

H.E.A.L. Marketplace

The Foundational Programs



HEAL Marketplace

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Natural Healing, what is it?

It is a way of living. It is a conscious decision to stop doing the things that have been hurting you and begin to do things that make you happy. For each person this will be different because we are all different. Natural Healing is getting the toxins out of your Body, Mind and Soul. It is accepting all parts of who you are, accepting every experience that has made you who you are today. Embracing your WHOLE story. Every part of you. Learning to love every part of you, the good, the bad, and the ugly.

Yes, the Mind and Soul are as important as the physical body. **You Cannot Be Any Healthier Physically than You Are Emotionally.** If you are emotionally holding onto old traumas they will manifest in your body as allergies, skin problems, liver disease, tumors, cancers etc.. You can hide from everyone except yourself. You are you. Even if you do not consciously acknowledge your issues they will still affect your physical body. We will get more into this later.

Natural Healing does not offer a magic herb or pill that can be taken to cleanse and purify the body. I'm sorry to be the one to inform you, there is no such thing. I do not personally believe God would ever provide such a substance to His children. Knowing what I know now I would not want to take such a pill either.

Why? Because the Gift Is in the Journey.

Your journey to health begins the day you start to make positive changes in your lifestyle. Each change impacts those around you and your emotional, physical and spiritual well being. With each positive change you make you will begin to realize your gift. Sometimes this will happen within minutes of a change, sometimes months will go by before you realize the gift.

Without the experiences your healing journey will bring there would be no growth, no understanding that what you put in your mouth, think in your heart, believe in your mind, and have anything to do with your overall health. Until you change the things you are doing that made you sick you will not be able to maintain health even if you were given a "miracle pill".



Where to Begin?

For each person the answer will be pretty much the same. The process of cleansing must always begin the same way regardless of the illness or degree of detoxing needed. It is essential to always start with the Bowel cleansing program, Superfood, and boosting the immune system with Echinacea.

Bowel cleansing is the first step in any program. The reasons are simple; cleansing the bowel opens the largest elimination channel available for removal of toxins from the body. If your bowels are not open and able to eliminate the toxins from your body you will reabsorb these toxins as they back-up in your bowel waiting for elimination.

This toxic back-up will begin to overload your immune system causing your body to experience any number of flu like symptoms, depression, and overall body aches. This is why so many newcomers to Natural Healing are concerned that a good detoxing program will made them sick. Getting the waste out is not enough; you must also begin to take in the Super Nutrition your body will need to do the work of detoxing and rebuilding you are asking it to do. This can be accomplished with the [Superfood](#) vitamin drink taken 1 to 3 times a day, depending, of course, on the degree of work you need to do, along with juicing and a good vegan food program.

The herbs you will be using to cleanse are unable to do their work if you have not provided the proper nutritional building blocks for them to work with. Herbs are like master builders with blueprints, they each know what they need to do, but they do not arrive in the body with all the material they need to do the work of rebuilding and restoration they are capable of doing. You must ingest super nutrition independently for the herbs to do the greatest work in your system.

While cleansing it is a very good idea to **boost your immune system**. You will be stirring up a lot of toxins and dumping them into your blood, lymph, and bowel. This can weaken or over-work the immune system making you more susceptible to bugs that are going around. Boosting your immune system will help it handle the extra workload.

Echinacea is one of the strongest immune simulators and enhancers known. It can double and triple the amount of T-cells and Macrophages in your bloodstream within a few days. It can also increase the amount of Interferon, Interleukin, Immunoglobulin and other important natural immune chemicals present in your blood.

This is how Echinacea works, by boosting the number of immune cells and the amount of natural immune chemicals, then stimulating them into more activity. The benefit of immune stimulation is a shorter duration of existing colds and flu and/or prevention of future infections. It also initiates and speeds up recovery from chronic and long-term immune-related depression, illnesses, diseases, and degeneration.

We have found members have the best results when they consume **one 4oz bottle during each week** of cleansing. Taking an ounce a day for 4 days starting the day you begin your cleansing week.

REMEMBER, all of the above suggested dosages can be doubled, meaning you can consume more than two fluid ounces.

HEAL Marketplace Starter Kit:



Kit Includes:

- 1 - H.E.A.L. Marketplace Nature's Superfood**
- 1 - Lower Bowel Formula #1**
- 1 - Lower Bowel Formula #2**
- 1 - Echinacea Tonic Tincture 4 .oz.**

H.E.A.L. Marketplace is owned and operated by Dara & Michael Dietz. Who believe together we can make a difference and create a brighter happier tomorrow for all of us.

