



Proudly present...

28 Days To Heal My Skin From Within Program

A natural alternative treatment for
eczema, psoriasis & acne



28 Days

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28 Days to Heal My Skin from Within Program

Overview

IMPORTANT...READ EVERYTHING!!!

The success of this program is ultimately determined by you and your willingness to learn a new way of healing yourself. This program will show you how but you as an individual must do it for yourself... Read, Learn & Heal!

The purpose of "28 Days to Heal My Skin from Within" program is to show sufferers of eczema and psoriasis how to holistically heal their skin.

This program will accomplish this through; repairing the colons, rejuvenating the gallbladder & liver, revitalizing the kidneys, and renewing the cells.

Week 1 - Repairing the colons is essential in clearing the passage for proper food elimination. This will reduce the level of toxicity in the body. Toxins that are allowed to penetrate or exit the skin organ can result in many different states of skin disease. It's important that you focus this week on eating foods that contain high amounts of fiber.

Week 2 - Rejuvenating the gallbladder & liver is a vital step in removing toxins from the blood while extracting life-giving nutrients and oxygen as well. Eliminating toxins from the blood is important; when the liver is overwhelmed it seeks other ways of purging out toxins...one way is through the skin. Drinking water is key in the removing of toxins, be sure to drink half your body weight in ounces...example; if you weigh 150 pounds, you will need to drink at least 75 ounces of water (75oz = 9.5cups).

Week 3 - Revitalizing the kidneys will serve as a support filtration system to an overwhelmed liver. The skin is not properly equipped to eliminate toxic waste from drugs and environmental toxins that healthy kidneys would normally filter out and discard, thus resulting in skin disease. Again, focus on drinking as much water as you can this week as well, your kidneys need to be literally flushed out!

Week 4 - Renewing the cells is important because they are the building blocks of tissues and organs; the human body is a mass of individual cells "working together" synergistically. Healthy cells are essential to the growth and healing of every organ in the body...most importantly our skin. Your cells are miniature versions of you; Healthy Cells = Healthy You / Unhealthy Cells = Death! Week 4 you will begin body brushing to stimulate blood and lymph flow, exfoliates the skin and encourages new cell growth.

Each week is designed to heal your (skin) body. Once you have completed all 4 weeks your body should be at place of continual healing. Your skin will show signs of improvement; your energy will have increased and your immune system will be fortified.

Here's what you'll learn from "28 Days to Heal My Skin from Within" program...

- Learn a complete holistic approach to health... trying to fix one thing at a time, like your skin, your weight, or your digestion doesn't work! You need to treat your body as the whole system that it is.
- Which are Nature's most powerful antioxidants and anti-inflammatory foods (*see smoothie & juicing blend recipes*)
- Learn how to rid your body of chemicals and toxins... the hidden dangers you probably aren't even aware of that are putting your skin (and health) in grave danger. (*see "harmful bath & body ingredients list"*).
- Learn what foods to eliminate to prevent future breakouts (*see "foods to eliminate list"*).
- How to prevent mood swings from arising... (*see "mood & food log"*).
- Learn which foods are alkalizing and good for your skin...keeping it hydrated and smooth looking.
- How to drill down to the root cause of your skin issues... stop treating the symptom with expensive treatments and creams, and get rid of the skin issues once and for all by dealing with the actual cause that made your skin disease in the first place.
- How to Turbo-Charge your immune system so that you can prevent future breakouts (and keep you healthy!)
- Learn dry body brushing techniques to stimulate blood and lymph flow, exfoliates the skin and encourages new cell growth (*see "body brushing guide"*).
- Learn new ways to reduce toxins in your home that may be the cause of skin irritations. (*see "green home cleaning guide"*).

In order to see success in helping your body rid itself of disease, here are a couple of tips to help you get the best start and most out of this program...

- When you first start, don't over complicate the meal recipes...find the simple things you can do in your budget and start there.
- To get the most out of this program please try to eliminate your meat intake.
- Get the "foods to eliminate list"...raid your pantry and refrigerator a.s.a.p.
- Take the "harmful bath & body ingredients list", check your bathroom cabinets and trash the items that have those ingredients listed on the labels.
- When grocery shopping for fresh fruits and vegetables shop for 3 days maximum. Don't buy more than you need, stick to what's on your shopping list. Shopping this way will reduce fresh foods from spoiling if you don't eat it in a timely manner.
- Plan your meals ahead of time weekly, so that you won't put yourself in a crunch situation.
- Read "supplements & products list" before using them so that you can see exactly when to use them during the program.
- No heavy exercising during the program. Go for a nice 30min walk, stretch morning and night before bed.

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28 Days to Heal My Skin from Within Program

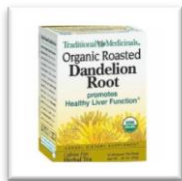
Required Supplements & Products Included With Program



- **Smooth Move Herbal Tea**

Smooth Move® is a sweet tasting herbal laxative tea for use in relieving occasional constipation. This product generally produces bowel movements in six to twelve hours. The purpose of this product in this program is to stimulate bowel movements, eliminate and reduce toxins located in your digestive tract.

Usage: You will drink 1 cup of smooth move herbal tea everyday in week 1 (you will have the choice to drink your smooth move tea in the morning or night, depending on when you choose to drink your fiber blend.)



- **Organic Dandelion Root Tea**

Dandelion root tea has shown "choleretic" effects, which means that it can stimulate the liver to increase bile flow. Once bile is released by the liver, its two main functions are to carry away waste and to break down fats during digestion. Dandelion's beneficial effects on liver and biliary tract function have been proven in pharmacological studies. Dandelion root tea has a pleasant roasted taste, sweet and slightly bitter.

Usage: You will drink 1 cup of organic dandelion root tea every night in Week 2 & Week 3.



