

# Putting Nutrition Into ACTION






# Acid and Alkaline Foods

- ▶ I will present the NET PH guidelines from the Energetic Health Institute and the 2 sides of Chemistry blueprint from Dr Robert Morse ND for reference
- ▶ EHI: maintenance (absence of ailments )
- ▶ Dr Morse: Healing the body and tissue regeneration



(+4) Most Alkalizing	(+3) More Alkalizing	(+2) Alkalizing	(+1) Least Alkalizing	Net Effect pH#
 <b>Anticipating</b>		<b>Responding</b>		Stress Continuum
Energetic Health, Loving, Enthusiastic, Authentic, Joyful	Patient, Peaceful, Confident, Truthful, Encouraging	Trusting, Faithful, Passionate, Calm	Rational, Tolerant	Perspective / Emotional State
Active 5X/Week	Active 4X/Week	Active 3X/Week	Active 2X/Week	Exercise
Eat at Home with Family 5x per week	Eat at Home with Family 4x per week	Eat at Home with Family 3x per week	Eat at Home with Family 1-2x per week	Lifestyle
8+ Hours Uninterrupted	8 Hours Uninterrupted	7.5 Hours Uninterrupted	7 Hours Uninterrupted	Sleep
Breathing Practice 60+min/day	Breathing Practice 45+min/day	Breathing Practice 30+min/day	Breathing Practice 15+min/day	Breathing
				Delayed Food Allergies
Cloves, Cinnamon Oregano, Basil Turmeric Parsley	Green Tea Thyme Rose Hips	Peppermint, Spearmint Nettles Elderberry, Hawthorn Berry Majoram	Milk Thistle Ginseng, Sage Licorice Root Burdock Root	Herbs
Avocado Persimmon Papayas Lemons, Limes Blueberries	Plums Blackberries Oranges, Tangelos Mango Grapes with Seeds	Apple, Pear Pineapple Raspberries Strawberries Peach Kiwi	Apricot, Nectarine Honeydew, Cantaloupe Banana Currant, Cherries Cooked Tomatoes Watermelon	Fruits
<b>Spinach, Kale, Collards Swiss Chard, Greens Broccoli, Arugula Nori, Wakame, Kombu Hijiki</b>	Cucumber, Zucchini Parsnip Green Leaf, Romaine Brussels Sprouts Bok Choy Fermented Soy	Sweet Potato Beets, Cauliflower Carrots Bell Peppers Pumpkin & Squash Garlic, Onions	Soy Beans, Tofu Jicama, Celery Green Peas, Asparagus Adzuki Beans, Black Beans Kidney Beans, Green Beans Hummus	Vegetables & Legumes
Wheat Grass Chlorella, Spirulina Blue-Green Algae Miso Soup	Most Vegetable Based Soups Sorghum	Oats Sumac Sprouted Lentils	Quinoa Millet Amaranth	Grains, Cereals, Grass, Soups
Sprouts Reishi, Cordyceps Maltake, Chaga	Walnuts Pecans Chia Seeds	Almonds Pistachio Hazelnut	Pumpkin Seeds Brazil Nuts Shitake	Sprouts, Nuts, Mushrooms & Seeds
Micro Algae Omega 3's	Fish & Krill Oil	Evening Primrose Oil Borage Oil Cold Pressed Extra Virgin Olive Oil Flax Seed Oil	Avocado Oil Coconut Oil Palm Fruit Oil	Oils
		Perhaps Sushi if it is Wild Caught		Meat Fowl Wild Game Shellfish
		Oat Milk Hemp Milk Almond Milk Flax Milk	Coconut Milk Rice Milk Soy Milk	Dairy & Alternative Milks
Herbal Organic Teas Bicarbonate	High Quality Waters* Mineral Water	Sake with Miso Espresso Coffee	Filtered Water Honey Wine Red Wine	Beverages
Sea Salt	Black Strap Molasses Apple Cider Vinegar Umeboshi Stevia		Unprocessed Maple Syrup Raw Honey Bee Pollen	Sweeteners, Seasonings, Supplements
Antioxidants	Assorted Nutrients	Broad Spectrum Probiotics	Mitochondrial Nutrients	Extra

