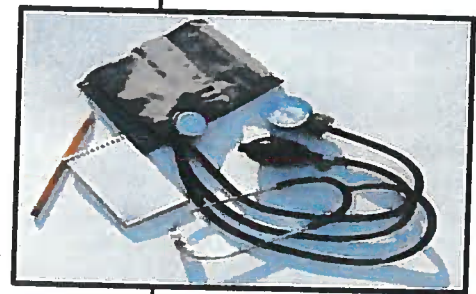
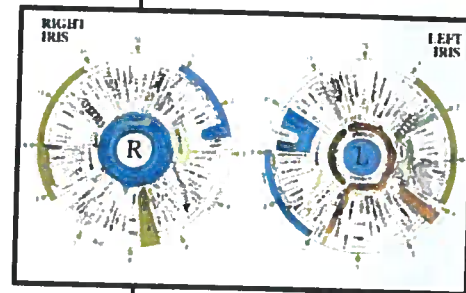


# Getting Started

## This is What it Takes to Be Successful!

The following recommendations will help you tremendously in achieving success with your detoxification and regeneration process.

1. The diet is your number one key to success. What you eat, drink, breathe, and what you put on your skin is how you bring the outside world in. Study and learn the concepts in "The Detox Miracle Sourcebook" in reference to a raw food diet. The greater percentage of raw fruits and vegetables (salads) you eat, the greater your success. If you have cancer, a spinal cord injury, Multiple Sclerosis, Parkinson's or any other chronic or degenerative condition, you will want to consume a 100% raw, LIVE food diet of fruits and vegetables (salads) only.
2. Find someone who is adept at reading your iris (Iridology). This is one of nature's greatest, and at present, **only** soft tissue analysis. It will give you a "road map" of your strengths and weaknesses. It will also show your congestive (lymphatic) and chemical accumulations. This is invaluable in helping you to address your glandular or organ weaknesses. For this reason I recommend an herbal formula program. Use herbs to address your cellular weaknesses and to move and clean your lymphatic system, GI tract, and lungs.
3. Almost 100% of homosapiens have glandular weaknesses. You can use the "What is Your Body Telling You" Questionnaire to determine yours.
  - a. Use the *Basal Temperature Study for Thyroid Function* to determine your level of thyroid function. It is extremely important when considering your levels of calcium utilization and metabolism.
  - b. If you have high and/or especially low blood pressure you know you have adrenal gland weakness. Again, check your Personal Body Questionnaire to determine other side effects of adrenal gland weaknesses.
4. Always move your Lymph System. This is the most vital system of your body to detoxify and is essential to your success. I will even be so bold as to say that everyone has a stagnant lymph system to one degree or another. This is vital in that all your cells "eat" and "excrete." Your lymph system is your sewer system. Your lymph nodes are your septic tanks. Keep them cleaned out!
  - a. Use an herbal formula for your kidneys and eat lots of fruits. Your lymph system uses your kidneys as one of the main doorways for boy sewage to be removed (other doors include the skin and the colon).
  - b. Clean and enhance your GI tract. Raw foods and intestinal restorative herbal formulas are the supreme way to accomplish this. Do not use laxatives or purgatives if you can help it. These are very addictive. You want to restore proper *digestion, absorption, and elimination* through this "hub" of your body. One to three colonics may also help. Dr. Bernard Jensen's Colema Board is a better idea yet. I do not recommend acidophilus, bifidophilus or any other intestinal flora. Your intestinal flora will restore itself.



### BASAL TEMPERATURE STUDY

The basal temperature test is a quite accurate when the temperature is tested in axilla (armpit) each morning for a period of 4 days.

A NORMAL READING IS BETWEEN  
97.8° -98.2°

#### 4. -Continued-

- c. "Sweat!" – Underactive thyroid function makes it more difficult to sweat, and sweating is vital to remove toxins from the body. Your skin is your largest eliminative organ; called the "third kidney." Keep it clean and stimulated with skin brushing, regular as well as hot and cold showers, and sweating.
- d. Walk and swim! Exercise is extremely important in moving your lymphatic system, especially in your lower extremities. **Caution:** Make sure your kidneys are filtering before vigorous exercise.
5. You will want to spend a month on an herbal parasite formula. This will help get rid of larger worms, flukes, etc. It will also help reduce the microorganisms that affect your desire for foods (*candida*, *bacteria*, etc.).
6. Clean your liver and enhance your pancreas for about a month or so. If you have Type I diabetes or you're excessively thin, you will probably need three months or so.
7. If you're on chemical medications, don't worry. There are very few interactions with this program and these formulas. If you're on high blood pressure medication, simply watch your blood pressure. This program can bring down your blood pressure fast. Be smart and use common sense. If your blood pressure is low, lowering it further with chemical meds might not be too smart. If your blood pressure is low, you must work to get it normalized and that includes enhancing and regenerating your adrenal glands. Licorice root is a great adrenal herb, but can temporarily increase your blood pressure. So monitor your blood sugar closely during the transition to a live foods diet and adjust your medications as necessary.
8. If you have other weaknesses, address these next. However, first things first!
9. One of the most important things that you can learn about the detoxification process is the cleansing process or what's called the "healing crisis." Study and learn this process and you'll understand what "diseases" truly are. Remember so-called disease symptoms manifest from only two sources – congestion and cellular weakness. That's it!
10. **FINALLY:** Attitude, attitude, attitude! Enjoy what you're doing. Always remember **WHY** you're getting your body—or physical vehicle—healthy. It's your mobility in this physical world. Without it, life isn't much fun here! Don't let anything stop you and don't take no for an answer. Make your body do what you want it to do. Many of your weaknesses are genetically passed to you. Your toxicity may have developed when you were still incubating inside your mother, so give it time. Vibrant health in this world does not occur overnight. Sometimes it's hard work—but well worth it! It connects you with life, love and GOD.

#### Symptoms ("Disorders") are Created From:

##### **Congestion:**

1. Acidosis from protein rich diets which damage the colon and kidneys.
2. Mucus from dairy products, refined sugars, complex sugars, and foreign proteins.
3. Chemicals and viruses from vaccinations, drugs, food additives, pesticides, herbicides, fungicides, hygiene products, household cleaners, products and materials, etc. Metals from cookware, teeth fillings, industrial wastes, etc.

##### **Cellular Weakness:**

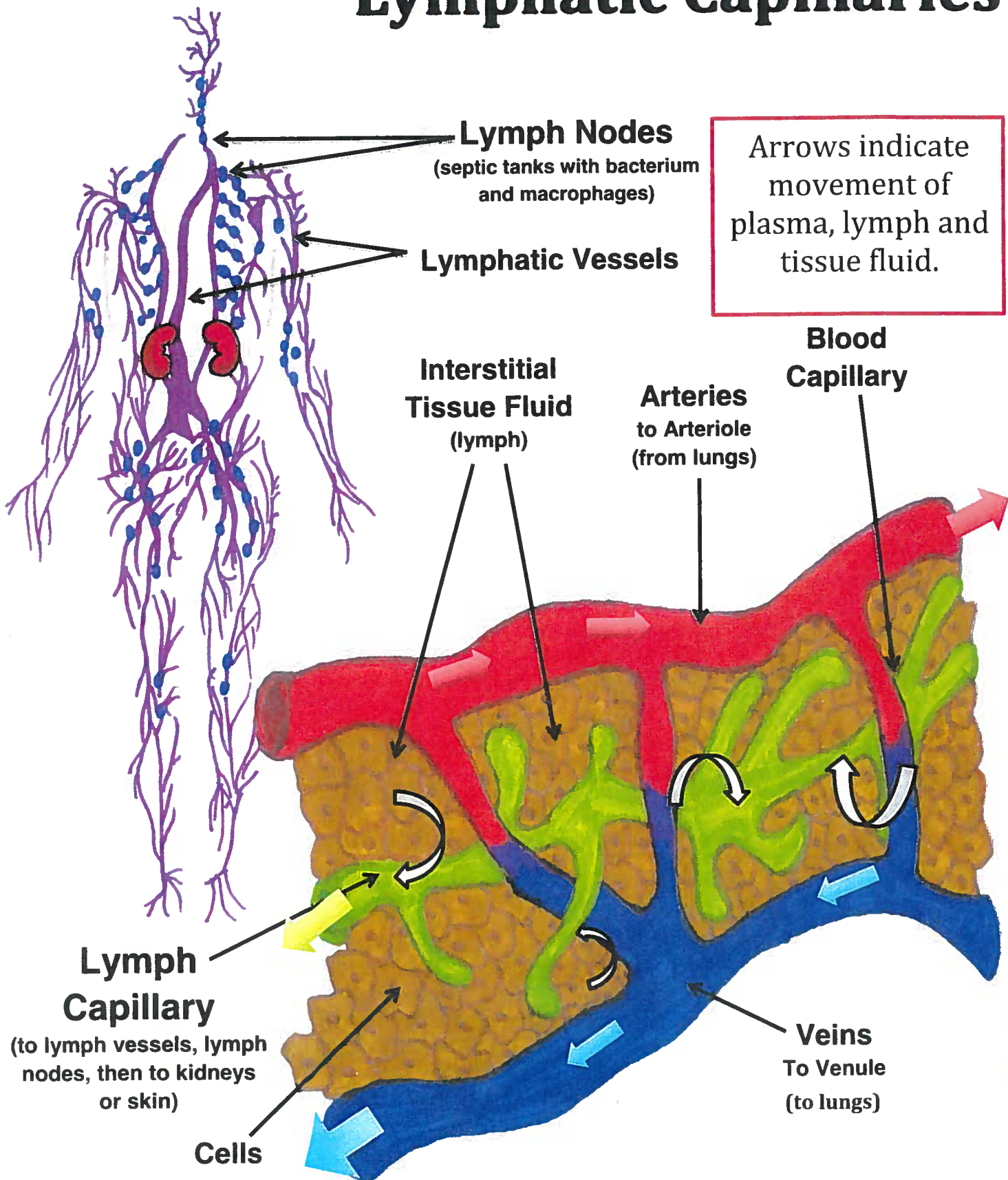
1. Caused by acidosis, congestion, and extensive inflammation.
2. Genetics

A "healing crisis" occurs when the congestion (mucus, chemicals, etc.) starts coming out. A healing crisis will also occur in the strengthening and healing of your weaknesses. Remember, you can get worse on a raw food diet. If your symptoms keep getting worse, you're not cleaning deeply enough or your kidneys are not yet filtering. do (in cancer cases, mainly), you're not cleaning deeply enough or you're simply too advanced to survive this planet.

As previously stated, focus on cleaning your body of its stored toxins (acids) and mucus as well as strengthening your weaknesses and you'll experience vibrant health. **Remember:** Kidney filtration equals wellness! Rest = Kidney Filtration!

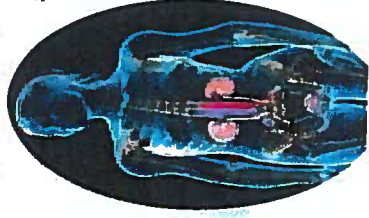
**Always be Love,**  
Robert Morse, N.D., D.Sc., M.H.

# Lymphatic Capillaries





#1 – Just as we eliminate our wastes into a toilet, the cells eliminate their wastes into the lymphatic system.



