

# **THE** **ONE MONTH** **CURE**

TOTALLY TRANSFORM YOUR HEALTH IN **30 DAYS!**



**INCREASE IMMUNITY & CANCER FIGHTING  
ABILITIES; BALANCE HORMONES & MOOD;  
BANISH FAT, DIABETES, HIGH BLOOD  
PRESSURE & HEART DISEASE OR IMPROVE  
YOUR HEALTH EASILY IN ONE MONTH**

**JOHNATHON DAO MD(AM), L.Ac**

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# THE ONE MONTH CURE

**TOTALLY TRANSFORM YOUR HEALTH IN 30 DAYS!**

**INCREASE IMMUNITY & CANCER FIGHTING ABILITIES; BALANCE HORMONES;  
BURN FAT; REVERSE DIABETES, HIGH BLOOD PRESSURE & HEART DISEASE;  
IMPROVE MOOD & INCREASE OVERALL HEALTH EASILY AND FAST!**

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**“IN THE HANDS OF MAN**

***He who creates a poison, also has the cure.***

***He who creates a virus, also has the antidote.***

***He who creates chaos, also has the ability to create peace.***

***He who sparks hate, also has the ability to transform it to love.***

***He who creates misery, also has the ability to destroy it with kindness.***

***He who creates sadness, also has the ability to convert it to happiness.***

***He who creates darkness, can also be awakened to produce illumination.***

***He who spreads fear, can also be shaken to spread comfort.***

***Any problems created by the left hand of man,***

***Can also be solved with the right,***

***For he who manifests anything,***

***Also has the ability to***

***Destroy it.”***

**— Suzy Kassem; *Rise Up and Salute the Sun***

Hi There! How are you? The Question you may be asking...."Is it really possible to transform your health and reverse disease in 30 days?" Can we reverse diabetes, heal gut disease, heart disease, liver problems and improve mental health etc. in such a short time? From my personal experience the answer to that question is "yes!" I have seen it done in my clinic and many other natural medicine clinics for over 2 decades! If you haven't already seen the documentary "Simply Raw, Reversing Diabetes in 30 days" by Dr Gabriel Cousins then I highly recommend watching it so you understand that it's totally possible in such a short time to reverse chronic killer diseases.

<https://www.youtube.com/watch?v=2pjkC71exKU>

In the above documentary, Dr Gabriel Cousins heals diabetes patients with a raw plant based diet only in less than 30 days! Most people think type 2 diabetes is of unknown cause with no cure discovered, but it'S a diet related disease, so if you remove the cause (dietary) your body heals! What other diseases can you heal when you combine a whole food living plant based diet with other key health modalities to improve your health or reverse disease?

***"Every day 50 billion cells die off and every day 50 billion new cells are reborn"- Dr Michael Greger MD – nutritionfacts.com***

If diabetes can be reversed in 30 days what about other health conditions? We know diseases of the gut are epidemic today such as IBS, Leaky Gut, Colitis etc. and because the 'gut microbiome' is the key to your immunity, mental health (serotonin production) and much more, many other diseases can result with an unhealthy gut being an underlying cause. The gut is being called as 'the second brain' by science now and proven to produce 90% of serotonin and other beneficial brain chemicals.

We also know the cells of the gut renew themselves weekly, yes you make a whole set of new gut cells every week, so if those sick old gut cells are replaced with new healthy cells could we not have a new healthy gut with better mental bodily health in a short period of time? Just have a look at this cell turnover chart here.....

cell type	turnover time	BNID
small intestine epithelium	2-4 days	107812, 109231
stomach	2-9 days	101940
blood Neutrophils	1-5 days	101940
white blood cells Eosinophils	2-5 days	109901, 109902
gastrointestinal colon crypt cells	3-4 days	107812
cervix	6 days	110321
lungs alveoli	8 days	101940
tongue taste buds (rat)	10 days	111427
platelets	10 days	111407,111408
bone osteoclasts	2 weeks	109906
intestine Paneth cells	20 days	107812
skin epidermis cells	10-30 days	109214, 109215
pancreas beta cells (rat)	20-50 days	109228
blood B cells (mouse)	4-7 weeks	107910
trachea	1-2 months	101940
hematopoietic stem cells	2 months	109232
sperm (male gametes)	2 months	110319, 110320
bone osteoblasts	3 months	109907
red blood cells	4 months	101706, 107875
liver hepatocyte cells	0.5-1 year	109233
fat cells	8 years	103455
cardiomyocytes	0.5-10% per year	107076, 107077, 107078
central nervous system	life time	101940
skeleton	10% per year	109908
lens cells	life time	109840
oocytes (female gametes)	life time	111451

Table 1: Cell renewal rates in different tissues of the human body. Values are rounded to one significant digit. Giving context through daily life replacement processes, we note that hair elongates at about 1 cm per month ([BNID 109909](#)) while fingernails grow at about 0.3 cm per month ([BNID 109990](#)), which is about the same speed as the continental spreading in plate tectonics that increases the distance between North America and Europe ([BNID 110286](#)). Source: <http://book.bionumbers.org/how-quickly-do-different-cells-in-the-body-replace-themselves/>

I'm not trying to guarantee you a one off cure here in the form of a magic pill or give you false hopes, as healing rapidly in most cases takes major changes to your diet and lifestyle with commitment. It can take longer than a month in many chronic cases but it is surely possible to renew the body's cells! Yes, the body does has the capacity to replace sick cells with healthy cells in a relatively short period of time if we remove the things in our life that are causing the sick cells and preventing our natural self-healing soldier cells. For true healing to occur we must identify and remove the causes of dis-ease, which is stopping the body from doing what it is designed to do.....heal itself!

The key habits that stop the body from healing are explained in the 'clean-up list'. Remember that not all diseases are caused by diet alone and nor are they all your parents fault (genetic)! Modern medicine and the media will have you believe that genetics play a big part in getting stuck with a disease but the media exaggerates figures blowing them out of proportion and context. In the most part our "bad" genes are switched "on" or "off again" by our poor diet, lifestyle, mental habits and choices, which is proven in the

study called “epigenetics.” More recent studies show genetics account for less than 5% in inherited diseases. Traditional Chinese Medicine & Naturopathy which is what we use in our clinic and practiced for over 2 decades has stated a similar view for centuries. We firmly believe that the body can heal itself when we remove the causes and support the healing process, and you are not a victim of disease. We also believe that if you treat the disease (symptoms), the disease will always eventually win, but if you treat the person, the person will rise up and heal the disease!

***“The physician should not treat the disease but the patient who is suffering from it” — Maimonides (1135-1204)***

While modern medicine predominately focuses on treating symptoms of disease and does a good job of it, this comes with nasty side effects that can kill and doesn't cure the cause. Drug companies spend \$billions on drug research aimed at patenting a profitable man-made drugs to treat symptoms while they offer no guarantee for a cure in the near future for any serious disease such as arthritis, cancer, diabetes, heart disease or AIDS with a pharmaceutical drug. As predicted the drug industry has failed to provide a cure for cancer in the form of a magic drug nor provide us with the real causes either! The only area of breakthrough I have seen is Immune cell stimulation drugs which is their first attempt at treating the patient and not the disease and still comes with nasty side effects! Although this is a small step in the right direction they are continuing to ignore the real causes of the disease.

*This being said, for genetic disease and trauma injury recovery stem cell treatment does sound very promising!*

Emergency medicine & surgeons provides us with advanced and much needed surgical techniques saving lives on a daily basis with surgery & emergency drugs being vital in emergency medicine and as a last resort in health care, yet prevention still remains the ultimate cure. In many cases surgery can often even be prevented with strong natural medicine protocols while in other cases it can work side by side working together.

Modern medicine not only fails to provide cures, they also don't remove the cause. Also beware that many alternative doctors and dubious online marketing companies make promises of a "one off cures" in the form of a super pill or fabulous new MLM supplement or product, yet time and time again conditions return if our health is not addressed in its entirety so we must stop looking for magic 'one-off' cures.

The first step of healing is to “remove the causes of disease” so your sick cells can become healthy cells again! There is no point taking all the right supplements or therapies if you’re full of physical or emotional toxins. Please note that some conditions are complicated and we may need to identify specific individual nutritional deficiencies and supplements for your particular symptoms so please contact me for personal or Skype consultations as soon as possible if you need this on [www.cureplanet.com](http://www.cureplanet.com)

For now I recommend that you start on the “clean ups” immediately outlined here! There are a number of different aspects in your lifestyle you need to “clean up” in order to begin healing your sick cells. These areas are as important if not more important than the fancy vitamins, organic superfoods or expensive natural therapies you take and use! They are after all, where the primary causes of our health problems originate.

It’s much easier than you think but may feel overwhelming at first! Take one day and step at a time doing each clean-up thoroughly! Each “clean-up” is as important as the next, so don’t fool yourself into thinking “I can avoid this one”! The reason why most people don’t heal their sick cells even though they were vegetarian, did yoga, fasted, meditated daily or took lots of supplements etc. is because they didn’t do the “clean-ups” first. They overlooked the ‘clean-ups- and went straight to the natural therapies, superfoods or supplements!

***“When a medical doctor tells you that there is no cure, what he really means is that you can’t be cured with drugs or surgery” — Dr Bradley Nelson DC***

If you’ve been diagnosed with Cancer, Heart Disease, Diabetes, Obesity, Auto-immune disease or any acute or chronic dis-ease, the allopathic prognosis given involves symptomatic treatment with drugs. Perhaps even removing organs, body parts, radiation & chemotherapy with maybe a death sentence and little guarantee of life extension or cure, so please remember this.....

