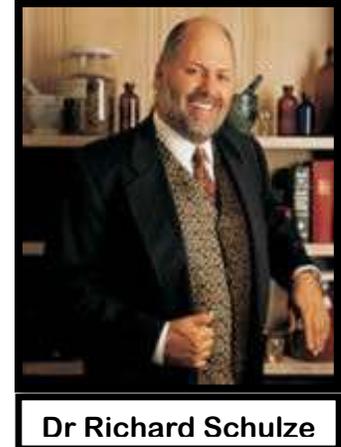


HEAL'S BASIC PROGRAMS FOR CURING TERMINAL DISEASE

Part 1 **The Food Program**



This is the program to use when everyone says it's all over - but you still want to live. It was created many years ago by the late Dr. John R. Christopher at his healing clinics in the Southwest, and further developed by Dr. Richard Schulze in his clinic in California.



FYI

The purpose for this introduction is to give you the essential information, and to answer certain frequently asked questions.

- ✓ How long must you stay on this program? For at least 30 days. You may need to be on it for six months or longer, depending on the severity of your condition.
- ✓ The 30-day incurables program can also be used as a touch-up when your health is running down again.
- ✓ Depending on your condition, you may be able to take a week's break in-between the 30-day cycles. If you decide to do this, take care to maintain a good vegetarian food program.
- ✓ We suggest you practice an 80/20 program, 80% raw food, and 20% cooked foods; you might want to consider also using this as your ongoing regular food program for the rest of your life.
- ✓ The 80/20 program is easily maintained by eating raw for Breakfast and Lunch then begin dinner (or your large meal of the day) with a raw vegetable salad, followed by whatever vegan cooked food you desire.
- ✓ *You can find more information on Dr. Christopher's mucus-less diet in the member's area of our website.*
- ✓ In severe cases, a break in the incurables routine may not be advisable.
- ✓ Do not discontinue this program the minute your disease symptoms disappear. Continue until long after they are gone. Otherwise, you may be only partially healed.

THE FOOD PROGRAM



If you are seriously ill, you are to discontinue food immediately. You will be drinking one gallon a day of water and fresh juices. No food. Some members may need to drink up to two gallons per day to maintain good hydration. It all depends on how large a person you are.

The larger you are the more fluids you will need to maintain good hydration which will aid your body in cleansing and healing. There are many resources available on this subject, check them out and use the information to determine how much fluid your body needs to maintain good health.



H.E.A.L. RECOMMENDS A JUICER WITH A PULP EJECTOR. SUCH AS A CHAMPION OR JUICEMAN.



CHAMPION JUICER

The best juicers have the juice coming out one place and the pulp ejected out another. If this is not the case you will have to stop in the middle of juicing to clean the pulp from the juicer. Way to much hassle.

Check the internet or your local health food store for an affordable Juicer. I like the Champion juicer because it's versatile. For about \$250 you can mill your own flour (if you buy the milling attachment) make nut butters, frozen fruit desserts, and juices in it.

Now supposedly the best one made is Norwalk, but its \$2000. Who needs that? The Champion works great. Some people feel the Juiceman, which is about \$300, is a little easier to clean. I got my Champion almost 10 years ago, I've still got the same one and it's still putting out great healing juice.

In less serious cases we suggest that you fast at least one day every week.

Also, drink at least 8, if not 16, ounces of fresh carrot juice daily. Carrot juice among many other great resources is an excellent source of absorbable calcium.

You need a lot of nutrition to heal - but you don't need it from potatoes; you don't need it from heavy grain dishes that take you 6 hours to digest. And all that blood and energy is going to your digestive tract.



JUICES ONLY - DURING THE MOST CRITICAL PHASES OF HEALING.

- If you don't have a juicer, **BUY ONE.**
- **YOU WILL NOT GET WELL WITHOUT A JUICER.**
- **If you choose not to invest in one you might as well stop the program now before you waste any more of your hard earned money. Because that is all you will be doing.**

Why is Nutrition so Important?



Herbs are God's master builders; he has provided a master herb for every function and organ in the body. For example Hawthorne is the master heart herb, it has an enzyme that attaches to the cells of the heart that enable them to absorb more oxygen. Thus the heart is protected so even if there is an attack and oxygen to the heart is cut off the heart muscle will not be as damaged. Hawthorne is also heart food. It feeds the heart cells with exactly what they need, speeding healing and strength to this very important organ.

Now we know that different herbs target different areas of the body depending on the work God designed them to do. What most people don't seem to understand is that these master builders do not contain the massive amount of nutrition needed to do the work they are capable of doing.

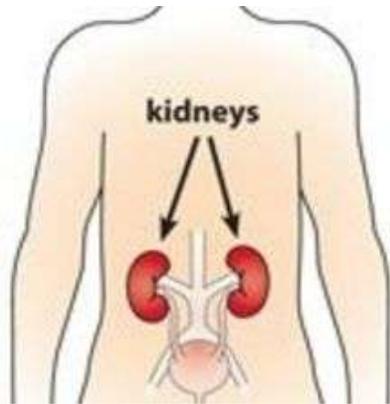


In other words if you continue to eat the average American food program of hamburgers and pizza you will fail to provide your body the raw material needed. You would have been effectually sending these wonderful master builders into your body with no wood (nutrition) to build with. Nutrition is the material these master builders need to rebuild your body. If you don't provide copious amounts throughout the day they will be unable to do anything as they pass through your body. All your hard work will be for naught.



