

Detoxify, Nourish, & Build

Three Essentials for Vibrant Health!

How to Save Thousands of Dollars
on Medical and Natural Therapies and
Get the Results You Hoped For the First Time

By Michael King

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Page 1 of 104

Author's Bio

Michael King is a Life Enrichment Consultant, a natural intuitive, a researcher of Nature's most powerful healing resources the world over, the author of "Detoxify, Nourish & Build - Three Essentials for Vibrant Health" and the Vital Health News Updates - a periodic newsletter documenting the most life-building natural resources on the planet. Michael is also an advocate of sustainable gardening, environmental responsibility, and an architect of ways to increase global food production.

Michael's early years of life were fraught with health complications partly due to inherited conditions and partly due to side effects from standard medical treatment. He began his search for natural remedies to his deteriorating health condition in 1976. What he discovered kindled a deeply held passion in the field of natural health and inner healing.

Overall, Michael has spent the last 40+ years in quest for the most direct, comprehensive and effective natural healing approaches available to remedy the physical and inner challenges that beset him and his family.

Realizing that the answers to his problems would only be found by uncovering their original causes, an avid search began to understand them and heal them. As a result unique and powerfully effective approaches to rejuvenate both the inner and the outer being were magnetically drawn to him.

The **Sacred Clay & Ormalite**, their agricultural clay - **Silica Rich**, and several other herbal resources with remarkable rejuvenative

capabilities are among the gifts of Nature that have since come his way.

In Oct of 1999 Michael began creating his own herbal remedies to further build his health and of those close to him. Experiencing remarkable improvements themselves, his family and friends encouraged him to make his products more available to the public, claiming this was “right place, right time for products of such effectiveness to be in the hands of those desperately seeking answers.” He has since developed over 40 herbal formulas and several clay combinations centered around whole body rejuvenation, agricultural improvements and ecological cleanup.

It has been Michael’s passion since childhood to be an instrument through which lives change for the better. The manufacturing of clay products, the development of health building herbal formulas, the counseling, the teaching of seminars, and the positive results he watches daily in the lives of others, fulfills this ongoing passion within him to serve the common good.

Applying the wisdom gained from his in-depth search of the world of natural resources has made it possible for him to heal both body and soul without medical intervention, leaving him physically healthier and more vital in his 60’s than when he was 20. Following the same inner wisdom, he has successfully transformed his poverty ridden past into a thriving & increasingly abundant lifestyle. His life path and his joy is to share this wisdom with others.

"In truth, love is the only thing that heals. Every issue of life springs forth out of the condition of the inner heart, and must ultimately return to the heart in order to become whole again.

Herein lies the secret to vibrant health, to the manifestation of dreams and desires, and to complete fulfillment in life.”

Michael King

My Personal Journey

My mother was diabetic, my father had severe low blood sugar to fainting spells under stress. They were both big on sugar and knew nothing about health or nutrition. I was born with inherent weaknesses on the low side.

My diet was high in sugar, fat, nut butters, dairy, meat, and breads. This diet coupled with two years on antibiotics during high school set me up with constant digestive problems, heart irregularities, chronic fatigue, insomnia, erratic energy, and almost no memory capability by the time I (barely) graduated from college.

Being in the military & the son of a Vet, I had my fair share of vaccinations (not a good idea for those who are wondering).

In 1976 I walked into my first health food store looking for answers. Found a few, but the journey to greater health would be decades in the making.

In 1977 I read my first book on clay, “Our Earth, Our Cure”.

In 1981 I discovered the power of medicinal herbs. With my first few experiences with some Chinese adaptogenic herbal formulas, I began to feel normal for the first time in my life. This launched a lifelong search into the world of Nature’s botanical kingdom.

I still did not understand diet very well, and for the next few decades, various dietary fads were explored.

I learned why vegetarians and vegans generally do not do well on their diets.

I also learned why the cancer clinics are being filled with those on meat & fish-centered diets.

I learned why the immune systems of most people today will not be able to keep up with the rapidly mutating viruses. I also learned what we will have to do to combat this constant assault on our biology.

In 1999 I began to make herbal formulas for myself and family to reverse the damage caused by our former lifestyles. Others asked that I make these resources available to more. This is what began what is today, Vitality Herbs & Clay. The formulas and clays are still my main source for health maintenance.

What you will read about today is the culmination of insights from this 40+ year search. There is still more to learn, I am the first to admit, but what I present here are the nuts and bolts of a common sense approach to regaining your desired degree of health using only whole earthen resources.

Michael King

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The Truth About Building Physical Health

The truth is, not a single product, natural or otherwise (including every one mentioned within this book) is capable of healing the human body. Neither an herb, a clay, a vitamin or mineral supplement, a seaweed or algae, an organic food, nor any other substance, whether natural or synthetic, is capable of healing the body.

In every instance the body will take the nutrition given it, break it down into millions of pieces, combine it with other components already available within the body to make new compounds, then deliver those newly formed metabolic compounds to the places that it knows it needs to go - all according to its own wisdom!

In this manner the body creates its own medicines, which are nothing more than its normal complement of amino acids, proteins, enzymes, hormones and a vast number of other natural chemical processes.

Real Food

Our job is not to target diseases or micromanage specific chemical reactions or hormone levels. Our job is simply to nourish the body with a complete spectrum of the kinds of foods that it will recognize as "real food". Real food is that which is compatible with the organic nature of the body's original construction.

The human body is a natural organism. It was created from the "dust (or clay) of the earth". Therefore, the perfect food for the body will also be of earthen origin - unaltered. Earthen resources that qualify as real food include such things as clay, water, algae, seaweeds, herbs, fruits, nuts, seeds, and vegetables. Anything less than whole would not be a "real food". This includes "natural" vitamin

and mineral supplements assembled by a laboratory rather than by Nature.

Support the Body's Own Inherent Wisdom

Our job is not to try to improve on Nature with our so-called "science", our job is merely to provide the body with an abundance of real food and let the body decide what to do with it. Earthen resources contain a vast array of nutrient-based building blocks for the body to select from in order to construct its own medicine.

It is also our job to not toxify the body with foods that are not real or compatible with the human body, and to detoxify all that is foreign and poisonous. In this manner, the body will have the greatest freedom to select from the vast array of resources that we provide in order to simply clean house and build life-giving strength.

Again, this entire process is performed, not by our manipulation of chemical reactions, but through our support of the body's own inherent wisdom.

There is nothing more compatible, or more effective, than the right combination and quantity of whole earthen resources to give the body exactly what it needs to restore health.

Clearly, lifestyle changes, shifts in internal perspectives, and improvements in diet will be required to as well insure maximum results, yet any movement in the "whole earthen" direction will propel you toward this ultimate goal.

Build Health Rather than Fight Disease

Rather than target a specific chemical reaction in the body, a specific hormone, a specific nutrient, or a specific disease, if we

concentrate on simply building overall health, every condition in the body, regardless of its origin, will move toward a healthier state.

Building health means to simply support natural physiology the way Nature intended. There are three basic ways we build health naturally:

1. We purify the body of toxic substances.
2. We nourish the body with the full spectrum of nutrients it requires to perform its thousands of chemical processes on a moment-by-moment basis.
 - a. This includes choosing a diet that consists only of whole earthen resources, and abiding by wise food combining practices.
3. We actively build strength in the systems of the body displaying signs of stress or imbalance (digestive system, immune system, circulatory system, etc.).

The most effective system builders come in two basic categories:

- 1) **General System Builders** (adaptogenic herbs, nutritive herbs (nettle, alfalfa, seaweeds, algae, etc.) and nutritive/detoxifying clays).
- 2) **Specific System Builders** (earthen resources (herbs & clays) that target the upbuilding of specific organs and glands, like the kidneys, adrenals, pancreas, etc.).

The most effective herbal formulas for building health will include both General & Specific System Builders where necessary to produce the fastest and most effective results.

In every instance, these formulas, or “foods”, will consist of whole earthen resources.

Whole Earthen Resources Build Health Naturally

No food is more compatible with the human body than whole earthen food sources. If your goal is to build health, then clearly, the least you will want to do is restrict your diet to nothing but whole earthen resources.

Since earthen resources (herbs, clays, fruits, vegetables, etc. created specifically for the human body) are inherently balanced, consuming them will increase a state of balance in the body more so than the world of food substitutes that have been isolated, extracted, highly concentrated, processed, overheated, chemicalized, sterilized, synthesized, genetically modified, colored, deodorized, or any number of other things commonly applied to modern man’s “food”.

The Failure of Individual Hormones and Nutrients

A single hormone or single nutrient is utterly incapable of addressing the extremely complex array of supportive requirements needed by the body to achieve a desired state of balance in any one area of human physiology.

It is time to do away with the entire megavitamin therapeutic approach all together. While it has served the purpose of making us aware of the benefits of specific nutrients, once understood, we must look back to where the nutrient came from in the whole earthen form, and consume that instead. This way we will be sure to get the whole spectrum of supportive influences that Nature built into each herb, clay or seaweed.

The mere fragments of whole earthen resources, referred to as isolates or highly concentrated extracts (i.e. typical megavitamin-type formulas made of groups of individual vitamins, minerals, enzymes, hormones, etc.), are generally less effective than the whole herb, spice, clay, pollen, mushroom, seaweed, or algae.

This is especially true with hormone replacement therapy (HRT), whether bio-identical or otherwise. It is far wiser to rebuild the organ or gland that is failing to produce the proper amount of hormones than to add a crutch to your daily regimen with supplementation of a hormone.

Rebuilding of organs and glands are readily accomplished with System Building whole earthen resources.

The Whole Food Source Produces a Synergy Essential to Improving Health

The whole food source is built by Nature, and is therefore intrinsically designed to supply nutrients and energetic influences to all of the supportive organs and glands necessary to upgrade the health of any one specific organ or gland.

Whole herbs do not just target single vitamins or minerals that may be deficient. They work on multiple organs and glands at one time. Herbs, like the human body, have multi-dimensional properties, of which today's science is reluctant to admit, let alone investigate.

The synergy within the whole herb improves the synergistic interplay of organs and glands within the whole body. A greater state of overall health is the natural end result.

Nature knows best. You can trust the original source. Of course, finding “original source” foods these days presents a few challenges of its own at times, which is the prime reason for writing this book.

It is possible to live closer to the “natural order” if you are aware of where to look for “real foods”, and are willing to make a few simple lifestyle changes. We will discuss these in greater detail further into the book. For now, let’s examine the nature of both **General System Builders** and **Specific System Builders**.

Adaptogens & Nutritives are General System Builders

Adaptogens are herbs that help you to adapt to stresses, regardless their origin. Adaptogens are often herbs that are naturally grown under rugged, harsh conditions, such as in the cold Siberian Forests, high mountainous regions or arid deserts. The hardiness the herbs have had to develop in order to survive in the rugged environments are passed on to you when you consume them.

I refer to Adaptogens as “general system builders” in that they tend to build general overall health by upgrading the effectiveness of every major body system at once.

Nutritives are herbs that possess high levels of vitamins, minerals, and phytonutrients (plant-based nutritional compounds like carotenoids, flavonoids, lignans, and compounds found only in certain plants that commonly the subject of pharmaceutical research, and which ultimately become the basis of a synthetic medication).

How a Medication is Formed

The pharmaceutical world would not want you to know how much research they do on herbs and natural products. But because something made by Nature in its whole form cannot be patented,

they are relegated to taking fragments out of an herb, referred to as it “active ingredients”, patenting that, and then synthesizing it from petroleum oils to reduce costs. This gives them the right to charge exorbitant prices and make billions – at your expense.

Of course, destroying Nature’s original multi-dimensional synergy of often hundreds of nutritional compounds in a single herb, results in a highly concentrated isolate lacking any form of balance whatsoever.

Add the absurd practice of synthesizing the same compound, coupled with the inclusion of heavy metals, chemicals, and other toxins, and it is no surprise that a medication can have 1-2 or more pages of potential side effects.

Just look at the description of the medication that you can get from your pharmacy to discover this disgusting array of side effects. Of course, TV advertisements spell them out in brief as well, yet does that deter the programmed masses from taking them anyway?

Somewhere along the way we have lost some common sense. Can we really call these “medicines”?

Whole herbs, clays, and home grown garden produce are Nature’s preferred food and medicine. Very seldom will they create a side effect other than from detoxification, which is one of their main benefits to us.

In the clay world, each clay type has its own benefits. Yet, there is one category worth mentioning here that excels in supporting general harmony and balance throughout the body.

Ormus-Bearing Clays

Clays, in general, are built by Nature to provide broad-spectrum balancing effects on human physiology, largely due to the 70+ minerals, trace elements, and subtle energies that tend to be found in clays naturally.

When a clay also contains the additional benefit of stronger than usual amounts of the angstrom elements (ormus, or monatomic elements), the adaptogenic, overall balancing effects on the body are magnified.

Ormus opens up the energetic pathways within the body, accelerating the meridian flow, enhancing hormonal balance overall.

A clay with higher than normal ormus properties will possess more than one element in the monatomic form, typically several elements. Most often these are elements within the platinum group, yet can be a spectrum of others as well. Such a clay is made by Nature and will possess multi-dimensional benefits just like a whole herb or food.

Ormalite & **Vitalite** are our two clays with greater than normal amounts of ormus in them naturally. This is not determined by analysis, for such is extremely costly, but by being familiar with the feel and effects of an ormus mineral and associating the two. More on this below.

Specific System Builders

Other herbs are traditionally and scientifically known to deliver specific nutritional support directly to certain organs or glands and thereby build health in those areas.

I call these “Specific System Builders”. Specific System Builders build health by delivering nutrients to more specifically targeted areas

of stress in the body, such as the adrenals, the thyroid, the bones, the pancreas, the brain, etc., and the biological systems that support those very organs and glands.

Body Systems

A “system” includes both the targeted organ or gland itself and the supportive organs and glands whose inputs are required for overall balance to be achieved by the targeted organ, as well as the body as a whole.

This means that to be effective at restoring a proper balance of thyroid hormone production, for example, it will be necessary to improve the functions of the adrenals, the hypothalamus, the pituitary, and the thyroid.