Net Effect pH#	(-1) Least Acidifying	(-2) Acidifying	(-3) More Acidifying	(-4) Most Acidifying
Stress Continuum	<b>Reacting</b>		<b>Over-Reacting</b>	
Perspective / Emotional State	Indifferent, Indecisive	Distrustful, Afraid, Lonely, Doubtful	Angry, Complaining, Frustrated, Isolated	Judgmental, Repressed, Controlling
Exercise	Active Without Sweating	Sedentary	Sedentary With A Fast Food Diet	Sedentary + Fast Food + Sugar/Alcohol
Lifestyle	Eat Fast Food 1-2x per week	Eat Fast Food 3x per week	Eat Fast Food 4x per week	Eat Fast Food 5x per week
Sleep	6 Hours Uninterrupted	6-7 Hours Interrupted	5-6 Hours Interrupted	Less Than 5 Hours Total
Breathing	Shallow Breather	Shallow Breather w/ Kyphosis	Snore While Sleeping	Diagnosed with Sleep Apnea
Delayed Food Allergies		Eating Foods w/ a Low Allergic Immune Reaction	Eating Foods w/ a Med. Allergic Immune Reaction	Eating Foods w/ a High Allergic Immune Reaction
Herbs	Ginger Horseradish Curry Cumin			
Fruits	Sour Cherries Rhubarb Prune Raisin Dates	Cranberries Raw Tomatoes	Canned Fruit Shelf Juices w/ Sugar/Corn Syrup	Most Non-Organic Fruit Due To Pesticide Residue
Vegetables & Legumes	Potatoes String Beans Chick Peas	White Beans Navy Beans Pinto Beans	Processed Soy Products	Most Non-Organic Vegetables Due To Pesticide Residue
<i>Note: When Presoaked for 36 Hours, Sprouted Beans Become More Alkalizing Because of the Lowering of Lectins that lead to Leaky Gut Syndrome &amp; Phytic Acids</i>				
Grains, Cereals, Grass, Soups	Brown Rice Kasha Teff Lentils	Buckwheat Wheat Semolina Farina Spelt	Maize Corn Rye Barley White Rice/White Bread	<b>All GMOs</b>
Sprouts, Nuts, Mushrooms & Seeds	Peanuts Pine nuts Sunflower Seeds	Cashews		
Oils	Sesame Oil Grape Seed Oil Sunflower Oil Almond Oil Peanut Oil	Safflower Oil	Palm Kernal Oil	Fried Foods Trans Fatty Acids Partially Hydrogenated Oils Crisco
Meat Fowl Wild Game Shellfish	<b>All Organic Free Range Meat &amp; Eggs</b> <b>Pacific Wild Caught Fish &amp; Shell Fish</b> <b>Whole Foods Step 4 &amp; 5</b>	<b>All Free Range Meat &amp; Eggs</b>  <b>Whole Foods Step 3</b>	<b>All Limited Outdoor Access Meat &amp; Eggs</b>  <b>Whole Foods Step 1 &amp; 2</b>	<b>All CAFO Meat</b>
Dairy & Alternative Milks	Organic Goat cheese Organic Sheep cheese Organic Yogurt Organic Goat Products	Organic Aged Cheeses Organic Dairy Products	Casein Whey	<b>All CAFO Dairy Products</b>
Beverages	Black Tea Sake	Lipton Tea	I Drink _____ Cups of Coffee per day	I Drink _____ Sodas, Diet Sodas, Alcoholic Beverages per day
Sweeteners, Seasonings, Supplements	Processed Honey Raw Sugar Organic/Vegan Protein Powder	Vanilla Brown Sugar Raw Agave Rice Syrup Organic Whey Protein Powder	White Sugar Jams / Jellies Yeast Processed Agave Whey Protein Powder	NutraSweet Equal Sweet n Low Splenda High Fructose Corn Syrup
Extra	L. Acidophilus			Antibiotics, Vaccines, Rx Meds

