

Foundational Program

Intense Cleansing Program: The Preparation

Posted on [August 7, 2013](#) by [Dara](#)



Beginning a strong juice fast, body flushing program without the proper groundwork will prove a huge mistake. Preparing the body for the work about to be done is as important as the cleansing itself. Even the introduction of fresh juice can cause a cleansing crisis if the immune system is unable to handle the toxins released for removal. I've even seen people new to eating fresh fruits and vegetables suffer a detoxing crisis over a nice salad.

It's All about Alkalinity

Think about nutrition for a minute. Our blood is in balance when we're slightly alkaline: with a pH of 7.35. Pure nutrition is alkaline. Alkaline foods are foods that raise the amount of oxygen that your blood takes in.

How much oxygen your blood can absorb is measured on a pH scale that ranges from 0 to 14. A pH of 0 is most acidic while a pH of 14 is most alkaline. Your body functions best when the pH of your blood is 7.35. If your blood pH gets below 7 or above 7.45, your body cannot function.

The question then is what will happen in a very acidic body when massive amounts of pure alkaline are introduced? Every cell in your body jumps for joy and dumps its waste. The entire system will begin to release massive amount of acidic waste for removal. Will... Yahoo!/? Right? Wrong. Unless you are into feeling like you have been run over by a mac truck.

Here is what will happen within about twenty-four hours. Mr. New to Nutrition reads something about the benefits of juicing and decides to give it a try. Instead of beginning his day with a glass of fresh juice for a start, he decides to jump right into a major juice fast. Morning of day two he wakes up with a banger of a headache and likely muscle aches from head to toe. The amount of waste up for elimination has overwhelmed his immune system. All this waste must be attached and treated by the immune cells before it can be released from the body. What the immune system is unable to treat is then reabsorbed. Not good!

The Startup Plan

No, do not take your new juicer back to the store. [There is a plan](#). You can have all the benefits of healthy living without the cleansing crisis. Follow this simple start up program for a week or so to prepare the body for the onslaught of good you plan to do.

1. [Bowel Cleansing](#); Make sure the Bowels are open and working well. Establish the [bowel cleansing program](#) before beginning any cleaning campaign.
2. [Echinacea](#) to Boost the Immune system. Begin boosting the week before beginning a major cleansing program or juice fast. An ounce a day for four days each week you do an cleansing program is a good place to start.
3. Always step up and down from a juice fast. How is this done?

Stepping Up and Down from a Juice Fast

Begin eating raw the week before you plan to start an extended juice fast, or intense healing program. This will more gradually raise the amount of alkaline being introduced into the system.

Stepping Down

For an extended juice fast or healing program you will need an extended stepping down period. This is very important. Listen to your body. Do not be in a rush to eat cooked foods. If you transition back too quickly to cooked foods you can create a healing crisis all your own.

The rule of thumb is you will spend $\frac{1}{2}$ the amount of time on the juice fast transitioning back to cooked foods. If your juice fast was thirty days you will need a fifteen day period of raw food before introducing any cooked food back into your body.

Do not stop juicing. Continue with your juicing as you reintroduce one raw food the first day. You can have as much as you like but only one food. I like to break my fast with either grapes or apples. If this one food is well accepted depending on the length of the fast after a day or two you can introduce more raw food combinations. After a week or two you should be eating raw fruit or Vegetable salads, supplemented of course with Superfood and fresh juices.



Continue this raw food program until you have covered at least half the time you were juice fasting. On the day you plan to consume cooked food again I would boost with Echinacea if you are not already boosting. The best first cooked food is either brown rice or a baked potato with the skin. You must eat the skin or do not choose the potato. Introduce the cooked food after your raw salad. Enjoy, eating slowly. If you do well continue to add cooked food slowly back into your food program.

Final thoughts:

Listen to your body. You have provided an opportunity to clean house, allow your body the time to finish the effort begun. Do not allow your appetite for cooked food to destroy the good you are doing. You will enjoy cooked food again. Taking your time during this transition period will allow the work you have done to be completed.