These glands function in concert to achieve the final end result of a proper level of T3 & T4 in the body (along with other influences provided by the thyroid and parathyroids not commonly discussed, or even known by ‘modern’ science).

If it were understood that most all thyroid problems have an underlying adrenal issue, coupled with a viral issue, then the treatment would not be limited to hormone supplementation alone, but to rebuilding the entire endocrine support system along with an aggressive rebuilding of the body’s immune system. Of course, a change in diet will always improve the outcome, as well.

The Synergy of Systems

To accomplish the greatest amount of health in the shortest amount of time in any specific area, the entire system of supportive organs and glands (as well as certain lifestyle and dietary choices) will have to be addressed.

The organs and glands of the body weave a tapestry of interdependence in their performance of specific duties. Each one relies on the input from other organs and glands in order to decide on how much or how little of a specific hormone or chemical compound to manufacture.

However, if the body is laden with toxic chemicals, heavy metals, and old fecal matter clinging to the sidewalls of the small intestines, very few, if any, systems will be free to function normally. Detoxification is an essential component of any health building program.

Detoxify, Nourish, & Build

In order to rebuild a worn down body, these three components are fundamental. The General System Builders and Specific System Builders are utilized for these very purposes – to detoxify the body, nourish the body to the max, and build up weakened systems. Such a program can be utilized on a daily basis, year-round.

Detoxify the Body

Nature did not intend for the body to become excessively toxic, yet made allowances in the body's inherent chemistry to process unnecessary elements out of the body. The liver and kidneys help purify the blood, the friendly bacteria in the bowels neutralize toxins in the intestines, the lymphatic system delivers toxins from the liver to the lungs, kidneys, and sweat glands, and so forth.

Removing interfering substances on a daily basis through basic natural detoxification methods is an essential part of building overall health. A clean body is generally a healthy body as well!

Nourish the Body to the Max with “Real Foods”

Because the human body is a biological organism made from the clay of the earth, its natural source of food will also be from the earth.

What is unnatural is that which comes from:

1. a laboratory that makes vitamin and mineral supplements,
2. a pharmaceutical company with its list of petroleum-derived drugs laced with heavy metals,
3. a chemical company with its list of food additives,
4. or a big agra processing plant with its list of chemically-grown, genetically modified foods, and grain-fed animals enhanced with hormones, antibiotics and other pharmaceuticals.

To qualify as a “real” food source for the human body, the food must be drawn directly from the earth – an earthen resource – in its whole, or minimally processed form (like dried, or fermented, or made into a tea, etc.).

Vitamin A, B, C, D, or a cal-mag, zinc, iron, or selenium supplement, or CoQ10, Bioidentical Hormone Replacement (BHRT) therapy, and the like, are all examples of “natural” health foods that are not natural – neither are they “real” foods or medicines.

These isolated nutrients and extracts of whole foods or animal tissues are merely small pieces taken from Nature’s very complex array of plant-based compounds naturally found in real foods like mushrooms, herbs, seaweeds, algae, flowers, pollen, clays, fruits, vegetables, grains, nuts, and other truly “earthen resources”.

Build System Strength

Health in the body is increased naturally with certain whole herbs and real foods. Adaptogenic herbs are the highest class of herbs. They are the herbs that restore balance to the body regardless of whether the imbalance is a state of too high or too low.

A multitude of health complaints can effectively be addressed by following this three-prong, common sense approach to building overall health and vitality:

- 1) Detoxify the offending substances from the body
- 2) Nourish the body with a complete spectrum of mineral and phytonutrient resources
- 3) Build strength and balance in the body with adaptogenic herbs, nutritives, and clays that mineralize the body, detoxify, and provide angstrom minerals/ormus (one of Nature's most powerful rejuvenative resources)

This simple approach to building health addresses many imbalances within the body by targeting the two most fundamental reasons why a body has been thrown out of balance in the first place – toxins and malnourishment – then follows up with a simple rejuvenation program that builds strength in every organ and system in the body at once.

The program speaks to the foundational root causes of all health conditions. It builds health at all levels of the body simultaneously by providing the full spectrum of foundational building blocks needed to perform every metabolic function of the body, from hormone creation to enzyme development to protein and cell construction to neural

pathway development to the countless thousands of chemical processes that take place in the body every second.

It even provides the natural resources necessary to restructure mutated DNA molecules – one of the little known secrets to reversing the aging process.

The program offers sound insights into the way the body works, coupled with simple, yet profound methods of restoring strength and balance.

It provides several surprising dietary suggestions that go against the grain of even some of the more widely touted natural programs on the market today – yet can make a huge difference in improving how you feel and how much you spend on health remedies!

The program, which is really about knowing what to reach for that will better accomplish a certain health goal than what you are already using, may well save you hundreds of dollars a month previously spent on less effective or less nourishing remedies.

In many cases, given what you may now be spending on your health, this commonsense program may replace 50-90% of your current program and still cost you less, yet provide you with many times the benefit.

As the title suggests, there are three basic components of a good health building program: 1) detoxify, 2) nourish, and 3) build. The next three articles will take a closer look at each component.

Part 1 will discuss in greater detail the first component of this powerful, health-building program – **Detoxify**.

Part 1

Detoxify

In order to build health in the body, a wise, common sense first step is to remove the offending substances causing a lowering of health in the first place. This means – detoxify.

A large spectrum of current health conditions are likely to disappear just by eliminating the storehouse of toxic material buildup from years of poor diet, breathing polluted air, drinking toxic water, eating chemically laden foods, taking toxic prescription medicines and recreational drugs, being treated or examined with radioactive equipment (chemo therapy, X-rays, mammograms, etc.), living with amalgam fillings, working & cleaning with chemicals, working in a high EMF environment, living in a toxic home built of unnatural materials, living close to nuclear power plants, military munitions factories, chemical factories, smelting mines, in a congested metropolis, and the list goes on.

Toxins abound in this society and we have all been influenced by them. The body is an amazingly durable bio-machine, able to withstand a tremendous amount of abuse, yet little by little, the effects of a toxic lifestyle reveal themselves - lower energy, sleepless nights, unexpected pains, fuzzy headedness, rashes, pimples, poor digestion or elimination, allergies, food and chemical sensitivities, cancer and numerous other diseases – this list is also endless.

The Detox Solution

External Detoxification Methods

Who would have guessed that Nature has had a simple remedy available to us from the beginning of mankind's walk upon the earth, for just such a day as the one we now live in? Who would have thought that the answer would be as simple and enjoyable as a soothing clay bath?

There is nothing more gentle in the realm of detoxification than a clay bath or shower slurry (for those who cannot take a bath).

A shower slurry is accomplished by simply spreading a thin layer of a moist clay paste all over the body and hanging out in the shower for awhile (outside the water stream).

A clay bath is accomplished by adding a quarter cup or more (even several pounds) to your bath water and basking in the warmth for 30 minutes to an hour or more, as desired. The addition of sea salt and/or humic substances to your clay bath increases its detoxification potency.

A clay bath is a gentle, yet powerful detoxification method due to one simple fact – toxins are able to leave the body through every skin cell from head to toe at once.

More effective than foot baths, more effective than Epsom Salt baths, and more effective than isolated poultices, clay baths draw toxins out of the body simultaneously from every square inch of the skin surface exposed to the clay.

Internal Detoxification Methods

Now, let's discuss internal detoxification. There are a few natural substances when taken internally, that work powerfully well in combination with clay baths. The reason the two are recommended

together is to reduce, as much as possible, detoxification reactions caused by doing too much, too fast.

Detox reactions are common early on in a good healing program, yet eventually the body processes them out and the detox symptoms go away. A clay bath will usually reduce or eliminate any detox reactions within minutes.

A detox reaction can show up in several ways: a sluggish feeling, a fuzzy head, a headache, a rash, a breakout, dry skin, aches and pains, flu-like symptoms, etc.

At the very beginning of an internal detox program it is best to be more cautious due to the possibility of unexpected heavy detoxing precipitated by something as simple as a teaspoon of chlorella, or a quarter cup of cilantro, or a teaspoon of clay, or a pinch of humic substances, or a few ounces of an extremely hydrating water source.

From just these small amounts, surprisingly intense detox reactions have been experienced by some with a history of more intense exposure to toxic substances.

By being sure to combine frequent baths with your internal detox program you provide yourself with the best chance of minimizing detox reactions and their potential duration. At the first sign of a detox reaction from an internal detox program, take a clay bath or a shower slurry, drink lots of pure water, and if you have the opportunity, do some sweating in an infrared, dry, or steam sauna.

Natural Detox Remedies

So what are the best natural internal remedies for toxins, heavy metals, chemicals & radiation? In general, the best remedies come

directly from the earth – water, clay, humic substances (from ancient composted forests), seaweeds, sea salt, specific herbs and chlorophyll-rich foods. These natural resources comprise the most effective detoxifying substances known on the earth today.

The advantage to using natural products manufactured by Mother Earth is that we are able benefit from her 5 billion+ years of product development.

Unaltered natural resources, kept in their original condition to every degree possible, nourish the body with complex mineral and phytonutrient combinations of precise ratios, built-in electromagnetic influences, isotopes, rare earths, and many other factors of which today's science knows very little about. In other words, we are nourished by Mother Nature in unfathomable ways.

When Nature designs a product, it is possible to be detoxified, nourished, and rejuvenated all at the same time. This is the wisdom of Nature.

However, for the sake of understanding the three most significant components of a good rejuvenation program, and how certain natural resources support each component, the next article will discuss these natural resources in light of their ability to powerfully **nourish** the body.

Part 2

Nourish the Body to the Max with Whole Earthen Resources

The science of natural health is really about nourishing the body. When a cell is properly nourished with pure air, water, sunlight, minerals, and phytonutrients (plant derived nourishment), it simply goes about its normal business of cleaning house, building new and better cells, and performing its thousands of standard metabolic functions. The cells either remain in a healthful state, or get healthier, and then passes its degree of health on to the next generation of cells.

Due to commercial farming practices, America's soils have been depleted of mineral nutrients now for over 80 years, and was testified to as such before Congress in 1936. (Senate document no. 264 of the 74th congress, second session.)

So to attempt to derive nutrients from standard crop foods these days will only leave us sorely deficient, unless the farmer was extremely careful to build the mineral and biological activity back into the soil.

Even then, by the time the produce leaves the farm for the store, it has already lost 75% or more of its original nutrient value (which frequently takes place within 45 minutes of harvest).

For this reason, my opinion is that the benefit of consuming farm produce is not to derive nourishment, but to have the satisfaction of chewing on something. It is more for entertainment than for nourishment.

I derive my nourishment from wholesome natural substances that hold their nutritional value far better than several-days-old farm produce.

Here's a short list of my preferred nourishing foods:

1. Fresh, ion-rich, highly forested air, adjacent to a waterfall or spring
2. Sunlight (especially through brief sun-gazing)
3. Deep underground aquifer water influenced by a lava-rich environment enhanced with a small amount of Way Back Water to further structure any water that isn't taken directly from a mountain stream
4. Mineral-rich Sacred Clay
5. Angstrom mineral Ormalite Clay
6. Other mineral sources in certain instances include:
7. Humic substances derived from ancient forests composted over millions of years
8. Himalayan Crystal Salt and other unaltered sea salts
9. Ancient Mineral Blend (a non-clay source of calcium & magnesium, along with trace minerals, from an ancient mineral source
10. Seaweeds of a large variety
11. Dark chlorophyll-rich algae and phytoplankton
12. Mineral-rich grasses and grass juices
13. Nutrient-dense herbs & berries
14. Fiber-rich foods that also contain a strong nutrient base such as chia seed, flax seed, slippery elm, marshmallow root
15. Certain therapeutic and adaptogenic herbs

16. Garden produce grown by my own hand and eaten directly from the garden once fully ripe

These are the foods that I eat for nourishment and they have benefited me in tremendous ways. With each passing year, I feel younger and more vitalized. I experience more energy and endurance, and accomplish more now than I have been able to in the past.

What has slowed me down more than anything are the foods I have eaten for entertainment (restaurant foods, nuts [not the “health food” many consider them to be], cooked meals without enough raw food to replace enzymes lost from cooking, health food munchies, food combining mistakes, etc.).

Yet, in spite of my compromises in some areas, due to the above regimen, I still seem to get healthier and stronger each year, discovering more solutions as I go forward.

Trying the “healthier” treats tends to take its toll until it is understood how and when to eat them, or drop them from the diet altogether.

Breads have been the more challenging on the body, although Barbara makes a great sourdough Einkorn/Emmer/Rice combo bread that can be eaten in moderation. These are the original grains before excessive hybridization.

Obviously, a nourishing program of this nature would be a significant lifestyle change for many (as it was for me), and would not take place at once, but gradually over time as taste buds and preferences evolved.

I do not expect anyone to change their routines overnight. I did not, and unless you are highly committed to a particular change, willing to accept the temporary detox reactions, or adjustments to the diet freely, it is advised to take your changes slowly.

I still go back and test the waters from time to time, on all of my suggestions of things to avoid. I want to know if and why that dietary or food combining rule is still applicable (often hoping it won't be).

I also want to be sure to break any tendency to being religious or judgmental about any particular diet or supplement. All things are acceptable, it's just that some things work in greater harmony with the body than others.

It is really about quality of lifestyle. The closer we get to deriving our nourishment from raw, natural earthen products, the better we feel and the healthier we become.

It is inappropriate to expect Nature to change her time-proven ways to suit our preferences and taste buds. Instead, it is in our own best interest to discover what the ways of Nature are, and then slip into harmony with them to whatever degree we feel we can.

The distance we are willing to go along such an upward path is what will continually improve our quality of life and health.

The next article will focus on the 3rd Essential for Vibrant Health - **Build Strength and Youthfulness**. This principle focuses on rebuilding the body while strengthening the overall body constitution to increasing levels of performance.

Part 3

Build Strength and Youthfulness

Detoxing and nourishing the body fully will naturally produce a movement within toward greater youthfulness. Energy levels will perk up, moods will improve, physical endurance will increase during workouts or late hours behind the desk, foods will digest better, and the mind will be clearer. drive, curiosity, and the desire to explore new avenues will return, feelings of wellbeing will increase, the heart will be more open, and contentment with self and life will grow.