# Acid/Alkaline Forming Food Chart

Acidic

Alkaline

## Commonly Consumed Foods (but not always recommended!)

1.0 (ph)	2.0	3.0	4.0	5.0	6.0	6.0	6.0	7.0
Refined Salt	Buckwheat	Cranberries	Sauerkraut	Cherries	Teas	Asparagus	Apples	Lemons
White Sugar	Rice	Blueberries	Quinoa	Carob		Carrots	Apricots	Watermelons
Coffee	Cheese	Plums	Spices	Olives	Peas	Celery	Avocados	Cantaloupe
Turkey	Eggs	Prunes	Potatoes	Broccoli	Ginger	Chard	Bananas	Mangoes
Pork	Peanuts	Pumpkin Seeds	Coconuts	String Beans	Garlic	Dandelion	Berries	Melons
Beef	Butter	Most Beans	Corn	Cucumbers	Honey (raw)	Bell Pepper	Dates	Papaya
Chicken	Pastas	Honey (heated)	Oils	Eggplant	Seeds (sprouted)	Lettuce	Figs	Kelp
Fish	Oatmeal	Popcorn	Molasses	Mushrooms	Chia	Spinach	Green Grapes	Parsley
Pasta		Goat's Milk	Soy Sauce	Onions		Kale	Oranges	Wheat Grass
Breads		Most Nuts	Yeasts	Tomatoes		Alfalfa	Strawberries	Cayenne

## Foods **NOT** Fit for Human Consumption

1.0 (ph)	2.0	3.0	4.0	5.0	6.0	6.0	7.0	7.5
Tobacco	Beer	Mayonnaise	Margarine	Probiotics	Soybeans	Gelatin		
Sodas	Wine	Cooked Tomatoes	Whey	Yogurt				

## Emotions, Experiences and Other Items

Worry	Anger	Gossip	Cosmetics	Exercise		Cold Air	Pleasure	Laughter	Happiness
Hate	Envy	Fear	Trauma	Sunlight		Walking	Yoga	Rest	Sleep



0 pH






Acidic

pH Spectrum

Alkaline

14 pH

## RECOMMENDED ALKALINE FOOD AND LIFESTYLE

Fruits	Berries	Melons	Vegetables	Proteins/Others	Experiences
<p><b>~Acid~</b></p> <p>Lemons Oranges Grapefruit (ripe only!)</p> 	<p>Blueberries Blackberries Strawberries Raspberries</p> <p><b>~Wild/Other~</b></p> <p>Salmonberries Gojiberries Incaberries Mulberries</p> 	<p>Watermelon Cantaloupe Honey Dew Papaya Persian Canary Crenshaw Casaba</p> 	<p><b>~Greens~</b></p> <p>Beet Tops Kale/Collards Romaine Spring Mix Spinach</p>  <p><b>~Other~</b></p> <p>Asparagus Beet Bulbs Carrots Celery Ginger/Garlic Peas</p>	<p>Coconut Water</p> <p><b>~In Moderation~</b></p> <p>Coconut Meat</p> <p><b>~Use Sparingly~</b></p> <p>Olive Oil Coconut Oil Grape Seed Oil Apple Cider Vin</p> 	<p>Walking Swimming Yoga Sunlight Fresh Air Pleasure Laughter Rest Happiness Sleep Spirituality Peace of Mind</p> 
<p><b>~Sub Acid~</b></p> <p>Grapes Cherries Mangoes Apples Pears Most Tropicals</p> 	<p><b>~Sweet~</b></p> <p>Bananas Dates Figs Raisins</p>				
	<p><b>~Veggie Fruit~</b></p> <p>Cucumber Fresh Tomato Avocado</p>				

## NOT RECOMMENDED ACID FOOD AND LIFESTYLE CHOICES

Foods	Activities	Emotions
Animal Products	Strenuous Exercise	Worry    Hate
Dairy Products, Raw & Pasteurized	Excessive Sunlight	Envy     Fear
Cooked Tomatoes		Gossip    Anger
White Flour, White Sugar		
Roasted Nuts		
All Grains		

pH 1.0	pH 2.0	pH 3.0	pH 4.0	pH 5.0	pH 6.0	pH 7.0	pH 8.0	pH 9.0
Battery Acid	Hydrochloride Chemotherapy	Cellular Waste	Estrogen Testosterone		Urine	Blood (7.4)	Cholesterol Seawater	Baking Soda