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Cleansing and Immune Boosting for Health

Why the Foundational Health Programs?

When I began my natural healing journey, I was attracted to the complex herbal formulas and intricate natural healing routines. I understood how serious my kidney disease was and knew it would take an intense program to heal them. I was anxious to begin and mapped out a sensible treatment plan for myself.

My healing program worked well for me. As my experience in all things natural grew the importance of beginning EVERYONE, regardless of their physical condition, with the basic foundational programs became evident. Good common sense taught me that EVERYONE has to start here first.

SUPER NUTRITION CLEANSING AND DETOXIFICATION OF THE ELIMINATION ORGANS, IMMUNE BOOSTING, These programs must be established before starting any advanced routines. Then **THE BIG SURPRISE HAPPENED.**

95% OF MY OF OUR H.E.A.L. MEMBERS, AFTER FINISHING THE BASICS, WERE WELL! That's right; the vast majority of our members cleared their issues before they ever got to treat their specific problem.

80% OF OUR MEMBERS WERE WELL JUST AFTER DOING A THOROUGH BOWEL CLEANSING PROGRAM. The big surprise was that after our members followed the basic foundational programs for a few months, they had made themselves all better. Only members with seriously advanced diseases needed to do an extended program of Liver & Kidney Cleansing.

For this reason I began to call these programs my Foundational Programs. The vast majority of our members didn't need to go any further. Also, following the Foundational Programs makes the use of our supportive herbal formulas even more effective.

For this sole reason, I cannot over-emphasize the importance for everyone to begin with the programs and formula on the next few pages called ***The Foundational Programs***. If you do, you will probably forget what was wrong with you in the first place.

Everyone, who wants a healing experience, I MEAN EVERYONE, needs to start with the same basic programs for the first TWO MONTHS. They may need to add some of the [specific herbal Formulas](#); listed on our website, but nobody escapes doing ALL of these Foundational Programs.

Bowel Cleansing

Boosting with Echinacea

Juicing & Superfood

Foundational Bonus: Hydro Therapy

Echinacea

Formulae:

Echinacea angustifolia dried root & herb, *Echinacea purpurea* dried root & seed, Fresh Garlic juice and Cayenne pepper.

Therapeutic Action:

Echinacea is one of the strongest immune simulators and enhancers known.

It can double and triple the amount of T-cells and Macrophages in your bloodstream within a few days. It can also increase the amount of Interferon, Interleukin, Immunoglobulin and other important natural immune chemicals present in your blood.

This is how Echinacea works, by boosting the number of immune cells and the amount of natural immune chemicals, then stimulating them into more activity.



The benefit of immune stimulation is a shorter duration of existing colds and flu and/or prevention of future infections.

It also initiates and **speeds up recovery from chronic and long-term immune-related depression illnesses, diseases and degeneration.**

Cayenne is the best herb to stimulate circulation and makes these already powerful immune herbs many times more

effective. Garlic is the best, most effective broad spectrum antibiotic, anti-viral, anti-fungal herb known. Echinacea and Garlic are the ***Herbal Dynamic Duo***.

General: For general protection and immune stimulation, especially when you are not ill. This could even be when you're feeling fine but many around you are ill. People asked me for years, how can you be around so many sick people all the time and stay healthy yourself? Well, I live a very healthy lifestyle and take lots of Echinacea.

The best dosage for this scenario is two dropperfuls, three times daily, until you use up two fluid ounces. This dosage will take about twelve days. My patients who did this once a month never got sick.

IMMUNE SYSTEM STIMULATING

H.E.A.L. has found it beneficial to consume 1 oz **ECHINACEA PLUS** midmorning four days each week, Monday-Thursday, which you are working a cleansing program.

If you desire to remove the alcohol follow the directions below. **This procedure will remove the alcohol from the solution:**



1) Add 1 oz Echinacea to large cup or soup mug.



2) Bring 2 to 4 cups water to a rolling boil.



3) Add Hot Water to mug, allow liquid to cool before drinking.

Feeling out of sorts:



If you are feeling a bit off, but it's nothing you can really put your finger on, this may mean that you are about to get sick.

It also may mean that your body is fighting something off but in either case it is a good time to give it some help.

In this scenario I suggest taking two dropperfuls six times daily until you consume two fluid ounces.

This will take approximately six days.

I know I am sick.

This is when you actually have some observable, clinical symptoms. Sore throat, fever, nasal or lung congestion, toxic bite or sting, wound or trauma.

Anytime there is anything wrong with you, your immune system must go to work.