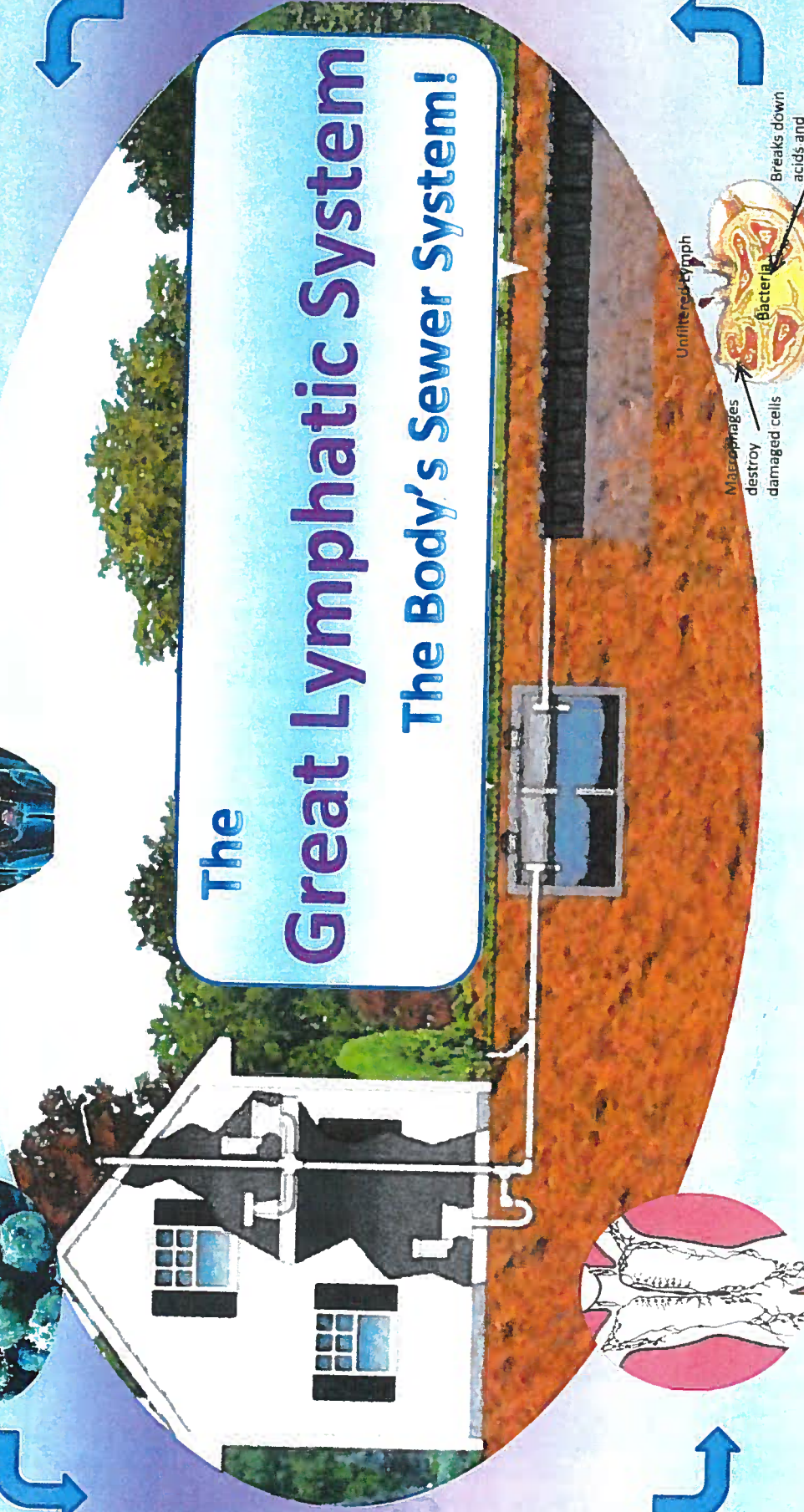
#4 – After being broken down, final elimination takes place as the lymph filters out the final byproducts via the kidneys (or the skin, especially if the kidneys are weak and/or overloaded), the same way waste from the home would pass from the septic tank to the leechfield to disperse to the ground.



The

# Great Lymphatic System

## The Body's Sewer System!



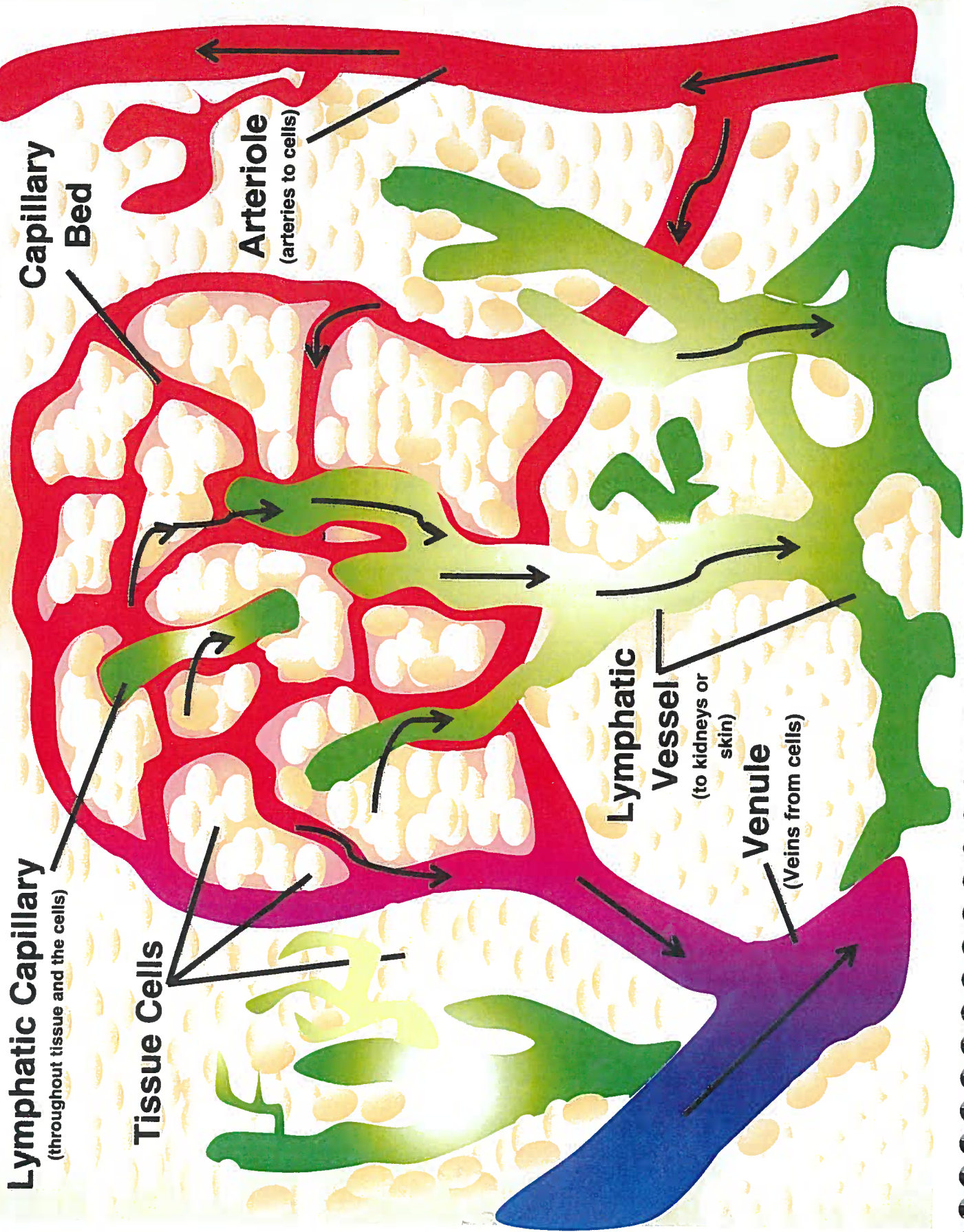
#2 – These wastes are carried out to the Lymph Nodes by the Lymphatic Vessels, just as the sewer pipes carry them to the septic tank.



#3 – Just as bacteria in a septic tank breaks down waste, the bacterium in a lymph node breaks down acid wastes, while macrophages destroy damaged cells.

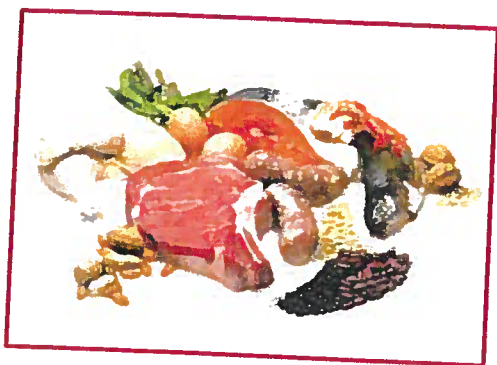


# Cross-Section of Tissue





# Understanding Proteins

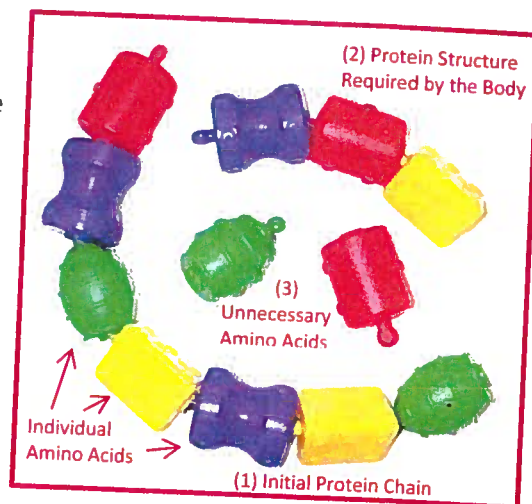


Foods that have a high concentrate (complex) structure of amino acids are called proteins. This includes flesh (muscles, organ & gland tissues, etc.), and to a lesser degree, nuts, beans, and sometimes starches (like grains).

Amino acids (not proteins) are what the body requires to build tissue and act as carriers and buffers. These amino acids group together in a specific sequence to become a useable protein, are nitrogen rich and have dominance on the acid side when broken down. When we consume proteins from animal flesh, nuts, beans, etc., the body must first break those proteins down into their respective amino acids. These separated amino acids are then grouped into the sequences our bodies need.

Think of it like a string of children's pop beads, with each individual bead representing an amino acid and the completed chain of beads a protein (1). When we eat a protein, the body must "pop apart" those beads. The necessary beads are then recombined in the order the body requires (2), and the unnecessary beads discarded (3).

This requires a lot of energy and an initial acid (hydrochloric acid releasing pepsin) to break these complex proteins back down through the peptide stages and finally into amino acids before your body can use them. This is why we call proteins, especially flesh proteins, second hand amino acids. Unlike fruits and veggies, which are considered first hand superior amino acids further leaving an alkaline ash.



It's important to note that the body does not burn amino acids for energy. This would be like burning your cabin walls in your fireplace for fuel. Carbon (carbohydrates) and oxygen are used for energy. These foods are

predominantly your fruits and vegetables. All foods have and are made up of amino acids. This gives them structure. However, these amino acids are simple and easy for your body to break apart and use.



Remember there are only two sides to chemistry. You can substitute acidosis (the buildup of acids in tissue) for inflammation, pain, and destruction of the body. Proteins can be constipating and putrefactive causing toxemia and acidosis. Flesh protein makes for body odor, where fruits and veggies cleans the body and eliminates body odor.

When man looks at his health issues they fall predominantly on the acid side of chemistry.

**DR. MORSE'S**

HERBAL HEALTH CLUB

## Nature's Milk Chemistry

Food (approximate 8oz. servings)	Ash	Carbohydrates (sugars)	Fats (Lipids)	Proteins
Human Mother's Milk	0.143%	7.4%	3.2%	0.89%
Whole Cow's Milk (3.25% milk fat)	0.017%	4%	12%	16%
Primate (baboon) Milk	0.3%	7.8%	4.5%	1.5%
Raw Coconut Milk	0.017%	4%	88%	11%
Raw Goat's Milk	0.8196%	4.4672%	4.139%	3.565%
Raw Almond Milk (unsweetened, homemade, 13oz.)	unknown	0.6194%	1.584%	0.6681%
Soy Milk (unsweetened)	0.2702%	1.771%	1.9097%	2.749%
Bananas (1, peeled, 7.5oz)	0.849%	13.20754%	0.47%	0.943%
Grapes (1 cup, 3.2oz.)	0.771%	25.35%	0	1.1025%

*Note: As you can see, primate milk is the closes to human milk of ALL nature's milks.*

## Some Food Chemistry

Food	Calories (avg. serving)	Ash Per serving	Carbohydrates (sugars) Per serving	Fats Per serving	Proteins Per serving	Water Per serving
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### Fruits

*Fruits are much closer to mother's milk in chemistry than vegetables.*

Watermelon (1 fruit only, 14lbs.)	46	0.006%	0.1594%	0	0.0159%	2.248%
Apple (1, 10oz.)	149	0.0714%	4.642%	0	0	38.214%
Banana (1 peeled, 7.5oz)	121	0.849%	13.20754%	0.47%	0.943%	79.716%
Grapes (1 cup, 3.2oz)	62	0.771%	25.35%	0	1.1025%	82.46%
Lemon (1 with peel, 3.8oz)	22	0.3703%	11.11%	0	1.2037%	87.407%

### Vegetables

Avocado, raw (1, 16oz.)	365	0.7284%	5.298013%	6.754%	1.5011%	52.98%
Spinach, raw (1 cup, 30g)	7	1.66%	3.66%	0.33%	3.0%	91.3%
Acorn Squash, raw (1, 20oz.)	172	0.904%	10.41%	0.092%	0.788%	87.7%
Beet, raw (1, 4.5oz.)	37	1.097%	9.51%	0.121%	1.585%	87.5%

### Coconut Meat

1 Cup, Shredded	283	0.89%	15.25%	33.5%	3.375%	47%
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### Animal Protein

Food	Calories <small>(avg. serving)</small>	Ash <small>Per serving</small>	Carbohydrates (sugars) <small>Per serving</small>	Fats <small>Per serving</small>	Proteins <small>Per serving</small>	Water <small>Per serving</small>
Beef, ground, 70%, 30%, raw (28g)	93	.7142%	0	30%	14.285%	54.285 %
Chicken Breast, raw, meat only (28g)	31	1.0714%	0	1.0714%	23.214%	74.64%

Note: A good book to study on this subject is "Composition and Facts About Foods, and Their Relationship to the Human Body" by Ford Heritage.