The extra vitality that this program has given us:

As one that searches the mountains for new sources of clay, harvests our own, and processes them in-house, a good amount of energy is required to move tons of soil by hand.

Gaining permission from the Forest Service to use machinery on a new site is a slow process, but removal can still be accomplished by hand, shovel, and bucket.

Barbara & I together, both in our 60's, can still move a couple of ton of material by hand and bucket in a couple of hours. With one more guy, 4 ton can be dug and loaded in 3-4 hours. I relate this continued ability to a constantly improving diet, daily supplementation with whole earthen herbs, clays, regular clay baths, and homegrown garden produce when possible.

Part of the reason such a program works to extend physical stamina is in the way it provides electrolytes to the muscles,

energetic support to the meridians, and a balance of hormones that support the constant steady demand placed on the body.

Even though the health benefits derived from the above two practices (detoxify & nourish) may be rewards enough, once accomplished, life will begin to feel so good that even more will be desired. This is where an emphasis on rejuvenation comes in.

Rejuvenation means to increase youthfulness by building strength, health and vitality. It is possible to enjoy your later years in life as a vital, strong and healthy human specimen. Methods of passing on to the other side, rather than having to come about through violence or disease, can simply be drawn from a conscious option to leave.

We can simply choose to transition because all that was desired to be accomplished in life has been completed and new horizons are now sought in a different way.

How often have you heard of someone passing this way? They simply laid down, went to into a peaceful sleep with a smile on their face, and didn't wake up again to the physical.

Rejuvenation means experiencing a higher quality of life on an increasing basis as we get older. It can be as good as you are willing to make it.

Once again, however, rejuvenation can only be truly accomplished through Nature's ways. Artificial means to get there (like surgery and various forms of technological treatments) are only temporary and do not change the basic constitutional imbalances causing the deterioration in the first place. Address the root causes (toxins, malnourishment, and yes, attitudes and beliefs), and the symptoms simply go away.

Nature has given us a number of resources to increase our basic constitution, repair damage to the foundational DNA, and build vitality in every system of the body. Nature accomplishes these tasks by simply nourishing the body with the raw materials that the body needs to fulfill them.

The body, working in concert with the natural laws of physiology, then takes the raw materials and converts them into proteins, hormones, enzymes and the multitude of biological chemicals needed to perform basic functions. Nourished properly, the body will clean house, build new cells and naturally increase vitality.

Nourishing substances are also youth-building when taken over longer periods of time. Within the group of nourishing substances there are six basic categories that I consider to be the most effective natural substances available to the world today for the purpose of rejuvenating the human body:

1. Highly charged water (used for drinking and bathing)
2. Sunlight
3. Electrolyte-rich clays and ocean salts
4. Stem cell enhancing foods like bluegreen algae, seaweeds and phytoplankton
5. Adaptogenic herbs
6. Angstrom minerals found in Ormalite Clay

The most powerful rejuvenative substance among the six is **Ormalite Clay**, followed closely by certain adaptogenic herbs and stem cell enhancers.

What is the secret to Ormalite Clay that provides it with such a powerful anti-aging mechanism?

Angstrom Minerals

Ormalite Clay possesses a broad range of angstrom minerals in combination with a full spectrum of macro and trace minerals in a natural, unaltered balance. (No heat or chemicals used.)

What are angstrom minerals?

Angstrom minerals are the smallest version possible of an element on the Periodic Table. Angstrom minerals are smaller than colloidal and smaller than ionic minerals. They are elements such as gold, silver, copper, platinum, iridium, indium, etc. in single or double atom configurations. They are the most bioavailable of all the minerals and produce the most potent influences on the human physiology.

Angstrom minerals nourish the entire hormonal system at once, providing energy during the day and sound, deep rest at night. They nourish your DNA and heal mutations derived from our toxic environment. They restore your DNA back to its more youthful, perfected state. All new cells replicated thereafter become healthier, more youthful cells.

The quantity of angstrom minerals in Ormalite are so abundant that few people will need more than 1/32th of a teaspoon 1-3 times per day to experience increased well being and vitality. Effects of a single dose carry a diminishing influence on your stress loads for as long as three days.

Anticipate increased stamina during walks, workouts, long hours at the desk, etc., better moods throughout the day, more energy,

deeper meditations, more powerful chi flow during chi gong or yoga, and a great sense of well being!

Conclusion

The simplest and most effective path that I know of to restore health and vitality to the body is to align closely with Mother Nature in every aspect of life. Within her bountiful resources are all the provisions necessary to remain healthy, happy, and live a fulfilling life.

A little knowledge, some common sense, a willingness to make gradual lifestyle changes, and a commitment to take charge of our own health, will draw these resources to you in a time and way to suit your willingness to apply them.

This sensible guide will give you a massive head start toward landing the right set of resources at the right time to meet your needs.

By combining these three commonsense approaches – Detoxify, Nourish & Build -- into one health building program, you are likely to move light years ahead of the standard, “target the diseases” based approach. You will soon be experiencing an increasing quality of life that simply gets better and better with each passing year. Enjoy the very best of health!

What follows are two additional sections:

Clean Diet & Friendly Flora Recolonization Program and the **Clean Diet Recipes.**

CLEAN DIET & FRIENDLY FLORA RECOLONIZATION PROGRAM

by Michael King & Barbara Gorrell

Introduction

Congratulations on your choice to live a healthier lifestyle! By this time you have probably realized that the food you have been eating may not be giving you the health and vitality you would like to have. **The Clean Diet & Friendly Flora Recolonization Program** contains a few basic guidelines & recipes for creating a new approach to building your health.

The **Clean Diet** recommendations are only one component of the overall approach to optimal health described in the **Detoxify, Nourish & Build** protocol. By paying attention to what you are choosing as a diet in combination with a thorough detoxification program, complete nutrition program, and an advanced rejuvenation program, you will give your body everything it needs to build a powerful immune system, rebuild damaged or mutated DNA, genes, tissues, bone and organs, and vitalize your entire energetic foundation.

The insights and products recommended here were born from almost 5 decades of battling with poor health, searching for answers and finding solutions. **The Clean Diet & Friendly Flora Recolonization Program** along with the overall health-building **Detoxify, Nourish & Build** protocol are extremely effective at turning a poor health condition around and establishing you on a path toward youthful vitality.

Since this is an all encompassing, nutritional approach to health it is not designed to address specific diseases of any kind - and therein lies its power. It is designed to build health within the entire body, thereby creating an environment in which the body can do what it does best - restore and maintain a healthful physiology.

This program will maximize benefits derived from any other form of treatment that you may find helpful, with the long range goal in mind that building the overall constitution of the body will reduce at first, then eliminate the need for, specific attention to any one area of concern.

The Most Devastating Health Condition in America

That said, let's discuss the most devastating health condition now affecting over 95% of all Americans, what causes it, and what to do about it from the perspective of the **Detoxify, Nourish & Build** protocol.

The most devastating health condition now affecting over 95% of all Americans is pathogen overgrowth, caused, for the most part, by a single dose of antibiotics at any point in one's life (even as an infant).

Once a single antibiotic is consumed, the balance of friendly to unfriendly bacteria in the body is upset, compromising the body's immune system from that day forward. Pathogen overgrowth is also caused, or worsened by immunization shots, chlorinated/fluoridated water, most prescription meds, amalgam fillings, fried & oily foods, and a sugar-laden, fast food diet. Several other dietary and environmental factors (like heavy metal and radiation exposure) are also commonly related to pathogen overgrowth in the body.

Pathogens can include bacteria, viruses, mycoplasma, yeast/fungus, spirochetes, along with a few hybrid engineered species that are so prevalent today. Our toxic environment, diet, and lifestyles are at the root of pathogen proliferations in the body.

Pathogen overgrowth lies at the foundation of most, if not all major health imbalances. Why? Because heavy metals, chemicals, toxins, sugars, fruit excess (or combined with fats), nuts in general (a surprise to most), fried foods, concentrated oils & fats, certain breads (especially when laden with a nut butter, milk butter, or fat), starches consumed with fats, some grains, all pastas, pasteurized dairy, life stress, and acidic foods like coffee, colas, and cooked tomatoes set up a condition for, or feed directly, fungal, bacterial, and viral development in the body.

Do you recognize any of these in your diet & lifestyle? Who doesn't?

Meat in the Diet

One of the most prevalent dietary components that produce pathogen overgrowth in the body is meat. I realize the controversy here, and the generational habit.

I was a strong meat eater, initially out of necessity, until my mid 50's. Before restoring my adrenal function, if I did not eat meat by 10 AM I would get shaky and spacey.

Healing adrenal and pancreatic function changed my need for meat to sustain energy levels.

Eventually I simply lost interest in meat because I felt better on the vegetarian diet than on a meat diet. Meat would drop my energy, constipate my body, and interfere with quality digestion of other foods.

Note: I found it impossible to feel satisfied with a meal without meat until I began to consume chlorophyll-dense superfoods. The reason is obviously because our vegetables are severely lacking in minerals and nutrients of all kinds due to growing conditions and basic profit-driven commerce. The answer is to eat superfood blends (like **Vital Cleanse & Nutrify**) before or with a vegetarian meal and the body will get a hundred times more nutrition than meat could ever provide.

Read more about this decision to move toward a vegetarian diet here: <https://www.vitalityherbsandclay.com/blogs/vital-health-newsletter-blog/how-to-get-enough-protein-without-eating-meat>

Over time, the logic behind a meat centered diet waned, and for a few common sense reasons. The first being that when an animal dies, the flesh immediately begins to proliferate destroyer pathogens, many of which are viruses, bacteria, and parasites. Their job is to decompose flesh.

Second, when dead flesh is warmed back to 98.6°F, then passes through the human intestinal tract slowly for 1-3 days (for some with poor digestion it may not leave the stomach for 1-2 days), pathogens are not just proliferating in the gut, they are getting into the bloodstream and roaming throughout the body.

A daily onslaught of pathogen development keeps the immune system under constant stress. Add some of the other foods or food combinations mentioned above into the mix and health will steadily deteriorate.

These same foods reduce the presence of friendly bacteria whose job it is to keep the unfriendly bacteria and fungals in check. When the friendly bacteria have been devastated by antibiotics, restoring the proper 85%/15% friendly to unfriendly bacterial balance while consuming the Standard American Diet (SAD) is literally impossible.

Is it any wonder that disease across the globe has reached epidemic proportions?

So What's the Answer?

Nothing short of a radical shift in diet and lifestyle will correct this trend. Yet overnight changes are not always the wisest path to take. Massive, sudden changes often result in such high levels of discomfort that the program is abandoned. In the long run, gradual improvements tend to stick better.

Ongoing education, personal experience and gradual adjustments in perspectives, with gradual changes in diet and lifestyle (like putting more emphasis this year on growing a few plants or a small garden), are likely to produce more permanent improvements in physical health and the enjoyment of life overall.

By simply strengthening your basic foundations of physical health through a sensible approach like the **Detoxify, Nourish & Build Program** and the **Clean Diet**, health complaints will tend to diminish, then disappear over time.

The Clean Diet alone is not a complete cure for pathogen overgrowth (such a protocol is much more comprehensive and have already been addressed in segments among our articles, and will continue to be in, our ongoing **Vital Health News** updates). Only a complete detoxification of the body coupled with a restoration of immune functions and associated organs (liver, spleen, intestines, thymus) can accomplish this.

The Clean Diet recommendations do, however, offer a means to be aware of what dietary patterns aggravate a pathogen overgrowth condition in the body, suggest alternatives, and help to build health in the overall sense so that life can become more enjoyable, sooner.

If the suggestions in this diet are maintained for an extended period of months, your health will return. This does not mean, however, that you can go back to binging on sweets and junk food. It means a cleaner, healthier body will cause your preferences for food to evolve over time to the point that those foods will no longer appeal to you. It means the foods that give you health and vitality will naturally become more attractive.

Intuition and Making a Gradual Transition in Diet & Lifestyle

Always pay attention to your body to see how any particular food reacts. Keep in mind that reactions to food consumed today may not show up **for a day or two from now**, so keeping a food journal might be helpful. (See the Sample Journal on the last page below.)

The following suggestions provide guidelines and insights into possible improvements to your dietary regimen. While these suggestions work well for most, there are times when your own intuition will guide you in another direction. Follow that! See where it leads. Notice how you feel and make future adjustments to your diet according to what you learn. Nothing will be more accurate than your own inner sense of what is best for you in the moment. Keep in mind that each new moment may also suggest something new. Be flexible.

We never advocate a “cold turkey” switch from one program to another unless you are prepared to handle the internal adjustment phase that your body will go through. Make changes according to what draws you the most. Drop old unhealthy dietary habits when they no longer appeal to you.

In the meanwhile, even if you know they are not good for you, if you are not ready to let them go, just observe their effects on your body. Let them speak wisdom to you regarding what really works for you and what doesn't.

Eventually your dietary preferences will improve to a place that you are naturally drawn to a more healthy regimen because it simply feels better to eat & live that way. This will then become a permanent change - by choice.

Even by just adding a few of the new dietary improvements and supplements suggested here to your current diet, your taste buds will literally evolve over time. You will notice over the span of weeks and months that you will desire junk food less (even healthy junk food) and crave good food more - naturally.

Enjoy the process, and enjoy the increasing health and vitality that come from an ongoing series of inner and outer improvements from following these common sense suggestions!

Clean Diet & Friendly Flora Recolonization Program

The following suggestions and insights provide a very brief outline of several sound dietary considerations. More elaborate descriptions will be included in future updates to this program and in emails provided to those who are on our **Vital Health News** email list. If you have received this from a friend and wish to receive the regular updates by email go to **www.VitalityHerbsAndClay.com** and sign

up for the newsletter. Or call us to be placed on the list -
888-325-1475 or **541-482-9633**.

GENERAL GUIDELINES

First of all, if you haven't already, begin to eliminate all processed and packaged food from your diet. Replace them with wholesome, organically grown alternatives. Processed foods almost always contain harmful ingredients. ALWAYS read ingredient lists on packages carefully. You will be surprised at how many pre-packaged foods contain sugar (see section on sweeteners), monosodium glutamate (disguised with many names), artificial food colorings, soy, artificial or "natural" flavorings, or other harmful substances (some with names that can hardly even be pronounced without some serious effort!).