Once you are off 100% juices, you will be eating a 100% total vegan vegetarian raw diet. This includes all vegetables, fruits, raw nuts and seeds, and soaked and sprouted beans and grains.

Eat fresh organic produce that is locally grown and in season.



The only liquids that your kidneys need to have passed through them are distilled water (*never make herb teas without it*) and herbal teas (*non-caffeine*) and fruit and vegetable juices.

The only precaution is that some sick people have to be careful with fruit juices - not to get too much sugar. If the sugar is a problem for you try mixing 2 to 4 oz of fruit juice with 6 to 8 ounces of distilled water.

No alcohol, coffee, black tea or sugar. These things you will want to walk away from.

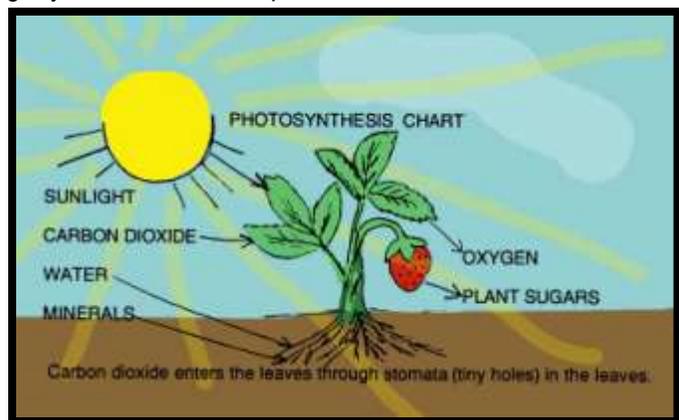
No animal flesh, eggs, milk or milk products (cheese, yogurt, butter) can be consumed. It is important to maintain a vegan food program while you are healing. After you are well you can evaluate your continuing food program.

No cooked foods (bread, baked potatoes, tofu, etc.) while you are healing your body. After you are healed or finished cleansing you can return to eating a small amount of cooked foods each day.

We suggest an 80% raw 20% cooked as an ongoing food program.

Now we come to the herbal nutritional program. **Vitamin pills are not a part of natural healing.** These are chemicals, not foods. You will want to get your vitamins from plant based food sources.

Your body was created to assimilate the nutrients from live foods not dead chemicals. I'm sure you remember studying in grade school about photosynthesis, the process by which live plants absorb inorganic nutrients from the earth, then proceed to attach a digestive enzyme to these dead nutrients (vitamins, minerals and the like), which bring what was once dead back to life.



This is the miracle of re-creation that God has instilled into nature. The ability to take what was once dead dirt and draw life from it. This is the life power that we need to assimilate each day to properly maintain the function of these marvelous bodies we have been blessed with.

Dead vitamin pills cannot provide what they do not possess. The best of them are nothing more than dead chemicals extracted from food that has been allowed to die. They will not provide the healing nutrients your body is craving.

Each day we need to assimilate copious amounts of life giving nutrition direct from nature.

NATURE'S SUPERFOOD

Nature is loaded with Superfoods that provide nutrition naturally. We have combined the best nature had to offer into a green drink we like to call "Nature's Superfood" You can use as much as you feel you need of this powder.

We suggest you try two tablespoons three times a day or three tablespoonfuls twice a day, morning and evening.

The ingredients are: Spirulina, Chlorella, Alfalfa Grass, Barley Grass, Wheat Grass, Purple Dulse Seaweed, Beet Root, Spinach Leaf, Rose Hips, Orange and Lemon Peels and Non-Active Nutritional Yeast Flakes.



Make the following nutritional drink:

- 8 to 16 ounces Freshly squeezed fruit juice diluted as needed with distilled water.
- ½ to one cup of fresh or Frozen seasonal fruit
- 2 tablespoons of Nature's Superfoods powder mix.

If using fruit with your superfood mixture gives you too much sugar, you can mix the superfood in water, or in carrot or other juices.



If you are under a great amount of stress, you can increase the amount of Superfood per dosage, and you can take the increased dose four to six times daily. The food yeast in the Superfood will give a lot of energy that can lift depression and often reverse symptoms of neurological damage.

Some members have noticed their skin becomes too dry on the vegetarian program, so we suggest adding two tablespoons of flaxseed oil to the Superfood drink. This should effectively take care of any onset of dry skin due to a change in your food program. You can also rub castor oil into your dry hands and feet.

One minor problem with adding any oil to superfood is that it can make some people sluggish. You may have to take the flaxseed oil in the evening, when any energy loss wouldn't matter as much. Another possibility is to add ground-up flaxseed to your superfood drink, instead of flax oil.



Also, because of differences in metabolism, some people may do better on different oils. Flaxseed is not necessarily the best for everyone. Some prefer sunflower seed oil.

Some may notice a bit of depression trying to set in after several weeks on the incurables program. This can happen in the colder seasons when the body uses more calories producing the extra warmth needed. Try adding some beans to your food program. Salads and fruit do not produce enough energy to sustain the body during the colder months of the year. This will usually solve any problems of depression brought on by the change in food programs.