## A TRAGIC MYTH:

# THE TRUTH ABOUT SUGARS

As the engine in your car needs a carbon-based fuel to run, so does your physical body. The main constituents your body needs to function are *amino acids*, *fatty acids*, and *sugars*. However, it is **sugar** mixed with **oxygen** that your body **requires** to run the machine. To understand sugars better, simple definitions of sugars are necessary.

**Monosaccharide:** A single or simple sugar, e.g. glucose, fructose, or galactose (also known as carbohydrates).

Simple sugar cannot be broken down any further.

**Poly or Disaccharide:** Starch or complex sugars consisting of several glucose/fructose bonds depending upon the type of starch or carbohydrate.

This requires more cortisol from your adrenal glands.

Your body uses digestion to separate the *simple* from the *complex*. In other words, your body can not use complex *proteins*, it can only use *amino acids*, the building blocks of proteins. So the body **must** break down a *complex amino acid structure* (a *protein*) into *amino acids*, *fats* to *fatty acids*, and *starch* or *complex sugars* to *simple sugars* before your body can use it properly. With this factual information, it should start to become evident that sugars are a big factor in health! Your body mixes *glucose* or *fructose* with *oxygen* to achieve cellular energy known as **ATP** (*adenosine triphosphate*). Without ATP a cell will weaken and become attacked, mainly by parasites or bonded with a virus, or antigen. So sugar (carbon) and oxygen are the number one need of your body.

When you consume *complex sugars*, as in anything *complex*, your body now has to deal with the need for more cortisol and the overload of *simple sugars* and now has to store them as *fat*, *excrete what it can*, and use the *fungal family* to help it rid itself of all the unneeded sugar through fermentation. This causes excessive acidosis. If one's adrenal glands are weak and one runs low cortisol levels one can see blood sugar problems.



The same is true with *proteins* and *fats*. A lot of man's toxemia comes from *excess proteins*, *fats*, and *sugars*, which are broken down into acids, stored and/or parasitically acted upon. With a stagnant lymphatic system, this creates: *systemic acidosis*, *body odors*, *culturing of parasites* (*bacterium*, *protozoa's*, etc.) all of which start the inflammatory (*immune*) response and the atrophy of the body.

When you feel low energy 99% of the time it's your adrenal glands. We mistakenly think that protein is our energy source instead of a sugar (carbohydrate). This is old propaganda. The only energy we feel from meat is the adrenalin (epinephrine) in the meat from its death. Carbon and oxygen (carbohydrate) is our main source of chemical energy.

You must understand your body **does not** use *proteins* for energy. It is only the *adrenaline* or *epinephrine* in meat that is energetic. This is a problem in that your *adrenal glands* are supposed to supply your body with *adrenaline* when needed for nerve function.

It is said, "*Sugars feed Candida*". I hope with the above understanding you can see through this myth! If you put out a piece of *cheese*, a *slice of bread*, and some *grapes* or a *ripe banana* on the counter in your kitchen, which one is going to grow mold (*fungus*) on it first? It will be a race between the *bread* and *cheese*. The fruit will only grow mold as it begins to ferment, since the cheese and bread are already fermented.

## Fruit (sugars) and Candida (fungus)

Remember: Nature uses the *parasitic kingdom* to clean and eliminate that which is not needed, damaged, or in some way loses its ability to support life in a healthy way. *Fermentation* and *purification* are the processes of decay, or breakdown, which require parasitic action. Healthy cells and lymph do not require parasitic action. Of course this includes the cells in your body. With this understanding, what type of sugar could feed *Candida* (*yeast, fungus, molds, warts, etc.*)? That's right... **STARCHES and EXCESS SUGARS!** They also equal fermentation—especially with low adrenal function.

"*Sugars feeds cancer*" is another tremendous myth. To claim sugars feed cancer is to deny what decades of science has proven. To starve the body for a sugar is to starve the cell of its energy. This causes cancer. *Starvation, acidosis, and ketosis* damage cells. A damaged cell is on its walk down the road to *A-typical* and becoming a *cancer cell*. Acids, of course, are what damage a cell in the first place. Acidosis is caused by eating *proteins* and *refined fats* or too many *supplement fatty acids*. Remember: The body is simplistic. More is not better. Less is often times better e.g., fasting of all types, under-eating, etc. Acids are corrosive and damage the cell when one's lymphatic system can no longer filter them through one's kidneys. Acids create inflammation and the parasite response to the above. As said, glucose and fructose are both simple sugars. To say a fruit feeds cancer is also saying vegetables feed cancer. This is all stupid thinking! Even the American Cancer Society recommends a high fruit and vegetable diet! With this said, the whole concept of diseases is a fabrication of the AMA. Chemistry and physics rule—there is simply cause and effect, no labels.

## Sugars (fruit) and Cancer

There are many properties that make fruit superior to vegetables. Fruits are high in *antioxidants* and *astringents* and will move your lymphatic system. This is why one sees a lymphatic response when fruit is consumed. That is what you want! Fruits, also being a simple sugar, are superior for *blood sugar conditions, pancreatitis, hepatitis*, and all other *gastric and intestinal conditions*. Fructose **does not** require insulin or extensive digestive enzymes. Fruits magnetic (*electrical*) energy is the highest of all foods, making them superior brain and nerve foods. They will bring energy to the body where most other foods take it away. **NEVER FEAR THE USE OF FRUITS!** I cleaned up a lymphoma case in France once in 45-days on grapes, a stomach cancer case in 56-days, the list goes on and on...

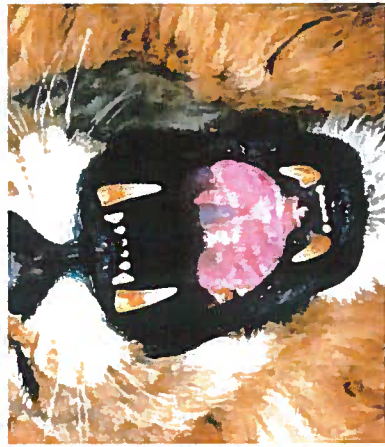
Superior deep-tissue detoxification can only take place with **fruits and water fasting**. Vegetables, because of their lower *energetic, antioxidant* and *astringent* properties, will only detoxify you so far, and then you will reach a plateau. I see this all the time, especially in these "*so-called*" detox and health retreat centers. I have a lot of clients who have tried these "detox centers" and then call me out of desperation. They are always craving fruits! Add fruit and botanicals to the mix and you will have the superior way to win over the conditions **you** created.

## Detoxification and Fruits



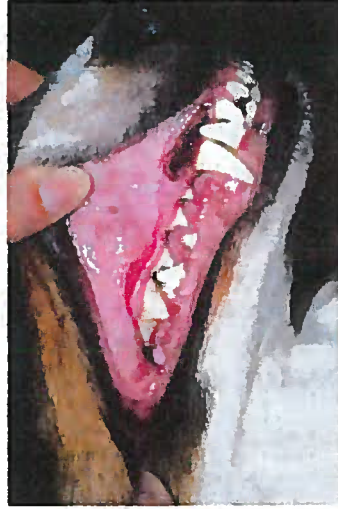
# Teeth are Tools for Eating

WHICH DO YOURS LOOK MOST LIKE?



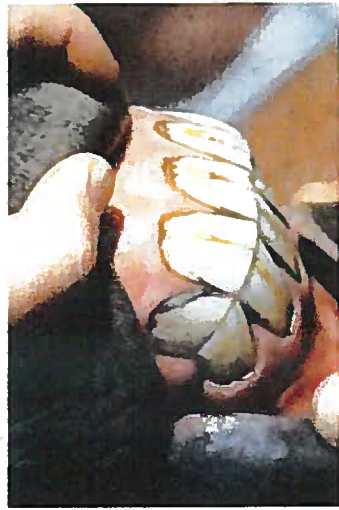
## CARNIVORE

Cats, Wolverines, Polar Bears



## OMNIVORE

Foxes, Squirrels, Hogs, Dogs



## HERBIVORE

Horses, Cows, Elephants, Deer



## FRUGIVORE

Humans & Primates

WHAT SPECIES  
ARE WE?



*Human teeth are  
designed for a diet of  
fruits, nuts, seeds,  
sweet vegetables &  
herbs.*







## WHAT SPECIES ARE WE?



*Further evidence that  
humans are indeed  
frugivores.*



## CARNIVORE

*Cats, Wolverines, Polar Bears*



# What Do YOUR Paws Look Like?



## HERBIVORE

*Horses, Cows, Elephants, Deer*



## OMNIVORE

*Foxes, Squirrels, Hogs, Dogs*



## FRUGIVORE

*Humans & Primates*



# ACID AND ALKALINE

## Charts and Information



## RECOMMENDED ALKALINE FOOD AND LIFESTYLE

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

## NOT RECOMMENDED ACID FOOD AND LIFESTYLE CHOICES

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

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

# 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
Hate	Envy	Fear	Trauma	Sunlight

	Cold Air	Pleasure	Laughter	Happiness
	Walking	Yoga	Rest	Sleep

\*\*Italics indicate items that are still good yet are categorized as more acidic. \*\*



# 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



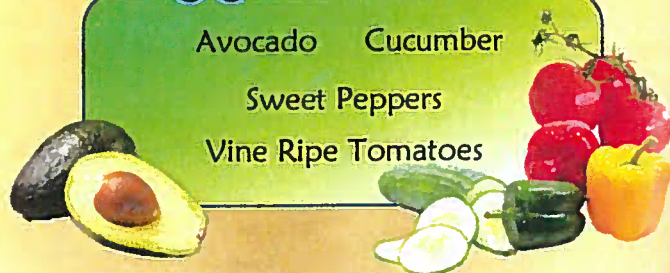
## Green Drinks

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!



# TOP 5 **WORST** FOODS FOR HUMANS

**#1**

## Dairy Products

- Ice Cream
- Cheese
- Milk (includes raw milk)
- Yogurt
- Milk Products
- Etc.



**#2**

## Processed and Refined Foods

- Canned foods
- GMO
- Processed foods and sugars
- Rice
- Etc.



**#3**

## Animal Protein & Products

- Beef
- Pork
- Chicken
- Fish
- Lamb
- Turkey
- Etc.



**#4**

## Proteins from Other Sources

- Beans
- Soy products
- Seeds
- Eggs
- Grains
- Etc.



**#5**

## Cooked Foods

- Foods that have been canned
- Foods that have been cooked through high heat methods
- Fried foods
- Etc.





# 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:

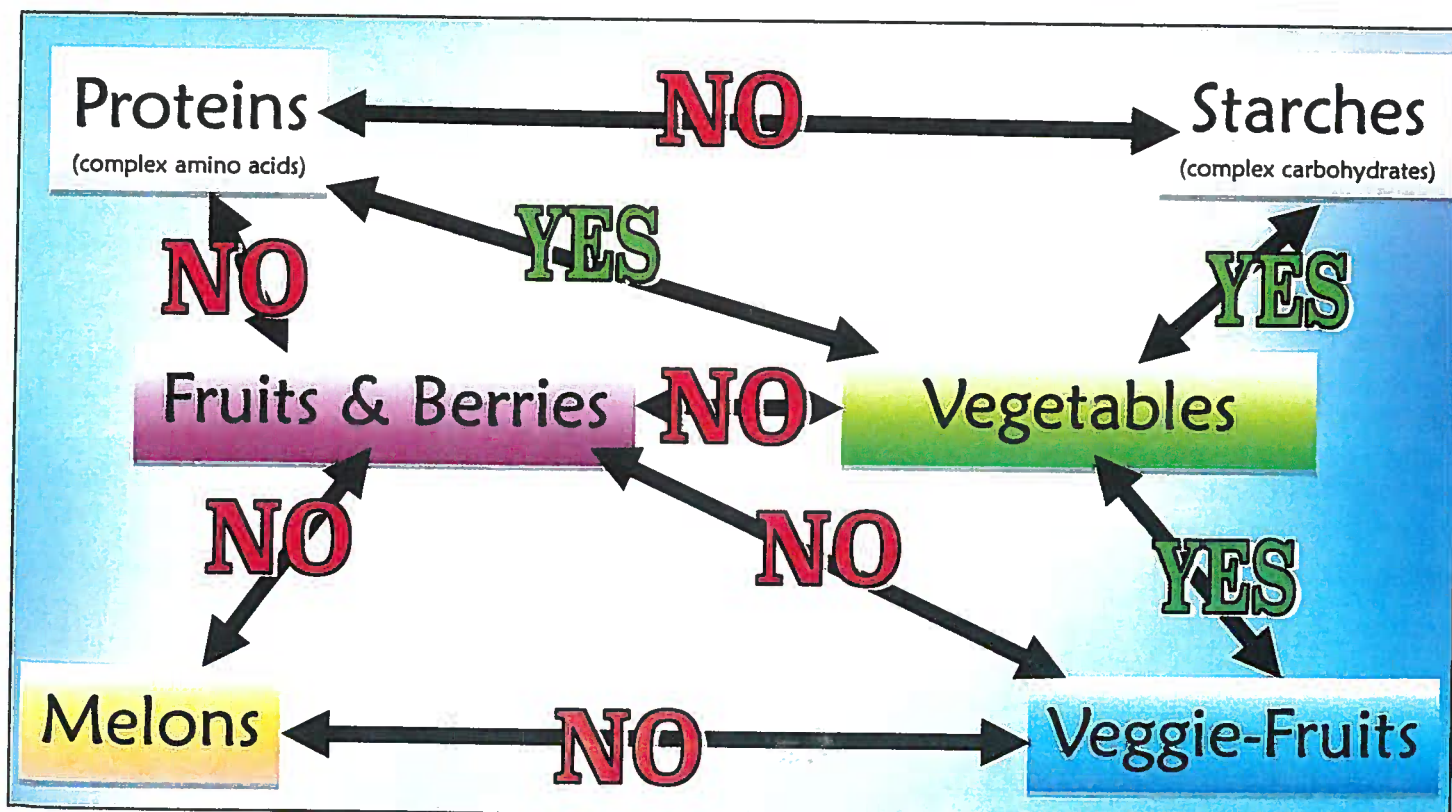
**Vegetables:** are foods for herbivores (horses, cows, elephants, etc.). Their anatomy (body design) and physiology (chemical/electrical activity) is designed completely different. Their teeth and jaw grind their foods, then they have 2 or more stomachs to help with the digestive process of high fiber 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





