

# HUMAN HEALTH GUIDE



WRITTEN BY

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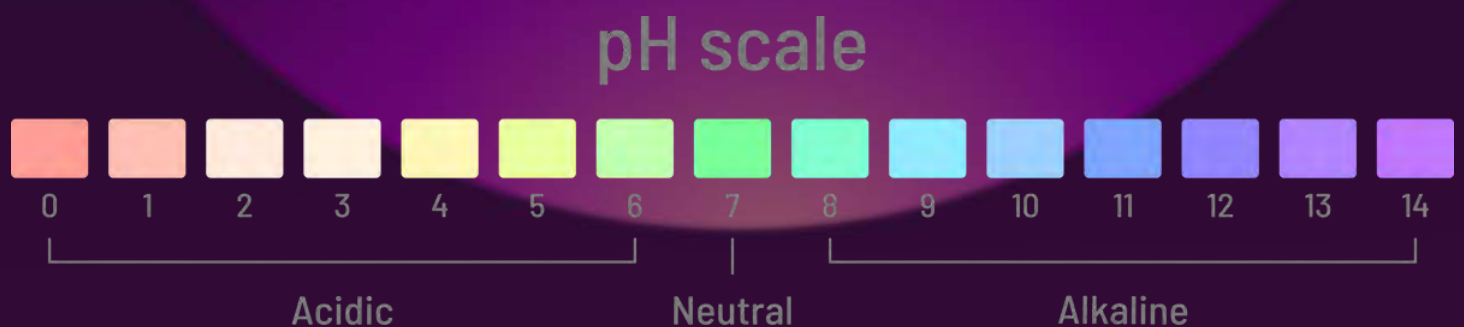
# ACIDITY VS ALKALINITY

Food that is genetically modified or created by humans tends to be acidic to the body. Man-made (hybrid) and processed foods induce acidity within the body. When the body is in an acidic environment, bacteria thrives, triggering the body to produce surplus mucus to counteract the large volume of bacteria. Mucus serves as the body's defense mechanism against toxins. However, an excess of mucus within the body can potentially contribute to the development of various diseases. Additionally, anything artificial or man-made has the potential to provoke cellular inflammation; each instance of an organ or bodily area inflammation weakens its function and overall health. This prolonged inflammation can eventually lead to organ failure over time.

Alkaline foods encompass fruits, plants, herbs, and vegetables that existed on the earth, at the dawn of creation or were divinely made. Unlike hybrid man made foods, alkaline foods can all be found thriving in the wild, growing on their own without human intervention. Alkaline foods can be deemed "God's food," as they have been created by a higher power for human consumption to promote health, vitality and longevity on the earth. These nutrient-rich foods support the gut microbiome, aiding the cells in generating electrical energy.

The term "pH" indeed stands for "potential hydrogen." It represents the measurement of hydrogen ion concentration in a solution, indicating its acidity or alkalinity. When we are born, our body is naturally alkaline, indicating that maintaining this alkaline state is beneficial for overall health.

By eliminating acidic foods from our diet, we can reduce inflammation within the body, allowing our body's electrical system to function smoothly as it should. Consuming the wrong foods can challenge our digestive system and drain our energy as our body struggles to digest them and combat toxins. By cutting out acidic foods, our energy can be redirected towards other purposes, potentially elevating other aspects of our lives.



# ALKALINE FOOD LIST

## ALKALINE VEGETABLES

- BUTTERNUT SQUASH
- WATERCRESS
- CHOCHO
- SPRING ONIONS
- CORIANDER
- CHERRY TOMATOS
- CUCUMBER
- PUMPKIN
- BELL PEPPERS
- OKRAS
- POKE SALAD
- PURSLANE
- ZUCCHINI
- TOMATILLO
- DANDILION GREENS
- IZOTE-CACTUS FLOWER/LEAF
- LETTUCE (EXCEPT ICEBERG LETTUCE)
- POKE SALAD
- AVOCADO
- TURNIP GREENS



## ALKALINE GRAINS

- RYE
- FONIO
- SPELT
- KAMUT
- QUINOA
- WILD RICE
- TEFF
- AMARANTH

## ALKALINE OILS

- COCONUT OIL (DO NOT COOK)
- OLIVE OIL (DO NOT COOK)
- AVOCADO OIL
- GRAPESEED OIL
- HEMP SEED OIL
- SESAME SEED OIL



# ALKALINE FOOD LIST

IF NATURE DIDNT MAKE IT DONT TAKE IT

## ALKALINE FRUITS

- APPLES
- FIGS
- PEARS
- STRAWBERRIES
- ALL BERRIES
- (NO CRANBERRIES)
- JAMAICAN AVOCADOS
- SEEDED WATERMELON
- KEY LIMES
- PEACHES
- CHERRIES
- CURRENTS
- SOURSOP
- SMALL GINGER
- OLIVES
- CANTALOUPE
- PRUNES
- SEEDED RAISINS
- TAMARID
- PRICKLEY PEARS
- DATES
- SEEDED ORANGES

## ALKALINE SEASONING

- OREGANO
- THYME
- CAYENNE PEPPER
- SAGE
- ONION POWDER
- HABANERO
- CORIANDER
- ACHIOTE
- BASIL
- BAY LEAF
- CLOVES
- DILL
- SAVORY
- TARRAGON
- SWEET BASIL
- PURE SEA SALT

## ALKALINE MUSHROOMS

- CHESTNUT MUSHROOM
- OYSTER MUSHROOM
- RIESHI MUSHROOMS

## ALKALINE NUTS

ALKALINE NUTS:

- HEMPSEEDS
- SESAME SEEDS
- WALNUTS
- BRAZIL NUTS

# EATING CORRECTLY

Here are some guidelines on how to eat correctly:

- **Ensure thorough chewing:** Chew your food until it becomes a liquid consistency. The body struggles to digest large food chunks, but by chewing food to a liquid, the digestive system expends less energy in processing the food.
- **Maintain regular meal times:** Eat at consistent times each day to establish a rhythm for your body to efficiently process foods, optimizing its functionality.
- **Avoid eating after sunset:** The sun plays a vital role in aiding the body's various functions, including digestion. Whenever possible, try to eat during daylight hours to benefit from the sun's influence on food digestion.
- **Be mindful of food combinations:** Certain food combinations, such as grains and fruits, can be challenging for the digestive system to process efficiently. Mixing foods excessively can lead to digestive issues and drain your energy.
- **Allow time before sleep:** Leave at least four hours between your last meal and bedtime. Eating too close to bedtime hinders the body's ability to digest food effectively while lying down, potentially impacting the quality of your sleep. By giving your body time to digest before sleeping, you enable it to focus on recharging and regenerating during rest.

Digestion indeed requires a significant amount of energy. By following the guidelines above, you can support your digestive system, allowing it to operate more efficiently and thereby reducing the energy it consumes. This optimized digestion not only conserves energy but also contributes to overall well-being and vitality.



# VEGANISM

## NATURE PROVIDES YOU WITH EVERYTHING

Adrenochrome is a substance that Satanists consume to induce a euphoric high. It is said to be blood containing adrenaline. Much of the meat available in markets today comes from animals that have been captured, confined, and subjected to a harrowing journey through slaughterhouses, witnessing the slaughter of other animals before meeting their own demise. In this terrifying environment, the animals experience intense fear and anxiety, flooding their blood with adrenaline and other fear hormones. When these animals are consumed, these hormones are transferred into the blood of the consumer. Consuming flesh is akin to ingesting adrenaline, even when cooked, traces of blood persist in the flesh of the deceased animal.

## VEGANISM ~~XXXXXXXXXX~~ SAVING ME

An anagram from "veganism" is "saving me." Consuming flesh is considered by some to be a ritual with potential effects on one's afterlife, associated with certain belief systems.

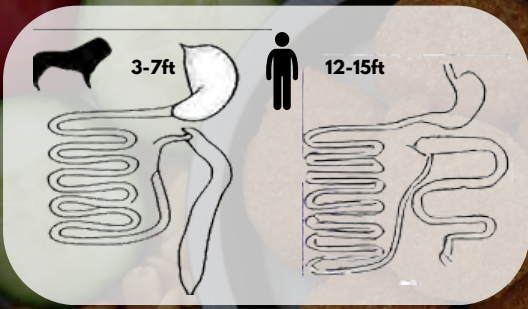
## YOU ARE NOT A COW

Cow milk is designed by nature to provide essential minerals and fats to newborn calves, ensuring their robust growth. It contains all the nutrients necessary for a healthy development of a cow, a pattern consistent across various species created by God. Applying common sense, humans, being a distinct species, should reconsider consuming milk specifically tailored for the growth of cows or other animals. Moreover, the modern mass-scale production of milk involves frequent milking of cows, causing them stress and leading to the release of stress hormones into the milk, which is subsequently transferred to consumers.

A baby cow typically consumes its mother's milk until it is fully developed, at which point it naturally stops. This is because the mother's milk provides essential minerals and nutrients necessary for the baby cow to grow into a fully matured cow. Applying common sense, one might question why humans continue to consume milk that is not even from their own species.

Estrogen is naturally present in milk, as it is released from the mother cow's system. Some researchers suggest that this estrogen in milk might affect the quality of male sperm, potentially contributing to the observed decline in male fertility and testosterone levels.

# VEGANISM



Carnivores such as tigers and lions typically have shorter intestinal lengths, ranging from 3 to 7 feet. In contrast, humans possess intestines that extend to approximately 15 feet in length. This notable difference suggests that, unlike carnivores reliant on flesh consumption, humans exhibit physiological features indicative of a plant-based diet. Both our

dental structure and intestinal length align with the characteristics of herbivores, emphasizing our anatomical adaptation for consuming plants, fruits, and vegetables.

## CARNIVOR CREATURE

## VEGAN CREATURE



Bear

Lion

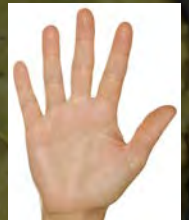
Dog



Sheep



Horse



Human



Bear



Lion



Dog



Sheep



Horse



Human

Humans and plant-eating animals lack distinct features suggesting they are carnivores. Unlike lions or other flesh-eating animals, humans do not possess claws for tearing open flesh. Additionally, we lack long, sharp teeth designed for ripping flesh. Instead, our flat, short teeth are adapted for chewing and consuming plants, vegetables, and fruits.

Humans purchase neatly-wrapped packages of processed, washed, and trimmed animal flesh, which is essentially rotting, treated with chemicals. They then cook it, often adding oil, salt, seasonings, sauces, and condiments to mask the putrid smell and taste of death, and consume it using utensils. This behavior starkly differs from that of lions.

Why would a rational human mimic the eating habits of a wild animal? Why would someone base their ethical behavior on the actions of a lion?

