**2 Apples**

**1cm piece of ginger**

**1/2 Lemon (With skin)**

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# Liver Cleanser Juice

Carrots help normalize the entire system, prevent infections, ulcers and Cancer, Rich in Vitamins.  
Beetroot Strengthens the Gall bladder and liver, cleanses the colon and blood, Anti Cancer, Heals acne.  
Spinach removes toxins, strengthens blood vessels, improves Metabolism, Prevents Cellulite  
Cucumber relieves joint pain, reduces Cholesterol, Promotes Digestion, Fights cancer.  
Apples relieves constipation, reactivates Good Gut Bacteria, removes Toxins, Helps control weight.  
Cilantro and Parsley are Toxic metal Cleansers, Anti-bacterial and Anti-fungal, Natural internal deodorant



## Recipe

1/2 Beetroot  
2 Carrots  
1/2 Cucumber  
2 Apples  
3 Spinach leaves  
1/2 Lemon (With skin)  
Handful of Cilantro or parsley

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# Mean Green Juice

**Cucumber** Relieves joint pain, Reduces Cholesterol, Promotes Digestion, Fights Cancer, Aids in weight loss

**Kale** is Anti-inflammatory, aid with digestion, boosts the immune system, help prevent cancer

**Celery** is Anti-inflammatory, Lowers blood pressure, rids kidney & gall stones, prevents calcium deposits

**Apples** relieves constipation, reactivates Good Gut Bacteria, removes Toxins, Helps control weight

**Spinach** removes toxins, strengthens blood vessels, Improves metabolism, Prevents Cellulite

**Lemons** detoxify your body, Relieves Constipation, high in Ani-Oxidants, Anti-viral, High Alkalizing



## Recipe

**1 Cucumber**

**2 Stalk of Celery**

**3 Leaves of Kale**

**3 Spinach Leaves**

**2 Green Apples**

**1/2 Lemon (With skin)**

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# Red Detox Juice

**Carrots help normalize the entire system, prevent infections, ulcers and Cancer, Rich in Vitamins.  
Beetroot Strengthens the Gall bladder and liver, cleanses the colon and blood, Anti Cancer, Heals acne.  
Celery is Anti-inflammatory, Lowers blood pressure, rids kidney & gall stones, prevents calcium deposits  
Apples relieves constipation, reactivates Good Gut Bacteria, removes Toxins, Helps control weight.  
Ginger lowers Cholesterol levels, Relieves joint pain, prevents Stomach ulcers.  
Cilantro and Parsley are Toxic metal Cleansers, Anti-bacterial and Anti-fungal, Natural internal deodorant**



## Recipe

**1 Beet  
3 Carrots  
3 Ribs of Celery  
2 Apples  
1 cm of Ginger  
Handful of Cilantro or parsley**

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# Benefits of: **Sauerkraut**

- \* **Boosts Immunity**
- \* **Promotes a Healthy Gut**
- \* **Combats infection**
- \* **Reduces pain of joints and muscles**
- \* **Reduces risk of heart diseases**
- \* **Boosts energy**
- \* **Heals Ulcers**

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# Vegan Sauerkraut

## Ingredients:

- \* 1 Head green cabbage
- \* 2 Tbsp salt

## Directions:

1. Put the cabbage through the grater of the food processor or slice into thin strips.
2. Combine the salt and cabbage.
3. Massage and squeeze the cabbage and salt together with hands, kneading it thoroughly for 10 minutes. It will become watery.

4. Let it rest for 5 minutes and repeat step 3.
5. Pack the cabbage into a glass jar as tightly as you can, pressing with wooden spoon. Pour in the liquid.
6. Fold a big cabbage leaf and put on top of Cabbage mixture.
7. Put lid on but do not tighten lid to much.
8. Set aside in room-temperature location, out of direct sunlight. For 2 - 3 weeks.
9. Burp bottle every 3 days. (open & close lid)

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# Vegan Sauerkraut

## Ingredients:

- \* 1 Head Purple cabbage
- \* 2 Tbsp salt

## Directions:

1. Put the cabbage through the grater of the food processor or slice into thin strips.
2. Combine the salt and cabbage.
3. Massage and squeeze the cabbage and salt together with hands, kneading it thoroughly for 10 minutes. It will become watery.

4. Let it rest for 5 minutes and repeat step 3.
5. Pack the cabbage into a glass jar as tightly as you can, pressing with wooden spoon. Pour in the liquid.
6. Fold a big cabbage leaf and put on top of Cabbage mixture.
7. Put lid on but do not thighten lid to much.
8. Set aside in room-temperature location, out of direct sunlight. For 2 - 3 weeks.
9. Burp bottle every 3 days. (open & close lid)

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# Benefits of Kombucha

- \* **Boosts Immunity**
- \* **Promotes a Healthy Gut**
- \* **Combats infection**
- \* **Detoxifies the liver**
- \* **Aids in weight loss**
- \* **Boosts energy**
- \* **Heals Ulcers**

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# Vegan Kombucha

## Ingredients:

\* 1 Kombucha Scoby  
(buy at health shops)

\* 1 cup Starter

(Kombucha from previous batch)

\* 1.5 Litre water

\* 1/2 cup sugar

\* 4 Rooibos tea bags

## Directions:

1. Wash your glass container with hot water to clean.
2. Only use Wood and glass equipment not metal.
3. Add sugar to your container.
4. Boil the water and pour into container.
5. Mix well and add the teabags. Let it cool.
6. Remove teabags, add scoby and starter.
7. Cover with cloth & Rubber band.
8. Set aside for 7-10 days in a room temperature location. Out of direct sunlight,
9. Pour the Kombucha into another container.  
Remember to leave 1 cup Kombucha for next batch.
10. Flavour with lemon or Ginger. Refrigerate.