GROWING A GARDEN

In time, if you haven't already begun to do so, consider growing your own food. There is nothing more beneficial in the food department than self-grown produce eaten directly from the plant.

With the rising costs of store bought produce, in combination with the FDA's recent decision to mandate the irradiation of certain fresh farm produce items (voiding out any nutritional value to the food), this alternative is becoming more and more enticing.

Even if you live in the city and on a very small plot of land, or have only a balcony in a high rise, you will be amazed at how much food can still be grown, and many are succeeding at this today!

By growing your own food, or by just eating more locally grown organic produce, and allowing this to replace processed and packaged foods (which are normally shipped from great distances), you are reducing our landfills (less packaging), reducing pollution (fewer chemicals, plastics & transportation requirements), and weakening the chemical and artificial food industries (by not giving them your hard earned money). You are making your corner of the world a greener place to live!

There is a gardening revolution happening around the world that will only grow in momentum over the next several decades. We will be informing you in our **Vital Health News** updates about more of this revolution in due course - along with the role our agricultural soil additive **Silica Rich Clay** can play in giving you an amazing head start in the cultivation of your own food.

WATER & MINERAL INTAKE

First thing in the morning drink 1-2 glasses of purified (and preferably charged) water, either by itself or infused with 1 Tablespoon of **Mineral Manna** powder. Or take 2-6 capsules (1.5 teaspoon or less) of **Ancient Mineral Blend** and again of **Sacred Clay** for additional minerals, detoxification and mild laxative support.

Consume this **Mineral Manna** (which contains both Ancient Mineral Blend and Sacred Clay), or take **Ancient Mineral Blend** and

Sacred Clay combination separately first thing in the morning, or throughout the day, with the last amount just before bed.

This combination provides the body with the full spectrum of minerals and electrolytes required by the body for optimal performance. The last amount just before bed provides the body with a balanced array of hormonal support which assists in deep-level rest and whole body rejuvenation while sleeping.

Your pineal gland at the base of the brain is responsible for producing a natural version of melatonin and Human Growth Hormone (HGH), The **Ormalite** angstrom minerals in **Mineral Manna** provide the building blocks for those very hormones resulting in deeper, more restful sleep, with a more vibrant morning.

Pure mineral-rich & electrolyte-rich water intake helps more than anything to keep the system hydrated and stocked with available antioxidants for detoxification and improved immune support.

Water also clears mucus and toxin overloads from the system. A pint or quart of water first thing in the morning helps to clear the load of toxins and mucus accumulated through the night. It has also shown to alleviate lung and sinus congestion.

PHYTONUTRIENT INTAKE

1 tablespoon of **Vital Cleanse & Nourify** provides the body with the fullest spectrum of important phytonutrients (plant-based vitamins, minerals, and literally thousands of other nutritional compounds). It contains chia seed which provide all of the Omega oils required by the body in a perfect balance. The chia are kept in the formula in their whole seed form so as to preserve the oils in the

seeds until you are ready to consume them. Add 1 tablespoon to water or smoothie.

(Note: Do not waste your money on overpriced Salba or other expensive chia seed products (especially the pre-ground versions which come nutrient compromised), most of what you see there is just marketing hype.)

Vital Cleanse & Nutrify covers the bases in a very comprehensive way, providing the most nutrient-dense superfood formula that I am aware of on the market. It alone can easily replace 50-75% of most people's entire supplement protocol.

Vital Cleanse & Nutrify satisfies hunger and may replace a meal. It will also stimulate better digestion when taken with a meal. The truth is, the combination of **Vital Cleanse & Nutrify & Mineral Manna** provide the body with every conceivable nutrient required for optimal health.

Normal food, especially cooked or processed food, in most cases provides very little actual nutrition (particularly since our farm soils have been depleted of mineral nutrients for the last 80+ years). So we prefer to consume **Vital Cleanse & Nutrify, Mineral Manna** and **herbal System Builder formulas** for our nutrient requirements and consume food just for entertainment.

Sometimes it is nice to be able to chew on something, but do not rely on that something to provide you with the body's nutrient requirements - unless you grew the food yourself and consumed that food within 15 minutes to 24 hours of harvest. By the time most farm produce has left the farmyard, 75% or more of its nutrient value has faded.

Seaweeds, algae, herbs, clay minerals, and salt retain their nutrient values much longer (in some cases for millions of years), far longer than today's farm produce.

When consuming meals, the most important consideration is to eat as little as possible of the foods that will worsen your health, and more of those that will at least maintain your health. Here are a few guidelines, some of which may surprise even the more health conscious:

MEALS IN GENERAL

Meals can consist mostly of organic steamed veggies, organic brown basmati rice & dark grain rices, spiced with organic curry spices or Italian seasonings for digestive support, cayenne pepper, a small amount of quality sea salt (see the section below on Salt). If meat is desired, leave off the rice and add your preferred meat to the veggies (see the section on Food Combining).

Salads can be consumed in as great abundance as desired, and can be topped with hot dishes of any kind as well for a cold & hot tasty meal.

Soups need to be thick with pureed veggies to reduce any dilution of digestive juices from a watery soup.

Cooked tomatoes are worse than raw, and both need to be consumed in moderation to avoid over acidity on the body. (See the Recipe Section.)

Potatoes make an excellent prebiotic food for your gut flora. The nightshade thing is more a myth than a universal truth. People are reacting to other aspects of the nightshade, or from what is

commonly added to the nightshade dish, more than to the general species.

Cut them up like hash browns before cooking them. This is a faster, healthier way to eat potatoes without the compromising oils and fats that make them taste so good, but cause insulin resistance followed by pathogen overgrowth.

Most all root vegetables help the body to build digestive flora, especially the red, golden, and purple potatoes, leeks, asparagus, chicory root, Jerusalem artichoke, garlic, and onions. Add the liberally to your soups and veggie stir fry's, or just steam these starchy delectables in a covered dish with very little water and no oils.

Spice your dishes with a variety of spices and spice blends of your liking (curry, Italian, Indian, etc.). Spices improve the digestive powers of the body by stimulating digestive enzyme production from you pancreas, liver, stomach, and intestines.

Add sprouts whenever possible to any dish, hot or cold. Sprouts are among the most nutritious of table food due to the early vigor inherent in freshly sprouted seeds.

Concentrated sweeteners (explained further below) need to be reduced, then eliminated altogether if you want to maintain any semblance of health down the road.

MSG

Monosodium Glutamate or MSG, contains glutamic acid which is a class of chemicals known as excitotoxins, high levels of which have been shown in animal studies to cause damage to areas of the brain and initiate a variety of chronic diseases. Based on published studies.

it has been known since 1978 (or possibly sooner) that MSG causes obesity. In fact it is widely used in lab experiments to create obesity in rats. MSG is added to food because it makes you want to eat more of the food it is in and because it is addictive.

Significant amounts of glutamic acid are contained in the following food additives identified by many names so as to confuse the consumer. Regulations allow manufacturers to rename combinations of ingredients under generic names that may include up to 78% MSG content.

Look for these ingredients on your labels: MSG, monosodium glutamate, potassium glutamate, glutamic acid, Accent, Ajinomoto, Natural Meat Tenderizer, hydrolyzed protein, hydrolyzed vegetable protein, protein isolate, soy protein isolates, whey protein (when processed with high heat), autolyzed protein, plant protein extract, textured protein, hydrolyzed oat flour, yeast extract, autolyzed yeast extract, yeast food, yeast nutrient, modified food starch, calcium caseinate, sodium caseinate, carageenan (carageenan is used to create cancer for lab research), and natural flavoring (in most cases there is nothing natural about it).

Read Your labels carefully! Bottom line: it is safer to avoid ALL processed foods and stick to whole, organically grown produce than risk your health on chemical food additives.

CULTURED FOODS

Cultured food assists in the digestion process by adding additional microbes to the food which break down the food particles and make

nutrients more bioavailable. Certain microbes also assist in the detoxification of heavy metals and chemicals.

Fermentation has been utilized historically to preserve foods when fresh foods are not available, during the preservation the microbes are continually breaking down the foods, which make them easier to digest if consumed prior to a certain point of spoilage.

Fermented vegetables are not always utilizing probiotics to preserve foods and typically fermentation microbes do not colonize in the gut. Neither do many probiotics in a general sense.

True probiotics are found as yeasts on the surface of plant leaves that will be everywhere in gardens grown organically. This is why eating raw food increases probiotics in the gut.

Probiotics are also cultivated in the gut by root vegetables, especially potatoes, Jerusalem artichokes, burdock root, and chicory root. Other foods as well, but especially the root vegetables.

Kefir

Another ferment that has great benefit on the gut is **Coconut Milk Kefir**. It is superior to milk kefir. There is something about kefir grains that works like a probiotic. It feels good, and digestion improves better than any cultured food I have consumed in the past.

Raw cow or goat milk whey from derived from the milk kefir is the most beneficial whey product I am aware of. Tremendous health benefits can be derived from daily consumption of whey derived from a milk kefir.

Non-soy Based Miso

Miso Masters makes a few miso products without soy. The are adzuki bean and barley. Their fermentation process is particular and seems to provide a mildly beneficial effect. It does make a nice miso soup with seaweeds and veggies, like carrots, celery, mushrooms, etc.

Vinegar

Generally, it is best to avoid vinegar (white, or apple cider, or balsamic), and alcohol (high sugar/yeast content).

Vinegars tend raise the acid levels of the body for those with acid constitutions, so unless you specifically need that temporarily due to a deficient stomach, best to use them in moderation.

(There are only two vinegars that that I have found that actually works well for the body, and these are the Coconut Water Vinegar and the Umeboshi Plum vinegar.)

Rebuilding stomach's digestive powers is accomplished by consuming **Sacred Clay** water 20 minutes prior to a meal, and the taking of **Digestive Bitters** before, with, or after a meal. **Herbal C** is another digestive support.

Raising body pH levels to the perfect 7.35-7.45 blood pH is accomplished with green superfood blends like the **Vital Cleanse & Nutrify**.

KOMBUCHA

I used to consume, and make, kombucha. No more, except on rare occasions when I might just drink some just for fun and to break the rules.

Why not this wisely promoted “health beverage?”

Kombucha contains the three dietary sources that overwork the spleen: sweets, stimulants, and alcohol. Neither of these in excess will support good health. Once stressed, even small amounts can be too much.

The Three Food Groups That Cause Harm to the Spleen

Energy levels, digestion, respiration, circulation, organ integrity, lymph, immune activity & nutrient assimilation are all improved by a healthy spleen.

One of the first signs of spleen stress is the need to clear the throat frequently, drippy or swollen sinuses, becoming spacey or flighty, the loss of the ability to concentrate, or difficulty comprehending written material.

More extreme cases of spleen dysfunction will result in a melancholy depression, loss of drive or aspiration, loss of facial expression, heavy or extremely weak extremities, cold hands & feet, alcoholism, loss of appetite, edema, bloated belly, and a high susceptibility to infections.

There are three basic food groups that push the spleen out of balance:

1. Concentrated sugars, sweets, and an excess of fruits.
Sweets combined with oils or fats further stress the spleen
2. Alcohol (including beer, wine, hard liquor, liqueurs, kombucha, honey meade, jun, etc.)

3. Stimulants like coffee, green/black tea, yerba mate, cacao, even an excess of hot peppers, compounded of course by combining any of these in the same day or same meal.

It is also true that small quantities of these food groups do little but move the spleen slightly toward out of balance (being, at times, a positive health strategy), whereas, in greater amounts the spleen is harmed, thus prompting the side effects mentioned above.

Continual excesses of these food groups over time can lead to the more serious conditions, like enlarged spleen, fatty liver, chronic fatigue, constant mucus congestion, swollen sinuses, spaciness, loss of concentration, immune system suppression, poor nutrient assimilation at the cellular level, toxic lymphatic system, swollen lymph glands, abnormal growths near the lymph glands, and numerous other side effects.

HIGH FIBER, PROBIOTIC BUILDING FOODS

Eat lots of high fiber foods & soups (add a tablespoon per person of ground up **Vital Cleanse & Nutrify** after they have cooled down a bit, just before consuming soups and veggies).

Fiber and chlorophyll-rich foods are food for the friendly bacteria in the intestines (probiotics – meaning “life-giving biology”). In combination with cultured foods, root vegetables, fiber, and chlorophyll-rich foods build probiotics in the body faster and more effectively than any store-bought supplement - and for a whole lot less the expense.

High fiber foods include:

Broccoli, spinach, Swiss chard, green peas and other dark green leafy vegetables, dried peas and beans such as kidney beans, lima beans, black-eyed beans, chick peas, lentils, with the best being slippery elm, flax seed (ground just before consumption), rice bran, & chia seed (rice bran & chia is included in the **Vital Cleanse & Nourish**).

Other Fiber Sources

Psyllium husk & seed are not an ideal form of fiber as many people tend to develop digestive problems with it over time. Oat bran is a gentle fiber but can increase mucus in the body. Other brans are good at times although they can be harsh for some.

The safest, gentlest and most beneficial fibers are slippery elm, flax seed, rice bran, and chia seed, all four of which are loaded with nutrition and help to feed the probiotics in the body.

SALT

The best types of salt are Himalayan salt, Celtic salt, Real Salt™ or Sulfur Salt (aka Black Salt), (or any full spectrum, unheated, unpurified naturally occurring salt). Use them in moderation.

Do not be misled by medical propaganda about low sodium diets. A low sodium diet will only lead to electrolyte deficiency, greater body acidity, lowered emotional control, and in cases of extreme deficiency, loss of motor function, speech, psychosis, coma and death.

The salts you must avoid are standard table salt, Iodized Salt, heated or processed sea salts, and salts derived from polluted ocean sources.

Since most of our oceans are now polluted, this brings into question the salts that are currently being processed out of the oceans. This may also bring into question Celtic Salt.

