"The Food you eat can be Medicine, Stimulation, Pleasure or Slow Poison. Please choose your foods well"

Desire\' Dubounet

This Book will give you health food hints and medical advice on how to cure disease in the kitchen
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The vicious circle of chronic toxic overload

Liver Overload

Detoxification Problems

Oxidative Stress

Free Radical Production

Health Problems

Intestinal Permeability

Toxins

Candida

Dysbiosis

May treat with Drugs

Alcohol
Cigarette Smoke
Rich Foods
Chocolate

NSAIDs
Painkillers
Antibiotics, etc.

Joint/Muscular
Cardiovascular
Gastrointestinal
Chronic Fatigue
Infections
Years ago I was excited to see some infomercials about alternative medicine treatments for diseases. The speaker talked a good show and sold me to buy his books. But there was absolutely no real advice in the books, only multilevel companies with more to buy. This made me angry and then I decided to write the best self help books on natural medicine. Editing and collecting the best in real substantiated advice.

Desiré has written two incredible books and made movies to go with them. What to do for influenza and specifically what to do when the next major virus hits. A movie and a self help book designed to really help you and your families understand what to do to protect yourself.

Also cancer is such a devastating disease, and there are ways to help yourself in the kitchen with cooking for cancer patients. Full advice from soup to nuts on exercise, meditation, cooking, and more. Coupled with a video for the science of how it works.

The health care debate is bringing a question of health and care. In this incredible new book Desiré has outlined a very thorough review of the real problems of Health Care. This book will tell you the truth the chemical companies do not want you to hear.

If you need more information on the SCIO and purchase details please get in touch with us

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"The food you eat can be either the safest & most powerful form of medicine or the slowest form of poison."
Honest Food Guide.org

Avoid at All Costs

Death

Disease

Acute kidney failure
Diabetes
Liver cancer
Cancer
HIV/AIDS
AIDS
Urinary tract infections
Kidney failure
Cancer
Diabetes
Liver failure
Poisoning
Heart failure
Sepsis
Anaphylaxis
Food poisoning
Foodborne illness

Legend:
Acidic: disrupts acid-base balance, promotes bone loss, osteoporosis
Added sugars: promotes diabetes, obesity, vitamin loss, learning disabilities and behavioral disorders
Animal fats: promotes heart disease
Artificial colors: promotes ADHD, behavioral disorders
Artificial preservatives: promotes cancer, heavy liver damage fast
Chemical sweeteners: cancer risk, promotes inflammation, nervous system damage
Fried fats: contain carcinogens, promotes heart disease, obesity
Gluten: promotes celiac diseases, wheat-induced illness
High sodium: stress on kidneys, promotes hypertension, high blood pressure
Monoglycerides: unnatural sugar analogs promotes plaque in arteries
Hydrogenated oils: contain trans fats, promotes heart disease, nervous system disorders, (AIDS), sunburn growth, birth defects
Lacks fiber: promotes colon cancer, digestive stagnation, heart disease
MSG (monosodium glutamate): migraines, hormonal disorders, overeating
Refined grains: promotes diabetes, obesity, vitamin loss
White flour: promotes diabetes, obesity, vitamin loss

Be Healthy! Learn More:
Grocery Warning - perils of food revealed from Grain Perturbations
You can't Eat Garbage if you Don't Buy Garbage

Eat all the colors of the rainbow:
Reds: Tomatoes, peppers, cranberries, raspberries, apricots, berries, strawberries
Oranges: Carrots, pumpkins, oranges, sweet potatoes, cantaloupes, peaches, oranges, mangoes
Yellows: Squash, corn, mangoes, lemons, bananas, eggs, grapefruit, mustard, paprika, sunflower seeds, marigold petals, corn, parsnips, peas, apricots, corn, carrots
Greens: Peppers, kale, beans, limes, spinach, kale, broccoli, chard, collards, mustard,现实, carrots, sweet potatoes, peas, garlic, onions
Purples: Blueberries, blackberries, bananas, plums, beets, red cabbage, eggplant
Whites: Potatoes, brussels, onions, garlic, whole corn, cauliflower
### Disease Avoid at All costs

**Death**

- Animal fats, lacks fiber
- Fried fats, white flour, lacks fiber
- Added sugars, acidic
- Chemical sweeteners, dead foods
- MSG, high sodium, lacks fiber
- Artificial colors, added fats
- Animal fats, lacks fiber, homogenized oils, white flour
- Hydrogenated oils, white flour, added sugars
- High sodium, MSG, artificial preservatives
- Lack fiber, refined grains
- Hydrogenated oils, MSG
- Hydrogenated oils
- Added sugars

**Legend:**

- **Acidic:** disrupts acid/alkaline balance, promotes bone loss, osteoporosis
- **Added sugars:** promotes diabetes, obesity, vitamin loss, learning disabilities and behavioral disorders
- **Animal fats:** promotes heart disease
- **Artificial colors:** promotes ADHD, behavioral disorders
- **Artificial preservatives:** promote cancer, heavy liver detox load
- **Chemical sweeteners:** cancer risk, promotes migraines, nervous system damage
- **Fried fats:** contain carcinogens, promotes heart disease, obesity
- **High sodium:** stress on kidneys, promotes hypertension, high blood pressure
- **Homogenized fats:** unnatural alteration promotes plaque in arteries
- **Hydrogenated oils:** contains trans fats, promotes heart disease, nervous system disorders, ADHD, tumor growth, birth defects
The food guide built to benefit you, not Big Business.

Eat with Joy

- Nuts: cashews, almonds, peanuts, etc.
- Seeds: sesame, hemp, chia, etc.
- Avocados
- Sea vegetables: kelp, kombu, etc.
- Whole grains
- Blackstrap molasses
- Bran, oat, wheat, rice
- Wheat germ
- Healthy oils: flax, olive, macadamia, etc.
- Soy, tofu, soy milk, etc.
- Sprouts, broccoli, alfalfa, etc.
- Berries (all kinds)
- Raw fruits (all kinds)
- Sunlight
- Water

Life
- Healthy bones, organs, brain
- Essential solvents for nutrition
- High vitamins, fiber, complex carbs
- High antioxidants, healthy brain, heart
- High protein, phytonutrients
- Healthy heart, brain, and more
- Antioxidants, phytonutrients
- Healthy oils, high fiber, antioxidants
- Healthy heart, brain, and more
- High in vitamins, fiber
- High protein, healthy oils, vitamins, more
- High-density nutrition
- Healthy immune function, minerals
- High fiber, healthy oils, minerals, phytonutrients

Eat all the colors of the rainbow:

**Red:** Tomatoes, peppers, cranberries, raspberries, apples, beans, strawberries

**Orange:** Carrots, pumpkins, oranges, sweet potatoes, cantaloupe, peaches, apricots, mango

**Yellow:** Squash, corn, legumes, lemons, banana, eggs, grapefruit, mushrooms, pineapple, sesame seeds, macadamia nuts, cashews, peanuts, quinoa, chickpeas, almonds, pecans, walnuts, brown rice, ginger, beans

**Green:** Peppers, cabbage, beans, limes, spinach, kale, honeydew melon, avocado, pears, pesto, celery, zucchini
"When Diet is Wrong
Medicine is of NO Use

When Diet is Right
Medicine is of NO Need"
“People may hate you for being different and not living by society's standards, but deep down, they wish they had the courage to do the same.”

~ Author Unknown
Health Benefits of Carrots

1. Improved Vision
2. Macular Degeneration
3. Anti-Aging
4. Healthy Glowing Skin
5. A Powerful Antiseptic
6. Prevent Heart Disease
7. Cleanse the Body
8. Healthy Teeth and Gums
9. Prevent Stroke
10. Cancer Prevention
Call for Papers
for the International Journal of the Medical Science of Homeopathy

The International Medical University of Natural Education IMUNE who sponsors the International Journal of the Medical Science of Homeopathy and Natural Medicine wishes to announce a call for papers. Please send us studies, letters, comments, articles, photos, testimonials, or stories for us to consider for publication.

Please send us in acceptable form to:

tafian_andreea@imune.net
Health Benefits Of Nuts

* High in protein
* Lower cholesterol levels
* Include fiber to keep you full
* High in vitamin E
* Rich in magnesium, copper, folate & more
* Source of L-arginine, it helps improve the health of your artery walls
* They contain essential fatty acids (for healthy skin & hair ..)

Heart Healthy!
HEALTH BENEFITS OF NUTS

ALMONDS
- Good for brain
- Regulates cholesterol
- Good for heart
- Skin care
- Regulates blood pressure
- Prevention of cancer
- Protection against diabetes
- Good in pregnancy
- Weight loss
- Prevention of constipation
- Boosts energy

CASHEW
- High in calories with soluble dietary fiber, vitamins, minerals and numerous health-promoting phytochemicals that help protect against diseases and cancers.
- Heart-friendly
- Help to lower or bad LDL cholesterol
- Increase good HDL cholesterol
- Rich source in minerals: Zinc, Selenium, Vitamin B11, B-6, B-1 and Copper

PEANUTS
- Rich in energy, minerals, antioxidants, monounsaturated fatty acids.
- Good source of dietary protein.
- High concentrations of polyphenolic antioxidants and primarily in p-coumaric acid.
- Excellent source of flavonoids, rutin, oxalate and vitamin E

Six Super Spices
A couple of sprinkles a day can keep the doctor away.

DRIED RED PEPPER
- The compound capsaicin puts the heat in chiles. It may lower the risk of skin and colon cancers, studies show it also helps people eat fewer calories. Try hot pepper on pizza or in pasta.

NUTMEG
- Contains antibacterial compounds that may help fight listeria, E. coli and salmonella, according to research. Try nutmeg in soups or chicken dishes or on sweet potatoes.

CUMIN
- A potent anti-inflammatory and antioxidant that may help stop tumor growth. Try cumin in tacos, or use it as a rub on meats.

TURMERIC
- Contains an active

CINNAMON
- Just 1/4 to 1/2 teaspoon daily

GINGER
- Can stop nausea and
Fantastic Monastic Chai

Brewing Instructions

1. Add 1/4 teaspoon of chai spice mix and 1/2 teaspoon of tea leaves to 1 cup mixture of milk and water (more milk = richer chai)

2. Let the chai boil up, but preferably not up and out all over your stovetop

3. Sweeten to taste with sweetener, such as sugar or honey

4. Let steep for 2 minutes, strain into cup, and enjoy this nectar of the gods!
cell phones do affect the brain

the shields can help a little BUT

Scio

The SCIO can undo the damage by regulating and balancing the Body Electric’s Regulatory Processes + increasing VARHOP

If you need more information on the SCIO and purchase details please get in touch with us

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Nutmeg Fruit for Health Benefits

Nutmeg has been known since the first has various properties and uses, from cooking to a natural remedy for many ills. Nutmeg from Indonesia, which is derived mainly from the island of Banda Neira is nutmeg with the best quality in the world.

Here are some of the properties of nutmeg for human life:
- As a cooking spice: nutmeg is a natural flavoring and preservatives
- For Health:
  - Dental pain reliever
  - Substances contained in nutmeg oil helps fight bacteria in the mouth that cause cavities. To reduce pain in the teeth / gums, apply a few drops of nutmeg oil on the sore gums while a massage.
  - Abdominal pain
  - Natural compounds contained in nutmeg is efficacious help smooth the digestive tract, it is not surprising since the first of nutmeg has been known to overcome the problem of diarrhea, abdominal bloating and other digestive disorders.

- Sleeping pills
- To overcome the problem of sleep, pour a little nutmeg powder on a glass of warm milk.
- Eliminate acne and blemishes
- Tubuk nutmeg until smooth then mix with milk whole milk, stirring to form a paste. Apply on the face that problem, let stand a few minutes, then wash face as usual.
Health Benefits of Noni Juice

To a greater extent health benefit of noni fruit drink are being noticed as scientific investigation and has shown much interest in this very exclusive plant. Noni, which is an important part of traditional Polynesian medicines, is said to know how to help citizens with a wide range of long-lasting chronic diseases.

People observe noni fruit drink as their last option, while others observe it as complementary part of a diet that is healthy. The end result is that scientists and customers who are satisfied seem to have the same opinion that there are in fact some health benefits by consuming noni fruit drink.

Certainly, no medicine in this universe is powerful enough to put off all the diseases, but the history of Hawaiian shows that noni fruit drink, used as an every day supplement, might make it achievable to counteract modifications within the body that may perhaps ultimately turn out to be a chronic disease. As it is said, an ounce of avoidance is worth a pound of treatment.

There are on the whole six categories of health benefits of noni fruit drink:

- Noni increases the immune system: Noni is measured as one of the main nutritious fruits. Most of its nutrients are recognized to stimulate the immune system.
- Noni arouses digestion: Noni fruit drink has occasionally been used as a laxative.
- Noni is wealthy in anti-oxidants: Investigation has shown that Noni fruit drink exhibits enhanced antioxidant activity than the extract of a grape seed and pycnogenol.
- Noni functions as an analgesic: The Noni tree is also familiar as the ‘Headache and Painkiller tree’’. Noni has been found to be seventy five percent as effectual as morphine sulphate in reducing pain with no toxic side effects.
- Noni has antifungal, antibacterial as well as antiparasitic properties: With the presence of active elements like scopoletin, anthraquinones as well as terpenes, Noni is efficient against fungus and bacteria.
- Noni has the properties of anti-inflammatory: Noni fruit drink has shown similar consequences to the new properties of anti-inflammatory drugs known as non-steroidal anti-inflammatory drugs (NSAIDs).
- Noni has revealed to be anti-cancerous or anti-tumor: Noni fruit drink consists of noni-ppt, which has revealed anti-tumor activity.

If you would like to reap all the fitness benefits of noni juice, certainly it requires being of the utmost quality. The utmost quality is only attained when there is a lot of exertion placed into budding the noni plant under the greatest conditions and if the ripped fruit is cautiously processed and picked according to techniques that have been proved to conserve all the advantageous enzymes. Only at that moment you will know how to experience the benefits of health with the help of noni juice. Discovering the correct
What is Noni?  (Morinda Citrifolia)

- Noni fruits are small, yellowish potato sized fruits that come from a tropical tree in the coffee family.

- Rich In:
  - Anti-oxidants
  - Vitamins
  - Minerals
  - Phytochemicals
  - Macronutrients
  - Alkaloids
Healthy membrane potential and adequate body voltage makes all of the functions of the cell work better.

Low Body Voltage leads to weak membrane potential, weak osmosis, trapped toxins, premature aging, and increased susceptibility to virus.

Charging the Human Battery

Factors that influence the body voltage and membrane potential are fatty acids in the cell membrane, minerals, especially salts, hydration water, oxygenation, stress, toxins and lifestyle.

The SCIO has been proven in tests to increase the electrical potential of the body. Increased cellular membrane potential makes osmosis increase, which increases detoxification, nutrient transfer and absorption, hydration, oxidation, and all cellular functions in general.

If you need more information on the SCIO and purchase details please get in touch with us:

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Neem Oil:

A little about neem oil: Neem oil is widely used in Africa as an antibacterial, anti-viral, anti-fungal, antiseptic agent in skincare, soap, toothpaste, and haircare. It is used to treat skin disorders such as eczema, psoriasis, ringworm, scabies, syphilitic sores, and chicken pox. Neem oil can get rid of lice and control dandruff. In toothpaste it helps relieve swollen or bleeding gums and kills the bacteria that causes gingivitis. Neem oil can be a great cure for people with acne prone skin. It can also be used as a bug repellent.

Shelf Life: 2 Years
Storage: Store in a cool, dark place away from sunlight. In case neem oil solidifies due to low temperatures, put the bottle in warm water (below 95 degrees) to liquefy. Putting the bottle in very hot water may reduce the effectiveness of the oil.
Color: Dark Green to Brown
Odor: Peanut/Garlicy Scent
INCI Nonmenclature: Azadirachtin indica (Neem) Oil
Country of Origin: India

Warnings: Get a doctors approval before using internally. Children and pregnant or nursing women should not use neem. Infants have suffered death as a result of ingesting neem. Neem oil is safe for the skin, but again do not ingest the oil without a doctors approval.
The Secret of Neem
by Maura B. Thompson

For centuries, the people of India have utilized the neem tree (Azadirachta indica) for its variety of medicinal uses. The twigs, leaves and bark of the tree provide so many benefits that the Indian equivalent to the American Food and Drug Administration (FDA) believes that "anything from neem has to be good," according to RO. Larson, a contributor to the book, Neem, A Tree for Solving Global Problems.

Neem's role as a wonder drug is traced as far back as 4,500 years ago. The earliest documentation of neem mentioned the fruit, seeds, oil, leaves, roots and bark for their advantageous medicinal properties. These benefits are listed in the ancient documents Caraka-Samhita and Susruta Samhita, the books at the foundation of the Indian system of natural treatment, ayurveda. Neem has a garlic-like odor, and a bitter taste.

Perhaps neem's most touted advantage is the effect it has upon the skin. Preparations from the leaves or oils of the tree are used as general antiseptics, according to a report of The National Research Council's Ad Hoc Panel of the Board on Science and Technology for International Development.

Due to neem's antibacterial properties, it is effective in fighting most epidermal dysfunctions such as acne, psoriasis and eczema. Ancient ayurvedic practitioners believed high sugar levels in the body caused skin disease; neem's bitter quality was said to counteract the sweetness.

Traditionally, Indians bathed in neem leaves steeped in hot water. Since there has never been a report of the topical application of neem causing an adverse side effect, this is a common procedure to cure skin ailments or allergic reactions.

Neem's function as a fungicide depends on the compounds gedunin and nimbidol in its leaf. It is noted by many observers to relieve athlete's foot, ringworm and yeast-like fungi that can develop internally.

Neem also may provide anti-viral treatment for smallpox, chicken pox and warts--especially when applied directly to the skin. Its effectiveness is due in part to its ability to inhibit a virus from multiplying and spreading.