Whatever you’ve been diagnosed with, the first step before you panic and blindly trust your allopathic prognosis is to say “thank you”! This time is the greatest opportunity to learn, grow and be totally grateful for everything in your life! This is the perfect time to take 100% responsibility of your own health care and stop blaming doctors, healers, poor medicines, parents, your childhood etc. Now is the greatest opportunity to learn SELF-HEALING!

The common factor in people I have worked with, spoken too, interviewed or studied that have healed themselves even after being given months to live by western medicine, is that they took complete “Extreme Responsibility” for their health situation and they choose to heal and fix their health! They believed their health was in their own hands and used expert natural healing advice too!

***“People have given their health to their doctor, their money to their banker, their soul to their preacher, their children to the school system and in doing so have lost the power to control their lives” — Rolling Thunder***

The ones who succeed chose to take an active role in their own self-healing and followed the footsteps of others who had also recovered from serious illnesses. They didn’t just hand it over to the doctors. They chose to take back their power! They chose to Heal. Yes, Healing is a choice!

Whatever orthodox prognosis’ you have been given; remember it is only “allopathic”, so get several opinions or “Quotes” as I like to call them! Imagine if your car had broken down in a small town and the only mechanic in the town who is known to overcharge, gives you a quote which sounds extremely expensive, you would want another opinion? We must apply this same logic to our healthcare as the allopathic prognosis (the expected outcome of the disease) is based on you doing nothing to help yourself and just taking pills, poisons and or surgery only!

Yes, that’s right, if you do absolutely nothing and let the doctors do everything; your prognosis is most likely as they say! However, if you decide to be “different”, and to learn and change things, then your prognosis doesn’t necessarily apply! When you go out of your way to help yourself, you are going to have a 100% better chance of living longer or completely healing! The fundamental element in people who have completely healed themselves is the will and belief to succeed and take full responsibility!

Over the last 3 decades I have seen people cure themselves with fasting, herbs, meditation, yoga, self-talk, prayer and nutritional supplements to name a few methods. Of all the different ways people have healed themselves, this will and belief to succeed is the key ingredient; put simply, “the total will and vision to succeed no matter what”! These people worked out a way to transform their fears into “faith and love”!

I am not saying don’t go to your doctor and rely only on faith healing alone, rather I am saying that you need to take back your power and take your health into your own hands now too and stop giving it away. I understand

sometimes surgery is necessary and sometimes drugs are needed to treat symptoms to buy us time to find the causes, remove them and then heal. I know the value of western medicine but also realise it's limitations in healing disease, yet sometimes we must utilize both modalities.

It's normal to have fear and panic when some so called medical expert in a white coat gives you a "so called" "incurable disease prognosis" that's supposedly "genetic". They say you will have for life, but this fear prevents you from healing! Inspirational music, dance therapy, pet therapy, art therapy or anything you love doing can help transform fears and past hurts and sprout the seeds of faith and joy for living and healing, and all need to be drawn upon! Remember we all have this healing heart lying dormant inside us; and a health crisis is the greatest opportunity to wake up and open it up!

## **“THE SACRED EIGHT CLEAN UP’S”**

***“Healing yourself can sometimes be as easy as stopping the things that are killing you!”***

***– Dr. Johnathon Dao MD (AM)***

**1. Dietary clean-up:** Follow the “Nutritional System” in this e-book eating an unrefined ‘mostly’ plant based whole foods. Use food combining and organic foods which cleanses and heals your body. Begin cutting out all forms of processed sweeteners and sugars. Cut out refined foods, processed oils-fats and non-organic gluten-grain based flour products and instead add delicious super foods to your program and learn as much as you can about whole food. Hydrate! Drink 8-12 glasses of filtered-energised water daily. Use “real salt” (grey or pink salt) instead of table salt or processed sea salt. Practice Cyclic Intermittent Fasting and food combining, learning to use food as medicine and medicine as food! Choose education rather than medication, with all the basics fundamentals being detailed in this e-book!

**2. Dental clean-up:** Remove old metal fillings (amalgam/mercury) and replace with modern composite resin fillings and get any lingering dental infections totally cleaned up. Especially remove all roots canal teeth immediately with a holistic natural dentist. Infection in your gums and teeth and dental amalgam has been linked to so many diseases that are related to a compromised immune system. Brush only with an organic tooth paste and 3% hydrogen peroxide and floss daily. Practice “oil pulling” daily also using cold pressed coconut oil.

**3. Personal care clean-up:** STOP applying toxic chemicals to your body which are slowly poisoning you! Eliminate all personal care products containing inorganic & petrochemical ingredients and start using natural plant based and certified organic based beauty and personal care products. These toxic man-made chemicals have been linked to PCOS, hormonal problems, Cancer, Autoimmune disease and many more. Anything you put on your skin, teeth and gums, under your arm pits or on your hair absorbs into your body. Rule: If you're not prepared to "eat it", don't put it on your body! Also beware of "Green Washing" so read labels carefully. The average person absorbs hundreds of toxic petrochemicals daily using non organic petroleum based personal care products. These heavily marketed products are the cause of numerous diseases today! Consult your practitioner if you are confused about any products?

**4. House hold chemicals and cleaning-agents clean-up:** THROW OUT all household petro-chemical products, replace with organic cleaning agents, natural soaps and elbow grease. Use a 100% plant based natural and biodegradable clothes washing soaps because clothes still contain some of the soap after washing and then absorbs into the skin when you naturally perspire throughout the day. New Clothes also contain toxic petro-chemical dyes etc. So wash twice before wearing these garments. These petroleum and chemical based ingredients poison yourself and your family slowly but surely.

**5. Home junk and "material possession" Clean-up:** Go through all your old clothes and material possessions you don't use regularly and give to those who need them (charity). Hand over old memories from the past and begin creating a clean open space in your living environment for your healing. While you're at it, move things around in your house and add some of your own "Feng Shui energy" to create a quality healing environment! Mahatma Gandhi once said "Cleanliness is Godliness". Your home is your temple, Get rid of the clutter and "stuffocation", discover the benefits of minimalism, creating a sacred space for rejuvenation, healing and living. Place some crystals or Feng Shui energy houses in your home to boost the positive vibes!

**6. The E-motional Pollution Clean-up:** You have to admit your emotional baggage and blocked emotions we carry are burdening your health and preventing you from getting well; It can also be toxic relationships also! Begin going within to affect a cure! This means working on your own subconscious

mind and with a trained therapist or group who can guide and assist you getting complete with your past so you can create a clear future. E.g. Group work/therapy, mirror work), EFT (emotional freedom technique), E-motion Yoga & Qigong shaking therapy, Ho'oponono, Kinesiology, The Work (of Byron Katie), Prayer (talking to God) & Meditation (listening to God).

**7. The Internal Cleanse Clean-up:** Contrary to urban myths the body does not clean itself fully! You need to actively clean it, and regularly! This involves cleansing your organs of environmental toxins, heavy metals, personal care product toxins, vaccine toxins and parasites. Drugs don't clean the body! Internal cleansing is like taking your car in for a full service. Listen to your body carefully and have a skilled natural health practitioner to guide you through it! Detoxing alone can in many cases take enough pressure off sick & tired organs resulting in healing! Juice fasting or raw foods are incredibly healing. When you fast (limit food intake) it takes a massive strain off the digestive system, allowing for maximum energy to be used by the immune system to heal.

When the digestive system is resting, the body's metabolic system can work harder cleaning up wastes and eliminating toxins. Start with the 30 day cleanse here and increase living raw food, also I recommend fasting with only whole fruit and raw or lightly cooked vegetable soup 2 days per week while the other 5 days eating a whole foods plant based diet while adding additional healing herbs I outline here and using 'Cyclic Intermittent Fasting' (CIF).

Remember when doing an internal cleanse get plenty of rest and sleep, take massages, exercise using a mini trampoline or Chi Machine daily, take a sauna, perform hot and cold showers every time you shower to help the lymphatic system detoxify more efficiently.

**8. Toxic Relationship Clean-up:** Yes our relationships have a massive impact on both our mental and physical health. Of course the first relationship is the one we have with between our inner true self and the creator (Creator-God or Mother Nature), and when we are connected to this relationship we are naturally guided to healthy loving relationships. We must identify the toxic partners and so-called friends in our life and do a relationship detox if we want to get well. That means saying goodbye to old friends and possibly toxic partners who we may be lustfully attracted to, or physiologically draining our energy and taking us off our own spiritual path to inner peace. Only you can know who that is and if they are really "healthy" to have in your life. Do they serve or drain you?

# THE ONE MONTH GUT-COLON CLEANSE

***“If you treat the disease, the disease may eventually return and win, if you treat the person, they will have a greater chance to triumph over the disease” - Dr Johnathon Dao MD (AM)***

Cleansing and detoxifying our body with living plant based whole foods (mostly uncooked) and herbs can be an excellent way to improve health and reverse dis-ease. Just like the vehicles we drive to work, our bodies also need servicing. Just like your car, the body does have filters and cleaning systems but still needs servicing and gets dirty internally!

Our bodies are bombarded daily with refined (processed) foods, sick-diseased animals, pesticides, herbicides, toxic chemical based personal care products, environmental pollution/stress and daily Wi-Fi electrical stress which results in acidity, poor cellular respiration, sympathetic dominance and impaired immunity. This can trigger gut problems, infections, auto immune diseases, metabolic changes, weight problems, hormonal imbalance and congested organs with toxic acid waste overdose resulting in numerous dis-eases.