- **Skin Detox Tea - 100% Natural Herbal Tea Supplement**

Supports Healthy Liver and Intestinal Function

Our skin reflects our diet and lifestyle choices: it's the mirror to internal health. It's just as essential to cleanse from the inside; by reducing internal impurities, you can have clearer, glowing skin. Skin DeTox was formulated to support a healthy skin care regimen by shedding impurities. Fragrant rose petal and hibiscus, used in Ayurveda to cool and soothe the skin, entice the senses with a fresh, floral scent. Traditional liver-cleansers burdock and yellow dock combined with ancient "blood cleansing" red clover help purify the skin, and organic green tea rejuvenates with an antioxidant boost. Discover beauty from within in a deliciously cleansing brew of Skin DeTox!

Usage: You will drink 1 cup of skin detox tea every night in Week 4.



- **Raw Organic Green Super Food**

Capture the power of the sun with Perfect Food® Raw, packed with the power of 35 nutrient-dense, raw, organic greens, sprouts and vegetable juices for the Raw Energy you need every day. Perfect Food® Raw provides foundational nutrition your body craves to support healthy digestion, detoxification, a healthy immune system and already healthy blood sugar levels and metabolism.

Perfect Food Raw is raw, organic, whole food nutrition providing naturally occurring antioxidants, enzymes, amino acids, essential fatty acids, and dozens of phytonutrients. Bursting with prebiotics, probiotics, and enzymes to support healthy digestion and nutrient absorption. Perfect Food Raw is the convenient and sensible way to get your veggie juice every day. Feed your body the raw nutrients from over 35 organic greens, sprouts and veggies every day in the time it normally takes to plug in a juicer, all with no hassle or messy clean up. The purpose of this product in this program is to help get vital nutrients in your body, use this product in your smoothies or where ever you can fit them into your meal plan.

Usage: Use as needed with your meal plan



- **Ultimate Flora Daily Care Probiotic**

1. Helps Improve Digestive Health*
2. Supports Natural Defenses*
3. Promotes Regularity*
4. Dairy and gluten free
5. Potency guaranteed until expiration

High Bifido for Optimal Benefits:

Bifidobacteria are the most prevalent type of good bacteria in a healthy large intestine or colon, and Lactobacilli are the most prevalent good bacteria in a healthy small intestine.

With age, your level of Bifidobacteria declines. This has been linked to declining health. Ultimate flora is ideally suited for people of all ages who want a probiotic that contains more Bifido than Lacto, which more closely represents the ratio of these beneficial flora found in the digestive system.

Usage: You will take ultimate flora daily care probiotic in Week 1. Take twice a day, see week 1 menu plan for times.

- **Liver Care Capsules**

Helps to support a healthy liver function.

A proven ally when taken regularly for those with liver ailments and made with strictly organic and wild harvested ingredients with no other binders, fillers or added ingredients. Ground and encapsulated fresh.

Usage: You will take liver care capsules in Week 2. Take twice a day, see week 2 menu plan for times.



- **Kidney Cleanse Capsules**

This formula is a specific for the kidneys. Approximately 80% of the body is liquid, and much of this fluid must be pumped, filtered, etc., through the urinary system of the individual. We generally do not take the best care of this delicate tract. Through it circulates irritating and clogging-type materials, i.e., tea, coffee, soft drinks, hard water, alcohol, etc. This formula is a synergistic blend of herbs and vitamins

for healthy kidney function.

Usage: You will take kidney cleanse capsules in Week 3. Take 2 capsules three times daily, see week 3 menu plan for times.



- **AlkaMax™ Alkaline Booster**

1. The Natural Alkalizer
2. Long-Lasting, Natural Relief From Acid Indigestion & Heartburn!
3. Liquid Drops for pH Balance!*

New AlkaMAX Liquid is a unique blend of essential alkaline nutrients that helps naturally neutralize excess acidity that can cause illness and premature aging. Add to water, coffee, or tea to reduce acidity and make a soothing alkaline drink. **DO NOT DRINK TAP WATER!**

Usage: If you unable to purchase alkaline water or an alkaline machine, buy distilled water and add AlkaMax drops to it. Add 8 to 10 drops to 8oz of water or other beverage no more than 3 times daily as needed.



- **Natural Intensive Cream**

A natural cream that helps clear and prevent skin rashes, itching and other skin irritations.

Ultra Sensitive...Soothes Red, Cracked or Itchy Skin.

Usage: Apply liberal amount of cream to the problem area and let dry. Apply up to three times daily.

- **African Black Soap Bar**

Benefits of black soap - Helps deep clean skin, works on most skin types including rough and dry or sensitive skin. Helps clear skin bumps and spots. Helps relieve acne, oily skin & other skin problems. It works against premature facial lines and wrinkles. Black soap can also be lathered and used as a shampoo. Be sure to apply a moisturizer after bathing with black soap.

Usage: Use daily when showering or bathing.



- **The Crystal Ball Bath Dechlorinator**

1. Remove up to 100% of free chlorine for a healthier bath
2. Your skin feels better and looks younger.
3. Healthier, younger-looking skin
4. Relief from dry skin

5. Safe for infants, adults & pets (non-toxic)

Usage: Use every time you bath in the bathtub (fully submerge your body in the bathtub 3 times a week...minimum.)



- **Shower Filter with Massaging Shower Head**

1. Healthier, younger looking skin - Softer, more manageable hair
2. Removes 90% or more of free chlorine
3. Reduces fading of color treated-hair & provides Relief from dry skin and scalp

4. Lasts 6-9 Months or up to 25000 Gallons

5. Crystalline quartz for energy enhanced shower "feel" and better lathering.
6. Installs in minutes - no special tools or professional help required.
7. Great for those with Chlorine sensitivity

Usage: Daily

Alkazing Foods Good For Your Skin...Two or more (low sugar) fruits and vegetables boxed below should be eating daily during the program.