In this case I suggest an initial blast of 1 dropperful every waking hour or about 16 dropperfuls in a day, until you consume a total of two fluid ounces.

This will take approximately four days.

Using Herbal Extracts

1) Add extract to your cup



2) Add Hot Water.



3) Add Honey as Desired



I am REALLY sick:

This is when you are suddenly sweating, have the chills, a cold, food poisoning, cancer, whatever, but you are really ill.

There is not time to waste fooling around and immediate aggressive herbal treatment can save you days of agony.



In this case I suggest drinking an entire fluid ounce of Echinacea tincture immediately. For those who might have a hard time doing this, it can be diluted in juice or drunk $\frac{1}{2}$ an ounce one hour and the other $\frac{1}{2}$ ounce the next.

Remember that this is 1 ounce of alcohol so keep that in mind and don't drive.

Then consume an additional **two dropperfuls every waking hour** until you finish two more fluid ounces.

This will take two to four days.

REMEMBER, all of the above suggested dosages can be doubled, meaning you can consume more than two fluid ounces.

Many members doubled; tripled, even quadrupled these above suggestions and I never had one case of *Echinacea Poisoning or Immune System Burnout*.

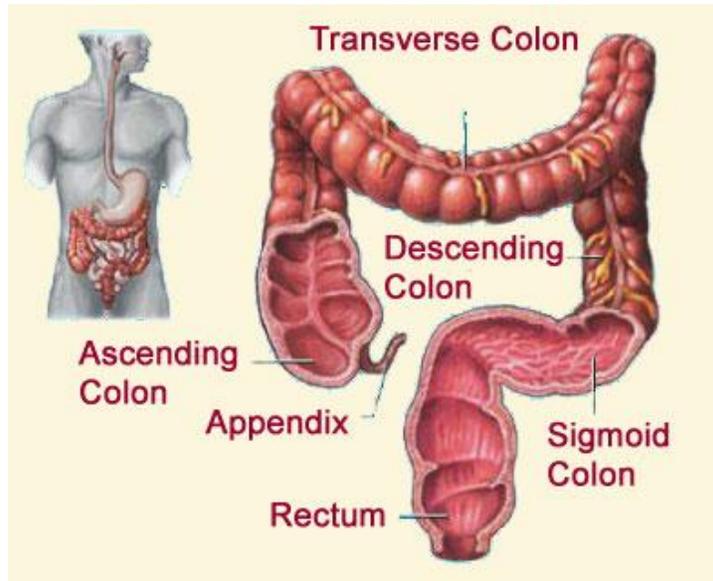
[Dry Echinacea Kit](#)



[EXTRACTING](#) YOU OWN HERBAL EXTRACTS IS A SMART WAY TO SAVE ON THE COST OF YOUR HEALING PROGRAMS

Basic Cleansing and Detoxification Program

Digestive system and colon health have reached an-all-time low in the United States. Diseases of the digestive tract are on the rise. In 1994 the #1 Cancer among men and women was Colon Rectal.



Modern lifestyle has taken its toll on our digestive/elimination organs. Refined, processed, low fiber foods, animal fats, a lack of exercise and an ever-increasing level of stress all contribute to our current gastrointestinal health crisis.

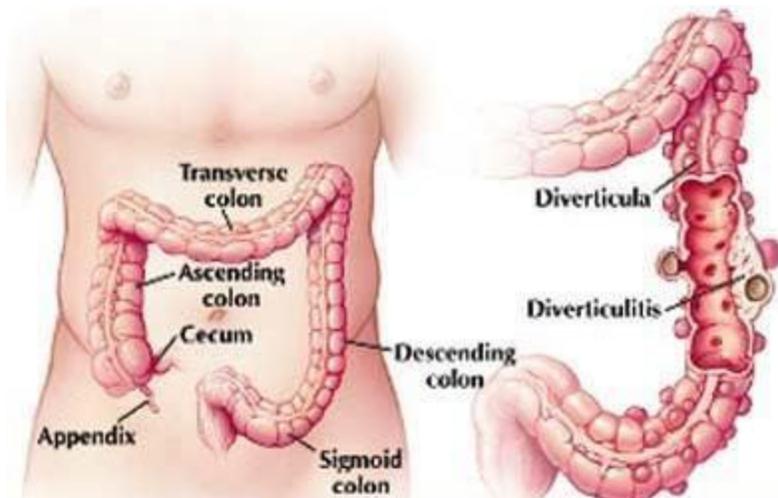
The frequency at which a normal, healthy person should move their bowels has been a great misconception among the public and most medical professionals. For years, doctors have thought that anywhere between 1 bowel

movement a day and 1 a week was normal. In the examination of more primitive peoples, we find that their bowels move much more frequently, 2 to 3 times daily on the average. This is due to the fact that these people eat better, get more exercise and have much less stress. What we have learned is that it is normal to have 1 bowel movement a day for each meal you eat, (if you eat 3 meals you should have 3 bowel movements).