In India and Africa, people use the twigs of the neem tree as toothbrushes. This practice has apparently influenced current dental products that incorporate neem bark extracts in tooth pastes and mouthwashes.

Neem produces pain-relieving, anti-inflammatory and fever reducing compounds that can aid in the healing of cuts, burns, sprains, earaches and headaches, as well as fevers. Several studies of neem extracts in suppressing malaria have been conducted, all supporting its use in treatment.

Scientists at India's Defense Institute of Physiology and Allied Science believe they have found a neem-oil extract that behaves as a spermicide. More research is being conducted in this area because of neem's widespread availability in overpopulated countries unable to afford pricier birth control methods.
AMAZING BENEFITS OF STRAWBERRIES!

**Contain Folate**
Folate, found in strawberries, helps keep your blood healthy and keeps you from getting anemia. It has also been found to prevent cancer, Alzheimer's disease and hearing loss as you age.

**Improveement of Inflammatory Bowel Problems**
Salicylic acid, a naturally-occurring anti-inflammatory substance in strawberries help reduce inflammation in digestive tract, thus helping individuals with IBS, or Chron's disease.

**Help Whiten Your Teeth**
The acids in strawberries help remove teeth stains. They remove tartar and strengthens and heals the gums!

**Regulate the Thyroid**
Strawberries are rich in iodine which plays an important role in normal functioning of the thyroid glands and controls the basic metabolic rate of the body.

**Prevents Osteoporosis**
Strawberries contain vitamin K, a mineral most of the population is deficient (like vitamin D). Vitamin K plays an important role in ensuring and maintaining bone health.

**High in Omega-3's**
Strawberries contain omega-3's, with just one cup containing 5% of omega-3 fatty acids. Omega-3's help regulate high blood pressure, blood clotting, inflammation and allergic responses, and are critical for proper brain function.

**Prevent High Blood Pressure**
As we saw with oranges, strawberries reduce the activity of angiotensin I-converting enzyme (ACE), an enzyme whose overactivity increases our risk of high blood pressure. Eating 1-2 cups of strawberries per day over 1-3 months can help lower one's blood pressure given a healthy diet and exercise are followed.

**Cancer Fighter**
Vitamin C, Folate, Anthocyanin, Quercetin and Kaempferol (flavonoids in strawberries) are potent anti-oxidants that effectively fight cancer. It has been shown that a daily intake of strawberries brings down the growth of cancerous cells.
The whole brain is dedicated to twisting the truth to defending illegal plugin use and agrandizing looney gurus
Health Benefits of Sweet Potatoes

7 grams fiber per serving
contain large amounts of Vitamin B6
contain large amounts of potassium
rich in beta-carotene
good source of manganese
anti-oxidant rich
anti-inflammatory
improves blood sugar regulation
antibacterial & antifungal properties
helps skin stay clear
helps prevent rheumatoid arthritis
helps maintain collagen
contain iron

Soothing for the stomach
helps prevent constipation
helps with emphysema
promotes heath digestive tract
may decrease the dangers presented by heavy metals & oxygen radicals
contain Vitamin D
choose organic sweet potatoes when possible

Spicy Baked Sweet Potato Chips
Serves 1
2 small or 1 large sweet potato
1 1/2 tablespoons olive oil
1/4 teaspoon cayenne pepper
Himalayan Salt

Preheat oven to 425 degrees.
Peel sweet potatoes & thinly slice crosswise into 3/8 inch thick slices. If you have a mandoline, use it. Place the sweet potato slices in a bowl. Add olive oil, cayenne pepper & salt to taste & mix well. Spread the slices out on a baking pan in a single layer. Bake about 12 minutes on each side. Carefully checking to make sure the smaller or thinner pieces don’t burn.

www.chowvegan.com
Uses of Spirulina
Rich in iron, magnesium and trace minerals
Healthy nerves and tissue
60 to 70 percent protein
Healthy eyes and vision
Highest source of B-12
Healthy digestion
Increases stamina
Build muscle mass
Natural cleanser

Bowel function
Deadly toxins
Free radicals
Constipation
Rich in GLA
Anti-aging
Mercury
Candida
Cancer

Health Benefits of Sunflower Seeds:

Sunflower seeds are excellent source of vitamin B1, B5 and E. 50 grams of sunflower seeds kernel provides 100% of the recommended dietary allowance for vitamin E. These seeds are a good source of minerals such as magnesium, potassium, iron and manganese. Also sunflower seeds contain some amino acids, dietary fiber and linoleic acid (an essential fatty acid). More interestingly, these seeds contain good fats and they also lower LDL (bad cholesterol) and raise HDL (good cholesterol).
Health Benefits Of Sunflower Seeds

* Source of vitamin E, helps to prevent cardiovascular disease
* Anti-inflammatory
* Helps prevent cancer
* Source of selenium, helps repair damaged cells
* Rich in magnesium
* Helps strengthen bones
* Source of copper
* Good for your nerves
* Helps protect your skin

Oceans 3 Better Brain Benefits

- Brain & Nerve Health
- Omega-3 Fish Oil
- Cognitive & Memory Support
- Stress Management
- Fights Free Radicals
- OmegaXanthin
- Anti-Aging
- Healthy Skin & Eyes
- Astaxanthin
- Fucoxanthin
- Focus & Concentration
- Brain Blood Flow & Oxygenation
Benefits of Turmeric

- Natural antiinflammatory
- Natural antibiotic
- Natural antiseptic
- Natural analgesic
- Speeds up wound healing
- Improves digestion
- Blood purifier
- Strengthens ligaments
- Skin tonic
- Helps coughs
- Improves asthma
- Antiarthritic
- Slows progression of MS
- Helps prevent gas/bloating
- Lowers cholesterol
- Heals stomach ulcers
- Improves skin conditions (psoriasis, eczema, etc)
- Helps prevent cancer (breast, prostate, skin, colon, lymphoma, leukemia)
- Prevents progression of Alzheimer’s
- Aids in fat metabolism and weight management
- Reduces side effects of chemotherapy
The QQC trivector device passes a changing low level field thru the item and generates a sophisticated picture of the electrical field of the item. It makes a 22x22x22 3D field that means over 10,000 separate frequencies to make one pattern. The shark senses these fields and they are amplified by the salt water. This study leads to the discovery of the electro-sense. Researchers have found that humans also have such a system but it is weak.

Every item has such a field. Living things have a changing reactive field, non-living things have a static field non-changing. We now know that the electro-sense in humans is the surface of the skin and most concentrated in the sense of smell.

So by measuring the Voltammetric electrical field of items and then amplifying the field 10 million times we get to really measure the patient’s reaction to items, really. So by applying a trivector Voltammetric pattern we can measure the response or evoked potential and see the patient’s reactivity.

So 5 million dollars were spent buying and procuring the items in the matrix and testing these items with a patented registered technology of modern science. This is why the SCIO device works so well, at each treatment from calibration, test etc these QQC signatures are at the heart. Real science, real technology, real legal compliance, real items, real results, real honesty and integrity.

In 5th grade we were taught we are made up of atoms made of electrons and protons and neutrons. The electrons in the outer level are so charged they never touch. We are made of electrical fields.

The QQC is a very advanced patented trademarked technology with a CE mark. It measures in a very sophisticated process the Voltammetric electrical field of any item. If you look up voltammetry in Google you see thousands of references for a world recognized very scientific chemical process also referred to as Polography.

You can see our patented process at http://www.voltametriqqc.ro/

If you need more information on the SCIO and purchase details please get in touch with us

Maitreya Kft.
tel: +3613036043
web: www.xsubspace.com
e-mail: info@xsubspace.com

**Shark Senses**

Mary Ann Badavi & Stephanie Parker

- The bonnethead shark has an electrosense that is five million times greater than the electrosense of humans.
  
  Picture: Andy Murch/Elasmodiver.com

**Electricity**

- A shark’s ampullae of Lorenzini are able to feel electric currents at short ranges.
- All living things emit a small electrical current, a shark can feel it from 0-8 Hz.
- It is also thought that the Hammerhead shark evolved its head to increase surface area for electrical reception.
TURMERIC - Nature’s Most Powerful Anti-oxidant

- Natural antiseptic and antibacterial agent
- Prevents prostate cancer
- Stops the growth of existing prostate cancer
- Prevents breast cancer from spreading to the lungs in mice
- Reduces the risk of childhood leukemia
- Prevents and slows the progression of Alzheimer’s disease
- Prevents metastases from occurring in different forms of cancer
- Potent natural anti-inflammatory
- Slows the progression of multiple sclerosis in mice
- Natural painkiller and COX-2 inhibitor
- Aids fat metabolism and help in weight management
- Treatment for depression
- Natural treatment for arthritis and rheumatoid arthritis
- Boosts the effects of chemo drug paclitaxel
- Reduces side effects caused by chemo
- Promising studies on pancreatic cancer
- Positive effects on multiple myeloma
- Stops the growth of new blood vessels in tumors
- Speeds up wound healing
- Assists in remodeling of damaged skin
- Helps in the treatment of psoriasis
- Helps in the treatment of inflammatory skin conditions

TURMERIC EXCEED

is a natural wonder, proving beneficial in the treatment of many different health conditions from cancer to Alzheimer’s Disease.

Natural Liver Detoxifier

---

**Adipokine:**
- Leptin
- Adiponectin
- Resistin
- Visfatin
- TNF-α
- IL-6
- IL-1
- VEGF-α
- VEGFR2

**AMPKα**
- GPAT-1
- ACC
- PPAR-γ
- C/EBP
- CPT-1
- ACAT
- PON

**Curcumin**

- Preadipocytes differentiation
- Plasma free fatty acids
- Blood glucose
- Glycated Hemoglobin
- Insulin resistance
- Hypcholesteremia
- Microvessel density
- Angiogenesis
- Inflammation
- 5-lipoxygenase
- LDL oxidation
- Fatty acid synthase
- HMG-CoA reductase (h)

**Curcumin**

- Triglycerides
- CPT-1
- Antioxidant
- HDL
DISCOVER THE JOY OF SOY
**Ingredients:**

2 pieces tofu
2 cups bean sprouts
¼ cup red cabbage
¼ cup green cabbage
2 pcs garlic - minced
2 shallots - slice
1 red chili - slice
2 spring onions - cut 5cm
Salt & pepper
Vegetable oil for frying tofu
IN 1982 DR. NELSON WROTE THE FIRST EVER TREATISE ON QUANTUM BIOLOGY AND HE LAID THE GROUND WORK FOR THE SCIENCE OF THE QUANTUM XRROID INTERFACE SYSTEM.

FIRST DEVELOPED IN 1985 AND REGISTERED WITH THE FDA IN 1989 THE ELECTRO-PHYSIOLOGICAL FEEDBACK XRROID ENTERED THE MARKET PLACE. DAY TO DAY IMPROVEMENTS HAVE SHARPEN ITS OPERATION. THERE HAVE BEEN OVER A HUNDRED MEDICAL ARTICLES AND STUDIES PUBLISHED IN PEER REVIEWED MEDICAL JOURNALS ON THE TECHNOLOGY.

NOW REGISTERED IN MOST OF THE COUNTRIES OF THE WORLD THE EPFX TECHNOLOGY IS ADVANCING FAST. OVER 31,000 DEVICES HAVE BEEN SOLD WITH TREMENDOUS RESULTS WORLDWIDE. THE TESTIMONIALS FILE IS ASTOUNDING.

NOW THE SCIO AS IT IS CALLED TODAY OFFERS YOU THE FINEST ENERGETIC MEDICINE HAS TO OFFER WITH THE LARGEST MEDICAL SOFTWARE IN THE WORLD AVAILABLE FOR YOU.

If you need more information on the SCIO and purchase details please get in touch with us

Maitreya Kft.
tel: +3613036043 | web: www.qxsubspace.com | e-mail: info@qxsubspace.com
<table>
<thead>
<tr>
<th>Nutrient</th>
<th>% Daily Value</th>
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<tbody>
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<tr>
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<tr>
<td>vitamin C</td>
<td>65.8%</td>
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<td>protein</td>
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Health Benefits of Kale

High in Iron
Zero Fat
Anti-Oxident
Vitamin K
Liver Detox
All hail to kale! Seemingly everywhere you turn, kale is a vital vegetable, rich in nutrients, health benefits and delicious flavor.

Per calorie, Kale has
- more Iron than beef
- more Calcium than milk
- 10X more Vitamin C than spinach

<table>
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<tr>
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<tr>
<td>carotenoids</td>
</tr>
<tr>
<td>antioxidants</td>
</tr>
</tbody>
</table>

What is it good for?
- eyes
- skin
- reduces the risk of heart disease & cancer
- weight loss
- lowers cholesterol
- bones

Best Friend: Lemon
enhances phytonutrients
Health Benefits of Kale

- Maintains healthy mucus membranes & skin supports healthy vision, supports body detoxification, can help regulate detox at a genetic level
- Anti-inflammatory, 45 different antioxidants, flavonoids in measurable amounts
- Provides 1327.8% daily value of vitamin K, provides 3541% daily value of vitamin A, rich in omega-3 ALA, source for at least 4 anti-cancer glucosinolates
- Cholesterol lowering ability best when steamed, 1 cup = 36 calories & 5 grams of fiber protects from bacterial overgrowth of Helicobacter Pylori contains more iron per calorie than beef supports immune system rich in niacin, B-6 (pyridoxine), thiamin & pantothenic acid rich in minerals lowers cancer risk, good source of vitamin C

Spicy, Crispy Kale Chips

1 bunch kale, hand-torn into bite-sized pieces (discard tough inner stems)
1 Tbsp extra-virgin olive oil
1/2 tsp ground coriander
1/4 tsp cayenne pepper
1/4 tsp curry powder
Olive oil to grease pan
Himalayan Salt, to taste

Preheat oven to 250°F. Lightly grease pan. Whisk together the olive oil with the coriander, cayenne & curry powder. Make sure the kale is rinsed & thoroughly dried. Drizzle over the kale & toss with your hands until all surfaces are coated. Spread the kale in a single layer on the baking sheets & pop them in the oven for 15-25 minutes, flipping the kale once halfway through baking. Kale is done when crispy & slightly browned on the edges; sprinkle lightly with salt (hint: you don’t need much).
Kissing reduces anxiety and stops the ‘noise’ in your mind. It increases the levels of oxytocin, an extremely calming hormone that produces a feeling of peace.
Kim Chi For Health as good as it gets
The SCIO can be prescribed for HOME USE to help your children with autism, attention difficulties, superlearning, sports, injury, pain, relaxation....

Monthly rental fees can be as low as 350 Euro a month. Contact your SCIO therapist for information...

Maitreya Kft.
tel: +3613036043 | web: www.qxsubspace.com | e-mail: info@qxsubspace.com
Health Benefits of Kiwi

- More vitamin C than an equivalent amount of orange
- Protects DNA in the nucleus of human cells from oxygen-related damage
- Protects against respiratory-related health concerns
- Variety of flavonoids & carotenoids
- Promotes healthy immune system
- Good source of dietary fiber
- Good source of potassium
- Protects against Macular Degeneration

Grape Kiwi Goodness
2 Servings

- 3 peeled & chopped kiwi fruits
- ½ cup of fresh or frozen grapes
- ¾ cup 100% organic fruit juice (apple or grape works well)
- ½ cup of almond milk

Combine all ingredients in your blender. Blend to desired consistency. To alter the taste of the smoothie try different flavors of juice.

- Lowers risk of blood clots
- Reduces amount of triglycerides
- Strengthens bones
- Helps the body make melanin (copper)
- Prevents muscle soreness
- Provides good amount of manganese
- Rich in folate
- Rich in vitamin E
- May protect against wrinkles
Moringa Health Benefits

4 x Calcium in Milk
7 x Vitamin C in Oranges
3 x Potassium in Bananas
2 x Protein in Milk
4 x Vitamin A in Carrots

Traditional Medicinal Uses Of Moringa

Increased Mental Clarity
Normalized Blood Sugar
Appetite Suppressant
Improves Wound Healing
Detoxification
Anti-Ulcer
Eliminates Constipation
Improves Digestion
Nutrition for Infants & Months & Older and Pregnant and Nursing Mothers

Antioxidant
Anti-inflammatory
Stimulates Hair Growth
Enhances Skin Health
Anti-Cholesterol
Increase Energy & Endurance
Vision Improvement
Normalizes Blood Pressure
Anti-depressant
Strengthens Immune System
Used as an Aphrodisiac & Promotor of Libido

Reduces Wrinkles/Age Lines
Health Benefits Of Mustard Oil

- **Heart Health:**
  Mustard oil is rich with monounsaturated and polyunsaturated fats, which may help to balance cholesterol levels in the body.

- **Anti-bacterial:**
  When consumed, mustard oil may fight bacterial infections inside the colon, intestines, urinary tract and other parts of the digestive system.

- **Antifungal:**
  Applied directly to the skin, mustard oil can help fight fungal infections.

- **Digestive Aid:**
  Mustard oil boosts the appetite and aids in digestion by stimulating the secretion of gastric juices and bile as well as stimulating the excretion system.

- **Skin Health:**
  The high vitamin E content of mustard oil helps improve skin health. Applied topically it may also help protect the skin from ultraviolet light and other pollutants.

- **Anti-Inflammatory & Pain Relief:**
  Applied topically, mustard oil has been known to relieve the painful effects of rheumatism and arthritis as well as help soothe sprained ankles and other such joint aches and pains.
HEALTH BENEFITS OF OREGANO

- Antibacterial and Antifungal
- Vitamin and Nutrient Boost
- Antioxidant
Sauteed Kale

Ingredients
1 1/2 pounds young kale, stems and leaves coarsely chopped
3 tablespoons olive oil
2 cloves garlic, finely sliced
1/2 cup vegetable stock or water
Salt and pepper
2 tablespoons red wine vinegar or balsamic vinagerette
1/2 cup of chopped onion

Directions
Heat olive oil in a large saucepan over medium-high heat. Add the garlic and onion. Cook until soft, but not colored. Raise heat to high, add the stock and kale and toss to combine. Cover and cook for 5 minutes. Remove cover and continue to cook, stirring until all the liquid has evaporated. Season with salt and pepper to taste and add vinegar.