Fresh Fruits

Apples-green (low sugar)
Apricots
Avocado
Black Currants
Blueberries (low sugar)
Cherries
Citrus Fruit /Lemons, Limes (low sugar)
Grapefruit (low sugar)
Guavas
Kiwi
Mangos
Melons / Cantaloupe, Honeydew, Watermelon
Papaya
Pears (low sugar)
Strawberries (low sugar)

Note: Eat fresh, NO canned foods

Fresh Vegetables

Asparagus
Bell Peppers
Beets
Celery
Cucumber
Green Peas
Kale
Mustard Greens
Onions
Parsnip
Spinach
Turnip Greens

Note: Eat fresh, NO canned foods

Understanding 7 Vitamins & Minerals That Can Improve Your Skin

1. **Vitamin A** helps maintain skin development and health. It's a powerful antioxidant that protects the skin from free radicals, which are responsible for premature aging. Vitamin A also helps to reduce the production of sebum, which causes acne problems in some people. A deficiency in vitamin A can lead to rough, dry skin and in extreme cases cracked skin, especially around the mouth.
2. **Vitamin E** is an antioxidant that also helps protect cells from free radicals. It works along with vitamin A for numerous skin benefits. This vitamin combination is often found in facial creams and other skin care cosmetics.
3. **Vitamin B Complex** consists of eight vitamins that are essential to cell reproduction. B vitamins that are especially important to skin health are B1 (thiamine) and B3 (niacin) promote blood circulation throughout the body and help deliver nutrients to skin cells. B2 (riboflavin) contributes to healthy growth of skin, hair and nails. A deficiency in this vitamin can lead to liver spots, oily skin and cracked skin around the mouth. B5 (pantothenic acid) regulates hormone production and combats stress, which can lead to skin flare-ups. A deficiency B6 (pyridoxine) can lead to dry cracked skin, eczema and pigmentation problems such as liver spots.
4. **Vitamin C** is an essential compound of collagen, a protein found in the skin that gives it elasticity.
5. **Beta-carotene** protects against free radical damage and is converted to vitamin A in the body.
6. **Silica** (silicon dioxide) is a trace mineral found in the connective tissues (like the hair and skin) and is required in the body to keep nails, hair and skin in good health. It is also needed by the body to make collagen.
7. **Zinc** helps prevent inflammation and flare ups in the skin. It is needed in the body to help skin heal and also reduces the effects of scarring.

More foods you can eat while on the program...

Alkalizing Vegetables eat 80% of them daily

Alfalfa
Beet Greens
Broccoli
Cabbage
Cauliflower
Chard Greens
Dandelions
Dulce
Edible Flowers
Eggplant
Green Beans
Kohlrabi
Mustard Greens
Spinach
Pumpkin
Radishes
Rutabaga
Sprouts
Sweet Potatoes
Watercress



Meat ...Only to be eaten once a day

Eggs
Turkey
Wild fish / Whiting, Salmon, Tuna, Halibut, Cod, Snapper

Note: NO shellfish or crustaceans...NO Pork or Beef!

Legumes & Beans...All Beans must be soaked first before cooking.

Pinto Beans
Navy Beans
Garbanzo Beans
Split Peas
Lima Beans
Butter Beans
Kidney Beans
Lentils

Soup & other foods

All natural vegetable soup made fresh.
Oatmeal, regular old fashion
Flaxseed Meal
Wild rice
Quinoa

Condiments

Coconut Oil, Extra-Virgin Olive Oil, Flax Seed Oil (don't heat flax oil),
Thyme, Basil, or any fresh/dried herbs (nothing spicy, hot or sweet).
Celtic Sea Salt or Pink Himalayan Salt (use sparingly). NO Table Salt or Seasoning Salt
Raw Salad Dressings (see recipes)
Mustard

Beverages

Alkaline Water*
Coconut Water (from young or mature coconut)
Herbal Teas - unsweetened
Raw Vegetable Juice (small amount of fruit added)

**Alkaline water contains an abundance of alkaline elements such as magnesium, calcium, potassium, and sodium that the body needs.*

You will not find these elements in bottled water, or tap water. Tap and bottled waters are considered dead!

The Hunza people of northern Pakistan located in the mountains of the Himalayas have the longest life span of humankind, averaging well over 100 years, many live to age 140 at this time! The water and food they consume comes from the glacial ice. It oxygenates the bodies deprived cells, and is highly alkaline.

Smart Fact:

You should consume a eating regime that's 80% alkaline / 20% acidic to prevent diseases. The Hunza people do not experience disease. They've never had one case of cancer, heart disease, liver disease, acne, cavities, or polio- conditions that plague the Western world. There are no hospitals, jails, drug stores, alcohol, tobacco, or police. At the age of 120 the Hunzakut's still play water polo.

Program Weekly Menu Plans

Week 1...Repairing Week

The purpose of Repairing Week is to internally detox your colons. Use the menu plan as a guide, you can use the suggestions below or you can create your own dishes. Be sure to include plenty of raw vegetables such as raw salads or lightly steamed vegetables like broccoli, asparagus, carrots and onions. You may add 1 or 2 ounces of turkey or fish if you really have to have meat, but remember that animal products are clogging as opposed to cleansing, so it's best to omit them. Your detox will proceed more quickly if you skip all animal protein for repairing week.

MENU PLAN

Upon Rising

Drink a cup of alkaline water first

Choose one of the following:

1. Drink internal salt water flush* (p.g. 16)
2. Smooth move herbal tea*

Breakfast

Choose one of the following:

1. Green Smoothie* (p.g. 19)
2. Vegetable Juice* (p.g. 17)

9:00 A.M.