# Sample Meal Plans Healthy and Maintaining

<b>WEEK OF:</b>	<b>BREAKFAST</b>	<b>LUNCH</b>	<b>DINNER</b>
<b>MONDAY</b>	Blueberry Smoothie Bowl	Buffalo Spiced Chickpea Wraps	Carrot, Ginger, & White Bean Soup
<b>TUESDAY</b>	Homemade Granola with Plant Yogurt	Carrot, Ginger, & White Bean Soup	Instant Pot French Lentil Curry
<b>WEDNESDAY</b>	Pina Colada Smoothie	Buffalo Spiced Chickpea Wraps	Roasted Vegetables, Quinoa, & Chickpeas with Turmeric Tahini Sauce
<b>THURSDAY</b>	Homemade Granola with Plant Yogurt	Instant Pot French Lentil Curry	Spicy Lentil Soup
<b>FRIDAY</b>	Strawberry Banana Hemp Smoothie	Spicy Lentil Soup	Roasted Vegetables, Quinoa, & Chickpeas with Turmeric Tahini Sauce

# Sample Meal Plans

## Healthy and Maintaining

WEEK OF:	BREAKFAST	LUNCH	DINNER
<b>MONDAY</b>	Super Green & Berry Smoothie	Chickpea Cranberry Walnut Salad	Sweet Potato Black Bean Burgers
<b>TUESDAY</b>	Homemade Granola with Plant Yogurt	Sweet Potato Black Bean Burgers	Minestrone Soup
<b>WEDNESDAY</b>	Ultimate 5-Minute Smoothie Bowl	Chickpea Cranberry Walnut Salad	Moroccan Chickpea Skillet
<b>THURSDAY</b>	Homemade Granola with Plant Yogurt	Minestrone Soup	Portobello Mushroom Fajitas
<b>FRIDAY</b>	Mango Ginger Berry Smoothies	Portobello Mushroom Fajitas	Moroccan Chickpea Skillet



# Raw Meals Options

## NO-FAT FRUIT BREAKFASTS

PURPLE PARFAIT	17	ORANGE VANILLA DREAM	99
HIGH-FIBRE FRUIT BOWL	22	BASIL BLAST	104
HONEYJAI MELON	28	CANDYLAND	109
BANANA VANILLA WHIP	35	SWEET LOVE	114
TUTTI FRUTTI SMOOTHIE	40	PEAR CARAMELO	120
BLACK FOREST BOWL	45	BASIL DELIGHT	125
MINTY BLUE	50	SUGAR PLUM PAPAYA	130
CORAL WISHES	56	CRAVEBERRY	135
CREAM-TART	61	SWEET MAGMA	141
ROYAL BERRY	67	SCRUMPTIOUS CITRUS	147
TARTY HEARTY GREENS	72	TROPICAL YUM	152
INTENSITY	78	HIGH ENERGY	157
LUSH PIE SPICE	83	GOOD MORNING	162
SPIRIT POWER	88	DANCE ALL DAY	167
SWEET SWIZZLE	93	TROPICAL PARTY	172

# Raw Meals Options

## LOW-FAT LUNCHES (USING SEEDS)

MEX-OMEGA	18	SUNSHINE DILL	100
PARSLEY SUMMER	24	FRESH FENNEL HERB	105
JALAPENO LITE	30	SILK ROAD	110
CATALINA FRENCH	36	MAPLE BARBECUE	116
SWEET BASIL OREGANO	41	RAJA MASALA	121
MOROCCAN LIME	46	A WILD THYME	126
CHILI GRAPEFRUIT	51	STRAWBERRY ROSE	131
SWEET INDIA	57	SWEET HARVEST	137
SWEET N' SOUR GRAPE	62	CHIMICURRY	143
MANGO TANGO	68	KIWI WAVE	148
SPICED PEAR	74	FIRE SALAD	153
BLACKBERRY SPICE	79	SWEET MAPLE MUSTARD	158
SEASONED MANGO BLISS	84	BBQ VINAIGRETTE	163
ZUPPA DI PIZZA ALL'ANANAS	89	SAVOURY TOMANGO SOUP	168
PEPPER PAPRIKA	95	BLACKBERRY DILL	173