Celtic Salt is an unrefined, unheated salt and is certified to be free of pesticides and chemicals. So, of the recently harvested ocean salts, Celtic may be the best choice, but I still prefer Himalayan Crystal Salt for top choice in that it has been mined from an ancient, unpolluted dry land salt deposit and seems to have to the most beneficial energetic matrix of properties built into its crystal structure.

The salts that have been heated or “refined” are incomplete salts in which the natural balance found in all quality salts no longer exist. Heat melts out some of the trace minerals destroying Nature’s original mineral balance of ratios. This natural balance of mineral ratios is essential to building your health.

Table salt is 99+% Sodium Chloride (NaCl) refined by heating to 1500°F. (Unrefined sea salt is typically 90% or less NaCl with the remainder a rich combination of trace minerals and amorphous silica.) Typically you will find anti-caking agents added to table salt like sodium silicoaluminate or magnesium carbonate, along with sugar or dextrose, iodine and other unnecessary ingredients. It is this incompleteness of full spectrum mineral complexes and harmful additives that is the real cause of the standard health problems attributed to salt in the media.

A full spectrum, unprocessed mineral salt will contain Nature’s balance of 70-90 minerals which help the body create and maintain balance. Unless a salt contains a full spectrum of minerals, the body is not able to effectively utilize the sodium chloride.

Most health problems are actually due more to a mineral deficiency aggravated by a “low sodium diet”, the use of table salt, sugar, processed foods, and nutrient deficient foods, all of which must rob the body of whatever minerals it can find just to digest these incomplete sources of so-called food.

While table salt will cause high blood pressure and other physical imbalances due to its own inherent imbalance, full spectrum mineral salts in moderation will balance blood pressure and help the body regulate thousands of metabolic processes essential to optimal health. An ongoing improvement in health over time is the natural result.

Excesses of even a good salt will cause hypertension due to the way sodium replaces potassium in the body. So moderation is the key here.

The truth is, if you are consuming **Mineral Manna** or **Sacred Clay** on a daily basis in sufficient quantity, the desire for salt in your foods will diminish or even disappear altogether. Reduce the minerals and the interest in salt will increase. I have seen this happen many times over the years in my own diet.

Minerals and electrolytes are the building blocks and/or regulators of hormones, enzymes, DNA, amino acids, proteins, nerve, bone & tissue development, heart & brain functions, and the thousands of chemical processes that take place in the cells and organs of your body every second.

There is nothing more complete and balanced than nutrients from the ocean. Trust Nature to have provided you with the full spectrum of bodily requirements in perfectly designed ratios. Experience the

vitality that comes from choosing to nourish your body with nutrients from the ocean in the form of salt, seaweeds, algae & plankton.

COOKING OILS

Stir fry with coconut oil or sesame oil, but use low heat if cooking with olive oil (olive oil does not handle high heat, the others do.) Use olive oil for your salads (in moderation only, for it is still a concentrated product of the olive).

Ideally we will eliminate all liquid oils in favor of the whole seed, fruit, or freshly cut coconut meat. I realize we are far from that level, so this is only said to point out that liquid oils and animal fats will tax the immune system, since these oil concentrates/excesses are a favored food of the Epstein-Barr and shingles/herpes viruses.

MICROWAVE OVENS

Never use a microwave oven to cook foods. Microwaves alter and destroy the nutrients in food. It creates unknown compounds which are not found in nature. It reacts with plastics and styrofoam causing their chemicals to melt into your food. These unnatural compounds are harmful to the human body. Use old fashioned low heat methods to cook your food.

FATS

If you limit your oils to small amounts of coconut oil, sesame oil, sunflower oil, olive oil, or cedar oil you will be better off for it. If you can tolerate dairy, then raw, unpasteurized butter is an alternative, albeit a compromise in the diet. Ghee is a pasteurized butter and a concentrate, so generally not recommended.

However, it is important to use each of these oils sparingly, if at all, so as not to aggravate a fungal/viral overgrowth condition arising from the insulin resistance caused by undigested fats entering the bloodstream.

I do understand how this runs against the grain of those that advocate the high fat diet approach, and truth be told, if one goes only with meat, fats, dairy, and oils without the fruit, desserts, sugar, grains, and starches other than in extreme moderation, then the insulin resistance will not be a factor. But then the diet will be deficient in the enzyme-rich fruits, and the starchy vegetables that add energy to the body in a way that is different from fats.

COCONUT OIL AND FUNGAL OVERGROWTH

Some books and reports claim that coconut oil reduces or eliminates candida overgrowth. While it is one of the best oils to consume for several reasons, I still do not advocate the 3 tablespoons per day recommended by some, other than for a temporary increase in necessary cholesterol for the production of steroidal hormones when one feels fat deficient.

I have consumed a fair amount of coconut oil over the years and not once have I noticed any indication that it reduces fungal overgrowth, quite the opposite in some instances - so be moderate with that one as well, and do not consume it, or any other oil, with sweets or fruit.

Breads, grains, and potatoes (which quickly turn to sugars in the body) can be a problem when combined with an oil (although this is less of a problem with coconut oil due to its partially predigested aspects).

I find that this makes eating properly very difficult at first, but if you are in a crisis, at least you now know what to avoid until your system is strong enough to handle a few compromises. Again, moderation is the key.

The best advice I can give for those in a transition phase from high fat to low fat plus starchy vegetables and fruit, is to separate your fruit, fat, and starch meals in the course of a single day. This will at least reduce the food combining problem behind the gas, bloat, and intestinal discomforts/pain.

FATS AND SWEETS

Avoid eating oils and sweets (even fruits) together. Oils block the metabolization of sugars resulting in a buildup of sugars in the blood. High blood sugar, yeast, candida, bacteria, and viruses then proliferate. The same applies to fats in meat.

Why? Because because these “pathogens” are actually there to improve our health by consuming excesses of all kinds. Feed them and they will multiply.

The same principle also applies to probiotics. Feed them chlorophyll-rich superfoods, fibers, and root vegetables and they will multiply as well.

Nut fats are particularly bad at increasing pathogens in the body, even when eaten alone. One of the fastest ways to cause a cold sore, herpes outbreak, or a shingles event is to consume a lot of nuts.

Nuts may be a favored “protein source”, but they devastate the digestive tract by coating the sidewalls with nut butter goo, and thus constipating the body which leads to pathogen proliferation.

Until I learned the shocking truth about fruits, oils & fats, my "organic health food diet" failed to deliver the results I had hoped for. Fruits (especially bananas) became my nemesis because they were so prone to causing the same pathogen overgrowth typical of any granular or liquid sweeteners.

I avoided all fruits & sweeteners for many years (to the best of my ability) just to avoid the digestive side effects of bloat, fuzzy brain, low energy, sluggish digestion, and so forth.

These new understandings came to me slow over several years because I simply did not believe what "fruit authorities" in the natural health world had to say. My personal experiences were so different, I could not look past them to dig into the science of their work to discover the real reason why fruits caused so much havoc on my digestive system.

Then I discovered the fruit & oil combining rule, which applies to most starches, proteins, and oils as well.

Here's the rule: Do not combine a sweet, a fruit, a grain or a starch (which convert to sugar) with an oil, a nut, a fat, or a protein (which can interfere with sugar metabolism, thus promoting a fungal and viral overgrowth condition).

On the left of this equation you have things that break down into sugar. On the right you have things that commonly contain fats or oils. When the two mix **insulin resistance** takes place. This is what is behind most diabetes cases.

Undigested oils & fats in the bloodstream can impede the normal conversion of sugars (insulin resistance) from fruits, sweets, starches and grains into usable energy for the cells. The typical side effect of

undigested oils in the bloodstream include higher blood sugar levels, higher blood pressure levels, and escalating fungal overgrowth for 1-3 days and beyond, along with numerous other side effects like hormonal dysregulation, prostate pains, loss of libido, fuzzy brain, low energy, and so on.

It was for this very reason that fruits were always a problem for me. I was a meat eater then, I ate eggs, nuts & cheese regularly, and I commonly overwhelmed my salads with olive oil. I cooked my eggs in butter. I did not eat fast food. Yet, I could not escape the fact that my health food diet was not working out so well for me.

I learned the hard way that raw butter on starches, like rice, potatoes, squash, Ezekiel bread or Manna Bread; or olive oil on a salad with a rice & veggie meal, the bread and oils in an organic pizza, or Udo's Oil or flax seed oil on oatmeal or in a fruit smoothie (or even in a green drink containing carrot juice, given its sweetness), would simply blow fungal overgrowth into high gear.

The spaciness (from a high-sugar instigated spleen blowout due to this food combining practice) and resultant fungal overgrowth (from the oil & fruit or starch combo) was too often blamed on the fruits (which I eventually avoided like the plague). Yet still my digestion did not survive the combination of organic oils and organic sweets or starches either.

Little did I know then that my sensitivity to fruits & starches was actually caused by the liquid oils and animal fats in my diet (btw, even lean meats contain enough fat to challenge the digestive system if consumed with a sweet or starch).

Best to separate your meals into three categories: fruits, starches, and fats/proteins. Eat veggies with both of the last two, and sometimes with fruits, but best to avoid mixing the sugars and starches with the fats.

OMEGA OILS

The truth is, as far as getting your omegas is concerned, chia seed and flax seed provide the best and most balanced sources, and in sufficient quantity. Save your money buying bottles or capsules of potentially rancid flax oil or fish oil for this purpose. If the chia and flax seeds are ground in a coffee grinder just before consuming them, you get the freshest Omega oils possible direct from Nature.

BREADS, PASTAS, RICE & STARCHES

During a fungal knockdown program, eliminate all breads and grains from the diet. (See the Recipe Section.) Minimal amounts of organic brown Basmati Rice, Wild Rice, Forbidden Black Rice, or Red Bhutanese Rice are OK, but avoid the short and long grain white, and even brown rice versions, since they are too sugar laden for most people).

Eliminate all pastas, white rice, & flours. (They generally lack fiber, turn to sugar quickly, and stick to the intestinal walls like glue. Flours, unless ground immediately before use, are severely nutrient deficient due to exposure to air and the time it takes to get to you from the mill.)

Any grain flour will be problematic.

Surprisingly **potatoes** are safe and very beneficial, as they feed probiotics in the gut. Sweet potatoes or yams are also good, though

the sweet potato needs to be eaten sparingly. Too many or too much in a meal will push the spleen out of balance. It is similar to eating too much fruit due to the quantity of fructose in the sweet potato.

If an oil is to be used with a potato, coconut oil is the best and least problematic. Add Himalayan salt, & parsley, or curry spices for additional flavor.

If you are going to eat bread (we understand how difficult it may be to give up!), stick to sourdough Einkorn (which you will have to make yourself), or Emmer.

Eating bread or pasta will only slow down your progress. However, be wise about how fast you make changes. It is better to make changes slowly than go cold turkey, then give up because the change was too far outside of your normal comfort zone.

Make your changes gradually according to what draws you in the moment. Soon you will not want to eat as much of the sugars and starches. Minimal amounts of organic Brown Basmati Rice, Forbidden Black Rice, Red Bhutanese Rice are OK when not consumed with meat.

DAIRY AND PROBIOTICS

Eliminate margarines (which are typically only one molecule away from being a plastic), uncultured, pasteurized butter, cheese, milk, yogurt, and other dairy.

Pasteurized dairy is unnatural. It just clogs up the body, coats the walls of the intestines preventing nutrient absorption from your food and increases mucous buildup throughout the body. The mucous then becomes a feeding ground for unfriendly bacteria and fungus.

Organic vs Non-Organic Dairy

It is common knowledge that organic dairies experience far less disease problems among their animals than non-organic dairies. The reasons are obvious – antibiotics and hormones fed to non-organic animals upset the natural checks and balances of their physiology. The closer a farmer is to staying in harmony with Nature, the less disease that will occur.

Cultured Dairy Products

Curds & whey is one of the more common sources of cultured food. Curds are the white cream cheese that separates from the yellow whey when raw milk is left out on a warm counter for a few days to a week.

If you can handle milk products, these two byproducts from this simple culturing process are generally better for you than regular cheese. However, it is the whey that has the greatest amount of power to improve the digestive system and boost the immune system.

Whey from raw milk does not have to be fermented on the counter, it can be created by warming the milk and adding 1/4 to 1 teaspoon of **Sacred Clay** or a squeeze of lemon, or a teaspoon of vinegar. Just something to acidify the milk. It will separate on its own.

Whey has the goods. It is better than yogurt (which is too congesting to the body). More on this below.

Generally it is best to avoid dairy altogether, but if you would prefer to drink raw goat's milk and don't like the gamey taste associated to some goat's milk products, talk with the owners and suggest they try

keeping the male goats further away from the female goats during milking seasons. In some instances this will eliminate the gamey taste, leaving the goat's milk sweet, creamy and delicious.

Whey

Whey has many uses in the kitchen. Use it to ferment vegetables, and to predigest food so that it is easier for you to digest once eaten (see the Recipe Section).

Here is what Hanna Kroeger - **Ageless Remedies from Mother's Kitchen** has to say about whey: "It has a lot of minerals. One tablespoon of whey in a little water will help digestion. It is a remedy that will keep your muscles young. It will keep your joints movable and ligaments elastic. When age wants to bend your back, take whey. . . . With stomach ailments, take one tablespoon of whey three times daily, this will feed the stomach glands and they will work well again."

A tablespoon to a quarter cup or more of the whey can be consumed as often as desired, (preferably a little with each meal to help culture the food going through your intestines).

Whey is an excellent source of protein (and is quite popular among body builders). The liquid whey culture made at home is preferred over the dry powder, although the non-micronized versions of the dry powder would be a second alternative.

Whey & Probiotics

Whey is a superb source of probiotics. It is inexpensive to make and quite abundant with beneficial bacteria.

Whey is the best remedy I know of for sores in the mouth caused by an over-acid condition/low probiotic count in the gut, usually providing overnight improvements.

In cow & goat's milk cultures you will find a broad spectrum of beneficial bacteria needed by the intestines to ward off fungal growth and increase the digestive power of the body.

Whey alkalizes the body and boosts the probiotic count in the gut, thus affecting the bacteria types in the mouth.

Whey & Glutathione

Whey is is highest known source of glutathione, Nature's most powerful antioxidant and support for detoxification.