Take Probiotic

Lunch - 12:00 Noon

Choose one of the following:

1. Large mixed salad (w/ salad dressing) and a cup of raw soup.
2. Large mixed vegetable salad (w/ salad dressing) with ½ cup wild rice or quinoa.
3. Fresh Lentil and vegetable soup served with salad (w/ salad dressing).

Afternoon

If hungry, choose a juice or smoothie recipe or low-sugar fruit.

Dinner - 6:00 P.M.

Choose one of the following:

1. Oven Roasted Vegetable Soup and salad.
2. Baked fish with vegetables and wild rice.
3. Grilled vegetables, such as asparagus, zucchini, and bell peppers, with baked sweet potato and garden salad.

After Dinner 8:00-9:00 P.M.

Herbal tea and take a probiotic.

Week 2...Rejuvenation Week

The purpose of Rejuvenation Week is to stimulate your liver, gallbladder and strengthen your immune system. Use the menu plan as a guide, stick to it as much as you can to achieve maximum success with this program. Just like week 1 be sure to include plenty of raw vegetables such as raw salads or lightly steamed vegetables. You may add 1 or 2 ounces of turkey or fish once a day, if you really have to have meat, but remember that animal products are clogging as opposed to cleansing, so it's best to omit them.

MENU PLAN

Upon Rising 7:00 A.M.

Drink a cup of alkaline water first, then drink Citrus Blend formula* (p.g. 15)

Breakfast 8:00 A.M.

- Cucumber-Beet Cleansing formula*(p.g. 15) or Gallbladder Cleansing formula*(p.g. 15) (alternate between the two choices)...**only eat on days 1-5**
- 1 to 2 teaspoons Beet Salad*(p.g. 16)...**only eat on days 1-5**
- Supplement: Take Liver Care Capsules

Choose one of the following...**on days 6 and 7:**

1. Green Smoothie*
2. Vegetable Juice*

10:00 A.M.

Gallbladder Cleansing Formula*

10:30 A.M.

- 8 ounces of water with lemon ($\frac{1}{8}$ to $\frac{1}{4}$ lemon)
- 1 to 2 teaspoons Beet Salad*

Lunch - 12:00 Noon

Choose one of the following:

1. Large mixed salad (w/ salad dressing) and a cup of raw soup.
2. Large mixed vegetable salad (w/ salad dressing) with $\frac{1}{2}$ cup wild rice or quinoa.
3. Fresh Lentil and vegetable soup served with salad (w/ salad dressing).
4. Chopped salad with tuna and vegetable soup.

Supplement: Take Liver Care Capsules

1:30 P.M.

- 8 ounces of water with lemon ($\frac{1}{8}$ to $\frac{1}{4}$ lemon)
- 1 to 2 teaspoons Beet Salad*

3:00 P.M

Green Juice*

4:30 P.M.

- 8 ounces of water with lemon ($\frac{1}{8}$ to $\frac{1}{4}$ lemon)
- 1 to 2 teaspoons Beet Salad*

Week 2...Rejuvenation Week conti...

Dinner - 6:00 P.M.

Choose one of the following:

1. Oven Roasted Vegetable Soup and salad.
2. Grilled vegetables, such as asparagus, zucchini, and bell peppers, with baked sweet potato and garden salad.

Supplement: Liver Care Capsules

7:15 P.M. 1 to 2 teaspoons Beet Salad*

8:30 P.M. Drink dandelion herbal tea

***Avoid eating after 7:00 pm (except for beet salad) to give your liver and gallbladder a chance to do their work of detoxifying while you sleep.*

28 Days to Heal My Skin from Within Program

Week 3...Regeneration Week

The purpose of Regeneration Week is to kick start your kidneys and strengthen your immune system. Use the menu plan as a guide, stick to it as much as you can to achieve maximum success with this program. Just like week 1 be sure to include plenty of raw vegetables such as raw salads or lightly steamed vegetables. You may add 1 or 2 ounces of turkey or fish once a day, if you really have to have meat, but remember that animal products are clogging as opposed to cleansing, so it's best to omit them.

Upon Rising

Drink a cup of alkaline water first, then drink Kidney Formula*.

Breakfast

Choose one of the following:

1. Green Smoothie*
2. Vegetable Juice*

Midmorning

- Cranberry Alkaline Water* (p.g. 16)
- Take Kidney Care Capsules

Lunch - 12:00 Noon

Choose one of the following:

1. Large mixed salad (w/ salad dressing) and a cup of raw soup.
2. Large mixed vegetable salad (w/ salad dressing) with ½ cup wild rice or quinoa.
3. Fresh Lentil and vegetable soup served with salad (w/ salad dressing).
4. Chopped salad with tuna and vegetable soup.

Afternoon

- Cranberry Alkaline Water*(p.g. 16)
- Take Kidney Care Capsules

Dinner - 6:00 P.M.

Choose one of the following:

1. Oven Roasted Vegetable Soup and salad.
2. Baked fish with vegetables and wild rice.
3. Grilled vegetables, such as asparagus, zucchini, and bell peppers, with baked sweet potato and garden salad.

Take Kidney Care Capsules

After Dinner 8:00-9:00 P.M.

Drink 1 cup of Dandelion Herbal Tea each night this week

Week 4...Renewing Week

If you have successfully made it to Renewing Week....CONGRATULATIONS!!! By now you should not only have a renewing of cells but a renewing of the mind. Eating vitamin packed fruits and mineral enriched vegetables are the keys to your health success. The actions you take from this week on should be consistent for the rest of your life....so choose wisely and stay healthy.

Renewing week is all about you learning how to live healthy. As you introduce new foods into your life, open up all the possibilities and don't limit yourself. The choices you make this week will determine if you want your disease to re-occur or if you want to banish it forever. Be proactive and choose foods that give you life...foods that give you energy to get up and do it again the next day.