# Raw Meals Options

## HIGHER FAT DINNERS (USING SEEDS, YOUNG THAI COCONUT OR AVOCADO)

COZY GINGER	19	TOMATO AVO NOODLE BOWL	101
LOADED MARINARA	25	DIVINE LIME	106
TAJ TOMATO	31 + 32	COCONUT CAESAR	111
SPICY PEPITA SPROUT	37	MAPLE BARBECUE	116
COCOTOMATO CURRY	42	PEPITA CITRUS	122
SMOKY TOMATO TAHINI	47	AZTEC STEW	127
AVO CILANTRO	53	COCOCOLESLAW	132
AVO RANCH	58	MAHINI CURRY	138
SUNFLOWER RANCH	64	BARBECUE CRAZE	144
THE EARTHY TOMATO	69	CHAI'S APPLE TAHINI SLAW	149
RAWMEN NOODLE SOUP	75	SWEET N' SOUR PEAR	154
TOMATO COCONUT ZOODLES	80	LOADED OMEGA GREEK	159
COCOCILANTRO	85	SAVOURY SUNFLOWER	164
OJ PAD THAI	90	PEPITA PESTO BOWL	169
CUMIN COLLARD WRAPS	96	GOURMET JAPANESE SLAW	174



# Inspiration





# Your Personal Diet Program

**Your daily diet is an essential part of your detoxification and wellness. Each level digs deeper into the body's lymphatic system for a healthier detox. One can move back and forth between the three menu plans, keeping in mind that results will vary accordingly.**

# Level 1

for a **MODERATE**  
detoxification experience

## Breakfast

Choose any of the following and/or a smoothie combination in unlimited quantities:

### FRUITS

Grapes, Apples,  
Mangoes,  
Cherries,  
Peaches, Pears,  
Bananas, etc.

### BERRIES

*Organic Only*  
Blueberries,  
Blackberries,  
Raspberries,  
Strawberries

### MELONS

*Eat melons alone*  
Watermelon,  
Cantaloupe,  
Canary, Honey  
Dew, Casaba,  
Papaya

## Mid-Morning Snack

Fruit, Fruit Juice, Green Vegetable Juice

## Lunch

Choose Any of the following to create a Large Salad:

Romaine, Spinach,  
Chard, Greens, Spring  
Mix, Red and Green Leaf  
Lettuces

Cucumbers, Celery,  
Carrots, Peas, Radish,  
Alfalfa Sprouts, Fresh  
Tomatoes, Avocado

## Mid-Afternoon Snack

Fruit, Fruit Juice, Green Vegetable Juice

## Dinner

Salad and any of the following in small amounts:

Steamed Vegetables, Veggie Soup (no cooked tomatoes), Baked Sweet Potato, Steamed Squash, Avocado



# Level 2

for a **DEEPER**  
detoxification experience

## Breakfast

Choose any of the following and/or a smoothie combination in unlimited quantities:

### FRUITS

Grapes, Apples,  
Mangoes,  
Cherries,  
Peaches, Pears,  
Bananas, etc.

### BERRIES

*Organic Only*  
Blueberries,  
Blackberries,  
Raspberries,  
Strawberries

### MELONS

*Eat melons alone*  
Watermelon,  
Cantaloupe,  
Canary, Honey  
Dew, Casaba,  
Papaya

## Mid-Morning Snack

Fruit, Fruit Juice, Green Vegetable Juice

## Lunch

Choose any of the following and/or a smoothie combination:

### FRUITS

Grapes, Apples,  
Mangoes,  
Cherries,  
Peaches, Pears,  
Bananas, etc.

### BERRIES

*Organic Only*  
Blueberries,  
Blackberries,  
Raspberries,  
Strawberries

### MELONS

*Eat melons alone*  
Watermelon,  
Cantaloupe,  
Canary, Honey  
Dew, Casaba,  
Papaya

## Mid-Afternoon Snack

Fruit, Fruit Juice, Green Vegetable Juice

## Dinner

Fruit Meal or salad and any of the following in small amounts:

Steamed Vegetables, Veggie Soup (no cooked tomatoes), Baked Sweet Potato, Steamed Squash, Avocado

# Level 3

for the **MAXIMUM**  
detoxification experience

## Breakfast

Fresh squeezed or pressed juice, or choose only one of the following:

### FRUITS

Grapes, Apples,  
Mangoes,  
Cherries,  
Peaches, Pears,  
Bananas, etc.