Kale Delight

Kale is rich in vitamins and minerals like calcium, potassium, iron and have anti-cancer properties. This makes it perfect for juicing.

Kale is also rich in fiber and detoxifies your entire system. You should select kale that is fresh, dark green and tender.

Green Drink Recipe
Juice: 3 celery ribs, handful of parsley, 2 apples, 2 kale leaves.

JuiceUpYourLife.TV
Professor Desiré Dubounet
and her friends have spent over 35 million dollars to bring the world
a professional and thorough course on Wellness, Naturopathy and
Neuro-Electro-Physiology of Biofeedback as Bioresonance.

She is such a humanitarian Angel, she lets you pay for the
course videos, books and materials with Karma...

These are the TOP FIVE REASONS to get a
Doctorate in Wellness PHD International Medical
University degree at home.

1. Getting a degree means you will increase your earning
potential. Studies have shown that at home study is just as good
as attended classes.

2. Study and Complete Courses at Your Own Pace. Use this to
maximize the learning.

3. Scheduling Convenience. Work when you are ready to work.

4. Teaching Faculty Who Actually Have Work Experience in Your
Field of Study. Global faculty at IMUNE is with worldwide
famous doctors.

5. Save Money on Travel, Parking, Childcare, and Books. You
save money the world saves energy, this makes you and the
world better.

6. Employer Support. Many employers offer tuition
reimbursement for employees’ tuition associated with training
in their fields. Employers also tend to encourage enrollment in
online degree programs because they know employees will be
able to go to school and still be able to be committed to their
jobs. Don’t be afraid to ask your employer. Every company
needs a wellness consultant.

Professor Desiré Dubounet the world’s most famous Naturopath
and her friends have spent over 35 million dollars to bring the
world a professional and thorough course on Wellness,
Naturopathy and Neuro-Electro-Physiology of Biofeedback as
Bioresonance. She is such a humanitarian Angel, she lets you pay
for the course videos, books and materials with Karma go to
www.imune.name for more information.
1 Tablet contains 53 important phytonutrients

**lutein** 34.6mg  
zeaxanthin 0.6mg  
γ-aminobutyric acid 318mg  
fiber 34.2g  
β-glucan 5.0g  
protein 21.8g  
carbohydrates 6.0g  
raffinose 0.45g  
fat 6.0g  
sodium 359mg  
phosphorus 391mg  
iron 6.21mg  
calcium 3.0g  
kali 5.07g  
magnesium 658mg  
zinc 2.03mg  
manganese 2.38mg  
chromium 0.18mg

6g

- valine 0.87g
- lysine 0.93g
- leucine 1.19g
- histidine 0.38g
- methionine 0.21g
- threonine 0.68g
- isoleucine 0.63g
- triptophan 0.31g
- phenylalanine 0.80g

**β-carotene** 22.6mg  
vitamin B₁ 0.42mg  
vitamin B₂ 1.16mg  
vitamin C 163mg  
vitamin E 9.5mg  
β-tocopherol 0.1mg  
γ-tocopherol 0.3mg  
vitamin K₁ 2.46mg  
vitamin U 24mg  
coenzyme Q₁₀ 2.2mg  
folate 0.61mg  
chlorophyll a 309mg  
chlorophyll b 146mg  
polyphenol 0.82g  
arginine 0.78g  
molybdenum 0.7mg  
alkaline 50ppm  
 rubidium 15ppm  
alanine 1.04g  
phenylalanine 0.80g  
proline 0.90g  
tyrosine 0.44g  
cystine 0.13g  
serine 0.63g  
glutamic acid 2.28g  
asparagine acid 1.47g
MEAN GREEN JUICE

These are the ingredients that were put into juicer to make Phil Staples’ primary meal of the day during his juice fast:

- 2 Granny Smith apples
- 1 cucumber
- 4 stalks of celery
- 1 bunch of kale
- ½ a lemon

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- 2 Granny Smith apples
- 1 cucumber
- 4 stalks of celery
- 1 bunch of kale
- ½ a lemon

49
"I am a teacher, I meet everyone with respect and grace, If they return hate and hurt I return their hate with respect and grace. If They return Hate again I turn the Other Cheek. If they return Hate Again then I run out of Cheeks Then as a Teacher I Decide to Teach Them a Lesson"

Desire' Dubounet
Best Juicer
For your home
Auntie Oxidant kicks out the Free Radicals
Relative Perceived Value

- Need-motivated
- Customer-determined
- Functionally-delivered
- Benefits-based
- Value-driven
- Price-balanced

When we all agree to Value What we do and to Value ourselves and our Mentors Our Value will then and only then Increase
10 Health Benefits of Ginger

1. Ovarian Cancer Treatment
2. Colon Cancer Prevention
3. Morning Sickness Relief
4. Motion Sickness Emedy
5. Reduces Pain & Inflammation
6. Heartburn Relief
7. Prevention of Diabetic Nephropathy
8. Migraine Relief
9. Menstrual Cramp Relief
10. Cold & Flu Prevention

Top Health Benefits of Ginger

- Ginger contains anti viral, anti toxic, and anti fungal properties, and is used for the prevention of and treatment against the common cold.
- Ginger acts as an antihistamine and aids in the treatment of allergies.
- Ginger displays anti inflammatory properties and can be used to treat rheumatoid arthritis, osteoarthritis, and various other muscular disorders.
- Ginger treat feelings of nausea, particularly in the form of seasickness, morning sickness, motion sickness and as a side effect of chemotherapy.

Raw For Beauty
Ginger Tea Health Benefits

Ginger tea has long been used to prevent colds, motion sickness, indigestion and is also a home remedy for nausea and sore throat. It also has been used as a remedy for diarrhea and stomach ache brought about by low body temperature. Ginger tea also aids in blood circulation.

Ginger Tea Recipe:

- 4 – 6 thin slices raw ginger
  (if you want more flavor, grate the ginger)
- 1 ½ – 2 cups water
- Juice from ½ lime
- 1 – 2 tbsp honey

www.diseasedclick.com
20 benefits of cinnamon

1. Lowers cholesterol
2. Reduces blood sugar levels & treating Type 2 Diabetes
3. Protects against heart diseases
4. Fights cancer by reducing proliferation of leukemia & lymphoma cancer cells
5. Traditionally used to treat toothache & fight bad breath.
6. Helps cure most chronic cough, cold & clear the sinuses
7. Boosts brain activity & helps in removing nervous tension & memory loss
8. Has antifungal, antibacterial, antiviral, anti-parasitic & antiseptic properties & is therefore effective in fighting yeast infections, stomach ulcers & head lice
9. Helps provide relief from cramps & other feminine discomforts during “shark week”
10. Contains anti-inflammatory compounds which helps reduce pain & inflammation associated w/ arthritis
11. Effective for indigestion, nausea, vomiting, upset stomach, diarrhea & gas
12. Is diuretic in nature & helps in secretion & discharge of urine therefore reducing urinary tract infections
13. Cinnamaldehyde in cinnamon helps prevent unwanted clumping of blood platelets
14. Increases blood circulation, which helps significantly in removing pain & also ensures oxygen supply to the body cells leading to higher metabolic activity
15. Reduces muscle & joint pain, as well as stiffness
16. Helps boost immunity, remove regular fatigue & increases the longevity of an individual w/ its anti-aging properties
17. Paste of honey & cinnamon can often be used to treat insect bites
18. It’s a great source of manganese, fiber, iron, & calcium
19. When added to food, it inhibits bacterial growth & food
20. It makes your food taste great!

DON’T
* start eating large amounts of cinnamon every day to attempt to extract these health benefits in increasing amounts. Cinnamon is known to be toxic in large doses.
* start eating a lot of fatty, calorie-dense foods just because they have cinnamon on them or in them.

DO
* enjoy cinnamon occasionally in small amounts & feel great doing so because you now know that something that you love to eat is also providing you more health benefits than you ever imagined!

Tortoise & the Hare (www.tortoisehare.net)
IMUNE 12 MONTH HOME STUDY COURSE

Go to http://imune.name to learn and to get your course materials. You could get a Doctorate in Wellness and an international or accredited European professional qualification in neurophysiological bioresonance and biofeedback.

The Tassel is worth the Hassel. In a world so concerned of Wellness can be yours in just 12 months of Home Stury, a simple thesis, a practicum and four days of monitored supervised contact.

Big Tobacco, Big Sugar, Big Pharma, Big Oil, and Big War Industry are exempt from lay and they kill and injure, maim and cripple in the name of profit. They seek to control and dominate medicine to further build their profits.

Their money controls governments, regulators, and the small minded media. The Ultra Rich Master Echelon Computer now sees and hears all the things we say, write, and do. Rights of privacy are gone worldwide. They have taken away our rights of free speech.

The Ultra Rich control the media and refuse to tell stories that expose or offend the Ultra Rich Power. They control every movie that gets distribution, every song that hits the radio, everything that is put on the world news. They use science and psychology to control and manipulate the minds of the masses.

But medicine is controlled by Universities that teach medicine. There is now one university starting to defend Natural Medicine. IMUNE has a new 12 month home study course that can be bought with Karma and you can learn how to do natural medicine and how to break free from the Ultra Rich control.

Well, the game of Reality Monopoly is still being played all over the world. One percent of the world’s population is winning and now controls over 80% of the wealth. The law allows the game to continue till we will see one winner and 6 billion plus losers.

Big Tobacco
Big Pharma
Big Sugar
Big Media
Big Banking
Big Money
### Alkalize & Live

A healing pH diet is 70 to 80 percent ALKALINE foods - 50% RAW for the enzymes & vitamins, limit sweet fruits, dried fruits are good; and 20 to 30% ACID foods, one half protein - 10% of total. Work slowly toward alkalizing and build on vegetables (salads & steamed vegetables). Limit sweets, yeast, white flour, bread, pasta. You don’t need meat every day. Plan ahead for that junk food treat once a week. Ask yourself often, how much do you want this to work?

**80% Alkaline (1/2 RAW)**

**20% Acid**

**Use Quick Fixes in travel, for short term, or as daily Alkalizing pick-me up.**

- **CHREW, CHREW, CHREW:** each mouthful 40-50 times will alkalize most foods.
- **GREEN DRINKS:** Wheat or Barley grass, Chlorrella & Spirulina (or tabs)
- **LEMON SQUASH:** Juice of 1-2 lemons in 1-2 oz. of distilled water
- **GREENS & LETTUICE:** green salads, greens juiced or steamed
- **VEGGIE JUICE:** Carrot + Celery + Parsley + Spinach

**Special Help**

- **APPLE CIDER VINEGAR:** 1 Tbs. plus 1 Tbs. Honey, cup warm water, 3 per day
- **VEGETABLE SNACKS:** radish, carrot, celery, cucumber, peppers, squash
- **UMEBOSHI PLUMS:** plums, paste, balls, sprindles, vinegar
- **MISO BROTH:** drink instead of tea
- **MEDITATION:** 2 times/day for stress
- **BREATHING:** deep breathing exercises
- **WATER:** distilled, 7-10 glasses/day

**All CAPS = highest levels**

**ALKALINE FOODS**

*Some sources attribute foods to the Acid or Alkaline side. These foods are near Neutral or are mildly acidic. Remember, variety is the best answer.

<table>
<thead>
<tr>
<th>Acidophilus</th>
<th>Alfalfa Sprouts</th>
<th>Almonds, raw</th>
<th>Apples</th>
<th>Apple cider</th>
<th>Apricot</th>
<th>Asparagus</th>
<th>Artichoke bulb</th>
<th>Avocado</th>
<th>Baking soda</th>
<th>Bamboo shoots</th>
<th>Banana speckled</th>
<th>Banha tea</th>
<th>Barley Grass</th>
<th>Beans green, all</th>
<th>Bee pollen</th>
<th>Beets</th>
<th>Berries, most</th>
<th>Blackberry</th>
<th>Bak choy</th>
<th>Brazil nuts</th>
<th>Broccoli</th>
<th>Brussel sprouts</th>
<th>Buckwheat*</th>
<th>Buttermilk</th>
<th>Cabbage, all</th>
<th>Cantaloupe</th>
<th>Carrots</th>
</tr>
</thead>
</table>
USES OF LEMONGRASS

* Clean the kidney, liver, pancreas, digestive tract & bladder
* Kill Cancer Cells
* Blood pressure
* Flu and Cold
* Detoxifier
* Pain killer
* Stress
* Gout
* Fever
* Digestion
* Lose weight
* Anti-Oxidant
* Diarrhea and stomachache
* Antibacterial and antifungal
HIVES

Fresh coriander leaves are helpful to treat some skin disorders due to its anti-fungal, anti-septic, detoxifying, and disinfectant properties. To get relief from hives, drink it as a juice or make a paste to apply to the skin.

DIGESTION

Essential oils & rich aroma of fresh coriander leaves act as an excellent appetiser & helps to stimulate secretion of enzymes & digestive juices in the stomach. Thus, it helps to stimulate digestion & peristaltic motion.

MOUTH ULCERS

Essential oils of coriander contain citronelol, a component which has an excellent antiseptic property. Additionally, other components of coriander (such as essential oil) have anti-microbial & healing effects which prevent the worsening of wounds & ulcers in the mouth. They freshen breath & help in healing of ulcers.

CHOLESTEROL

Fresh cilantro leaves are good sources of oleic, linoleic, stearic, palmitic, & ascorbic acids (vitamin-C) - all very effective in decreasing cholesterol level in the blood. They also decrease deposition of cholesterol along the inside layer of the arteries & veins, thereby reducing heart disease.

Cilantro Pesto

1–2 garlic cloves
raw pine nuts or raw sunflowers seeds
1 cup packed fresh cilantro leaves
some fresh parsley (optional)
1 jalapeno pepper or chili pepper/powder
2 tablespoons lemon or lime juice
6 tablespoons olive oil (cold press, extra virgin)
¼ tsp cumin
Himalayan salt & ground pepper to taste

Put the cilantro & olive oil in blender & process until cilantro is chopped. Add the rest of the ingredients & process to a luminous paste. You may need to

One of the world's oldest spices dating back to 5000 BC may prevent cardiovascular damage
anti-diabetic activity
strong antioxidant benefits digestive system
anti-inflammatory benefits
rich in phytonutrients
good source of dietary fiber
good source of calcium
lowers levels of LDL ("bad" cholesterol)
increases levels of HDL ("good" cholesterol)
reduces feeling of nausea
may lower blood sugar
3 HOMEMADE COUGH REMEDIES

Honey, onion and garlic syrup
Combine a half-cup of honey and a half-cup of water. Add in one whole chopped onion and one chopped clove of garlic. Add a dash of sage, thyme or oregano and allow to steep overnight at room temperature. Strain and use the liquid as a cough syrup. Store in your refrigerator.

Horseradish syrup
Add a dash of grated horseradish to a quarter cup of honey. Allow it to sit for a few hours then use as a cough syrup.

Castor oil chest rub
Start with a half a cup of good quality, cold pressed castor oil. Crush one or two cloves of garlic and stir them into the oil. Add a tablespoon of freshly grated ginger, three or four drops of eucalyptus oil and about half a teaspoon of cayenne pepper. Rub on chest.

Source: besthealthmag rawforbeauty.com
Using MTENS, and TVEP the SCIO can treat the spinal area for injury and pain. Sending in an auto-focused sophisticated pulse different for each patient based on their personal electrical needs.
Some Surprising Health Benefits of Coffee

Regular coffee drinkers will be glad to know that there are in fact many health benefits to drinking the caffeinated beverage.

**Heart Disease**

The antioxidants in coffee have several beneficial effects for the heart, including the improvement of blood vessel function and the reduction of inflammation. A study has also shown that women who drink 2-3 cups a day have a 25% lower risk of death from heart disease.

**Cancer**

Women who drink 3 cups a day have half the risk of developing colon cancer. A recent Japanese study found that coffee consumption was significantly associated with a lower risk of endometrial cancer.

**Liver Cirrhosis**

Drinking just 2 cups of coffee a day can lower the risk of Liver Cirrhosis by 80%.

**Diabetes**

Drinking coffee can lower the risk of type II diabetes by up to 50%, due to the antioxidants and minerals in caffeine improving glucose metabolism and insulin sensitivity.

**Diabetes**

It has been shown that women who drank 4 cups of coffee a day were 25% less likely to need surgery for gallstones, while drinking coffee has been linked to a lowered gallstone risk in men.

**Stroke**

A 2009 study has shown that women who drank 4 cups coffee a day had a 20% lower chance of having a stroke.

**Alzheimer’s**

A recent study has found that people who drink 3-5 cups of coffee a day were 65% less likely to develop Alzheimer’s. Coffee may also reduce production of proteins that deposit in the brains of those with Alzheimer’s.

**Memory**

Older people who regularly drank coffee recorded a slower rate of cognitive decline.

**Parkinson’s**

A 2007 study found that those who drank at least 1 cup of coffee a day reduced their chance at developing Parkinson’s disease by almost 50%.

**Gout**

Men who drank up to 4-5 cups of coffee a day were 40% less likely to develop gout.

**Sources:**

http://www.positivelycoffee.org/
Regular coffee drinkers will be glad to know that there are in fact many health benefits to drinking the caffeinated beverage.

**ALZHEIMER’S**
A recent study has found that people who drink 3-5 cups of coffee a day were 35% less likely to develop Alzheimer’s. Coffee may also reduce production of proteins that deposit in the brains of those with Alzheimer’s.