Use the menu plan as a guide, stick to it as much as you can to achieve maximum success with this program. Just like week 1, 2 and 3 be sure to include plenty of raw vegetables such as raw salads or lightly steamed vegetables.

Upon Rising

Drink a cup of alkaline water.

Breakfast

Choose one of the following:

1. Green Smoothie* or Vegetable Juice*
2. Slow cooked oatmeal with fresh berries (only add a little sweetener such as agave or maple syrup)
3. Fresh vegetable omelet with fresh fruit as a side.
4. Scrambled eggs with chopped onion and red peppers, turkey bacon & juice cocktail.

Lunch - 12:00 Noon

Choose one of the following:

1. Large mixed salad (w/ salad dressing) and a cup of raw soup.
2. Large mixed vegetable salad (w/ salad dressing) with ½ cup wild rice or quinoa.
3. Fresh Lentil and vegetable soup served with salad (w/ salad dressing).
4. Chopped salad with tuna and vegetable soup.
5. Cobb Salad (w/ salad dressing).
6. Baked fish with vegetables and wild rice.
7. Roasted turkey, baked sweet potato with organic veggie drink (spinach, apples, celery) and leafy green salad.

Afternoon

If hungry, choose a juice or smoothie recipe or low-sugar fruit.

Dinner - 6:00 P.M.

Choose one of the following:

1. Oven Roasted Vegetable Soup and salad.
2. Baked fish with vegetables and wild rice.
3. Grilled salmon with tomatoes, spinach and capers. Steamed mix vegetables.
4. Baked turkey wings, baked sweet potato, steamed vegetables.

After Dinner

Drink 1 cup of Skin Detox Herbal Tea each night this week

Formula Recipes

Citrus Blend Formula*

- 1 cup distilled or alkaline water
- Juice of 1 lemon and 1 lime
- 1-inch piece of fresh ginger root cut in pieces (day one use 1 garlic clove, day two use 2 garlic cloves, then continue adding one more garlic cloves per day until day five when you'll end with 5 garlic cloves)
- 1 to 5 tablespoons of extra-virgin, cold-pressed olive oil (day one use 1 tablespoon, day two use 2 tablespoons, continue adding one tablespoon per day until day five)
- 1 tablespoon virgin coconut oil (optional)
- 2 to 4 ice cubes (optional) (make sure ice cubes are alkaline or distilled water)

Place all ingredients into a blender and blend at high speed for about one minute or until everything is well combined. Pour into a large glass and drink it all. This shake will stimulate your liver and begin to flush out toxins.

Cucumber-Beet Cleansing Formula*

- 1 Cucumber, peeled
- 2 carrots, scrubbed well, tops removed, ends trimmed
- 1 beet, scrubbed well
- 2 stalks celery
- 1 handful parsley
- 1 to 2 inch ginger root, peeled
- ½ lemon peeled

Cut ingredients to fit your juicer feed tube. Juice all ingredients and stir. Pour into a glass and drink as soon as possible.

Gallbladder Cleansing Formula*

- 1 handful parsley
- 4 carrots, scrubbed well, tops removed, ends trimmed
- 2 stalks celery
- ½ lemon peeled

Bunch up the parsley and push it through the juicer feed tube with carrots, celery, and lemon. Stir the juice and pour into a glass. If you want something a little thicker and sustainable, you can pour the juice into a blender, then add an avocado. Blend and serve in a glass or bowl, or you can make it thick like a soup and eat with a spoon by adding more avocado and less of the juice.

Drink as soon as possible to maximize the nutritional value, or store in the refrigerator, covered, or take in a thermos.

Note: If you are a diabetic and react to carrots and beets, then use cucumber and more greens, and flavor with lemon juice and ginger. You can also add avocado to the juice and blend until smooth.

Kidney Formula*

- 1 cucumber, peeled if not organic
- 1 handful parsley
- 1 stalk celery
- ¼ lemon, peeled
- ½ inch piece ginger root

Cut the cucumber in half and juice. Bunch up the parsley and juice followed by the celery, lemon and ginger. (Celery and parsley are kidney tonic juices).

Cranberry Water*

Mix 1 to 2 teaspoons unsweetened cranberry concentrate in 8 to 10 ounces of water. (Do not use any artificial sweeteners, including splenda.)

Beet Salad*

- 2 tbs extra-virgin olive oil, cold pressed olive oil
- ½ lemon (juiced)
- 1 cup raw beets, finely grated or very finely chopped (or use pulp from your juicer after making beet juice)
- Dash of cinnamon (optional)

Whisk the olive oil and lemon juice together and mix with the beets.

Eat one to two teaspoons of this salad every two or three hours during the day for five days. There is a good chance that you'll get tired of eating beets all day, but remember how good it is for your liver. Don't be alarmed if your urine or stools are red from the beets.

Internal Salt Water Flush*

Here is an easy way to cleanse the colonic tract without having to spend money on colonics or enemas. This method will cleanse the entire digestive tract while the colonics and enemas will only reach the colon or a small part of it.

DIRECTIONS: Prepare a full quart of lukewarm water and add two level (rounded for the Canadian quart) teaspoons of uniodized sea salt. Do not use ordinary iodized salt as it will not work properly. Drink the entire quart of salt and water first thing in the morning. This must be taken on an empty stomach. The salt and water will not separate but will stay intact and quickly and thoroughly wash the entire tract in about one hour. Several eliminations will likely occur. The salt water has the same specific gravity as the blood, hence the kidneys cannot pick up the water and the blood cannot pick up the salt. This may be taken as often as needed for proper washing of the entire digestive system.

If the salt water does not work the first time, try adding a little more water and a little less salt until the proper balance is found; or possibly take extra water with or without salt. This often increases the activity. Remember, it can do no harm at any time. The colon needs a good washing, but the natural way – the salt water way.