The Merck Manual, the medical industry's standard text for the diagnosis and treatment of disease, tells us that colon degeneration is on the rise.

The incidence of diverticulosis has increased dramatically over the last 40 years. It states, that in 1950, only 10% of adults over the age of 45 had this disease, in 1955 15%, in 1972 30% and in 1987 almost 70%. The latest edition states that the incidence "increases rapidly" over age 40 and that "every person will have many" if they live long enough. Every American adult will have herniation of the large intestine.

Diverticula are saccular herniations that protrude through the wall of the colon. These "bowel pockets" are almost always *asymptomatic*, (you can't feel them). They are caused by a sluggish constipated bowel. These pockets fill with old fecal material which can be reabsorbed back into the bloodstream. This can infect the entire body causing all types of toxic reactions.



A sluggish bowel can retain pounds of old, toxic and poisonous fecal matter. Many times the real cause behind sickness and disease is this retention and reabsorption of this toxic waste.

The first step in everyone's health program should be stimulating, cleaning and toning all the elimination organs, and the bowel is

the best place to begin.

Day #1: Start with only one capsule of Intestinal Corrective Formula #1 during or just after dinner. **This formula works best when mixed with food.**

Day #2: This morning you should notice an **increase in your bowel action** and in the amount of fecal matter that you eliminate. The consistency should also be softer. If you do not notice any difference in your bowel behavior today or the difference wasn't dramatic, then tonight increase your dosage to two capsules.

You can continue to increase your dosage every evening by one capsule until you notice a dramatic difference in the way your bowel works. It has taken most of us years to create a sluggish bowel so let's be patient for a few days and increase by one capsule each day only.

By the end of the first week you, should know what your dosage is. If not, then remain on this formula alone for an additional week to get regulated before you go on to the next step.



Lower Bowel Formula #1 100ct Bottle



Lower Bowel Formula #2 8oz Jar

Week #2: At the beginning of week two is when we **begin to start the Lower Bowel Formula #2**. We will take this formula 5 times each day beginning in the morning.

One hour after your morning nutritional drink, mix 1 heaping teaspoon of Lower Bowel #2 powder with 8 ounces of diluted juice.

It mixes best if you shake it in a small jar.

Do the same ½ hour before lunch, between lunch and dinner, ½ hour before dinner and 1 hour before bed, so that you are consuming a total of 5 heaping teaspoons each day.

During or after dinner, take your Lower Bowel Formula #1 as usual but increase the dosage you discovered the first week by 1 additional pill. If you feel a bit bound by the #2 formula, you can increase your dosage of the #1 formula even more.

Helpful Hints: It is helpful to drink additional liquid after each dose of Lower Bowel Formula #2, at least 8 more ounces. Drink plenty of pure water, herb teas and diluted fruit and vegetable juices during this two-week colon cleanse. A good amount is between 64 and 128 ounces of liquid each day. This makes the program more effective.



LBF #2 Instructions:

Add 1 Rounded Teaspoon to Cup



Add Water



Close Lid



Shake & Drink

SPECIAL INSTRUCTIONS.....

PATIENT TYPE A: The sluggish bowel type. Formula number one is for 97% of the people, the ones who need help getting their bowel working frequently.

PATIENT TYPE B: The irritated bowel type. This is only a small percentage of my patients. This is the exception to the rule, those with bowels that work too often, more than 3 bowel movements a day. This includes those that have colitis, irritable bowel syndrome, Chrones disease, etc. If your bowels are irritated, hot or are working too frequently, skip this formula and go to the Intestinal Corrective Formula #2.

Since you will not be taking the Intestinal Corrective Formula #1 at any time during this program, **unless you get constipated**, you can use the Lower Bowel Formula #2 on a daily basis, to soothe your bowel and solidify your bowel movements. You can use this formula continuously during the first two months of this program; you can use this formula forever if you wish. You may find that 1 teaspoon a day does the job, you may need three. Experiment to see what dosage is best for you.

Why should I cleanse the bowel?

If you don't cleanse the colon, the other organs can't cleanse their wastes. Everyone thinks it's a wellness thing, cleaning the colon. They don't really think it changes health. People don't realize that it will affect them if they have a tumor or kidney infection, or if they have heart disease. They need to understand that even if you can clean the plaque out of the arteries — if you can't get the bowels cleaned out also, it's going to go right back in the body. You'll just re-absorb it.