Truly one does not need sickness to be a motivator to cleanse (detox) as prevention is the ultimate cure! Preparation is an important part of any cleansing program, therefore it is best to be ready for some of the reactions that may occur during cleansing. Headaches, tiredness, irritability, fever, swollen glands, nausea, flu-like symptoms, vertigo, body aches and pains are common reactions as parasites and pathogens that die-off and toxins are released from the tissues during detoxing.

Most of these reactions can be limited by increasing water consumption, taking cleansing herbs that increase bowel movements (so toxins are not reabsorbed through the intestines) gentle exercise, massages, sunbathing and sauna which assist the body to removed toxins easier and support detoxification. Generally anyone can cleanse the body, especially those who are suffering extreme debility and chronic disease but it must be gentle and supported, and note that some cases are best monitored by a health care professional. For personal health coaching contact me [info@cureplanet.com](mailto:info@cureplanet.com) for personal support.

Many cleansing diets (true fasts) are extreme on the body and only allow consumption of lemon water or vegetable or fruit juice exclusively whereas this Cleanse is gentler using raw foods, raw soups, vegetable juices and vegan broth to detox, support and nourish the body.

During the Cleanse one must limit cooked food, and avoid all flour products and seriously limit most grains and animal products for best results! Why so extreme some of my clients ask? Well, to reverse disease we need to swing the pendulum the other way, and just following a moderate healthy diet is not enough! You need to increase living enzymes the missing link for healing, and they are only present in living raw plant foods, so for most of us it's ideal take at least 50-80% raw uncooked food & 20% lightly cooked food and we need to go organic/chemical free produce!

Consume fresh fruits whole (not fruit juice), smoothies, vegetable juice, raw warm soups, herbal teas, sprouted seeds & pulses, activated raw nuts and seeds and the plethora of foods on this Food Chart, and you'll easily get this amount of raw living foods you need. The juicing of fruits is best avoided or limited as juicing fruits removes vital pulps, pectins and fibres in fruits that help digestion of fruits high sugar content. Instead of lots of vegetable juices try whole food raw smoothies and "hot raw soups" as they are full of fibre and spike the blood sugar much less. Small amounts of apple, citrus, grape and kiwi or other low sweet fruits can be used in small amounts to flavour vegetable juices when you do have them in limited amounts.

Some may worry that by not eating enough cooked food and animal products they won't get enough nutrition or protein and loose too much weight, but In fact you'll get more enzymes nutrients and antioxidants from a mostly raw plant based diet. For those who are too slim, you can easily prevent excess weight loss (if you need too) by increasing good calories and fats such as: "raw honey, avocado's, nuts and seeds" (For those wanting to drop fat simple limit even these healthy high caloric/fat foods). Animal foods are best avoided or at least kept to a bare minimum during your cleanse (1-2 small portions weekly maximum) so your body can best illuminate wastes. For those who are too thin (very rare), yet need to detox chemicals from there body, you may need to increase some organic animal foods in your diet to bulk up such as butter/ghee and fatty cuts of fish/chicken.

***Two meals, taken closer together are recommended daily instead of three or more for several reasons.***

Firstly, today we eat too much and simply don't need to eat the amounts we consume. So reduce portion size to the size of your fist which is the size of your stomach. Secondly the 'Cyclic Intermittent Fasting' that occurs between meals is very healing on the body as it induces natural ketosis.

Eat only two small meals each daily as close as you can together (4-6 hour window). The word 'Break-fast' means to 'break the fast' and this can be done as late as possible having breakfast at 1-3pm with the eating of fresh fruits or salads and vegetables etc. Then a healthy evening meal can be enjoyed a couple of hours later.

With each day keep seeing how long you can lengthen out your first meal (Breakfast) of the day. As your blood sugar becomes more stable you will find eating 2 small meals daily close together much healthier. Longevity experts recommend 2 meals per day with limited calories for health and a long life.

As you begin you may feel your blood sugar requires some sugars from extending out your breakfast to noon or mid-afternoon, so if this happens just eat a small piece of fruit or carrot stick etc. to stabilize it and do your best to lengthen out the time of your first meal of the day (Break-fast) as long as possible to create ketosis through the process of 'Cyclic Intermittent Fasting.' As each day and week passes it will become easier and easier. There will always be some days where you struggle so in those days just take a small plant based snack such as piece of fruit or vegetable to get you through to your late breakfast.

For underweight children eating 3 small meals daily may be more preferred than 2 medium sized ones. If you are underweight or for others that do extreme physical work you may need 3 meals. For those wanting to reduce fat and induce a fat burning ketogenic metabolism 'Cyclic Intermittent Fasting' is the healthiest option to fat loss, detoxification and longevity. *For an article to explain more on C.I.F google "intermittent fasting" or "intermittent fasting Dr Eric Berg" or read this here:* <https://www.tylertolman.com/health-articles/intermittent-fasting/>

### **Basic 5 products needed from [www.iherb.com](http://www.iherb.com) & 1 from your local store**

These herbs-minerals are needed to help assist cleansing the body during the "One month cure!" Taking prescription drugs don't clean the body, Mother Nature does, and she provides us with some amazing plant nutrients to do that. All can be purchased from iherb.com, usually delivered in about 7 days. We use iherb.com because they have the best prices and good quality such as Now Foods, Natures Secret, Jarrow, Life Extension etc. brands you can trust for correct labelling, purity, quality and price.

1. *"Natures Secret Ultimate Cleanse 2 Part Program @ iherb.com Dosage differs from person to person but must be high enough to ensure bowel movements are occurring 3 times each day (priority), increase dosage gradually to increase bowel movements. If you have IBS, Crohn's etc. 1-2 tablets twice daily may be maximum dose, for others 3+ may be needed. (1 packet is needed only!)*

<https://au.iherb.com/pr/Nature-s-Secret-Ultimate-Cleanse-2-Part-Program-2-Bottles-120-Tablets-Each/3141>

2. *“Now foods Candida support 180 Vcaps” @iherb.com, support the elimination of candida and yeast within the digestive tract and blood system. ( 1 jar for the 1 month cleanse)*  
<https://au.iherb.com/pr/Now-Foods-Candida-Support-Intestinal-Health-180-Veggie-Caps/15206>
3. *“Now Foods Green Black Walnut Wormwood Complex 2oz” This herbal product contains herbs which illuminate parasites and virus’ in the body to support rapid healing. (2 bottle per 1 month)*  
<https://au.iherb.com/pr/Now-Foods-Fresh-Green-Black-Walnut-Wormwood-Complex-2-fl-oz-60-ml/591>
4. *“Greens 8000” This superfood powder needs to be taken daily in some juice, water or smoothie meal. It will assist in detoxification of heavy metals and other toxins and provide extra nutrients for healing. (1 Jar for 1 month)*  
<https://au.iherb.com/pr/Greens-World-Inc-Delicious-Greens-8000-Berry-Flavor-10-6-oz-300-g/28508>
5. *Now foods Colloidal minerals 32fl oz” These minerals help to support the deficiencies of trace minerals in the body’s tissues and also aid in detoxification. (1 bottle for 1 month)*  
<https://au.iherb.com/pr/Now-Foods-Colloidal-Minerals-32-fl-oz-946-ml/501>

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***For those experiencing IBS, Colitis, Crohn’s, Diverticulitis, Leaking Gut and other inflammatory bowel diseases or experiencing painful bowel symptoms while cleansing please reduce the dose of product 1, and slightly increase products 2-5 while also adding the following 3 supplements:***

<https://au.iherb.com/pr/Pioneer-Nutritional-Formulas-Comprehensive-Gut-Health-Celiac-Support-120-Veggie-Caps/37811>

<https://au.iherb.com/pr/Now-Foods-Aloe-Vera-Concentrate-4-fl-oz-118-ml/376>

<https://au.iherb.com/pr/Now-Foods-Curcumin-120-Veggie-Caps/13441>

# THE LIVER & GALLBLADDER FLUSH

*Is life worth living? It all depends on the liver!*  
– William James

Poor liver function, bile flow, enzyme production and hormonal regulation by the liver has been linked to Obesity, Heart Disease, Diabetes, Cancer and so many different diseases. The modern stressful life combined with diets high in refined foods, refined carbohydrates and fats contribute to congested bile ducts and or liver & gallstones.

Today, adults even as young as 21 have reported having stones so large that their gallbladder is surgically removed. Many times this drastic measure can be prevented by simple liver-gallbladder flushing which softens stones naturally flushing them from the liver and gallbladder into the bowels, then to be excreted from the body by normal bowel movements.

Having your gallbladder removed surgically needs to be avoided at all costs because it's vital to our digestion, especially digestion of fats. I am not intending to contradict modern orthodox practices, rather offer you a cheaper alternative to losing a vital organ which is often unnecessary.

This technique has also proved beneficial to those who have already had their gallbladders removed from surgery as the same painful symptoms that cause its removal often occur again long after the gallbladder is removed because the origin is within the liver. This "liver flush" is not to be confused with a "liver cleansing diet" which is a clean diet combined with supplements and herbs for usually 30+ days which is also a part of this programme.

## **Did you know?**

- 90% of adults have intra-hepatic stones (at least 3 small stones) - but 99% of them do not know that they have them
- people can have up to 3000 stones inside gallbladder and up to 3000 stones inside liver (very small stones - sand, or just a few big stones)
- 15 - 30% of children age 14 - 18 have intra-hepatic stones (depend on country)(at least 3 small stones)
- 95% of people older than 35 have intra-hepatic stones & gallstones, but very few of them have symptoms
- 99.95% of people diagnosed with cancer have intra-hepatic stones
- Stones in the Liver & GB in turn affect all other organ functions

There is no cure for gallstones or blocked bile ducts in orthodox medicine; hence the removal of the organ totally during surgery. When the gallbladder is seen through ultrasound, it is quite common for nothing to be seen as most stones originate in the liver itself and most stones are too small nor calcified which is a prerequisite for their visibility on an X-ray in most cases.