**Going on Holiday?  
You can make a fresh batch  
and keep it in the fridge  
for up to 3 weeks.**

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# Benefits of: Water Kefir

- \* **Boosts Immunity**
- \* **Promotes a Healthy Gut**
  - \* **Combats infection**
- \* **Lower the risk of Diabetes**
  - \* **Aids in weight loss**
  - \* **Helps fight Cancer**
    - \* **Heals IBS**

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# Activating Water Kefir

## **Directions:**

1. Dissolve sugar in little bit warm water.
2. Let it cool to room Temperature.
3. Add rest of water (room temperature)
4. Add the grains
5. Pour into a glass jar, covered with cloth.
6. Set aside for 72 hours in room-temperature location. Out of direct sunlight.
7. Discard the water, keep only the grains.
8. You are now ready to make water Kefir.

## **Ingredients:**

- \* 180 ml Brown sugar
- \* 1 Litre water
- \* 2 tsps dehydrated Kefir grains

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# Vegan Water Kefir

## Ingredients:

- \* 1/4 cup Brown sugar
- \* 1 Litre water

- \* 4 Tbsp hydrated Kefir grains

## Flavouring only after 4 days:

- \* Grated Ginger or
- \* Lemon juice or
- \* Vanilla extract or
- \* Pieces of Fruit

### Going on Holiday?

**You can make a fresh batch and keep it in the fridge for up to 3 weeks.**

## Directions:

1. Dissolve sugar in little bit warm water.
2. Let it cool to room Temperature.
3. Add rest of water (room temperature)
4. Add the grains
5. Pour into a glass jar, covered with cloth.
6. Set aside for 72 hours in room-temperature location. Out of direct sunlight.
7. Pour the kefir water into another container, and Flavour. Refrigerate.
8. Repeat all the steps for next batch

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# Natural Remedies

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# Remember

**No Disease can be cured by a quick fix.  
You will need to detox your body and  
change to a healthier lifestyle.**

**God gave Herbal and Natural Remedies  
to help restore Health**

*God is the Great Physician*

*Exodus 15:26*

*“I am the LORD that Healeth thee.”*

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# Natural Remedies for: *Arthritis*



## Turmeric

Circumin, the active compound in this spice, is what makes it so powerful for healing.



## Ginger

The same compounds that give ginger its strong flavor also have anti-inflammatory properties.



## Pineapple

Contains the anti-inflammatory Bromelain.



## Garlic

It helps fight the pain, inflammation and cartilage damage of arthritis.



## Arnica

It's considered a natural pain reliever to alleviate soreness and muscle stiffness.



## Stinging Nettle

Contains nutrients like boron, calcium, silicon and magnesium that ease pain while building strong bones.

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# Foods to avoid with Arthritis



**Processed  
foods**



**Sugar**



**Meat**



**Fried  
Foods**



**Refined  
Grains**



**Milk  
Products**

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# *Natural ways to relief Arthritis*

**\* Add 1/2 t Turmeric & 1/2 t Ginger to warm water, drink as a tea.**

**\* Mix 1 t Coconut oil & 1/2 t Turmeric put on piece of cotton wool and place on effected area & cover.**

**Keep on for 8 hours.**

**\* Have Ice cold water in one container and very warm water with 1/2 cup Epsom salt in another container.**

**Put affected area in warm water for 3 minute and in the ice cold water for 30 seonds repeat 3 Times.**

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# Natural Remedies for: Depression



## Avocados

It contains Tryptophan, folate and omega 3 an essential fatty acid that combat inflammation in the brain



## Bananas

Contain Serotonin, it balance mood and contribute to well-being and happiness



## Almonds

Contains high levels of Magnesium, it helps produce more serotonin (The chemical our brain produces to make us feel happy)



## Spinach

Contains Tryptophan which helps increase our levels of Serotonin.



## Blueberries

Contains Folate which contributes to production of serotonin.  
Rich in Antioxidant



## Asparagus

Contains Low levels of Vit B 12.  
Contains Folate which contributes to the production of serotonin.

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# Natural Remedies for: Depression



## Chamomile

Improves sleep quality.  
Contains Chrysin, naturally occurring  
Flavonoid known to ease anxiety



## Lemon Balm

Calming herb. Reduces stress and  
anxiety, promotes sleep, improve  
appetite



## Rosemary

Provides relief from anxiety  
and depression.  
Has a calming effect,



## St. John's Wort

Effective as an antidepressant



## Lavender

Heighten your mood.  
Lessen anxiety and contribute  
to your overall contentment with life



## Hawthorn

Helps to counter the negative effects  
of stress by lowering blood levels  
of the stress hormone "Cortisol"

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# *Foods to avoid with Depression*



**Processed  
foods**



**Sugar**



**Meat**



**Fried  
Foods**



**Refined  
Grains**



**Milk  
Products**

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# Natural Remedies for: **Liver**



## **Turmeric**

*Circumin, the active compound in this spice, is what makes it so powerful for healing.*



## **Milk Thistle**

*It contains silymarin, which strengthens and protects the liver.*



## **Dandelion**

*Speeds up liver function*



## **Cilantro**

*It is a toxic Metal Cleanser. It Protects your liver from damage.*



## **Parsley**

*It is a toxic Metal Cleanser. It Protects your liver from damage.*



## **Juice**

*Make Raw juice with Beetroot, Spinach, Cucumber, carrots, Apples and Cilantro*

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# *Foods to avoid with Liver Problems*



**Processed  
foods**



**Sugar**



**Meat**



**Fried  
Foods**



**Refined  
Grains**



**Milk  
Products**

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# Natural Remedies for: **UTI** Urinary Tract Infection



## Water

Water flush bacteria from your System..