# VEGANISM

## PARASITES IN FLESH

Another compelling reason to avoid consuming dead flesh is the presence of parasites. These small worms can be created or transmitted through the foods we consume, with a heightened likelihood of their existence in dead flesh. Dr. Sebi contends that over 80% of diseases are connected to parasites residing within individuals. It's suggested that cravings may not solely be personal; parasites can influence the brain to obtain the foods they thrive on, such as flesh, sugary foods, and processed foods.

## YOU ARE WHAT YOU EAT

Each species possesses inherent qualities bestowed by its celestial ruler. For instance, bears exhibit strength and ferocity, cats exude majesty and sneakiness, and camels showcase the ability to traverse vast distances. In medieval times, magicians purportedly carried the heart of a bear to invoke qualities of strength and relentlessness when necessary. Additionally, if they wished to remain awake throughout the night, they would keep an owl's heart nearby to help them stay alert and vigilant. These practices were believed to imbue the magician with specific virtues or abilities associated with the animals' characteristics. Every living species harbors celestial virtues that resonate through its body, mind, and spirit. When we partake in the flesh of these beings, we assimilate the virtues associated with them. Consuming chicken, for instance, allows the occult virtues of the chicken to transfer to the consumer of its flesh. the term "you are what you eat" is quite literally true.

Scientific evidence supports the notion that every cell in the human body undergoes a complete transformation approximately every 90 days. These cells derive their origin from the food we ingest. Applying basic logic, the consumption of deceased animal flesh may contribute to the gradual weakening of our cells, given the absence of life and electricity in such flesh. Conversely, the intake of vibrant, living fruits containing the solar electric charge is posited to facilitate cell regeneration, potentially slowing down the aging process.

# PHYCOLOGICAL WAREFARE

The power of language in shaping our perceptions and behaviors is well-documented. By employing more neutral or positive terms, the food industry aims to make the consumption of poisons more palatable to the general population. Words and letters are symbols imbued with metaphysical meanings or perceptions within our minds, evoking either positive or negative associations. The food industry often utilizes terms and symbols associated with positive energy to create a false perception of their products, diverting consumers' attention from the reality of what they are actually consuming.

Terms have been **CREATED** to conceal the true nature of what we consume. Instead of using direct descriptors, We use softer words – referring to flesh as "meat," rancid milk as "cheese," a pig's posterior as "ham," and a developing embryo as an "egg." The intention behind this linguistic choice is to mitigate potential negative psychological effects associated with consuming these products. The belief is that fewer individuals would be inclined to consume a product named "cow flesh" or "chicken fetus" if the true terminology were employed, as it taps into an innate recognition that such choices may be ethically problematic.

Ingredients are often concealed on packaging or printed in small fonts, making them difficult to read. Additionally, the area where ingredients are listed may appear compact and visually unappealing, discouraging consumers from scrutinizing the ingredient list. This intentional design aims to divert attention away from what consumers are actually consuming. Such tactics are employed by large companies to maximize sales and profits.



This product prominently features the phrase "immune system" in bold writing to create the impression that it is beneficial for one's health. Additionally, the packaging utilizes the color green, often associated with nature, health, healing, and wellbeing. Furthermore, an image of a fruit is displayed, suggesting healthiness, despite the product likely containing artificial flavors to mimic the taste of the fruit rather than containing the whole fruit itself. This is necessary because including

the whole fruit would result in the product expiring within a few days. If the product does contain real fruit, it would likely be packed with preservatives to extend its shelf life and prevent it from spoiling. Despite the necessity of including preservatives and added ingredients for shelf stability, it does not necessarily render the product healthy. These additives can disrupt the gut microbiome, which plays a crucial role in overall health. The gut is often referred to as the "second brain" due to its influence on various bodily functions and processes. Therefore, while the product may appear healthy on the surface, its impact on gut health should be considered.

# PHYCOLOGICAL WAREFARE



Children's cereal often features cartoon characters because marketers understand that cartoons trigger recognition within their minds, as children regularly watch them on TV programs. By incorporating these familiar characters onto the packaging, marketers intentionally position them to look downward, making eye contact with children. This tactic is strategic, as marketers recognize that children are typically smaller in height, ensuring that the characters on the packaging are visually engaging and appealing to their target audience.

Kids' cereals often utilize colorful packaging to attract children to their products. Humans possess trichromatic vision, meaning our eyes and brains are wired to seek out and respond to colors. Children, in particular, are highly sensitive to colors, which is why companies choose vibrant and colorful packaging to appeal to them. This strategy capitalizes on the natural inclination of children to be drawn to bright and eye-catching visuals.

Companies often target children at a young age with sugary and artificial foods, aiming to cultivate early addictions. This early exposure can lead to a lifelong dependence on unhealthy foods if not addressed. Such habits established in childhood can persist into adulthood, potentially leading to long-term health consequences if not properly managed.

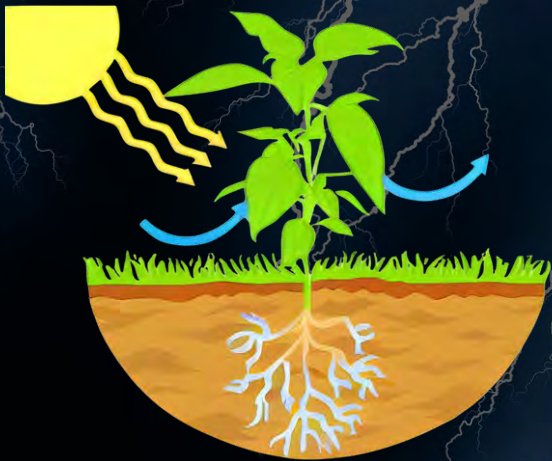
The subconscious mind of children is considered to be particularly receptive to programming between the ages of 1 to 7. During this critical period of development, children are highly impressionable and absorb information from their surroundings, experiences, and interactions with others. This period is crucial for shaping beliefs, attitudes, and behaviors that may persist into adulthood. Therefore, it is essential to provide healthy habits and nurturing environments during these formative years to support healthy development and positive outcomes later in life.

# YOU ARE ELECTRIC

The elements present in our bodies, such as sodium, potassium, calcium, and magnesium, carry specific electrical charges. These charged elements, known as ions, play a crucial role in generating electricity within almost all of our cells. Through processes like ion channels and ion pumps, cells regulate the flow of these ions across their membranes, creating electrical gradients that are essential for various cellular functions, including nerve signaling, muscle contraction, and maintaining overall physiological balance.

The human body operates as an intricate electrical machine. The brain serves as a central electrical hub, transmitting signals throughout the nervous system to regulate bodily functions. Our nervous system is inherently electric, orchestrating communication between cells and organs through electrical impulses. Furthermore, our cells possess the ability to conduct electricity, facilitating various physiological processes.

In essence, our bodies function as biological batteries, relying on electricity to power essential functions. Just like any battery, maintaining a sufficient charge is crucial for optimal health and vitality.



The universe is indeed governed by electromagnetism, with these principles underlying the behavior of all matter and energy. The Sun, as a massive celestial body, emits powerful electric rays characterized by a positive charge. These rays interact with the environment, positively charging plants and other life forms on Earth. As plants grow under the influence of the Sun's electric rays, they crystallize this energy within their structures, including fruits and vegetables.

When we consume these sun-ripened foods, we are effectively ingesting the stored electricity. This electrical energy then aids the cells in performing their functions within the body, contributing to overall health and vitality. Understanding and harnessing the electrical energy present in natural foods underscores their importance in supporting optimal bodily functions and well-being.

The same quantity of food you ingest ultimately exits your body. This observation hints that sustenance isn't solely derived from the physical matter of solid food. Instead, it implies that the inherent etheric vibrations and bioelectric charge within these foods play a vital role in energizing and nourishing our cells.



# YOU NEED CHARGING

## YOU ARE A BIOLOGICAL ELECTROMAGNETIC BATTERY

The Earth itself generates its own electromagnetic field. The Earth's surface is also electrically conductive, allowing it to carry electrical currents. When we ground ourselves by connecting directly with the Earth, such as by walking barefoot on the ground or touching natural surfaces, we may absorb some of this electromagnetic energy. Some potential benefits of grounding our feet into the Earth include:

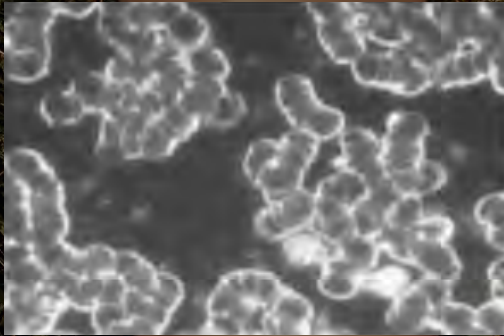
- 1.Reduced Inflammation:** Grounding may help to reduce inflammation in the body by neutralizing excess free radicals and improving the balance of electrons.
- 2.Improved Sleep:** Many people report experiencing better sleep quality and reduced insomnia after grounding. This may be due to the normalization of circadian rhythms and cortisol levels.
- 3.Pain Relief:** Grounding has been associated with reduced pain and discomfort, potentially by modulating the body's perception of pain and promoting relaxation.
- 4.Stress Reduction:** Grounding may help to reduce stress and anxiety by promoting feelings of calmness and relaxation. It may also help to regulate the body's stress response.
- 5.Enhanced Mood:** Some individuals report feeling happier and more emotionally balanced after grounding, possibly due to the release of endorphins and other feel-good neurotransmitters.
- 6.Improved Energy Levels:** Grounding may help to increase energy levels and reduce fatigue by restoring the body's natural balance and promoting better circulation.
- 7.Enhanced Immune Function:** Preliminary research suggests that grounding may have immune-modulating effects, potentially helping to strengthen the body's immune response.



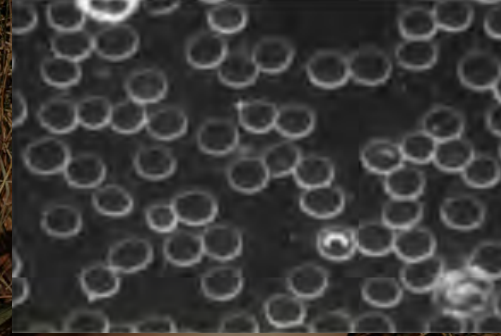
# YOU NEED CHARGING

## RED BLOOD CELLS

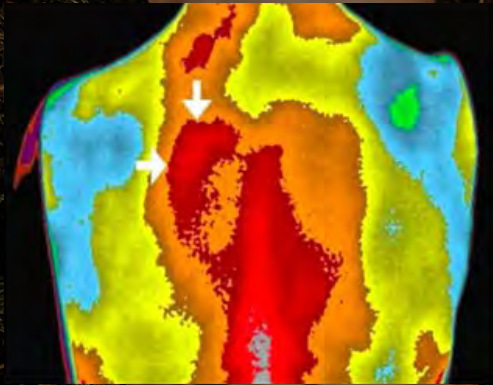
CELLS BEFORE  
GROUNDING



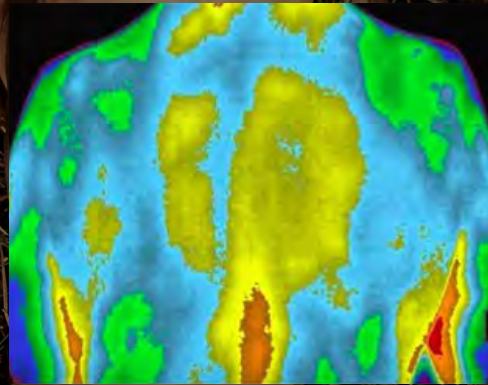
CELLS AFTER  
GROUNDING



INFLAMMATION BEFORE



INFLAMMATION AFTER



In the images above, you can see the comparison between before and after a 30-minute grounding session. Following 30 minutes of grounding, the surface charge of Red Blood Cells (RBCs) elevates. This phenomenon leads to a decrease in blood viscosity, rendering the blood more fluid. Consequently, the heart expends less effort, leading to improved circulation and potentially decreasing the risk of cardiovascular issues. Not only have their cells improved, but as demonstrated in the images, it is evident that after 30 minutes of grounding, the inflammation in the individual's back has significantly decreased.