This flush aims to improve general digestion, metabolism of fats, energy levels, blood sugar and immunity. As the proper digestion of foods is vital for nutrient absorption and energy production, you can see how important a role the liver & gallbladder plays in our overall health. It is also understood that optimal bile flow helps to reduce candida and parasites in the digestive tract.

**Ingredients needed for the 1 day of the liver/gallbladder cleanse:**

Fresh fruits and vegetables for making juice or raw soup

Magnesium Powder or magnesium tablets (Available from health store or online)

1/4 cup of cold pressed hemp oil or olive oil

1/2 cup of pure lemon or grapefruit juice

**LIVER FLUSH PROCEEDURE - DO THIS ONE DAY PER WEEK DURING THE 30 DAYS.**

Initially your liver needs to be flushed 1 time per week for about 4 weeks. After that, this procedure can be done 1-2 times per year. Liver flushing can help with digestive, immune, metabolic, hormonal and blood sugar concerns. Many have also reported it also helps improve their mental-emotional health!

1. Fresh fruit breakfast is taken in the morning then during the rest of the liver flush day only a small vegetable juice (can include apple, kiwi, lemon and some non-sweet fruit for flavor) or eating of a couple of whole apples is allowed during the day until 3pm. It's like a raw juice detox day until 3pm.
2. Then at 3pm take 3 heaped teaspoons of muscle magnesium powder (any chemist or health shop sells it) or 8 capsules/tablets of magnesium, which will flush the bowels as a laxative and also relax your biliary-hepatic muscle ducts in your liver and gall. After that only herbal tea is allowed, no more juice, fruit or food for the rest of the day. Yes that means no dinner! It's worth it!
3. Then Immediately Before bedtime take (in a lid jar) combine 1/4 cup of olive oil & 1/2 cup lemon juice, shake to mix contents or blend and

drink (if you drink slowly you may need to lid the jar again and shake because contents will separate making it harder to drink (It tastes like lemon juice with an oily texture). Then go directly to bed and have your head up on some pillows and go to sleep on your right side or back. (not left side)

4. In the morning immediately upon waking take another dose of magnesium as above to flush the bowels more. That morning and during next day you will pass stools that contain liver and gall wastes. These may appear as small stones are slightly green-grey in color and will float to the top of the water in the toilet if you break apart the stool matter using rubber gloves or a stick etc. Some people do wish to see what is coming out of their livers while others do not?
5. Repeat this procedure 1 day per week for 4 weeks, then 1-2 times per year.

**How often should I do the Liver-gall bladder flush?** Usually if you have never flushed the liver-gallbladder or have chronic disease, it is recommended you perform this 1 day flush procedure every week for several weeks. It can be performed with the 30 day Cleanse or alone. Then once or twice yearly combined a 30 day Cleanse (detox) is recommended for prevention.

**Additional tips soften larger stones or assist with pain or inflammation in the Liver & Gall:** 1 drop of peppermint oil in a glass of hot water and drink may ease gallbladder pain. Additionally take 1-2 Tbsp. apple cider vinegar in glass of hot water with raw honey 3 times daily can also help to soften stones, thin bile and alleviate discomfort due to malic acid content. Also 2-3 times daily juice of beetroot, carrot, lemon, apple & mint can do the same. The South American herb "Stone Breaker" also can dissolve stones. The European herb "Cleavers tea" has been shown to soften stones when consumed 1-2 litres daily for 1-2 weeks.

**Important note on breaking any Cleanse:**

What you eat the day after the Cleanse (Detox) and how you introduce this food into your stomach is extremely important. Introduce with soup or easily digested foods like fruits and lightly steamed vegetables. This cleanse may need to be followed for longer periods of serious diseases or as directed by your health practitioner.

***WARNING: Cleansing the hepatic bile ducts & Intestines is considered by many to be the most powerful procedure that you can do to improve your body's health, be prepared for massive improvements in your health while on***

*this programme. Also note that diabetics should carefully check blood sugar levels after cleansing as many people report sudden improvements in blood sugar levels. Some persons with diagnosed gallstones may need to do a course of herbal medicine specifically for gallstones for several weeks to soften and shrink stones before flushing! Use ultrasound to determine. This flush is only designed to be done weekly for 4-6 weeks and no ongoing like the rest of programme which can be continued. Remember healing is about treating the cause not the symptoms, and can take time and persistence. Be patient and be persistent and healing is yours!*

\*\*\*\*

## THE SODIUM BICARBONATE SOLUTION

The use of bicarbonate's in treatment of diseases related to acidity such as arthritis, cancer and many other diseases has been around for many years in natural medicine and was once commonly used by allopathic medicine before Big Pharma took over. Today it has been totally removed from allopathic medical training because it's cheap, non-patentable and non-profitable. More recently Dr. Tullio Simoncini from Italy has popularised the awareness of sodium bicarbonate with his highly successful treatments of cancer.

This simple formula can help balance biological parameters, pH, ORP, phosphates, bicarbonates and antioxidants of vitamin C making it a potential lifesaving miracle water. Baking soda has even been shown to be beneficial for the removal of uranium from the body! This solution is also beneficial for kidney diseases especially where there is a requirement for a low potassium diet because the sodium helps to offset the potassium excesses that often occur in kidney disease.

**Directions:** Add 2 tbsp. of lemon or lime juice in a glass. Then add water to  $\frac{3}{4}$  full (this is your "lemon water"). Then add  $\frac{1}{3}$  level teaspoon of baking soda, stir and wait for any fizz to stop or bubble over which take only 2 minutes and add remaining water to fill glass. To be taken 1-3 times daily on an empty stomach. This can be taken for 1 month (1-2 days per week rest). This can be started or stopped at any time according to your body's needs!

**Note:** Pure Baking soda (sodium bicarbonate) is not the same as Baking powder, Baking powder contains other impure ingredients that are used in the making of bread! Make sure you use pure 100% sodium bicarbonate! For those with hypertension and sodium issues you can offset the sodium increase by taking unpasteurised apple cider vinegar in warm water twice daily at different times to increase potassium and offset the sodium! Alternatively you can replace the lemon juice completely and use ACV instead. My experience has been that the lemon & bicarbonate works more for the kidneys while the ACV & bicarbonate works better for liver concerns, both are effective! It is recommended that you take either formula on an empty stomach and avoid food for 1 hour afterwards!

## THE OXYGEN SOLUTION

Drinking 8-12 glasses of water is ideal for health maintenance and also very important as part of a detoxification healing protocol. To make the water you drink even more effective for healing your body you can start drinking “oxygen water” with each glass of water you drink.

This simple secret is “food grade hydrogen peroxide” also known as H<sub>2</sub>O<sub>2</sub>. You DON'T drink H<sub>2</sub>O<sub>2</sub>, that's silly and would burn your stomach, rather you are just adding 10-30 drops of 6% food grade (stabiliser free) hydrogen peroxide to your glass water to increase the oxygen which boosts your immunity and helps to clear out disease causing pathogens in the body (which is made of mostly water)!

Hydrogen peroxide was first discovered by French chemist LouisJacques Thénard in 1818, who appropriately named it eau oxygenée, “oxygen water.” In Spanish, hydrogen peroxide is known as agua oxigenada, and in Italian, acqua ossigenata. If you mention to someone that you are consuming hydrogen peroxide, many people are bewildered or even shocked; but if you were to say that you're supplementing with oxygen water, they will probably say, “That sounds like a healthy thing.”

Hydrogen peroxide is produced by our own immune cells on a daily basis, and in quite substantial amounts—yes, your own cells produce hydrogen peroxide. This is how our white blood cells disable bacteria, viruses, and other anaerobic microbes in the body—by suffocating them with oxygen. Mother's milk also contains substantial amounts to boost the baby's immune system. Hydrogen peroxide in its chemical form is H<sub>2</sub>O, water, plus one extra oxygen atom, O<sub>1</sub>, which is released to destroy pathogens and foreign invaders. This healing chemical is also created in the atmosphere when ultraviolet light strikes oxygen in the presence of moisture. As well, it occurs naturally in rain and snow, from atmospheric ozone, and in mountain streams where rushing water is continuously aerated. When common hydrogen peroxide comes into contact with water, an extra atom of oxygen splits off, or water (H<sub>2</sub>O) combines with an extra atom (O<sub>1</sub>) of oxygen, thus becoming hydrogen peroxide (H<sub>2</sub>O<sub>2</sub>).

Start with 2 drops of 35% H<sub>2</sub>O<sub>2</sub> in every glass for the first few days, then move to 3 drops in every glass. As this dose you are simply drinking water with a H<sub>2</sub>O<sub>2</sub> concentration of less than 0.01%. Most H<sub>2</sub>O<sub>2</sub> is sold in bottles that don't have a dropper so you need to buy a dropper bottle and put your H<sub>2</sub>O<sub>2</sub> in this and dispense it. This simple remedy that cost only a few cents can work wonders for your healing process. For more information please check out my book “The Eight Immortal Healers” on Amazon. For food grade H<sub>2</sub>O<sub>2</sub> in Australia go to

<http://www.hydrogenperoxideaustralia.com.au/?product=500ml-35-h2o2-with-bonus>

## INTERVAL TRAINING EXERCISE FOR FATBURNING

To help your body detox more efficiently and encourage your body to heal, vibrant cardio exercise is vital! Start with fast power-walking daily making sure you are walking as fast as you can to get your heart rate up to burn calories. Short burst is more effective than length of time you exercise. 10-15 mins is all you need daily to rev the metabolism. Also you can get on a small mini rebounder trampoline and bounce vigorously for 10-15 mins daily which helps detox. Start with 5 minutes if you find it challenging at first and build up to 15mins over a few days. If you like to run, find your local park and do 100 meter sprints.