## Cranberry

Active ingredient in cranberries that can prevent adherence of bacteria to the bladder wall



## Uva ursi

Helps flush out your kidneys.  
Reduce bacteria in the urine  
Reduce inflammation in the UT



## Garlic

Allicin, one of the active principles of fresh garlic has a variety of antimicrobial activities.



## Clove oil

It has antimicrobial, antifungal and antiviral activity.



## Buchu

Natural Diuretic  
Kills bacteria.  
Potent anti-inflammatory

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# Foods to avoid with **UTI** Urinary Tract Infection



**Processed  
foods**



**Sugar**



**Meat**



**Fried  
Foods**



**Refined  
Grains**



**Milk  
Products**

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# Natural Remedies for: *Cold & Flu*



## Garlic

*It contains allicin, which have antimicrobial properties.*



## Ginger

*It soothes a cough and sore throat.  
Helps sweat out toxins*



## Turmeric

*It boost the immune system.  
It is a broad spectrum anti-microbial agent.*



## Honey

*It has a variety of antibacterial and antimicrobial properties*



## Echinacea

*Its active ingredients include flavonoids.  
Flavonoids boost immune system and reduce inflammation.*



## Vitamin C

*Boost the immune system.  
Relieves upper respiratory tract infections.*

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# Natural Remedies for: Constipation



## Prunes

*Rich in insoluble fiber, as well as the natural laxative Sorbitol*



## Ginger

*Ginger tea calms irritation in the digestive system and improves digestion*



## Epsom salt

*Orally as a laxative to relieve occasional constipation. Soaking in epsom salt can also relief Constipation.*



## Flaxseed

*Its a good source of dietary fibre. Increase Bowel movements.*



## Psyllium husk

*Its a bulk-forming laxative. Promotes regularity without increasing flatulence.*



## Water

*Constipation is related to dehydration in the colon. It will keep your stools soft and easy to pass.*

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# Natural Remedies for: Diarrhea



## Bananas

Rich in Potassium.  
Vitamin C, B6 and Folate  
Easy to digest



## Ginger

Prevent nausea, vomiting  
and abdominal spasms.  
Believed to cure Diarrhea



## Charcoal

Activated Charcoal is used to treat  
stomach pains from gas and  
Diarrhea



## Fenugreek

Seeds contain 50% mucilage,  
a type of fiber, which absorb  
water in the intestine and swells



## Chamomile

Chamomile tea protect against  
diarrhea, stomach ulcers, nausea and  
gas due to its anti-inflammatory effects.



## Cinnamon

Cinnamon can stop diarrhea,  
Flatulence and bloating

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# Natural Remedies for: *Digestion*



## **Prunes**

*Relieves Constipation*



## **Ginger**

*Has anti-histamine properties that prevent nausea*



## **Flax seed**

*Improves stool structure, making bowel movements smoother.*



## **Rosemary**

*Helps speed digestion up*



## **Anise**

*Speeds up bowel movements, making them more frequent*



## **Papaya**

*Helps speed up Digestion*

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# Natural Remedies for: Heartburn



**Bananas**

Prevents acid formation



**Pineapple juice**

Prevents acid reflux



**Raw almonds**

Neutralize stomach acid



**Garlic**

Beneficial in  
Digestion



**Ginger**

Minimizes stomach  
inflammation



**Mint leaves**

Natural coolant

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*Natural Remedies for:* **High blood Pressure**



## **Cinnamon**

Cinnamon Lowers blood Sugar levels and has a Powerfull Anti Diabetic effect



## **Ginger**

It improves blood circulation and relax the muscles that surround blood vessels.



## **Hawthorn**

Opens the coronary arteries and improves blood Circulation



## **Garlic**

Lowers your blood Pressure without the Harmfull side effects



## **Hibiscus**

A natural way to lower Blood pressure.  
Use Dried flowers in a tea



## **Coriander**

Coriander reduce blood pressure in individuals suffering from hypertension.