# #1 DAIRY PRODUCTS

Food (approximate 8oz. servings)	Ash	Carbohydrates (sugars)	Fats (Lipids)	Proteins
Human Mother's Milk	0.143%	7.4%	3.2%	0.89%
Primate (baboon) Milk	0.3%	7.8%	4.5%	1.5%
Whole Cow's Milk (3.25% milk fat)	0.017%	4%	12%	16%
Raw Goat's Milk	0.8196%	4.4672%	4.139%	3.565%

A close look at the above Mother's Milk Comparison chart plainly shows that the only mother's milk in nature that is almost identical to a human female is mother's milk from a primate.

An important note here is that human mother's milk nutrition and pH is *diet dependent*. Since most of a human female's diet is acid forming (high protein), the milks become acidic. All milks in nature must be neutral or somewhat alkaline, or the offspring will suffer immensely with mucus build up throughout the body, under the skin, in the lungs, and even tumor development.

Human babies should only be on his/her mother's milk for about six months. And that is if the milk is alkaline (base)! If you keep your babies breastfed too long, then the same lymphatic problems happen to them. This is the system of all allopathic cancers. The system of mucus!

Milk and milk products are the #1 reason for mucus build up and lymphatic congestion.

# #2 PROCESSED & REFINED FOODS

It is obvious that when you process a food it drastically alters that food – in both its chemistry and electrical (energy) components. In most cases, the electrical properties (electrolytes, life force, etc.) are almost destroyed. The original chemistry is always altered, producing harmful chemistry instead of a healthy and balanced chemistry. A lot of this altered chemistry is cell damaging (what allopathic calls cancer causing or a carcinogen) and of course, they are acid forming.

# #3 ANIMAL PROTEIN (MEAT) & BY-PRODUCTS

The Homosapien (human) is not a meat eating species. Humans are like primates whose genetic codes are 98% the same as humans. Like it or not, man (male and female) is a frugivore. The human body is best designed to eat fruits, berries, and melons.

Animal protein is too high in protein (complex structures of amino acids), putrefactive in man's GI Tract, vibrationally negative, and it leeches calcium out of the body. All of this causes high acidosis, which leads to all of the allopathic disease symptomology.

# #4 PROTEINS FROM OTHER SOURCES

Even though the degree of putrefaction is less and more rounded chemistry, high complex amino acid foods (proteins) such as beans, seeds, eggs, nuts, etc., cause high acidosis as well. These foods are very difficult to digest (enzyme inhibitors) and are very constipating just to start. The result of a high protein diet is a long list of diseases the medical world created. The areas of your body that see the most damage from higher protein diets are the GI Tract tissue, urinary system (kidneys and bladder), and gonadal tissue (testes, prostate, uterus, ovaries).

# #5 COOKED FOODS

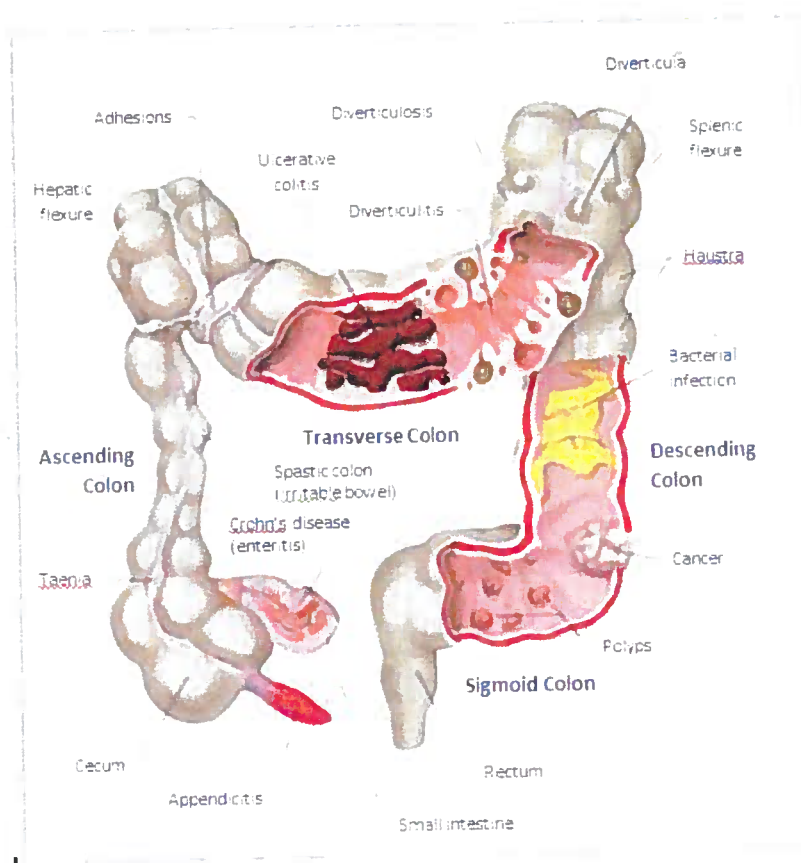
Cooked food robs the body of energy! Chemistry is greatly altered, and in most cases, causes digestive stress, constipation, gas, acidosis, and loss of energy. Cooking foods leads to death.



# Effects of Improper Diet on Your Colon

Because of the long and absorbing nature of our small and large intestines, it is vital that you have at least one bowel movement a day. You will reabsorb toxins, poisons, acids, etc. if you allow your bowels

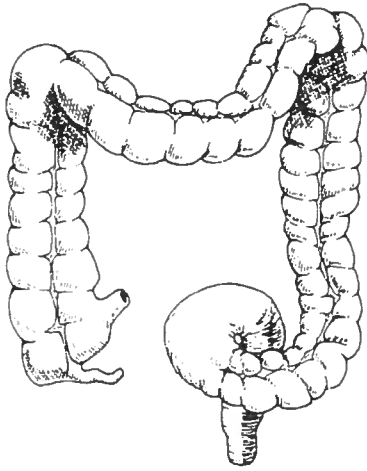
to back up. Bowels that do not move frequently enough develop layers of impacted fecal matter that poison the system and hinder proper absorption of nutrients. Two to four stools (or one movement after each meal) is best!



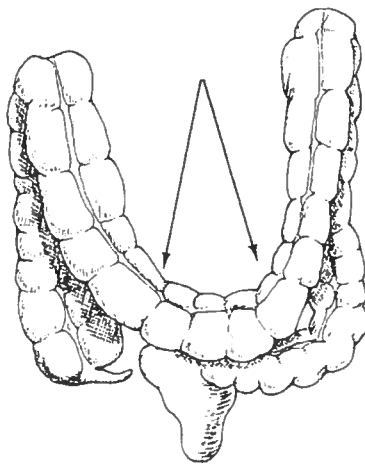
thick "rubber-like" substance all through our bowels call **mucoid plaque**. This causes inflammation, pockets, malabsorption, constipation or diarrhea, ulcers and cancer.

**It is very important that you  
spend time rebuilding  
your bowel health!**

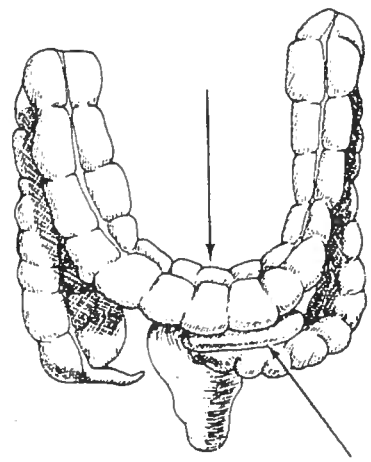
# Common Colon Problems



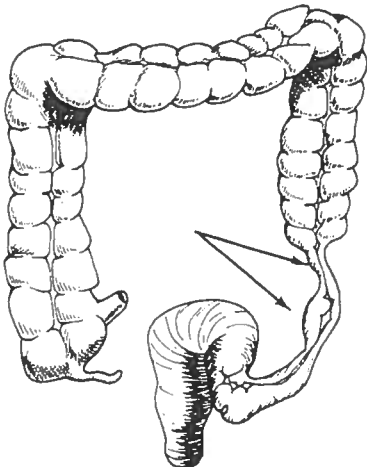
*Normal colon*



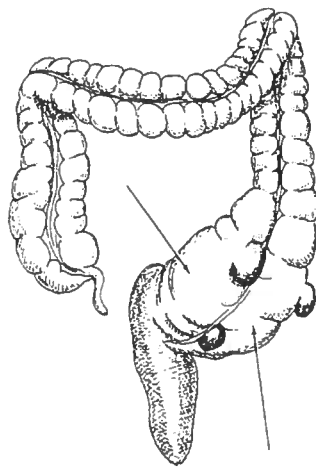
*Prolapsus*



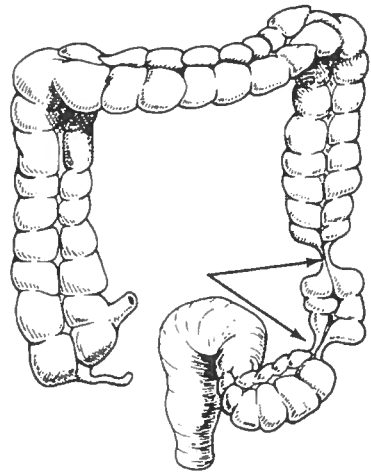
*Prolapsus with pressure on lower organs*