8 times with short breaks of 30 seconds-1 minute in between. This short burst sprinting programme which only take about 10-15 minutes has shown to burn more calories and provide better health benefits than 1 hour of jogging. Pace yourself with your running and build up gradually over the weeks.

Alternatively do some other form of cardio workout daily of your choice such as swimming, bike or Hi Intensity for 15 minutes. If you are swimming in the pool, do 1 lap of the pool full power sprinting, the rest at the end for 1 minute, then repeat this 8 times. This HIIT way of doing it will give you greater fitness and calorie burn. Try to work out at least 5 times per week for just 15 mins. YouTube has plenty of “bodyweight workouts” for free that you can follow and requires no gym equipment and can be done at home!

## **E-MOTION YOGA & QIGONG FOR EMOTIONAL HEALING**

For optimal health we need to do internal relaxation exercises. Do some E-MOTION YOGA & Qigong stretching exercises 3-5 times per week at least. There are videos on my website on BOTH that you can follow if you are not close to a studio or can't afford classes so take a look and follow along on my website in the E-motion Yoga & Qigong page [www.cureplanet.com](http://www.cureplanet.com)

Shaking is one of the best exercises for dis-charging your nervous system and resetting it. Shaking is like an anti-virus for you nervous system, and it helps to decrease sympathetic dominate stress and allow the body to relax. All these Yoga & Qigong exercises help to increase the flow of energy through the meridians and boost the kidney Chi which is the basis for healing according to Traditional Chinese Medicine. These energy movements can really speed up your healing process and increase the body's ability to heal itself fast!

## **SITING VIPASSANA (BREATH & BODY WITNESSING) MEDITATION DAILY:**

10 minutes morning and or evening of breath awareness meditation, focusing on your breath and lower belly and feeling your body sensations without giving any of the sensations meaning from the mind. Focus on longer outbreaths such as breathing in for 2 seconds and out for 4 seconds for a several minutes to relax your body first, using a sigh or small sound to relax the outbreath. This helps to relax the nervous system, reduce stress and bring one into the present moment becoming more sense aware.

When sensations arise you are to witness them (*Vipassana*) without judging them rather experience them with compassion and equanimity and keep accepting them. Go here to learn simple explanation of 10-20 min meditation [https://www.youtube.com/watch?v=LkoOCw\\_tp1l](https://www.youtube.com/watch?v=LkoOCw_tp1l)

## **SQUATING IN THE TOILET FOR DIGESTIVE AND BOWEL HEALTH:**

All primates are designed to evacuate the bowel movements in a squatting position, when we sit in an upright chair like position our bowels are strained and incomplete evacuations occur. To improve your cleanse begin moving your bowels in the correct way. Simply buy a \$5 foot stool (30cm height) and place it beside the toilet (WC) and when you are sitting on the toilet place your feet on it which will raise your legs up similar to a squatting position yet allow you to still remain sitting comfortable on the toilet seat. Always go the

toilet in this way when having a bowel movement. This position is not needed for urination.

## **STRUCTURAL AND MUSCULO-SKELETAL CONDITIONS:**

Remember that many physical disorders often need physical treatment with massage, self-massage or acupuncture. For example frozen shoulder or plantar fasciitis to name just a few examples often need physical treatment to help move stagnant blood or scar tissue and repair tissue injury. In these cases consult me for a personal treatment or see your nearest Acupuncturist or Osteopath/Chiro etc.

## **EMF POLLUTION FROM PHONES AND WIFI ETC.:**

A word of caution for you regarding excessive exposure to electro-smog. Electromagnetic frequency radiation from Wi-Fi, mobiles phones and phone towers can cause distress on our bodies which can cause disease. Limit your exposure to wifi by turning it off when not using the internet or sleeping and also turning phones to airplane mode or off. Investigate protecting yourself from EMF by using EMF smog devices, Crystals, Organite or Quantum pendants or other devices that may help reorganise these waves that hit your body?

## **YOUR DAILY GRATITUDE LIST**

Making a morning gratitude list in writing (not just in your head) or accumulating it throughout the day or week is the best thing for creating an 'attitude of gratitude.' Gratitude is medicine for the whole body, mind and soul. Being grateful for things makes life better and it surely brings you more peace and happiness. It also takes you out of your complaining head and into your heart. Whatever you focus on grows, so if you focus on things you don't want they get bigger. Focus on what you do want and focus on being grateful for everything you have no matter how small it is, and as you do this everything will grow for the better. You can also begin a list on a Monday and add a few things to it each day during the week and review the list at the end of the week, and then start a new one each week.

## **REGARDING SO CALLED 'CHRONIC DISEASE':**

Many chronic diseases such as cancer, diabetes, heart disease and auto-immune diseases usually need personal attention and tailored herbal medicine, altered nutritional plans and other natural supplementation for optional treatment, so contact me for a personal consultation to help optimize your healing potential. [www.cureplanet.com](http://www.cureplanet.com)

## **FOOD AS MEDICINE (CHEAT SHEET)**

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***"To eat is a necessity, but to eat intelligently is an art! – La Rouchefoucauld***

<b>ENJOY EATING THESE (*LIMIT-CAUTION):</b> ENVIROMENTALLY ETHICAL, SATVIC, ALKALINE, GLUTEN-FREE, PLANT BASED ORGANIC WHOLE FOODS!	<b>AVOID THESE (or *LIMIT-CAUTION):</b> NON-ENVIROMENTALLY ETHICAL, RAJASIC & TAMASIC, ACIDIC, GLUTENOUS, ANIMAL BASED OR PROCESSED REFINED FOODS!
Fresh Vegetables, Salads, Herbs & Spices; Fungi & Mushroom Seaweeds, Algae's; Fresh Fruits	Canned, Frozen or Microwaved Vegetables; Canned-processed fruits; *Dried Fruits, *Fruit juices, *Garlic, *Chili
Pulses (Beans, Peas & Lentils) [Soak & Sprout for optimal assimilation & digestion or cook well with real salt to prevent gas!] Fermented Soy; Tempeh, Miso, Natto, Fermented Tofu; Seaweeds & Sea vegetables	Commercially farmed Meats & Eggs & Seafood; *Organic Pastured Meats & Eggs & *Wild Seafood; Processed veggie-meats/mock-meats and non-organic Soy; *Unfermented Organic Soy (Tofu, Soy Products etc.);
Gluten-Free Non GMO Organic Whole Grains; Rice (Brown/Red/Black/Wild); Oats, Millet; Buckwheat; Amaranth; Quinoa; Sorghum; Corn(best eaten raw); Kaniwa; Teff; Montina; Limit flour products of even good grains and eat organic grain in its whole form.	Gluten GMO Grains & flour products from; Wheat; Barley, Rye & other gluten grains. *Organic Kamut & *Spelt flour sour breads etc. *Sprouted Essene Raw Bread (Gluten)
Nuts: Almond; Brazil; Cashew; Walnut; Pecan; Macadamia; Chestnut; Pistachio; (Soak-activate nuts to assist digestion) Seeds: Pumpkin; Sunflower; Hemp; Chia; Perilla; Sacha-Inchi; Flax(meal); Sesame(Tahini); Raw Carob;	*Cacao;*Peanuts (Avoid all Commercial peanut butters containing sugar & oil or Salted nuts and seeds that are cooked & flavoured and contain vegetable oil, instead try almond or brazil nut butter or Tahini)
*Cold Pressed fats-oils; Omega 3; Flax, Perilla, Camelina, Chia, Hemp & Black current (GLA), Black seed. For cooking use Coconut (Omega 5) & Macadamia (Omega 5 & 7)!	Canola oil; Artificial Butter spreads "fake-butter" and all refined vegetable oils as they containing carcinogenic-processed "trans-fats"! *Olive oil; *Grapeseed, *Rice Bran, *Organic Raw Butter & Ghee;
Plant Milks (unsweetened) e.g. Rice, Oat, Almond & Coconut Milks etc.; Coconut milk Kefir;	Pasteurised & Homogenised Dairy products (destroys enzymes & alters fats); *Organic Raw Dairy (Cow, Goat or Sheep), *Raw milk Kefir; GM Soy Milk & Soy Protein Isolate Milk; *Organic (Non GMO) Whole Soy milk (Unfermented Soy is not recommended for Pregnancy, Babies or those with Thyroid-hormonal issues or Gut problems)
Water; Coconut water; *Vegetable Juices (dilute 50% with water & avoid sweet fruit juices; fruits best consumed whole, blended or add small amount to vegetable juice for flavour, eat some fruit seeds also!); Coconut Water Kefir *Raw Sugar Cane Juice; Dandelion root tea; Herbal Teas; Golden Chai	Sodas-Soft drinks; Energy Drinks; Yogurt drinks, Flavoured milks; Commercial instant coffee & tea drinks; *Organic Coffee & *Tea(Chai), *Decaf Coffee – water extracted; *Green & Oolong Tea
*Organic sweeteners; Raw Honey, Yakon or Maple Syrup, Stevia; Coconut sugar; Luo Han Guo; *Molasses, *Rapadura sugar	White & Brown Sugar-Sucrose; Agave; Honey; Fructose-Corn Syrup; Artificial sweeteners (Saccharin, Aspartame, Sucralose, Asphaltum-K etc. contain Neuro-Excitotoxins that damage the brain & CNS); *Sugar Alcohol sweeteners; (*Xylitol, *Erythritol), *Lakanto); Rice malt Syrup;
Celtic Sea Salt (Unprocessed-Sundried-Hand harvested) Himalayan Pink Salt (Both contain Trace Minerals for nervous system, immunity, blood pressure & hydration)	Table (iodised) Salt & Common Refined Sea Salt (Refined salt poisons heart, arteries, kidneys & dehydrates), MSG (E621), Maltodextrin etc.
Home-Made Dressings, Sauces & Dips; Tamari & Shoyu (Traditionally Fermented Soy Sauces); Raw Miso Raw-Fermented vegetables; Kim Chi, Raw Sauerkraut, Unpasteurised Apple Cider & Coconut Toddy Vinegar;	Pre-made commercial Sauces, Dressings & Dips Commercial unfermented Soy Sauce Refined & Pasteurised Vinegars Pasteurised-fermented foods
Herbal-Mineral Antibiotics, Anti-virals & Probiotics e.g. Olive Leaf, Oregano oil; Goldenseal, Barberry, Astragalus, Andrographis, Turmeric, Colloidal Silver, H2O2, MMS, SSKI, GSE (Citricidal)	Antibiotics & Pharmaceuticals (where possible); Recreational drugs; Cigarette smoking, Alcohol
Organic sprouted-fermented brown rice protein powder; Hemp protein powder; Super Greens & Reds powder; Superfood formulas & Raw Superfood Bars or Home-made Protein Balls.	Whey protein Isolate or Concentrate (Contains Excitotoxins); Body building protein powders and bars with flavourings & artificial sweeteners;*Pea protein; *Organic cold filtered whey
Eating to 80% full! Under eating helps cures illness and builds the immune system. Slow eating! Swimming, Power walking, Gentle Yoga & Qi Gong also help to alkaline and balance the body! Mini Trampoline & Chi Machine.	Over eating or eating too fast!!! Over eating even healthy food causes acid residues and disease! Intense physical exercise can cause acidity and imbalance the body!