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*Natural Remedies for:*

# *Low blood Pressure*



## *Cinnamon*

*Improves Peripheral circulation and Stabilize blood Pressure..*



## *Ginger*

*It improves blood circulation and relax the muscles that surround blood vessels.*



## *Hawthorn*

*Opens the coronary arteries and improves blood Circulation*



## *Ginkgo biloba*

*Improves blood circulation and in turn Stabilizes blood pressure.*



## *Turmeric*

*Improves overall body and normalize blood pressure.*



## *Cardamon*

*Normalizes blood pressure Caused by low vital energy.*

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*Natural Remedies for:* **Hormone imbalance**



## **Ginseng**

Promotes Hormonal balance.  
Increases libido



## **Evening Primrose**

Evening Primrose Oil is rich  
in gamma linolenic acid, an essential  
fatty acid. Balance Hormones



## **Maca Root**

Its an endocrine adaptogen  
that boosts normal  
Hormone production



## **Passion Flower**

Is high in Chrysin, a naturally  
occurring flavonoid that lowers  
Estradiol



## **Ginger**

A plant based form of  
estrogen, which  
helps improve hormonal imbalances



## **Turmeric**

Turmeric has proven estrogenic  
activity it mimics the  
Estrogen hormone

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# Natural Remedies for: Menopause



## Ginseng

Reduce the severity of  
Hot flashes and night  
sweats.



## Evening Primrose

Evening Primrose Oil is rich  
in gamma linolenic acid, an essential  
fatty acid.



## Turmeric

Turmeric helps with the physical  
effects of menopause and  
help improve mood and pain



## Stinging Nettle

Prevents Night sweats,  
Builds blood  
Eases anxiety, increases energy



## Ginger

Treats hot Flashes and night sweats.  
A plant based form of estrogen, which  
helps improve hormonal imbalances



## Licorice

Contain compounds that activate  
Estrogen receptors to boost levels  
of the hormone in the body

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# Natural Remedies for: *Insomnia*



## Chamomile

It has a calming effect on your brain,  
and relaxes the whole body.  
Acts as a mild Sedative.



## Nutmeg

Has a calming effect on  
the body.  
Promotes sleep.



## Lavender

It relaxes muscles.  
Reduces stress. It has  
calming and soothing properties.



## Lemon Balm

Its a calming herb and reduce  
stress and anxiety



## Valerian

Its a mild sedative.  
Its used for anxiety  
and sleep disorder



## Hops

It helps alleviate restlessness and  
anxiety.  
Its a natural sedative.

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# Natural Remedies for: *Intestinal Worms*



## Olive leaf

It has anti-Parasite properties.  
Promotes a healthy  
intestinal environment.



## Cilantro

Anti-microbial  
and Anti fungal.  
Kills intestinal Parasites



## Garlic

The active component in  
Garlic that kill Parasites  
are allicin.



## Carrot Juice

Carrot juice cleanse the  
intestine and flush  
out intestinal worms



## Papaya

Papaya seeds kill  
Parasites



## Turmeric

Turmeric flushes out  
intestinal worms and  
Boost your gut.

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# Natural Remedies for: *Nausea*



## Lemon

Freshly Squeezed lemon juice reduces nausea.



## Ginger

Compounds in Ginger work in a Similar way to anti-nausea medication



## Fennel

Fennel tea Reduces nausea



## Cinnamon

Cinnamon tea reduce the severity of Nausea



## Peppermint

Compounds in Peppermint work in a Similar way to anti-nausea medication



## ACV

Organic Apple cider Vinegar Reduce Nausea immediatly. Drink 1 TB in 50ml Water

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# Natural Remedies as: Pain Killers



## Cloves

Clove essential oil is powerful anesthetic.



## Cayenne Pepper

Provide topical relief for many types of pain, especially arthritic joint pain.



## Valerian

Valerian root is effective against menstrual cramps and sore muscles



## Turmeric

Turmeric can be as effective as ibuprofen for joint pain relief.



## Cat's claw

One of the best herbs to relieve the joint pain caused by rheumatoid arthritis



## Ginger

Helps with Muscle and Joint pain.

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# Benefits of Herbs

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# Benefits of: *Aloe Vera*

*internal and external*



- \* **Relieves acid reflux**
- \* **Boosts immune system**
- \* **Relief pain caused by arthritis**
- \* **Treating skin ailments**
- \* **Gives relief from side-effects of radiotherapy**
- \* **Helps prevent cancer**
- \* **Heal wounds**   \* **Sooths sunburn**

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# Benefits of: *Anise*



*in Tea or Food*

- \* Antiseptic**
- \* Relieves Head-aches & Migraines**
- \* Relieves Sore throats**
- \* Help ease cramping discomfort**
- \* Relieves Bloating & Gas**
- \* Helps with Nausea**
- \* Aids in Digestion**
- \* Helps with sleep**

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# Benefits of: *Anise*

*Essential oil*



- \* **Aids in faster wound healing**
- \* **Relieves Cramps, coughs and Diarrhea**
- \* **Eliminate intestinal worms**
- \* **Clear congestion in respiratory tract**
- \* **Provides relief from anxiety and depression**
- \* **Relieves Joint pain**
- \* **Insect repellent**

**Avoid Anise Essential oil during Pregnancy**

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*Benefits of:* **Basil** *in Tea or Food*



- \* **Antibacterial properties**
- \* **Sharpen Memory**
- \* **Combating colds, flu and herpes**
- \* **Removes Phlegm from bronchial tubes**
  - \* **Relieve mucus in Asthma**
  - \* **Eliminate Infections**
  - \* **Anti-Stress agent**

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# Benefits of: *Basil* Essential oil



- \* Aids in digestion
- \* Provides relief from Pain
- \* Relieves stress and depression
- \* Improves blood circulation
- \* Quickly relieves bloodshot eyes
- \* Enhances the dull looking skin and hair
- \* Give relief from cold and fever