Where to Begin?

Posted on [October 18, 2012](#) by [Dara](#)

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 make 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.

Sustaining Healthy body systems

Posted on [August 14, 2014](#) by [Dara](#)



Healthy body systems and Normal Pressure is achieved by maintaining a healthy emotional life along with a balanced lifestyle of healthy food and daily work, rest, exercise, and play.

Foundation for Emotional Health

We cannot control the emotional ups and downs life throws at us but we can control our reaction to them. Building up a healthy spiritual foundation based on a belief that you are known completely and loved without reserve by the most powerful being in the universe is a perfect place to start.

Many people do not worship a God of Love, their God is wrathful, waiting for any reason or weakness on their part to punish or destroy. This perception of God is not only unhealthy but can actually affect the way you value and deal with yourself and others. We humans are blessed with an innate law of worship. We

assimilate to, or become like that which we worship, and we all worship something. The health of the body, mind and soul depend to a large degree on what we are modeling ourselves after. If you would like a better science based understanding of the spiritual mind & body connection the [“God and the Brain”](#) seminar by [Dr. Tim Jennings](#) is an excellent resource.

Foundation for Physical Health

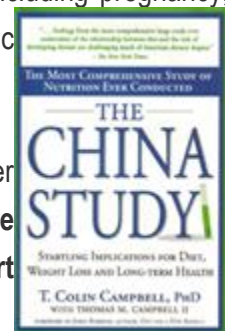
Our bodies need a daily supply of nutrition or they will shut down and stop working. The best nourishment would be to follow the original food plan provided for our first parents; vegetables, fruits, nuts, grains and seeds.

The Question is asked: **Don't I Need Animal Products to Be Healthy?**

Properly planned vegan diets

are healthful, nutritionally adequate, and may provide health benefits in the prevention and treatment of certain diseases...are appropriate for individuals during all stages of the life cycle, including pregnancy, lactation, infancy, childhood, and adolescence, and for athletes.— American Dietetic Association Volume 109, Issue 7, Pages 1266-1282 (July 2009)

Not only are animal products unnecessary for optimal health, an increasing number of **nutritionists and health professionals are acknowledging animal products are harmful to our health**. Meanwhile, a healthy vegan diet helps reduce the risk of **heart disease, cancer, obesity, and diabetes**.



[The China Study](#): by T. Colin Campbell is arguably the most comprehensive study on nutrition ever done. Campbell provides compelling evidence linking animal products to disease, including cancer, heart disease, osteoporosis, diabetes, etc.

Basic Programs

Posted on February 18, 2013 by Dara

Clearing Disease

I've had several members asking about the [Incurables Program](#) recently. The time has come to write out a good introduction for this program. The Incurables program is for anyone with a life threatening disease or those who just wants to do a deep cleansing work. Those facing the consequences of a major disease must also choose well the program they intend to follow. Your life is hanging on the choices you are making. Choosing well can mean the difference between the healing you are seeking and the loss of your presence and comfort in the lives of those who love and need you.

For many cleansing the body is a brand new concept. The first question to answer is; "[Where do I begin?](#)" The place to begin is the same for everyone regardless the degree of disease or health in the body.

Step One: The Three [Foundational Programs](#) must be established. These programs need to be quickly but effectively established before moving into the serious cleansing part of the incurables program. These three programs will continue throughout your healing or cleansing process.

Two DVD's strongly recommended for support while doing this program are:

- [Fat Sick & Nearly Dead](#)
- [Forks over Knives](#)
- [Incurables Video Collection](#)

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.

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.

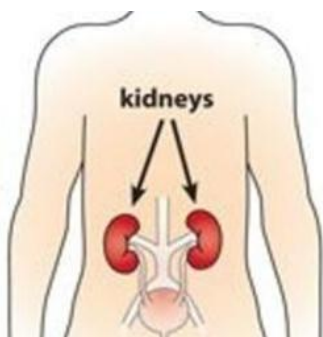
Why is Nutrition so Important?