Making grounding a daily ritual is crucial for optimizing our health. I suggest that we aim to ground for at least 10 minutes daily; however, the more time we can dedicate to it, the better. This exercise can easily be incorporated early in the morning to start the day off on the right foot.

Grounding our beds can indeed have significant health benefits. If you wish to do this, you can purchase metal-laced bed sheets. Once you have them, you can use copper wire to connect the wires to the metal-wired sheets, ensuring continuous grounding for your bed. This practice can contribute to improved sleep quality, reduced inflammation, and overall well-being.

# GROUNDING

Rubber is not a conductor of electricity and does not allow energy to transfer through it very well. Rubber-soled shoes were designed to insulate and disconnect us from the Earth, preventing the flow of electrical energy between our bodies and the ground. This insulation prevents grounding or earthing, which may have health implications as it disrupts the natural exchange of electrons between our bodies and the Earth's surface.



If you prefer not to walk barefoot all the time, you can still experience the benefits of grounding by using natural materials in your footwear. Wooden shoes or shoes with metal components can allow electric energy to transfer from the Earth to your body, enabling grounding even while wearing shoes. This way, you can still connect with the Earth's energy and reap the associated health benefits.

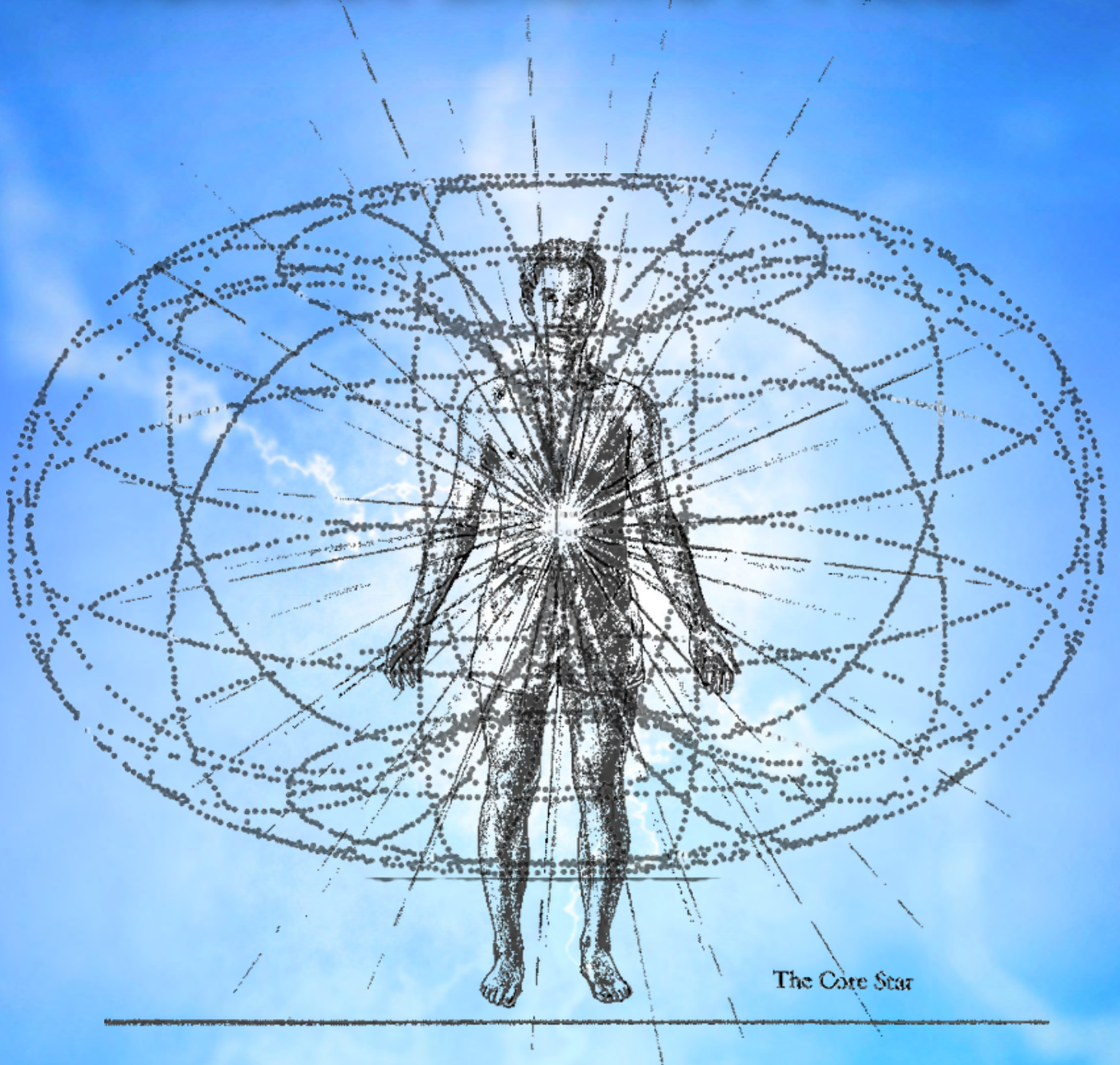
## HUMAN ENERGY FIELD

Grounding is indeed another excellent method to strengthen your electromagnetic field. The human energy field acts as a protective shield against energy-borne diseases and sickness. When this field becomes depleted, the body becomes more vulnerable to diseases and health issues. Therefore, practices like grounding, which enhance the body's electromagnetic balance, can significantly contribute to overall well-being and resilience against illness.

When we compromise the electromagnetic fields of our cells, we contribute to our susceptibility to illness. This weakening has ramifications on the broader scale of our human energy field. Lowering the vibrational frequency and diminishing our electromagnetic fields, often through the consumption of acidic foods, aligns us with the frequency associated with illnesses. Diseases are thought to exist within a lower frequency band, and when we harmonize with that frequency, we supposedly become immune to those illnesses and other elements existing within that frequency.



# HUMAN ENERGY FIELD



**The human energy field manifests as an electromagnetic field, typically extending 4-5 meters in circumference around the body. As the individual's mental, emotional, and physical well-being improves, their field strengthens and expands, reaching up to 9 meters in circumference.**

# AVOIDING TOXICITY

**AVOID THE FOLLOWING LISTED PRODUCTS AND ITEMS:**



It is recommended to avoid plastic chopping boards because they can release microplastics onto your food while you are chopping. Once ingested, microplastics are difficult to remove from the body. Therefore, it is important to use plastic as minimally as possible to reduce exposure to these harmful particles. Instead use wooden chopping boards.



Non-stick pans are coated with a chemical called Teflon, which can be harmful to the body. When these pans are heated, Teflon can leach into the foods you are cooking. Therefore, it is best to avoid using non-stick pans to minimize exposure to Teflon. Instead use stainless steel cooking pans.



Air fresheners often contain numerous synthetic chemicals that, when inhaled, can disrupt hormones and potentially cause damage to the lungs over time. The term "fragrance" on ingredient lists can encompass a multitude of up to 10,000 toxic synthetic chemicals. Therefore, it's important to be cautious when using air fresheners and opt for natural alternatives whenever possible to minimize exposure to harmful substances.

It is advisable to avoid aluminum cans due to their plastic (BPA) lining, which can leach microplastics into the liquids and foods contained within the can. Therefore, it is recommended to steer clear of canned foods or liquids. Refrain from consuming beverages from plastic bottles and instead opt for alternatives such as glass, stainless steel, copper, and similar materials.

# TOXIC INGREDIENTS

## AVOID THE FOLLOWING LISTED INGREDIENTS:

### STAY AWAY FROM:

- Thickeners
- Emulsifiers
- Gelatin
- Acidity Regulators
- Citric Acid
- Lactic Acid
- Ascorbic Acid
- Flavour
- Natural Flavour
- Iron
- Food Colouring
- Red40
- Palm Oil
- Vegetable Oil
- Rapeseed Oil
- Sunflower Oil
- Sugar
- Corn Syrup
- Starch
- Glucose
- Preservatives



### ASCORBIC ACID

Ascorbic acid is indeed vitamin C, but it can be synthesized in a lab. It's often added to foods to enhance their appeal and nutritional content. Stay away from any "food" that is synthetic and not made by mother nature.

### CITRIC ACID

Citric acid can be produced through fermentation using various strains of mold, including genetically modified organisms (GMOs), in laboratory settings.



### FLAVOUR & NATURAL FLAVOUR

When you see "flavor" listed as an ingredient, it may contain up to three thousand synthetic chemicals, which can be harmful and unnatural to the body. Natural flavor isn't necessarily safer—it can include substances from the natural world, such as insects, bugs, and bottom feeders, which you should avoid from consumption. Insects and bottom feeders often consume waste and debris, which can contain toxins, microplastics, and parasites. As a result, they may accumulate harmful substances in their bodies.

### SEED OILS

Sunflower oil, canola oil, and many other seed oils are often highly processed. They undergo heating and various factory processes to extract the oil from the seeds, which can result in the oil becoming highly refined and containing harmful substances.

### SUGAR

Sugar triggers the brain's reward system, leading to the release of dopamine, which creates feelings of pleasure and satisfaction. This is a key factor in why sugar can be addictive, with some researchers likening its addictive potential to that of cocaine. Sugar often appears in ingredient lists under various names like glucose, corn syrup, and artificial sweeteners. Excessive consumption of artificial sugars is linked to numerous health issues, including diseases, tooth decay, and potential brain damage. Thus, it's crucial to minimize or eliminate artificial sugars from our diets to promote overall health and well-being.

# FASTING

Fasting involves refraining from eating, providing the body with an opportunity to address any internal issues. By diverting energy away from digestion, the body can focus on healing processes. Digestion requires a significant amount of the body's energy. When we refrain from eating, this energy is freed up and can be redirected to other bodily processes, potentially aiding in healing and repair.