### BERRIES

*Organic Only*  
Blueberries,  
Blackberries,  
Raspberries,  
Strawberries

### MELONS

*Eat melons alone*  
Watermelon,  
Cantaloupe,  
Canary, Honey  
Dew, Casaba,  
Papaya

## Mid-Morning Snack

Fruit, Fruit Juice, Green Vegetable Juice

## Lunch

Choose any of the following:

### FRUITS

Grapes, Apples,  
Mangoes,  
Cherries,  
Peaches, Pears,  
Bananas, etc.

### BERRIES

*Organic Only*  
Blueberries,  
Blackberries,  
Raspberries,  
Strawberries

### MELONS

*Eat melons alone*  
Watermelon,  
Cantaloupe,  
Canary, Honey  
Dew, Casaba,  
Papaya

## Mid-Afternoon Snack

Fruit, Fruit Juice, Green Vegetable Juice

## Dinner

Fruits, Berries, Melons, or Large Salad

*Avoid butter and/or butter substitutes! Enjoy the natural flavors of our foods! If you need flavoring, add fresh lemon or lime juice, or use a ripe avocado as a spread.*



# Man's Foods

## Sweet Fruits

Bananas Dried Fruit  
Persimmons Date Figs  
Coconut



Sweet Fruits combine well with Sub-Acid Fruits and berries. Do NOT combine sweet fruits with Melons or Acidic fruits.

## Sub-Acid Fruits

Apples Apricots Nectarines  
Cherries Grapes Peaches Pears  
Orange (Ripe) Mango



It is always understood that organic is best if possible. Always wash chemicals off ALL of your foods before eating!

## Acid Fruits

Grapefruit Kiwi Lemons Limes  
Strawberry Pineapple  
Pomegranate  
Orange (unripe)



Acid fruits combine well with Sub-Acid fruits and berries. Do NOT combine Acid fruits with Sweet fruits or Melons.

## Berries

Blackberries Blueberries  
Raspberries Acai



## Melons

Cantaloupe



Honeydew



Watermelon



Papaya



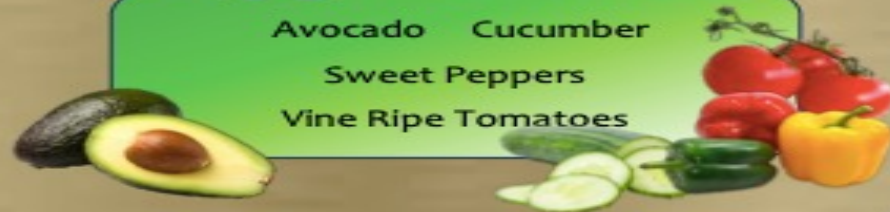
## Green Drinks

Dandelion Greens Spinach  
Seaweeds Kale  
Beet tops & Bottoms  
Parsley



## Veggie-Fruits

Avocado Cucumber  
Sweet Peppers  
Vine Ripe Tomatoes



NOTE: Beans, grains, and animal products are NOT fit for man to eat.

NOTE: Nuts are permitted in small amounts when NOT detoxing.

NOTE: Try to get your foods tree/vine ripe if possible!



# Food Combining No-No's!

## Fruits and Berries

Fruits and berries go together well for the most part. They are fast to digest, high in nutrition, and are excellent for detoxification. Most vine/tree ripe fruits and berries have an alkaline/base (Hydration) effect.

In general, acid fruits delay the digestion of sweet fruits, so it is best not to combine these categories. The Sub-Acid category of fruits combines well with either Acid fruits, Sweet fruits, or berries.

NOTE: Because fruits and berries digest quickly one should eat fruits together (be aware of fruit combinations), not with other foods (alone). One might get away with some melon combinations.

## Melons:

"Eat them alone or leave them alone!" This is an old saying the National Hygiene Association coined. These are your top digesters and give their nutrition and energy fast without digestive energy loss! Melons are great detoxifiers, especially watermelon in cases of ketosis.

## Vegetables and Veggie-Fruits:

**Vegetables:** are foods for herbivores (horses, cows, elephants, etc.). Their anatomy (body design) and physiology (chemical/electrical activity) is designed completely different. Their teeth and jaw grind their foods, then they have 2 or more stomachs to help with the digestive process of high fiber food. These foods slow detoxification and can be energy robbing. Juice extracting is preferred and digested much easier.