NUTS

Nuts & nut butters need to be minimized – these are too oily and constipating. Can you really just eat 1 or 6? If having them around is too tempting, then better to not have them around than risk a fungal/viral overgrowth setback.

All nuts will slow down the intestinal movements dramatically, causing constipation due to the difficulty in digesting them. The oils in the nuts block the sugar usage in the bloodstream, then feed the fungus instead.

If you are reaching for nuts to satisfy a protein-hunger craving, boosting your blood sugar regulars the pancreas and adrenals.

BloodSugar Balance and **Kidney & Adrenal Support** are used for this purpose. The other thing that gets to the core of the "protein craving" problem is a daily consumption of **Vital Cleanse & Nourish**.

Superfoods fill the void of nutrient and mineral deficiency that are the true causes of “protein craving”. Adding mushrooms to your soups, beans, veggie stir-drys, etc. will also replace the need for the more harmful meat and nut proteins.

These rich, nourishing superfoods will provide more than enough protein, and of a much higher quality. Reach for them first to satisfy that protein-full feeling, before turning to nuts.

SWEETS

As soon as possible eliminate all sweets, artificial and natural, from the diet except for green stevia leaf, (not the concentrated white powder or the liquid extract because these are too concentrated and will exhaust your adrenals & pancreas), and licorice root powder.

Real licorice root powder is an excellent alternative to sweets and serves as one of Nature’s finest adrenal tonics. Add licorice root and Himalayan Salt to soups, veggies, and baked & roasted poultry for extra adrenal support. Avoid licorice root extracts or tinctures, as they are again, too concentrated.

Licorice root powder in moderate quantities (such as a teaspoonful per day or less) are safe for daily use (1/8th teaspoon at a time is an average dose). Larger amounts over an extended period of 6 weeks or more, such as two or more teaspoons per day, could eventually create high blood pressure from an over stimulation of the adrenal glands, and would be considered for therapeutic reasons only under the guidance of a knowledgeable health care professional.

A small amount of licorice root powder is far, far safer than a small amount of cane sugar. Licorice nourishes and tonifies the adrenal glands, while even a small amount of cane sugar will exhaust them.

Other Sweeteners

Eliminate all colas – even “natural” ones. Watch your labels for malted barley, corn syrup, molasses, organic evaporated cane sugar, honey, agave, products sweetened with “concentrated fruit juices”, and other natural sweeteners.

Utilize real fruits to sweeten things, as long as fats or oils are not part of the meal.

Understand that a small compromise today, before your friendly gut flora have reestablished dominance in the intestines, can set you back in your recovery by several days to a week or more. If you know this in advance, you can better weigh whether it will be worth the compromise.

Evaporated cane sugar and other types of concentrated versions of more or less whole cane juice and fruit juice will feed your fungus in a big way. Do not be deceived by the word “organic” or “natural” or “whole” when it comes to concentrated sweeteners.

A sweetener should never be consumed in its concentrated form (this includes Xylitol, stevia drops and white powder concentrate, licorice extract & fruit extracts). They wreck havoc on your blood sugar regulating glands, the pancreas and adrenals, and devastate your spleen. They proliferate candida and bacteria. They set you up for viral overgrowth.

Xylitol

Xylitol is a sweet-tasting crystalline alcohol derived from xylose, extracted from plant tissues. It is used as an artificial sweetener in foods. It is touted as being low glycemic and beneficial in cases of

cancer. Of course cancers will improve when all sugars are reduced down to a very small amount (in an experiment), since cancers thrive on sugar. But Xylitol is still a concentrated extract and will weaken your blood sugar regulating glands in the long run. Avoid Xylitol because it is missing the remainder of the balancing natural compounds that Nature put into the plants that Xylitol was extracted from. This same principle applies to artificial sweeteners of all kinds.

Extracts & Concentrates

Any concentrated sweetener consumed, even in small amounts, demand that your pancreas and adrenals work overtime trying to balance out the sugar levels in your bloodstream. This uses up your mineral supplies and exhausts the glands themselves. It is like asking your glands to run the hundred yard dash every time you take a bite of something sweet.

An extract or concentrate is not a whole plant. Buffering and balancing compounds naturally found in a whole plant are there to help the body assimilate the sweetness and nourish the glands responsible for blood sugar regulation.

Artificial sweeteners, along with concentrates and extracts of “natural” sweeteners, are missing the balancing nutrients that Nature knows are necessary to maintain wholesome blood sugar performance. Without these “helper” nutrients, the glands eventually become exhausted.

Hyperactivity, ADD, low energy, depression, fuzzy headedness, loss of memory, loss of stamina, loss of ambition (drive), blood pressure imbalances, heart palpitations and other heart irregularities, depressed or overactive immune system, yeast/fungal overgrowth,

and diminished sexual performance are just a few of the complications from concentrated sugar consumption.

Natural and artificial concentrated sugar consumption over several generations is the real cause of these physical imbalances. Third, fourth and fifth generation sugar users give birth to children with weakened blood sugar metabolism and weakened immune systems. Why do you think that our children are showing adult onset diabetes symptoms even before they have become a teenager? This did not happen by accident. As of 2006, a child born, for the first time in history, is not expected to outlive its own parents.

Just check the labels. How many products on the market today, even “natural” and “organic” ones, do not contain at least some form of a concentrated sweetener? Why have cancer rates and other diseases soared over the last several decades? For several reasons obviously, but it may be helpful to know that the slightest amount of sugar will feed tumor growth, and that concentrated sugars destroy the immune system.

Honey

Honey in moderation can be a health food. Honey contains hundreds of nutritional compounds. In excess, however, even with the raw honey, it can be a bacteria/fungal proliferator, especially if combined with a fat or an oil.

Why? Because sugar excesses in the body feed bacteria and other pathogens.

Honey is a very concentrated sugar even when in the raw form. Unless you know your source and can vouch for it being 100% raw

honey, most honey products on the shelf in stores have been diluted with things like high fructose corn syrup.

Turn the bottle over, if the bubble climbs slowly it is more likely to be pure honey. If it climbs fast, it has been diluted, over-filtered, or over-heated.

Many of the honeys have been heated (pasteurized). Heated honey is extremely toxic to the body and is very difficult for the body to get rid of. Never cook or bake with honey! If you have been eating heated or diluted honey, then consider an internal clay detox program to assist in restoring balance.

Honey excesses feed the unfriendly bacteria (yeast) in the body in a big way. If you are recovering from candida, avoid honey all together. There are some honeys and other products that claim low glycemic indexes, but they do not talk about the influence of the sugar on fungal overgrowth. So, until you have regained the upper hand, avoid all sweeteners except for unconcentrated stevia leaf & licorice root powder.

FRUITS

If your digestive powers are deficient, it will be best to avoid fruit until your bowel friendly flora has gotten the upper hand over the unfriendlies, then progress to the berries before adding other fruits. Fruits are too sweet and too acidic in general and will aggravate a candida condition in a big way, especially if fats were in the meal the night before or in the same meal with the fruit.

Fats take more time to digest. If your bile is not working properly to digest the fats, it will enter the blood undigested and there it will

interfere with sugar metabolism, thus promote viral, fungal, and bacterial overgrowth tendencies.

If you are going to splurge, try a combination of cold **Blueberries**, **Vital Cleanse & Nourify**, and **Smoothie Spice Blend** and a little coconut milk. Makes a tasty sweet treat with little compromise, (much better than ice cream). (See the Recipe Section.)

If you are going to consume an apple, try to get the organic ones that were picked ripe. However, to be called organic it is permissible to use 5% chemicals with current regulations. This is not good enough for me. Know your source. Get ripe produce whenever possible, especially in the fruit world where high sugar and low mineral profiles are making most fruit a poor dietary source (unless you live in volcanic rich soil like Hawaii).

Fruits are generally best consumed alone, without oils or other foods for 2-3 hours. Due to the sugar content in fruit, oils and other foods will interfere with normal sugar digestion, (and result in a fungal overgrowth condition instead), if consumed too close together.

SUGAR CRAVINGS

In order to cut down on sugar cravings there are two well proven approaches. The first is to consume an abundance of bioavailable minerals from full-spectrum natural sources such as clay, sea salt, seaweeds, algae, plankton, and certain mineral rich herbs like alfalfa, nettles, & horsetail.

The second is to consume certain herbal formulas that contain these items along with specific herbs that balance and regulate blood sugar levels. **BloodSugar Balance**, **Kidney Adrenal Support**,

Thyroid Balance, and **Vital Cleanse & Nourify** are a few that work extremely well at reducing sugar cravings.

Minerals provide the building blocks for the two adrenal & pancreatic hormones whose job it is to balance blood sugar levels – insulin and adrenaline. When sugar levels drop, the body sends out hunger signals and sugar cravings in an effort to convince you to eat something that will bring the body's sugar levels back up. (Even diabetics go through this due to their own adrenal exhaustion.)

Once the mineral building blocks for insulin and adrenaline have been supplied in sufficient quantity (also found in certain herbs), the body stops sending out the signal to eat food or sugar. It has what it needs.

Over several months on a wise diet, rich in certain mineral and herbal supplements, the adrenals and pancreas naturally rebuild themselves and assume their normal roles in the regulation and balancing of blood sugar levels. Sugar cravings become a thing of the past.

From Michael's Personal Experience

I have found that building up the mineral reserves in the body help to resolve blood sugar imbalances. I was hypoglycemic from childhood. My mother was diabetic and my father was low blood sugar to the point of occasional fainting spells. I inherited this tendency, and as a sugarholic and junk food addict, I lived with sugar cravings, low energy, frequent depression, low short term memory, and many other symptoms associated to low blood sugar.

Discovering the world of minerals one day, I decided to begin taking a source of ancient fossilized plant material (a full spectrum

mineral source straight from the ground) being sold in large tablets. I consumed 20-30 of these tablets a day. I also consumed 3 tablespoons of a superfood greens product.

Seven days later all of my low blood sugar symptoms disappeared. Previous to this, if I did not eat meat by 10 AM, I would get spacey, shaky and weak. After this strong mineral infusion, I was able to go until 3 in the afternoon without any food at all and still feel strong and grounded.

There was still a few years of rebuilding the damage caused to my pancreas and adrenals from decades of sugar abuse, but my cravings for sweets disappeared that day. Today, I no longer experience the low blood sugar symptoms of my earlier life.

From this early life experience I have gained a depth of insight into the worlds of sugar and minerals. My mineral sources of today are **Ancient Mineral Blend, Mineral Manna, Sea Vegetable Blend** and **Vital Cleanse & Nourish**. These formulas are the most comprehensive, bioavailable sources of minerals and other nutrients that I know of. They have served me well in providing my daily requirements and increasing my overall vitality. I am over 60 and have observed an increasing youthfulness with each passing year. I look forward to a long, health-filled life ahead.

LEMONS, VINEGAR AND ACID/ALKALINE BALANCE

Consider using limes in place of lemons, though lemons have a magic of their own. Limes are somewhat alkalizing and are preferred where lemons are called for. Avoid vinegar altogether (yes,

even apple cider vinegar, and especially cider vinegar and honey – both of which will contribute to a fungal overgrowth).

Contrary to popular health advice given out over the last several decades, vinegar, lemons and other acidic fruits DO NOT always alkalinize the body, at least not in the vast majority of our populous (more on this in a future update). It has to do with where you are now on a pH scale and how much carbonate you have to counter the acidity of the fruit.

Whether vinegar & fruits ever did always alkalinize the body at one point in our history, I honestly do not know. What was true 150 years ago is not always true today. Once you have had a single dose of antibiotics at any point in your life, (even as an infant!), candida can become a major stumbling block to health from that day forth – until dealt with in a certain way. Vinegars, sweets, acidic foods and drinks, and most liquid oils will merely aggravate pathogen overgrowth.

THE IMPACT OF ANTIBIOTICS

Antibiotics alone, have changed the landscape of health advice more than any other in the history of mankind. Antibiotics (and other pharmaceutical drugs), particularly in combination with a sugar-laden and fried food diet, have become the greatest health destroyers on the earth today.

The eventual fungal, bacterial and viral overgrowths that are a byproduct of antibiotic use lies at the foundation of most serious and chronic health complaints including cancer, MS, Parkinson's, Crohn's Disease, fibromyalgia, ALS, heart irregularities, shingles, psoriasis,

erectile dysfunction, loss of sexual drive, ulcers, acid reflux, and many others.

Think about it. Why do antibiotic resistant viruses and bacteria even exist in the first place? These viruses and bacteria are given the upper hand by the antibiotics themselves. Antibiotics destroy the natural balancing qualities of friendly bacteria (life-giving probiotics) that feed on the unfriendly viruses and bacteria. Antibiotics kill both the good and the bad, then a sugar-laden, high fat, fast food diet feeds the unfriendlies, allowing them to mutate into stronger, more antibiotic resistant versions.

Few people have been willing to go the distance with this one due to an addiction to comfort foods and sweets, and not understanding the true causes or what to do about it.

Many naturopathic doctors and natural health practitioners are now beginning to grasp the full impact of yeast-promoting foods initiated by antibiotics, immunization shots, and chlorinated water. Due to a widespread awakening today on the subject of antibiotics, information on the subject is abounding now more than ever before.

The guidelines presented in the **Detoxify, Nourish & Build Program** and this **Clean Diet & Friendly Flora Recolonization Program** are designed to address this issue from a more effective perspective, one that cuts through much of the misinformation that is being given out today, even among health circles.

These insights come from a lifetime of dealing with these very issues personally. I took Tetracycline, an antibiotic for acne, for two years while in High School, which literally destroyed my health. Yet it

is this very experience, and subsequent search for answers, that has led to the health I possess today.

These materials offer the answers I have discovered along the way. My current level of health and vitality, and those of my clients willing to go the distance, are proof enough to me of the wisdom contained within them.

FOOD COMBINING

Once again, do not combine meat with starches (like rice, or potatoes, or grains, or breads). Eat vegetables with meat, or rice with vegetables, but not eat meat with rice.

These simple rules prevent meats from failing to digest properly and putrefying in the intestines. Each of these two classes of food require their own unique pH and enzyme requirements in order to be properly digested, and are therefore, not to be combined.