The body doesn't want to dump wastes unless it knows the colon is working. These bodily systems are connected. Your appendix is giving information to the bloodstream, that's picked up everywhere. The body appears to know when the colon is blocked. When you get that colon brand spanking clean, it's unbelievable the catharsis that's going to take place. Your body will start pulling poisons out from everywhere. Because it knows it can.

Remember that wastes from the colon can overflow and pollute other organs. You can treat those other organs with natural methods — with only partial results — because these organs keep getting re-infected or re-irritated by particles from the colon.

Juice Fasting

"When you don't feel well, stop eating and go to juices." The first thing an animal does when it is sick is stop eating. They fast themselves. Likewise, the first thing we need to do when we don't feel well is: stop food. There are a lot of reasons for that. Food takes a tremendous amount of energy to digest—that's blood and energy.

Our digestive system is basically muscles and the tissues, which are filling with blood. When you stop eating your digestive system rests, and all that blood and energy can be used to heal you.

Members have asked, "What do I do for this particular disease?" Juice fasting. "What do I do for degeneration?" Juice fasting. "What do I do for heart disease?" Juice fasting. Juice fasting is for the incurables. Juice fasting is the answer, because it allows your body to rest. It then has excess energy which it will use to heal.

If you just keep cramming food down your mouth, you'll just get more tired. Your body has to digest large amounts of food, and it's the opposite of what you should do when you're not well.

The Raw Food program can be used for those wanting to do basic cleansing or a less intense incurables program. It allows for raw salads during the week and an **80% Raw 20% Cooked** food program on the weekend.

The 80/20 Food program can be done easily by eating Raw for Breakfast and Lunch. Start Dinner with a veggie salad followed by any vegan cooked food you would like.

Juicing Combinations for Disease

ACIDOSIS

Spinach, celery & spinach, celery & beet, carrot, tomato.

ACNE

Carrot & spinach, celery & watercress, grapefruit.

ADENOIDS

Carrot, carrot & spinach.

ANEMIA

Carrot & spinach, celery & parsley, beet, fig.

APPENDICITIS, Chronic

Celery, carrot, carrot & cucumber.

APPETITE, Loss of

Dandelion, celery, turnip leaf, radish.

ARTHRITIS

Celery & cucumber, carrot, endive, apple.

ASTHMA

Carrot & garlic, carrot & spinach, endive, apricot.

AUTO-INTOXICATION

Celery & cabbage, spinach, garlic, apple.

BILIOUSNESS

Celery & apple, tomato, carrot & spinach, lemon.

BLOOD BUILDER

Spinach, beet, carrot, pomegranate, grape.

BOILS-CARBUNCLES

Carrot & spinach, carrot & cucumber, carrot.

BODY CLEANSER

Celery & cabbage, dandelion, pomegranate, apple.

BONE BUILDER

Spinach, turnip leaf, watercress, orange, fig.

BRONCHITIS

Carrot & garlic, carrot & dandelion, carrot.

CATARACTS

Carrot, watercress & spinach, carrot & spinach.

CATARRH, Respiratory or Nasal

Carrot, carrot & lettuce, radish, apricot.

CHLOROSIS

Carrot & spinach, celery & parsley, beet.

CIRCULATION, Poor

Celery & garlic, lettuce & onion, grape.

COLDS

Carrot & garlic, carrot, grapefruit, lemon.

ECZEMA

Carrot, carrot & cucumber.

EPILEPSY

Turnip leaf, watercress, spinach.

FEVERS

Cucumber, blackberry, watermelon.

FLATULENCE (Gas)

Celery, carrot.

GALLBLADDER, Congested

Dandelion, endive, tomato.

GALLSTONES

Celery & parsley, tomato, grapefruit.

GASTRIC CATARRH

Carrot, apple, pear.

GASTRITIS

Carrot, coconut, papaya.

GOITER

Spinach, radish, lettuce, watercress, tomato, pineapple.

GONADAL DEFICIENCY

Carrot, spinach, turnip leaf, watercress.

GOUT

Celery & cucumber, carrot & spinach.

GRAVEL (Kidney)

Carrot & cucumber, endive & parsley.

HAYFEVER

Carrot, celery & parsley.

HEART TROUBLES (Functional)

Carrot, cucumber & cabbage, endive, carrot & spinach, apple.

HEADACHES

Celery, carrot-celery-parsley-spinach.

HEMORRHAGE (Lung)

Carrot.