\*\*\*Marked foods in the right "AVOID" column are best keep to minimum or avoided during a detox but can be taken at other times in moderation as part of a balanced diet! Always choose organic NON GMO! \*\*\* Marked foods in the left "ENJOY" column are high in natural sugars or fat and can be eaten in small amounts with caution for those that tolerate them as they may aggravate conditions that are sensitive to sugar or fat.

## **THE SECRET OF FOOD COMBINING FOR RAPID FATLOSS, BETTER DIGESTION AND HORMONAL BALANCE**

**Let food be your medicine and medicine be your food” –Hippocrates**

*Eating even healthy food in poor combinations can cause illness! Animals don't combine many different food groups or foods together in a sitting, only humans do that! And unlike animals we suffer from, indigestion, gas, bloating, weight gain and sluggish digestions when we incorrectly combine foods! Do the best to can to eat simply and combine well! When eating a meal, DO NOT combine "HIGH FAT/LOW CARB" with "HIGH CARB/LOW FAT" foods. Eating healthy high fat food or eating healthy high carb food is not a problem, the problem is when we eat them both at the same time! In nature these individual forms of food don't exist as Mother Nature knows fats and sugars don't mix!*

**THE THREE GROUPS**

<p><b>GROUP 1:</b> <b>HIGH FAT/LOW CARB (SUGAR) FOODS;</b> *Organic Eggs; *Organic Meat; Fish &amp; Seafood ; *Dairy products such as Cheese, Butter &amp; Ghee; Avocado; Olives; Nuts &amp; Nut butters; Seeds; Coconut cream; Cold Pressed Oils; <b>THIS GROUP ONLY COMBINES WELL WITH GROUP 2: LOW CARB/LOW SUGAR FOODS AND <u>NOT</u> WITH GROUP 3: HIGH CARB/LOW FAT FOODS</b></p>
<p><b>GROUP 2:</b> <b>LOW CARB (SUGAR)/LOW FAT FOODS:</b> Non-starchy Vegetables such as salad greens and green vegetables and other coloured salad vegetables; Green Beans; Mushrooms, herbs and spices; Algae &amp; Seaweed. <b>THIS DELICIOUS GROUP COMBINES WELL WITH BOTH GROUP 1: HIGH FAT/LOW CARB (SUGAR) FOODS AND ALSO COMBINES WELL WITH GROUP 3: HIGH CARB/LOW FAT FOODS</b></p>
<p><b>GROUP 3:</b> <b>HIGH CARB (SUGAR)/LOW FAT FOODS:</b> Grains and whole grain bread/flour products, Cauliflower, Pulses: Beans; Peas; Lentils; Fermented Soy (Tempeh, Natto, Miso etc.); Potatoes, Pumpkin, Starchy Root Vegetables; <b>THIS GROUP <u>COMBINES WELL WITH GROUP 2: LOW CARB (SUGAR)/LOW FAT FOODS BUT <u>DOES NOT COMBINE WELL WITH GROUP 1: HIGH FAT/LOW CARB (SUGAR) FOODS</u></u></b></p>

\*Not to be taken during detox cleanse

**Fruits (The lone ranger)** Fruits like "Group 3" are High Carb/Low Fat but are best eaten alone or left alone and don't digest well with most vegetables (can be taken with greens and algae for some) and does not combine with high fat foods. Melons also should be eaten completely alone, even separate from other fruits! Some fruits are an exception and digest well with other groups such as Lemons, Bananas and Green papaya when eaten with a high carb low fat veg meal.

**\*Milk & Dairy products** don't combine generally well with any other food group can be taken with Group 2; LOW CARB/ LOW FAT salad vegetables are the most tolerable combination such as a fetta or halloumi salad. Just as baby animals enjoy milk, Milk (Raw Dairy products) are best enjoyed alone, or as a treat only in small amounts with low carb vegetables or they are best avoided.

**ANIMALS IN NATURE EAT A 100% RAW DIET**, only humans cook food, and we eat far too much cooked food. Eat at least 50% of your diet as living raw & fermented/cultured foods! Enzymes in raw food are the missing link in healing! Increase gradually and eat more raw food in summer and less in winter! Winter time is a great time for warm soups and broths. **DIGESTION BEGINS IN YOUR MOUTH AND NOT YOUR STOMACH**, so chew food well and slowly. Avoid overeating or eating when stressed! Be present with food and it will be a gift to you! Animal milk is primarily designed for baby animals, not adult humans! Some tolerate dairy in small amounts especially when fermented while other don't! If you consume animal milk products (not during cleanse), choose organic & raw dairy only! **NATURALLY FERMENTED FOODS** aid in digestion and assimilation while also nourishing the intestinal bacteria and boosting the immune system. Such beneficial foods include Raw Sauerkraut, Kim Chi and Cultured/Fermented Vegetables, Fermented Soy products (macrobiotics), Kombucha and Kefir etc.

This **Food as Medicine System** is not a Fad Diet! This is a balanced lifestyle system based predominantly on Plant Based, Whole Foods that are environmentally friendly and spiritually ethical, as well as incorporating healthy Food Combining!

# Examples of a DAILY MENU PLAN GUIDE

*"The one who takes the medicine yet neglects the diet, wastes the experience of the physician!"*

*– Chinese Proverb*

## 1<sup>ST</sup> MEAL OF THE DAY (BREAK-FAST LATE IN THE DAY):

Choose one of the following (alternate; BREAK YOUR DAILY FAST AS LATE IN THE DAY AS POSSIBLE LIKE NOON OR MID AFTERNOON SO YOU EAT YOUR 1<sup>ST</sup> AND 2<sup>ND</sup> MEALS AS CLOSE TOGETHER AS POSSIBLE TO GET MAXIMUM RESULTS OF DAILY "CYCLICAL INTERMITTENT FASTING":

1. Fresh organic fruits in season
2. Superfood Smoothie. (E.g. Ingredients; Water; Coconut water/milk or Grain or Nut milk; Fruit (banana, papaya, kiwi, berries etc.); Hemp or Rice protein; Superfood Supergreens Powder (also you can add Raw Carob powder & Cinnamon powder)
3. Cold pressed Mix juice cocktail (Carrot, apple, ginger, beet, grape, lemon, greens)
4. Hot Raw Soup made in a "high speed professional Blender" or cooked vegetable soup
5. Gluten free Organic raw muesli or porridge with Grain or Nut milk topped with Cinnamon and Supergreens powder
6. Homemade Vegetable or unpasteurised Miso soup with coriander, mushrooms & seaweed
7. Lightly cooked Vegetable & Pea/Bean soup with side of sprouts or cultured/fermented vegetables
8. HIGH FAT/LOW CARB MEAL: Poached \*eggs or Vegetable \*omelette with steamed greens, tomatoes, mushrooms, seaweed or green salad

## 2<sup>ND</sup> MEAL OF THE DAY (EVENING MAIN MEAL):

Choose one of the following (alternate)

1. Raw Vegan Meal (Raw Vegan pasta etc.)
2. Hot Raw Soup made in a high speed power Blender
3. Mix juice cocktail (Carrots, apple, ginger, beets, grapes, lemon, greens etc)
4. Vegetable or miso soup + sprouted "Essene" bread or 100% whole grain bread, Rye or Brown Rice Biscuit or Sour dough or Gluten free bread etc. + Garden Salad
5. Steamed Vegetables with Tamari + Garden Salad + + Brown Rice or Buckwheat or Quinoa etc.
6. Baked high carb vegetables (with herbs) + Garden Salad
7. Vegetable Curry, Dahl or Vegetable Casserole + Garden Salad or fermented vegetables
8. Asian style spiced vegetable and tempeh soup with coconut milk and mushrooms
9. Raw or Lightly cooked Vegetable pea/bean soup with sprouts or cultured/fermented vegetables
10. HIGH FAT/LOW CARB MEAL: Mix Vegetable Salad with sprouts, olives, avocado or goat cheese, nuts & seeds (+ healthy homemade dressing e.g. use healthy homemade tahina dressing with hemp or flax seed oil)
11. HIGH FAT/LOW CARB MEAL: \*Wild Fish or \*Organic chicken with steamed greens + Garden Salad

## Snacks:

Choose one small serving (handful) only of the following only if you need to between your 1<sup>st</sup> & 2<sup>nd</sup> meal.

