WARNING! This book contains provocative material not for children or the sexually immature.
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If you do not have the money pay what you can, and if you cannot pay anything please pay the cosmos back with good deeds to others. Pass on the good karma by being good to others and helping them the way I am helping you. Pass it on.
Introduction

In 5th grade we are taught that we are made of atoms. Atoms as we are taught are made of electrons in energy states around proton and neurons in the center. Electrons never collide or touch each other for they are so charged with negative energy that the electro-magnetic-static energy repels the electrons as they approach each other. Since electrons are the outer part of each atom and electrons cannot touch each other, no two atoms ever touch each other. The outer electrons in my left hand cannot touch the outer electrons in my right hand no matter how hard I clap them together. We are taught this in the fifth grade. It is the purpose of this book to briefly outline a new more modern health care system for you and your family using modern science.

The atoms in our bodies do not touch but are held by energetic forces. We are taught in 7th grade about the Mendeleev table of elements and how atoms seek to have a certain amount of electrons in their outer shell. This is the basis of all chemistry that there is a quantic rule about how many electrons atoms want in their outer shell. Atoms combine to try to get a balanced outer electron number of electrons. This is a quantic force and a powerful force of nature. Atoms seek his balance and they move and combine to achieve it. Atoms are drawn together to make molecules, but still the outer electrons do not touch. We are shown rods and balls to display this but there are no rods and there are no balls. There are just energy forces. The false belief of rods and balls made synthetic chemistry possible, but it is a lie.

These forces are electro-magnetic-static and quantic. Since the electrons and protons are so small they make up less than one percent of one percent of one percent of one percent of one percent of one percent of one percent of one percent of one percent of one percent of one percent of one percent of one percent of one percent of one percent of one percent of one percent of one percent of one percent of one percent of one percent of the space in the body.
Quantum Physics that show our society made many mistakes in letting certain foods be sold. They make some people sick in short term and all people sick after long term usage. Before we get to what to eat we must relate what is important to not eat and not do. You might think that I will eat something to make me healthy and thus concentrate on what to eat and mistakenly let some bad things get by. It is better to focus on what to not eat and be sure you don't put bad things into your system. One bad mouthful of food can take weeks of healthy eating to counter. One bad thing is not countered by 10 good things. Concentrate on what to NOT put into your body. Just like you would not want to eat a shoe. There are foods and substances just as harmful in some cases more harmful, in the case of tobacco much more harmful. A dirty shoe is not addictive.

To make the body healthy learn to stabilize the mind. Reduce prejudice, bias, over judgmental thoughts and behaviors. The Bible tells us as a man thinks he is. So control your thoughts, choose your path well and let others choose their own path of life. Expand your circle of compassion to include all things. What comes out of your mouth can defile you as much as what goes in. This book can help you, but you need to be able to read and motivated to read.

First - you must avoid Tobacco

Tobacco does nothing for you. There is no nutrition in a cigarette. There is no nourishment it is just destructive. Your body tried to reject your first cigarette. You coughed and felt sick because it was disgusting. You only did it because of sexual and or emotional insecurity. YES indeed peer pressure and you wanted to look cool was why you started. Now you are addicted, hooked, an addict, dependent on a substance that will take decades off your life, cost you and our society lots of money. It is an illusion of addiction that you feel better after a cigarette, every cigarette makes you worse.

It is against the law for anyone under the age of 18 to smoke. It is reckless endangerment or willful neglect to allow someone under the age of consent to smoke. But the police and the law seems to look the other way and not enforce our laws. Big money and the Ultra-Rich care more about profits than people. Our society does not really take care of you and your children. You must do it for yourself.

Oxygen is life. Wellness is determined by how well you use Oxygen. But if you smoke you block oxygen, so a smoker is less in all ways. He has less stamina, fewer reflexes, less intelligence, less strength, less sexuality, less mental sharpness, less in every way. The physical addiction to tobacco only takes a few days to conquer. After that it is just the habit and the mental factors to deal with.

I wrote a long book with every way to stop smoking and motivate you to stop I could find. If you smoke, stop. There is a way to stop. First you must get over your sexual and mental insecurities and develop some critical thinking skills. But if you pay me in Karma you can get a low res version of my book.

This book is designed to introduce truly Modern Science to everyday nutrition and health.

Quantum Nutrition Home Use

There is a much longer list of things a person should not eat than what they should eat. If they eat things like soap, dirt, carpet they can get sick. There are foods sold that also really should not be eaten for they also make you sick. There have been some new scientific discoveries especially in quantum energetic fields. We are made of energy fields. We are very complex. How many electrons are there in the body? If we took the number of all of the grains of sand on earth and TIMES it by all of the stars in the visible sky, there are more electrons in one human body. All of these electrons are obeying quantum physics.
Any synthetic (SINthetic) manmade compound is an insult to the body. The body knows it is not natural and tries to get rid of it. A synthetic compound cannot do all of the things a natural can so there are always side effects. We now all know that all synthetic foods and food materials are in some ways incompatible with the body. All of the produce unwanted side effects, some small some disabling.

The social experiment of using SINthetic foods in the human diet for the last hundred years or so is over. The results are in. SINthetic foods cause and aggravate disease, sometimes in a small way, sometimes it is disabling.

So our strongest recommendation is to avoid all synthetic foods and compounds. Avoid all foods with synthetic chemicals. Use natural foods. Use organic foods if you can. Grow your own and develop a relationship with your plants. Plants have feeling too and they are part of the great cycle of life.

Life has been shown to have certain quantum relationships. The process of photosynthesis is one of elevating electrons to higher orbital using the photons of light from the sun. The chemical companies do not understand quantum biology and the fail to make things really compatible with the human body.
There have been some major mistakes made in nutrition that have contributed to disease, but none more great than the Synthetic foods mistake. Greed and the synthetic drug corporations care more about profit than people. Dangers of Synthetic compounds. Synthetic compounds are an insult to the body. If you want to read more about this try using karma to pay for these books.

For a list of all of our movies and books ask your doctor, therapist, or go to www.immune.name
The process of photosynthesis uses light photons from the sun to elevate electrons in carbohydrates to high energy states. These high energy electrons are used to make ATP in the body for energy. There are two basic kinds of sugars, dextrose, and levulose. This has to deal with another field of Quantum Electro Dynamics where dextrose sugar diverts light photons to the right and levulose diverts them to the left.

Sucrose from sugar cane is the most used dextrose. Sugar cane was first found in ancient Persia around 500 BC. They called it sakchar where we get saccharine from. It weakened the greatest army of the world and made the easy prey to Alexander the Great in 331 BC. This dextrose sugar weakens the immune system and the nerves. Alexander’s men start to eat the cane sugar and they soon lose their empire. Sugar spreads to Italy, Europe, and all over the world.

Cane sugar did not grow elsewhere and it was spread around the world. When cane sugar became cheap and used readily in Europe, the next year the black plague of Europe starts. The Columbus time sailors bring sugar to the Caribbean. Harvesting sugar is difficult and dangerous and to get harvesters the slaves are stolen from their homes in Africa. Sugar cane starts the slavery trade. (see the Diabetes and Sugar book of Desire to see the path of sugar’s destruction)

As we follow the path of sugar cane we see a wake of death and despair. It slightly weakens the immune system, the nerves, and the mind and brings on many diseases. Dextrose sugars will go directly into the cells and the blood stream making the blood sugar rise (Hypoglycemia). Followed by a low blood sugar below normal. This up and down cascade is unhealthy and makes for many diseases mostly diabetes. The hyperglycemic surge makes us feel a little better before the low comes around and thus sugar has a mild addiction effect. Because of this sugar cane spreads all over the world and becomes the world’s greatest cash crop.

Levulose has another name that is fructose or fruit sugar. Fruits are what we are meant to eat. There is no karma with a fruit, the plant need not die. We are just spreading the seeds. Levulose sugar needs to go to the liver for conversion to dextrose glucose and this makes a time release that prevents blood sugar up and down cascades. All High Glycemic foods should be totally avoided if you are critically ill. Use sparingly if you are not. The less you use high glycemic foods the better.

To know more about this, pay some karma and read these books.

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**Third avoid and limit Processed Sugars and High Glycemic foods**

1. The Synthetic drug companies do not know how to properly place the electrons around the atoms in making a drug. Nature uses QED via Photosynthesis to put some of the electrons into high energy quantum states. This is how we get energy and life.
2. The Synthetic Drug companies use antiquated outdated reductionism philosophy to assemble and test their drugs. The Fractal Complexity of Nature with it’s incredible complexity must be revered rather than ignored. The height of IGNORANCE is to ignore nature. An IGNORANCE that makes money.
3. There is no study known that ever shows a synthetic drug completely equivalent to its natural counterpart. The reductionism studies only measure the required variables. They DO NOT measure side effects. Side effects are observed and often only observed years or decades later. The laws and the FDA protect them.
4. Side Effects dominate and proliferate the Synthetic Drug scene. Look at the Physician Drug Reference and see that all drugs have a list often a long list of side effects. This is not natural. Almost Every year over a hundred drugs are removed from the market because they are hurting people. It’s just a matter of time before the harmful side effects are seen.
5. Our society has now learned conclusively that synthetic foods are incompatible with health. We have now rejected all synthetics and we know that the finest quality comes from the natural. It is the next step of simple human consciousness and thought to see clearly that synthetic drugs are incompatible with the human body.
Dextrose versus levulose, dangers of high glycemic foods

The unhealthy foods are on the top of the pyramid. Make most of your diet the bottom 2 rows.

The top row has too much dextrose and too little vitamins and minerals. Row 1 and row 2 make fat quickly and lower the immune system. Avoid row 1, and limit row 2.

The bottom row is the healthiest, rich in minerals and vitamins with fructose or levulose sugar for stable energy. You make more hormones with fructose than with dextrose. The bottom 2 rows limit disease and foster good health. The quick fix sugars of row 1 do not last and upset the blood stability. They can cause or aggravate every disease known.

Notice that Levulose, Fructose and fruit sugars do not cause Glycemic high and lows. But you must remember to not use and processed fructose and especially DONOT use High Fructose Corn Syrup.

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

The QCC is a very advanced patented trademark 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 Polarography. You can see our patented process at http://www.voltametriaqcc.ro/
# The Glycemic Index of Selected Foods

**Natural fruit sugars used moderately increase hormones, immunity, and health.**

**Do NOT Eat this -----------------------------**

Dextrose enters the cell too fast and makes High Glycemic Index. This makes immune weakness, nerve irritation, and aggravates all diseases. Avoid excessive intake of high glycemic foods.