During fasting, the body may generate stem cells, which possess the remarkable capability to transform into specialized cells needed for tissue repair and regeneration. Stem cells are undifferentiated cells with the remarkable ability to develop into various specialized cell types in the body. They have the potential to differentiate into specific cell types, such as muscle cells, nerve cells, or blood cells, depending on the body's needs. Stem cells play a crucial role in the body's natural healing and regeneration processes

## TYPES OF FASTING:

**Liquid only fast** - During a water fast, individuals abstain from consuming all food and only consume water for a designated period of time. This practice allows autophagy (the process of cellular repair and regeneration) and the production of stem cells. A liquid fast is often viewed as an effective method to cleanse the colon and clear the digestive system of toxins and residual food. By consuming only liquids such as water, herbal teas, fruit juices, and vegetable juices, the digestive system gets a break from processing solid foods, allowing it to rest, flush and detoxify. This practice to helps remove buildup and promote digestive health.

**Dry fast** - Dry fasting, is a practice where individuals refrain from consuming any food or liquids for a designated period. Advocates of dry fasting often suggest that it can lead to more profound detoxification effects compared to water fasting alone. The body may efficiently eliminate toxins and waste products through various physiological processes during a dry fast. **Warning** - Dry fasting, due to its extreme detoxification and potential risks, should only be attempted by individuals who are well-informed, experienced with fasting practices.

# FASTING

## HOW LONG DO I FAST FOR?

Starting gradually with shorter fasting durations, such as 1-2 days at a time, allows beginners to acclimate to the experience and observe how their bodies respond. As individuals gain more experience and confidence with fasting, they may choose to extend their fasting periods, with experienced fasters potentially fasting for up to a week. For those who are highly experienced and knowledgeable about fasting, longer durations, such as one month or more, may be feasible.

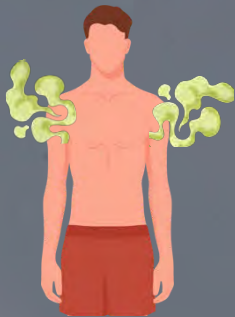
## HOW OFTEN SHOULD I FAST?

Giving the body a break from digestion every two weeks when initially starting fasting can be beneficial. As you gain more experience with fasting, it becomes increasingly advantageous to incorporate it more frequently into your routine. For instance, I personally fast for at least 1 to 2 days every week to maintain my fasting practice and its associated benefits.

## SIGNS YOU NEED TO DETOX



**YELLOW  
TOUNGE**



**BODY  
ODUR**



**ACNE  
ON SKIN**



**SKIN  
ISSUES**



**HAIR  
LOSS**



**BLOATING  
STOMACH**



**BREATH  
ODUR**



**RUNNY  
NOSE**



**DIFFICULTY  
ON TOILET**

# BLOOD & SKIN CONNECTION

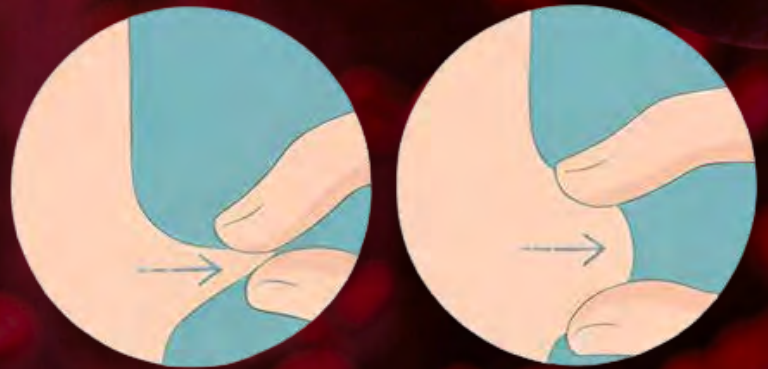
The presence of skin conditions such as acne, rashes, and various dermatological issues often serves as a visible indicator of underlying internal health imbalances. While external supplements and topical treatments can sometimes provide temporary relief by masking redness or irritation, they often fail to address the root cause of the problem, which lies within the body.

As the body's largest organ, the skin reflects the overall health of our bloodstream and internal systems. Skin issues like eczema and persistent rashes can be signals that our blood may contain toxins or that our body's detoxification processes may be compromised.

In essence, these skin manifestations act as outward manifestations of internal disruptions. Therefore, merely treating the symptoms externally may not fully resolve the underlying issues. Instead, adopting a holistic approach that includes dietary adjustments, lifestyle modifications, and detoxification protocols is crucial for addressing the root causes of skin conditions and restoring overall health and balance.

## DO YOU HAVE TOXIC BLOOD?

To determine whether your blood is toxic or clean, you can conduct a simple test on yourself or someone else. Pinch the middle topside of your forearm. If the skin feels very thick and not very stretchy, it may indicate that your blood is thick and full of toxins. On the other hand, if your skin feels thin and elastic, it suggests that your blood is purer and healthier.



## HOW TO CLEANSE THE BLOOD

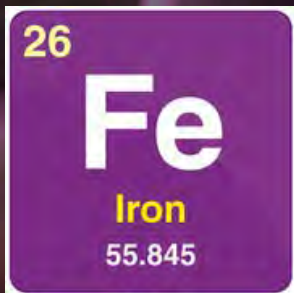
To cleanse the blood effectively, it's beneficial to incorporate a variety of red alkaline fruits and vegetables into your diet. These include strawberries, cherries, tomatoes, raspberries, and others. These foods provide essential nutrients that support blood health and aid in removing toxins from the bloodstream. By consuming a diet rich in these red alkaline fruits and vegetables, you can help your body maintain optimal blood health and detoxification. Additionally, it's beneficial to include foods and herbal teas in your diet that are rich in iron and fluorine. Herbs like burdock root, dandelion, sarsaparilla, and cayenne pepper.

# IMPORTANCE OF IRON

Iron is indeed one of the most important minerals for the body. Iron is a crucial component of hemoglobin, the protein in red blood cells responsible for transporting oxygen from the lungs to the rest of the body and many other bodily functions. In the bloodstream, iron is bound to hemoglobin and helps carry oxygen throughout the body's tissues and organs. This oxygenation process is essential for cellular respiration and overall bodily function.

Iron deficiency occurs when the body doesn't have enough iron to produce hemoglobin, leading to a decreased ability to carry oxygen to tissues and organs. This condition can result from various factors, including inadequate dietary intake of iron-rich foods, poor absorption of iron in the digestive tract, blood loss (such as from menstruation or internal bleeding), or increased demand for iron (such as during pregnancy or rapid growth periods in children). Females need to pay particular attention to their iron intake, especially around menstruation, because they lose iron during this time through blood loss. Menstrual blood contains iron, and women who have heavy or prolonged periods may experience greater iron loss

Insufficient iron intake can indeed lead to various health issues and complications. Iron deficiency can result in a condition called anemia, which occurs when the body doesn't have enough healthy red blood cells to carry oxygen to tissues throughout the body. This can lead to symptoms such as fatigue, weakness, shortness of breath, dizziness, pale skin, and difficulty concentrating.



**MALE**

## SIGNS OF IRON DEFICIENCY



**FREQUENT  
HEADACHES**



**DARK  
EYE-BAGS**



**LOW  
ENERGY**



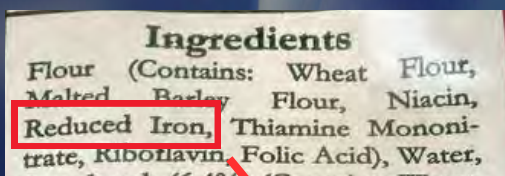
**PALE/YELLOW  
SKIN**

# IRON FLOURINE

**IRON** is crucial for our respiration and overall bodily function, essentially serving as the essence of life itself. Without iron, the production of red blood cells, responsible for carrying oxygen throughout our bodies, would be impossible. Oxygen is essential for every cellular process, providing the energy necessary for various bodily functions. Furthermore, blood plays a vital role in eliminating metabolic waste generated through respiration by transporting carbon dioxide, a byproduct of metabolism, to the lungs for expulsion from the body. Hence, the supply of oxygen to cells and the removal of carbon dioxide are paramount.

**FLOURINE** has been found to positively impact the formation of bones and teeth. It contributes to strengthening immunity, fortifying bones, and safeguarding teeth. It's worth noting that the healing properties attributed to natural fluorine differ from those of chemical sodium fluoride found in water. Fluorine also aids in protecting the body against viral invasion and proliferation. It acts as a disinfectant, germicide, antiseptic, antiparasitic, and fever-reducing agent, further underscoring its beneficial effects.

## AVOID FAKE IRON



Not all forms of iron are beneficial or absorbable by the body. Our cells require iron in the form of iron phosphate or iron fluorine, which is naturally found in plants, fruits, and vegetables, rather than synthesized in a lab. The iron listed in ingredients is often iron oxide, a physical form of iron. However, our cells cannot effectively absorb heavy metals like iron oxide, and it can potentially cause harm to the body. Our bodies are designed to absorb nutrients from natural sources created by nature, rather than synthetic compounds.



Iron fluoride is a compound created by combining iron and fluorine, forming an inorganic substance. This will not benefit your body.

It's advisable to avoid iron supplements and foods containing added iron, as this iron is often synthetic. Opt instead for natural sources of iron found in plants, fruits, and vegetables, which provide the beneficial form of iron that the body can utilize effectively.

# SUPER FOODS

## IRON RICH HERBS

Yellow Burdock  
Burdock Root  
Dandelion Root  
Nettle Leaf  
Sarsaparilla Leaf  
Elderberry  
Red Clover  
Coco

## IRON RICH FOODS

Watermelon  
Mullberries  
Black Berries  
Cherries  
Black Seeded grapes  
Fonio  
Wild Rice  
Quinoa

## SUPERFOODS

Jamacan AVecado  
Watermelon  
Seamoss  
Blue Berries  
Ginger  
Cayenne Pepper  
Cherries Tamatos  
Coconut

A superfood is a term used to describe a food that is particularly rich in nutrients, including vitamins, minerals, antioxidants, and other beneficial compounds.

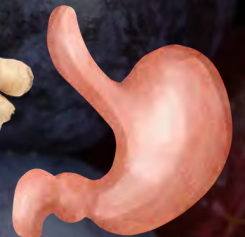
The color of the fruit determines the health benefits it holds for the body. Red fruit indicates that it is healthy for the blood and contains a high amount of iron. Green fruit, for example, key limes, has detoxifying effects on the body and is beneficial for detoxing the gut and colon. Orange fruit, such as seeded oranges, is beneficial for cleansing the body of leftover waste.