**MEMORY**
Older people who regularly drank coffee recorded a slower rate of cognitive decline.

**GALLSTONES**
It has been shown that women who drank 4 cups of coffee a day were 25% less likely to need surgery for gallstones, while drinking coffee has been linked to a lower gallstone risk in men.

**CANCER**
Women who drink 3 cups a day have half the risk of developing colon cancer. A recent Japanese study found that those associated with a lower risk of endometrial cancer.

**STROKE**
A 2009 study has shown that women who drank 4 cups of coffee a day had a 20% lower chance of having a stroke.

**HEART DISEASE**
The antioxidants in coffee have several beneficial effects for the heart, including the improvement of blood vessel function and the reduction of inflammation. A study has also shown that women who drink 2-3 cups a day have a 25% lower risk of death from heart disease.

**DIABETES**
Drinking coffee can lower the risk of type II diabetes up to 60%, due to the antioxidants and minerals in coffee, improving glucose metabolism and insulin sensitivity.

**LIVER CIRRHOsis**
Drinking just 2 cups of coffee a day can lower the risk of Liver Cirrhosis by 80%.

**PARKINSON’S**
A 2007 study found that those who drank at least 1 cup of coffee a day reduced their risk of developing Parkinson’s disease by almost 50%.

**GOUT**
Men who drank up to 4-5 cups of coffee a day were 40% less likely to develop gout.
HEALTH BENEFITS OF SWEET CHERRIES

Sweet NW cherries may be considered a summer treat, but they’re easy to enjoy all year long and boast plenty of health benefits you may not know about. Aside from being high in fiber and low in calories, they can protect against serious diseases. See how this superfruit benefits both your body and your taste buds!

7 SWEET REWARDS OF THIS SWEET SUPERFRUIT

PROTECT AGAINST ALZHEIMER’S:
Flavonoids and procyanidin have been indirectly linked to protection of neuronal cells, reducing oxidant stress and helping fight dementia.

WARD OFF CANCER:
Fiber + vitamin C + carotenoids + anthocyanins = anti-cancer team
- Cyanidin and quercetin may help by reducing free radicals.

COMBAT HYPERTENSION AND STROKE:
Potassium may reduce these risks, and cherries have more potassium (270 mg) than strawberries (254 mg) or apples (148 mg).

<table>
<thead>
<tr>
<th>Fruit</th>
<th>Potassium (mg)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sweet cherries</td>
<td>270 mg</td>
</tr>
<tr>
<td>Strawberries</td>
<td>254 mg</td>
</tr>
<tr>
<td>Apples</td>
<td>148 mg</td>
</tr>
</tbody>
</table>

FIGHT CARDIOVASCULAR DISEASE:
Anthocyanin may also help reduce inflammation, plaque and nitric oxide, keeping your heart strong and healthy.
- Quercetin’s fight against free radicals helps ward off heart disease.

DISCOURAGE DIABETES:
Anthocyanin may reduce insulin resistance and increase glucose tolerance.

<table>
<thead>
<tr>
<th>Fruit</th>
<th>Glycemic Index</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sweet cherries</td>
<td>22</td>
</tr>
<tr>
<td>Plums</td>
<td>39</td>
</tr>
<tr>
<td>Blueberries</td>
<td>40</td>
</tr>
<tr>
<td>Peaches</td>
<td>42</td>
</tr>
<tr>
<td>Grapes</td>
<td>46</td>
</tr>
<tr>
<td>Apricots</td>
<td>57</td>
</tr>
</tbody>
</table>

REDUCE INFLAMMATION:
Phytochemicals may be a factor in inhibiting inflammation-causing enzymes, reducing pain from arthritis, injury and other ailments.

SLEEP BETTER AND BATTLE JET LAG:
Sweet cherries contain melatonin, which has been connected to regulating circadian rhythm, helping you get a restful sleep while potentially reducing the effects of jet lag.
White tea has been found to have a higher concentration of antioxidants in it which may actually be more effective preventing some diseases than green tea.

White tea may help prevent obesity. White tea was found to inhibit the growth of new fat cells.

Green tea has thermogenic properties and promotes fat oxidation beyond that explained by its caffeine content.

Studies have shown that Green Tea reduces the risk of esophageal cancer in women by 60%.

There have been studies that show that properties found in coffee can raise cholesterol.

People who drink more coffee have been found to be less likely to suffer Alzheimer's disease later in life.

Drinking coffee over a long period of time may reduce the risk of dying from heart disease.

White Tea was found that the antioxidants in White Tea had anti-aging potential, may help prevent some cancers, as well as inflammation and heart disease.

Scientists believe that chemicals found in coffee could be used to make new drugs to treat heart disease and insomnia.

Drinking tea too hot increases the risk of esophageal cancer.

Over 1000 chemicals have been found in roasted coffee with 19 being known carcinogens.
Benefits of Pomegranates

keeps blood platelets from sticking together
increases oxygen levels to heart
anti-inflammatory
may help combat erectile dysfunction
helps to lower blood pressure
shown to inhibit breast cancer, prostate cancer, colon cancer, & leukemia
prevents vascular changes that promote tumor growth in lab animals

helps with depression
powerful, nutrient dense food high in anti-oxidants
potent immune supporter
may protect against osteoporosis
may prevent & slow Alzheimer's
may reduce PSA levels
raises HDL levels
enhances oral health

Antioxidant Pomegranate Smoothie | Serves: 2

- 8 C organic baby spinach
- 1 C pomegranate juice
- 1 C blueberries, frozen
- 1 C strawberries, frozen
- 8 dates, cut in half
- 2 Tbls flaxseeds, ground
- 1/2 avocado, optional

Instructions:
Use organic ingredients. Blend all ingredients together. Delish!

facebook.com/OasisAdvancedWellness
11 Health Benefits of Pomegranate Juice

1. Fights Breast Cancer
2. Lung Cancer Prevention
3. Slows Prostate Cancer
4. Keeps PSA Levels Stable
5. Protects the Neonatal Brain
6. Prevention of Osteoarthritis
7. Protects the Arteries
8. Alzheimer’s Disease Prevention
9. Lowers Cholesterol
10. Lowers Blood Pressure
11. Dental Protection

Unusual Uses of Pomegranate

Can protect against osteoarthritis  
High in vitamin C and potassium  
Nausea and morning sickness  
Loaded with antioxidants  
Boost the immune system  
Teeth and gum disorder  
Dysentery and diarrhea  
Anti-inflammatory  
Intestinal worms  
Ellagic acid  
Anti-aging  
Stroke  
Fever  
Cancer  
Arthritis  
Loss of voice  
Stomachache  
Poor appetite
It is scientific fact that when a low level voltage and micro-current pulse is applied to the body osmosis, enzyme activity, and healing are increased. The SCIO will let the patient’s body electric autofocus a harmonic pulse to maximize this effect. This current applied to the cranium has been shown to help autism, attention deficit and hyperactive children. It has been shown helpful for anxiety, addictions, emotional disturbances, and insomnia.
nutrition

Crunch into Pumpkin Seed Benefits

While you can buy pumpkin seeds at your local grocery, you and your family may find it fun to make your own. Here’s how: First, remove the seeds from the pumpkin’s inner cavity and wash them off to remove clinging pulp that may be on them. Then, spread the seeds out evenly on a foil-lined cookie sheet to dry. After the seeds are dry, lightly spray the seeds with vegetable cooking spray or sprinkle them with olive oil and add seasonings of your choice – Worcestershire sauce, garlic, cajun seasoning, or hot spices.

Place the tray in a preheated oven at 250°F for 10 to 15 minutes or until seeds are a light golden brown color. You may need to stir the seeds to make sure they don’t burn. Once cooked, cool the seeds before eating or storing. Then, store them in an airtight container at room temperature up to three months or refrigerate up to one year.

Here are ways to enjoy the health benefits of pumpkin seeds:

◆ Pack baked pumpkin seeds in your lunch for a crunchy snack.
◆ Add pumpkin seeds to sautéed vegetables or pasta dishes.
◆ Toss pumpkin seeds in your mixed green salad.
◆ Mix ground pumpkin seeds in your homemade breads or granola recipe.
◆ Grind pumpkin seeds with garlic, parsley, and other spices and mix with olive oil and lemon juice for a tasty salad dressing.
◆ Add some ground pumpkin seeds to your hamburger meat mixture.

Serve Up a Slice of Health

Nutritionists know that pumpkin does more than satisfy the taste buds. It also wins big for its nutritional values. A slice of pumpkin pie has up to three times the recommended daily value of beta-carotene plus the phytonutrients lutein and zeaxanthin.

Research indicates that a diet rich in foods containing beta-carotene may reduce the risk of developing certain types of cancer and offers protection against heart disease. Beta-carotene also offers protection against other diseases as well as some degenerative aspects of aging.

Pumpkins come from the same family as squash, gourds, cucumbers, and melons. The pulp, seeds, and flowers of a pumpkin are all edible and nutritious. In fact, the seeds of a pumpkin may help reduce the risk of prostate cancer. Many people use pumpkin to make breads and muffins, soups, and puddings. They can also be added to vegetable casseroles and risottos or stuffed in tortillas, wraps, or pita bread.

Pumpkins are a rich source of beta-carotene, which the body uses to make vitamin A. They also contain calcium, iron, folate, fiber, and vitamins C, K, and E. Another benefit of pumpkins is they’re naturally low in salt, calories, and fat, and they taste good. Pumpkins also have no cholesterol.

Here are several helpful tips on cooking with pumpkin:

◆ Look for pumpkins that are unblemished and heavy for their size.
◆ To cook fresh pumpkin, try roasting, baking, or adding it to other dishes.
◆ To reduce the fat content of your pie, use fat-free canned milk.
◆ If you use whipped cream as a topping, select fat-free whipped cream.
◆ For more intense flavor in your pie, add a bit of extra spices such as nutmeg, cinnamon, and cloves.
◆ Store fresh, cooked pumpkin properly. You can keep it in your refrigerator for about five days, or in the freezer for up to six months.

PUMPKIN BREAD PUDDING

Makes 15 servings

2 cups skim milk
1 cup honey
1 can (16 oz.) unsweetened pumpkin
1 tsp. ground ginger
1 tsp. cinnamon
2 eggs whites, slightly beaten
2 tsp. vanilla

1/3 cup dates, soaked in water, coarsely chopped
1 large carrot, grated
1/2 loaf French bread, cubed
2 Tbsp. fat-free frozen yogurt, thawed, per serving
1 tsp. pourable fruit (purchased), per serving
Sliced fruit for garnish

Preheat oven to 350 degrees. Mix together milk, honey, pumpkin, spices, egg whites, vanilla, dates, and grated carrot. Place bread cubes in a 9x13-inch pan sprayed with cooking spray. Pour liquid mixture over bread cubes. Cover pan with foil and bake for 35 minutes. Remove foil and bake an additional 10 minutes or until browned on top. Cut into 15 squares. To serve, place a square on a plate or in a sundae glass. Spoon on 2 Tbsp. frozen yogurt as sauce. Garnish with fruit and drizzle with 1 tsp. all-fruit syrup.

From Pamela Smith’s Eat Well, Live Well. Visit www.pamsmith.com for more information.

London Chiropractic Health Centre * 102-219 Oxford Street West * London, ON * N6H 1S5
Phone - 519-661-0285 * Fax - 519-661-0959 * Email - lchc@wellchiro.com * Website - www.wellchiro.com
Take a green step...

Pumpkin Seeds

- sleep aid
- heart healer
- blood builder

Did you know? Pumpkin seeds are a sleep aid! They contain the amino acid tryptophan which converts to serotonin, giving you a great nights sleep. Sweet dreams!

Men’s Health
Pumpkin seeds are high in zinc, which is very good for the prostate. Great snack for men!

Contains...
- vitamin C
- vitamin A
- magnesium
- potassium
- zinc
- fiber

The health benefits of pumpkins are in the seeds.

Pumpkin seeds are rich in easily digestible proteins which maintain healthy blood sugar. Healthy blood sugar is key in weight loss. They are high in magnesium which is great for the heart, and is also a natural relaxant.

Antioxidant rating (ORAC), per 100g

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Antioxidant Rating</th>
</tr>
</thead>
<tbody>
<tr>
<td>raw cacao powder</td>
<td>25,000</td>
</tr>
<tr>
<td>raw cacao nibs</td>
<td>50,000</td>
</tr>
<tr>
<td>roasted cacao powder</td>
<td>50,000</td>
</tr>
<tr>
<td>goji berries</td>
<td>100,000</td>
</tr>
<tr>
<td>acal berries</td>
<td>150,000</td>
</tr>
<tr>
<td>dark chocolate</td>
<td>180,000</td>
</tr>
<tr>
<td>blueberries</td>
<td>200,000</td>
</tr>
</tbody>
</table>

Main health effects of Chocolate
- Green = Generally “good”
- Red = Generally “bad”

- Circulatory (by dark chocolate): Reduced blood pressure, Facilitated dilation, Decreased risk of infarction
- Respiratory: Cough suppression
- Central: Addiction, Increased activity, Risk of lead poisoning damage
- Systemic: Obesity

Intestinal: Diarrhea inhibition
Health Benefits of Raw Chocolate
* Lowers blood pressure
* Rich in antioxidants
* Increases energy and improves good mood
* High in magnesium (Good for your heart)
* Decreases menopause & PMS symptoms
* Helps control appetite
* Supports brain function
* Calms a cough
* Rich in flavonoids (Helps fight cancer)

Green Tea
- Fights cancer
- Lowers cholesterol
- Prevents cavities
- Protects against heart disease
- Speeds metabolism
- Prevents diabetes
- Antiviral agent
- Maintains a healthy circulatory system
- Strengthens tooth enamel

- Reduces plaque and bacteria in your mouth
- Prevents dementia
- Full of antioxidants
- Prevents food poisoning
- Gives healthy skin
- Prevents bad breath
- Detoxifies

11 REASONS WHY YOU SHOULD
- It is an excellent source of anti-oxidants
- It burns fat and curbs your appetite
- It prolongs your life
- It lowers stress but boosts brain power
- It reduces high blood pressure
- It helps to protect your lungs from smoking

DRINK MORE GREEN TEA

Green Tea
Green tea contains powerful therapeutic antioxidants and according to a study in Nutrition Research, drinking green tea after a workout helps your muscles recover faster.

Quick Tip:
Replace your bottle of water with iced green tea. Remember, green tea has caffeine so if you workout at night, use decaf instead.
Volts and Oscillations (EMG, EEG)
Amps and Oscillations (ECG)
Resistance (GSR)
Hydration
Oxidation (Redox potential)
Ph acid vs alkalinity
Reactivity evoked potential to voltmametric fields of substances (TVEP) over 228,000 measures a second of these energetic factors

Brain wave and emotions with (MCES)
Pain with (MENS) (TENS)

Trauma or wounds (EWH)
Electro Weakness Ph,
Redox disorder (VARHOPE Correction)
Trickle charge the body electric

All designed to detect + reduce Electro-stress and Balance the Body Electric Automatically
Amazing Benefits of Aloe Vera

- Halts the growth of cancer tumors.
- Lowers high cholesterol.
- Repairs "sludge blood" and reverses "sticky blood".
- Boosts the oxygenation of your blood.
- Eases inflammation and soothes arthritis pain.
- Protects the body from oxidative stress.
- Prevents kidney stones and protects the body from oxalates in coffee and tea.
  - Alkalizes the body, helping to balance overly acidic dietary habits.
  - Cures ulcers, IBS, Crohn’s disease and other digestive disorders.
- Reduces high blood pressure natural, by treating the cause, not just the symptoms.
  - Nourishes the body with minerals, vitamins, enzymes and glyconutrients.
  - Accelerates healing from physical burns and radiation burns.
- Replaces dozens of first aid products, makes bandages and antibacterial sprays obsolete.
  - Halts colon cancer, heals the intestines and lubricates the digestive tract.
  - Ends constipation.
  - Stabilizes blood sugar and reduces triglycerides in diabetics.
  - Prevents and treats candida infections.
  - Protects the kidneys from disease.
- Functions as nature’s own ‘sports drink’ for electrolyte balance.
  - Boosts cardiovascular performance and physical endurance.
  - Speeds recovery from injury or physical exertion.
- Hydrates the skin, accelerates skin repair.  
  *(info from www.NaturalNews.com)*
Top 12 Benefits & Medicinal Uses for Aloe Vera

1. High in Vitamins & Minerals
2. High in Amino Acids & Fatty Acids
3. Aloe Vera is a powerful Adaptogen
4. Aloe helps with Digestion
5. Supports Cardiovascular System
6. Boosts the immune system
7. Reduces Inflammation
8. Alkalizes the body
9. Helps with Weight Loss
10. Great for the Skin
11. Detoxifies the body
12. Disinfectant, Antibacterial, Anti-viral & Anti-fungal
CAPSAICIN
UNLOCK THE BENEFITS OF CAYENNE PEPPER

SHED FAT & LOWER BLOOD SUGAR
Cayenne has been used for decades to treat diabetes, pain and osteoarthritis. It’s a powerful fat shredder and works by boosting your metabolism, suppressing hunger, and normalizing glucose levels.

HEART ATTACK PREVENTER?
Capsicum contains the most natural vitamin E often used to treat heart conditions. Studies have shown it may even prevent a heart attack!

DON’T DRINK WATER AFTER!
Don’t drink water after you eat chilies. Milk products cool you off after eating chilies because casein, a protein in dairy, breaks the bond between the pain receptors and the capsaicin.

By producing the burning capsaicin the pepper plant prevents animals from eating its fruits.

Birds don’t feel the burning sensation of capsaicin so they eat the fruits and spread the seeds. The chili seeds survive the birds digestion process.