<table>
<thead>
<tr>
<th>Left handed natural sugars; limit disease</th>
<th>LOW GLYCEMIC FOODS</th>
<th>MEDIUM</th>
<th>HIGH GLYCEMIC FOODS</th>
<th>Right handed mostly processed; make all disease</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>SUGARS</strong></td>
<td>Levulose, Stevia</td>
<td>Xylitol</td>
<td>Jelly beans, Grape</td>
<td>Dextrose, Sucrose Corn syrup</td>
</tr>
<tr>
<td></td>
<td>Fruit sugars, Xylitol</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Fructose, Xylitol</td>
<td>Fructose, Cola,</td>
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<tr>
<td></td>
<td>Rye, Sourdough, Bulgar Cous-cous</td>
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<tr>
<td></td>
<td>Sweet corn, Long rice, Quick oats, Ezekiel bread</td>
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<tr>
<td></td>
<td>Popcorn, (no artificial additives, Natural wheat)</td>
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<tr>
<td></td>
<td>Popcorn, (with additives), Processed wheat, Corn and Corn meal</td>
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</tr>
<tr>
<td></td>
<td>Corn and Corn meal, White rice</td>
<td></td>
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<tr>
<td><strong>GRAINS</strong></td>
<td>Oatmeal cookie with fructose, 5 grain pulse bread</td>
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<tr>
<td></td>
<td>Meat ravioli, Whole grain with vegetable pasta, Fettucine Macaroni Spaghetti (vegetable mix with grain)</td>
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<tr>
<td></td>
<td>Bran Muffin, Oatmeal cookie (normal)</td>
<td></td>
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<tr>
<td></td>
<td>Grape nuts, Doughnuts, Brown bread, Pop tarts, Special K Pretzels, Baguette, Corn flakes, Rice cracker, Baguettes, Pancakes, White bread, Pancakes, Sugar-coated breakfast cereals, Frosted flakes</td>
<td></td>
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<td></td>
</tr>
<tr>
<td><strong>GRAIN FOODS</strong></td>
<td>Tomate, Grapefruit, Lemon, Lime</td>
<td>Yogurt with fruits, Cherries</td>
<td>Black grapes, Kiwi, Apple, Bartlett pear, Strawberries, Orange juice, Pineapple</td>
<td>Watermelon, Banana, Maraschino cherry, Dates, Canned fruits preserved in sugar syrup</td>
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<tr>
<td></td>
<td>Blueberries, Blackberries, Raspberries, Dried apple</td>
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<tr>
<td></td>
<td>Oranges, Black grapes, Peach, Orange juice, Raisins, Pineapple</td>
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<tr>
<td></td>
<td>Black beans, Black eyed beans, Lime beans, Lettuce</td>
<td></td>
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<tr>
<td></td>
<td>Tofu, Olives, Cucumber, Carrot, Radish, Pumpkin Squash</td>
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<tr>
<td></td>
<td>Yam candied with fructose</td>
<td></td>
<td>Sweet potatoe, Boiled potatoe, Parsnips, Boiled carrots, Instant potatoe, Baked potatoe</td>
<td>Candied yams with dextrose sugar</td>
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<td></td>
<td></td>
<td></td>
<td>Baked beans, Boiled beans, Sweetened kidney beans, Boston baked beans in sweet syrup</td>
<td></td>
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<tr>
<td><strong>FRUITS</strong></td>
<td>Cold-processed vegetable oils, Green vegetables</td>
<td>Lettuce, Broccoli, Sprouts, Cauliflower, Cabbage</td>
<td>Sweet potatoe, Boiled potatoe, Parsnips, Boiled carrots, Instant potatoe, Baked potatoe</td>
<td>Candied yams with dextrose sugar</td>
</tr>
<tr>
<td></td>
<td>Soy beans, Lima beans, Black beans, Black eyed beans, Butter beans, Chickpeas, Baked beans, Pimento beans, Black eyed beans, Chickpeas, Baked beans</td>
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<td></td>
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<td></td>
<td>Lima beans, Black beans, Lentils, Butter beans, Black eyed beans, Chickpeas, Baked beans, Pimento beans, Black eyed beans, Chickpeas, Baked beans</td>
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<td></td>
<td></td>
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<td></td>
<td>Broad beans, Sweetened kidney beans, Boston baked beans in sweet syrup</td>
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<tr>
<td><strong>VEGETABLES</strong></td>
<td>Boiled, unsweetened kidney beans, Bean sprouts</td>
<td>Lettuce, Broccoli, Sprouts, Cauliflower, Cabbage</td>
<td>Sweet potatoe, Boiled potatoe, Parsnips, Boiled carrots, Instant potatoe, Baked potatoe</td>
<td>Candied yams with dextrose sugar</td>
</tr>
<tr>
<td></td>
<td>Soy beans, Lima beans, Black beans, Lentils, Butter beans, Black eyed beans, Chickpeas, Baked beans, Pimento beans, Black eyed beans, Chickpeas, Baked beans</td>
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<td></td>
<td>Broad beans, Sweetened kidney beans, Boston baked beans in sweet syrup</td>
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<tr>
<td><strong>BEANS</strong></td>
<td>Boiled, unsweetened kidney beans, Bean sprouts</td>
<td>Lettuce, Broccoli, Sprouts, Cauliflower, Cabbage</td>
<td>Sweet potatoe, Boiled potatoe, Parsnips, Boiled carrots, Instant potatoe, Baked potatoe</td>
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<tr>
<td></td>
<td>Broad beans, Sweetened kidney beans, Boston baked beans in sweet syrup</td>
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</tr>
<tr>
<td><strong>NUTS</strong></td>
<td>Pumpkin seeds, Healthy candybar with fructose and nuts, Peanuts, Cashews</td>
<td>Brazil nuts, Almonds, Cashews</td>
<td>Candy bars with nuts</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Peanuts, Cashews</td>
<td>Brazil nuts, Almonds, Cashews</td>
<td>Candy bars with nuts</td>
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</tr>
</tbody>
</table>

**Index N#**

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We need fatty acids to live and our bodies can make fatty acids with an energy expensive process. The fatty acids make the membrane of every cell. These fatty acids are carbon chains with 6 to 25 carbons in a chain. When the chain gets long heat can break the chain and destroy the fatty acids nutrient ability. Even temperatures as low as 106 degrees Fahrenheit or 41 Celsius can destroy some nerve myelin sheath fatty acids. This is why a fever over these temperatures is deadly. Natural vegetable oils are good for us. They are heat sensitive and can be weakened or destroyed by cooking, even low temp cooking. Boiling food in oil weakens the nutrient capacities. Processed foods with trans-fatty acids are also bad. If we get bad fatty acids we will make bad cells.

Boiling oil makes acrylamides form that cause cancer and it destroys nutrition. Boiling oil also makes bad fatty acids and this puts a burden on the body to make good fatty acids. By simply using a different cooking style and then adding cold processed oil on the food the taste will be the same without the risk.
Fifth - Obey the rules of Digestion

The body is a large complex set of electrical processes. We are electrical and digestion is electrical. In 5th grade we are all taught a basic scientific fact, we are made of atoms. All things are made of atoms. Atoms are made of electrons, protons, neutrons, and other much less numerous subatomic particles. The electrons and protons make up by far most of things and thus most of our bodies. The electrons and protons are electrically charged. The electrons are so highly charged that they never touch but instead repel when they approach another. The electrons, protons, and neutrons are very small and they are held apart from each other by fields. If we condense the solid matter of the electrons, protons and neutrons together the human body would be so small it would take a microscope to see it. If the proton is the size of a golf ball, the electron is smaller than the size of the point of a pin and it is over a mile away. Between the electron and proton thus is electro-magnetic-static fields, held by Quantic forces. So our bodies are more than 99.9999999999999999999999999999999 fields empty of matter. These Quantic electro-magnetic-static photonic fields are what we are. This is 5th grade science.

The body is a large set of electrical forces held together that appear as a solid entity. At one end of the body there is a muscle sphincter called the mouth. There are muscles in the mouth that can open or close to allow in nutrition or to speak or even vomit if the occasion arises. There is a long tube running through the body (some 9 to 10 meters or five times the height of a person). At the other end of the long tube is another sphincter called the anus. This muscle collection can open to allow defecation or to allow something to enter.

In between these two sphincters is digestion. This is where the body selectively decides to absorb some nutrients and let others pass on through. Yes you are what you eat because that is the
## Disease Avoid at All Costs

**Death**

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

### Related Conditions:

- Chronic pain
- Behavioral disorders
- Aggressive behavior
- Learning disabilities
- High medical bills
- Reproductive disorders
- Skin blemishes and spots
- Easily injured
- Frequently sick
- Sleep disorders
- Tired and fatigued
- Irritable
source of material that your body is made of. But for a substance to be used in the body you must absorb it. This absorption process is called digestion. When you have disease of mal-absorption or if the absorption (digestion) is compromised then disease will ensue. Eating good food is just the beginning then you must obey the rules of digestion to maximize health.

Our book on Quantum Nutrition covers what is good food, this book discusses the absorption process.

Digestion is a step by step process. The food must be properly prepared for digestion by a critical step by step process. The mouth must masticate and crush up the food. The stomach provides an acid bath to breakdown. The Small Intestines will use an alkaline wash and an enzyme treatment. The Large Intestine waits with a microorganism plant. There are muscle sphincters all along the way to control the flow. There some simple rules for each step that will maximize digestion and thus maximize health. This book will discuss these points.

The Sun’s high energy photons of light strike the plant and the plant makes high energy electrons into our food thru the quantum process of Photosynthesis. Our cells will use these high energy electrons on the foods to make ATP energy for our life processes. but first we need to strip these high energy photon carrying compounds of their other components and then we need to electrically attract the right compounds of nutrition into our bodies out of the long tube running from mouth to anus. Digestion is an electrical process. The steps of digestion have rules and this can be simply understood with the help of this book. Digestion is very complex and this book is just a start of a description of some simple rules and ideas.

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 Study, 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.
Digestion of what you eat is as important if not more important than what you eat. Quality, quantity, and quantum physics (3 Qs) are also important considerations in your diet. Next is a brief description of rules for digestion. A longer description is in the Quantum Digestion Book.

Sometimes you eat good food but do not absorb it because you violate the rules of digestion which revolve around the rules of the stomach.