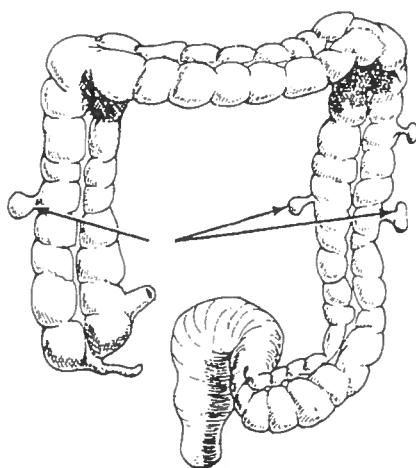
*Spasm*



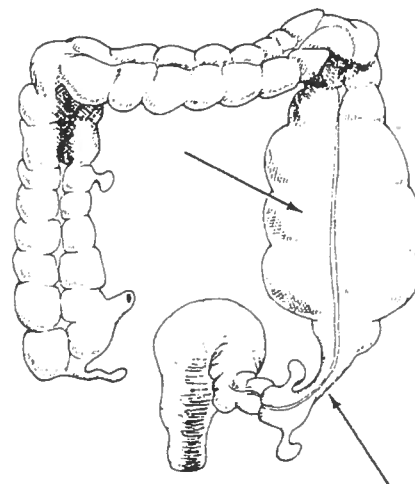
*Ballooned sigmoid*



*Stricture*



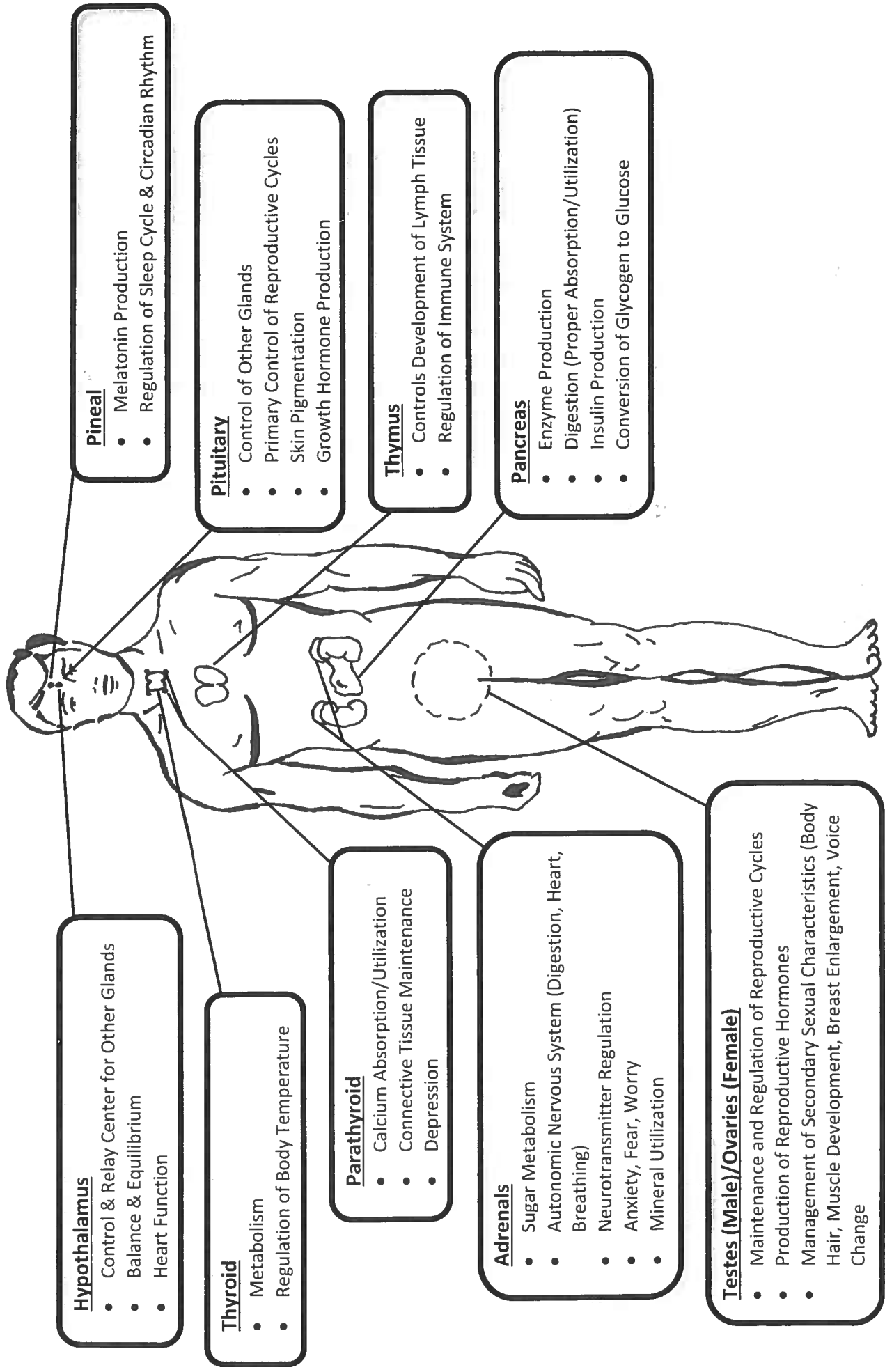
*Diverticula*



*Colitis*



# Basic Functions of the Endocrine Glands



## HOW YOUR BODY ELIMINATES WASTE:

**The Colon**  
(Food, Unabsorbed  
Food Nutrients, and  
Large Wastes from  
Other Organs)

**The Kidneys**  
(Cellular Waste  
from the Lymphatic  
System)

**The Skin**  
(the 3rd Kidney,  
also Filters  
Lymphatic Waste  
and gasses)



## WHAT YOUR BLOOD PRESSURE TELLS YOU

Adrenal	=	Systolic
Kidney	=	Diastolic

The left and right blood pressure correlates to the left & right kidneys and adrenal glands. High numbers indicate hyperactive kidneys and/or adrenals. Low numbers indicate weakened kidneys/adrenals.

### IDEAL RANGE:

120-130

60-70

# Watch Your Urine!

## The Misunderstood Role of the Kidneys and Their Filtration

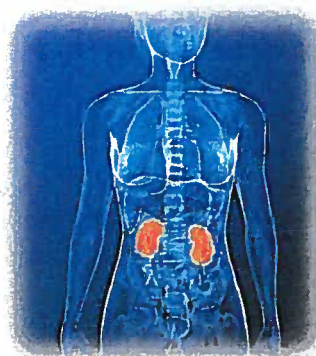
When you stop to think about it, the body has **TWO** predominant types of waste (by-products) to get rid of:

### DIGESTIVE WASTES

These are by-products of digestion and what you consume or don't absorb. These wastes are removed by the large intestine (the colon). This, of course, is food and stool matter. The liver can dump by-products this way as well.

### CELLULAR WASTES

These wastes and by-products come from the cells and their metabolic processes. Consider that your physical body has over one hun-



dred trillion cells that make up all the tissues, organs, glands, structures, etc. Each cell produces waste—This is a lot of waste!

There are other minor wastes from bacteria, fungus, and other actions and/or par-

asites. These wastes, as well as a lot of cellular wastes, are dumped into the lymphatic system, and from there are filtered through the kidneys. Lymphatic waste can also be filtered out the skin (often referred to as the body's "third kidney").

Ignoring the **lymphatic system** and the waste it must dispose of and focusing strictly on the blood & colon, the medical profession (and many holistic practitioners) have overlooked the essential issue of your body's great sewer and main immune system:

### THE GREAT LYMPHATIC SYSTEM!

## When the Kidneys Do Not Filter

**When the kidneys do not effectively filter the lymph, the creatinine in your blood will rise. At .7 you are starting to get into trouble. At 1.0, you are walking toward dialysis!**

Your kidneys are the main eliminative organs for your body's Lymphatic (sewer) system. When your kidneys lose their ability to filter the cellular wastes (acids) out of your body, they back up—just as sewage from any other sewer system would.

This "back up" of acids is called **INFLAMMATION**. From this point forward pain is a reality, as well as swelling and the destruction of the respective tissues. Pimples,

boils, cysts and tumors begin to form. The frightening thing is that this inflammation becomes systemic, affecting you from head to toe!

Cancer cells are simply cells damaged by their own acid wastes. Cancer is not an entity that can travel to other tissues (cells) and magically turn them into cancer cells. However the acid condition that lead to this cell damage is systemic.



## Does Your Urine Look Like This?



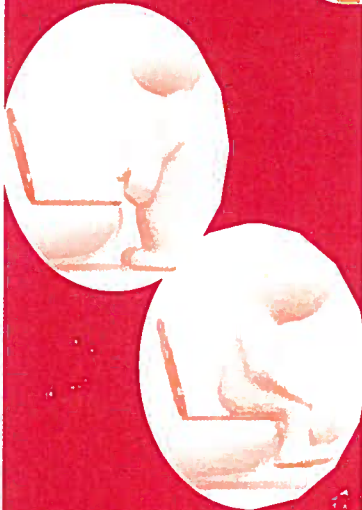
Sediment = sewage!

Check your urine occasionally. This is done simply by peeing in a jar and observing. It can be done any time of day.



It doesn't matter if the sediment looks like snowflakes, strings, or a general cloudiness.

The more sediment, the more lymphatic waste your body is filtering out!

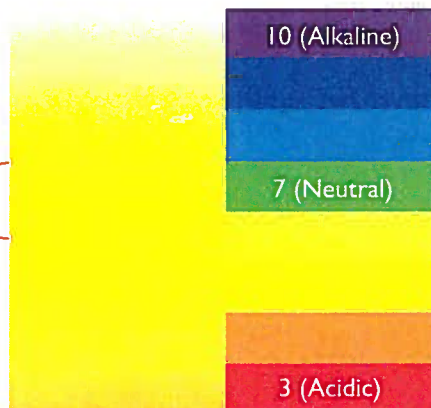


Urine **MUST** have sediment in it. If it is clear, where are your cellular wastes?



## Color & pH

Ideal Urine Color Range to Indicate Filtration of Acids



Ideal Urine pH Range is 6.0-6.5

## Or Like This?

- \* If your urine is clear (no sediment), your kidneys are not filtering properly.
- \* Foamy urine can indicate too much protein in the diet.
- \* Fruits, berries, melons and herbal formulas can help restore proper kidney filtration.
- \* Fasting is another way to strengthen and rejuvenate the kidneys and encourage filtration.



# The Role and Practice of Fasting in Detoxification

Fasting, in some form or another, has been practiced since the beginning of man, and probably animal. Fasting is instinctual and is associated with rest and energy management.

There are basically two forms of fasting. The first form of fasting being *forced* fasting, meaning it is a type of fasting *forced* upon us during sickness. This is the body's own mechanism to divert much-needed energy from digestion to the immune, lymphatic and endocrine systems. This gives our body's much needed energy to expel wastes or obstructions (congestion) that is involved with eating wrong foods.

The second form of fasting is *conscious* fasting, which is also done to cleanse and restore the body. Conscious fasting builds your self-discipline and self-confidence. These are two important attributes to develop on the road to good health.

Both forms of fasting are energy management for the body and have the same end in mind. Most of the foods that people eat rob his or her body of energy instead of giving or supplying it energy. Health and vitality is *energy* where dis-ease is a *lack of energy*. Fasting is the universal way the body can rest from extensive digestive and metabolic issues. It uses that same energy instead to clean itself out of acids and toxins, thus allowing the body to heal itself.

Our digestive and eliminative systems become overworked, congested, weakened, and damaged on a typical diet of meats, grains, dairy products, and the like. Fasting allows the pancreas, stomach, liver, intestines, and even the kidneys to have somewhat of a rest. This gives more energy to the glandular and lymphatic systems (immune). Fasting at one level or another can be vital in getting well.

There are many types of pseudo-fasts, other than water fasts, that you can also do. Let's explore these types of fasting and how to properly stop or "break" a fast.

First, we have the all-raw food fast. This of course is not really a fast or diet, but to most people who eat the opposite, this is considered a fast. Remember, no other animal cooks their food before they eat it. Take this a day at a time and try to eat all raw that day. Go on five, ten, thirty or sixty days eating all raw foods (uncooked). The longer the better! This type of fast or diet would include fresh raw fruits, fruit juices, vegetables, and vegetable juices. No "protein" type foods like nuts or seeds.

The second type of fast would consist of all fruit. I highly recommend this type of fast. Being frugivores, this type of fast or diet would be more harmonious with our physiological and anatomical processes and design. Grapes should be the focus; however, any fruit or combination of fruits or melons will do. Remember, eat melons alone or leave them alone! You could just eat grapes alone, or watermelon, or apples...whatever you like or crave. I have helped a lot of souls clean tumors out of their physical bodies with grapes and grape juice fasts. Eat as much as you want. We do not count calories on this program. Remember, man is a fruigivore and a fruit diet would simply be the natural diet for man.

Third, we have juice fasting. This is high-level fasting, which provides your GI tract a big rest. These are high-energy fasts, which initiate much needed cleansing and lymphatic movement, while keeping the kidneys flushed out. Juices still supply glucose and fructose to cells for energy. These juices can be vegetable or fruit. However, the power is within the fruit juice, especially fresh grape juice.



The fourth and ultimate type of fasting is water fasting. This should be done with a pure spring, R/O (reverse osmosis) or distilled water. At this level, your digestive energy is totally given to the neurological, lymphatic, and glandular systems. This creates a high level of body cleansing and purging. The body, in its tremendous wisdom, will focus on removing stored toxins, mucus and inflammation. To the average individual, water fasting can give you energy. However, the goal in weakened or depleted conditions is to give energy to the body, elevating the systemic energy. I personally do not recommend this fast for highly depleted and weakened individuals, especially with cancer. This is because you are not feeding the body energy, per se, so the body must work with the energy it has. Even though fasting gives most individuals energy, when you are dealing in advanced tissue weakness, raw foods and especially fruits, will empower the body with nutrition and energy. Consuming high-energy fruits or fruit juices will begin to bring one's cellular and systemic energies up, at the same time allowing for detoxification. Water fasting in highly depleted cases can enervate the body and lead to death.