You may also take an herb laxative tea at night to loosen then the salt water each morning to wash it out. This extra step is great while cleansing or fasting.



Juice Blends*

History and evidence has proved to us juicing helps the organs and the blood cleanse itself, which results in a softer and healthier looking complexion. Energy boosting fresh juice has powerful healing and rejuvenating properties that can help people with skin problems. An overly taxed digestive system can result in sluggish looking skin. When the kidneys have to deal with too much waste, toxins can come out from the skin and cause blemishes and other problems. (This is why you often get breakouts after a facial, deep tissue massage or a cleansing program.) Our skin is the body's largest organ...caring for the skin can be achieved by a diet which combines healthy food with fresh juicing. Listed below are a few recipes that are packed with vitamins and minerals you need for beautiful skin.

A Very Berry Skin Beautifier

- 1 cup strawberries
- 1 cup blackberries
- 1 cup blueberries
- 1 cup raspberries

Juice all the ingredients. (Remove stems...save the pulp and eat it later for fiber)

Interesting fact: Berries are high in vitamins A, C & E.

Anti-Aging Juice

- 4 large or 8 small cabbage leaves
- 6 carrots
- ½ - 1-inch piece of ginger

Juice all the ingredients.

Interesting fact: Cabbage contains beta-carotene, vitamin C and selenium (which slows the aging process and encourages healthy skin).

Antioxidant Tonic

- ½ pineapple
- ½ pink grapefruit
- 1 lemon (peeled)
- 1 lime (peeled)

Interesting fact: Vitamin C is a powerful antioxidant that helps promote healthy skin.

Clear Me Up Special

- 2 large carrots (tops and tails removed)
- 1 cup of spinach (or kale)
- ½ apple (cored)
- 1 celery stalk
- 1 cup of broccoli florets

Juice all the ingredients. (Alternate soft ingredients with firmer ones).

Interesting fact: Carrots are high in A, a vitamin helpful in maintaining skin cells, as well as beta-

Juice Blends Cont.....

carotene and antioxidants that help prevent skin damage. Spinach contains high levels of beta-carotene, which offers free radical protection and converts into vitamin A in the body. It also has vitamins C & E. Apples are great for smooth skin and are rich in beta-carotene and vitamin C. Celery is rich in magnesium, iron, chlorophyll, folic acid, C and also has B vitamins and vitamin E.

Garden Delight

8 romaine leaves
4 celery stalks
2 green apples (you can use a sweeter apple variety)
1 small bunch of baby spinach
1 small bunch of kale
1 small bunch of parsley
1 lemon (peeled)
1-inch piece fresh ginger
Juice all the ingredients.

Interesting fact: Romaine and other dark leafy lettuces are rich in chlorophyll and a good source of silicon and B complex vitamins. Parsley stimulates the digestive enzymes and cleanses the kidneys, liver and urinary tract. Ginger is good for digestion, but also gives the juice a nice taste.

Refresh & Bless

6 stalks of celery
1 cucumber
A handful of spinach or other leafy green
1 apple
Juice all the ingredients.

Smoother Skin Blend

2 large carrots
1 celery stalk
1 apple
1 cucumber (If you can't buy organic, remove the peel before juicing)
Juice all the ingredients.

Interesting fact: Cucumbers are known to be beneficial to the skin when consumed and when used topically. Cucumbers are rich in silica, important for the complexion and skin elasticity. Try to buy organic cucumbers for juicing, so that you can juice with the peel on. Most of the silica is in the peel.

Smoothie Blends*



The nutritious combinations of fruits, vegetables, proteins, and good-for-you fats in these healthy, delicious smoothies are especially good for your skin. They're packed with essential fatty acids, which calm puffiness and redness. They're loaded with antioxidants, which keep wrinkles and sagging to a minimum. And many of the ingredients here are also alkalizing, which helps the body release skin-irritating toxins. Our skin is the body's largest organ...caring for the skin can be achieved by a diet which combines fresh fruits and vegetables. Listed below are a few recipes that are packed with vitamins and minerals you need for beautiful skin.

Anti-Inflammatory Smoothie

- 1 tbsp flaxseed oil
- 2 tbsp raw almond butter
- 1 small banana
- ½ cup organic apple juice
- 1 cup ice cubes

Interesting fact: The essential fatty acids in the flaxseed oil have anti-inflammatory benefits, which is especially helpful for red, irritated, and puffy skin. This smoothie is full of skin-loving plant-based proteins, potassium, calcium, fiber, and omega-3s.

A Very Berry Detox Smoothie

- 1 tbsp fish oil
- ¼ cup frozen strawberries
- ¼ cup frozen blueberries
- ¼ cup frozen raspberries
- ¼ cup frozen banana
- ¼ cup chopped kale leaves
- 1 cup alkaline water

Interesting fact: The powerful blend of antioxidants in this smoothie helps cleanse your liver, which processes the toxins that could be contributing to your skin issues.

Clear My Skin Smoothie

- 1 scoop of hemp protein
- ½ cup organic blueberries
- ½ bunch dandelion greens (no stems)
- 11 oz coconut water
- ¼ avocado
- 1 tablespoon raw cacao powder

Interesting fact: Hemp protein powder is a balanced source of skin-boosting omega-3 and omega-6 fatty acids. The dandelion greens are great for the liver, helping to detox the body and skin; the avocado and raw cacao powder contain a powerful mix of antioxidants, which help clear the complexion and get skin glowing; and the coconut water is loaded with potassium, which helps skin cells get the water they need to stay (and look) hydrated.

Smoothie Blends Cont.....

Free My Radicals Smoothie

1 cup watermelon
1/2 cup honeydew
1/2 cup cantaloupe
1 peach
1/2 cup Ice
Mint (a sprig)

Interesting fact: This smoothie is more of a melon blend, and tastes like Summer. Melons contain Lycopene and Vitamins C and A, which help your body fight the free radicals that cause cellular damage and enhance the aging process. When melons are in season, eat to your heart's desire.