**Basil Essential oil should be avoided  
by Pregnant and Nursing women.**

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# Health Benefits of: *Cayenne Pepper*



- \* Anti Fungal Properties
- \* Helps Digestion
- \* Contains Vit E
- \* Relieves Migraine Pain
- \* Prevents Allergies
- \* Prevents Blood Clots
- \* Support Weight Loss
- \* Fights Cold and Flu
- \* Relieves Joint and Nerve Pain
- \* Provides Detox Support
- \* Boost Metabolism
- \* Source of Vitamin A

**Cayenne Pepper may cause a burning sensation in the throat, stomach, or rectum**

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# Benefits of: *Chamomile*

*in Tea*



- \* Treats insomnia**
- \* Treats stomach cramps**
- \* Treats anxiety**
- \* Boost immune system**
- \* Helps control blood sugar levels**
- \* Reduces risk of thyroid and breast cancer**
- \* Has cardiovascular benefits**

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# Benefits of: *Chives*

*in Tea or Food*



- \* Helps to detoxify the body**
- \* Boosts immune system**
- \* Ease digestive discomfort**
- \* Aids in maintaining mineral density in bones**
- \* Reduces risk of heart attack**
- \* Prevents various types of cancer**

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# Benefits of: *Cilantro*



- \* Toxic metal Cleansing
- \* Anti-bacterial and anti-fungal activity
  - \* Strong antioxidant activity
  - \* Help improves sleep Quality
  - \* Possesses anti-anxiety effects
- \* Has a blood-sugar lowering effect
  - \* Natural internal deodorant

**Cilantro used in excess may cause  
diarrhea and stomach pain**

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# Benefits of: *Cinnamon*

*in Tea or Food*



- \* Aids in digestion**
- \* Relieves joint pains**
- \* Relieves menstruation cramps**
  - \* Improves blood circulation**
- \* Regulates blood sugar levels**
- \* Reduces cholesterol levels**
- \* Relieves sinus congestion**

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# Benefits of: *Clove*



*in Tea or Food*

- \* **Reduces Mouth ulcers**
- \* **Fights tooth pain & Bleeding gums**
- \* **Increases Blood Circulation**
- \* **Helps with cough and cold Symptoms**
- \* **Antiseptic** \* **Fights Nausea**
- \* **Helps control high cholesterol levels**
- \* **Avoids Bloating** \* **Helps gastric upsets**

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# Benefits of: *Clove*



## *Essential oil*

- \* Provides relief to tooth ache
- \* Heals wounds, cuts, and injuries
- \* Relieves stress, headache and pain
- \* Stimulates blood circulation
- \* Remedy for earaches
- \* Boost immune system
- \* Insect repellent

**Avoid Clove Essential oil during Pregnancy**

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*Benefits of:*

# *Dandelion* *in Tea*



- \* Liver & Kidney Cleanser**
- \* Rich in Antioxidants**
- \* Anti-inflammatory**
- \* Fights Anemia**
- \* Fights Cancer**
- \* Aids in Digestion**
- \* Natural Diuretic and Laxative**

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# Benefits of: *Echinacea*

*in Tea or Food*



- \* **Reducing Inflammation**
- \* **Boost immunity and Prevents cancer**
- \* **Helps prevent bacterial and viral infections**
  - \* **Heals respiratory conditions**
  - \* **Protects against infections**
- \* **Aids in healing Psoriasis and eczema**
  - \* **Reduces swollen glands**

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*Benefits of:*  
***Evening Primrose Oil***

- \* Helps with Hormone imbalance**
- \* Helps with Menopause symptoms**
  - \* Reduces inflammation**
  - \* Heals burns and wounds**
  - \* Rejuvenates aging skin**
  - \* Treats acne**
  - \* Treats dandruff**



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# Benefits of Garlic



- \* Natural Antibiotic
- \* Boosts Immune System
- \* Kills Parasites \* Stops Toothaches
- \* Lowers Cholesterol \* Treats Athlete's foot
- \* Prevents Blood Clots \* Treats ear infection
- \* Promotes Heart Health \* Curbs Cold and Flu
- \* Heals Cold Sores \* Treats Insect Bites
- \* Lowers Blood Pressure \* Repels Mosquitoes

**Use Garlic with Caution when you have  
Low Blood Pressure.**

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# Benefits of: *Ginger*



**Use Ginger with Caution when you have Diabetes. It may cause low levels of Glucose**

- \* Helps treat Nausea
- \* Lowers Cholesterol Levels
- \* Protects Against Stomach Ulcers
- \* Protects Against Alzheimer's Disease
- \* Eases Menstrual Pains
- \* Regulates Blood Sugar
- \* Fights Fungal Infections
- \* Relieves Joint and Muscle Pain

**1/2 teaspoon Ground Ginger in 1 cup warm water, mix with Honey and enjoy as a tea.**

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# Benefits of: *Lavender*



- \* Clear Sinuses
- \* Anti-bacterial
- \* Fatigue
- \* Eczema
- \* Anti-dandruff
- \* Insect bites
- \* Anxiety and stress relief
- \* Muscle pain
- \* Insomnia treatment
- \* Migraine relief
- Menstrual cramps
- \* Minor burns
- \* Perfume
- \* Bug repellent
- \* Circulation
- \* Acne treatment
- \* Respiratory treatment
- \* Sunburn