After the individual is built up, then water fasting would be appropriate. There are always exceptions to any rule. In a pancreatic cancer case I had, the individual had stopped digesting food completely. I started her on fruit juices only. Then I added vegetable juices, and finally, after a short period of time, I added fruit and then vegetables. The reason I chose this method is simple. First, her pancreas had stopped digesting her food. When she ate any food, it came out in her stools undigested. I needed to maintain her systemic energy, but give her something that took little, if any, effort for the pancreas to digest. A freshly juiced fruit juice is the best choice in this situation. I added vegetable juices after a while, even though they are harder to digest, but her pancreas had improved enough to handle them. Keep in mind that I am also using liquid botanical extracts to enhance various organs and glands in the body, especially the pancreas. I finally added solid foods, starting with fruits again because of their high energy levels and ease of digestion. Finally, in eleven months, she was cancer free!

NOTE: Weakened adrenal glands (low blood pressure) will almost always yield low energy no matter what we eat.

### When to Break a Fast

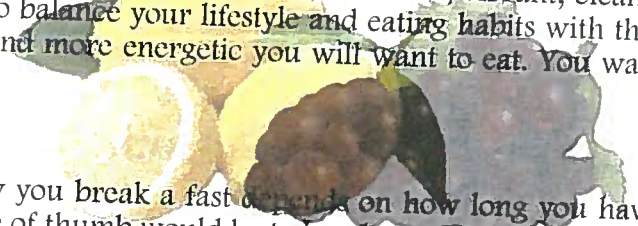
The best time to "break" a fast is by listening to your inner guidance or intuition. You know your body better than anyone. Listen to it! You will know when you have had enough. Now be fair. Desire can creep in! However, this is a good sign. After about three days or so one loses the desire for foods, and in a lot of cases, eating. This is because the body is starting to use that digestive energy for cleaning and healing. When you start feeling hungry again, this is a good sign to start eating. Remember to start with fruits only!

Another way to determine how long to fast, is the tongue method. This is the old fashioned way that I have used for years. When you start fasting, your tongue will become coated with a thick white, yellow, green or brown substance. The more toxic you are the thicker and darker this coating becomes. Of course the healthier you are, the less your tongue will coat when you fast.

If you fast until your tongue becomes pink again, you will have done a tremendous job of cleaning your body out. Detoxification is an ongoing process that can take years. That sounds worse than it is. Health should become one of your hobbies. Spend a good year or so aggressively working on yourself, then set your new lifestyle in motion with balance and harmony. This will be the new, healthier, vibrant, cleaner and aware you! As you grow spiritually, always seek to balance your lifestyle and eating habits with this. The more you expand your awareness, the healthier and more energetic you will want to eat. You want your physical body to keep up with you!

### How To Break a Fast

Now it is very important how you "break" a fast. How you break a fast depends on how long you have fasted and what type of fast that you did. A general rule of thumb would be to break most fasts with a day or two of just fruit eating for every three days of water fasting. I heard of a man who died from breaking a long extended fast with boiled potatoes. Being a sticky, gluey, starch, I can see how it locked his bowels up. Always try to keep your bowels moving. When you are on a juice or water fast, this is not always possible.



# Basal Temperature Study for the Thyroid Function

The basal temperature test is quite accurate when the temperature is tested in the axilla (armpit) each morning for a period of four days. If the temperature is consistently low, then there is a hypo- (under function) of the thyroid gland, in spite of what a laboratory analysis indicates. The temperature should be taken immediately upon awakening with the thermometer held snugly in the axilla (armpit) for a full ten minutes. Be sure to record each reading accurately. It is your *accuracy* that determines the value of the test.

## How To Take Your Own Basal Temperatures

At night, before retiring, shake down a thermometer and lay it beside your bed, on your night table or chair.

*Note: Traditional mercury thermometers may not be easy to find, and digital thermometers may be your only option. In this case, locate a **basal digital thermometer** (typically located with birth control/fertility supplies).*

Next morning, on awakening, do not get up or move around. Place the thermometer under your armpit pressing your arm against your bare body. Relax and leave it there for ten minutes by the clock. Take it out, read, and write down your results.

This record of your early morning basal temperature is a great aid to you in determining hypothyroidism. One of the most important issues of hypothyroidism is calcium utilization and metabolism issues.

Normal Basal Temperature Reading is between:  
97.8° to 98.2° Fahrenheit

Date: \_\_\_\_\_  
Date: \_\_\_\_\_  
Date: \_\_\_\_\_  
Date: \_\_\_\_\_

Temperature: \_\_\_\_\_  
Temperature: \_\_\_\_\_  
Temperature: \_\_\_\_\_  
Temperature: \_\_\_\_\_

For menstruating females, also take temperatures on the second and third days of your period.

Date: \_\_\_\_\_  
Date: \_\_\_\_\_

Temperature: \_\_\_\_\_  
Temperature: \_\_\_\_\_

Record your additional readings here:

Date: \_\_\_\_\_  
Date: \_\_\_\_\_  
Date: \_\_\_\_\_  
Date: \_\_\_\_\_

Temperature: \_\_\_\_\_  
Temperature: \_\_\_\_\_  
Temperature: \_\_\_\_\_  
Temperature: \_\_\_\_\_



# Grape Juice Fast

## How to make it:

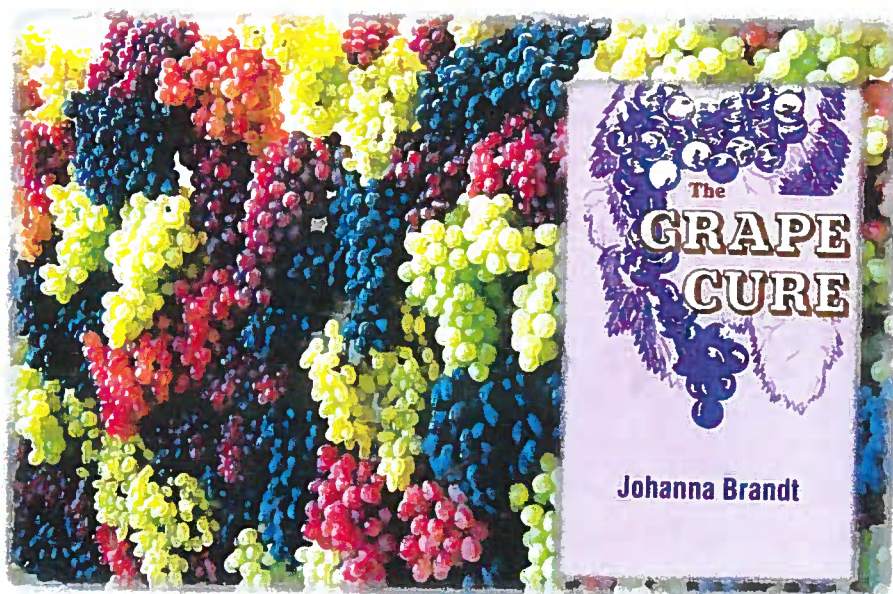
- Juice a quart of grapes (*seeds and small stems as well*).
- Any type of grape is okay; however the dark, seeded ones are the best.
- A juice extractor or juicer is necessary.



## How to take:

Drink **GRAPE JUICE** as often and as much as you want. Grapes are high in antioxidants and astringent properties, which help remove toxins from the body. Eating grapes and drinking grape juice always makes for an excellent fast. I have "fasted" people for over 75 days on just grapes. A 5 or 10 day grape or grape juice fast is superb and extremely beneficial.

Grapes and lemons are two of nature's greatest lymphatic cleansers and "tumor busters." I have seen lymphomas gone in forty-five days and stomach cancer gone in fifty-six days using these fruit juice fasts in combination with herbal therapy and a raw food diet.



# The Lemonade Diet



## How to make it:

- 2 Tbsp. Lemon or Lime juice (approx.  $\frac{1}{2}$  lemon)
- 2 Tbsp. genuine Maple Syrup, Grade B is best (*not maple flavored sugar syrup*)
- A pinch of Cayenne Pepper (approx.  $\frac{1}{10}$  tsp.)

Combine the juice, maple syrup, and cayenne pepper in a 10-oz. glass and fill with medium/hot distilled or R/O water. (*Cold water may be used if preferred.*) Use fresh lemons or limes only; never canned lemon or lime juice, or frozen lemonade or lime juice. NOTE: Maple Syrup can be substituted with any natural sugar. The more unprocessed the better (like honey).

Cayenne Pepper – Cayenne pepper is used with this formula as it adds extra vitamin C and B-complex. It also increases warmth for an additional lift. For those not used to hot peppers, start with a dash and increase it, as you are able. You may eliminate the pepper if you wish. Pure Sorghum, black strap molasses or honey may be used as a lesser replacement when maple syrup is not available. You might wish to make a larger portion for the whole day. NOTE: You can omit cayenne pepper if you wish. It is not a deciding factor.



## To make a half gallon:

- $\frac{1}{2}$  gallon (approx. 60 oz.) distilled water
- $\frac{3}{4}$  cup of fresh lemon juice
- $\frac{3}{4}$  cup of pure maple syrup
- $\frac{1}{2}$  tsp. Cayenne Pepper
- Shake well and refrigerate



## How to take it:

Drink **LEMONADE** as much and as often as you want, but drink **only** this lemonade, no other foods or drinks! This fruit juice fast can be done for 1, 2, 3 or up to 20 days easily.





## DOUCHING

In today's world, most humans have a very congested lymphatic system. On top of this, about 90% of humans have weak adrenal glands and reproductive (gonad) weaknesses. Put this all together in females and we have toxemia in the vaginal wall, cervix, and uterus, fungal (yeast) overgrowths and estrogen dominance.

This causes most of the female related conditions, such as *Atypical cells, yeast infections, odorous discharges, ovarian cysts, fibroids, endometriosis, bleeding problems, conception problems*, and of course, the *female cancers (ovarian, cervical, uterine, etc.)*.

Douching with botanical (herbal) teas can turn all this around. I have seen hundreds of female *cancers, Atypical cells, and yeast problems*, etc. eliminated with herbal douching. As a matter of fact, that is why I created our **Heal-All Tea**. I needed a tea that one could douche with that would prevent atypical cells and help the body rid itself of cancer cells.

One may use any combination of herbs that fit the condition you are working on. Simply make a tea out of the desired herbs, purchase a douche bag or enema bottle and use it as a "holding" douche.



### Items Needed:

- Heal-All Tea
- Douche or Enema Bag
- Water (*preferably Distilled*)

### Suggested Usage:

- 1 cupful, 1 to 2 times a day ( *1am & pm* )

### How to prepare an herbal douche:

- Add 1 heaping teaspoon of herbal mixture per 1 ½ to 2 cups of water (*try using distilled water for your teas.*) You may wish to add extra water for more dilution if you find the tea too strong.

- Let tea cool to room or skin temperature before straining the herbs out and pouring the tea into your douche or enema bag.

### How to administer an herbal douche:

- Lying in a bathtub with your hips elevated, start your douche off where you can hold your herbal mixture in for 15-to-30 seconds. If you don't have a bathtub, any method will have to do, such as sitting on the toilet or standing in the shower where the liquid can drain out of you.
- Try to hold the herbal tea inside you for 15-to-30 seconds until you have finished your concoction (*this is referenced as a "holding" douche*). If you have trouble holding douche, try practicing Kegel exercises.

### Myths about douching:

There are a lot of myths when it comes to douching. Some women are afraid of it, and others use yogurt or some other medium. Forget about the myths, yogurts, and other ridiculous therapies that exist. Douching is a natural way to restore health to the cervix, uterus and vaginal walls.

# Ear Candling



## Materials:

Ear Candles (at least one per ear, but as many as three or four)  
Scissors  
Paper Plate  
Damp Towel (optional)  
Spray bottle and/or a small dish of water  
Cotton swabs  
Herbal Ear Oil

Have the person being candled lie on their side with a pillow under their head to make the ear as level as possible. If desired, cover the hair and shoulder with a damp towel for protection.

Trim the tapered end of the candle to fit the ear canal (roll the candle between the fingers or use a toothpick if candle becomes flattened). Cut an X in the center of the paper plate, large enough to insert the candle through snugly. Insert the small end of the candle through the paper plate face guard and light the large end of the candle.

Prime the smoke through the tube by placing your finger on the tapered end for about 10 seconds. When you remove your finger, if smoke comes out the bottom of the tube you are ready to go. Gently but firmly place the tapered end of the candle into the ear opening. Gently twist or turn the ear candle to make sure it is well seated. If smoke is seen coming from the ear hole, adjust the candle until a good seal is established.

Allow the candle to burn, trimming the ash as the candle burns down. The flame may burn 2 to 6 inches high, depending on the amount of wax or debris being pulled. The person being candled will hear hissing or crackling sounds, but should feel no discomfort. When the candle has burned to 3-4 inches above the plate guard, remove the candle from the ear and douse in the bowl of water. Do not snuff the candle out while it is in the person's ear, and do not blow it out to extinguish. The candle can be cut open to examine the wax/debris that was removed.