Fresh fruit eaten whole or \*Unsweetened Organic dried fruit (Figs, dates, apricots etc);

Raw dehydrated home-made vegetable chips (made from vegetable juice extracted pulp & herb seasonings)

Raw dehydrated home-made kale chips or thinly sliced vegetable chips

Nuts & Seeds mix

Whole tender coconut or coconut water

Cold Pressed Vegetable juice Cocktails (add those mentioned fruits for flavour only)

Herbal teas

## **Dr. Johnathon Dao's NO-BONE BROTH (SOUP) for gut healing & blood building**

Bone Broths have become famous recently with the popularity of GAPS & Paleo Diet and other Gut Healing protocols aimed at the strong connection between our guts and our mental health as well as Auto-immune disease. They are also a good way to increase collagen for gut healing.

In fact cultures world-wide have been boiling up bones, cartilage and connective tissue of animals for thousands of years for medicinal benefits in addition to a healthy plant based diet. Bone Broths are rich sources of Collagen & Gelatine which can help heal the lining of our guts, reduce inflammation, re-mineralize the tissues, promote the immune system, repair joints and feed the hair, skin and nails.

This Vegan Plant Based version will do the same as above being rich in Collagen promoting elements such as Hyaluronic Acid which is the main nutrient needed for Collagen formation in the body.

Latest research has shown that the body may even absorb collagen-enhancing nutrients from plants more easily than those decocted from an animal carcass. Also think of the many happy animal mothers, knowing that their children are not being thrown into boiling pot for someone's dinner! Let us strive to be healthy and heal our body, look after the planet and not kill where possible.

### **Ingredients:**

Water 1-2 litres

Miso paste (Un-pasteurised) 2 tbsp. or good portion of Tamari sauce.

Tempeh pieces (Handful or 1 block)

Seaweed (avail from Asian shops, Sea Birds Nest, Wakame, Arame or Cut up several Nori sheets) – 1-2 handfuls

Vegetables e.g. sweet potato, celery, beets, greens, asparagus, Brussel's or anything you got. – 2 cups

Shitake Mushroom Dried (1 cup)

Coriander or Parsley (1 handful)

Onion (1 large)

Spices of Thyme, Oregano, Turmeric, Ginger, Galangal, Bay leaves, Paprika, Sumac as desired

Coconut oil & or Macadamia – ½-1 tbsp.

Apple Cider Vinegar & Tamari Soy Sauce to taste

**Instructions:** Slow Way: Place the following ingredients in the slow cooker for 3+ hours.

Fast Way: Alternatively Cook on stove pot by bringing all ingredients (Except Miso) to boil and simmer for 10-15 mins. When ready turn off heat and stir in Miso paste. When ready, blend for a creamy texture or don't blend and eat chunky. Serve as a soup with a Side or Raw Fermented Vegetables or Side Salad. There is no real exact level of ingredients so I

encourage you to approach cooking with reckless abandonment and I give amounts as a rough guide only. You can eat this soup as one of your daily meals or also fast on it for several days at a time.

## **Dr. Johnathon Dao's KICK A GERM JUICE/ARTERY CLEANSER:**

This juice is actually blended whole in your blender and taken when you have a cold-flu or anytime you are feeling like a bug is getting a hold of your immune system or is going around. It can also be used to detox and cleanse the arteries of plague and toxic wastes that clog the arteries and taken over the period of your cleanse.

### **Ingredients:**

4-5 whole oranges or 3 whole grapefruits (without skin but leave on white pith)  
2 whole lemons (without skin but leave on white pith)  
2 Small pieces, size of thumb nail of both peels (zest)  
2 Clove of garlic  
½ medium sized onion  
Piece of ginger size of ½-3/4 of your thumb  
1 tsp of cayenne pepper  
2 heaped tsp. of turmeric powder  
4 tbsp. of Apple cider Vinegar  
1 tsp of cinnamon  
Pinch of black pepper & sea salt  
1-2 cups of water (depending how strong you can handle it?)

**Directions:** Put all ingredients in a blender and blend well. Feel free to alter levels of ingredients and experiment, you can dilute by adding more citrus juice.

**Dosage:** Take 2 tbsp. of this brew every hour. Or a shot glass full several times per day.

## **Dr. Johnathon Dao's CILANTRO PESTO FOR HEAVY METAL DETOXIFICATION:**

Heavy metals accumulate in our bodies and suppress the immune system while also altering the function of our nervous and hormonal systems. For e.g. mercury accumulates largely from metal tooth fillings, eating fish, cosmetics, tattoos and pollution while aluminium accumulates from processed foods, foil and canned drinks and tungsten accumulates from using toasters and hair dryers while other heavy metals come in unfiltered water supplies. Heavy metal toxicity contributes to neurological disease, autoimmune disorders, chronic fatigue, dementia, depression and a whole host of other health conditions.

While there are great methods such as “Hair Screening” to determine exact levels of which toxic metal elements are present in your body, it is best to perform heavy metal cleansing yearly no matter how healthy you’re living due to the modern industrial world of exposure to these elements. You can do this with this simple recipe combined with a couple of other simple home remedies mentioned below.

### **Ingredients:**

1/3 cup of each Brazil nuts; Sunflower seeds; Pumpkin seeds (or 1 cup of LSA meal)  
3 Tbsp. of Tahini  
2 cups of packed Cilantro (Coriander leaf-Chinese Parsley)  
1/2 cup of Flax or Hemp seed oil  
1 whole medium onion  
3 Tbsp. of Dulse flakes (or 2 Nori seaweed sheets)  
3 Tbsp. of Savoury Yeast Flakes  
4 Tbsps. of lemon juice  
2 Pinch of Sea Salt or Himalayan Salt or dash of Tamari

**Directions:** Blend the cilantro oil in a blender or food processor until the cilantro is chopped. Then add all other ingredients and mix until the mixture is finely blended into a paste. Store in dark glass jars if possible. It also freezes well, so purchase cilantro in season and fill enough jars to last through the year. Feel free to alter ingredient amounts to suit your tastes. You can also double the ingredients and make twice as much each time.

**Dosage:** To detoxify heavy metals from your body 3-4 teaspoons per day is recommended or use it as a preventative measure by taking 1-2 teaspoons daily. This delicious healing food can be added to rice, or rice pasta as well as taken as a side condiment with vegetables and salads or taken directly on the spoon.

It also recommended you add a Supergreens Superfood blend that contains Spirulina and Chlorella to your daily smoothies while also taking 3-6 Kelp tablets/capsules daily for best results for a HM detox. Combined with these homemade natural remedies you can also support your body’s detoxification of heavy metals by supporting your elimination organs with the Liver Flush and Colon cleanse as well as taking Liver herbs and increasing your Vitamin C supplementation to 1gm, 5-7 times daily spread out throughout the day for maximum heavy metal detoxification.

## **Dr. Johnathon Dao's PROTEIN RICH SUPERFOOD BALLS:**

These tasty protein balls are rich in nutrients and can be taken as a meal replacement or as a snack in the afternoon between meals. They can also be used to fast on during fasting days by taking 1-2 in replace of a normal meals 2-3 times daily. They are rich in all the vitamins, minerals, fats and antioxidants that Mother Nature provides while also giving one a boost in energy and vitality and giving the spirits a mental lift. Because of the high fibre content then are also great to cleaning the bowels and regulating the digestion.

### **Ingredients:**

1 cup of your favourite nuts & ½ cup of your favourite seeds (or 1 cup of LSA meal)

½ cup of Plant protein powder (Rice, hemp or pea etc.)

½ cup of organic oats or buckwheat

Cup of dried figs

Cup of dates

½ cup of Raw Carob powder

2/3 cup of frozen or fresh berries (You choice which ones you like or use mixed berries)

¼ cup of Supergreens Powder (Spirulina, Chlorella, Wheatgrass powder)

¼ cup of coconut oil

1/3 cup of coconut cream or Coconut Kefir (or Dairy Kefir if you're not vegan)

½ cup of Desiccated coconut (plus another ½ cup for rolling the balls after made)

3 drops of each essential oil (peppermint, frankincense, Lemon or Citrus, Thyme)

10 organic apricot kernels (depending on how bitter you can handle.\*

¼ cup of Sumac powder\*

\*optional

Place all ingredients in a food processor and blend until mixture is completely mixed, then remove the mixture and make shape them into balls, the size as golf balls. Then roll them in the desiccated coconut and place in the refrigerator. They can also be frozen. You can also double the ingredients and make twice as much each time. Warning: These balls contain both fats and sugars so please use them as a delicious treat only and as a replacement to cakes and junk snacks.