CHILI PEPPER HEAT MEASURED IN SCOVILLE HEAT UNITS (SHU)

<table>
<thead>
<tr>
<th>Bell Pepper</th>
<th>Jalapeño Pepper</th>
<th>Cayenne Pepper</th>
</tr>
</thead>
<tbody>
<tr>
<td>0 SHU</td>
<td>4,000 SHU</td>
<td>1,001,304 SHU</td>
</tr>
</tbody>
</table>

Capsaicin creams are used to treat psoriasis as an effective way to reduce itching and inflammation.

210 times hotter than Jalapeño Peppers
Ghost Pepper a/k/a Naga Jolokia
World’s Hottest Pepper
POWERFUL HEALTH BENEFITS FOR HOT CHILI PEPPERS

Capsaicin, the hot pepper's natural heat-causing component, has been proven to kill cancer cells, prevent sinus infections, serve as an anti-inflammatory agent, provide gastric relief and produce fat oxidation.

- Fight Cancer
- Pain Relief
- Prevent Sinusitis
- Relieve Congestion
- Burn Fat and Lose Weight
- Soothe Intestinal Diseases
- Protect Your Heart
- Prevent stomach ulcers
- Maintains Bone Health
- Sleep Better
- Reduced Inflammation
- Can Warm Your Feet

Seared Cod with Pineapple Slaw

Prep Time: 45 minutes  Serves: 4

Ingredients:
- 1 1/2 pounds cod, filet
- 2 limes, juiced
- 1/4 cup red onion, julienned
- 1 bunch cilantro, chopped
- 2 cloves garlic, minced
- 3 Serrano chili, julienned
- 2 cups pineapple, julienned
- 1 tsp pineapple juice
- 1/2 cup jicama, julienned
- 1/2 cup red bell pepper, julienned
- 1/2 tsp salt, or to taste
- 1/8 tsp black pepper or to taste
- 3 tbsps canola oil
- Cilantro, leaves for garnish

Nutritional Information per Serving:
calories: 310, total fat: 12g, saturated fat: 2g, % of calories from fat: 33%, protein: 32g, carbohydrates: 20g, cholesterol: 73mg, dietary fiber: 4g, sodium: 172mg
*does not include additional seasoning

Preparation:
Combine the red onions, pineapple, chili, jicama, bell pepper, lime juice, garlic, cilantro, pineapple juice and 1 teaspoon of canola oil in a bowl. Season to taste* and set aside to marinate for at least 15 minutes. Cut fish into 4 ounce portions and season with salt and pepper to taste.* Sear in a sauté pan over medium heat for about 2 to 3 minutes on the flesh side, flip the presentation side up and finish it in the oven for about 5 to 7 minutes. For service, place one portion of the fish on the center of a plate and add the pineapple slaw. Drizzle some of the sauce over the dish and garnish with cilantro leaves. Serve the fish warm or hot and the slaw at room temperature.

For more information, visit www.fruitsandveggiesmorematters.org

This recipe was developed by The Culinary Institute of America as an industry service for Produce for Better Health Foundation (PBH). This recipe meets PBH and Centers for Disease Control and Prevention (CDC) nutrition standards that maintain fruits and vegetables as healthy foods.
HEALTH BENEFITS of WALKING

20 WALKING 20 MINUTES/DAY WILL BURN 7 POUNDS OF BODY FAT/YEAR

45 WALKING 45 MINUTES/DAY CUTS ODDS OF CATCHING A COLD IN HALF

1 WALKING 1 MINUTE CAN EXTEND LIFE BY 1.5-2 MINUTES

20 WALKING 20-25 MINUTES/WEEK CAN EXTEND LIFE BY SEVERAL YEARS

DEMENTIA
Seniors who walk 6-9 miles/week are less likely to suffer from mental decline as they age, including dementia.

DIABETES
Walking 30 minutes/day, 5 days/week, along with moderate diet changes, can halve the risk of Type 2 Diabetes.

HEART DISEASE
Walking 30 minutes/day, 5 days/week can halve the risk of heart disease and reduce stress, cholesterol, and blood pressure.

ARTHRTIS
Walking can reduce pain and improve function, mobility, mood, and quality of life, without worsening symptoms.

DEPRESSION
Walking triggers endorphins, promotes relaxation, and prevents anxiety and depression.

WALKING 3-5 HOURS/WEEK REDUCES MORTALITY BY 50% IN WOMEN WITH BREAST CANCER

WOMEN WHO WALK FOR 1 HOUR/DAY, 5 DAYS/WEEK AND CONSUME 1,500 CALORIES/DAY CAN LOSE AND KEEP OFF 25 LBS

WALKING 30 MIN/DAY, 4 DAYS/WEEK CAN REDUCE THE RISK OF DIABETES BY NEARLY 60%

PROSTATE CANCER PATIENTS WHO WALK 90 MIN/WEEK HAVE NEARLY 50% LOWER MORTALITY RISK

WOMEN WHO WALK REGULARLY ARE 35% LESS LIKELY TO DEVELOP COLON CANCER THAN THOSE WHO EXERCISE LESS THAN ONE HOUR/ WEEK
IT IS A SCIENTIFIC FACT THAT A LOW LEVEL VOLTAMMETRIC PULSE CAN INHIBIT PAIN SIGNALS.

THE SCIO WILL LET THE PATIENT'S BODY ELECTRIC AUTOFOCUS A HARMONIC PULSE TO MAXIMIZE THIS EFFECT. THIS IS CALLED

MICRO-CURRENT TRANSCUTANEOUS ELECTRO-NERVAL STIMULATION

AND CAN HELP YOU TO REDUCE PAIN WHILE HELPING YOU FIND THE CAUSE...

If you need more information on the SCIO and purchase details, please get in touch with us

Maitreyya Kft.
tel: +3613036043
web: www.qxsubstrospace.com
e-mail: info@qxsubstrospace.com
Health benefits of Apples

Neurological
- Prevention of dementia

Cardiovascular
- Decreased cholesterol level

Lungs
- Decreased cancer risk

Colon
- Decreased cancer risk

Systemic
- Prevention of overweight

Prostate
- Decreased cancer risk
IMPROVE YOUR MEMORY WITH SPINACH

High in brain-friendly folate & B-vitamins
L-tyrosine in spinach improves mental focus
Folate reduces inflammation that harms brain function

Just 1 cup of steamed spinach contains more than 65% of your Daily Value (DV) for folate and more than 20% of your DV for vitamin B6.
Wellness and Naturopathic Medicine Course
and You can Pay in Karma

QUOTES FROM PEOPLE ABOUT DESIRÉ

“How would you like to spend some time with a great intellect like Einstein? Well Desire’ is without doubt the most intelligent person alive and I am sure that if Einstein was alive today he would like to spend time with Desire”

“Desire is one of the most dazzling intellects that has ever lived, combine her intellect with courage and we get a historical person who will be remembered by humanity forever”

“As a child they could not measure Desire IQ it was off the charts. Desire’s mental powers are phenomenal but her compassion and altruistic grace are transcendentally awe-inspiring”

“Desire has saved countless lives she will never know and she has touched innumerable hearts and changed people’s lives”

“She has written over 80 medical textbooks, hundreds of medical journals, hundreds of scientific articles to help the planet. Desire’ has over the last 15 years spent over 35 Million Dollars making over 50 movies and hundreds of training videos to help preserve natural medicine. And the greatest thing is Desire offers this training to the world not for money but for Karma. Desire is not just the most astounding intellectual; she is the most astounding humanitarian.”

IF YOU PROMISE TO HELP OTHERS
YOU CAN PAY ME IN

KARMA

[Image of a person with hands in prayer position]
Top 5 Health benefits of Raisins

- **Anti-Aging:** Raisins are great source of antioxidants.
- **Anti-Hyperglycemia:** Raisins help to stabilize the blood sugar levels.
- **Better Digestion:** Raisins are good source of fiber and helpful in digestion.
- **Bone Health:** Raisins contain different minerals for the bone health.
- **Dental Health & Cancer:** Raisins have oleanolic acid and are helpful for dental health and for fight against cancer.
Health benefits of **Bananas**

- **Eyes**
  - Maintenance of night vision

- **Cardiovascular**
  - Prevention of hypertension

- **Stomach**
  - Prevention of peptic ulcers

- **Bone**
  - Protection from breakdown

- **Intestinal**
  - Electrolyte replacement in diarrhea
  - Ease of constipation

- **Kidneys**
  - Decreased risk of cancer
Health Benefits of Peaches

- Low in calories
- ORAC value 1814
- Good source of Vitamin C
- Rich in potassium & iron
- Urinary disorders
- Contains lutein, zeaxanthin & β-cryptoxanthin
- Improves immune system
- Good source of fiber
- Helps maintain nervous system
- Lowers cholesterol
- Provides 1.5 grams protein
- Effective against intestinal worms
- Regulates bowel movements
- Anti-oxidant properties
- Cataracts - eye health
- Powerful diuretic
- Excellent relaxant

Peach Mango Green Smoothie

1 cup almond milk
1/2 banana - frozen
1 cup chopped frozen fresh mango
1/2 cup frozen fresh peach slices
2 cups fresh organic spinach
1/2 cup of ice

Combine all ingredients in a blender. Blend until smooth. Add more milk or ice as needed to reach desired texture.
Health Benefits of Singing:

* Reduce stress and improve mood.
* Lower blood pressure.
* Boost the immune system.
* Improve breathing.
* Reduce perceived pain.
* Improve a sense of rhythm.
* Promote learning in children.
* Forge comforting memories.
* Promote communal bonding.
* Provide comfort.
* Motivate and empower.

Sounds can influence brain wave frequencies and promote well-being.
### Green Tidings’ Health Benefits of Vitamin D

<table>
<thead>
<tr>
<th>Boosts Immunity</th>
<th>May Prevent Preeclampsia</th>
</tr>
</thead>
<tbody>
<tr>
<td>Maintains Calcium Balance in Body</td>
<td>Prevents and Fights Cancer</td>
</tr>
<tr>
<td>Aids in Cell Differentiation</td>
<td>Helps Control Diabetes</td>
</tr>
<tr>
<td>Helps Regulate Insulin</td>
<td>Fights Respiratory Infections</td>
</tr>
<tr>
<td>Speeds Wound Healing</td>
<td>Helps to Alleviate Stress and Anxiety</td>
</tr>
<tr>
<td>Improves Heart Function</td>
<td>Helps to Maintain Healthy Weight and Fight Obesity</td>
</tr>
<tr>
<td>Fights Heart Disease</td>
<td>Helps with Autoimmune Diseases</td>
</tr>
<tr>
<td>Lowers Blood Pressure</td>
<td>Helps Improve Asthma Symptoms</td>
</tr>
<tr>
<td>Prevents Osteomalacia and Rickets</td>
<td>Fights Inflammation</td>
</tr>
<tr>
<td>Prevents Osteoporosis and Arthritis</td>
<td>Prevents and Helps Symptoms of Schizophrenia</td>
</tr>
<tr>
<td>Improves Kidney Function</td>
<td>Prevents and Treats Tuberculosis</td>
</tr>
<tr>
<td>Prevents and Remedies Hair Loss</td>
<td>Lifts Depression</td>
</tr>
<tr>
<td>Fights Periodontal Disease</td>
<td></td>
</tr>
</tbody>
</table>

**Vitamin D** is produced naturally in the body by sunlight. Still, many people require supplementation.

The safe upper levels for adults is 4,000-10,000 IU/daily.

Choose a Vitamin D3 supplement for best results.

Vitamin D is fat-soluble, so take it with fats, such as oil.

Get your Vitamin D levels checked regularly. Aim for blood level of 45ng/ml.

Talk to your doctor before taking any supplements.
The SCIO device can use the Trivector and Cybernetic Loop to rectify aberrant and disharmonious energy patterns in the body. This has profound effects on all body functions but affects the corpus callosum most intensely.

This means that the ability of the conscious verbal mind to relate to the subconscious is increased with the rectification process. The patient will probably not feel the effect. There will always be a positive effect. If there is a negative effect, it is because there is shielded or covert feelings or memories in the subconscious. These will cause disease if left untreated. A simple release may solve the problem.

The changes include:

1. Activate the innate intelligence to balance the body energies. This is the basic principle of chiropractic, acupuncture, and osteopathy medicine.

2. There is an easier exchange of energy and information from right brain to left brain via the corpus callosum. The corpus callosum is the largest energy form in the body and the rectification process has profound effects on stabilizing it, so it dramatically reduces switching phenomena.

3. The SCIO thereby increases the ability of the conscious to interface with the unconscious. This allows greater knowledge of self and of the higher self.

4. There is a greater memory access, a more true access of memory without emotional clouding.

5. There is a greater flexibility of connective tissue, allowing for more resilience.

6. There is a greater oxygenation and hydration ability of the body.

7. There is a smoother muscle control.

8. There is a general increase in well being that the conscious mind is so often unable to perceive. And thus there are thousands of subtle improvements to be found.

If you need more information on the SCIO and purchase details please get in touch with us
Maitreya Kft.
tel: +3613036043 | web: www.qxsubspace.com | e-mail: info@qxsubspace.com
Top 10 Health Benefits of a Good Night's Sleep

1. Sleep Keeps Your Heart Healthy.
2. Sleep May Prevent Cancer.
3. Sleep Reduces Stress.
4. Sleep Reduces Inflammation.
6. Sleep Bolsters Your Memory.
7. Sleep May Help You Lose Weight.
9. Sleep May Reduce Your Risk for Depression.
10. Sleep Helps the Body Make Repairs.
WALNUTS
POWERFUL ENOUGH TO BE A CANCER DRUG?

How Walnuts May Prevent Breast Cancer
Omega-3’s found in walnuts also inhibits an anti-inflammatory enzyme that advances breast cancer, and activates two genes—BRCA1 and BRC2 (breast cancer genes 1 and 2)—that help prevent cancer development.

Cancer Fighting Warriors
The highly potent phytonutrient quinone juglone, abundant in walnuts, destroys cancer and precancerous cells while leaving healthy tissue intact.

Eat the skin, over 90% of the nutrients are found in the skin.

It only takes 7 walnuts a day to get all the health benefits!

In yet another attempt to suppress our health freedom, the (US FDA) issued a warning to walnut producers stating that their claims for the health-promoting qualities of walnuts—which are all substantiated have moved walnuts from a food to a drug!

Packed With Essential Omega-3
- Reduces blood pressure
- Lowers cholesterol
- Relieves IBS
- Soothes arthritis

The Romans called walnuts “Jupiter’s royal acorn” and were reserved for royalty.
Health Benefits of Citrus Fruit

✔ Citrus fruits include oranges, lemons, limes and grapefruits, in addition to tangerines and pummelos. Not only are the citrus fruits in this diverse group delicious and refreshing, they are rich in compounds called flavonoids, which have anticancer properties. Citrus fruit flavonoids have been shown to inhibit the growth of cancer cells and prevent the spread of tumors.

✔ Citrus fruits are high in vitamin C, and are good sources of folate and potassium.

✔ Citrus flavonoids may improve blood flow through coronary arteries, reduce the ability of arteries to form blood clots and prevent the oxidation of LDL (“bad”) cholesterol, which is an initial step in the formation of artery plaques.

✔ Citrus fruits have long been valued as part of a nutritious and tasty diet.

✔ All citrus fruits are a great source of vitamin C. Regular intake of vitamin C helps to keep your immune system strong, and fight off disease, infections and colds much easier than somebody who does not have enough Vitamin C in their diet.
Health Benefits of Figs

✓ Lower blood pressure:
Figs are full of potassium and minerals that can help to control hypertension.

✓ Works well for weight management:
Figs are very full of dietary fibres. Therefore, they’re a perfect option for people who want to lose weight. A high fibre diet helps you to slow down the digestion and cuts your hunger.

✓ Guards against post-menopausal breast cancer:
Research indicates that regular consumption of figs helps in reducing the chance of post-menopausal breast cancer by approximately 34 percent.

✓ Anti-diabetic effects:
Figs have anti-diabetic properties to help you to lower your blood sugar level.

✓ Treats Heart disease:
Daily use of figs can lower triglyceride levels within the blood. Triglycerides are the main type of fats (they are also referred to as ugly fat cells) that go around in the blood. Higher triglyceride levels within the blood can give rise to obesity and lots of heart problems.
Health Benefits of BLUEBERRIES

Click categories of the human body to view the effect of blueberry phytochemicals on the human body and organs.

Whole System:
In the entire body, blueberries are an antioxidant, provide cancer prevention, are an anti-infectious, prevent hyperglycemic peaks, improve insulin and glucose levels, reduce inflammation, boost the immune system, reduce blood pressure, and prevent toxins.

She likes her bread tall, dark and handsome
pictures on China, AC Milan, San Antonio spurs, Dennis Johnson

The first sport study with the Quantum Xrroid technology was on members of the Cleveland Browns football team in 1988. The results were amazing and all of the participants went all Pro over the next five years. Having worked with the power lifting team of Hungary in 1991 they went from moderate to gold medal performance.

AC Milan bought some systems and their injury level dropped 91%. This was because the system can stimulate and accelerate healing of injured tissue. They asked for us to develop the device to sharpen the athletic skills of the clients. With this in mind we developed a way to sharpen coordination endurance and strength. AC Milan won the European championship the next two years. We worked with Dennis Johnson ex twice NBA MVP in the San Antonio Spurs system. The results were amazing.

The Chinese Olympic team had us do a study. Out of their 487 athletes in the 2008 Olympic Games, they assigned 150 of the sick, old, weak, and tired to us. The study was to see if we could repair injured tissue and get an athlete back onto the field. The results were astounding. Out of the hundred medals won by the Chinese our 30% of the injured performers won 33 % of the medals. Our athletes were not supposed to win. And because of this Desire’ was awarded an honorary Gold medal.

Sports medicine has entered the energetic arena. There are those who want to win and they differ from those who want to conform.