Green Smoothie (Raw Food Chef Carolyn Akens...favorite)

1 frozen banana
1 apple
1 teaspoon freshly grated ginger
1 tablespoon ground flaxseed or flaxseed oil
1-2 cups kale
1 tablespoon hemp protein powder
20 ounces alkaline water

Papaya & Red Raspberry Smoothie

1/2 giant papaya (scoop out the papaya flesh into the blender)
1/2 pint fresh red raspberries
1/2 pint fresh blueberries
handful goji berries
1/2 lime (peeled)
32 oz. alkaline water

Interesting fact: Papaya improves digestion and pore clarity.

Tropical Vitamin C Smoothie

1 ripe mango (peeled, seeded)
1 kiwi
1 cup papaya
1 banana
1 cup orange juice (freshly squeezed)
1 cup ice

Interesting fact: With Vitamin C packed fruits, this smoothie will keep your skin bright and protected with antioxidants.



FOODS TO ELIMINATE



- **Soft Drinks - P.E.**

(All sodas!)

There is little to no nutritional value in soft drinks, so they should be eliminated from your diet first. Soda drinkers unknowingly develop dependence or addictions to caffeinated, carbonated beverages...sodas are full of sugar. Instead increase your intake of alkaline or spring water!

- **Fruit Juice - P.E.**

(Orange Juice, Apple Juice, etc...)

Store bought fruit juice can contain as many sugar as soda. The amount of actual fruit juice contained inside a bottle is usually less than 10%. Choose whole fruit instead of store bought juice. You'll take in fewer calories and more fiber, especially if you choose a fruit with skin, like an apple. You can also try juicing raw fruits and vegetables if fruit juice is all you want.

- **Caffeine - T.E.**

(Coffee, Chocolate)

- **Enriched Flour Products - P.E.**

(White Bread, Muffins, Rolls, etc...)

You should avoid all commercial white bread and other baked products containing enriched flour. "Enriched flour" indicates that the flour has been bleached and stripped of valuable nutrients. Purchase whole-grain breads instead (Spelt, Quinoa, Multi-grain, Rye, and Pumpernickel).

- **Sugar - P.E.**

(White sugar, brown sugar, high fructose corn syrup)

Sugar enslaves the internal organs of the body. Sugar is a form of synthetic dirt and it contains no vitamins, minerals or fibers. Sugar causes addiction. White sugar robs the body of minerals and vitamins especially vitamin E. - Dr.Afrika.

Also avoid Synthetic Sweeteners, containing aspartame such as NutraSweet, Equal, and Sweet & Low. Try using Agave syrup or Molasses...also try dried fruit.

- **White Rice & Pasta - P.E.**

(Enriched & bleached white rice, yellow rice, Enriched & Bleached Pasta)

White and yellow rice has no nutritional value period. Enriched, bleached pasta doesn't either. They have been stripped of valuable nutrients that are needed for your body to consume them. Also, avoid boxed rice that includes seasoning packets. Although the results can be delicious, flavoring packets contain high amounts of table salt, msg and other preservatives. Buy brown or wild rice instead. And buy spelt or quinoa pasta. Cook brown rice or wild rice on the stove or in a rice cooker. If you want the rice to have more flavors, add some herbs & spices after you cook the rice.

- **Canned Meats - P.E.**

(Canned chicken, Spam, Potted meat, Vienna sausage, etc...)

Canned meats are full of preservatives. Although canned meats can be useful in an emergency, do not include them as a regular part of your diet.



FOODS TO ELIMINATE



- **Canned Soup - P.E.**

Most canned soups are very high in sodium and contain msg. If you don't have time to make your own soup or stock, look for no sodium options at your local grocery store in the health food section. High sodium can raise blood pressure, lead to bloating, and just generally make you feel sluggish. Try making fresh soup or stock, you'll be surprised at how easy it is to make.

- **Canned Fruit - P.E.**

Canned fruit is full of sugar and corn syrup they also include additives and preservatives.

- **Fried Food - P.E.**

(Chicken, French Fries, etc...)

Fried foods are unhealthy! If foods are to be cooked...bake, broil or steam it.

- **Fast Food - P.E.**

(No eating out!)

- **Fruit Snacks - P.E.**

Why eat fruit snacks when you can actually eat fruit? Although some brands may add essential vitamins and minerals to the fruit snack, gummies, fruit rolls and other processed fruit snacks can contain lots of sugar and other additives. Opt for a natural approach and choose fresh fruit instead.

- **Frozen Processed Foods - P.E.**

(Microwave meals, frozen pizzas, fish sticks, pot pies, etc...)

Frozen foods are packed with preservatives and artificial flavors. Most of them also contain gmo foods. Instead cook your own food and freeze them yourself, eat them at a later date.

- **Dairy - P.E.**

(Cow cheese, cow milk)

Dairy causes excess mucus to form in our system; this can cause all kinds of disease to start in our bodies. If a baby calf is given store bought milk to drink, it will die after 3 days of drinking it. So what does that tell you about that substance...beware! Try using Almond milk or coconut milk. No soy milk!

- **Processed (Box) Food - P.E.**

(Hamburger helper, Stouffers, Cereal)

Processed foods are packed with preservatives, artificial flavors and sodium.

- **Wheat products - P.E.**

This new modern wheat may look like wheat, but it is different in three important ways that all drive obesity, diabetes, heart disease, cancer, dementia and more.

It contains a Super Starch -- amylopectin A that is super fattening.

It contains a form of Super Gluten that is super-inflammatory.

It contains forms of a Super Drug that is super-addictive and makes you crave and eat more.