HEMORRHOIDS

Carrot & watercress, carrot & turnip leaf, prune.

HYPERACIDITY, Gastric

Celery, spinach, carrot, papaya.

HYPERTENSION (High Blood Pressure)

Celery-garlic-parsley, celery, dandelion, grapefruit.

HYPOADRENIA (Adrenal Deficiency)

Carrot & spinach, pineapple.

IMPOTENCE

Watercress, spinach.

INFECTIONS, Susceptibility to

Carrot, spinach, garlic, parsley, tomato.

INFLUENZA

Carrot, carrot & spinach, celery & garlic.

INSOMNIA

Lettuce, celery, apple, onion.

JAUNDICE

Dandelion, carrot & spinach, apple, grape, tomato.

KIDNEY AND BLADDER TROUBLES

Cucumber & parsley, dandelion, spinach.

LARYNGITIS

Carrot, pineapple.

LEUCORRHEA

MENSTRUAL CRAMPS

Blackberry.

OBESITY

Celery, spinach, lettuce, orange, lemon.

OTITIS MEDIA (Inflammation of Middle Ear)

Carrot, celery & parsley, endive.

PLEURISY

Carrot & cucumber, carrot & spinach.

PIMPLES

Carrot, cucumber, grapefruit, grape, apricot.

PSORIASIS

Carrot, cranberry.

PYORRHEA

Spinach, cucumber.

QUINSY

Carrot & spinach, carrot.

RACHITIS (Rickets)

Carrot, turnip leaves, spinach, watercress, plus sunshine or Vitamin D.

REDUCING

Grape, orange, grapefruit, lemon.

RENAL CALCULUS (Stones in Kidney)

Carrot & cucumber, celery & parsley.

RHEUMATISM

Celery & cucumber, carrot, apple, lemon.

SCIATICA

Celery & cucumber, carrot & spinach.

SCROFULA

Carrot-celery-parsley-spinach, carrot & spinach.

SCURVY

Grapefruit, orange, lemon, cabbage.

SICK HEADACHE

Celery, celery & apple.

SINUSITIS

Carrot, parsley, endive, tomato, onion.

SORE THROAT

Pineapple, celery, coconut, fig.

SPLEEN TROUBLES

Dandelion, watercress.

STOMACH ULCERS

Carrot, carrot & coconut, papaya.

TONSILLITIS

Carrot, celery & parsley.

TOXEMIA

Carrot & spinach, garlic, apricot.

TUMORS

Carrot, spinach, pineapple.

ULCERS (Peptic-Duodenal)

Cabbage, carrots, carrot & coconut, papaya, fig.

UREMIA

Celery & parsley, cucumber, apple.

URTICARIA (Hives)

Carrot & spinach, spinach, carrot &

<p>COLIC Carrot & celery, papaya.</p> <p>COLITIS Carrot, carrot & coconut, pear, fig.</p> <p>CONSTIPATION Rhubarb, prune, fig.</p> <p>CONVALESCENCE Carrot & spinach, beet, pomegranate.</p> <p>COUGHS Carrot, carrot & spinach, blackberry, fig.</p> <p>CRAMPS Carrot, celery.</p> <p>CYSTITIS Celery, carrot & cucumber.</p> <p>DECAY, Tooth Carrot & spinach, carrot & turnip leaves.</p> <p>DIABETES Carrots & spinach, dandelion, cabbage.</p> <p>DIARRHEA Carrot, cranberry.</p> <p>DIPHTHERIA Pineapple, carrot & spinach, celery & parsley.</p> <p>DROPSY Celery, dandelion, carrot & spinach, onion & milk.</p> <p>DYSENTERY Blackberry, cranberry.</p> <p>DYSPEPSIA Carrot & celery, papaya, pineapple.</p>	<p>Beet, celery & parsley, pineapple.</p> <p>LIVER TROUBLES Carrot-beet-cucumber, apple, dandelion, grapefruit, lemon.</p> <p>LOW BLOOD PRESSURE Beet, grape, pomegranate.</p> <p>LUMBAGO Celery & cucumber, blackberry.</p> <p>MALARIA Grapefruit, carrot & spinach, celery & parsley.</p> <p>MENSTRUAL DISORDERS Beet, celery & parsley, pineapple.</p>	<p>cucumber.</p> <p>WORMS Garlic, onion, pomegranate, apricot.</p> <p>MYALGIA (Muscular Rheumatism) Celery, celery & cucumber, endive.</p> <p>NEPHRITIS Celery & parsley, cucumber.</p> <p>NERVE TONIC Celery, lettuce, coconut.</p> <p>NERVOUSNESS Celery, lettuce, garlic, apple, grape.</p> <p>NEURALGIA Carrot & celery, celery.</p> <p>NEURITIS Celery & cucumber, endive, carrot & spinach.</p>
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On the next two pages we have provided a sample program. Feel free to change it to fit your needs. You will want to add potassium broth, enemas, massage, garlic, poultices and more hydrotherapy. Yes, this is a full time job for a while, but the pay is worth the effort.