Some of the best cyclists in the world have used the SCIO to win championships.
A PROPER CUPPA
ASTOUNDING HEALTH BENEFITS OF TEA

<table>
<thead>
<tr>
<th>WHITE TEA</th>
<th>GREEN TEA</th>
<th>BLACK TEA</th>
<th>OOLONG TEA</th>
</tr>
</thead>
<tbody>
<tr>
<td>- An anti-inflammatory, white tea is beneficial for arthritis and osteoporosis sufferers.</td>
<td>- ECGC found in green tea can help prevent many types of cancer &amp; dementia.</td>
<td>- Reduces Diabetes: Black tea contains the highest concentration of a carbohydrate that prevent glucose absorption; making it the most effective for diabetics.</td>
<td>- This tea is less processed than black tea and contains a higher concentration of potent antioxidants.</td>
</tr>
<tr>
<td>- White tea’s high fluoride content can neutralize plaque, and boost your immune system to fight against infections.</td>
<td>- Boosts metabolism.</td>
<td>- Improves digestion.</td>
<td>- Improves digestion.</td>
</tr>
<tr>
<td>The Chinese have been brewing tea since 1000 BCE.</td>
<td>- Lessens brain damage after a stroke incident.</td>
<td>- Fights tooth decay and cavities.</td>
<td>- Fights tooth decay and cavities.</td>
</tr>
<tr>
<td>Prior to the protest in Boston in 1773 Americans drank more tea than the British.</td>
<td>- Increases bone density.</td>
<td>- May protect skin from sun and smoking damage.</td>
<td>- May protect skin from sun and smoking damage.</td>
</tr>
</tbody>
</table>
GUINNESS vs BEER
Which is Healthiest?

By the Numbers

Guinness
Calories
95
78
64
55
12 OUNCE SERVING SIZE

Guinness
Calories
175
153
125
103

12 OUNCE SERVING SIZE

Alcohol by Volume
4.1%
3.3%
2.8%
2.5%

Alcohol by Volume
4.1%
3.3%
2.8%
2.5%

176
Calories
204
Calories

18% more
Calories

Health Facts

Players Name

Guinness

Beer

Score

1

1

1

1

EXCLUDING ALCOHOL

Great Brain Conditioner
By protein intake, Guinness improves the function of the brain by altering physiological levels that stimulate the growth of new brain cells. For wine drinkers, think wine plus a day.

Mild Anti-Inflammatory
Guinness contains vitamin B6, which prevents the build-up of homocysteine that causes heart disease.

Good Source of Protein
Scientists have discovered that the amino acid can be absorbed from the diet in a study conducted by Boston researchers. Both Guinness and beer contain protein. Since the amino acids pass through the stomach, gluten content, the protein in Guinness is good for people with gluten sensitivity.

How long will it take to burn off a pint of Regular Beer or Guinness?

Running

18:00

15:00

12:00

Dancing

29:30

36:00

10:00

Strongest Beers Out There

Beers with the highest alcohol and calorie content. A mere sip of some of these drinks would put you over the legal driving limit.

Which Countries Consume the Most & Least Beer?

* Beer in litres per capita

Most

Least

Plot: 9.08

Austria: 4.89

Italy: 3.91

Mexico: 2.54

Guinness

While Guinness brings the most Guinness...

* Includes countries which use beer as its national drink
The Benefits of Fruit

- Pineapples help digest food and build strong bones.
- Cherries contain cyanidin, an antioxidant that protects the body from cancer cells.
- Grapes improve the nitric oxide levels in the bloodstream, which reduces blood clots.
- The aminoacid tryptophan, found in bananas, reduces depression.
- The pectin in apples can lower your bad cholesterol by 16%.
- Drinking lemon water can help cure bad breath.
- The natural oil in oranges keeps your skin looking young and fresh.
- The arginine in watermelons rid the body of excess ammonia and help heal wounds.

Health Benefits of HERBS and SPICES

Cinnamon: Lower blood sugar

Paprika: Anti-inflammatory and antioxidant

Ginger: Decrease motion sickness and nausea

Oregano: Oregano is a natural source of Omega-3 fatty acids

Garlic: Anti-fungal and anti-bacterial

Rosemary: Fights against obesity, liver diseases, gastritis, cholesterol, chronic asthma, edemas

Turmeric: Inhibit the growth of cancer cells
# Eat Right America’s ANDI Scores *

<table>
<thead>
<tr>
<th>Food</th>
<th>Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kale</td>
<td>1000</td>
</tr>
<tr>
<td>Collards</td>
<td>1000</td>
</tr>
<tr>
<td>Bok Choy</td>
<td>824</td>
</tr>
<tr>
<td>Spinach</td>
<td>739</td>
</tr>
<tr>
<td>Brussel Sprouts</td>
<td>672</td>
</tr>
<tr>
<td>Arugula</td>
<td>559</td>
</tr>
<tr>
<td>Cabbage</td>
<td>481</td>
</tr>
<tr>
<td>Romaine</td>
<td>389</td>
</tr>
<tr>
<td>Broccoli</td>
<td>376</td>
</tr>
<tr>
<td>Cauliflower</td>
<td>295</td>
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<tr>
<td>Green Pepper</td>
<td>258</td>
</tr>
<tr>
<td>Artichoke</td>
<td>244</td>
</tr>
<tr>
<td>Carrots</td>
<td>240</td>
</tr>
<tr>
<td>Asparagus</td>
<td>234</td>
</tr>
<tr>
<td>Strawberry</td>
<td>212</td>
</tr>
<tr>
<td>Pomeg. Juice</td>
<td>193</td>
</tr>
<tr>
<td>Tomato</td>
<td>164</td>
</tr>
<tr>
<td>Blueberries</td>
<td>130</td>
</tr>
<tr>
<td>Iceberg</td>
<td>110</td>
</tr>
<tr>
<td>Orange</td>
<td>109</td>
</tr>
<tr>
<td>Lentils</td>
<td>104</td>
</tr>
<tr>
<td>Cantaloupe</td>
<td>100</td>
</tr>
<tr>
<td>Kidney Beans</td>
<td>100</td>
</tr>
<tr>
<td>Sweet Potato</td>
<td>83</td>
</tr>
<tr>
<td>Sunflower Seeds</td>
<td>78</td>
</tr>
<tr>
<td>Apple</td>
<td>76</td>
</tr>
<tr>
<td>Peach</td>
<td>73</td>
</tr>
<tr>
<td>Green Peas</td>
<td>70</td>
</tr>
<tr>
<td>Cherries</td>
<td>68</td>
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<tr>
<td>Flax Seeds</td>
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</tr>
<tr>
<td>Sesame Seeds</td>
<td>65</td>
</tr>
<tr>
<td>Pineapple</td>
<td>64</td>
</tr>
<tr>
<td>Oatmeal</td>
<td>53</td>
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<tr>
<td>Mango</td>
<td>51</td>
</tr>
<tr>
<td>Cucumber</td>
<td>50</td>
</tr>
<tr>
<td>Pistachio Nuts</td>
<td>48</td>
</tr>
<tr>
<td>Soybeans</td>
<td>48</td>
</tr>
<tr>
<td>Corn</td>
<td>44</td>
</tr>
<tr>
<td>Salmon</td>
<td>39</td>
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<tr>
<td>Almonds</td>
<td>38</td>
</tr>
<tr>
<td>Shrimp</td>
<td>38</td>
</tr>
<tr>
<td>Tofu</td>
<td>37</td>
</tr>
<tr>
<td>Avocado</td>
<td>37</td>
</tr>
<tr>
<td>Skim Milk</td>
<td>36</td>
</tr>
<tr>
<td>Walnuts</td>
<td>34</td>
</tr>
<tr>
<td>Grapes</td>
<td>31</td>
</tr>
<tr>
<td>White Potato</td>
<td>31</td>
</tr>
<tr>
<td>Banana</td>
<td>30</td>
</tr>
<tr>
<td>Chicken Breast</td>
<td>27</td>
</tr>
<tr>
<td>Eggs</td>
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<tr>
<td>Peanut Butter</td>
<td>26</td>
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<tr>
<td>Whole Wheat Bread</td>
<td>25</td>
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<tr>
<td>Feta Cheese</td>
<td>21</td>
</tr>
<tr>
<td>Whole Milk</td>
<td>20</td>
</tr>
<tr>
<td>Ground Beef</td>
<td>20</td>
</tr>
<tr>
<td>White Pasta</td>
<td>18</td>
</tr>
<tr>
<td>White Bread</td>
<td>18</td>
</tr>
<tr>
<td>Apple Juice</td>
<td>16</td>
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<tr>
<td>Swiss Cheese</td>
<td>15</td>
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<tr>
<td>Low Fat Yogurt</td>
<td>14</td>
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<tr>
<td>Potato Chips</td>
<td>11</td>
</tr>
<tr>
<td>American Cheese</td>
<td>10</td>
</tr>
<tr>
<td>Vanilla Ice Cream</td>
<td>9</td>
</tr>
<tr>
<td>Olive Oil</td>
<td>9</td>
</tr>
<tr>
<td>French Fries</td>
<td>7</td>
</tr>
<tr>
<td>Cola</td>
<td>0.6</td>
</tr>
</tbody>
</table>
EATING THE NUTRIENT DENSE WAY

Foods Highest in Nutrients/Calorie
- Green Vegetables
- All Raw Vegetables
- Beans / Legumes
- Eggplant, Mushrooms
- Tomatoes, Peppers
- Fresh Fruit

Poultry, Eggs, Oils

Foods Lowest in Nutrients/Calorie
- Flour
- Oil
- Sugar

Fish, Fat Free Dairy

Whole Grains, Raw Nuts, Seeds

Once Weekly or Less

Fruits

Beans / Legumes

Unlimited

Vegetables (Half cooked / half raw)

Unlimited
# Nutrient Density of Foods

Indicating the frequency with which various foods should be eaten

| Unlimited Quantities | Green vegetables  
Non-starchy cooked vegetables  
Beans and legumes  
Fresh fruit |
|----------------------|--------------------------------------------------|
| Limited Quantities Daily | Cooked starchy vegetables  
Whole grains  
Raw nuts, seeds, and avocado |
| Limited Quantities Weekly | Fish\(^1\)  
Fat-free dairy  
Wild meats and fowl  
Eggs |
| Rarely | Red meat  
Refined grains  
Full-fat dairy/cheese  
Refined oils/sweets |

1. Note: Fish contains high levels of mercury.
ON THE ANDI SCALE, THE TOP 20 NUTRIENT-DENSE FOODS ARE:

1. kale
2. collard greens
3. bok choy
4. spinach
5. brussels sprouts
6. arugula
7. cabbage
8. romaine
9. broccoli
10. cauliflower
11. green peppers
12. artichokes
13. carrots
14. asparagus
15. strawberries
16. pomegranate juice
17. tomato
18. blueberries
19. iceberg
20. oranges
It is scientific fact that when a low level voltage and micro-current pulse is applied to the body osmosis, enzyme activity, and healing are increased. The SCIO will let the patient’s body electric autofocus a harmonic pulse to maximize this effect. This current applied to the cranium has been shown to stimulate the learning process and increase memory retention, and learning. There is published research on these therapies. The new world of energetic medicine can help you to learn twice as much in half the time comfortably and easily.

If you need more information on the SCIO and purchase details please get in touch with us

Maitreya Kft.
tel: +3613036043 | web: www.qxsubspace.com | e-mail: info@qxsubspace.com
Avoid

Sparringly

Moderate

Very Good

Live On these

VEGETABLES*
1/2 RAW AND 1/2 COOKED
30-60% of calories

*Excludes white potatoes. Emphasis on green vegetables
NUTRIENT-DENSE FOODS

- **Beta-carotene and Vitamin A**: Carrots, sweet potatoes, apricots, winter squash, pumpkin, cantaloupe, mango, kale, collard greens, spinach, broccoli, cod liver oil, butter/ghee, liver and egg yolk.

- **Vitamin C**: Sweet potato, winter squash, broccoli and leafy greens.

- **Vitamin B6**: Sunflower seeds, pistachios, walnuts, lentils, grains and beans, rice bran and blackstrap molasses.

- **Vitamin B12**: Liver, eggs, fish, lamb and beef.

- **Folic acid**: Beans, rice germ, liver, asparagus, broccoli and bananas.

- **Omega 3**: Fish/cod liver oil, beef, lamb, egg yolk, butter/ghee, flax seeds, hemp seeds, walnuts and algae-based DHA (neuromins supplement).

- **Iron**: Blackstrap molasses, liver, pumpkin seeds and duck egg.

- **Zinc**: Pumpkin seeds, nuts, legumes, ginger and oats.

- **Magnesium**: Sweet potato, winter squash, broccoli, leafy greens, seaweed, nettles, whole grains, nuts and legumes.

- **Calcium**: Broccoli, leafy greens, winter squash, seaweed, nettles and nuts.
<table>
<thead>
<tr>
<th>Food</th>
<th>Nutrient Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kale</td>
<td>High</td>
</tr>
<tr>
<td>Collards</td>
<td>High</td>
</tr>
<tr>
<td>Bok Choy</td>
<td>High</td>
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One Must Eat To Live
Not Live To Eat.

Moliere
The secret to serving size is in your hand.

A fist or cupped hand = 1 cup
1 cup = 1 1/2-2 servings of fruit juice
1 oz. of cold cereal
2 oz. of cooked cereal, rice or pasta
8 oz. of milk or yogurt

A thumb = 1 oz. of cheese
Consuming low-fat cheese helps you meet the required servings from the milk, yogurt and cheese group.
1 1/2 oz. of low-fat cheese counts as 8 oz. of milk or yogurt.

Palm = 3 oz. of meat
Choose lean poultry, fish, shellfish and beef. One palm size portion equals 3 oz. for an adult and 1 1/2-2 oz. for a child under 5.

Thumb tip = 1 teaspoon
Keep high-fat foods, such as peanut butter and mayonnaise, at a minimum. One teaspoon is equal to the end of your thumb, from the knuckle up. Three teaspoons equals 1 tablespoon.

Handful = 1-2 oz. of snack food
Snacking can add up. Remember, 1 handful equals 1 oz. of nuts and small candies.
For chips and pretzels, 2 handfuls equal 1 oz.

1 tennis ball = 1/2 cup of fruit and vegetables
Healthy diets include a variety of colorful fruits and vegetables every day.

Because hand sizes vary, compare your fist size to an actual measuring cup.
<table>
<thead>
<tr>
<th>pH Level</th>
<th>High Alkaline Ionized Water</th>
<th>Neutral pH</th>
<th>Most Tap Water</th>
<th>Acidic pH</th>
<th>Reverse Osmosis Water</th>
<th>Distilled &amp; Purified Water</th>
<th>Most Bottled Water &amp; Sports Drinks</th>
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**Alkaline pH**
- Most foods get more acidic when cooked.

**Neutral pH**
- 7.365 is Optimum pH for HUMAN BLOOD.

**Acidic pH**
- It takes 20 parts of ALKALINITY to neutralize 1 part ACIDITY in the body.

**Consumption Guide**
- Consume Freely
  - Raw is Best!
- Most foods get more acidic when cooked.
- Neutral pH:
  - 7.0 - Optimum pH for HUMAN BLOOD is 7.365
- Acidic pH:
  - Consume Sparingly or never
- Alkaline pH:
  - 10.0
  - 9.0
  - 8.0
  - 7.0

Colas!
- Off the Chart!
10 superfoods

dandelion  nettle  chia  sesame  spirulina

Goji  Turmeric  Maca  honey  Green Tea
One easy way to check if you’re eating in a healthful way is to look at your plate. If it’s mostly colourful vegetables, along with some whole grains and a lean meat or alternative, you’re on your way to healthy eating. Specifically, envision a plate that’s not too big, such as a salad plate. One-quarter should be lean protein, like lean Canadian beef. Another quarter should be a grain like whole grain pasta or a starch like potato, and the remaining half of the plate should be vegetables or even some fruit – the more colour the better!
HOW PINEAPPLE BENEFITS THE BODY

**Bromelain** is the key enzyme in pineapples that reduces inflammation as effectively as drugs. Bromelain also helps in the fight against cancer and shrinks tumors! Bromelain also reduces post-operative swelling and manages digestive disorders, especially those caused by lack of pancreatic enzymes.

**Manganese** is a vitamin our body cannot produce on its own! This is why we must consume manganese-rich foods, such as the pineapple, which is an excellent source. Manganese helps with bone formation, healing wounds, and maintaining healthy skin. It helps regulate blood sugar levels and strengthens the immune system.

**Vitamin C** is abundant in the pineapple. Vitamin C is an excellent immune supporter and is great for oral health, reducing the risk of gingivitis and periodontal disease.

**Phosphorus** is required by the body for bone and teeth formation. Calcium alone cannot build strong bones and tissues. Pineapples are a great source of phosphorous, with one cup serving up to 13mg of phosphorous.

**Vitamin B1 (Thiamine)** is also found in the pineapple. It is responsible for the development of energy in the body, turning carbohydrates into the energy we need. It is also important for proper muscle function and nervous system operation.

**Vitamin A** is abundant in the pineapple, with 58 IU’s per 100g! Beta-carotene is present in great amounts too! These compounds are excellent antioxidants! Eating fruits and vegetables rich in these flavonoids helps protect the body from lung and oral cavity cancers!
“People may hate you for being different and not living by society's standards, but deep down, they wish they had the courage to do the same.”

~ Author Unknown
DIY: Earache Remedy

Garlic + Tea Tree Oil + Cotton balls + Olive oil

Directions:
Heat up 1/2 c olive oil
Add 1/2 tsp crushed garlic
6 drops of tea tree oil
Dab a cotton ball in the warm mixture
Put it in the ear while laying down
Let the mixture seep into your ear.
THIS AMAZING FRUIT CAN HELP TREAT AND CURE CANCER!