Repeat this process on the other ear. If multiple candles are being used, alternate back and forth between the left and right ears. When candling is complete, use a cotton swab to apply a bit of ear oil (mullein and/or garlic oils are a great choice) to the inside of the ear.





# Enema Instructions

Before you begin you will want to make sure you have all of your supplies and your Heal All Tea solution for the enema ready. Enema supplies can be purchased online or at your local store.

## Making the Heal All Tea solution:

- Add 1 heaping teaspoon of herbal mixture per 1 ½ to 2 cups distilled water. Let the mixture cool before pouring it into your enema bag.

## Administering the Enema

1. Make sure you have all of your supplies (they should be in your kit):
  - a. Bag
  - b. Nozzle
  - c. Hose
  - d. Clamp
  - e. Lubricant (water, olive oil or coconut oil based)
2. Hang your enema bag at a height of approximately 3 to 4 feet.
3. Have your Heal All Tea solution ready!
4. Lie on your left side or your back with your knees bent.
5. Lubricate the tube and your rectum gently.
6. Insert the tube into the rectum gently.
7. Release the clamp, if you have one, and let the solution flow very slowly into your colon. A steady, slow flow will make it more comfortable. Relax and breathe deeply to minimize discomfort.
8. Massage your abdomen in a counter-clockwise direction to move the solution deeper into the colon.
9. Stop the flow when you get a feeling of fullness or when you have used all of your solution.
10. Remove the tube or nozzle from the rectum.
11. Try to retain the enema for at least 2 minutes.
12. Expel the enema. It also helps to massage the abdomen in a clockwise direction to bring the solution towards the rectum.



# Eye Wash Instructions

## To Prepare Eyewash:



1. Simmer water, but do not bring to the boiling point (if water does reach the boiling point, allow it to cool for a few minutes before adding herbs).
2. Pour about  $\frac{1}{4}$  cup into a glass cup or mug.
3. Add a dropperful of Dr. Morse's Eye Health Formula and let cool.
4. Pour into eyecup and use as a rinse throughout the day. This portion will give you approximately 4-5 rinses per day. Make a fresh batch each morning.

## For Smaller Amounts:

Add 6-12 drops to a small amount (about enough to fill an eyewash cup) of hot (not boiling) water.

## To Rinse Eyes:

1. Pour the prepared eyewash mixture into your eyecup. Lean your head forward and place edge of cup against top and bottom eyelid, covering eye socket and creating a tight seal.
2. Holding eyecup in place, tip head back and allow liquid to settle over eye.
3. With liquid solution covering eye, roll your eye around in the socket, allowing solution to thoroughly saturate your eyeball.
4. Lean head forward and remove eyecup. Discard solution and rinse cup. Add new solution and repeat with other eye.
5. For a quicker rinse of both eyes at once, place a pair of swim goggles on a table and fill each goggle with solution. Press face onto goggles, and once a tight seal has been created tip head back, holding goggles in place.





# LIVER AND GALLBLADDER FLUSH

## To Remove Liver and Gallbladder Stones



### ITEMS NEEDED

- 8-ounces of pure, cold-pressed, *organic* extra virgin olive oil
- 6- to 8-ounces of freshly squeezed pink grapefruit juice or the juice of 2 lemons
- Freshly squeezed apple juice (*enzymes assist with reducing nausea*)
- Phosfood Liquid (*Optional: see below*)
- Intestinal cleansing formula (*Optional*)

### SUGGESTED PREPARATION

- One month on Dr. Morse's Liver/Gallbladder formula (*preferred*)
- Three days of mainly raw fruits and vegetables (*preferably organic*)
- One 8-ounce glass of *freshly juiced* apple juice in the morning and one in the evening
- Three days of bowel detoxification. Choose from the following intestinal cleansing formulas from Dr. Morse's Herbal Health Club:
  - Stomach and Bowel #2 (*Gentle*)-if bowels move at least one time daily;
  - Stomach and Bowel #3 (*Moderate*)-if bowels move at least once in a two day period;
  - Stomach and Bowel #4 (*Strong*)-for bowels that resist regular movement.

In lieu of herbal detoxification, an individual may choose to take an enema one-day prior to flush. *It is important that your bowels are moving well.*

- You can add 45 drops of Phosfood Liquid to your apple juice, two times a day (*a.m. & p.m.*). This will help *loosen* and *soften* any stones you might have.

**NOTE:** No solid foods should be consumed after noontime on the day of the flush (*fresh fruit juices or distilled water are acceptable*).

## THE LIVER AND GALLBLADDER FLUSH

- Stop all fluid intake at 6:30 p.m., or thirty minutes before the flush is started.
- Begin the flush between 7:00 p.m. and 9:00 p.m., or as you wish.
- Mix or blend 8-ounces of olive oil with 6- to 8-ounces of pink grapefruit juice or the juice of two lemons.
- Consume at a rate that best suits you. You may wish to consume it all at one time, or you may consume  $\frac{1}{4}$  cup every 15 minutes, or you may drink it even more slowly. After the olive oil is consumed **you should retire for the evening, lying on your right side.**

### CONSIDERATIONS



If nausea and/or vomiting sensations are experienced, the olive oil/citrus juice mixture can be chased with small amounts of *freshly juiced* apple juice. Resume consumption of the mixture as soon as possible. If the feeling of nausea continues, consume only as much of the mixture as you possibly can, then go right to bed, lying on your right side.

Watch stools for stones. Stones are usually green, but may be yellow, red, or black. Stone sizes range from a pea to a quarter or larger. Most liver or gallbladder stones are soft in nature, as they are lipid/ bile stones.

- With degenerative problems, the liver and gallbladder flush should be supervised by a health care professional.
- We recommend the use of **Standard Process Laboratories** Phosfood Liquid. This assists in softening stones. For more information on availability, contact your practitioner, or **Dr. Morse's Herbal Health Club at (941) 766-8068**





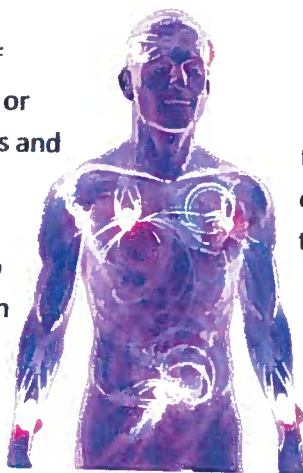


## Testing Yourself

Put the thumb and index finger of one hand together, then join the thumb and index finger of the

other hand over the loop made by the first hand (see above). Make a statement as described \*\*\*\*, then immediately gently but firmly try to pull your hands apart, attempting to break the loop created by the thumbs and forefingers. Breaking the loop indicates a negative response, while inability to separate them indicates a positive response.

Muscle testing can also be performed on yourself standing up. Hold the object to your solar plexus or form the statement in your mind. Close your eyes and stand quietly. After a moment you will feel a movement, for some it's a sudden sway while for others it can be a gentle leaning. Pay attention to which way your body leans/sways. A forward lean indicates a positive response, while a backward lean indicates a negative response.



The body has surrounding and within it an electrical network, or grid. When anything that does not enhance or maintain your body's health or balance impacts this electrical system, the muscles are unable to hold their strength against physical pressure. For example, when an individual stands with their arm extended and something adversely affecting the body's electrical network is applied, the person will be unable to resist the pressure of another person pushing downward on their arm. If an object that enhances or supports the body's health and balance is applied, the muscles will remain strong and be able to easily resist the pressure and hold their position.

This relationship between the body's electrical network and muscular system is a natural part of the human system, and falls within the laws of physics. There is nothing mystical or magical about it. As such, muscle testing is a quick, easy and unbiased way to test whether objects or treatments are beneficial to a person's health and wellbeing.



## Testing Others

Have the person remove glasses, jewelry and any metal from the midline of the body and the test arm. Tap the person's thymus (about two inches below the collarbone, in the middle of the sternum) to balance the energy meridians.

Stand behind the person (or off to the side, not in front of them) and have them extend their dominant arm at a 90° angle. Instruct the person to lock their arm to resist the pressure. Think silently to yourself "strong," then say "Hold" aloud. Gently but firmly push the person's wrist downward. Next think silently to yourself "weak," then instruct the person to "hold" and push downward again.

After establishing a baseline, you are ready to test an object or treatment. If testing a treatment or non-physical object, make a statement silently in your head (i.e., "Massage will be helpful.").

**DO NOT ask a question**, such as "Will a massage be helpful?" Once you have made the statement, immediately test the person. A strong resistance indicates a yes response, a weak resistance indicates a no. If testing an object, place the object in the person's non-dominant hand and have them hold it against their solar plexus (without looking at it) while testing.

# Nasal Irrigation (Neti Pot)



Neti (or nasal irrigation) is the process of rinsing the nasal passages with a warm saline solution. Practiced by yogis and Ayurvedic practitioners for thousands of years, this odd yet simple therapy can be done daily for maintenance or several times per day to correct acute sinus problems and drain mucus from the head. The salt in the solution breaks up excess mucus while the water rinses away pollen, dust, bacteria and other irritants residing in the nasal passages.

You will need a Neti Pot and a salt solution. Neti Pots are available at any pharmacy or health food store, and come in a wide array of styles and prices. The shape/style of the neti pot is largely a matter of personal preference; the inexpensive ones offered by Neil-Med are just as effective as the pricey specialty designs.

**Step 1 (Preparing your saline solution):** Pre-mixed packets can be purchased and mixed with water, or you can make your own solution by stirring  $\frac{1}{2}$  teaspoon of non-iodized sea salt into 2 cups of lukewarm water (Celtic sea salt or Himalayan salt work very well). To avoid irritating or burning the nasal lining, it is important to use purified or distilled water (**NOT** tap water) that is warmed to 96-98 degrees (about body temperature). If you feel as if you snorted pool water up your nose, the water you're using is not purified/distilled, or the temperature is too cold. With the right solution and temperature, there should be no stinging, burning or irritation.

**Step 2 (Rinsing the sinuses):** Now pour half of the salt solution into the pot, and insert the teapot tip into the left nostril just tight enough to create a seal. Lean your head over a sink or basin. Tilt the pot up (like you're pouring a cup of tea) while tipping your head slightly to the right as you breathe through your mouth. The water will flow in through the left nostril and pour out of the right (remember to keep breathing through your mouth). If the water does not flow, try adjusting the angle of your head, or leaning a little farther forward. When the pot has emptied, remove the tip from your nostril and **gently** blow out your nose to expel any excess water/mucus. Repeat this process with the other half of the solution on the right side.

If you have never used a neti pot before, chances are it will feel a little strange the first time. Don't be discouraged, though, as repeated applications and familiarity often overcome the strangeness, leaving just the benefit of improved breathing and reduced sinus infection and inflammation. This is also a great therapy to use after exposure to dusty conditions to remove debris trapped in the nasal passages!



## NEURO-LYMPHATIC POINTS

(KINESIOLOGY)

*Neuro-lymphatic massage is an incredibly simple system of manual manipulation (done with your hands) of specific points on the physical body. For the most part, these points run down each side of the spine and sternum. They are stimulating neurologically to the lymphatic system in each area of the body (and to the organs and glands themselves).*

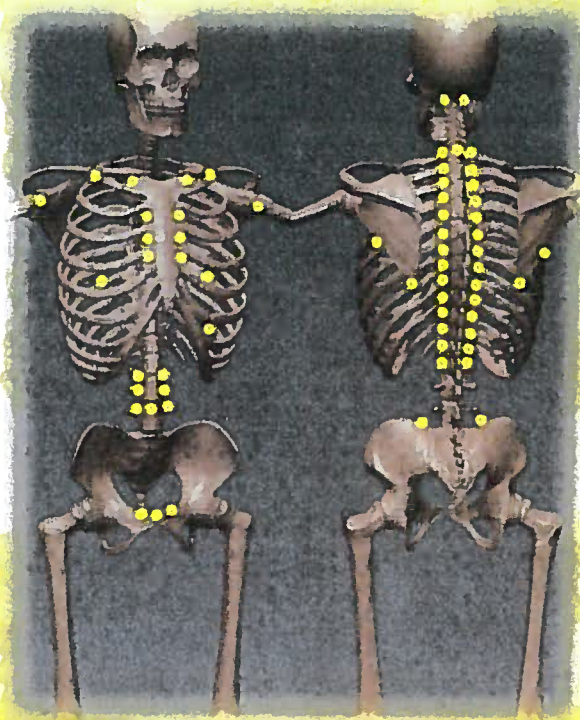
**Down the Back:** Start at the top of the spine at the base of the skull and work clockwise in a circular motion on each point down the spine to the tailbone. The points are located every 2" or where the ribs come in and create an indentation. Work each indentation.

If you're not sure, it's OK! Every 2" is fine. Again you're looking for the harder, thicker areas; like when you have a stiff neck or tight shoulder.