**FOSSIL LAP RULES**

**Short form**

1. **Foods**
   - Rules: Avoid High Glycemic foods, Eat Low Glycemic nutrient and fiber rich foods,
   - Avoid cooked or boiled oil and trans-Fatty-Acids, beer and sugars.
   - 30% to 50% Fresh + Raw fruits and vegetables,
   - Avoid all synthetic or processed foods
   - Eat good cold pressed oils, juice vegetables,
   - Avoid all Pork, and processed lunch meats, bologna, hot dogs and over cooked meats,
   - Eat cooked meats like chicken, fish, seafood, veal, duck, turkey, buffalo, ostrich, and red meat. But meat is always a side dish to vegetables.
   - Food cooked with Love is medicine, Food cooked with Anger or Hate is poison.

2. **Oral**
   - Symptoms: difficulty chewing, jaw popping or jaw pain, dry mouth
   - The three main rules are Chew, Chew, Chew. Use your natural juicer. Take care of teeth with good dental hygiene, your jaw with good TMJ massage.

3. **Stomach**
   - Symptoms are craving liquids, belching or bloating after a meal. Itchy rectum can mean parasites escaped past the stomach acid. After drinking 4 oz of beet juice you pee red in the next five or six hours. Ulcers give pain on empty tank perhaps in night, with gas, and hunger. Heart burn or acid reflux is after eating. Rules: Eat small meals slowly. Drink only small amount of liquid with a meal. Reduce stress during and for 45 minutes after a meal. Obey all of the Rules of the Stomach Fruits alone, fluids alone, milk alone, melons alone, alcohol Alone, and Coffee Alone (60 min before or after a meal)

4. **Small Intestine**
   - Symptoms of steatorehea (not able to digest fats well) are bowel movements that are light in color (white, gray, light tan), sticky, float, oily. Pain 1 to 2 hours after a meal. Rules: no coffee with meals wait one hour plus, do not over eat EVER, avoid dextrose sugars and high glycemic foods, avoid boiled oil or anything boiled in oil, juice. Do the Mayer diet (take the cure week) once a year. When you wake up have a large glass of weak citrus juice (grapefruit is best) nothing else for 30 min. fruits alone till noon. No coffee with meals, wait one hour. Then add fiber to the meals, take pro-biotic yogurt on an empty stomach at bed.

5. **Illeo-Cecal Valve**
   - Symptoms: pain in the lower right abdominal area. Gas, itchy rectum at night, because the parasites love this area to live. Seizures, headaches, depression, mental disturbances.
Rules: avoid popcorn or if you do, do a illeo-Cecal massage the day after. Eat fiber, reduce stress after eating. Use an illeo-Cecal massage and adjustment. De-Worm once a year. (see What’s Eating You book)

6. Large Intestine

Symptoms: rectal gas indicates a bowel flora imbalance, diarrhea a disorder of the valve of Houston. Dis-absorption in the bowel of B vitamins makes Dermatitis, Diarrhea, Dementia, or Depression

Rules: Add fiber to the meals; take pro-biotic yogurt on an empty stomach at bed. Supplement natural B vitamins for a week. Colonics, bowel cleanse, enemas can also detox, but use sparingly.

7. Liver

Symptoms (any sickness or symptom involves the liver and pancreas)

Rules: do a liver gall bladder flush and eat and live right. Live for the liver.

8. Autonomic Nerval balance

Symptoms: Dysfunction of the autonomic nervous system (ANS) is known as dysautonomia. The autonomic nervous system regulates unconscious body functions, including heart rate, blood pressure, temperature regulation, gastrointestinal secretion, and metabolic and endocrine responses to stress such as the “fight or flight” syndrome. Symptoms of the autonomic dysfunction are vaso-vagal of orthostatic intolerance include lightheadedness, palpitations, weakness, and tremors when attempting to assume an upright posture. Less frequently, patients experience visual disturbances, throbbing headaches, and often complain of fatigue and poor concentration. Some patients report fainting or dizziness when attempting to stand.

Rules: treat adrenal and thyroid fatigue with SCIO biofeedback and see the adrenal fatigue book

9. Pancreas

Symptoms over 253 medical symptoms such to say if you are sick your Pancreas is involved. Read the Quantum Digestion + Endocrine book and use the info to lead a healthy life.

The Quantum Digestion Book will tell you much more and can be yours in exchange for some Karma.
And What You Absorb, Your body comes from Genetic, foods, exercise, and the quality of your mind.
Sixth - there are personal items each should avoid.

There are Allergies, Food intolerances, Enzyme Deficiencies, Gluten sensitivities, Casien or Lactose intolerance from age, Genetic Predispositions, Blood Profiles, and different disease states that make a person sensitive to certain foods more than others.

The SCIO has helped Novak Djokovic and many others to find their sensitivities and maximize nutrition. Doing a provocative allergy test the SCIO helps to find foods that are robbing health from you body. We all need help in measuring just what the body needs and just what to do to help it. The more mental effort we put the worse we will be. Health is a process of joy not fastidious picky control. A trained SCIO therapist can help take the stress out of learning about our bodies. Once we learn what the poisons are like dextrose sugar, boiled oil, syntetic food additives it is easy to set up a controlled diet without stress and turmoil. As we face the peer pressure of people wanting us to eat their poisons we can use our knowledge and confidence to just say NO and do so in relaxed joy.

Gluten Intolerance

Gluten disturbs absorption

Gluten, lactose, casein do not effect everyone the same. But as we age we develop more intolerance.

Food intolerance Complicates and Causes

The overlapping picture
"You are not just what you eat, you are what you eat and what you absorb. Malabsorption is the number one disease today."

Desire Dubonnet
Processed meats cause more cancer than smoking. These are not good for anybody.

Meat is not a big problem in nutrition if it is used moderately. Meat should be less than 20% of what you eat. Pork is extra toxic and is for twice a year celebrations at best. Meat should be the side dish to vegetables. Dress up your meals and there are lots of cooking books to help you dress up the vegetables.

For those addicted to meat sprouts make the best addition to a meal. They take away meat cravings.

Junk food and obesity
Dynamic living nowadays has cultivated a culture of looking for ways to save time. Fast food was born with that idea in mind which is a good idea in itself. Plus, it’s cheap. But the health costs are tremendous. It’s well-known that obesity and a lot of other diseases are related to junk food consumption. Why has it become so popular then?
It is popular because it is addictive. It was shown by an Irish researcher named Dr Paul Kenny (awarded by the Society for Neuroscience in the US) who decided to study the effect of junk food. He found that the increased consumption of high fructose corn syrup, which is used in many processed foods, is linked to obesity and other health problems.
on dopamine in the rat brain. This hormone is responsible for reward-related behavior and its transmission plays a key role in drug addiction.

The results of the study showed that rats eating junk food became addicted to it and like in people who are drug-addicted, they needed more and more junk food to get the same level of pleasure they got when they first started eating the unhealthy food. After the junk food was taken away from them, the rats starved for two weeks because they refused to eat anything else.

The addictive properties of junk food are due to a large extent to the additives put in it to enhance flavours. Sugar is also addictive: consuming large amounts of sugar sends a message to the body to store blood sugar in fat cells. When too much sugar is stored, blood sugar dips making us feel bad. The body's natural reaction is to eat more until the blood sugar comes back up. It is an unhealthy eating cycle. These chemical reactions in the body are real and physical. This is the reason why people find it difficult to control their junk food cravings.

Food is what makes us who we are. It affects the shape of our bodies and helps us grow into adults. Unfortunately, not all food is good for us. These types of food are known as junk food. They are foods that are high in calories, low in nutrients and usually contain harmful synthetic chemicals.

Most junk food is processed food; thus, it is no longer in its natural state and is stripped of certain nutrients. In the fast food industry, certain chemicals or growth hormones are added to vegetables and livestock to reduce the time it takes to grow them. Junk foods such as candy, chips, popcorn, marshmallows, candy bar, chewing gum and sodas are usually added with chemical preservatives and synthetic vitamins. The purpose of this is to reduce cost and prolong its shelf life. Because most junk food does not have sufficient levels of essential vitamins and minerals, it does a poor job increasing our long-term energy, boosting our immunity, and assisting cell growth and development. It is also very bad for our health because it contains harmful synthetic chemicals. These are some of the many reasons why junk food is bad for us.

Many of us choose junk food over organic food because it saves us money but we do not realize how much money we may lose in the long run. Consuming small amounts of junk food is not a big hazard to our health, but when we consume it on a regular basis, junk food can lead to major health problems later on in life. Junk food is usually high in calories. Our bodies do not like to waste energy; therefore, the excessive calories are usually stored as fat, causing weight gain. Eating junk food for long periods of time can lead to obesity, vitamin deficiencies, heart disease and other health problems. These health problems can lead to very expensive medical bills.

If we can see how junk food affects our internal body structures, we would change our eating habits in a heartbeat. Since we cannot see how junk food affects our bodies, we need to listen to our bodies and watch for signs so we do not destroy our health. Your physical and mental health rely heavily on the types of food you eat, avoid eating junk food on a regular basis so your health will not prematurely deteriorate.

More about our imbalanced diet and McDonald’s bad food.

Ecological poisoning B.E.S.T. cause Undesirable meals Heart disease Cancer

We are living in an era when eating unhealthy food is becoming a norm. So are you able to imagine what would happen if we stopped eating junk food? We would be in a better shape in the future.

The way out

It might seem difficult to quit eating junk food but it’s absolutely possible. I am convinced about that because I am speaking from my personal experience. My menu as a teenager consisted mainly of croissants and wafers. Fortunately, I didn’t have weight problems thanks to my regular workouts but I regret not knowing then what I know now about junk food. When I took the decision to avoid eating fast food, in the beginning it required all of my willpower to do it. But my motivation was stronger than the cravings because I kept my desire to eat healthy in focus. It’s all a question of focus and some clever strategies to adopt and nurture the new eating habits. Here are some suggestions on how to avoid eating junk food:

Food proximity is known to increase caloric consumption. When something tasty is in front of your eyes, you are much more likely to feel the urge to eat it. That’s why junk food desserts are positioned near the cash-desks in supermarkets. Try not to look at them. When you are at home, keep food hidden in cupboards. Do not put it anywhere around the TV or the computer because nibbling while watching TV leads to overeating. Better still, if you like cooking, keep only foods which need to be cooked at home. This will prevent unplanned binging. For a snack have some raw fruit or vegetable instead.
Many people stock with food for a whole week by shopping in hypermarkets at the weekend. Even though it is time-saving, it undermines the attempts to get slimmer. It’s better to buy smaller quantities every day according to your daily needs from the local shop.

1. Avoid watching ads. You may think that TV ads are stupid and only kids are influenced by them but adults are not immune to them too. Advertisers know how to present alluring images of junk food so that viewers are vividly reminded of the taste of the advertised products. If you’ve recently decided to avoid junk food, don’t watch the ads. After some time, you’ll have overcome your addiction to this kind of food and the effects of the ads on you will be diminished.

