

ENHANCING AND PROTECTING BRAIN FUNCTION PROGRAM

ALL FOODS SHOULD BE ORGANIC

Have 1 glass 12-16 oz per day of an organic vegetable juice daily: Beets, Carrots, Yams

For Removal of Adipose Tissue(Fat)

Equal parts of Celery & Cucumber with 3 to 4 oz of Aloe Vera(200 nutrients)

1st Week 1 glass of juice per day

2nd Week 2 glasses of juice per day

3rd Week 3 glasses of juice per day

4th Week 4 glasses of juice per day

At this point your body will have begun chelation: meaning the toxins, heavy metals, etc. will be grabbed and removed from the body.

~This will enhance Brain function, liver, kidney, etc

~Adding raw Cilantro and/or Parsley a liberal handful chopped over your cooked food helps with removing toxins

During Week 3

~Have a Berry Juice everyday: Blueberries, Raspberries, Strawberries, Cherries, Blackberries, Cranberries, Vitamin C - Put all this in a blender, this cleanses and helps repair tissue

IN YOUR VARIOUS DISHES Add plenty of Fiber with:

Steel Cut Oats

Beans(especially Kidney)

Blueberries

Strawberries

Raspberries

Cherries

Apples with the skin

Jerusalem Artichoke

Fennel

Anise

50 Grams per day as well as some fiber before you sleep at night for de-toxing

FOR FACILITATION OF CLEANSING THE SYSTEM OF TOXINS

Use AIM - Herbal Fiber Blend or put together your own NO ENEMA BOWEL CLEANSER(recipe below) along with Liquid Bentonite Clay(Sonne's No. 7)

No Enema Intestinal Cleanser:

Psyllium 1 lb.

Alfalfa 1/3 lb.

Slippery Elm 1/3 lb.

Apple Fiber 1/3 lb.

Agar agar 1/3 lb.

Mandrake 3 Tsp.

Mix all together and take one Tbsp. in 4 oz. of juice. Note: Shake five times before drinking. First thing in the morning.

Also squeeze 1/2 Lemon and add juice to 8 oz. of water and drink in the morning

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FOODS THAT SHOULD BE ESPECIALLY USED

Red Fruit

Watermelon
Blood Orange
Pink Grapefruit
Papaya
Mango
Pomegranate

Nutrients

Dandelion
Burdock Root
Buckthorn Berry
Berry Juices

Salad - Everyday have a raw bowl of these nutritious vegetables

Endive
Arugula
Radicchio
Watercress
Sprouts
Asparagus
Cauliflower
Broccoli
Cabbage
Enhance flavor with: Beets, Carrots, Jicama, Cucumbers, Bell Peppers, Fennel

Nuts

Walnuts
Almonds
Pine Nuts
Raw Pistachios
~these have fats that protect the heart and enhance Brain function, lignans, etc.

Oils for Salad or Cold on Bread w/Garlic

Olive
Flaxseed
Evening Primrose

- After toasting your 100% Whole Grain bread take a raw clove of Garlic and rub it on the bread similar to grating something, then pour on a little of one of the oils above, cold and you will have a delightful simple healthy Garlic Bread

Brain Booster

1 large tart apple
1 cup cashew nuts
2 Tbs. olive oil
4 Tbs. Gotu Kola
Mix all together, place in blender and blend until smooth. Chill. Serve on whole wheat bread or crackers.