**GRAPES-LUNGS**



**WALNUTS-BRAIN**



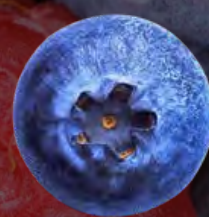
**GINGER-STOMCH**



**TAMATO-HEART**



**MUSHROOM-EAR**



**BLUEBERRY-EYE**

Certain fruits bear a resemblance to the body parts they benefit, reflecting the idea that nature provides foods tailored for human health. This suggests that fruits, herbs, and plants are intricately designed by nature to promote our wellbeing, enabling us to identify the foods that support our needs. Furthermore, this observation supports the notion of a divine creation, where everything is interconnected—a microcosm within the macrocosm. It suggests a profound unity and purpose in nature, where the intricate design of fruits aligning with specific body parts reflects a deeper harmony in the universe.

# **AVOID GMO**

**IF NATURE DIDNT MAKE IT, DONT TAKE IT**



**GMO**

# ORGANIC VS GMO

**GMO, which stands for genetically modified organisms, refers to fruits and vegetables that have undergone genetic alteration to serve commercial interests or human preferences. Supermarket fruits, for instance, are often genetically modified to prolong shelf life and facilitate mass production. While advantageous for businesses, these modifications do not align with our body's optimal health.**

**GMOs typically contain fewer minerals and nutrients compared to naturally occurring foods. Hence, it's crucial to prioritize sourcing organic food whenever feasible. Anything synthesized in a lab and not derived from nature's processes may not be suitable for consumption. Our bodies are inherently part of nature, and ideally, we should only consume what nature has provided for us since the beginning."**

## THE TERM ORGANIC HAS BEEN HIJACKED

**The term "organic" is often misunderstood or misused in today's world. Organic produce refers to fruits and vegetables grown without synthetic pesticides, fertilizers or ionizing radiation. It's important to clarify that foods like broccoli, carrots, or kiwi are not inherently organic because they are cultivated hybrids. Instead, "organic" typically refers to the environment in which the food was grown. This includes factors like uncontaminated soil and the absence of pesticides. However, it's crucial to understand that just because a food is labeled organic, it doesn't automatically mean it's healthy or nutritious.**

**The term "organic" is now being applied to deceased animals within the meat industry. However, it's important to recognize that it's impossible to have organic chicken flesh or organic chicken eggs because these products are derived from sentient beings and are not suitable as food for our bodies.**



# **TOILET PAPER IS TOXIC**

**IN THE MANUFACTURING PROCESS OF TOILET PAPER, CHLORINE IS OFTEN USED TO BLEACH THE PAPER, GIVING IT A WHITE APPEARANCE. HOWEVER, CHLORINE IS KNOWN TO BE A TOXIC CHEMICAL THAT CAN BE HARMFUL TO THE SKIN AND CAN QUICKLY ENTER THE BLOODSTREAM. ADDITIONALLY, THE INTERACTION OF CHLORINE WITH THE PAPER DURING THIS PROCESS CAN PRODUCE DIOXINS, WHICH ARE HIGHLY TOXIC CARCINOGENS. ANOTHER CHEMICAL COMMONLY ADDED TO INCREASE THE STRENGTH OF TOILET PAPER WHEN WET IS FORMALDEHYDE. THESE THREE CHEMICALS PRESENT SIGNIFICANT HEALTH CONCERNS, MAKING TOILET PAPER A POTENTIALLY DANGEROUS PRODUCT TO USE ON OUR SKIN. REPLACE HARMFUL TOILET PAPER WITH CHLORINE-FREE ALTERNATIVES**

# BOWEL MOVEMENTS

It's essential to sit in the correct position during a bowel movement to ensure effective elimination of waste from the body. Sitting in the right position helps prevent leftover waste from accumulating and potentially causing issues such as putrefaction in the body.



Sitting in a seated position results in partial relaxation of the puborectalis muscle, potentially causing problems like bloating, straining, hemorrhoids, and constipation due to incomplete waste elimination.



Using a stool to elevate our feet creates a squatting position, optimizing the angle for the puborectalis muscle to fully open. This facilitates easier and more efficient elimination during a bowel movement.

# HOT VS COLD SHOWERS

Water is the element that cleanses and revitalizes all things in its presence. It has a profound impact on our bodies and bodily systems, underscoring the importance of using healthy water with minimal toxins.

Investing in a water filtering shower head can be highly beneficial for maintaining healthier skin by reducing exposure to toxins present in tap water. These shower heads typically utilize filtration systems to remove impurities such as chlorine, heavy metals, and other contaminants, providing cleaner water for bathing. By filtering out these substances, water filtering shower heads help minimize skin irritation, dryness, and potential long-term effects on health.

Our skin, composed of trillions of pores, absorbs the water we apply to it. The body reacts differently to hot and cold water: Cold showers or bathes can help boost the immune system, responsible for combating diseases and toxins, while hot showers have a soothing effect on the body, beneficial for muscle healing and overall relaxation.

I personally advocate for cold showers as a routine practice, as they offer numerous benefits for overall health. Over time, regular cold showers can lead to deeper breathing, a lowered heart rate, a strengthened immune system, and slower aging, among other advantages. Beyond physical benefits, cold showers also provide mental advantages. Our nervous system naturally seeks pleasure and safety, and by choosing to expose ourselves to cold environments, we cultivate mental discipline and enhance the higher faculties of our minds. This mental resilience can positively impact all aspects of our lives, contributing to greater well-being and success.

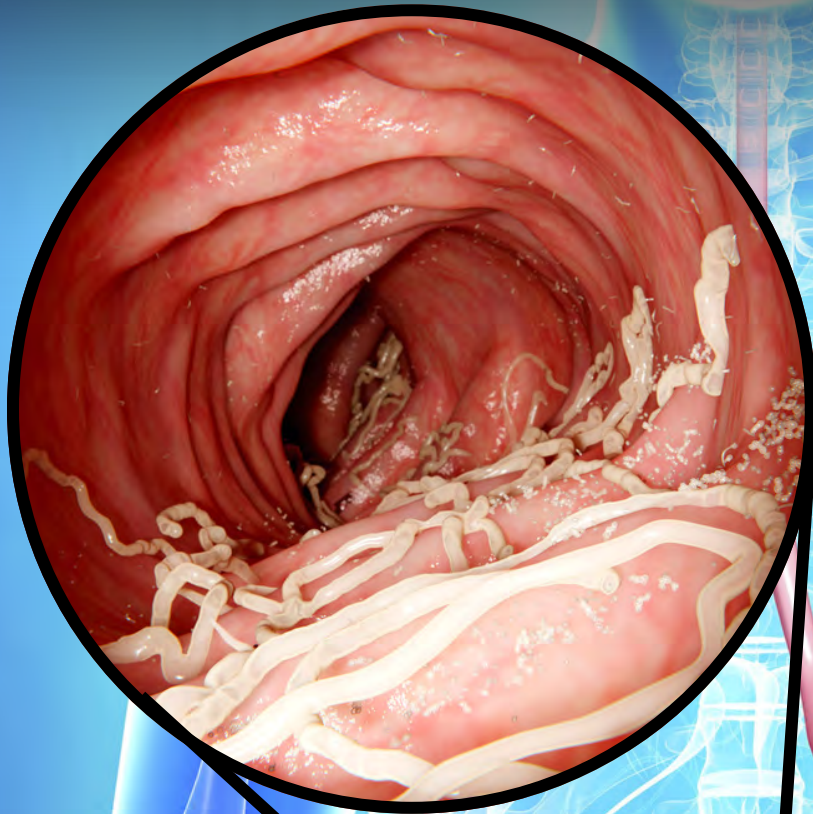
## HOT SHOWER

- Muscle recovery
- Relaxation
- Opens pores
- Cleanses skin
- Clears mucus
- Removes toxins
- Relieves headaches
- Best to do at night

## COLD SHOWER

- Reduces inflammation
- Boosts immune system
- Accelerates metabolism
- Improves focus
- Increases alertness
- Reduces hair loss
- Prevents colds
- Best to do in morning

# PARASITES



# PARASITES

Parasites are organisms that live in or on another organism (the host) and benefit at the host's expense. They derive nourishment and other resources from the host, often causing harm or discomfort to the host in the process. Parasites typically do not enter the body externally. Instead, they are believed to emerge from within due to factors such as consuming toxic foods and creating an acidic environment within the body.

Some parasites have developed complex mechanisms to manipulate the behavior of their hosts, including sending signals that can influence the host's brain. This phenomenon is known as "parasite-induced behavioral manipulation." For instance, certain parasites can alter neurotransmitter levels or produce molecules that mimic those produced by the host's body, affecting the host's behavior in ways that benefit the parasite's survival and reproduction. These behavioral changes can range from increased risk-taking behavior to altering the host's responses to predators or altering mating behaviors, all of which can enhance the parasite's chances of transmission to new hosts.

Food cravings can sometimes be influenced by parasites, but they're not always the sole cause. When the human body is healthy and the individual's mental and emotional states are balanced, cravings can be minimized. In such cases, individuals tend to prioritize nourishing foods that benefit their overall well-being, focusing on what supports their body, mental discipline, and spiritual harmony rather than solely indulging taste buds.

## SIGNS YOU HAVE PARASITES



**BACK  
ACNE**



**RED BUMPS  
ON ARMS**



**SUGARY  
CRAVINGS**



**TEETH  
GRINDING**



**RUNNY  
DIARRHEAR**

If you encounter or exhibit any of these four signs, there's a significant likelihood that you have parasitic life forms residing within your body, and it's imperative to expel them as swiftly as possible.

# PARASITES

## HOW TO REMOVE PRASITES

Parasites thrive in acidic based environments and feed off waste and acidic foods in the body. To eliminate parasites, deprive them of their food source by maintaining an alkaline diet and minimizing toxic foods. This can be achieved by cutting out acidic foods and focusing on consuming alkaline fruits and herbs recommended in this book. I advise avoiding grains and bread and opt for cleansing foods to make the environment inhospitable for parasites. Over time, consuming alkaline fruits and herbs may lead to parasites exiting the body through bowel movements or, in severe cases, causing sickness and exiting the body through the mouth.

Parasites exhibit intelligence in their survival tactics. Merely expelling them from your body doesn't guarantee you're free of them. Before dying or exiting, parasites often lay eggs to ensure their offspring's continuation within your body. Therefore, it's crucial to maintain a fruit-only diet and herbal intake for up to two months to prevent these eggs from hatching and establishing new generations within your body.

### PARASITE KILLER DRINK

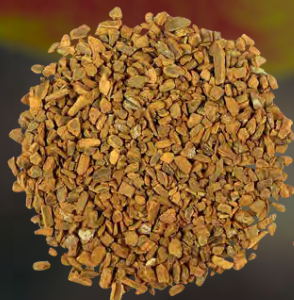
During your alkaline fruit-only diet, I recommend preparing the following concoction: Blend together one tablespoon of papaya seeds, the juice of two key limes, one tablespoon of cayenne pepper, and a quarter cup of spring water until thoroughly blended. Consume this shot every three days on an empty stomach, ideally in the morning.