2. Constant occupation prevents temptation. This proverb is applicable in various contexts, including food temptations. Fill your spare time with activities you’ve planned in advance to avoid feeling bored. Boredom is one of the main reasons why people eat junk food (or any other food) without being hungry.

3. Dealing with holidays and other celebrations. It’s a tough time for people who want to stick to a healthy eating regime. Unfortunately, associating holidays with caloric and high sugar food has turned into a tradition. While hoping that someday people will create new traditions for having fun in a more creative and healthier way, you need to have a strategy to cope today. One thing you can do is to eat something delicious and fruity at home right before going to the party. Avoid going to the party with an empty stomach.

4. Your family can’t eat what you don’t buy. Don’t buy the bad stuff. If you still feel a craving, fight it if the host has enough consideration and intelligence to provide a healthy alternative. But don’t eat/drink junk food/drinks just to please other people or to avoid being different. In fact don’t eat it at all. Doing the things you’re convinced are good for you shows self-respect which should be appreciated by your friends. If it is not they are not your friends. Holidays may not be the only occasions when you can make an exception and have some junk food. At the beginning of your new eating regime, it might be easier to adopt the new habits if the transition is not sudden. This can be achieved by succumbing to a junk food temptation once in a while. You can choose one day of the week to have some of your biggest temptation.

5. Catch up on sleep. When you’re well-rested, you’re less prone to binge on junk food. Studies have shown that sleep-deprived individuals have the tendency to gain more weight than those who get at least 6 hours of sleep every night.

6. Substitute junk food with healthy and delicious desserts. It’s said that “Nature doesn’t tolerate vacuum”. Breaking a bad habit is much easier when you replace it with a good one.

You can satisfy your body’s natural need for sweet things with healthy desserts containing fruit, nuts, honey, cereal, etc. Since the study mentioned above found that junk food lessens considerably the sensitivity of the pleasure centre to taste stimuli, it may take you some time to retrieve your ability to enjoy and fully appreciate the taste of natural food. But be sure it will happen! Here are some ideas for tasty desserts:

- Mix two table spoons of sesame paste with one table spoon of honey and stir well (my favorite one). - Note from the editor: sounds disgusting
- Combine eating a banana with peanuts (or other nuts).
- Smoothies or just sweet fruit like melon, peaches, cherries, etc
- and honey
- Desserts bought from organic and healthy food shops. They don’t contain refined sugar or preservatives.

Warning
Beware of the “healthy” desserts that are sold in ordinary supermarkets. Often the manufacturers promote one of the ingredients which is healthy but the rest of the ingredients might still be unhealthy. Read the labels to avoid being deceived by the manipulative marketing tactics.
Do Not Eat Junk Foods

Pharmacology Fact: To use a SYNTHETIC anything is an Insult to the Body

Now What to Eat
Notice that Levulose, Fructose and fruit sugars do not cause Glycemic high and lows. But You must remember to not use and processed fructose and especially DONOT use High Fructose Corn Syrup.
The food guide built to benefit you, not Big Business.

**Eat with Joy**

**Health >>**

**Life**

<table>
<thead>
<tr>
<th>Raw fruits (all kinds)</th>
<th>Sprouts</th>
<th>Broccoli, alfalfa, etc.</th>
<th>Seeds, sesame, hemp, chia, etc.</th>
<th>Fish, salmon, cod, etc.</th>
<th>Avocados</th>
<th>Nuts, cashews, almonds, peanuts, etc.</th>
<th>Sea vegetables, kelp, kombu, etc.</th>
<th>Microalgae (spirulina, chlorella)</th>
<th>Whole grains</th>
<th>Blackstrap molasses</th>
<th>Bran, oat, wheat, rice, Protein powders, rice, soy</th>
<th>Wheat germ</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Vegetables (all kinds)</strong></td>
<td>Soy, tofu, soy milk, etc.</td>
<td>Healthy oils, flax, olive, macadamia, etc.</td>
<td>Veggies (all kinds)</td>
<td>Healthy oils, high fiber, antioxidants</td>
<td>Healthy oils, high fiber, phytonutrients</td>
<td>Healthy oils, high fiber, antioxidants</td>
<td>Healthy oils, high fiber, antioxidants</td>
<td>Healthy oils, high fiber, antioxidants</td>
<td>Healthy oils, high fiber, antioxidants</td>
<td>Healthy oils, high fiber, antioxidants</td>
<td>High protein, healthy oils, phytonutrients, more</td>
<td></td>
</tr>
<tr>
<td><strong>Sunlight</strong></td>
<td>Healthy bones, organs, brain</td>
<td>Essential for vitamin D</td>
<td>High in vitamins, fiber, complex carbs</td>
<td>High in vitamins, phytonutrients, heart</td>
<td>High in vitamins, phytonutrients, heart</td>
<td>Healthy heart, brain, and more</td>
<td>Healthy oils, high fiber, antioxidants</td>
<td>Healthy oils, high fiber, antioxidants</td>
<td>Healthy oils, high fiber, antioxidants</td>
<td>Healthy oils, high fiber, antioxidants</td>
<td>High protein, healthy oils, phytonutrients, more</td>
<td></td>
</tr>
<tr>
<td><strong>Water</strong></td>
<td>Healthy bones, organs, brain</td>
<td>Essential for hydration</td>
<td>High in vitamins, fiber, complex carbs</td>
<td>High in vitamins, phytonutrients, heart</td>
<td>High in vitamins, phytonutrients, heart</td>
<td>Healthy heart, brain, and more</td>
<td>Healthy oils, high fiber, antioxidants</td>
<td>Healthy oils, high fiber, antioxidants</td>
<td>Healthy oils, high fiber, antioxidants</td>
<td>Healthy oils, high fiber, antioxidants</td>
<td>High protein, healthy oils, phytonutrients, more</td>
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</tr>
</tbody>
</table>

**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, peas, pesto, celery, zucchini
- **Purple:** Blueberries, blackberries, currants, beets, red cabbage, eggplant
- **White:** Potatoes, tofu, onions, garlic, whole oats, cauliflower
Important to know that Fructose is sweeter and tastes better than Dextrose. So use a little less in cooking. But a simple switch to Fruits and Fruit sugar (NO CORN FRUCTOSE) and your health is greatly improved with no sacrifice for taste. In fact fructose tastes better much better. But there is no little hyperglycemia kick so it takes a little getting used to.

<table>
<thead>
<tr>
<th>LOW GLYCEMIC FOODS</th>
<th>MEDIUM</th>
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<tbody>
<tr>
<td><strong>SUGARS</strong></td>
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<tr>
<td>Levanose Stevia</td>
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<tr>
<td>Fruit sugars</td>
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<tr>
<td>Xylitol</td>
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<tr>
<td>Agave Cactus Sugar</td>
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<tr>
<td>Fructose Cols</td>
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</tbody>
</table>

**GRAINS**
- Oatmeal cookie
- Whole grain bread
- Meat assisi
- Whole grain and vegetable pasta
- Blueberries
- Blackberries
- Raspberries
- Dried apple
- Oranges
- Kiwi

**FRUITS**
- Tomatoes
- Grapefruit
- Lemons
- Limes
- Cherries
- Yogurt with fruits
- Cherries

**VEGETABLES**
- Cold-processed vegetable oils
- Green vegetables
- Lettuce
- Broccoli
- Spinach
- Cauliflower
- Collards
- Kale
- Swiss chard
- Yellow or White Cabbage
- Carrots
- Radish
- Pumpkin
- Squash
- Yam with fructose

**BEANS**
- Boiled, untreated kidney beans
- Lima beans
- Black beans
- Butter beans
- Pinto beans
- Chipotes
- Baked beans

**NUTS**
- Pumkkins seeds
- Healthy cereal with fructose and nuts
- Peanuts
- Cashews
- Bread
- Almonds
- Cashews

<table>
<thead>
<tr>
<th>Index Rill</th>
<th>10</th>
<th>20</th>
<th>30</th>
<th>40</th>
<th>55</th>
<th>60</th>
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</table>
Fruits for your sweet tooth

Sucreose (Mostly dextrose) (ordinary table sugar)

<table>
<thead>
<tr>
<th>Dextrose (kind of sweet)</th>
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<tbody>
<tr>
<td>Glucose</td>
</tr>
<tr>
<td>Levulose</td>
</tr>
<tr>
<td>Fructose (very sweet)</td>
</tr>
</tbody>
</table>

- Lowers immunity, Causes Disease, weakens nerves, causes tooth decay, premature aging
- Decreases aging, strengthens immunity, fortifies nerves, sharpens the mind

Cooking with fructose is more healthy and tastes better

Thai Stir Fry - Cooking for Health and Variety

Thai Stir Fry to minimize nutrient loss and bad fatty acids---(saves the planet energy as well)

Cooking is like weight exercise: If you’re not doing the right methods, you may end up doing more damage than good. Cooking healthy doesn’t have to be limited to boil in oil, which is a slow poisonous way to die. Strfry is a process that warms the vegetables without destroying their nutrition.

The best way to prepare food is one that requires the least amount of oil and exposure to hot oil. Consider that 1 tablespoon of oil (any kind) contains 14 grams of fat. Generally, three times that (if not more) is used when frying (yes, pan-frying is very similar). By using different cooking methods, you can bring out different flavors in your food, retain nutrients and maybe even reduce the mess you create in the kitchen. To give the old taste add cold processed oils after cooking for nutrition and flavor.

Here are some methods to work into your cooking ways:

- Boiling is a good way to cook without the risk of bad fatty acids. In Japan they have a cooking style known as Shabu Shabu where a pot of boiling water is put in the center of the table and vegetables and meat are served on a plate. Each guest can cook his own foods to his liking by putting them into the boiling water. This is a more healthy fondue style.
- Stir-frying uses high heat so the food cooks quickly. Vegetables and protein go in a wok (meaning fewer pots and pans to clean) with very little oil (try sesame oil for an Asian flavor). Due to the quick cooking, vegetables maintain their nutrients, flavor and color. If you don’t own a wok, I recommend acquiring one. Always Remember “Wok like a man.”

- Steaming usually requires a steamer, a vessel with preformatted holes. The benefit of steaming is that there is very little loss of vitamins and minerals. Lack of flavor is sometimes a complaint. Adding herbs and spices to the water is a great way to overcome that problem.

- Broiling is a fast method for cooking tender cuts of meat, poultry and fish. The high heat comes from directly above and seals in moisture and flavor. When cooking meat, fat drains off and is easily poured out. Be careful with your marinades. Fat and marinades with sugar often produce excess smoke -- not to mention too many calories. All smoke is carcinogenic.