SOURSOP

FIND OUT MORE AT WWW.COLLECTIVE-EVOLUTION.COM
Help me understand the logic of this:

Watching 2 hours of violence in a movie has no influence on our behavior

*BUT* a 30 second Super Bowl ad is worth $3.8 Million because it will make us run out and buy a product.
The SCIO will improve the body electric VARHOPE by five% as an average after just one session. The AutoFocusing Harmonic therapies of the Cybernetic Loop of measuring, stimulating, re-measuring, all guided at maximizing the body electric by an average of five%. Improvements of Voltage, Amperage and thus power. Improvements of Resistance and Hydration that means improved enzyme and osmosis transfer of nutrients and detoxification. Improvements in Oxidation meaning more endurance. And improvement in Ph meaning more health. No wonder there are a mile long list of testimonials. Now we can understand why the sport athletes get such great results. A five% improvement is a great edge for a professional sportsman. The patented and proprietary process of the SCIO and QQC have been proven on the world scientific stage to work wonders of improving and stabilizing the body electric.

If you need more information on the SCIO and purchase details please get in touch with us
Maitreya Kft.
tel: +3613036043 | web: www.qxsubspace.com | e-mail: info@qxsubspace.com
Raising Your Vibration

Leafy Greens, beetroot, raisins, figs, watermelons, dandelion, greens, almonds, high raw foods daily, getting outside, grounding (earthing), laughing, smiling, passion, sunshine, walking on the beach (or just walking!), exposure to greenery and nature, breathe deeply, yoga, classical and relaxation music, burning lavender oil, acceptance, forgiveness, gratitude, kindness, love, joy.

Lowering Your Vibration

Hard alcohol, junk food, toxic relationships, toxic thoughts, toxins from the environment, toxic cleaning products and other environmental products, toxic personal care products, toxic foods, excess red meats, liver and other organ meats, white sugar, medication, radiation exposure, consistent heavy metal music, yelling, arguing, holding onto the past, medication, stuck in emotions such as anger, resentment, guilt.

Eat for Nutrition Not Stimulation
HOW ALCOHOL ATTACKS THE BRAIN
A guide to the sequential damage alcohol inflicts on neural tissue

1. First, alcohol affects the forebrain and assaults motor coordination and decision making.

2. Then, alcohol knocks out the midbrain, and you lose control over emotions and increase chances of a blackout.

3. Finally, alcoholbatters the brainstem as it affects heart rate, body temperature, appetite and consciousness, a dangerous and potentially fatal condition.

SHARE IF YOU CARE
Dare to Be Aware
It's Impossible - It can't be done

Which step have you reached today?
MAGNESIUM
THE ESSENTIAL FORGOTTEN MINERAL

Magnesium is a mineral needed by EVERY CELL of your body.

Foods Highest In Magnesium
- Crude Rice Brain 922mg
- Swiss Chard 860mg
- Purslane 850mg
- Spinach 756mg
- Dark Cocoa Powder 499mg
- Almonds 395mg
- Coffee 327mg

Did you know...refined grains remove 80–97 percent of magnesium?

The Spark of Life
It creates energy in each and every cell by activating ATP the storage molecule and the fuel that drives each cell of your body.

Our bodies need the correct amount of magnesium in our diets for us to sleep properly. If it’s too high or too low, we can suffer from sleep disturbance.

Can Magnesium Deficiency Cause Cancer?
Researchers found that 46% of the patients admitted to an intensive care unit in a tertiary cancer center presented as deficient in magnesium.

In Egypt, the cancer rate was only about 10% of that in Europe and America. Among the rural population, it was practically non-existent. These cancer-free populations have an extremely high magnesium intake of 2.5 to 3g which is 10 times more than in most Western countries.
The International Medical University of Natural Education IMUNE who sponsors the International Journal of the Medical Science of Homeopathy and Natural Medicine wishes to invite all and any to attend our yearly world congress on medicine. If you would like to present material please send us a proposal. Please send us studies, letters, comments, articles, photos, testimonials, or stories for us to consider for publication.

If you wish to give a workshop, or have a booth please send us a proposal.

Please send us in acceptable form to:

Edit Barota - Conference Organizer
edit@qxs subspace.com

Every year in October, Prof William “Bill” Nelson invites you to the “QX World Conference” in the beautiful European city of Budapest, Hungary. Prof Nelson and his office staff, The Budapest Home Office, are the creator and manufacturer of the universal electrophysiological biofeedback system, the SCIO. Prof Nelson and his staff are living and working out of Budapest and this is a chance to meet them as well as numerous other Trainers and Speakers from around the world covering various topics connected to the device.

If you need more information on the SCIO and purchase details please get in touch with us

Maitreya Kft.
tel: +3613036043 | web: www.qxs subspace.com | e-mail: info@qxs subspace.com
Flu-fighting Foods

- Ginseng Root
- Strawberries
- Cinnamon
- Raw Honey
- Cayenne pepper
- Raw garlic
- Turmeric
- Spinach
- Berries
- Onions
- Cloves
- Ginger
Hugging is good medicine
It transfers energy and gives the person hugging an emotional lift. You need four hugs a day for survival, eight for maintenance, and twelve for growth. Scientists say that hugging is a form of communication because it can say things you don’t have the words for. And the nicest thing about a hug is that you usually can’t give one without getting one.

If you correct your mind, the rest of your life will fall into place.
~Lao Tzu
Cybermagnetic

Using the computer's headphone and microphone jacks we can first analyze the patient's voice patterns for energetic disturbance and then choose sound files for relaxation, healing or energy. The music is sent into the body thru the headphones and a magnetic field generator. A magnetic field detector then receives the signals from the body establishing a cybermagnetic loop. The computer can then change the music to help the patient's body electric.

The Cybermagnetic Chair can be purchased with the zero gravity chair you see for 1200 extra, or with the simple back cybermagnetic pads to put on your own chair for 5,000 euro with the QT software included. This system can operate independently or interact with your QXCI, SCIO, Indigo or Eductor.
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<th>Healing Herbs and Spices</th>
<th>Medicine Cabinet in Your Kitchen</th>
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<td><strong>OREGANO</strong></td>
<td>helps soothe stomach muscles</td>
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<tr>
<td><strong>MINT</strong></td>
<td>can ease hiccups</td>
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<tr>
<td><strong>GINGER</strong></td>
<td>anti-nausea remedy</td>
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<tr>
<td><strong>GARLIC</strong></td>
<td>natural antiseptic</td>
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<tr>
<td><strong>FENUGREEK</strong></td>
<td>helps flush out harmful toxins</td>
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<tr>
<td><strong>Fennel</strong></td>
<td>can reduce bad breath and body odor</td>
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<td><strong>CLOVE</strong></td>
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<tr>
<td><strong>SAGE</strong></td>
<td>antiseptic and antibiotic</td>
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<td><strong>Thyme</strong></td>
<td>relaxes respiratory muscles</td>
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<tr>
<td><strong>TURMERIC</strong></td>
<td>anti-cancer</td>
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<td><strong>BASIL</strong></td>
<td>can relieve gas and soothe stomach upsets</td>
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<td><strong>BLACK PEPPER</strong></td>
<td>help relieve indigestion</td>
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<tr>
<td><strong>CAYENNE</strong></td>
<td>can stop a heart attack</td>
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<tr>
<td><strong>CINNAMON</strong></td>
<td>helps lower blood pressure</td>
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<tr>
<td><strong>Dill</strong></td>
<td>treat heartburn, colic and gas</td>
</tr>
<tr>
<td><strong>Rosemary</strong></td>
<td>antioxidant</td>
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USES OF GARLIC

Forget apples...a clove of garlic a day keeps the doctor away!

- high cholesterol
- vaginitis
- parasites
- athlete’s foot
- respiratory problems
- poor digestion
- low energy
- blood sugar
- blood cholesterol
- boosts the immune system
- stomach
- colon cancer

- Allergies
- Coughing
- Diabetes
- Increase absorption of iron and zinc
- Toothaches
- chronic bronchitis

- Antioxidants
- Warts
- breast cancer
- Cold and flu
- leukemia
- anti-fungal
- yeast infections
Merck drug company admits injecting cancer viruses in vaccines
Uses Of LEMON JUICE

Lemon juice is well known for its antioxidants and anti-cancer properties and has been used for centuries.

- Boosts immune system
- Aids in digestion
- Increases concentration
- Flushes liver and kidneys
- Suppresses appetite
- Prevent heart failure.
- Help wounds to heal faster
- Help the body to remove toxins
- Infection
- Cough and Cold
- Asthma
- Nausea, Vomiting and Travel Sickness
- Bone-Related Diseases
- Acne, Spots and Pimples
- Hair
- Radiation
FENNEL SEEDS

Eliminate stomach aches and stimulate digestion. A good remedy against intestinal worms. Used to sharpen the eyesight and alleviate eye irritations. Fennel seeds and roots unclou the liver, spleen, biliary bladder and eliminate cramps ...

Fennel can also be used in treating bruises, cellulitis, obesity, retaining water, eliminating the toxins from the body, halitosis, inflammations of the mouth. Fennel helps eliminate the common cold and reduce the bouts of cough due to its expectorant nature (contains big quantity of alpha-pinene). The steam resulting from the boiling of the fennel leaves in water alleviates asthma and bronchitis.
Need to remember this for KIDS...Remove a splinter easily by applying a paste of baking soda and water, then waiting several minutes for the splinter to pop out of the skin. Gotta remember this!
Uses for Flaxseeds

An unbalanced diet can cause up to 15 pounds of waste to build up in your colon. The best way to rid your colon of this waste is to maintain a high-fiber diet.

Adding flaxseed to your diet is an excellent way to jump start your colon cleanse.

Colon cancer | Immune system
Breast cancer | Nervous system
Gastrointestinal system | Stress
Digestion | Colon cleanser
Detoxify cells | Antioxidant
Anti inflammatory | Cardiovascular disease
Hot flashes
VITAL: Wealth Gap

Globally, the richest 2% of adults own more than 50% of the assets.

In the U.S. the richest 1% own more assets than 90% of the population combined.

US Source: Inequality.org: http://www.demos.org/inequality/numbers.cfm
More Reasons to Eat Your Veggies!

- An eggplant’s peel can fight against cancer and aging.
- Carrots help the body maintain connective tissue, teeth, and gums.
- Tomatoes can help lower the risk of cancer.
- Cauliflower is an excellent source of Vitamin C.
- Cucumbers can help reduce constipation.
- Broccoli protects you from cancer.
- Lettuce can help increase bone mass.
- Yams help maintain your night vision!
- Onions can reduce high blood pressure.
- Artichokes are a great source of fiber.
No Need of Angioplasty or Bypass

Natural therapy for opening the veins of Heart

- Lemon juice - 1 cup
- Ginger Juice - 1 cup
- Garlic Juice - 1 cup
- Apple vinegar - 1 cup

Say No to Angioplasty

Mix all above and boil in light flame, when it become three cups, take if off and cool down. Now mix it with three cup of natural honey and keep it in a clean bottle.

How to take: Take one tablespoon of this juice daily before breakfast. Your blockage from veins will disappear slowly.

Kindly share & pass this with your family, friends and relatives.

Thymus Thump
Activate your life energy
WHAT'S YOUR SKIN TELLING YOU?

Skin inflammation like acne or redness can be reflective of your internal health. Use this face mapping method to decode what may be going on inside your body.

Disclaimer: This information is for informational purposes only and is not meant to be a substitute for professional medical advice, diagnosis or treatment.
THE EGO
false self

ME
Separation
Blame
Hostility
Resentment

THE SOUL
true self

WE
Unity
Understanding
Friendliness
Forgiveness
# 22 Uses of Lemon Peels

<table>
<thead>
<tr>
<th>Clean greasy messes</th>
<th>Make zest</th>
</tr>
</thead>
<tbody>
<tr>
<td>Clean your tea kettle or coffee pot</td>
<td>Make Vegan Lemon Biscotti</td>
</tr>
<tr>
<td>Clean your microwave</td>
<td>Make twists</td>
</tr>
<tr>
<td>Deodorize the garbage disposal</td>
<td>Make lemon extract powder</td>
</tr>
<tr>
<td>Polish chrome</td>
<td>Make Lemon Sugar</td>
</tr>
<tr>
<td>Polish copper</td>
<td>Make Lemon Pepper</td>
</tr>
<tr>
<td>Clean a stainless steel sink</td>
<td>Make candied lemon peel</td>
</tr>
<tr>
<td>Keep insects out</td>
<td>Lighten age spots</td>
</tr>
<tr>
<td>Make a scented humidifier</td>
<td>Soften dry elbows</td>
</tr>
<tr>
<td>Refresh cutting boards</td>
<td>Use on your skin</td>
</tr>
<tr>
<td>Keep brown sugar soft</td>
<td>Make a sugar scrub</td>
</tr>
</tbody>
</table>
A GMO IS:
the direct human manipulation of an organism's DNA in a laboratory environment.

A GMO IS NOT:
Plants and animals that are traditionally bred to achieve specific characteristics such as breeding dogs or cross-pollination of plants.

SCIENCE OF GMOS
Genetic modification may include the ADDITION OF DNA from species that would NOT BREED in nature. Cross-species—or transgenic—genetic manipulation has gone so far as to COMBINE FISH DNA WITH STRAWBERRIES and tomatoes. GMO foods have only existed in groceries since the late 1990's. GMO varieties of corn and potatoes are engineered to PRODUCE THEIR OWN PESTICIDES.

STUDIES OF GMOS
NO LONG-TERM TESTING. It took decades for the dangers of Trans-Fats (another artificial food) to become understood.
Mice fed GM pesticides producing corn over four generations showed
ABNORMAL structural and chemical changes to various organs and significantly reduced fertility.
HERBICIDE-RESISTANT WEEDS.
TRANSGENIC DNA HAS BEEN FOUND IN 99% OF WILD CORN.
GROUNDWATER.

PREVALENCE OF GMOS
You probably eat GMOs EVERY DAY. 30,000 different GMOs on grocery store shelves (largely because of how many processed foods contain soy).

PERCENT OF GMOS IN TOTAL CROP PRODUCTION

PUBLIC OPINION OF GMOS
Poll consistently show that a significant majority of North Americans would LIKE TO BE ABLE TO TELL if the food they’re purchasing contains GMOs.

OUT OF A CBS NEWS POLL:
87% want GMOs labelled
53% would not buy genetically modified food

NATIONAL OPINIONS OF GMOS:
The USA is the largest producer of GMO crops and does not mandate labels for GMO food.
The Silent Epidemic Of Vitamin D Deficiency

For the shocking fact...

Medical experts will tell you over 70 percent of all people are deficient in vitamin D and I'm convinced the number is even higher than that.

That means you, your family, your friends, co-workers, and even the people you know online at the grocery store are all counting...for a whole host of chronic and debilitating diseases. Why? Because you're not getting enough vitamin D.

The growing health problem of vitamin D deficiency is considered a silent epidemic for a very good reason: most people aren't even aware it exists.

And as research continues in this area of concern, the list of diseases potentially linked to vitamin D continues to grow and grow.

Diseases like osteoporosis, osteomalacia (juvenile form of rickets), some cancers, and even Alzheimer's disease.

I could go on and on but these are simple facts of modern life and we all have to be concerned.

I know what you're probably thinking: 'If they put it in the milk, why do we need to take vitamin D supplements?'

That may be true, but what they haven't told you is this is NOT the best form of vitamin D for your body to use.

Something you may not know or realize is that some forms of vitamin D exist, yet only one is available to your body naturally. And another

interacting with information you might not know is that where you live in the world can influence whether or not you are getting enough vitamin D.

And the secret truth of it all is that there is absolutely no reason in the world anyone should suffer from a lack of vitamin D. When the remedy is as simple as spending just a little time outdoors.

Which brings me to this unbelievable information...

The Myth of the "Deadly Sun"

The story has been repeated, often after decades, from our grandmother all the way to the person reporting the latest news.

"Stay out of the sun, you'll end up like a snow and look like we before your time.

"Slather on the sunscreen or you'll just sweat in.

"Cover up — don't know you the sun can hurt you.

But it's just not true. In fact, life-giving sunshine, has been demonstrated in a great deal of research just to take the life of some unsung hero and unimportant person.

This kind of knowledge, spread primarily through the media, could not be any further from the truth.

I'm not saying you shouldn't be careful. The sun is very powerful source of negative rays but don't be afraid of it.

I want you to stay healthy because it's a cost-effective way to prevent conditions overexposure can cause harmful and dangerous damage to your skin.

But I want you to have healthy sun rays — but don't eliminate it from your life completely.

The incredible healing power of sunlight has been known for centuries.

Cultures around the world have revered and worshiped the divine properties of the sun, perhaps long before even the written word.

The earliest writing from the Pharaohs of Egypt, from Greek, Roman, and Arabic civilizations, and countless other records and notes of healing are filled with praise for the sun’s powers.

What benefits will I qualify for?

• Buy 10 sessions and get two free — Save $950.

• Get 10% off purchase of your first order when you book three sessions or more — Save $90.

• Receive free gift of regular maintenance visits.

• Get various discounts exclusive to Quantum Health and other special offers.

Enquire today about becoming part of this exciting new initiative!
You are what you eat

Every 35 days, your skin replaces itself. Your liver, about a month.
Your body make these new cells from the food you eat.
What you eat literally becomes you.

You have a choice in what you’re made of.
Natures Flu Shots

Juice of 6 fresh lemons
1 bulb Garlic
2 tsp. Ginger powder
2 Tbsp. Honey
3 cups Pineapple juice
¼ tsp Cayenne powder

Blend all ingredients thoroughly and store in a glass jar. Take 1 cup 4 times a day until the symptoms are resolved.
Study accidentally exposes chemotherapy as fraud - tumors grow faster after chemo!

"As a chemist trained to interpret data, it is incomprehensible to me that physicians can ignore the clear evidence that chemotherapy does much, much more harm than good."