### PARASITE CLEANSING FOODS



CLOVE



CINNAMON



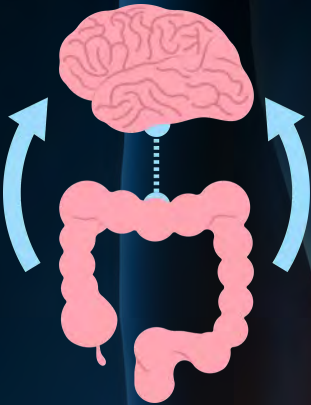
GINGER



PUMPKIN SEEDS

# BRAIN & THE GUT

## CLEANSE YOUR GUT



The enteric nervous system that regulates our gut is often called the body's "second brain." Although it can't compose poetry or solve equations, this extensive network uses the same chemicals and cells as the brain to help us digest and to alert the brain when something is amiss. Essentially, the gut serves as a secondary intelligence, communicating vital messages such as hunger cues or feelings of satiety.

This is precisely why consuming food that is past its expiration date or ingesting toxic substances can lead to feelings of sickness or illness. When such substances enter our digestive system, the enteric nervous system, acting as our "second brain," detects the threat and alerts the primary brain. This triggers a response that can manifest as symptoms of illness, serving as a protective mechanism to prevent further harm to the body.

Remarkably, around 80% of our immune system resides in the gut. Additionally, approximately 90% of serotonin, a neurotransmitter crucial for mood regulation and other functions, is produced in the gut rather than the brain. Furthermore, nearly 50% of dopamine, a neurotransmitter associated with reward and motivation, is synthesized in the gut lining. These findings underscore the profound influence of the gut on our overall well-being. Emerging research continues to highlight the strong correlation between gut microbiota and various health conditions, including autoimmune diseases, autism, and cancer. Every disease has been connected to the gut microbiome to some extent. Understanding and nurturing the gut microbiome may thus hold significant promise for both preventing and managing a range of health challenges.

Maintaining a healthy body involves periodic gut cleansing, recommended at least once every two months. This is necessary because undigested food residues in the body can ferment and potentially attract parasites. Therefore, it's important to dedicate at least one week out of every two months to consuming raw fruits and drinking ample water, aiming for approximately 3.5 liters per day. Liquids play a vital role in cleansing the body by effectively flushing out any remaining food residues. Incorporating cleansing foods into your diet and integrating fasting can further enhance gut cleansing and promote overall well-being.

# VISION

Poor vision is indeed prevalent in today's world. When experiencing poor vision in one or both eyes, it often indicates inefficiencies in the muscles surrounding the eyes and inadequate light intake. Wearing prescription glasses in such cases can exacerbate the issue. This is because the weakened muscles may become accustomed to relying on the glasses, leading to further relaxation and deterioration of vision over time. It's crucial to address underlying muscle weakness and light intake issues through alternative methods rather than solely relying on glasses for correction.

Instead of relying solely on glasses, addressing the root cause of poor vision is essential. Here are some tips to help improve vision naturally:

1. Start by adopting a fruit-only diet and fasting one day a week. Consuming plenty of brain-boosting foods like blueberries can support overall eye health.
2. Grounding daily and sun gazing at sunrise or sunset can be beneficial. Sun gazing during periods of lower light can help train the eyes to intake more light, potentially improving vision over time.
3. focusing on a single point, such as a pen, and moving it around your visual field without moving your head, only your eyes. Concentrate intently on the pen, striving to make it as clear and sharp as possible.

By incorporating these practices into your routine, you can work towards improving your vision naturally and addressing the underlying causes of poor eyesight.

## TRY THIS EXERCISE

If you're experiencing poor vision, try this straightforward technique to test whether your eyes are receiving enough light. Create a small opening with your hand, allowing only a tiny bit of light to enter. Cover your eye completely with your hand, ensuring that no additional light can enter except through the small hole. Now, look through this opening, and you may notice that your vision becomes noticeably clearer or even sharper than before.

This exercise demonstrates that your eyes may not be receiving enough light, which can reduce contrast and impact vision. To improve light intake for your eyes, it's beneficial to minimize exposure to blue light from sources like light bulbs, TV screens, and phones. Instead, prioritize getting more direct sunlight to stimulate the retinas and enhance visual clarity. By reducing blue light exposure and increasing sunlight exposure, you can support better contrast and overall eye health.



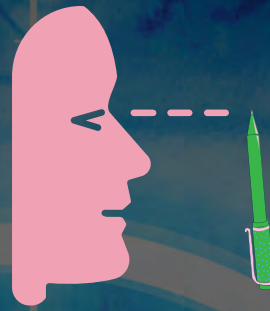
# HOW TO IMPROVE VISION



**SUN  
GAZING**



**AVOID  
SEED OILS**



**EYE  
EXERCISE**



**LIQUID  
ONLY FAST**

Poor vision could potentially indicate an accumulation of excess mucus in the head region. To address this issue, consider incorporating herbal teas such as mullein leaf into your routine. Additionally, thoroughly washing your head, scalp, face, ears, and under the eyes with sea moss gel or a non-chemical face wash can help remove excess mucus and promote clearer vision. These practices may contribute to improved eye health and overall well-being.

## ONE EYE WEAKER THAN THE OTHER

If you have one eye with poorer vision compared to the other, this discrepancy can be addressed. The brain naturally prioritizes the use of the stronger eye, similar to how it favors the stronger arm for certain tasks. Over time, this preference can lead to the weaker eye becoming progressively weaker. However, it's possible to address this imbalance and strengthen the weaker eye through targeted exercises and therapies. By engaging in vision training techniques and consistently practicing activities that specifically stimulate the weaker eye, you can help restore balance and improve vision in both eyes.

Wearing an eyepatch over the stronger eye can indeed be a beneficial method for strengthening the weaker eye. By covering the stronger eye, the brain is forced to allocate more energy and attention to the weaker eye, leading to improved muscle strength over time. It's common to experience tension or aching behind the eye after engaging in eye exercises. This discomfort is a positive sign, indicating that the eye muscle is being challenged and exercised. Similar to the soreness felt after a workout at the gym, this discomfort signifies that the muscle is undergoing repair and strengthening. With consistent practice and patience, these exercises can help enhance the strength and function of the weaker eye.

# HOW TO HEAL

## HEALING IS NOT AN OVERNIGHT PROCESS

If I were to encounter any issues with my body, my first course of action would be to address the colon and gut by adopting a diet consisting solely of one type of fruit. My preferred fruits for this purpose would be those rich in minerals, such as blueberries or watermelon. This dietary choice aims to eliminate mucus, excess food residues, and electrically charge my cells while providing essential nutrients to my body.

Additionally, I would complement this fruit-based diet with herbal teas like burdock root and dandelion root, known for their ability to break down mucus and strengthen the immune system. After following this regimen for two weeks and ensuring my body is in optimal condition, I would transition to a liquid-only fast. During this fast, which could last up to four days, I would consume herbal teas of my choice and juices from fruits like watermelon, key lime, and grapes.

Throughout this process, I would ensure to ground my feet in the earth for at least 30 minutes a day, aiming for more whenever feasible, while also maximizing my exposure to direct sunlight.

Fasting allows the body to generate new stem cells for repair and utilize the energy saved from the inactive digestive system to address any bodily issues. Upon completing the fast, I would revert to the same diet and repeat the process until my body is cleansed and fully recovered from the underlying health concern.

### HEALING DOES NOT OCCUR OVER NIGHT

It's crucial to understand that healing isn't a sprint; it's more akin to a slow and steady jog. Achieving healing requires discipline, consistency, and maintaining a positive mindset throughout the process. Although it may seem challenging at times, the long-term benefits make it all worthwhile. Many health issues are not sudden occurrences but rather result from years of neglecting our well-being. Often, unhealthy dietary choices, such as consuming junk food and acidic foods, gradually manifest into various health problems. Thus, it's essential to recognize the role of lifestyle habits in the development of diseases and commit to making positive changes for better health outcomes.

Disease is essentially 'dis-ease' within the body, signifying that something is out of balance or discomfort exists within the body's systems.

# HERBS FOR HEALTH



**DANDILION  
HEART**



**BURDOCK ROOT  
BLOOD**



**MULLEIN LEAF  
LUNGS**



**SEAMOSS  
DIGESTION**



**NETTLE LEAF  
KIDNEYS**



**CAYENNE PEPPER  
CIRCULATION**



**CLOVE  
TEETH**



**WILD YAM  
HORMONES**



**WHITE PINE  
MUCUS**



**CELENDINE  
WARTS**



**ROSEMARY  
HAIR**



**OREGANO  
IMMUNE SYSTEM**

# HERBS FOR HEALTH



**THYME**  
**RESPIRATORY**



**GINGER**  
**DIGESTION**



**SAGE**  
**ANTIBIOTIC**



**BASIL**  
**STOMACH**



**MINT**  
**GUM HEALTH**



**MUGWART**  
**MENSTRUATION**



**CINNAMON**  
**BLOOD PRESSURE**



**DILL**  
**BACTERIA**



**ELDERBERRY**  
**IMMUNITY**

# BIOHACKS

## CONSUME FOODS IN A SPECIFIC SEQUENCE

If you choose not to follow the advice on consuming only alkaline foods, I strongly recommend adhering to this guidance on the order of food consumption. When faced with a meal containing various types of foods, it's beneficial to eat them in a specific order to support our digestive system and minimize glucose spikes. For optimal digestion, start by consuming foods that digest quickly, such as fruits and vegetables. Next, include proteins and fats in your meal, followed by starches and sugars last. I advise avoiding foods with starch and the consumption of animal flesh for overall health. Nevertheless, if you choose to consume these foods, it's advisable to follow the recommended order of consumption outlined above.

Similarly, this principle applies throughout our daily eating cycle. For our first meal of the day, it's beneficial to consume easily digestible foods like fruits. These foods help cleanse the system and minimize the energy expended by our bodies, ensuring we have ample energy for the day ahead. As the day progresses, if you choose to consume denser foods, it's advisable to do so later in the daytime. This approach supports optimal digestion and energy utilization throughout the day.

## BREAKFAST IS BREAK-FAST

The term "breakfast" originates from "breaking the fast," subtly influencing our subconscious. However, it's worth noting that morning time is when the body undergoes significant detoxification processes. Therefore, refraining from eating during the morning hours aligns with supporting the body's detox efforts.

During sleep, the body undergoes a significant detoxification process. Upon waking, there's a crucial four-hour window where the body detoxes most efficiently. To optimize our health, it's recommended to refrain from eating until three to four hours after waking up. By doing so, we can leverage our body's natural defense mechanisms for enhanced well-being.