- Roasting is high-heat cooking with very little moisture. Roasted foods first get drier and browned on the outside. This keeps most of the moisture from being cooked out of the food. Temperature is then lowered to cook the meat through. The flavors of the protein and the vegetables are retained and enhanced by roasting. Roasting vegetables (any and all) is usually done on high heat (for about 20 minutes) with a spritz of olive oil. When they’re done, shave a little fresh Parmesan cheese on top.

Barbecuing is a good way to cook. And there’s nothing that can’t be grilled. Grilling is naturally low in fat because little extra oil is needed. You can brush grilled foods with olive oil or marinate in a little olive oil, mustard and lemon juice. There’s little mess to clean up, and barbecuing adds its own unique flavors.

- Baking is defined as cooking in an oven with dry, even heat throughout. Because no heat passes through, food is allowed to cook in its own flavors and juices. There is little need for additional oils, but do use herbs and spices for flavoring.

With exercising, rotating your routines maximizes the benefits of your workouts and keeps you burning more calories, thus maintains motivation and alleviates boredom. And your routine in the kitchen should be no different. And remember you can always add fresh cold processed oils after cooking for flavor and nutrition.

Boiling oil makes acrylamides form that cause cancer and it destroys nutrition. Boiling oil also makes bad fatty acids and this put a burden on the body to make good fatty acids. By simply using a different cooking style and then adding cold processed oil on the food the taste will be the same without the risk.

It is just that simple to increase health and save the flavor. Add the oil after without over heating it.

---

Thai Basil Stir Fry

Serves 4

- 1/2 cup chicken stock, 1 1/2 tablespoon fish sauce, 2 teaspoons soy sauce, 1 teaspoon fructose fruit sugar, 1 1/2 tablespoons canola oil, 3 cloves garlic, minced
- 2 scallions, minced, 3 shallots, 1 bunch fresh basil leaves
- 1 pound shrimp, peeled and deveined; or 1 pound chicken, pork, or beef, thinly sliced
- 2-3 cups diced vegetables (zucchini, summer squash, onions, and or peppers)

Combine the stock, fish sauce, soy sauce and fructose in a small bowl, and stir until the sugar dissolves.

Just before serving, heat a wok over high heat. Swirl in the oil. Add the garlic, scallions and shallots, and cook for 15 seconds or until fragrant but not brown. Add the shrimp and vegetables, and stir-fry for 1-2 minutes.

Add the sauce and most of the basil leaves, and simmer for 1 to 2 minutes, or until the main ingredient is cooked and the vegetables are tender-crisp. Correct the seasoning, adding fish sauce as necessary. Garnish the fish sauce with the remaining basil leaves.

Nutritional information: 84 calories per serving, 2 grams protein, 6 grams fat, 8 g carbohydrates, 249 mg sodium, 1 mg cholesterol.
STIR FRY WHOLE WHEAT NOODLES

Source: Antonia Lofaso, Top Chef Season 4

Stir Fry Whole Wheat Noodles with Bok Choy, Chicken, Edamame & Cilantro
Prep Time: 45 minutes
Serves: 4

DIRECTIONS:
Cook and blanch noodles. Saute chicken, bok choy, pepper, onion and edamame; add some teriyaki to deglaze. Stir fry noodles with teriyaki and vegetables then add chicken breasts. Serve with carrot and cilantro salad.

INGREDIENTS
Small package whole wheat noodles
1 lb chicken breasts
1/2 bunch bok choy, chopped
1 red bell pepper, chopped
1/2 onion, chopped
1/2 cup edamame
Drizzle of teriyaki

Garnishes:
4 carrots
Cilantro to taste
100% fruit juice is healthy + reverses aging

Fruit Drinks cause disease + cause aging

100% Goji Berry
Goji Berry is classified as a superfruit loaded with health and anti-aging benefits.
Drinking Goji Berry Juice has been traditionally used to strengthen the heart and alleviate heart palpitations.

100% Pure Orange Juice

Water the Forgotten Nutrient How to Spice up your Water

The Secret of all Diets is Water
Almost all of our Extra Calories come from sugared drinks or synthetic sweeteners.
That upset the Nerves. If you drink 2-3 liters of Water a day it will cut Calories, lessen Hunger and you will lose weight and become Healthier.
When you’re thirsty what is the first drink that you take? Fruit juice, Slurpee, coffee, tea, or something sweet, the options are numerous for us to choose from.

Many of us have probably heard or come across the essentials of water, and how it is beneficial for our body system. However despite these positive claims, some people (especially myself) may find it hard to drink around 6-8 glasses of water on a day to day basis. The requirements of water intake will most likely differ for each person and may depend on age, weight and level of activity.

- People may feel reluctant to meet their water requirement because.
- They might forget to drink water, and forget to carry a bottle of water.
- Water is too boring and lacks flavors like fruit juices, soft drinks and other beverages.

This link ( ) explains very well the physiological functions of water and signs of dehydration which is not only subjected to feeling thirsty. I highly recommend reading this link, in order to get an even better understanding of the roles of water in our bodies.

For those who find it a bit challenging, here are some ideas, such as flavoring water, which can help create a positive attitude in regards to increasing water intake.

**Ginger:** A great idea from Wise bread, If you like spices, ginger is a great way to add a “zing” to your water. If it is added to boiling water it is also a great way to clear your throat and sinuses during a cold.
**Herbs** – Another great idea from Wise bread. Mint, lemongrass, and parsley are great for adding aroma and a hint of green to your water. If you want to release the flavor you can crush the plants a little bit before putting them into your water.

**Cucumber**: Very refreshing drink and pleasant aroma.

**Berries**: Blueberries and strawberries have distinct flavors that could be soaked up by water. All you have to do is cut or crush a few of the berries into your water.

**Citrus Fruit**: Lemons, lime, oranges, grapefruit. Flavor is just a squeeze away!

**Flower Petals**: Flower petals in your water will spice up the taste, smell and visual appeal

**Tea**: Believe it or not but tea bags works just as well in cold water as it do in hot water. And yesterday’s tea bag can give a small little kick to today’s water.

**Mixed Fruit**: Orange, lemon, lime, strawberry’s, and cucumber go well together.

**Mix Flowers**: Mix the flower petals like rose and your guests will be amazed at your genius and style.

**Peaches and Hint of Aloe Vera Juice**: Personally I find this combination quite nice, thanks to Aloe Vera therapy.
Unsweetened fruit juice — Let me suggest cranberry or pomegranate juice. Just add a splash or two to a glass of water. Zing!

Here are a few more ideas which include double combinations, which may be the ideal drink for anyone to make and enjoy.

- Ginger and lemon: Great for winter!!
- Strawberries and mint
- Cubed honeydew melon with cucumber:
- Sliced cucumber and lemons
- Sprouts can also be used with wonderful results.

### Suggested Pattern

<table>
<thead>
<tr>
<th>Beverage</th>
<th>Suggested Pattern</th>
<th>Acceptable range</th>
</tr>
</thead>
<tbody>
<tr>
<td>Water</td>
<td>1500ml/day</td>
<td>600-1500ml/day</td>
</tr>
<tr>
<td>Tea, coffee (unsweetened)</td>
<td>800ml/day</td>
<td>0-1200ml/day</td>
</tr>
<tr>
<td>Low fat milk and soy milk</td>
<td>500ml/day</td>
<td>0-500ml/day</td>
</tr>
<tr>
<td>Non-calorically sweetened soft drinks</td>
<td>0 ml/day</td>
<td>0-900ml/day</td>
</tr>
<tr>
<td>Caloric beverages with nutrients</td>
<td></td>
<td></td>
</tr>
<tr>
<td>- fruit juice, vegetable juice, full fat milk, sports drinks</td>
<td>120ml/day</td>
<td>1-2 drink/day for women</td>
</tr>
<tr>
<td>- alcoholic beverages</td>
<td>0ml/day0ml/day</td>
<td>0-2 drinks/day for men</td>
</tr>
<tr>
<td>Calorically sweetened soft drinks</td>
<td></td>
<td>0-250ml/day</td>
</tr>
</tbody>
</table>

Making these small changes, takes time and commitment.

1. As you wake up in the morning before brushing teeth, drink 4 x 160ml glasses of water
2. Brush and clean the mouth but do not eat or drink anything for 45 minutes
3. After 45 minutes you may eat and drink as normal.
4. After 15 minutes of breakfast, lunch and dinner do not eat or drink anything for 2 hours

As we grow old we lose the instinct to drink and gain the instinct to over eat. We must teach our bodies to drink more water and to eat less food, to eat more vegetables and less meat, and celebrate the meal.

### Illustration

Illustration by Seth Carson

### U.S. Kids Drink Too Little Water: Study

**Sept. 26, 2010 12:40 AM**

**HealthDay**

SATURDAY, Sept. 25 (HealthDay News) — Children in the United States are not drinking as much water as they should, and the deficiency can have far-reaching implications, a new study suggests.

“Even mild dehydration can affect physiological function, and cause fatigue, muscle weakness, headaches and dry mouth,” said Samantha Heller, clinical nutrition coordinator at the Center for Cancer Care at Griffin Hospital in Derby, Conn., who was not involved in the study. Impaired cognitive and mental performance is also linked to inadequate hydration, said Heller. According to the study, published in the October issue of the American Journal of Clinical Nutrition, only 15 to 60 percent of boys and 10 to 54 percent of girls, depending on age, drink the minimum amount of water recommended by the U.S. Institute of Medicine.
Children obtain much of their water from sweetened beverages rather than plain old H2O, the researchers found. And those who drink the plainest water consume fewer sweetened beverages and eat fewer high-calorie foods. For the study, Ashima K. Kant from Queens College of the City University of New York and Barry I. Graubard of the U.S. National Cancer Institute looked at the water intake of 3,978 boys and girls, aged 2 to 19 years, who had been included in a national nutrition study from 2005 to 2006. Included in their analysis was water itself, water in moist foods, and moisture in all beverages and nutritious drinks such as milk and juice. The investigators found that water intake from all sources varied by age: 2- to 5-year-olds drank 5.9 cups a day; 6- to 11-year-olds got 6.8 cups, and 12- to 19-year-olds consumed 10.1 cups daily. Girls generally drank less than boys, Kant and Graubard noted.

Kids of all ages are more likely to drink beverages than water at mealtime, the findings suggest. More than two-thirds of water consumption was derived from beverages with main meals, while only one-third of the plain water was consumed with meals, the researchers found. "Our results suggest age differences in the extent of water contributed by different sources to the diets of American children," the study authors wrote. "The quality of food selections reported in association with plain water intake was better than that reported with increasing beverage moisture, and the strength of these associations varied with age," they added.