Juice Fasting Schedule

Name:
7:00— Warm Water
7:15— Tea & LBF #2
7:40— Skin Brush than take Hot & Cold Shower
8:00—Flush [Liver Flush or Kidney Flush]
8:15— Teas for Flush
8:30— Fresh juice with Nature's Superfood .
9:00-- 20 Minute Walk
9:45-- Echinacea Boosting
10:00— Tea
10:15-- LBF #2
11:00-- Juice
12:00-- Flush [Liver Flush or Kidney Flush]
12:15— Teas for Flush
12:30— Fresh juice with Nature's Superfood .
1:00— Tea #1
1:15-- LBF #2
2:00-- Exercise 20 minutes
2:30-- Juice or Potassium Broth
3:00— Juice or Potassium Broth
4:00— Tea #1
4:15— LBF #2
5:00— 20 Minute Exercise
5:45-- Flush [Liver Flush or Kidney Flush]
6:00-- Teas for Flush
6:00— Cup K/B Tea and Formula
6:30-- Fresh juice with Nature's Superfood , LBF #1 Caps
7:00— Tea #1
7:15-- LBF #2
8:00-- Hot & Cold

Raw Food Schedule

7:00am	Take LBF#2 then Drink 8-16oz warm distilled or purified water .
7:10am	Skin Brush , then take hot & cold shower – 7 repetitions.
7:45am	Drink Liver Flush or Kidney Flush Drink.
8:00am	Drink 2 cups of D-Tox tea and take 2 dropperfuls of L/G-AP Formula or Drink 2 cups of Kidney/Bladder Tea and take 2 dropperfuls of K/B Formula.
8:15am	Take 2 dropperfuls of D-Tox Formula or 2 dropperfuls of Immune Booster .
9:00am	Morning Fresh juice with Nature's Superfood . – Optional; fresh fruit blended in drink.
9:30am	Morning walk.
10:30am	Take 2 dropperfuls of D-Tox Formula or 2 dropperfuls of Immune Booster .
11:30am	Take LBF#2
12:00pm	Lunch: fresh juice or salad or fruit.
1:30pm	Drink 2 cups of D-Tox tea and take 2 dropperfuls of L/G-AP Formula or Drink 2 cups of Kidney/Bladder Tea and take 2 dropperfuls of K/B Formula.
2:00pm	Take 2 dropperfuls of D-Tox Formula or 2 dropperfuls of Immune Booster .
3:00pm	Take LBF#2
4:00pm	Fresh juice with Nature's Superfood .
4:30pm	Drink 2 cups of D-Tox tea and take 2 dropperfuls of L/G-AP Formula or Drink 2 cups of Kidney/Bladder Tea and take 2 dropperfuls of K/B Formula.
4:45pm	Take 2 dropperfuls of D-Tox Formula or 2 dropperfuls of Immune Booster .
5:30pm	Take LBF#2
6:00pm	Dinner: fresh juice or salad or fruit. Take L.B.F.#1 .
7:00pm	Take 2 dropperfuls of D-Tox Formula or 2 dropperfuls of Immune Booster .
8:30pm	Take LBF#2

Superfood

Super Nutritional Morning Drink or Meal Replacement



1.) How do I prepare or use my Nature's Superfood?

There is any number of ways to fix your Nature's Superfood; the most common way is to mix 2 tablespoons in juice and drink.

I enjoy making mine in the morning using the following plan:
Blend together 1 frozen Banana, 4 or 5

frozen Strawberries, 8 oz of Apple or Orange juice, 8 oz water, and one tablespoon flaxseed oil.**

This combines to make a thick shake type breakfast drink. Very good, and very satisfying.

****Try using a table spoon of Flax seed oil for every 100 pounds you weight.**

Some of our Members tell us they mix it with plain water and find that to be just fine also.

2.) How much Nature's Superfood should I be using a day?

This depends completely on your personal needs. If you are doing major disease work or cleansing you might want to be using as much as 2 tablespoonfuls 3 times a day. I have known of members who have use 3 or 4 times this much in a day while they were healing their diseases. Allow your body to tell you how much to use. Use as much as you feel you need, there is no reason to be concerned with overdosing on Nature's Superfood, it is just Food; (**GOOD FOOD**).