# SEMEN RETENTION

Semen is the essence of masculinity, possessing the remarkable power to initiate the creation of a new human being. This sacred fluid holds profound significance and should be preserved within the body whenever possible. Despite its composition rich in testosterone and other essential nutrients, the true strength of semen resides in its spiritual counterpart. The energy associated with semen is profoundly potent, which explains why men often experience feelings of depletion and lethargy after ejaculation. Thus, conserving semen is encouraged to harness and channel this powerful energy for spiritual and personal growth in all aspects of life.

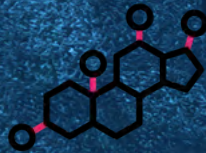
## BENEFITS OF SEMEN RETENTION



CLEARER  
VISION



INCREASE  
STRENGTH



BOOSTS  
TESTOSTERONE



MENTAL  
DISCIPLINE



MORE  
ENERGY



MENTAL  
CLARITY



GLOWING  
SKIN



STRONGER  
IMMUNE SYSTEM

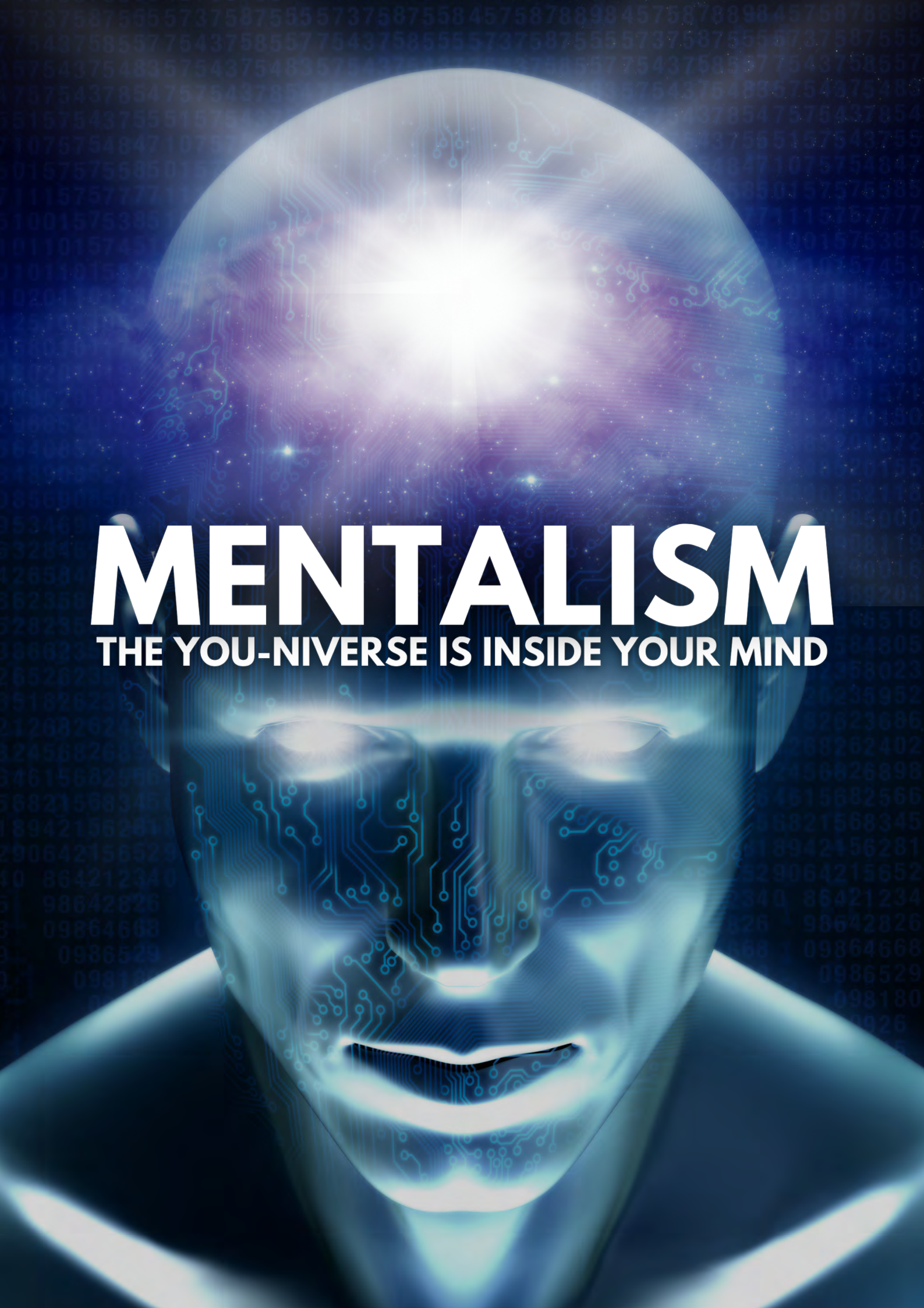


STRONG  
MOTIVATION

Releasing semen can lead to a decrease in testosterone levels and an increase in estrogen levels in men, potentially contributing to a more feminine physiological balance over time. Over-ejaculation can lead to reduced energy levels, slower muscle growth, accelerated aging, diminished self-confidence, and a lower vibrational state.

The most powerful of all human emotions is the sexual desire. While there are various mental stimulants, none of them, whether alone or combined, can rival the overwhelming force of sexual desire. Sexual desire has the capacity to completely dominate our body, mind, and spirit.

When sexual desire is redirected towards activities beyond mere physical actions, such as intellectual or creative pursuits, it holds the potential to elevate an individual to a genius level. In essence, channeling this potent energy into other aspects of life can lead to remarkable achievements and enhanced abilities.



# MENTALISM

THE YOU-NIVERSE IS INSIDE YOUR MIND

# MENTALISM

The mind is something that cannot be described so easily. It is important that you understand that the mind is not the brain; the brain is a physical manifestation of the mind. The mind is not visible to the two eyes. The mind transcends time, space, and matter; in other words, it exists outside of the physical world that is bound by space and time. Everything we see in the physical world is an effect generated by the cause of the mind. For example, every car, building, and design you see is a physical manifestation of the designer's mind. The mind is infinite and unmeasurable as it has no boundaries and limitations unlike the external physical world. Anything is possible in the mind.

The universe is one giant mind with unlimited potential, information, and generation. All life forms, including bugs and animals, are sharing one thing in common, which is that we all possess mind. We are all expressing this one consciousness, no matter what body it inhabits. With that, the mental plane is a shared plane between everyone and everything within the universe. Take for example when I speak to you verbally, it affects you. The words that I say have an effect on your mind.

The mind isn't merely a generator of thoughts; rather, it acts as a receiver, tapping into the universal mind. Depending on the frequency we tune our minds into, we receive corresponding information. For instance, focusing on health directs our mental reception toward thoughts and insights related to well-being. This is why we refer to it as a "mindset" – we're essentially aligning our minds with specific frequencies.

Your life, the individuals within it, and the possessions you possess are direct reflections of your past mental thoughts. With this understanding, the unseen aspects of your being shape your tangible reality. You are the architect of your own existence, crafting your own unique "you-iverse. Before kicking a football, a decision is first formulated within the mind. Every action originates as a mental process before it manifests physically.



# MENTAL HEALTH

Health isn't solely determined by what you consume physically; it extends to what you intake through your senses of sight, hearing, and mental engagement. What you see and hear can profoundly impact your mental well-being, either positively or negatively as everything you experience is stored within your subconscious mind. Your mind serves as the primary creator of your tangible, enduring reality. Thus, if you fill your mental space with negativity, it will manifest in your thoughts, actions, and emotions, ultimately influencing every aspect of your life.



SEE NO EVIL



SPEAK NO EVIL



HEAR NO EVIL

## YOUR PERCEPTION IS YOUR REALITY

If you adopt the mindset I'm about to share, you'll become untouchable.

It's incorrect to believe that we should always strive for constant happiness because our reality is inherently dualistic, encompassing opposites like hot and cold, good and evil, day and night. Being one-sided leads to imbalance. Instead, adopting a mindset of neutrality is beneficial. The mind is the fundamental substance of existence, and everything we experience is neutral. It's our perception that assigns a positive or negative charge to these experiences.

Your emotions shouldn't solely be reactive; instead, they can be a force for manifestation. You can utilize them to feel something before you physically have it. Even if you experience a reactive emotion, don't allow it to consume you. Let it pass through you without allowing it to define or ruin you.

# MENTAL HEALTH

## HEALTH IS MORE THAN JUST PHYSICAL WELL-BEING

Your mental health is equally important as your physical well-being. When we think positive thoughts, we automatically generate positive emotions because every thought is linked to an emotion. Each thought and emotion emits a vibrational frequency that affects every cell in our body, either benefiting or harming us. These frequencies are powerful and contribute to shaping the world around us. Even with the healthiest diet, constantly harboring fear, anxiety, and negative thoughts in our minds can lead to disease within the body.

## CONSCIOUS AND THE SUBCONSCIOUS MIND

The conscious mind serves as the masculine aspect of your mental faculties, overseeing everything within your awareness, including your visual perception, senses, and thoughts. Each conscious thought triggers an emotional response within the heart, which leaves impressions on the subconscious mind. The intensity of these emotions directly influences the depth of their imprint on the subconscious.

In contrast, the subconscious mind functions as the feminine aspect of your psyche. It silently manages the body's various systems without your conscious acknowledgment, such as regulating your heartbeat and breathing. This hidden realm constitutes 90% of your mind and serves as the repository for all your memories, languages, experiences, and crucially, your mental programming.

The brain emits theta wave frequencies just before falling asleep and upon waking up. These specific brainwave patterns are closely linked to rapid programming and hypnosis. It's crucial to be mindful of our thoughts, words, visual input, and auditory stimuli during these transitional periods, as they can profoundly influence our mindset. Listening to positive affirmations each morning while our subconscious is receptive to programming is highly beneficial. Consistently exposing ourselves to affirmations can effectively rewire the brain and even impact our DNA, instilling positive programming within the subconscious mind.



# MIND



**CONSCIOUS  
MALE**

**SUB-CONSCIOUS  
FEMALE**

**AWARENESS  
10% OF MIND**

**UNAWARE  
90% OF MIND**

**THOUGHTS  
5 SENSES  
SUROUNDINGS**

**STORES MEMORY  
CONTROLS SYSTEMS  
STORES PROGRAMS**

# MENTALISM

## CONSCIOUS AND THE SUBCONSCIOUS MIND

The subconscious mind represents the vast majority, about 90%, of our cognitive processing capacity, encompassing memories, learned behaviors, emotional associations, and crucially, mental frameworks known as paradigms. Operating beneath the surface of conscious awareness, it serves as the repository from which we draw upon past experiences and knowledge, effortlessly guiding our actions and expressions.

This hidden realm exerts a profound influence on 80% of our daily behaviors, largely through the ingrained mental programs stored within it. Consider routine tasks like tying shoelaces or entering a phone passcode—these are executed automatically, orchestrated by the subconscious mind without active conscious intervention. Therefore, if we create a mental program, such as believing in financial freedom, it will subconsciously influence 80% of our thinking patterns. For example, our thoughts will revolve around creating financial freedom, and we'll naturally take actions aligned with this goal, often without realizing it. Over time, this subconscious focus will lead to manifesting our desires into physical reality.