"Efforts to moderate the consumption of sweetened beverages and promote plain water intake should not only continue to promote plain water for snacks but also should recognize the importance of replacing nonnutritive beverages at meal time with plain water," Kant and Graubard concluded.

As the children got older, consumption of plain water increased while intake of nutritive beverages, such as milk, decreased, the researchers found. Water makes up 55 to 75 percent of total body weight, said Heller. "We cannot live without water for more than a few days because our bodies cannot store water. Thus, it is essential we replace the water our bodies lose every day." Heller, a nutritionist and dietitian, advises starting children on water early.

"Give them water instead of sweetened beverages during the day and between meals," she said. To make it more appealing, put sliced cucumbers, oranges, lemons or strawberries in ice water, she suggested. And if your child is hooked on sodas, she advised transitioning to seltzer or flavored seltzers instead.

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**General Detoxification and Prevention**

1. Procure a good source of water. Ordinary tap water must be double-filtered to remove most chlorine and fluorine. Activated charcoal filters are inexpensive and work well (change filters once every four months to forestall bacteria buildup). Water processed by reverse osmosis is best, but daily output (on most available units) is limited. Distilled water is not recommended for long-term use because it is "dead" and may chelate and hasten excretion of essential metals. The addition of wetting agents to water makes water that is helpful for cleansing...
and healing. Spring water can be good, but be sure to have questionable sources checked for pollutants. A whole-house filter system, which provides good water for baths, showers, cleaning and cooking, is a good idea.

2. Avoid air pollutants. Make every effort to live and work away from the denser smog areas. If this is not possible, try to get away for several weeks a year (preferably to the mountains or to a clean ocean) to rebuild lung tissue. Use air filters or air ionizers in the home and office. If you exercise outdoors, do it during relatively low-pollution times such as very early in the morning or well after rush hour at night. If you don’t smoke, keep away from smokers. If you smoke, stop.

3. Avoid commercialized foods. Buy produce, grains and other staples from health food stores and coops at which the likelihood of obtaining foods grown in good soil is greater; and grow your own in healthy soil. Carefully wash produce from supermarkets: use natural soapy water or 2 oz. hydrochloric acid to three quarts of water. Place produce in the water for five minutes, then rinse well. Grains, beans, vegetables, fruits, nuts, sprouts and other simple foods are the best dietary staples; they are inexpensive, healthful, tasty, easy to prepare and ecologically sound. Seed products are best when slightly sprouted. Cover with a damp cloth for twenty-four hours, then dry. This washes away enzyme inhibitors.

4. Curtail the use of chemical sundries in the home. This includes cleaning fluids, insect repellents, garden sprays, air fresheners, detergents, dry cleaning fluids, etc. Try to obtain natural cleaners and solvents, and natural garden supplies like Botanagro.

5. Improve your eating style. This means, in addition to eating the right foods, avoiding overeating (under-eating is better). Eat at the right times. The bulk of the day’s food should be eaten before the early after-noon (avoid big dinners after 6:00 p.m. - they do not digest properly). Also, relax before and after meals. If you are upset or very tired, it is best to skip the next meal. Never eat or drink foods or beverages that are very hot or cold (if your hand cannot tolerate the temperature, neither can your stomach). Drink fluids alone, and eat fruits alone, or melons alone. (Fresh and raw are your base guidelines.) Eat foods very low in fat and sodium. Eat foods rich in vitamins, minerals, amino acids, fatty acids, and complex carbohydrates.

6. Exercise! Everyone needs regular exercise - at least fifteen to twenty minutes three times per week (every day is better). Start with an easy program and build up. Jogging and swimming are good, and mini-trampolines are excellent if you are very much out of shape or need something for indoors during the bad weather.

7. Embark on a basic supplementation program after consulting with your doctor, nutritionist or natural-oriented physician. Avoid synthetic supplements.

8. Reduce stress daily: take time to relax after meals, and try to reduce stress and tension in your daily routine.
Detox diet should be customized using activated Charcoal and or bowel herbs needs some guidance from a trained SCIO therapist.

Desiré has written hundreds of books and articles on how to cure diseases in the Kitchen
"When Diet is Wrong Medicine is of NO Use When Diet is Right Medicine is of NO Need"
A longer list is later or ask your therapist. Now some basic recipes on what to eat.

The pharmacy on your spice rack

The concept of food being our medicine is as old as human culture. Actually older since the animals were doing this before we came along and still are. Hippocrates said “Let food be your medicine, let medicine be your food”. People are starting to revisit this ancient concept and we have made a science of it. Ideally we get all the nutrients and healing we need from the food we eat. However, in this age of processed, homogenized, irradiated and genetically modified food, eating well can be a challenge. In addition to moving toward a diet comprised of whole, organic foods, we can look to culinary herbs to help us maintain our health. This is a short list from our other books about medicine. Culinary herbs have many medicinal uses. It is not surprising that many herbs commonly used as cooking spices are also digestive aids. You can use the herbs as you have all along and just be more aware and conscious of their medicinal properties, or you can use them to make an infusion (tea) or a steam for a specific ailment because that is what you have in the house. When cooking with dry herbs remember to use about half the amount you would use of a fresh herb. Also steeping dry herbs in whatever liquid (stock, oil, lemon, vinegar, etc.) you will be cooking with prior to mixing them in, will help bring out their flavor. Here is but a few ideas from our courses. Using spices to add flavor and to influence health is the new medicine.

- **Basil** (leaf, flower) is cooling and belongs to the mint family. It aids digestion, supports the stomach and is a slight sedative. (tea 4-6 oz., tincture 10-15 drops)
- **Bay** (leaf) is astringent, anti-bacterial and anti-fungal. It supports the nervous system and stomach, helps dispel gas. It is also an emmenagogue, stimulates menstrual flow. (tea 2-4 oz., tincture 10 drops)
- **Black pepper** (seed) is stimulating, increases flow of gastric enzymes, and helps prevent constipation. (tea 2 oz.) Chromium makes food black and black pepper has lots of chromium good for sugar metabolism and energy factors.
- **Cayenne** as you know is very heating. Cayenne strengthens the heart, capillaries, arteries and nerves. Good for cold feet and hands. It also stimulates stomach secretions and opens the bronchi. Mix cayenne with garlic, lemon, ginger and honey to make a tea to help get over a cold or flu. You can vary this tea with or without the ginger or garlic, and just use a pinch of cayenne. If you have a slip of the knife while cooking, packing enough cayenne to cover well the exposed flesh will help stop the bleeding and is anti-microbial. (Pinch in your tea, 2-5 drops tincture)
- **Cinnamon** (bark) is astringent, dispels gas, anti-bacterial, anti-microbial. It can also help relieve diarrhea. (tea 2 oz., tincture 5-10 drops)
- **Cloves** are anesthetic and work well for toothaches (a drop of the oil on the offending tooth) and as a sore throat gargle. (tea 2 oz., 10 drops tincture in water for gargle, do not swallow)
- **Fennel** (seed) is a wonderful warming plant to help ease flatulence, indigestion, colic and gastro-intestinal spasms. Fennel will also ease throat tension and coughs as well as bring up phlegm from the lungs. (tea 4-6 oz., tincture 10-15 drops)
- **Garden sage** (leaf) is cooling, disinfectant and astringent. It cools a fever, cleanses the blood, and eases headache and nervous tension. It also stimulates digestion and is an emmenagogue. Garden sage also works well as a mouthwash for sore throat, mouth ulcers and bleeding gums. Garden sage is the variety of sage that you will commonly find in the grocery store. (tea 4-6 oz., tincture 10-15 drops)
- **Garlic** is excellent when you are sick. It stimulates your immune response, is anti-microbial and promotes sweating. It is useful when traveling to discourage parasites. Garlic also decreases cholesterol, LDLs, and blood pressure. Eat with parsley if having garlic breath bothers you, or a loved one. To enjoy the medicinal effects of garlic it important not to get it too hot. The best way to cook with it is to sprinkle it raw onto your food, or add it in at the end of cooking once the heat is turned off.
- **Ginger** is heating and increases circulation especially to the pelvic region. It is useful for nausea, motion sickness and to stimulate the appetite. Ginger makes a lovely footbath to warm you on a cold night. (tea 4-6 oz., tincture 10-15 drops)
- **Nutmeg** (seed) aids digestion, flatulence, diarrhea and nausea. It is a mild sedative in small doses and narcotic in large doses. It works well steeped in warm milk or brandy. (tea 2-3 oz., tincture 5 drops)
- **Oregano** (leaf) helps indigestion, coughs and headaches. It is an emmenagogue and is a good poultice for painful swelling. (tea 4-6 oz., tincture 10-15 drops)
• **Peppermint** (leaf) is both cooling and stimulating. It helps cramps from gas, bloating, motion sickness and nausea. Peppermint can also soothe a headache by drinking the tea or putting a cool cloth soaked in tea across your forehead. (tea 4-6oz., tincture 10-15 drops)

• **Rosemary** (leaf, flower) is warming, both a circulatory and liver tonic. It is a digestive aid and stimulates the liver as well as gastric juices. It is an emmenagogue and will soothe a headache. Rosemary is very antiseptic and makes a good wound soak. (tea 4-6oz., tincture 10-15 drops)

• **Tarragon** (leaf) stimulates the appetite, relieves flatulence and colic. It is also anti-fungal and anesthetic. (tea 4oz., tincture 10 drops)

• **Thyme** (leaf) supports the stomach. It is also antiseptic (good as a wash for skin infections) and antispasmodic. It works well for congested lungs and shortness of breath. (tea 4-6oz., tincture 10-15 drops)

• **Turmeric** (root) is warming, analgesic and astringent. It promotes bile, relieves a congested liver and gallstones and aids digestion. Turmeric also reduces tumors and uterine fibroids and is an emmenagogue. (tea 4-6oz., tincture 10-15 drops)

**SOME RECIPES FOR HEALING From Desiré**

Prof. Desiré’s Salsa: take one cup (mixed germinated soybeans, jackbeans, peas, snow peas, red kidney bean) and one cup onion, two cups tomatoes, and one cup of sprouts. Put into a food processor and mix into a salsa. Use corn chips unless there is candida or fungus (candida grows best on or with corn meal). Use oat or wheat bran crackers to eat this nutritious and immune stimulating meal. Use other spices to add a special identity to today’s salsa.
Prof. Desiré's salad Oil: to get all of your fatty acids you must use cold processed oils of many types. Blend sesame, safflower, soybean, sunflower, olive, and avocado oil in equal parts, to get some of the high end fatty acids. Soak finely crushed nutmeg, cloves, mustard seed and parsley in canola oil or sesame oil. Let it sit in the sun for 2 days. Blend this into the oil and this will make a fine source of all your fatty acids. If you can get nutmeg, parsley, mustard, or clove oil all the better then you won’t have to make it.