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.



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.

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

Reasons to become a Vegetarian

Posted on [March 10, 2014](#) by [Dara](#)



As the scientific evidence mounts in favor of the vegetarian lifestyle more people are deciding the benefits of a plant based food program outweigh their personal objections. When we set our minds to a purpose most of us can put aside our initial emotional response in favor of intelligent reason. So for those who have not had the time or inclination to check out the latest scientific research let me list the arguments for a

plant based food program.

Reason 1 to go veggie:

Health Building Food Programs; A low-fat vegetarian diet is the single most effective way to stop the progression of coronary artery disease or prevent it entirely. Vegetarian diets are more healthful than the average American diet, particularly in preventing, treating or reversing heart disease and reducing the risk of cancer. Cardiovascular disease kills 1 million Americans annually and is the leading cause of death in the United States. But the mortality rate for cardiovascular disease is lower in vegetarians than in non-vegetarians, says Joel Fuhrman, MD, author of [*Eat to Live: The Revolutionary Formula for Fast and Sustained Weight Loss*](#). A vegetarian diet is inherently healthful because vegetarians consume less animal fat and cholesterol (vegans consume no animal fat or cholesterol) and instead consume more fiber and more antioxidant-rich produce—another great reason to listen to Mom and eat your veggies!

More Reasons for the Vegetarian Lifestyle

Posted on [March 10, 2014](#) by [Dara](#)



Keep the weight down & Energy up. Animal products are high in saturated fats, when combined with the processed foods commonly consumed by the average American is it any wonder that people are becoming alarmingly overweight. The Average American diet which is low in plant-based foods and complex carbohydrates is making us fat and slowly killing us. A study found that overweight people who followed a low-fat, vegetarian diet lost an average of 24 pounds in the first year and kept off that

weight 5 years later. They lost the weight without counting calories or carbs and without measuring portions or feeling hungry. Study conducted by [Dean Ornish, MD](#), president and director of the Preventive Medicine Research Institute in Sausalito, California.

Live Longer & Better. Following a vegetarian food program can add about 13 healthy years to your life, says [Michael F. Roizen, MD](#), author of [The Real Age Diet: Make Yourself Younger with What You Eat.](#) Consuming saturated meat products will not only shorten your life but those who continue the use of these types of food will experience more disability at the end of their lives. Animal products clog your arteries, zap your energy and slow down your immune system. Meat eaters also experience accelerated cognitive and sexual dysfunction at a younger age.”



Longevity; the proof: A 30-year study of more than 600 [Okinawan centenarians](#) concluded the residents of Okinawa, Japan, have the longest life expectancy. Their long and fruitful lives are the result of their simple daily fare of unrefined complex carbohydrates, fiber-rich fruits and vegetables, and soy.

Stronger Bones: A healthy dose of calcium can be found in dry beans, tofu, soymilk and dark green vegetables such as broccoli, kale, collards and turnip greens. The Vegan/Vegetarian food program also provides natural sources for other nutrients such as phosphorus, magnesium and vitamin D that must be present for the body to absorb and use the calcium.

Reduced risk of food-borne illnesses: Foods rich in protein such as meat, poultry, fish and seafood are frequently involved in food-borne illness outbreaks. Recent CDC reports food-borne illnesses of all kinds account for 76 million illnesses a year, resulting in 325,000 hospitalizations and 5,000 deaths in the United States.

Menopause Support: Certain foods are rich in [phytoestrogens](#), the plant-based chemical compounds that mimic the behavior of estrogen. Phytoestrogens support the body's fluctuating hormonal needs for estrogen and progesterone for a more comfortable passage through menopause. Soy is by far the most abundant natural source of phytoestrogens, but these compounds also can be found in hundreds of other foods such as apples, beets, cherries, dates, garlic, olives, plums, raspberries, squash and yams. Menopause is also associated with weight gain and a slowed metabolism, therefore a low-fat; high-fiber vegetarian diet can help ward off extra pounds.