Emotional events, particularly those of significant intensity, leave enduring imprints on our subconscious, shaping our ongoing behaviors. For instance, a past car accident resulting in severe injury may engender deep-seated fear, perpetuating a subconscious program that manifests as hesitation or avoidance regarding automobile travel.

However, the subconscious is not solely a domain of negative influence; it can be harnessed positively. Through repetitive thought and emotional engagement, individuals can intentionally cultivate new mental programs. By consistently envisioning desired outcomes with emotional intensity, these programs take root within the subconscious, subsequently informing the majority of our daily behaviors and thoughts.

Crucially, the subconscious interprets all input literally, regarding it as truth. Thus, every statement, whether positive or negative, is internalized as fact. For example, self-deprecating remarks like "you're an idiot" are absorbed by the subconscious as self-directed criticism, shaping one's self-perception accordingly.

To leverage the power of the subconscious in creating positive mental programs, it's essential to understand this literal interpretation and employ conscious effort in affirming desired beliefs and attitudes. By consistently impressing positive thoughts and emotions upon the subconscious, individuals can shape their behaviors and experiences in alignment with their aspirations.

# SEAMOSS IS POWERFUL

Sea moss contains 92 out of the 102 minerals essential for the human body, making it a powerful superfood with numerous benefits. It is known for strengthening bones, improving digestion, and aiding in detoxification. Sea moss gel can also be applied externally to the skin to help reduce scars, acne, and blackheads.



# FAKE SEAMOXSS

THICK STRANDS  
NO OCEAN SMELL  
CHEAP TO BUY



# REAL SEAMOXSS

THIN STRANDS  
OCEAN SMELL  
ROCK RESIDUE

# FOODS TO AVOID



**CAROT**



**CABBAGE**



**TUMERIC**



**LEMON**



**PLANTAIN**



**PATATO**



**KIWI**



**DRAGON FRUIT**



**MORINGA**



**PINEAPPLE**



**BLOOD ORANGE**



**POMEGRANIT**



**SPINACH**



**BETROOT**



**SUGARCANE**



**GARLIC**



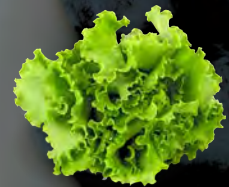
**CORN**



**BROCCOLI**



**SPROUTS**



**LETTUCE**



**KALE**



**SWEET PATATO**



**MATOKI**



**BIG BANANA**



**SOY BEANS**



**PEANUTS**



**PISTACHIO**



**WHEAT**



**WHITE BREAD**



**WHITE RICE**

# TAMATOE SOURCE & PASTA

## INGREDIENTS:

SPELT PASTA  
200G CHERRY TOMATOES  
1 RED ONION  
2 TABLESPOONS OF OREGANO  
2 PINCHES OF SEA SALT  
PINCH OF CAYENNE PEPPER  
3 PINCHES OF THYME  
1/4 OF A BELL PEPPER

## METHOD:

Place the tomatoes, onion, and bell peppers in the oven and set the heat to around 130°C (low-medium) for 15 minutes.

In a saucepan, boil spring water and add spelt pasta until it expands and softens.

Once the tomatoes have softened, transfer them, along with the onions and bell peppers, into a blender.

Add oregano, sea salt, cayenne, and thyme into the blender. Blend for 2 minutes.

When the pasta is boiled and ready, rinse it and then add the blended sauce to the spelt pasta.

Serve in a bowl or plate, and add extra seasonings on top if desired.

Enjoy!

# QUINOA PANCAKES

## INGREDIENTS:

1 CUP WASHED QUINOA  
2 PITTED DATES  
2 TABLESPOONS WALNUTS  
2 TABLESPOONS OF HEMP SEEDS  
1 TABLE SPOON OLIVE OIL  
1/4 CUP OF AGAVE  
1 TEASPOON OF SEA SALT  
1 BABY BANANA  
3/4 CUP WATER

## METHOD:

Blend quinoa, hemp seeds, dates, oil, agave, sea salt, walnuts, banana, and water for 2 minutes until a batter consistency forms.

Heat a pan over medium-high heat and add a drop of grapeseed oil.

Pour pancake batter into the pan to create small circles.

Cook each side of the pancakes to your preferred level of doneness.

Enjoy!

## Optional Toppings:

Use any alkaline-listed fruit or grain. Agave or date syrup makes a delicious topping.

# AVOCADO ON TOAST

## INGREDIENTS:

1 BABY BANANA  
1 AVOCADO  
AVOCADO OIL  
OLIVE OIL  
1/2 KEY LIME  
FRESH CORIANDER  
BLACK PEPPER  
SEA SALT  
DRY BASIL  
HANDFUL OF OLIVES  
2 CHERRY TOMATOS  
SPELT BREAD

## METHOD

Mash the avocados and season with key lime, sea salt, black pepper, dry basil, and a drizzle of olive oil.

Cut the banana into slices and fry each side in avocado oil until golden.

Toast 2 slices of spelt bread.

Spread the mashed avocado onto the toasted bread and top with the fried banana slices.

Finish by garnishing with coriander, black pepper, and a sprinkle of sea salt.

# **VEGAN MAC & CHEESE**

## **INGREDIENTS:**

**1-12 OZ KAMUT OR SPELT PASTA**  
**1/2LB OF BRAZIL NUTS**  
**1/4 GARBANZO BEAN FLOWER**  
**1 CUP SPRING WATER**  
**2 TSP GRAPE SEED OIL**  
**2 TSP ONION POWDER**  
**1/2 TSP GROUND ANNATTO**  
**1 TSP SEA SALT**  
**LIME JUICE**  
**1 CUP HEMP MILK OR COCONUT MILK**

## **METHOD:**

**Preheat your oven to 350°F.**

**Pour all the ingredients except the pasta into a blender and blend for 3 minutes until creamy.**

**Place the pasta in a baking dish with a drizzle of grapeseed oil to prevent the sauce from sticking to the bottom.**

**Cover the pasta with the sauce and mix well.**

**Place your pasta into the oven and bake for 30 minutes at 350°F.**

**Enjoy your delicious meal!**

# ALKALINE ICE CREAM

## INGREDIENTS:

5 FORZOEN BABY BANANAS  
1 CUP FROZEN STRAWBERRIES  
1/2 OF AVOCADO  
1/4 CUP NUT/HEMP MILK  
1 TABLE SPOON AGAVE  
BLENDER

## METHOD:

**Combine Ingredients:** Place all the ingredients into a blender.

**Blend:** Blend the ingredients until they are thoroughly mixed and smooth.

**Adjust Flavor and Consistency:** Taste the mixture and add more agave syrup if additional sweetness is desired, or add milk if the consistency is too thick.

**Freeze:** Transfer the blended mixture into an airtight container.

**Freeze Again:** Place the container in the freezer and let it freeze for at least 5 hours, or until the mixture becomes firm.

**Serve and Enjoy:** Once the mixture is firm, it's ready to be enjoyed as a frozen treat!

# QUINOA STUFFED MUSHROOMS

## INGREDIENTS:

15 MUSHROOMS (WASHED, DESTEMMED AND SCRAPED)  
1/2 CUP OF QUINOA (WASHED AND COOKED)  
1/4 CUP CHOPPED WALNUTS  
1/4 TEASPOON OF THYME  
1 PLUM/CHERRY TAMATO, DICED  
1/2 TABLESPOON GRAPSEED OIL  
SEASALT

## METHOD

**Preheat Oven:** Preheat your oven to 350 degrees Fahrenheit.

**Prepare Mushrooms:** Brush the mushrooms with avocado oil.

**Arrange them on a baking sheet and set aside.**

**Prepare Quinoa Stuffing:** In a bowl, combine quinoa, thyme, tomato, grapeseed oil, walnuts, and a pinch of sea salt.

**Stuff Mushrooms:** Fill each mushroom with the prepared quinoa stuffing.

**Bake:** Place the stuffed mushrooms in the preheated oven. Bake at 350 degrees Fahrenheit for approximately 25 minutes or until the mushrooms are tender and the stuffing is heated through.

**Serve and Enjoy:** Once baked, serve the stuffed mushrooms hot and enjoy!

# BUTTERNUT SQUASH STEW

## INGREDIENTS:

AVOCADO OIL  
3 WHITE ONIONS  
1 COURGETTE (SKINLESS)  
1 RED BELL PEPPER  
200G CHICKPEA  
5 SKINLESS PLUM TOMATOES  
1 HABANERO CHILLI  
2 CELERY STICKS  
1/2 BUTTERNUT SQUASH (CHOPPED AND BOILED)  
1/2 TABLE SPOONS TAMATO/ PEPPER PASTE, SEA SALT,  
CAYENNE PEPPER  
FRESH THYME  
BLACK PEPPER  
SIDE SALAD (ROCKET, OLIVES, TAMATO, CUCUMBER SEASON  
WITH BASIL, LIME, OLIVE OIL, SEA SALT AND TAHINI)

## METHOD

**PREPARE BUTTERNUT SQUASH:** PEEL AND SLICE THE BUTTERNUT SQUASH. BOIL IT IN A SAUCEPAN FOR 8 MINUTES, THEN STRAIN OUT THE WATER.

**FRY ONIONS AND CHILLI:** IN A SEPARATE PAN, HEAT AVOCADO OIL AND FRY THE ONIONS AND CHILI UNTIL THEY ARE SOFTENED AND AROMATIC.

**PREPARE VEGETABLES:** CHOP THE COURGETTE, PEPPERS, AND CELERY, AND TOMATOES. ADD THEM TO THE PAN WITH THE ONIONS AND CHILI. POUR IN 1/2 CUP OF WATER AND CONTINUE COOKING OVER MEDIUM HEAT.

**COMBINE INGREDIENTS:** ADD THE BOILED BUTTERNUT SQUASH, DRAINED CHICKPEAS, TOMATO/PEPPER PASTE, AND STOCK TO THE PAN. POUR IN ONE CUP OF WATER.

**SEASON:** SEASON THE MIXTURE WITH SEA SALT, THYME, CAYENNE PEPPER, AND BLACK PEPPER. STIR TO COMBINE ALL THE INGREDIENTS.

**COOK:** LEAVE THE MIXTURE TO SIMMER OVER MEDIUM HEAT FOR A FURTHER 15 MINUTES OR UNTIL ALL THE VEGETABLES ARE TENDER.

**SERVE:** SERVE THE DISH WITH THE SIDE OF SALAD MENTIONED IN THE INGREDIENTS.

**ENJOY:** SERVE HOT AND ENJOY YOUR FLAVORFUL VEGETABLE STEW!



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**PHARMACY**