Instead eat whole grain products such as spelt, rye, quinoa, pumpernickel, and multi-grain.



FOODS TO ELIMINATE



- **Vegetable Oils - P.E.**

(Corn oil, Canola oil, sunflower, safflower, and sesame oils)

Many people think that conventional vegetable oil is healthy because it is made from vegetable. This assumption can be a danger to their health because vegetable oil is just as bad as junk food.

Conventional vegetable oil is similar to junk food because it is processed. During the production stage, most of its nutrients are extracted which leaves only the oil. This means that when people consume vegetable oil, they are consuming nothing but fat. Instead use cold pressed extra virgin olive oil (monounsaturated) virgin olive oil, coconut oil, and palm oils.

- **Pork, Beef & "Farmed" Fish - P.E.**

Most farmed raised fish have seven times the levels of PCB's as wild fish do. They have 30 times the number of sea lice. They're fed chemicals to give them color and fed pellets of chicken feces, corn meal, soy, genetically modified canola oil and other fish containing concentrations of toxins. They also are administered antibiotics at higher levels than any other livestock. They have fewer omegas 3's due to lack of wild diet and are crowded into small areas inhibiting movement, and causing disease. Pork & beef should be avoided as well; they both cause disease in your body. Instead eat Turkey or wild caught fish.

- **Tap Water - P.E.**

Tap water may be legal but it is so unhealthy, it contains a ton of chemicals such as chlorine and fluoride. Instead try alkaline water it contain an abundance of alkaline elements such as magnesium, calcium, potassium, and sodium that the body needs. You will not find these elements in bottled or tap water. Tap and bottled waters are considered dead!

- **GMO (Genetically Modified) Foods - P.E.**

Genetically Modified Organisms have not been proven in any way to be safe, and most of the studies are actually leaning the other direction, which is why many of the world's countries have banned these items whose DNA has been genetically engineered. In America, they aren't even labeled, much less banned, so the majority of the populace has no idea that they are eating lab-created DNA on a daily basis. Now you do; your best defense is to purchase certified organic food, which cannot contain any GMOs, and to tell your friends and loved ones to do the same.

- **Table Salt - P.E.**

Table Salt has been completely bleached and leached of all its minerals. Table Salt causes strokes, high blood pressure, heart attack, kidney disease, and heart failure. Try using Himalayan Salt or Celtic Sea Salt.

*P.E. = Permanently Eliminate, *T.E = Temporarily Eliminate

**Absolutely No Drugs or Alcohol

Disclaimer: Statements contained herein have not been evaluated by the Food and Drug Administration. The information here is not intended to diagnose, treat and cure or prevent disease



Harmful “Bath & Body Products” Ingredients



Below we have listed harmful ingredients that you can find in thousands of bath & body products. Please check your products to make sure they don't include these ingredients.

SYNTHETIC FRAGRANCES often contain phthalates (pronounced THAY-lates), synthetic chemicals commonly used to stabilize fragrances and make plastic more pliable. These endocrine disruptors mimic hormones and may alter genital development. Avoid products that list fragrance as an ingredient unless the label states that it's derived from essential oils, or look for a phthalate-free label on the packaging.

PARABENS, ubiquitous in skincare, preserve other ingredients and extend a product's shelf life—but these antimicrobial chemicals also have hormone-disrupting effects.

UREAS, formally known as diazolidinyl urea, imidazolidinyl urea, or DMDM hydantoin and sodium hydroxymethylglycinate, are preservatives that have the potential to release formaldehyde in very small amounts and are a primary cause of contact dermatitis.

1,4-DIOXANE, a chemical carcinogen, is created when ingredients are processed with petroleum-derived ethylene oxide. Common ethoxylated compounds include sodium laureth sulfate and polyethylene glycol (often listed as PEG). To avoid it, skip any product with the following ingredients: myreth, oleth, laureth, cetareth (or any other -eth), PEG, polyethylene, polyethylene glycol, polyoxyethylene, or oxynol.

PETROCHEMICALS are derived from crude oil. Petroleum-based ingredients such as petrolatum, mineral oil, and paraffin (derived from nonrenewable sources) form a barrier when applied to the skin that does not allow it to breathe and can clog pores.

MEA/DEA/TEA is “amines” (ammonia compounds) and can form harmful nitrosamines when they come in contact with nitrates. Used as foaming agents, synthetic stabilizers, and to adjust the pH of cosmetics, they can cause allergic reactions, eye irritation, and dryness of the hair and skin.

SULFATES, such as sodium lauryl and sodium laureth, are harsh detergents that give cleansers, soaps, and shampoo their lather ability. Often derived from petroleum, sulfates can also come from coconut and other vegetable oils that can be contaminated with pesticides. Sulfates can cause eye irritation and skin rashes.

CHEMICAL SUNSCREENS, such as oxybenzone and octylmethoxycinnamate, have been shown to disrupt endocrine activity. Titanium dioxide and zinc oxide are safer alternatives.

QUATS, such as benzalkonium chloride, steardimonium chloride, cetrimonium bromide, and cetrimonium chloride, give a positive charge to conditioners in order to prevent static.

ANTIBACTERIAL COMPOUNDS, such as triclosan and chlorphenesin, do not break down in the environment and may contribute to bacterial resistance.



Harmful “Bath & Body Products” Ingredients



SYNTHETIC POLYMERS, such as sodium polyacrylate and carbomer, come from petroleum and give viscosity to skincare products. They are highly processed and their manufacture creates toxic by-products.

SYNTHETIC COLORS are made from coal tar. They contain heavy metal salts that may deposit toxins onto the skin, causing skin sensitivity and irritation. Animal studies have shown almost all of them to be carcinogenic. They will be labeled as FD&C or D&C, followed by a color and a number.

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28 Days to Heal My Skin from Within Program