3.) Nature's Superfood for children, pets & husbands?

Click on the link to find the correct amount of Superfood to give [children & pets](#). Use the formula provided to determine how much of the herbals to give a child or animal.

This is a very good food for Children, pets, and Husbands. We have heard that many children and husbands don't want to drink something that is green. (They will try that new Green Ketchup but not a green drink.) This problem can be remedied by blending fresh or thawed strawberries, blueberries etc... into the mix. The berry juice will make the drink an acceptable Red or Blue Color.

For your favorite 4 legged friend try sprinkling a bit of the Nature's Superfood over his food, most pets love this and it is so good for them.

NUTRITION

SUPERFOOD

This perfectly balanced blend of **Nature's Superfood** is specifically formulated to supply you with Natural Food Source Vitamins, Minerals, Amino Acids, and Essential Trace Nutrients. These are Nature's Nutrients, not manmade synthetic vitamins. All ingredients are from the richest, whole food sources on the planet. This zero fat formula will give you quick energy, and not slow you down, and it tastes great. It should be the foundation of any health program because it contains nutrients that build your body and your health.

Spirulina Blue Green Algae

Spirulina is one of the most concentrated, nutritious foods on this planet. It is the highest natural source of complete protein (75%). We use the only organically grown spirulina in the world, from Hawaii. The high amount of sunshine there makes this spirulina higher in Beta Carotene than any other. It is also a rich source of B-Vitamins, especially B-12. Grown using water pumped from 2000 feet deep in the ocean, this spirulina is one of the richest sources of minerals also. One of the oldest types of algae, it has a soft cell wall for easy digestion and assimilation.

Chlorella

Chlorella is second only to Spirulina in nutritional content. Another of the algae, it is an extremely concentrated source of nutrition and compliments of Spirulina well. The cell wall has been cracked to make the nutrients more available and increase its digestibility.

Alfalfa, Barley and Wheat Grasses

These are the Vitamins / Mineral herbs. They are mildly cleansing and the greatest sources of nutrition of any grasses. Grain grasses are more potent than the grains themselves, offering us a rich array of vitamins, minerals and chlorophyll.

Purple Dulse Seaweed

Seaweeds are the richest source of assimilable minerals on the planet. They contain all the minerals and trace minerals that are found in the oceans and the earth's crust. We chose Purple Scandinavian Dulse because it has the highest minerals concentration but also taste bland. Many types of seaweed taste fishy and are offensive to vegetarians.

Beet Root and Spinach Leaf

Beets and Spinach are some of the richest, most assimilable sources of organic iron. Beets, being a root vegetable and growing underground, change inorganic raw elements into plant minerals that are useable by us. Spinach is a rich source of calcium, iron and vitamin K. Both of these plants are famous for their blood building ability.

Rose Hips, Orange and Lemon peel

Revered as some of the best sources of vitamin C these fruits are also a balanced C-complex source. They contain bioflavonoids, rutin, hesperidin, calcium and all of the trace elements that are now known to be necessary to assimilate vitamin C. The citrus peels are also one of the highest sources of pectin which has been proven to remove heavy metals (mercury, lead, etc.) from the body, even remove radioactive contamination like strontium 90.

NON-Active *Saccharomyces cerevisiae* Nutritional Yeast

This yeast is grown on beets and pure molasses. It is the second highest source of complete protein in nature, (50%), and the richest source of B Vitamins. It is also a rich source of Iron and many other minerals. The yeast we choose is heated high enough to absolutely destroy any yeast activity, but not high enough to lessen the B vitamin content. It is totally NON active and safe for patients with candida albicans or on yeast free diets.

2 level Tablespoons of Nature's Superfood, added to your favorite juice or blender drink, gives you 2 to 5 times the vitamins you need for your entire day. What's even better is that you can assimilate these foods so easily, the nutrients can enter your bloodstream going to work within 15 minutes.

HEAL MARKETPLACE



4 Week Incurables Kit

\$525.00

Savings of \$102.00

[BUY NOW](#)

Item	Size	Item	Size
Superfood	5 pound bag	LBF #1	400 count Jar
LBF #2	2 pound bag	2-Echinacea	16 ounce
LG/AP	4 oz Extract	2-Detox	4 oz Extract
Detox Tea	1 pound	Kidney Bladder	4 oz Extract
Cayenne	4 oz Extract	Kidney Tea	1 Pound

The End

Other E-Books by H.E.A.L.

- Liver Flushing
- Kidney Flushing
- Healing with Poultices
& Salves