This is important for all diseases and for maintaining health. Any nervous disease, degeneration, and immunity disease will respond much better if the patient takes some of this oil. A small quantity is all that is needed. Just put some on bread, or a salad.

Prof. Desiré's better butter:

For those of you who are not ready to give up the taste of butter, this is an excellent way to reduce your saturated fats. It combines the saturated fats in butter with the polyunsaturated fats in sunflower oil. By using cold pressed oil, you are giving yourself the essential fatty acids your body needs so much. If you eat the same amount of Better Butter as plain butter, you are cutting your saturated fat intake by half.

• ¼ pound all natural butter at room temperature
• 1/3 cup cold-pressed oil combo from above

Blend with a fork and refrigerate. Makes ¼ pound. It will soften quick in the heat.

WHOLE GRAIN PANCAKES

These pancakes are wheat-free and can be made with a variety of grains. One grain should be sticky, such as oats. You can change the recipe by adding millet or buckwheat, ground into flour in a small seed grinder, a little rye flour, or anything else that happens to be around. A few whole grain pancakes in the morning makes a delicious breakfast.

They contain no added fats and, if you eat them with a little unsweetened jam or blend fruits (blueberries, grapes, strawberries etc) into compote for syrup. However, the psychological freedom that comes from eating pancakes can be exhilarating to someone who is used to dieting.

Mix together:

• 2 cups of whole grain flours (either the ones suggested here or our variations):
• 1 cup corn meal, or add or mix cat tail pollen for an extra culinary treat (put a paper bag over a cat tail this pollen season. Shake vigorously. The pollen will be released into the bag.) Mix with grain.
• ½ cup brown rice flour
• 3 tablespoons of wheat germ
• ½ cup oat flour (grind oatmeal in blender)

Add:

• 1 ½ cups of low-fat milk or soy milk
• 1 egg
• ½ teaspoon baking powder (use Rumford brand or other brand without aluminum)

Serves a hungry family of four. Save any leftover batter in the refrigerator for another breakfast. Use natural fruit compost in a blender, and sorghum or maple syrup for topping.

Eggplant Pancakes:

Use the same batter as above. Cut off and slice skin of eggplant into circles. Dip circles into batter and fry in sunflower oil till brown.
OATMEAL WITH APPLE JUICE

Try this if you like hot cereal and want to avoid both cow’s milk and soy milk. It is a pre-sweetened, moist cereal without sugar or honey that cooks while you are dressing in the morning. Nothing could be simpler to prepare or more beneficial to help eliminate cholesterol buildup, keep blood sugar level, and provide natural fiber. Besides, it tastes good.

- ¼ to ½ cup of dry rolled oats (oatmeal)
- Cover with apple juice diluted by half with water.

Bring to boil and simmer, covered, 5 to 10 minutes. Add more juice if additional moisture or sweetener is desired. Add a small quantity of berries or fruit to taste. Makes one serving.

SOY MILK

When you want to cut back on dairy products to prevent calcium overkill or because of a dairy sensitivity, soy milk is an excellent substitute both in cooking and with cereal. There are danger in using GMO soy and some people use it well and others not so well please ask your therapist.

DO-IT-YOURSELF PROTEIN DRINK

Germinated seeds and nuts are added to soy protein for this variation of the standard protein-powder and juice drink. To germinate, simply soak the nuts and seeds overnight. Their protein content is increased and their fat content decreased through germination. Rinse and refrigerate any extra to be used later in the week.

The refrigerated nuts and seeds should be rinsed once a day to keep them fresh. Soy milk or tofu can be used in place of more expensive protein powder, which often contains unwanted sugar.

Blend together:

- ½ cup soy milk or 1/6 pound tofu
- ¼ cup apple juice
- ½ cup berries or ½ piece of fruit (banana, peach, or other)
- 6 germinated almonds
- 6 germinated sambucca seeds
- 3 tablespoons of wheat germ
- 1 tablespoon germinated sunflower seeds

Makes one serving. For added B vitamins and energy, add brewer’s yeast powder or flakes. Begin with ½ teaspoon and gradually build up to 2 tablespoons. If you begin with too much at first, you could get gas. A gradual increase avoids this problem.

Prof. Desiré’s immune cookie

- 1/6 pound tofu
- 1 cup apple juice
- ½ cup berries or ½ piece of fruit (banana, peach, or other)
- 16 ground germinated almonds
- 8 elderberries or elderberry paste
- 3 tablespoons of wheat germ
- 15 tablespoons germinated sesame seeds
- 15 tablespoons of honey
- 5-ounces of sprouts, rinsed, germinated and drained
- use kidney bean, jack bean, black bean, soybean, pea, snow pea, lentil, sesame seed
- mince ingredients and blend pour on a cookie pan and cook at 250 degrees for twenty minutes. Serve as cookies.

Prof. Desiré’s immunity building soup and dip

BEAN SOUP or BEAN DIP

- 1 large red onion, chopped
- ¾ cup thinly sliced celery
- 1 teaspoon dried minced garlic
- 3 cups defatted chicken broth
- 1 tablespoon Worcestershire sauce
- 1 tablespoon kelp
- 2 teaspoons tamari soy sauce
- 1/8 teaspoon pepper
- 1/8 teaspoon ginger
- 45-ounces of beans, rinsed, germinated and drained
- use kidney bean, jack bean, black bean, soybean, pea, snow pea, lentil, sesame seed

Brown onion. Add celery and garlic. Cook one more minute. Add rest of ingredients. Simmer 15 minutes. Remove from Dutch oven and puree in a food processor or blender.

Return to Dutch oven. Simmer 30 more minutes. Serve over brown rice and top with chopped onion. Serves four to six.

LENTIL BARLEY SOUP

- 1 cup germinated lentils
- 1 cup germinated barley
- 1 cup of beans, rinsed, germinated and drained
- use kidney bean, jack bean, black bean, soybean, pea, snow pea, lentil, sesame seed
- 1 16-ounce can tomatoes, chopped
- 1 cup sliced celery
- 1 cup chopped onion
- ¼ cup sliced carrot
- 2 tablespoons tamari soy sauce
- ½ teaspoon pepper
• 1 teaspoon dried dill weed
• 1 teaspoon garlic powder
• 10 cups de-fatted chicken broth
Place all ingredients in a large saucepan. Bring to a boil. Cover and reduce heat to simmer. Cook 50 minutes, stirring occasionally. Add water if soup becomes too thick. Serves six to eight.

Prof. Desiré’s cocktail:
Sambuca is an immune stimulant, as is red wine. Mix equal parts of each or use port for the red wine and take only one glass a day. Only use when needed not every day. The relaxation effects are good and there is a slight immune stimulating effect.

Prof. Desiré’s sorbet:
Use no white sugar and only natural fruit, mix pineapple and papaya, possible to use berries in the mix, or use melon separately. For extra sugar you can use some fructose or honey. Mix into puree and freeze while stirring regularly. Chop and blend after into a sorbet. This makes an excellent enzyme rich desert.

Prof. Desiré’s stir fry:
• 1 teaspoon olive oil or sunflower oil
• 1 teaspoon low-sodium soy sauce
• ¼ cup broccoli
• ¼ cup carrots
• ¼ cup onions
• ¼ cup peppers
• ¼ cup peas
• ¼ cup red kidney bean
• ¼ cup soybean
• ¼ cup snow peas
• ¼ cup sprouts
• ¼ cup mushrooms (you may substitute based on availability of ingredients)
• 4 ounces tofu, diced fine
Seasonings: choose from fresh ginger, basil thyme, oregano, parsley, cilantro, scallions, garlic, shallots
Stir fry in very hot skillet. Serve over 2/3 cup rice or pasta. Makes one serving.

BUCKWHEAT PIZZA CRUST
Add beans, raw vegetables and fruits to your pizza.
• 1 tablespoon active dry yeast Use germinated seed flower if possible
• ¾ cup warm water
• 1 ¼ cup hard whole wheat flour
• ½ cup buckwheat flour
• 3 tablespoons of wheat germ
• 1 teaspoon sea salt or herbal salt substitute
• 1 tablespoon cold-pressed vegetable oil

Prof. Desiré’s sprout salad:
• ¼ cup broccoli
• ¼ cup carrots
• ¼ cup onions
• ¼ cup peppers
• ¼ cup sprouted peas
• ¼ cup sprouted red kidney bean
• ¼ cup sprouted soybean
• ¼ cup sprouted snow peas
• ¼ cup other misc. sprouts
• lettuce, kale,
• ¼ cup mushrooms (you may substitute based on availability of ingredients)
• 4 ounces tofu, diced fine
Seasonings: choose from fresh ginger, basil thyme, oregano, parsley, cilantro, scallions, garlic, shallots
use the oil combo from above with vinegar as a dressing

Prof. Desiré’s anti-degeneration massage oil: use the oil we made above as a base, add an equal amount of olive oil. Grind up one part cinnamon, one part cascara, two parts myrrh, two parts cloves, one part eucalyptus, one part wintergreen, one part blood root, one part dried pineapple and papaya, mix into the oil and let sit in the sun for two days. Massage into the skin and pour over any lesion.
Top Detox foods for the liver: Grapefruit, Radishes, milk thistle, dandelion, Garlic and Onions, Cruciferous Vegetables (broccoli, cauliflower, Brussels sprouts, cabbage), Turmeric, Berries, Green Tea, Yogurt, Legumes (beans), nuts and seeds, Soy, Red Grapes, Oat, Bulgur, brown or red rice, apples, pears, watermelon.

It is Very Important to get good bacteria into your gut to stabilize your body’s nutrition and health.
These foods are a must in a healthy Diet.

There are other nutrients not on the table that are just as important.