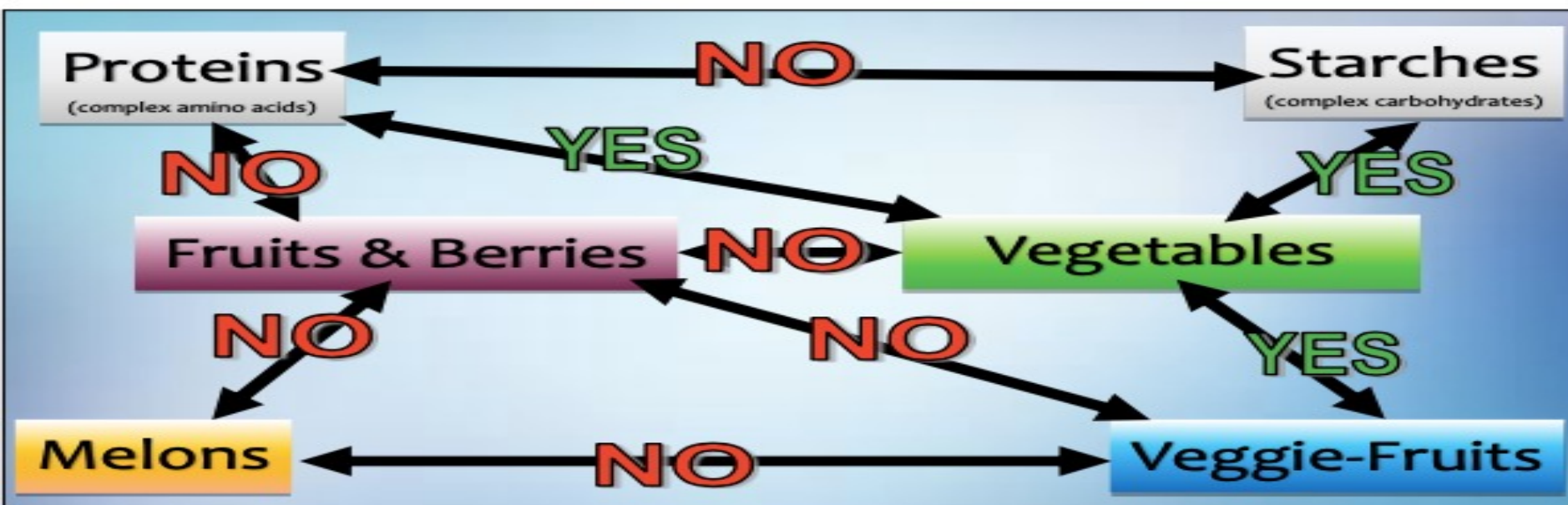
**Veggie Fruits:** Veggie fruits like avocado, cucumber, peppers, etc. (no corn) are fruits that are more harmonious to eat with vegetables, a great source of nutrition, and they are easier to digest. They are not great detoxifiers, but they can be good treats during detoxification.

## Protein and Starch:

Protein and starches are not considered "foods" for man's consumption. They are complex, digestively compromising, and acid-forming (dehydrating). Protein requires an initial acid digestive process where starches require a base (alkaline) digestive process. The two together neutralizes each other's digestive process, therefore leading to putrefaction and fermentation.

Proteins = complex nitrogen (amino acid) structures

Starches = complex carbon (simple sugar) structures





# Notes



- A high raw diet is always recommended (raw till 4 with cooked dinner)
- Whole foods means limiting or avoiding oils
- If you have cardiovascular or metabolic issues, low fat is the way. Mostly fruit and ideally all raw
- Healing and wanting to get off medication: fully raw: veg and fruit , avoid acidic foods of all types
- Digestive issues: Mono Meals of fruit is the easiest on the gut



# Helpful Sources

Attachments will be sent of:

1. Recipe books for the meal plans by a few authors.
2. PDFs of all covered subjects (kidneys filtration, lymphatic, Understanding fruit sugars and proteins etc...)
3. <https://drmorse.tv>





# How do we heal

- ▶ Faith in TMH
- ▶ Go back to his creation vs creation/fabrication of men
- ▶ Ancestral healing ; forgives, end of curses
- ▶ Regenerate your DNA with herbs and plants
- ▶ Care for your body, nature, animals, all of creation as you are part of it
- ▶ Be different; that is a good thing!



# Q&A