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# Benefits of Lavender

*Essential oil*



**Helps sleep & treat insomnia**

**\* Headache Remedy**

**\* Improves mood and Brain function**

**\* Antifungal and antiseptic properties**

**\* Clears up acne outbreaks**

**Relieves Stomach Discomfort**

**\* Antioxidant protection**

**\* Insect bites \* Scars \* Sores \* Burns**

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*Benefits of:* **Lemon Balm**  
*in Tea or Food*



- \* **Helps with upset stomach**
- \* **Helps with Toothache**
- \* **Helps with insect bites**
- \* **Relieves headache**
- \* **Helps with stress and anxiety**
- Helps with sores and burns**
- \* **Aids in Digestion**

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# *Benefits of: Lemon*



- \* **Reduce your body weight**
- \* **Acts as a blood purifier**
- \* **Eliminate bad Cholesterol**
- \* **Cures Throat infections**
- \* **Treats cold, flu and fever**
- \* **Reduce Digestion problems**
- \* **Stop internal blood bleeding**
- \* **Cures Respiratory Problems**
  - \* **Protect from toothache**
- \* **Protect from skin related problems**

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# Benefits of *Lemon Grass* *Essential oil*



- \* Relieves Headache**
- \* Kills bacteria \* Reduce Fever**
- \* Boost the immune system \* Detoxify body**
- \* Reduces inflammation \* Relax Muscles**
- \* Fights colds and Flu**
- \* Reduces stress and anxiety**
- \* Relieves Menstrual cramps**
- \* Relieves Stomachache**

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# Benefits of: *Peppermint*



*in Tea or Food*

- \* Promotes Digestion**
- \* Help in Weight loss**
- Helps in Chest congestion & Coughing**
- \* Promotes oral health**
- \* Help reduce nausea and headache**
- \* Improves memory**
- \* Stops baby colic**
- \* Treatment for Irritable bowel Syndrome**
- \* Relieves stress and depression**

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# Benefits of Peppermint

## Essential oil



- \* Bacterial infections
  - \* Nausea
  - \* Bad Breath
  - \* Fevers
  - \* Colds
  - \* Muscle Pain
  - \* Heartburn
  - \* Indigestion
  - \* Coughs
  - \* Menstrual Pain
  - \* Headaches
  - \* Ant Repellent
  - \* Mosquito Repellent
  - \* Hair Growth
  - \* Room Freshner
  - \* Gets rid of acne
  - \* Removes blemishes
- Can decrease milk production in breast feeding mothers.**

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# Benefits of Nutmeg



**DO NOT USE IF PREGNANT OR BREASTFEEDING**  
**DO NOT GIVE TO CHILDREN 3 AND UNDER**

- \* Treating Cancer
  - \* Treating Kidney disease
  - \* Increasing menstrual flow
  - \* Fights Depression
  - \* Sleep Aid
  - \* Antiseptic
  - \* Anti-inflammatory
  - \* Increases Blood Pressure
  - \* Natural Pain killer
  - \* Treats joint and Arthritis
  - \* Mood enhancer
- 1/2 teaspoon Ground nutmeg in 1 cup warm water, mix with Honey and enjoy as a tea.**

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*Benefits of:*



# *Olive leaf* in Tea

- \* Protects Digestive system**
- \* Protects central nervous system**
- \* Inhibits Microorganism growth**
- \* Reduces risk of inflammation**
- \* Prevents oxidation or cell damage**
- \* Antiviral, antifungal and antiparasitic**
- \* Boost Immune system**

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# Benefits of: *Oregano*

*in Tea or Food*



- \* Aids in digestion**
- \* Detoxify the body**
- \* Boosts the immune system**
- \* Speeds up the metabolism**
- \* Protect against bacteria in gut**
- \* Reduces risk of heart attacks and strokes**

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# Benefits of: *Oregano*

*Essential oil*



- \* Promotes Digestion
  - \* Powerful painkiller
  - \* Eliminates intestinal worms
  - \* Protects against viral, fungal, and bacterial infection
  - \* Soothing effects on inflammation
- Regulates menstruation

**Oregano Essential oil should be avoided by Pregnant and Nursing women.**

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# Benefits of: Parsley



- \* Improves Immunity
- \* Full of Antioxidants \* Balances Body fluids
- \* Great for Digestive health
- \* Full of Iron \* Helps wounds heal faster
- \* Helps to control Arthritis \* Promotes a healthy heart
- \* Keeps your eyes Bright and sparkly
- \* Prevents Kidney disease

**Parsley used in excess may cause  
anemia and liver problems**

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# Benefits of: *Plantain*

*in Tea or Food*



- \* **Relieves Hemorrhoids**
- \* **Helps for indigestion and ulcers**
- \* **Relieve Irritable Bowel Syndrome**
- \* **Sooths kidney and bladder problems**
- \* **Relieves Irritable Bowel syndrome**
- \* **Calms bowels during Diarrhea or Constipation**

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# Benefits of: *Rosemary*



*in Tea or Food*

- \* Soothe the digestive system**
- \* Relieve muscle pain**
- \* Relieves stress and Depression**
- \* Improves your memory**
- \* Antibacterial \* Anti-Inflammatory**
- \* Antiseptic \* Antiviral**
- \* Natural diuretic \* Kidney cleanser**