Exercise is a Nutrient just as essential as any Vitamin or Food
Sharing and Caring is a nutrient. So I can share and care my work with you. It is not free. Pay me with Karma. I have spent over 30 million dollars to make this life work of this book and all
Here are some of the 80+ medical text books Desire has written. You can pay...
in Karma to learn more about your body. Desi’s work is not free but she is not concerned with money. She wants to open the minds of people and educate the world. Our References:
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- Healer
- Return to the Garden

- Blocking to the Stupid Side
- The Greatest 3in
- The Greatest 3in 2
- The Greatest 3in 3

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These are just some of the hundreds of videos, books, + articles you can get from your therapist to help you open your mind to healing. Pay with Karma.
"When Diet is Wrong Medicine is of NO Use
When Diet is Right Medicine is of NO Need"
There is another very important point brought to light by Quantum physics. At the beginning of the universe all things were conjoined, entwined, and all one. As the universe expanded there is still a quantum entagelment or entwinement. This means in quantum terms that there is a Universal Consciousness, the Collective unconscious as Jung called it. At one level we are all still one. 99% of the people of the world believe in things like prayer, a power greater than us, a god consciousness. The one percent that is left do not. Mostly scientists who reject the highest form of science today Quantum physics. The arrogance of these scientists is great. We have given all of social power to geek people who do not believe in the powers of the mind, even though they are proven. The bible says the meek will inherit the world. We have given it to the geek. It is time for us to take back the world and use our new science for health. And the New Science of Quantum tells us the old science of plants is best for our health. We must be humble and recognize we do not know enough to make life or medicines.
There are powers in the human mind to heal you and give you health. Our verbal mind cannot perceive how the energetic body takes in nutrients and gets the energy from them and then sends off the waste. All of this is an energetic system of atomic shifts of energy. But instead of us being respectful and humble in the awesome incredible power of the energetic body, our verbal minds get arrogant and self-centered as we always assume that whatever theory we construct of life is correct and infallible. Then some few years later we look back and laugh at the recent past and say how foolish we were to believe such theories whatever they were. Instead of humble awe and respect for not knowing we always try to impose our limited scope of knowledge onto overly complex energies we never can directly even perceive. Thus we get attached to false beliefs and any belief without respect for the awe and for the energy is but a false belief. So there is a God consciousness of the universe. And we all are connected because we all have some of that God consciousness in us.

It is a crime to let any child under 18 become addicted to a harmful substance that will ruin their life cost vast sums of money and destroy their health. Tobacco does nothing good. The sale of dextrose sugar has also made vast quantities of disease. The deaths from synthetic doctor prescribed drugs now are in the millions each year. The media is owned by the Ultra-Rich and does...
not allow stories that interfere with profit to get press. The governments do not protect us from
disease. These companies value profit over people. These corporations seek return on investment
and not public health. The Ultra-Rich have become richer on the sickness of the public. There is no
government Health Care, there is Government Disease Care. They make money on perpetuating
disease with drugs and addiction.

I am Desiré Dubounet. I fight for freedom of choice in life. I fight for freedom of choice in medicine.
You must fight for your health and your family’s health. The new science of Quantum Physics has
shown us that there were some mistakes made in our society that have robbed our health. And
the people who profit from these mistakes attack all who try to correct them. I offer you this
message of health and an angel is just a messenger. (see the Angel Book to learn more about me).
The hundreds of videos, 30 movies, 100 books, hundreds of articles I have done are all to help you
become healthier and to open your mind. I fight the good fight so you don’t have to. Remember
you can pay me in Karma.

You can get all of the books, movies, articles, research and more from your therapist.
The Philosophical Differences in Medicine and the Need for Stress Reduction in Treatment

This short essay is to point the major differences between allopathic drug and cut medicine and natural holistic medicine. The huge profits of the drug companies and small minds of some people hold back the true advancement in medicine. A major difference is in reductionism versus holism. Stress accumulates and weakens the body. A weakened body cannot resist disease. The incredible work of Dr Hans Selye points to stress as the cause of most disease. The simplest analogy is the story of the straw that broke the camel's back. The story is the camel will carry things but when we get too greedy and add too much.

We pile things on and on till just one more straw....

When we finally colaspe, we only remeber the last straw and not the other larger burdens

The story goes that just one more straw breaks the camel's back. In reductionism we blame the last straw. In holism we look at the entire burden. In modern allopathic medicine we ask what is wrong and the patient says everything was fine till (insert symptom). Then the doctor looks at the last incident and the last straw. In holistic medicine we look at the entire burden and all of the stressors. The allopathic doctor looks for a diagnosis for insurance payment; the Holistic doctor looks for the causes of disease.
"The Food you eat can be Medicine, Stimulation, Pleasure or Slow Poison. Please choose your foods well"

Desire' Dubouneet
The Holmes-Rahe Life Stress inventory shows how stressful events in our lives burden and thus weaken us making us prone and susceptible to diseases. As stress accumulates it further weakens us. Even Christmas is stressful. Some people can tolerate stress more some less, but too much is disease.

The small mind is reductionist and petty. It looks for simple ideas like A diagnosis. The more intelligent mind has expansive thinking and more intellectually complete views. It takes time to be Holistic. An allopath medical doctor thinks that the flies cause the garbage. Every time he finds garbage he finds flies. Every time he finds disease he figures the infection caused the disease. The Holistic doctor looks for multiple causes of disease that weaken the system not one straw.
When a stressor strikes it causes an alarm reaction. A stressor like a heavy metal might cause a sore throat, a toxic chemical in food might cause diarrhea, lead in the air might cause asthma, a fight at work might cause insomnia, a fight at home might cause constipation, too much work and not enough pay can cause headaches, muscle tightness, and a cascade of diseases.

Selye saw the reaction phase of initial symptoms as a warning, a notice, and a sign post of disease.

Being symptom free is NOT an Indicator of Health

Hungarian born Hans Selye was called the Einstein of medicine for his insights into the true cause of disease. Selye worked with Professor Nelson now Desire' and Selye passed the torch of truth to Nelson.

An FDA officer said to us “Everyone in the World knows that stress reduction helps disease, but you will have a hard time convincing the FDA of that.” This type of small minded ignorance of the
truth of medicine makes new advancement difficult. The drug companies like their stranglehold on medicine and reducing stress thus disease without drugs is counter to their massive profits. So we need to see that the problems of medicine come from some false beliefs. One the false belief that the person knows what is wrong and that symptoms are the most important problem. Reductionism is a problem with the complexity of the human needing more intellectual holistic evaluation. Big Sugar, Big Tobacco, Big Pharma, Big Oil, Big War Machine all kill for profit and these are a key problem for health.

A new medicine with stress reduction and awareness of the causes of disease is needed. If people wish to choose synthetic drugs they should be able and free to choose but when someone wants natural medicine it should also be a viable choice. Freedom of choice is also feared by small minds. People need to be aware of these facts and take more responsibility for health.
These are the TOP FIVE REASONS to get a Doctorate in wellness PhD International Medical

1. Getting a degree means you will increase your earning potential. Studies have shown that an advanced degree just as good as attending school.

2. Study and complete courses on your own pace. You can 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 the Center with worldwide contacts with famous doctors).

5. Save money on Travel, Parking, Children & Books. You save money by using the internet everywhere, this makes you and the world better.

6. Employee Support. Many employees that want to manage their health but don’t have the time to manage their health. Employees also need to look beyond the classroom in order to enhance online education. Employees who have to work in their fields often feel that they have to be committed to their jobs. Don’t be afraid to ask your employer. Every company needs a wellness consultant.

CATASTROPHE 2012

PROFESSOR DESIRÉ DUBOUNET

and her friends have spent over 50 million dollars to bring the profession and through courses on wellness, Naturopathy and Neuro-Electro Physiology of Resonance as a humanitarian Angel, she lets you pay for the course videos, books and materials with karma...

THE MESSENGERAngel

COMES TO

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2012
William Nelson or Desiré D. Dubounet as most know her, is a legend in her own time. With over 60 books on medicine, over 200 medical articles published in peer reviewed medical ISSN journals, over 35 movies, three 24/7 TV channels, 2 radio stations, and a host of other publications, Desiré is one of the most important and influential persons of the new age. The courage to stand up and prove that all synthetic drugs are incompatible with the human body. The intrepid pluck resolution to let the big head choose her sex not the little head's presence. Desiré is one of the most courageous people alive today. It is a constant battle against the small and petty minds to fight for freedom and awareness. A modern day warrior fighting for rationality in an ever increasingly stupid and judgmental world, Desiré fights on against all who live in false belief. False beliefs are the hardest to release.

With over 5 patents, 10 trademarks, thousands of copyrights, and a host of other leading edge changes to help natural medicine, Desiré is now a Professor Emeritus of Medicine at the International Medical University. IMUNE is Registered in the British Virgin Is. And the Isle of Mann, accredited internationally, recognized by the U.N. and the E.C. there are IMUNE offices in Switzerland, Mexico City, Beijing and Romania. Desiré won the Beethoven prize for intellectualism in 1990. The Who's Who man of the year in 1991, and women of the year in 2001. Doctorate degrees in Medicine, Counseling, Acupuncture, Homeopathy, Naturopathy, Corporate Wellness, International Law, and Quantum Physics and Biology constitute just some of her educational experience.

Desiré was licensed to treat and diagnoses patients in Ohio, and is now licensed internationally as a medical doctor. She has directed, produced, written and stared in over thirty movies. Desiré established the proof of homeopathy in the USA. She personally made homeopathy legal in Hungary. She is known as the father of modern Homeopathy in Pakistan. She is known as the mother of current Superlearning. She personally registered the acupuncture needles as medical equipment in the USA. Made patents in homeopathy in the USA and Ireland. She has been nominated for the Nobel prize in medicine over ten times. Dr. Bill Nelson was proclaimed the greatest intellectual of the 20th century. But now Desiré is eclipsing and displaying greater genius.

Desiré has developed a new and exciting style of movie making that has Hollywood shaking in fear. Her Intellectual Angel Movies are a fantastic unprecedented and inventive style of movie aimed at the sophisticated intelligent audience. Desiré has the courage and fortitude to make over 35 movies that challenge the system and the powers of big money. She has defined and elucidated the evil of the Illuminati in her movies. As Einstein once said "great spirits get incredible resistance from mediocre minds". Judging from the petty trivial critiques and biased twisted criticisms it can be said that Desiré must be one great spirit. Her courage, intrepid spirit and clarity of mind are legendary.

Desiré was awarded the first prize in a contest of Cardiologists in Florida in 1989. Medical Doctor of the year in 2003, and voted best Healer of the year in 2005. Often called the most eminent Doctor and

Naturopath alive today. She has become the world's most famous expert on Natural and Energetic medicine. The story goes on and on this is just a brief set of the ever growing legend and saga of Desiré D. Dubounet.

As Desiré says the past is not, real the resume is just an illusion. The power of the mind must stand on it's own. The petty mind can come at you from any angle and the only defense is steadfast dedication to the truth. When you read or watch her scientific journals, clinical studies, advanced scientific papers, medical discussions, philosophical essays, social themes, and intellectual movies you can see a world class genius. Petty minds will say that it is too good to be true, well Desiré is so true to be good.

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