## **Dr. Johnathon Dao's BUDWIG PROTOCOL FOR IMMUNE SYSTEM:**

The Budwig protocol is a natural homemade superfood mixture to amplifying the immune system as a part of a holistic anti-cancer diet program. It was originally created by Dr. Johanna Budwig from Germany who had very high success results with cancer patients after discovering that many processed refined vegetable oils were causing immune problems and poor cellular functions leading to cancer.

Your brain and nervous system which control the function of your entire body is made up of 60% fat and every cell in your body is made up of fat in order for your organs to function. For cells to function properly you must have healthy cells and as the body produces over 500 million new cells per day, if we eat the incorrect fats you can't create healthy cells. Commercially processed fats and hydrogenated oils found in processed food products are shutting down our cells electrical power and blocking the cell walls causing sick cells. This formula food can also be taken as a preventive or an immune system booster.

### **Ingredients:**

1 cup of coconut or dairy kefir or Goat/Sheep yogurt or Organic Cottage Cheese  
1/3 cup of Organic Flax seed oil or Hemp seed oil  
½ cup of Organic Flax meal or Hemp seeds  
½ cup of fresh or frozen berries (mixed or alternate individual varieties)  
1 heap Tbsp. of Turmeric powder  
½ Tsp of Black pepper powder  
Stevia or Raw Honey to taste a little sweet

**Directions:** Place all ingredients in a blender and blend for serval seconds. Store in a jar in the fridge. Take 1 Tbsp. 2 times daily as maintenance or up to 5 times daily for treatment dose. You can also double the ingredients and make twice as much each time if you like?

## **“BASIC” SUPPLEMENT LIST FOR LONGEVITY (ANTI-AGING)**

Here I share with you a secret to longevity with natural antioxidants. To supplement your excellent nutritional eating plan and superfoods, add these core nutritional supplements ‘after’ your initial detox. I recommend taking these organic minerals, vitamins, herbs and antioxidants likes these at least 80% of the time for longevity and prevention.

Due to body’s extreme assault from modern industrial living and pollution, these nutritional supplements can help protect us from oxidative stress, and have scientifically shown to prevent disease and lengthen lifespan without side effects. You can also check with your Applied Kinesiology practitioner to test these basic supplements against your body to make sure they suit you?

**“Core 8” nutritional supplements recommended for everyone (For disease prevention + HGH stimulation:**

<http://au.iherb.com/pr/Now-Foods-Colloidal-Minerals-32-fl-oz-946-ml/501>

<http://au.iherb.com/pr/Now-Foods-EcoGreen-Multi-Iron-Free-180-Veggie-Caps/559>

<https://au.iherb.com/pr/Greens-World-Inc-Delicious-Greens-8000-Berry-Flavor-10-6-oz-300-g/28508>

<http://au.iherb.com/pr/Now-Foods-Ultra-B-12-5-000-mcg-4-fl-oz-118-ml/6281>

<http://au.iherb.com/pr/Now-Foods-C-500-Complex-250-Tablets/7186>

<http://au.iherb.com/pr/Now-Foods-CoQ10-200-mg-60-Vcaps/16552>

<https://au.iherb.com/pr/Natural-Vitality-Natural-Calm-Organic-Sweet-Lemon-Flavor-8-oz-226-g/21268>

<http://au.iherb.com/pr/Indiumease-The-Silver-Bullet-Liquid-Mineral-1-2-oz/6146>

**Anti-aging-longevity of joints and organs and increase collagen-production**

<http://au.iherb.com/pr/Now-Foods-Liver-Detoxifier-Regenerator-180-Capsules/11016>

<http://au.iherb.com/pr/Now-Foods-L-Lysine-500-mg-250-Capsules/661>

<http://au.iherb.com/pr/Now-Foods-Hyaluronic-Acid-Double-Strength-100-mg-120-Veggie-Caps/39935>

<https://au.iherb.com/pr/Now-Foods-Glucosamine-Chondroitin-with-MSM-180-Capsules/581>

**For male concerns**

<https://au.iherb.com/pr/Now-Foods-TestoJack-100-120-Veggie-Caps/12010>

<https://au.iherb.com/pr/Now-Foods-Prostate-Health-Clinical-Strength-180-Softgels/23652>

<https://au.iherb.com/pr/Dragon-Herbs-Shou-Wu-Formulation-500-mg-100-Veggie-Caps/23258>

**For Female concerns**

<https://au.iherb.com/pr/Dragon-Herbs-Natural-Woman-470-mg-100-Veggie-Caps/24303>

<https://au.iherb.com/pr/Dragon-Herbs-Shou-Wu-Formulation-500-mg-100-Veggie-Caps/23258>

<https://au.iherb.com/pr/Now-Foods-Certified-Organic-Maca-Pure-Powder-7-oz-198-g/41632>

**Immune health & Anti-parasite/viral cleanse:**

<https://au.iherb.com/pr/Now-Foods-Immune-Renew-90-Veggie-Caps/2485>

<https://au.iherb.com/pr/Now-Foods-Propolis-Plus-Extract-2-fl-oz-60-ml/782>

<https://au.iherb.com/pr/Now-Foods-Fresh-Green-Black-Walnut-Wormwood-Complex-2-fl-oz-60-ml/591>

<https://au.iherb.com/pr/Natural-Path-Silver-Wings-Colloidal-Silver-500-ppm-4-fl-oz-120-ml/26175>

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<https://au.iherb.com/?rcode=HED377>

## CONCLUSION – FINAL WORD:

***“An ounce of practice is worth more than tons of preaching.” - Mahatma Gandhi (1869-1948)***

With the results you get after 30 days you can repeat this programme every month until your desired health results are achieved for as many months as needed.

In fact many of my patients find this is a healthy way of life ongoing, and they perform the Liver Flush & Gut-Colon cleanse 1-2 times per year!

Please let me know by email how you get on and be sure to take before and after photos of yourself as well as record information about your progress (how old cells have been replaced with healthy cells) and please send me info so I know how you are going. It means a great deal to me that I hear your progress and your results as I deeply care about all that I work with!

**If you put into practice this information in this EBook and find it helpful and you would like private personal coaching and support to take you're healing further with a professional health coach, Dr. Johnathon Dao is available for Skype worldwide or In-person consultations on the Gold Coast, Queensland, Australia.**

Also check out my other books on my website [www.cureplanet.com](http://www.cureplanet.com)  
Or Retreats and trainings here <https://www.facebook.com/emotionyoga/>

Good luck and I encourage you to put into practice what I have given you!  
Let me know how you go 😊

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**J**ohnathon Dao MD(AM) has been in clinical practice and involved in the healing arts for 23 years which began as a degree in Acupuncture & Chinese medicine which included Shiatsu and other forms of bodywork at the Australian Academy of Natural Therapies on the Gold Coast. After practicing in Europe (Finland & Switzerland) for several years, he was then lead to study Qigong & Yoga culminating in a 10 year permanent stint in India running an acupuncture clinic & school while also studying Ayurvedic herbal medicine, Yoga, Naturopathy and other Indigenous healing arts. During his time in India he also attained his MD(AM) doctor of alternative medical sciences (not western medical science) under the guidance of India's and Sri Lanka's most experienced alternative medical doctors while his clients included some of Bollywood's biggest stars. Recently Johnathon has Co-authored a book with his Qigong Teacher and best-selling author Master Mantak Chia entitled "The Eight Immortal Healers" which details Taoist Secrets to Health & Longevity and modern scientific breakthroughs in natural medicine.

From his own experience as a sick child and trauma with PTSD (post-traumatic stress disorder) and depression he was guided towards Natural medicine to heal himself and then help others with Traditional Oriental Medicine especially Acupuncture & Chi Nei Tsang (Taoist Abdominal Organ Treatment). This then led to the creation of E-motion Yoga which he is the founder of. This unique form of Yoga for emotional healing is a synthesis of Yoga, Breath-work, Shaking medicine, Dance and Music to assist in processing and healing blocked or trapped emotions in our nervous system and subconscious allowing self-healing and a safe place for the heart to feel, heal and open to love. Johnathon teaches E-motion Yoga & Qigong classes, workshops and retreats and is also available for consultation & treatments with Acupuncture, Chinese Medicine, Chi Nei Tsang, Medical Qigong Healing and traditional Dietary & Lifestyle guidance for self-healing. All these modalities are included in his treatment packages with ongoing support in person or Skype to guide you on your healing journey to wellness.

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DISCLAIMER: "Please consult your health professional especially if you are taking medications before any health detox. This information is provided for information purposes only and is the opinions of a Naturopathic & Acupuncture/Oriental Medicine Doctor who has been in clinical practice for over 22 years. The opinions and information are based on many years of study with published doctors of natural medicine combined with many years in successful clinical practice. This information is not necessarily shared, nor evaluated or approved by the F.D.A., A.M.A., T.G.A or any other 3-letter government organizations. Products or services are not offered for the purpose of diagnosis, prescription or treatment nor are they claiming to cure disease, rather increase the body's natural inbuilt ability to heal itself when and where possible. By using this information, you signify your consent to this disclaimer. The information here is presented for educational purposes in relation to health and wellness, while exercising the right to freedom of speech. It is not intended to diagnose any physical or mental condition. It is not intended as a substitute for the advice and treatment of a licensed professional. In the event that you use the information for your own health, you are prescribing for yourself or even your pets (which is your constitutional right), the author of this information cannot assume responsibility. References or links to any non-government entity, product, service or information do not constitute endorsement or recommendation."