Take **Digestive Bitters** before or with a meal, and again after a meal if it did not settle well. **Herbal C** also supports the digestion. You will find this practice to be particularly helpful before and/or after consuming restaurant food, heavy social meals (like Thanksgiving), or anytime junk food or a poor food combining has been consumed.

If you get gas (a sign of poor food combining), the take a teaspoon of **fennel or anise seed**. Usually within 30 minutes the gas will calm down.

If you find yourself congested in the throat after a meal, or with runny sinuses, try taking a teaspoon of **cardamon seed powder**. Usually takes about 20 minutes to calm things down. The further

strengthen the spleen (the organ responsible for digesting mucus in the body) over time with **Spleen Builder**.

EGGS

Eat no more than 2-3 organic, free-range eggs per week. Eggs are oily, acidic and slow down the bowels causing constipation at times. Just keep them to a minimum if they are consumed at all.

DRINKS

Drink hot & cold teas. Chamomile is alkalizing (try to consume a cup or two every day, nighttime is great), & mint teas are good for digestion. Hyssop-Mint Tea is a deep organ cleanser, so it is to be consumed in conjunction with clay baths.

Go easy on the black and green teas due to their tannins (except when dealing with a sore throat – black teas are great for sore throat relief due to their high tannin count that knock down bacteria, but an excess will turn the intestines into a desert).

Black & Green Teas

Black & green teas are caffeinated and diuretic., Until the kidney, adrenals, and spleen are rebuilt and strengthened sufficiently to handle the stress, these teas can over-stimulate the nervous system and interfere with sleep patterns. (For those with exhausted adrenals, this is true even when black tea, green tea, or coffee are consumed only in the mornings! I was that way myself 25 years ago).

Once the kidney-adrenal system in the body is strengthened this problem will naturally disappear. Most insomnia is actually not due to the caffeine, but to the exhaustion of the kidney-adrenal system.

To strengthen your blood sugar regulating system take **Kidney-Adrenal Support** and **Blood Sugar Balance** formulas and lots of full spectrum mineral sources – a very important step since the kidney-adrenals and pancreas are highly influential in creating a strong immune system.

Yerba Maté

Yerba Maté is a safer stimulant than coffee or black tea and will nourish your body with almost 200 nutrients as it gives you that morning or afternoon lift. However, only in small quantities a day can it be safe, but larger amounts will affect the spleen faster than even coffee and green tea.

1 tablespoon per one-three cups of water seems to be a suitable amount to keep the spleen less affected. Daily use, or stronger amounts of Maté than this and it will promote chronic fatigue (a spleen deficiency symptom).

Coffee

As tough as this may sound to some, if you are wanting to improve your health, eliminate all coffee (not even one cup per day).

Take it from one that loves a good cup of organic coffee. One cup is enough to keep your body acidic, deplete the mineral and nutrient content of the body, stress the immune system, wear out the nervous system, and kill off the friendly flora in the intestines.

Non-organic coffee tends to be laced with pesticides and other chemicals and is even more harsh on the friendly flora.

Bottom line is that coffee acidifies the body, over-stimulates the nervous system, reduces blood flow to the brain by 50%, causes

insomnia, increases agitation, sexual energy, and a proneness to spaciness, along with a tendency to doing “stupid things really fast”.

That one cup of coffee a day helps to deteriorate bone, teeth, and cartilage due to the way it robs calcium from the bone to alkalize the blood. It robs us of magnesium and other nutrients in the process.

To coffee’s credit, it is bitter, which stimulates bile, thus digestion. It provides an endorphin pick up, improves creativity (until the crash), and tastes really good!

The ritual of going to the coffee shop, or sharing a cup at home, and the great taste of an uplifting brew is one of the reasons we keep ourselves in a state happy addiction, regardless the detriment to our health overall, are attractive I fully admit.

The studies coming out about coffee’s benefits are at least partially funded by the coffee industry, as are the olive oil studies, and likely many other foods. So none of these are reliable unless they can prove an unbiased study was performed.

So, again, in moderation the body will be able to bounce back from these side effects, but let’s not deceive ourselves about its true worth, or the lack thereof.

As a long time coffee fan, I have grown to understand it’s ways. Wish I could report something better than this, but these are the facts. Occasional indulgences are understandable, yet are typically the cause of returning to a daily intake.

While I never want to live by strict rules of dietary choices, always allowing for occasions for comfort food indulgences, it is our own responsibility to weigh the costs to our health and decide if we

can withstand or counterbalance the harm such indulgences may cause.

Cola

A single cola beverage will do the same, only faster due to its high sugar content (which feeds the unfriendly flora). Clearly, a sugar laden latte or fruit drink will work havoc on your intestinal environment and deliver another blow to your immune system.

If you can tolerate it, fresh, raw VEGETABLE juices (with minimal to no fruit), and lime or lemon, can aide the digestive tract as well as provide additional vitamins and minerals. Add **Vital Cleanse & Nutrify** and **Mineral Manna** to boost its nutritional value.

Replace a morning cup of coffee with a cup of ginger, roasted dandelion root, and nettle leaf tea, with a tiny amount of Coffig (a roasted fig instant powder). You will have to put these together on your own.

This combination of beverages provide a tingly, whole-body boost that you will really enjoy first thing in the morning and/or during the afternoon!

Buy fresh, organic vegetables and use a juicer for economical, health-giving drinks. (See the Recipe Section.)

SALADS

Go minimal on the raw foods until your digestion can handle them well. Increase according to tolerance and desirability.

If your digestion is not already strong, reduce the raw food during the early part of this program (except possibly during the summer months). Raw is too early for weak digestive conditions.

Add sprouts only if and when they feel good to you (although sprouts are loaded with enzymes and nutrients and worthy of prime attention as soon as possible in the diet). Ultimately, the wheat grass, barley grass, and other sprouts will provide you with an excellent source of live enzymes. Alfalfa sprouts tend to grow root molds easily and should be avoided.

Eat very little raw food until your digestion can easily handle the unique enzyme production requirements of raw food and its basic cold nature. Increase gradually according to tolerance. Build strength in your digestive tract faster by adding Coconut Milk Kefir, and possibly whey for some, to your diet, and take **Digestive Bitters** and/or **Herbal C** with every meal.

Then strive for a diet that is predominantly raw with some cooked food to balance things out until the body is clean enough of decades of toxic waste buildup to handle a fully raw diet.

SALAD DRESSING

An excellent dressing can be made with any number of the following: avocado, garlic, onion, parsley, cilantro, Italian seasoning, non-soy miso, coconut milk kefir, Himalayan (or Real Salt™), or Sulfur Salt, cayenne pepper, & stevia with a small amount of lime (alkalinizing).

Add a some **Vital Cleanse & Nutrify** to the salad dressing or top your salad off with a tablespoon to boost its nutrient content and turn a salad into a full meal. (See the Recipe Section below)

DIGESTIVE SUPPORT

Take **Digestive Power** and/or **Herbal C** when eating cooked food (cooking kills the enzymes in raw food) to stimulate the body's own production of enzymes which digest the foods more fully.

Forget about buying concentrated enzyme supplements. They are just an expensive way to get only a small handful of what the body really needs.

Herbs and spices stimulate the pancreas, liver and spleen to create literally thousands of enzymes, not just the 10 or 20 you find in a bottled supplement. Every cell in the body requires 5-10,000 enzymes to function.

Digestive enzymes are manufactured by your own body's organs. Feed them properly with herbs & spices and they will feed you.

There is no better manufacturing facility than your own body (when properly fed) to produce exactly what your body needs in the enzyme department, and in the right proportions! Trust Nature to do the right thing here in the unique way that is best for you.

Use curry spices, Italian seasoning, fennel, anise, cardamom, paprika, and other spices liberally to stimulate digestive juices naturally.

MEAT

While meats have their downsides, there is a time and a place for their use (and elimination) that is different for each person. Only your own intuition and taste buds are able to accurately decide this fundamental life choice in the appropriate moments.

Taste buds and physical needs of the body will naturally change and adjust to circumstances in your life and a maturing life philosophy. Preferences will come and go. Former preferences will be revisited from time to time. And life will progress.

Make your changes wisely and in keeping with the promptings of your own intuition and the constant refining of your taste buds.

When desired, (if you are not yet a vegetarian), add the following broiled, grilled, or sautéed meats to your vegetable soups, steams and stir fries: organic free range chicken, turkey, along with grass-fed beef and buffalo. (Grain fed animals are to be avoided since grains weaken the health of an animal.)

Consume wild fish, (except minimal on the salmon due to the heavy oils), from unpolluted areas (if there is such a place). No shellfish, shrimp, catfish (these are scavengers), or fried fish of any kind. No pork.

All the while envision the day when the life force of dead animals will no longer be required to sustain your own life force. Keep in mind that chlorophyll-rich superfoods like **Vital Cleanse & Nutrify** provide the body with both protein and full nutrient requirements in far greater abundance than animal flesh is capable of doing.

Do not eat starches, potatoes, breads or other grains with meat. Good food combining practices separate these items. Eat starches with veggies, or veggies with meat, but not starches with meat. Your food will feel better in the stomach and digest better.

Soups are great, especially chicken soup that has been cooked for many hours (must be cooked with the bones) or even for a day or more. The longer chicken is cooked, the more therapeutic it

becomes. Add veggies toward the end – no rice or potatoes. Spice with curry, Italian seasoning, garlic, onions, leeks, parsley, cilantro, etc. as desired, especially celery for the electrolytes and triple warmer support. (See the Recipe Section.)

SOY & SOY PRODUCTS

Do not eat any soy or soy products unless they are fermented, such as miso, tempeh or naturally fermented tamari sauce. Drop tofu from your diet all together. All unfermented soybeans contain anti-nutrients and toxins and are difficult to digest. Mother Nature put them there to block seeds from sprouting prematurely and to harm insects and other predators that would otherwise eat too many of them.

Soy foods are manufactured using high heat and pressure, chemical solvents, acids and alkalis, extruders and other harsh tools that are very likely to contain or produce toxic or carcinogenic residues.

Uncultured soy products over-estrogenate the body causing infertility, prostate dysfunction, and numerous other hormonal imbalances. The weed killer, RoundUp, is a derivative of soy. It works by over-estrogenating the plant, stimulating such rapid growth that it burns itself out, thereby killing the plant. When you consume soy you are doing something of this nature to your own body.

Soy foods are billed as “health foods” but are not healthful at all. For more information on this subject read *The Whole Soy Story*, by Kaayla T. Daniel.

Sea Vegetables

Sea vegetables such as seaweeds, algae and phytoplankton are some of Nature's most nutritious foods. Eat a variety of seaweeds. Seaweeds convert the rich minerals dissolved in the ocean water into an edible form. Ocean water has almost an identical mineral balance as the human body. Seaweeds, particularly Wakame, are excellent for turning the body alkaline quickly. Vitality Herbs and Clay's **Thyroid Balance** formula is especially effective at alkalinizing and nourishing the body.

Trace mineral elements and amorphous silica found in ocean water and sea vegetables are used in a great way by the body. Normal diets and supplements are generally not supplying these elements in sufficient quantities.

One advantage to seaweeds is that, unlike fish and marine animals, few, if any, toxins are absorbed by sea vegetables. In fact, it is the job of algae and seaweeds to clean up toxins in the ocean, rivers and lakes by breaking them down into harmless compounds.

Cultures that include seaweed in their diet also have a low rate of heart disease and other metabolic imbalances. Large amounts of kelp are known to dissolve tumors. Seaweed is high in fiber, increases the friendly flora in the gut, contains more protein than meat and more calcium than milk. Seaweeds are generally rich in magnesium. Seaweeds provide hormone balancing influences for the body, due in part, to its rich trace mineral presence (the building blocks of hormones).

Seaweeds can be used in soups, salads or eaten by itself like potato chips. Every variety tastes different, try them all to see which ones you prefer. Build gradually to 1 ounce of seaweeds per day and see how your life changes!

If consuming seaweeds directly does not appeal, consider **Sea Vegetable Blend**, **Thyroid Balance**, or the **Vital Cleanse & Nutrify** which are also abundant with a variety of seaweeds.

You can find more detail on diet, food combining, and some science about individual foods, by going to [OK, So What Foods CAN I Eat?](https://www.vitalityherbsandclay.com/blogs/vital-health-newsletter-blog/ok-so-what-foods-can-i-eat)
<https://www.vitalityherbsandclay.com/blogs/vital-health-newsletter-blog/ok-so-what-foods-can-i-eat>

To gain a deeper insight in to a few of the subjects mentioned above, go to our articles section here:

Important First Read Articles

<https://www.vitalityherbsandclay.com/blogs/vital-health-newsletter-blog/tagged/important-first-read-articles>

Or call the office and speak with our Nutritionist. If desired, you may also ask about setting up a Private Consultation with Michael King when you call.

Enjoy the very best of health,

Michael King & Barbara Gorrell

Vitality Herbs & Clay

541-482-9633 or 888-325-1475

The Clean Diet & Friendly Flora Recolonization Recipe Section

By Michael King & Barbara Gorrell

Fermented Foods

(A good source of a broad spectrum of digestive microbes)

Sauerkraut

- 1 lb. cabbage (white or purple), cored and finely shredded
- or chopped fine in a food processor.
- 1 tablespoon caraway seeds
- 1 tablespoon sea salt
- 4 tablespoons of cultured dairy whey from organic, grass fed cow or goat milk (if whey is not available, use an additional 1 T. salt - optional). The whey adds additional pungency as the cabbage ferments, so if you prefer a milder tartness, try it with just salt at first.

Variations: Add other vegetables & spices such as miso, carrots, daikon or other types of radish, ginger, onions, sea vegetables, fennel, celery, curry spices, jalapeño peppers, etc.

In a bowl, mix cabbage with desired vegetables and spices, sea salt and whey. Pound with a wooden pounder or a meat hammer for about 10 minutes to release the juices. Place in a gallon or quart sized, wide mouth jar and press down firmly until the juices come to the top of the cabbage. The top of the cabbage should be at least 1 inch below the top of the jar. If the juice doesn't cover the top of the cabbage, add a little filtered water. Cover tightly and keep at room

temperature for about 3 days before transferring to cold storage. The sauerkraut may be eaten immediately, although it will improve with age.