**Down the Front:** Start at the top of the upper ribs/sternum and work clockwise in a circular motion. Work down the sternum in between the ribs (where they meet the sternum).

The above is a simplistic approach and overview to the world of Kinesiology, which is mostly chiropractic driven. There are many detailed charts available.

Working these points one to two times a day (a friend or family member can do it for you!) will greatly help move your lymphatic system.



*Front and Back Locations of Major  
Neuro-Lymphatic Massage Points*

*Note: These points are massaged clockwise to strengthen and counterclockwise to weaken.*

*So unless you are specifically working to weaken an overactive area, you would ALWAYS move in a clockwise direction. You can use your fingers, thumbs, or knuckles. You are looking for tightness, thickness, tenderness or pain.*

# Pregnancy and Herbs:

## What to Take and What to Avoid

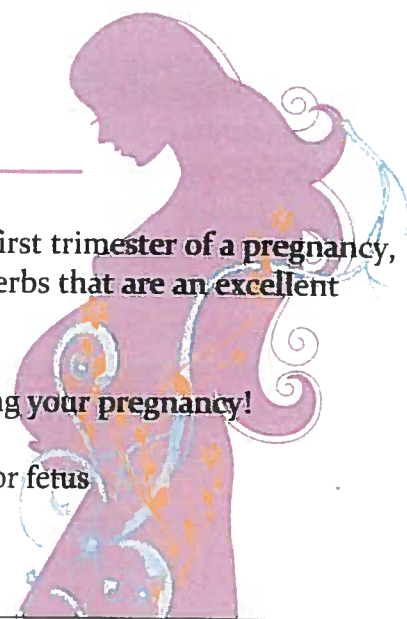
There are a number of medicinal herbs that are not indicated during the first trimester of a pregnancy, or throughout an entire pregnancy. However, there are some medicinal herbs that are an excellent source of support during pregnancy from the second trimester forward.

Use the lists below to guide you in your selection of medicinal herbs during your pregnancy!

(t) = teratogenic: any agent that can disturb the development of an embryo or fetus

(p) = poisonous if taken internally.

(\*) = used in pregnancy teas in small amounts for toning and strengthening.



### Medicinal Herbs Contraindicated for the First Trimester of Pregnancy

Angelica spp. (angelica, dong quai)  
Arctostaphylos uva-ursi (bearberry)  
Barosma betulina (Buchu)  
Cimicifuga racemosa (black cohosh)\*  
Dioscorea spp. (wild yam)  
Humulus lupulus (hops)  
Levisticum officinale (lovage)  
Matricaria chamomilla (chamomile)  
Mentha piperita (peppermint)  
Passiflora incarnate (passionflower)  
Prunus serotina (wild black cherry)<sup>t</sup>  
Silybum marianum (milk thistle)  
Verbena officinalis (vervain)

Arctium lappa (burdock)  
Artemisia vulgaris (mugwort)  
Calendula officinale (calendula)  
Commiphora molmol (myrrh)  
Ephedra vulgaris (ma huang, Mormon tea)  
Hyssopus officinalis (hyssop)  
Marrubium vulgare (horehound)  
Medicago sativa (alfalfa)  
Mitchella repens (squaw vine)  
Plantago spp. (plantain)  
Prunus virginiana (wild cherry)<sup>t</sup>  
Thymus vulgaris (thyme)

### Medicinal Herbs Contraindicated Throughout Pregnancy

Achillea millefolium (Yarrow)  
Agave Americana (agave)  
Aloe barbadensis (aloe)  
Areca catechu (betel nut)<sup>t</sup>  
Arnica montana (arnica)<sup>p</sup>  
Asclepius tuberosa (pleurisy root)  
Coffee Arabica (coffee)  
Capsella bursa (shepherd's purse)  
Caulophyllum thalictroides (clue cohosh)\*  
Chelidonium majus (celandine)  
Cinnamomum camphor (camphor)  
Citrullus colocynthis (bitter apple)  
Colchicum autumnale (meadow saffron)<sup>t</sup>  
Croton tiglium (croton oil)  
Equisetum arvense (horsetail)  
Ferula asafetida (asafetida)  
Glycyrrhiza glabra (Licorice)

Acorus calamus (sweet flag)  
Aletris farinose (blazing star, star grass)  
Anemone pulsatilla (pasque flower)  
Aristolochia clematis (birthwort)  
Artemisia absinthium (wormwood)  
Berberis vulgaris (barberry)  
Cannabis sativa (marijuana)  
Cassia angustifolia, senna (senna)  
Cephaelis ipecacuanha (ipecac)  
Cinchona ledgeriana (Peruvian bark)<sup>t</sup>  
Cimicifuga racemosa (black cohosh)\*  
Claviceps purpurea (ergot)  
Conium maculatum (poison hemlock)<sup>p</sup>  
Dryopteris filix-mas (male fern)  
Erythroxylon coca (cocaine)<sup>t</sup>  
Gelsemium sempervirens (yellow jasmine)  
Gossypium hirsutum (cotton)



### Medicinal Herbs Contraindicated Throughout Pregnancy (continued)

Heracleum maximum (cow parsnip)	Hibiscus rosa-sinensis (rose of china)
Helleborus niger (black hellebore)	Hydrastis canadensis (goldenseal)
Centella asiatica (Gotu kola)	Hypericum perforatum (St. John's Wort)
Jateorhiza palmata (calumba)	Juniperus communis (juniper)
Lavandula officinalis (lavender)	Ledum palustre (marsh tea)
Leonurus cardiaca (motherwort)	Domatium dissector
Melissa officinalis (lemon balm)	Menispermum canadensis (moonseed)
Mentha pulegium (pennyroyal)	Nicotiana tabacum (tobacco) <sup>t</sup>
Panax ginseng (Chinese ginseng)	Papaver somniferum (opium poppy)
Petroselinum sativa (parsley seed)	Peyote
Phytolacca americana (poke)	Pilocarpus jaborandi (jaborandi) <sup>t</sup>
Pinus patula (yellow pine, turpentine)	Podophyllum peltatum (mandrake/mayapple) <sup>t</sup>
Polygala senega (milkwort)	Polygonum aviculare (knotgrass)
Pulsatilla pratense (pasque flower)	Ranunculus acris (Buttercup)
Rauvolfia serpentine (rauvolfia) <sup>t</sup>	Rhamnus purshiana (buckthorn, cascara)
Rheum palmatum (turkey rhubarb)	Rhus glabra (sumac, berry)
Ricinis communis (castor bean oil) <sup>t</sup>	Ruta graveolens (rue)
Salvia officinalis (sage)	Sanguinaria canadensis (blood root)
Santalum album (sandalwood)	Cytisus scenarios (Scotchbroom)
Sassafras albidum (sassafras) <sup>*</sup>	Senecio vulgaris (life root) <sup>t</sup>
Symplocarpus foetidus (skunk cabbage)	Tanacetum parthenium (feverfew)
Tanacetum vulgare (tansy)	Thuja occidentalis (red cedar)
Trillium pendulum (birthroot)	Turnera sp. (Damiana)
Tussilago farfara (colts foot)	Veratrum viride (hellebore) <sup>t</sup>
Veronicastrum virginicum (leptandra)	Vinca rosa (periwinkle) <sup>t</sup>

### Medicinal Herbs That Can Be Used In Pregnancy: In Moderation

*Use these herbs in moderation during pregnancy.*

Althea officinalis (marshmallow root)	Mentha piperita (peppermint)
Ballota nigra (black horehound)	Pimpinella anisum (anise)
Dioscorea villosa (wild yam root)	Urtica dioica (nettle)
Echinacea species	Viburnum opulus (cramp bark)
Galium aparine (cleavers)	Viburnum prunifolium (black haw)
Matricaria chamomilla (German chamomile)	Zea mays (corn silk)

### Medicinal Herbs That Can Be Used In Pregnancy

*These herbs can be used occasionally as teas, seasonings, or food. As tinctures they should be used in small amounts.*

Allium sativa (garlic)	Nasturtium officinalis (watercress)
Allium cepa (onion)	Ocimum basilicum (basil)
Apium graveolens (celery)	Origanum vulgare (oregano)
Armoracia rusticana (horseradish)	Origanum majorana (marjoram)
Artemisia dracunculus (tarragon)	Petroselinum sativa (parsley)
Beta vulgaris (beet)	Piper nigra (black pepper)
Brassica spp. (broccoli, cabbage)	Prunus persica (peach seed)
Capsicum annuum (cayenne)	Rosmarinus officinalis (rosemary)

## Medicinal Herbs That Can Be Used In Pregnancy (continued)

Eugenia caryophyllata (clove)  
 Carica papaya (papaya)  
 Cichorium intybus (chicory)  
 Cinnamomum zeylanicum (cinnamon)  
 Crocus sativa (saffron)  
 Daucus carota (carrot)  
 Equisetum arvense (horsetail)  
 Ferula assa-foetida (asafoetida)  
 Foeniculum vulgare (fennel)  
 Mentha spicata (spearmint)  
 Myristica fragrans (nutmeg)

Satureja hortensis (savory)  
 Silybum marianum (milk thistle)  
 Thymus vulgaris (thyme)  
 Trigonella foenum-graecum (fenugreek)  
 Ulmus rubra (slippery elm)  
 Zingiber officinale (ginger)  
 Mitchella repens (squaw vine) - 3<sup>rd</sup> trimester only  
 Rubus idaeus (red raspberry)  
 Trifolium pretense (red clover)  
 Zingiber officinale (ginger)



Dr. Morse's Cellular Botanicals are superb herbal formulas to cleanse and regenerate the organs and tissues of the body, restoring your health and vitality. However, we do recommend avoiding some formulas during early pregnancy, and in some cases, throughout pregnancy.

If you are pregnant, consider waiting to detox your body until your little one is born. There are some situations that may require herbal remedies during pregnancy, and in these cases we suggest that one meet with a counselor for personalized guidance.

Should you choose to work with our formulas while pregnant, please take the following lists into consideration during each trimester. You can always use either of our Superfood Blends during pregnancy for an excellent prenatal formula!

### Avoid During Early Pregnancy: First Five Months

*Avoid these formulas in ANY form*

- ♥ Bone Marrow Support
- ♥ Heal All Tea
- ♥ Liver & Gallbladder Tonic
- ♥ Stomach Tea
- ♥ Spleen Tonic
- ♥ Parasite M
- ♥ All Lymphatic System and Lymph Node Formulas
- ♥ Lung Tonic 1 and II

### Avoid During ENTIRE Pregnancy

*Avoid these formulas in ANY form*

- ♥ Bleeding Tonic
- ♥ Bone & Connective Tissue Support
- ♥ Female Reproductive Tonic
- ♥ Healthy Heart
- ♥ Parasite G



Lactation Herbs	
Encourages or Increases Secretion of Milk	Stops Flow of Milk
Alfalfa ( <i>Medicago sativa</i> )	Black Walnut ( <i>Juglans nigra</i> )
Anise ( <i>Pimpinella anisum</i> )	Chickweed ( <i>Stellaria media</i> )
Basil ( <i>Ocimum basilicum</i> )	English Walnut ( <i>Juglans regia</i> )
Borage ( <i>Borago officinalis</i> )	Herb Robert ( <i>Geranium robertianum</i> )
Caraway ( <i>Carum carvi</i> )	Lemon Balm ( <i>Melissa officinalis</i> )
Dill ( <i>Anethum graveolens</i> )	Oregano ( <i>Origanum spp.</i> )
Blue Vervain ( <i>Verbena hastata</i> )	Parsley ( <i>Petroselinum crispum</i> )
Fennel ( <i>Foeniculum vulgare</i> )	Peppermint ( <i>Mentha piperita</i> )
Fenugreek ( <i>Trigonella foenum-graecum</i> )	*Essential Oils or large doses (a cup of tea here or there likely won't make a difference.
Goat's Rue ( <i>Galega officinalis</i> )	Periwinkle Herb ( <i>Vinca minor</i> )
Hops ( <i>Humulus lupulus</i> )	Sage ( <i>Salvia officinalis</i> )
Iceland Moss ( <i>Cetraria islandica</i> )	Sheep Sorrel ( <i>Rumex acetosella</i> )
*Not if breasts or nipples are inflamed and not for prolonged use..	Yarrow ( <i>Achillea millefolium</i> )
Lavender ( <i>Lavandula officinalis</i> )	
Milkwort ( <i>Polygala amara</i> )	
Nettle ( <i>Urtica dioica</i> )	
Strawberry Leaf ( <i>Fragaria vesca</i> )	
Wild Raspberry ( <i>Rubus strigosus</i> )	

### Note

The Pituitary gland makes prolactin, the hormone necessary for breast milk production. So if herbs seem to barely work, or do not work at all, you may need to look at and address a pituitary weakness.