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# Benefits of: *Rosemary*



*Essential oil*

- \* **Relieves Menstrual cramps**
- \* **Helps with Migraines**   \* **Improves Memory**
- \* **Helps with muscle pain**
- \* **Clears airways**   \* **Help clear Sinus**
- \* **Improves blood Circulation**
- \* **Stimulates the Scalp**   \* **Eases Dandruff**
- \* **Hair Growth and Strength**

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# Benefits of: *Sage*



*in Tea or Food*

- \* **Powerful Anti-Inflammatory**
- \* **Improves Memory**
- \* **Soothes Sore Throats** \* **Antioxidant**
- \* **Boost Immune System**
- \* **Prevents Constipation**
- \* **Boost blood Health**
- \* **Strengthens bones and Teeth**

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# Benefits of: Sage

Essential oil



- \* Aids in Digestion
  - \* Heals wounds, scars and incisions
  - \* Improves Menstrual cycles
  - \* Protects against Microbial and bacterial infections
- Reduces Inflammation  
Relieves Skin Diseases

**Avoid Sage Essential oil during Pregnancy**

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# Benefits of: *Tea tree*

*Essential oil*



- \* **Treats infections**
- \* **Treats Athlete's foot**
- \* **Treats Acne**
- \* **Treats eye infections**
- \* **Treats allergic skin reactions**
- \* **Treats dandruff**
- \* **Treats lice**
- \* **Treats bad breath and dental plaque**

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# Benefits of: *Turmeric*



*in Tea or Food*

- \* **Natural Painkiller**
- \* **Ani-Inflammatory**
- \* **Strong Anti-Oxidant**
- \* **Anti-Microbial** \* **Heals Wounds faster**
- \* **Boost immune System**
- \* **Boosts Detoxification**

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# *How to activate:* **Turmeric**



## **\* Black Pepper**

**Piperine, a compound found in black pepper improves absorption of turmeric by 2000%**

## **\* Healthy Fat**

**Turmeric is fat soluble and thus much better absorbed when taken with fat (Coconut oil)**

## **\* Heat it up**

**Heat increase the solubility of curcumin by 12 times**

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# Benefits of: *Thyme*

*in Tea or Food*



- \* **Anti-Fungal Properties**
- \* **Rich in Anti-oxidant**
- \* **Relieves Stress and Depression**
- \* **Improves Blood Circulation**
- \* **Boosts Immune system**
- \* **Improves vision**
- \* **Aids in curing respiratory ailments**

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**DIY**

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# Diy Bath Goody

- \* 1/2 Cup Baking Soda
- \* 1/4 cup Epsom salt
- \* 1/4 cup Citric acid (optional)
- \* 1/4 cup corn starch
- \* 2 TB Coconut oil
- \* 1 t essential oil
- \* Few drops colouring
- \* 1 Tb Water

Mix dry and wet  
ingredients  
Seperatly.  
Add Wet  
ingredients little  
by little to  
Dry ingredients.  
Place in Mould

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# *Hot and Cold Treatment*

**Have 2 Containers, one with hot water  
one with ice cold water.**

**Put body part in Hot water for 3 minutes,  
then cold water for 30 seconds.**

**Repeat 3 times**

**Hot is a stimulant after 3 min bloodflow  
slows down, then Cold is a stimulant  
after 30 sec. slows down.**

**More then 3 Times can exhaust the body**

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*Benefits of External use:*  
**Castor oil**

- \* **Dissolves Cysts and Fibroids**
  - \* **Enhances Liver function**
  - \* **Promotes wound healing**
  - \* **Anti inflammatory effects**
    - \* **Reduces Acne**
    - \* **Fights fungus**

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# *How to do a:* *Castor oil Compression*

- \* **Pour Castor oil in a Glass bowl**
  - \* **Wet a cloth with the oil**
  - \* **Apply over problem area**
- \* **Cover with Cloth or Bandage**
  - \* **Secure with plastic wrap**
- \* **Put Warm water bottle on top**
  - \* **Keep on for 1 hour**
- \* **For Cysts do this 5 times a week. for 3 months,**
  - \* **Cloth can be re-used for a month**
  - \* **Keep Cloth in a covered Glass bowl.**

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# Benefits of: *Onion Poultice*



- \* **Break up mucus and congestion in chest**
- \* **Draws out infection in boil**
  - \* **Draws out toxins**
  - \* **Reduce swelling**
- \* **Gets rid of inflammation**

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*How to make:*



# *Onion Poultice*

- 1. Grate raw onion to produce soft mush.**
- 2. Spread this on clean cloth.**
- 3. Apply to affected area.**
- 4. Cover with Glad wrap.**
- 5. Cover with bandage to hold poultice in place.**
- 6. Leave overnight and remove in morning.**
- 7. Continue till desired results**

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*Benefits of:*



# *Potato Poultice*

- \* Draws out Splinters from skin**
- \* Draws out infection**
- \* Draws the puss out of a boil**
- \* Draws out bee stings**
- \* Reduce Swelling**
- \* Gets rid of inflammation**

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*How to make:*



# *Potato Poultice*

- 1. Grate raw potato to produce soft mush.**
- 2. Spread this on clean cloth.**
- 3. Apply to affected area.**
- 4. Cover with Glad wrap.**
- 5. Cover with bandage to hold poultice in place.**
- 6. Leave overnight and remove in morning.**
- 7. Continue till desired results**

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# *Benefits of:* **Charcoal Poultice**