Cream Cheese & Whey

(For those who are not dairy sensitive)

Take any amount of raw cow or goat's milk**, buttermilk, or yogurt. Let stand at room temperature for 1-4 days or more until the milk visibly separates into white curds and yellowish whey.

If the milk has first been treated with kefir grains, the beneficial bacteria will be superior. The rest of the process will be the same. Avoid pasteurized dairy at all times. Once pasteurized it becomes a congesting toxin.

Add 1/2 teaspoon of **Sacred Clay** per quart of raw milk to speed the separation (The clay will feed the microbes, thus their replication). If you are using yoghurt, this culturing period is not required.

Line a large strainer with cheese cloth. (I use a piece of an old, clean nylon curtain). Pour in the yogurt or separated milk, cover and let stand at room temperature for several hours. The whey will run into the bowl and the milk solids will stay in the strainer.

After most of the whey has dripped out, tie up the cheese cloth with the milk solids inside, being careful not to squeeze. Tie this sack to a wooden spoon or butter knife placed across the top of another

container (such as a gallon glass jar) so that more whey can drip out.

When the bag stops dripping, the cheese is ready. (I use a rubber band & hang the sack from my kitchen cabinet with a bowl underneath). If desired, add salt to the cream cheese.

Store the whey in a covered glass jar and cream cheese in a covered glass bowl. Refrigerated, the cream cheese keeps for about 2 weeks and the whey for about 6 months.

**Raw goat's milk cream cheese is especially good in salads, salad dressings, or any dish where cheese is otherwise called for (except when sweets/starches/grains are in the dish).

Use your imagination, but use moderately as it will still be somewhat congesting for those with difficulties with dairy! To reduce the congestion and build strength in the spleen (the organ responsible for reducing mucus in the body) take 4-6 caps of **Herbal Oxygen**.

Fermented Beans

- 2 cups black beans, kidney beans, pinto beans, black-eyed peas or white beans
- filtered water
- 2 tablespoons homemade raw milk whey, lemon juice, apple cider vinegar or coconut water vinegar. A teaspoon of Sacred Clay will also work as an accelerant to fermentation.
- 1 tablespoon (or more according to taste) organic cumin or

chili powder blend (in addition to the 24-48 hours of culturing, this spice will cut the gas caused by enzymes in the beans)

- 4 cloves garlic, peeled and mashed or garlic powder to taste (optional)
- Himalayan salt and pepper

In a large bowl or pot cover beans with filtered water. Stir in whey, lemon juice or vinegar, cover and leave in a warm place for 24-48 hours, depending on the size of the bean.

Drain and rinse, then place in a large pot and add water to cover beans.

Bring to a boil and skim off foam. Reduce heat and add cumin, chili powder, or optional garlic.

Simmer, covered, for 4-8 hours or until beans are tender. Check occasionally and add more water as necessary. Season with salt & pepper to taste.

Quick Beans

Finished beans can be frozen and thawed later for a quick meal. Sauté some onions or other sliced vegetables in 1-2 tablespoons of water over medium heat. Stir frequently & add 1-2 tablespoons of water to keep from sticking to the pan. Add frozen beans, reduce heat and cover. Stir frequently until beans are thawed, adding small

amounts of water if necessary. Serve over rice or quinoa.

Miso Soup

- 1 onion or several green onions, sliced
- 1-2 shiitake mushrooms, sliced
- Equal amounts of any thin sliced or shredded vegetables (carrot, cauliflower, cabbage, zucchini etc.)
- 2 cups of water
- 1 - 2 tablespoons of non-soy-based miso (rice, chickpea, etc.)
- Small handful of the seaweeds of your choice

In a medium saucepan, sauté onions in 1-2 tablespoons of water until they begin to turn translucent, stirring frequently. Add vegetables, then sauté until tender. Add 1-2 tablespoons of water as needed to keep vegetables from sticking. Stir miso into 1 cup of cool water to dissolve. Add to the vegetables. Add the remaining cup of water and heat over low heat until warm. Do not boil the miso, as it will kill the enzymes and probiotics. Add seaweed. Let sit for a few minutes until the seaweed softens.

Porridge

(This is an optional, less harmful approach to preparing a grain for

those not ready to give grains up as part of a normal gluten reduction program.)

- 1 cup oats, spelt, kamut, einkorn, emmer, quinoa, barley or rice, rolled or cracked
- 2 cups filtered water plus 2 tablespoons whey, yogurt, kefir or buttermilk
- ½ tsp. Himalayan salt (optional)
- 1-3 tsp. Smoothie Spice Blend

For highest benefits and best assimilation, porridge should be soaked in the culturing medium overnight or even longer. Once soaked, porridge cooks up in less than 5 minutes.

Mix oats, spelt, kamut, einkorn, emmer, quinoa, barley, or rice with water and **Sacred Clay**, or whey (or yogurt, kefir or buttermilk), cover and leave in a warm place for at least 7 hours and as long as 24 hours.

Add **Smoothie Spice Blend**. Bring to a boil over medium heat. Reduce heat & simmer until tender.

Add 1 tablespoon of **Vital Cleanse & Nourish** per bowl of porridge per person.

Serve with organic coconut milk, raw milk or raw kefir.

Raw Vegetable Juices

Use an electric juicer to juice fresh, organic vegetables. Experiment with various combinations.

- Celery
- Carrots
- Beets
- Kale
- Spinach
- Lettuce
- Jicama
- Daikon radishes
- Peppers (green, red, orange or yellow)
- Bok Choy

When juice is complete, grind & add **Vital Cleanse & Nourify** and/or **Fire or Fire Subdued** for a delicious, healthful drink.

Seaweed Salad

Seaweed salads can be made from any kind of seaweed. Cut it finely with scissors. Sprinkle the cut seaweed with enough water to get it wet. Keep turning it over and adding a little water until it is

reconstituted. You can sprinkle it with toasted sesame oil, ginger, garlic, lemon juice or lime juice or Coconut Water Vinegar.

Add:

- Red bell pepper, chopped
- Onions, chopped
- Sesame seeds
- Grated carrots or
- Daikon radish

Sauces & Dressings

Green Dip

- ½ bunch organic cilantro or basil
- ½ bunch organic parsley
- Several leaves of lettuce
- 2 cloves organic garlic
- 1 avocado

- salt and pepper to taste

Put all ingredients in a food processor. Blend well.

Use as a spread for dip for organic flax crackers or veggies.

Cultured & Creamy Salad Dressing

- Homemade raw cultured cream cheese
- garlic powder
- sprinkle of fresh rosemary
- Himalayan salt
- pepper

Put all ingredients in a pint jar. Add a little water & mix with an immersion blender or put all ingredients in a blender. Add more water to thin, more cultured cheese to thicken. Can be used as a vegetable dip.

Oil-Free Dressings

Below are three liquid oil-free salad dressings for times when a

meal consists of starchy veggies (rice, squash, potatoes, etc.), yet with a salad. Avocados are not the concentrate that a liquid oil is (even avocado oil) and can be utilized in moderation with a starch.

The objective here is to avoid the #1 food combining mistake made by most health food recipes, causing insulin resistance, and viral, fungal, bacterial overgrowth – from the combination of oils/proteins/fats with sweets/starches/grains.

Keep in mind that this is about quantity. Moderation in all things. Concentrating a sweet into a sugar, or an oil-bearing seed, nut, or fruit (like olives and avocados) into an oil, or cream into butter or ghee, can quickly turn into an oil excess which works havoc on the body (especially when combined with a sweet or starch), feeding pathogens in the process whose job it is to reduce excesses to safe levels.

So, for when needed, here are three alternative dressings:

Oil-Free Italian Salad Dressing

In a blender, add ½ cup of water. Add 1 teaspoon to 1 tablespoon of Coconut Water Vinegar according to taste. Add salt & Italian seasoning to taste. Add 1-2 tablespoons of **Vital Cleanse & Nourish** (turns a salad into a meal!). Blend & enjoy.

Oil-Free Green Goddess Salad Dressing

- Water
- 2-4 cloves garlic
- Handful of fresh basil leaves
- Handful of fresh cilantro
- Onion powder
- Garlic powder
- Dill weed
- 1 tablespoon **Vital Cleanse & Nutrify**, (turns a salad into a meal!)
- Wasabi
- Curry powder
- Hungarian paprika
- Pepper
- Cayenne

Blend water, garlic & basil & cilantro leaves in a food processor, blender or Vita Mix. Add **Vital Cleanse & Nourify**. Add spices to taste.

Oil-Free Lime Salad Dressing

- ½ c. water
- 1 teaspoon to 1 tablespoon organic lime juice to taste (fresh is best)
- 2 cloves garlic
- Salt & pepper to taste
- 1 tablespoon **Vital Cleanse & Nourify** (turns a salad into a meal!)

Blend all ingredients in a blender, hand blender or VitaMix. Be sure garlic cloves are finely chopped.

Sweet Potato Burritos

- 1 very large sweet potato (about 1 lb.)
- ½ onion, diced

- 2 garlic cloves, diced
- 1 ½ cups cooked beans, black or pinto
- 1 cup shiitake mushrooms, sliced
- ¾ cup red bell pepper, diced
- ½ teaspoon ground cumin
- ½ teaspoon chile powder
- Himalayan salt & pepper to taste
- 1 ripe avocado
- 1 medium tomato, diced
- 3 scallions, sliced
- ¼ cup cilantro, chopped
- 1 slice fresh lime per taco
- Einkorn tortillas, organic non-GMO corn tortillas or large lettuce leaves

Cut the sweet potato into ½ to ¾ inch thick sticks. Arrange on a baking sheet lined with parchment paper. Bake at 375° for 20-30 minutes or until fork tender. Check frequently to avoid burning.

In a large skillet, place the onion, garlic, red peppers and mushrooms & 1-2 tablespoons of water. Cook over low heat until the onion is translucent and the peppers and mushrooms are soft, adding 1-2 tablespoons of water as needed to prevent sticking.

Add the sweet potato sticks, beans, cumin, chili powder, salt & pepper to taste. Gently fold to coat the sweet potato with the spices. Cook over medium low heat until heated through, 5 to 7 minutes. Remove from the heat.

Place the avocado in a small bowl and use a fork to gently mash it.

Warm the tortillas, if using, one at a time over a gas flame or in a toaster oven.

To assemble the tacos, spread some avocado on half of each tortilla or lettuce leaf. Spoon some beans & sweet potato on top, then add the tomato, scallions and cilantro. Drizzle with some lime juice. Fold each tortilla in half. Enjoy!

Breakfast “Hash Browns”

- 2-3 Yukon Gold potatoes
- ½ large onion - chopped
- 1 red pepper – chopped
- 3 cloves (or more) garlic – chopped
- Himalayan salt & pepper to taste

Grate the potatoes using a large hole grater. The potatoes should not be too fine. If you don't have a grater with large holes, then chop the potatoes into small pieces with a knife.

Add potatoes, onion, red pepper, if using, and garlic to a large skillet. Add 3-4 tablespoons of water and begin cooking over medium heat. Cook for 5 minutes. STIR OFTEN. Add 1-2 tablespoons of water if needed to prevent sticking. Reduce heat to low and cover. Stir often.

Add garlic powder, salt & pepper if using. Cook until potatoes are tender, 20-30 minutes.

Veggies & Rice

Veggies & Rice is a very versatile recipe. It can be made with leftover vegetables or leftover rice, or you can start everything from scratch. You can add a gravy or add leftover Veggies & Rice to a broth and make soup. Start with:

- 1 cup brown basmati rice or other rice such as: wild rice, Forbidden Rice or Red Bhutanese Rice. Or combine some of each of the above rice for a flavorful mixture.
- 2 cups chopped vegetables: onions, garlic, red pepper, asparagus, potatoes, green beans, zucchini, okra, etc. Use your imagination!

- Favorite spices: garlic, cumin, Himalayan salt, pepper, basil, thyme, oregano. Use your imagination!

Prepare rice according to package directions.

Add the vegetables to a large skillet. Add 1-2 tablespoons of water. Cook over medium heat, stirring frequently & adding 1-2 tablespoons of water as needed to prevent sticking. When fork tender, serve over rice.

Top this dish off with avocado to add an additional dimension of flavor to the dish.

Food Journal

The main purpose of keeping a Food Journal is to help associate the impact on the body of certain foods, or food combinations, over several days following its consumption.

Some complaints caused by poor food choices will not show up for 2-3 days from the meal in question. The reason for this is simple: it takes time for pathogens to multiply in the body while feeding on the sugar, fat, and protein excesses of a former meal.

This is similar to why it takes several days for raw milk to ferment into curds & whey. It takes time for microbes to multiply and digest the sugars in the milk, turning it sour.

The form below is an example of how to track what you eat so you can compare it to how you feel over the course of the next several days.

Watch for patterns. Certain foods cause certain effects in the body that show up consistently over several days, and even several weeks. Make note of both the foods and what is added to the foods, like butter, cream, honey, spices, salt, avocado, etc.

Sample Food Journal Page

Date _____

Breakfast:

Lunch:

Dinner:

Snacks:

The above is to be followed by **NOTES** on how I feel today with **Observations** on the effects of these foods 24 & 48 hours later (once they have had time to move through the body).

Keep in mind, if a food is OK to you on the short term, it may not be OK after it has had time to process and culture in the intestines (at 98.6 degrees) for 24 to 48 hours.

If sluggishness, spaciness, fuzzy-headedness and poor digestion start to develop within 24 to 48 hours, then it is possible that pathogen overgrowth has taken place, or blood sugar has had a difficult time adjusting to the food (or both).

By noticing how you feel each day and tracking food intake back to 1-32 days prior, a pattern may begin to emerge. Often times the effects of say, a large bowl of ice cream, may not get back under control for 1-3 weeks, providing further compromises are not indulged in. This long-term effect may explain a continual battle with certain health complaints.

On the other hand, if a particular diet causes a continual building of vitality, better exercise endurance, better sleep, better digestion, happier moods and an increasing sense of wellbeing, then you know you are on the right track!

Enjoy the very best of health!

Michael King & Barbara Gorrell