-- Alan Nixon, Ph.D., Past President of The American Chemical Society

A team of researchers from Washington state had a giant "Oops!" moment recently when it accidentally uncovered the deadly truth about chemotherapy while investigating why prostate cancer cells are so difficult to eradicate using conventional treatment methods. As it turns out, chemotherapy does not actually treat or cure cancer at all, according to the study’s findings, but rather fuels the growth and spread of cancer cells, making them much harder to stamp out once chemotherapy has already been initiated.

THOUGHTS are energy -
they are REAL and they have POWER
For those who like to drink cold water, this article is applicable to you. It is nice to have a cup of cold drink after a meal. However, the cold water will solidify the oily stuff that you have just consumed. It will slow down the digestion. Once this "sludge" reacts with the acid, it will break down and be absorbed by the intestine faster than the solid food. It will line the intestine. Very soon, this will turn into fats and lead to cancer. It is best to drink hot soup or warm water after a meal.

A serious note about heart attacks - You should know that not every heart attack symptom is going to be the left arm hurting. Be aware of intense pain in the jaw line.

You may never have the first chest pain during the course of a heart attack. Nausea and intense sweating are also common symptoms. 60% of people who have a heart attack while they are asleep do not wake up. Pain in the jaw can wake you from a sound sleep. Let's be careful and be aware. The more we know the better chance we could survive.

A cardiologist says if everyone who reads this message sends it to 10 people, you can be sure that we'll save at least one life. Read this & Send the link to a

CH...CH...CH...CHIA SEEDS
AN ANCIENT STAPLE OF AZTEC WARRIORS

Control Type II Diabetes
Mexica's native, hispanic plant was marketed as the fad "chia pet" for decades. But it's real value is in its ability to help control type II diabetes. Including:
- Reduced Body Fat
- Lowered Insulin Levels
- Lowered Blood Sugar
- Positive Impact on Cardiovascular Health
- Help with Memory Loss

Aztec warriors could reportedly survive 24 hours of combat on just 1 tablespoon of chia gel.

Chia Pudding Recipe

Ingredients
- 2 1/2 cups almond milk
- 3 tablespoons honey or sweetener
- 1/2 cup chia seeds
- 1/2 teaspoon orange zest, finely grated

Directions
1. In a large jar, combine the almond milk and sweetener. Close the jar and shake to combine. Add the chia seeds and orange zest to the jar, then close and shake well.
2. Refrigerate until thick and pudding-like, at least 4 hours or overnight, shaking or stirring occasionally.
3. Serve with fruit, a drizzle of honey, cinnamon, or whatever other toppings you like.

Recipe from Marcus Samuelsson – http://www.marcussamuelsson.com/recipes/chia-seed-pudding-recipe
NO FLU TEA

Chicken Stock
Turmeric
Cinnamon
Peppercorns
Cardamom
Ginger
Garlic

www.homemademommy.net
<table>
<thead>
<tr>
<th>Right</th>
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<tbody>
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<td>Gallstones</td>
<td>Stomach Ulcer</td>
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<tr>
<td>Stomach Ulcer</td>
<td>Heartburn/ Indigestion</td>
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<tr>
<td>Pancreatitis</td>
<td>Pancreatitis, Gallstones</td>
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<td>Epigastric hernia</td>
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<td>Kidney stones</td>
<td>Stomach Ulcer</td>
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<td>Urine Infection</td>
<td>Duodenal Ulcer</td>
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<td>Constipation</td>
<td>Ulcer</td>
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<td>Lumbar hernia</td>
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<td>Inflammatory Bowel</td>
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<td>Umbilical hernia</td>
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WHY YOU SHOULD EAT AN AVOCADO A DAY

The Mayan Indians have a saying: “Where avocados grow, hunger or malnutrition has no friends.”

PROTECT YOUR EYES WITH LUTEIN
Avocados provide the lutein necessary to protect you from age-related eye degeneration.

HEART HEALTHY OLEIC ACID
Oleic acid improves your cardiovascular system in addition Vitamin B6 and folic acid control homocysteine levels which are linked to an increased risk of heart disease.

HIGH FIBER CONTENT
Avocados contain more natural fiber than any other fruit, and this high fiber content aids in digestion and helps regulate blood sugar.

ANTIOXIDANT BOOSTER
Contains the master antioxidant “Glutathione” which boosts your body’s immune system and keeps your nervous system healthy.

INCREASES COLLAGEN PRODUCTION

35% MORE POTASSIUM THAN A BANANA

About 50 million pounds of avocados are consumed in the U.S. on Super Bowl Sunday!

www.undergroundhealthreporter.com
How Stress Affects the Body

Stress is recognized as the #1 proxy killer disease today. The American Medical Association has noted that stress is the basic cause of more than 60% of all human illness and disease.

Chronic Fatigue

- Headaches, Dizziness, ADD/ADHD, Anxiety, Irritability & Anger, Panic Disorders
- Grinding Teeth & Tension in Jaw
- Increased Heart Rate, Strokes, Heart Disease, Hypertension, Diabetes Type I & II, Arrhythmias
- Digestive Disorders, Upset Stomach, Abdominal Pain, Irritable Bowel Syndrome
- Weight Gain & Obesity
- Decreased Sex Drive

Stress affects the entire body and can cause many other problems such as:

- Insomnia, emotional & behavioral problems, immune system dysfunction, asthma, ulcers, lack of energy, depression, nervousness, paranoia, etc., etc., etc.
- Muscle Tension, Fibromyalgia, Complex Regional Pain Syndrome

- Alcoholism, Suicide, Drug Addiction, Tobacco Addiction & other harmful behaviors
Unusual Uses for Baking Soda

Absorbs radiation
Absorbs heavy metals
Alkalizes the body
Natural Toothpaste
Freshen Your Mouth
Facial Scrub and Body Exfoliant
Non toxic Deodorant
Treat Insect Bites & Itchy Skin
Make a Hand Cleanser and Softener
Clean Brushes and Combs
Make a Bath Soak
Soothe Your Feet
Clean your bathroom tubs, tile
and sinks
Wash your dishes
Clean Floors
Clean Furniture
Clean Shower Curtains
Clean Baby Clothes
Clean Cloth Diapers
Clean Batteries
Clean Cars
Freshen Linens
Clean dirt and residue off
fresh fruit and vegetables
Treat Colds and the Flu
Deodorize Stinky Feet

---

The Power of Papaya

INCREASES ENERGY
AIDS IN WEIGHT LOSS
ANTI INFLAMMATORY
BOOSTS IMMUNE SYSTEM
HELPs ALLeViate ARTHRITIS
SUPPORTS DIGESTIVE HEALTH
PREVENTS CATARACT FORMATION
SUPPORTS CARDIOVASCULAR SYSTEM
AIDS IN PREVENTING AND FIGHTING CERTAIN CANCERS
HELPS THE RENEWAL OF MUSCLE TISSUE
HEALTH BENEFITS OF TEA TREE OIL
According to The University of Western Australia

HELPS WITH

• acne vulgaris
• allergic skin reactions
• athlete's foot
• bad breath
• dandruff
• dental plaque
• gingivitis
• eye infections
• fungal nail infection

IF YOU CAN READ THIS, YOU HAVE A STRONG MIND

TH15 M3554G3
53RV35 TO PROVE HOW OUR M1NDS
C4N D0 4M4Z1NG T1NG5!
1MPR355IVE T1NG5!
IN THE B3G1NN1NG IT WAS H4RD BUT NOW,
ON TH15 L1N3 YOUR M1ND IS R34D1N9
4UT0M4T1C4LLY W1TH 0UT 3V3N
TH1NKnG 4B0UT IT, B3 P0RD!
ONLY C3R1T1N P50PL3
C1N R3AD TH15
Scientists Prove DNA Can Be Reprogrammed by Words and Frequencies
Foods that Help Get Rid of Parasites

*Pumpkin & Sunflower Seeds
remove the seeds from your pumpkin and expose them to air for a few days to dry them out and eat them raw first thing each morning.

*Coconut
drink the juice and eat the flesh of one fresh coconut first thing each morning then fast for 4 hours.

*Pomegranates
destroying worms in the intestinal tract.

*Garlic
eat a garlic bud first thing every morning.

*Thyme
cleansing the system of worms.

Fact: For every molecule of sugar you consume it takes FIFTY-FOUR molecules of Magnesium for your body to process it.

Food For Thought
The 'Seven Wonders of the World'

1. to see
2. to hear
3. to touch
4. to taste
5. to feel
6. to laugh
7. and to love
Do the SOC Index
Balance & Bliss
Life Style Counseling

SOC Inventory
A holistic approach to your health.
Healthy Lifestyles
Guided Self-Change Clinic

Functional

Cellular Stress

Exhausted

Antigen load
Polyfunctionality
Inhibitory receptors
Recall response
Apoptosis

Health-Alarm-Adapt-Exhaust
The Alarm Response to a Stressor is the Symptom= Pain, Itch, Cough, Inflammation DisComfort
In The Next Adaptation Stage

The Symptom Alarm goes away and the Disease goes Deeper into the Body

What is PARKINSON’S DISEASE?

In Parkinson’s disease, cells in part of the brain called the substantia nigra die off.

These cells make dopamine. When the brain does not have enough dopamine, it leads to the motor symptoms of Parkinson’s disease.
Exhaustion
Stage Where the Accumulated Stress Finally leads to Systemic Breakdown + Failure
HEALTH is EASE of Flow in the body, then enter stressor (toxin, etc.) produces dis-EASE

1. **Alarm** = Reaction to a stressor symptoms are the alarm, *if stressor continues then*

2. **Adaptation** = symptoms go away as we adapt, *if stressor continues then*

3. **Exhaustion** = the stressors burden the organs, *if stressor continues then*
   a. **Functional** = first the stressors effect the organ function, *if stressor continues then*
   b. **Organic** = the organs start the swell or shrink, *if the stressor continues then*

4. **Death** = cellular, organ, organ system, organism death
Health benefits of Coriander (a.k.a. Cilantro)

- Helps with heavy metal detox.
- Prevents nausea.
- Helps with digestion.
- Relieves gas.
- Lowers bad cholesterol (LDL).
- & rises the good kind (HDL).
- Anti-inflammatory.
- Prevents and alleviates arthritis symptoms.
- Protects against urinary tract infections.
- Lowers blood sugar.
- Cools the liver.

Rebelle Wellness
KOMBUCHA SUPPORTS:
DIGESTION
METABOLISM
IMMUNE SYSTEM
APPETITE CONTROL
WEIGHT CONTROL
LIVER FUNCTION
BODY ALKALINITY
ANTI-AGING
CELL INTEGRITY
HEALTHY SKIN & HAIR

MILLENNIUM PRODUCTS, INC
P.O. Box 2352, Beverly Hills, CA 90213
Contact us: Toll Free (877) RE-JUICE
synergy@GTSkombucha.com
80 mL
Your Stomach Empty is the Size of your Fist, Your Stomach Full is the Size of your Head, So Don't Over Eat and Stretch your Stomach. If you do you will always be Hungry
Rapid treatment for a blood clot in the brain? *Find the blockage and get the blood flowing in 30 minutes.*

For a Stroke Risk Person at earliest sign of headache and dizziness:
Relax Person, Keep extremities moving gently, Massage Scalp (not Neck), Extend Neck give some aspirin, Garlic, black Pepper, Convalarianna Tea, Ginko, Cumerin, Curry, Grapefruit or Tomatoe juice, Cold water on face
SPIRULINA • WORLD FOOD

The complete guide to a powerful food that can help rebuild our health and restore our environment

Once a food of the future, now millions of health conscious people around the world are enjoying this powerful food packed with unusual phytonutrients, antioxidants and functional nutrients with proven health benefits.

This 3.6 billion year old algae designed by nature can help restore our personal and planetary health.

With 200 photos, graphs and tables, this book covers:

- Super health programs using this green superfood.
- New scientific discoveries revealing medical benefits.
- How algae is ecologically grown, delivering more nutrition per acre than any other food.
- Growing spirulina in developing world villages, harvesting from lakes and microfarming.
- How spirulina uses land and water more efficiently than other food crops.
- Schemes and dreams using microalgae to restore and regreen our planet.

Robert Henrikson has been instrumental in developing algae as a world food resource for over 30 years. He has been President of a major algae food company and founder and director of the world’s largest spirulina farm. He has been eating five grams a day of this green food for 30 years, about as long as anyone.
Negative Emotions Creation Cycle
The reductive and destructive cycle of the five elements

Heart & Small Intestine
Negative emotions:
Hate, Cruelty, Impatience

Physical symptoms:
- Heart palpitations
- High blood pressure
- Chest pain

Liver, Eyes & Gallbladder
Negative emotions:
Anger, frustration, Jealousy, Envy
Physical symptoms:
- Production of more Cholesterol
- Bile production becomes imbalanced, impairing digestion
- Blood stagnates in the Liver, reducing its ability to detoxify the body

Spleen, Stomach & Pancreas
Negative emotions:
Worry, Anxiety, Mistrust
Physical symptoms:
- Impaired digestion
- Difficulty eliminating waste produced by digestion

Kidney, Ears & Bladder
Negative emotion: Fear
Physical symptoms:
- Loss sexual energy
- Loss of life force
- Nervous system disorder
- The body becomes acidic
- Knot in the abdomen

Lungs, Skin & Large Intestine
Negative emotions:
Sadness, Depression
Physical symptoms:
- Breathing problems
- Decreased oxygen in the blood
- Constipation

Wood

Earth

Fire

Water

Metal
Immune Boosting Foods

**Grapefruit**
- Packed with vitamin C makes this an immune-boosting essential. They are packed with bioflavonoids, which are phytonutrients.

**Cruciferous Vegetables**
- Rich in antioxidant vitamins which give an immune system boost, and also contain Choline which keeps your cells functioning properly and helps maintain healthy gastrointestinal tract.

**Carrots**
- A great source of beta carotene which supports the body’s mucus membrane, which lines the respiratory and intestinal tracts, making it harder for bacteria to enter the bloodstream.

**Cinnamon**
- Cinnamon is an antiviral, antifungal, and antibacterial and an immune system booster. It actually fights the pathogens that cause illness.

**Berries**
- Berries contain antioxidants responsible for the health of your immune system, as well as your body’s ability to destroy invading bacteria and germs. They also contain vitamin C and magnesium, two nutrients that are essential in maintaining the strength and function of your immune system.

**Mushrooms**
- A major source of the immune system-boosting mineral, zinc. If you don’t have enough zinc in their diet tend to have fewer white blood cells to help fight off disease, which can lead to a reduced immune response.

**Kale**
- Greens such as kale, spinach, and Swiss chard are immune-boosting foods that contain high levels of vitamin C, which help fight off infection and regenerate other antioxidants in the body, including vitamin E. They also contain folate, another immune booster.

**Watermelon**
- Contains antioxidant Vitamins A and C, which helps to neutralize free radicals that can lead to inflammation, general sickness and chronic illnesses such as stroke and heart attack. It contains beta-carotene, which helps fight cancer, particularly colon cancer. Lycopene, a carotenoid found in watermelon provides additional cancer fighting health benefits.

http://eatingmywaytobetterhealth.blogspot.com/
Food

1. buy it with thought
2. cook it with care
3. serve just enough
4. save what will keep
5. eat what would spoil
6. home-grown is best

don't waste it

COMMITTEE OF PUBLIC ISSUES, DEPARTMENT OF HOME VERSUS HOUSES, PHILADELPHIA.
REAL FOOD
IT'S HARDER TO FIND THAN YOU THINK

Most of the food consumed in this country has been chemically treated, genetically engineered, or heavily processed — and none of it requires a warning label. It's hardly even real food anymore, and it is negatively impacting our health. Find out how you and your family can reduce your risk and make healthier choices.

THE GE THREAT

Do you think it's a good idea to combine the genes of plants and chemicals? Genetically engineered food is created with technology that alters the makeup of organisms we consume, such as plants and animals, by modifying them with foreign DNA or synthetic genes, often through radiation or chemicals.
Our Society has All Learned to Avoid Synthetic Foods

ADD  Eczema  Asthma
Hives  "ADD"
ADHD  Autism  PDD
Dyslexia  Headaches  Ear Infections  Irritability
But the Hospital Menu does not Offer a choice You must Choose SINthetic
Into the Trash It Goes

A federal study found that 96.4 billion pounds of edible food was wasted by U.S. retailers, food service businesses and consumers in 1995 — about 1 pound of waste per day for every adult and child in the nation at that time. That doesn’t count food lost on farms and by processors and wholesalers.

For a family of four people, that amounted to about 122 pounds of food thrown out each month in grocery stores, restaurants, cafeterias and homes. Here is a depiction of that family’s monthly share, the sum of waste in eight different food groups as detailed in the study.

Grains 18.5 pounds

Fresh fruit and vegetables 24 pounds

Processed fruit and vegetables 10.5 pounds

Fluid milk 22 pounds

Meat and fish 10.4 pounds

Sweeteners 15 pounds

Fats and oils 8.6 pounds

Other food (includes eggs: peanuts; tree nuts; dry beans, peas and lentils; dairy other than fluid milk) 12.8 pounds

Source: United States Department of Agriculture; Census Bureau
It is Important first to know What NOT to Eat
Then Know what to eat

The food companies make Profit from ADDICTION

Being Poor and or Stupid should not Make you Sick
Good Sugar and Oil

Eat at least Five servings of fruits and Vegetables a day, use Vegetables as the Center of the Meal.
Remember: do not eat foods boiled in oil, get good cold processed vegetable oils and thus good Fatty acids, not trans or cooked or animal oils. Eat only Levulose (fructose fruit sugars) not Dextrose (Cane, Corn, Potatoe, Grape sugar). Wellness is your Reward. Remember to chew your food, Fruits alone, Fluids alone, and Melons alone. Make Vegetable and Fruit juice part of your daily Wellness Healthy Regime.
QUANTUM NUTRITION

Written and edited by Desiré D. Dubounet
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