- \* Reduce pain**
- \* Reduce Swelling**
- \* Draw out infections**
- \* Pulls out Heavy metal toxicity from body**
- \* Reduce inflammation**
- \* Treat insect bites**
- \* Treat infection**
- \* Treat snake and spider bites**

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*How to make:*

# *Charcoal Poultice*

- 1. Use equal parts of flaxseed and charcoal.**
- 2. Add enough hot water to make a paste**
- 3. Spread this on clean cloth.**
- 4. Apply to affected area.**
- 5. Cover with Glad wrap.**
- 6. Cover with bandage to hold poultice in place.**
- 7. Leave overnight and remove in morning.**
- 8. Continue till desired results**

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*Essential oil blend for :*



# *Arthritis*

**In a 10ml Bottle**

- \* 3 Drops Lavender oil**
  - \* 3 Drops Rosemary oil**
  - \* 5 Drops Peppermint oil**
  - \* Fill bottle with Extra virgin olive oil.**
- Shake well.**

**Apply on the affected area.**

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*Essential oil blend for:* **Fever**



**In a 10ml Bottle**

**\* 4 Drops Peppermint oil**

**\* 2 Drops Lavender oil**

**\* Fill bottle with Extra virgin olive oil.**

**Shake well.**

**Apply on back along spine  
and rub under feet.**

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*Essential oil blend for :*



# *Headache*

**In a 10ml Bottle**

**\* 2 Drops Lavender oil**

**\* 2 Drops Rose oil**

**\* 2 Drops Chamomile oil**

**\* Fill bottle with Extra virgin olive oil.**

**Shake well.**

**Apply on Temples and back of neck.**

*Leonie: 073 721 5305*  
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*Essential oil blend for :*



# *Insomnia*

**In a 10ml Bottle**

- \* 6 Drops Lavender oil**
  - \* 6 Drops Lemon balm oil**
  - \* 3 Drops Chamomile oil**
  - \* Fill bottle with Extra virgin olive oil.**
- Shake well.**

**Apply on Temples and back of neck.**

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*Essential oil blend for:*

# Memory



**In a 10ml Bottle**

- \* 3 Drops Rosemary oil**
- \* 2 Drops peppermint oil**
- \* 2 Drops Cedarwood oil**
- \* Fill bottle with Extra virgin olive oil.**

**Shake well.**

**Apply on Temples.**

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*Essential oil blend for :*

# *Menstrual Cramps*



**In a 10ml Bottle**

- \* 5 Drops Lavender oil**
  - \* 10 Drops peppermint oil**
  - \* 3 Drops Chamomile oil**
  - \* Fill bottle with Extra virgin olive oil.**
- Shake well.**

**Apply on affected area.**

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*Essential oil blend for:*



# *Muscle Pain*

**In a 10ml Bottle**

**\* 9 Drops Peppermint oil**

**\* 5 drops Clove oil**

**\* 6 Drops eucalyptus oil**

**\* Fill bottle with Extra virgin olive oil.**

**Shake well.**

**Apply on affected area.**

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# Facial Mask: Bentonite Clay

- \* Removes Toxins from skin
- \* Regulates face oil
- \* Improves blood Circulation
- \* Minimizes pores \* Treats Acne Breakouts

**1 Teaspoon Bentonite Clay**  
**3 Teaspoons luke warm water.**  
**Mix into a paste.**

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*Natural Remedies for :*

## *Toothache*

**On a piece of Cotton wool apply  
Coconut oil, turmeric and Cloves  
Keep on tooth till pain Calms**

## *Earache*

**Add 2 Drops Garlic oil into the ear.  
Insert cotton wool.**

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# **Powershot Colds & Flu**

**1/2 Lemon freshly squeezed**



**1 T raw honey**



**1/2 t Cayenne Pepper**



**1/2 t Ginger powder**

**1/2 t Turmeric Powder**



**1/4 t Cinnamon**

**Pinch Black pepper**



**Mix everything and Drink twice a day**

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*How to make:*



# *Cough Syrup*

**Peel and Cut 1 Onion finely**

**Peel and cut 4 Cloves of Garlic finely**

**Place in Glass container**

**add 5 Teaspoons of honey**

**Keep overnight use the syrup next day  
when needed.**

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# *Cold sore lip Balm*

**75 ml Lemon Balm infused oil**

**1 Tablespoon Coconut oil**

**1 Tablespoon beeswax**

**1 Tablespoon Shea butter**

**20 Drops Tea tree oil**

**20 Drops Peppermint oil**

**Melt oils, beeswax and Butter over double boiler. Mix in rest of ingredients**

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# Black Drawing Salve

\* 1/4 Cup Calendula, Plantain infused olive oil

\* 1/4 Cup Coconut oil \* 2 tsp Castor oil

\* 4 tsp Beeswax

\* 3 tsp Activated Charcoal

\* 2 tsp Bentonite clay

\* 10 Drops Frankincense \* 10 drops Lavender oil

\* 10 Drops Rosemary oil \* 10 Drops Clove oil

**Melt oils and beeswax over double boiler.**

**Mix in rest of ingredients**



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# Wound Care From the Bible

**Luke 10:34 "... and bound up his wounds,  
Pouring in oil and wine..."**

**Do not disinfect or clean the wound.  
Put dressing over wound, Pour olive oil over  
then pour organic apple cider vinegar over.**

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