



JERNIGAN NUTRACEUTICALS

Biography

Dr. Sara Koch Jernigan, B.S. D.C., is a natural born teacher and leader. She spent her youth as an athlete, developing a “can do” attitude. She was heavily into sports, such as swimming, volleyball, running track or playing basketball. She still held track records many years after she left her high school, Wichita Collegiate. She had a full ride scholarship at Tulsa University to play basketball. At Tulsa University she received the Most Inspirational Player Award. At Tulsa University she wanted to be a teacher for the deaf so for a summer, she worked with deaf kids and taught them to swim. She decided to transfer to the University of New Mexico and was a red shirt there for a year. However, instead of basketball, she found a new passion with teaching physically challenged people how to ski. She taught people with one leg to ski with outriggers, and blind people to ski, as well as paraplegics. Before she graduated, she went to a college for one year and just focused on studying the Bible. For one year, she studied nothing but the Scriptures. Then she went back to the University of New Mexico and graduated with a Physical Education degree. This is when she met David Jernigan, who was stationed in Albuquerque with the Air Force. After being married for 4 years, she and David decided to go to Cleveland Chiropractic College in Kansas City. Her first year at the school, she was on the national Dean’s List. When she graduated in 1995, as a Doctor of Chiropractic, she had also gotten another Nutrition degree from Park University in Missouri, not to mention two beautiful daughters. Post graduate studies include specialized training in formulating herbal remedies in Germany with the Wala Company. She has had countless hours studying functional or biological medicine and using bio-resonance scanning. She is the co-founder of Jernigan Nutraceuticals, but now completely owns, harvests and manufactures the herbal remedies for Jernigan Nutraceuticals. She is a mother of 4, but her youngest went to heaven at the age of 6. Dr. Sara enjoys harvesting and making the formula’s for Jernigan Nutraceuticals but you will often find her praying over the people who buy the Jernigan Nutraceuticals products, asking that each person finds the proper tools to help their bodies heal no matter where the tools come from.

The Intense eBook

I love to build systems to accomplish more in less time.



I am not in the office seeing patients all day long. Instead, I listen to the frustrated patients who can't find a doctor, or can't afford any more doctors, or have tried everything under the sun, but nothing seems to work. The purpose of this e-book is to teach people to take back their health, to fight for it and care for it as if "health" was a prized possession. The goal of this e-book is to create a system to get the body to heal itself. I also wrote it to offer a place to start an enhanced healing process by creating an environment inside the body that undoes the harmful effects of cultural habits and "shortcuts."

There is an abundance of pertinent information to help all of us get our bodies to heal itself. However, sometimes it can feel like "too much of a good thing," as the copious amounts of articles and blogs that are out there make the task of finding good tools hard to simplify. I could listen and get so excited over all the wisdom of doctors, such as Dr. Lee Cowden, Dr. Dietrich Klinghardt, Dr. Steve Harris, Dr. Byron White, Dr. Richard Horowitz, and many of the doctors I sell to regularly who are purely brilliant.

It is a challenge for me to write in a way for lay people to not only understand, but also to trust that I know what I am talking about. In this e-book, I strive to keep it simple so that the person reading this will not feel overwhelmed and as a result end up doing nothing.

It has taken all of us doctors decades to understand what we know, so be kind to yourself and allow yourself just to start here, and as you work through this protocol and as your body heals, then you have my "permission" to add and take away from this protocol. These recommendations are intended to set a good foundation and will help establish healing. Plus, you will have more confidence in yourself to change YOUR SYSTEMS in your day-to-day routines to help your body continue to heal itself with permanent change.

Kind Regards
Dr. Sara Koch Jernigan, BS, DC

PS: Disclaimer: As a doctor and lover of science, I fully embrace the reality that we never stop learning more and more about the innumerable ways through which the body, in its unfathomable complexity, achieves optimal levels of health. This e-book, as with any scientific theory, could change in a day as we continuously seek to better and

refine the truths we see presently. Today, this is what I, as a doctor of 20 years, support. Tomorrow, we could learn something new. That being said, I trust that you will fall in love with this protocol as I have.



Time To Take Back Your Health With a **New Strategy and a New Fight**

This protocol can be done with a series of 2oz bottles to give the body either a kick start, or just to play clean up. Buy 4oz to stay on a longer regiment. I designed this protocol as if you had to work from 8:00 am to 4:30 pm. Alter it to your lifestyle and create a system that works for you. Here is a guideline to get you started.

Before Work

1. **6:45** Prepare:
 - Lunch
 - Budwig Salad
 - Crock pot lunch (prepared the night before) put into a thermos
 - Bone broth in a thermos
 - Six remedies to take to work with you: Microbojen™, Microbojen ACV™, Allermac™, Yeast-Ease Plus™, Pomifitrin™, Paragen™, Neuro-Antitox II CNS/PNS™ (leave at work if you would like).
2. **7:00 am** Take a Probiotic
3. **7:15 am** Make the Budwig Breakfast
4. **7:40 am** Drive and Listen to a personally enriching CD or book or teaching

At Work

Morning

1. **7:55 am** Right before work, take Microbojen™, Neuro-Antitox II CNS/PNS™, Allermac™ 20 to 40 drops under the tongue of each product.
2. **8:05 am** make 16 oz of water mixed with 1/4 tsp of Microbojen ACV™ to drink over the next couple of hours.

Mid-Morning

1. **10:00 am** 1/2 cup to one cup of bone broth
2. **10:10 am** Take JN's Paragen™, Pomifitrin™ 20 to 40 drops under the tongue of each product.

Lunch

1. **12:00 pm** Crock Pot lunch with a Budwig and a 20 min. foot bath or sit out in the sun with Eldi Oil on arms and legs for 20 min while eating lunch.
2. **12:30 pm** Take JN's Microbojen™, Neuro-Antitox II CNS/PNS™ under your tongue and put the Yeast-Ease Plus™ in 2 cups (16oz) of water to drink throughout the afternoon.

Mid-Afternoon

1. **2:30 pm** Drink Bone Broth
2. **2:40 pm** Take Paragen™ and Pomifitrin™

After Work

1. **4:30 pm** Get food for dinner and listen to the rest of the CD you chose that morning
2. **6:00 pm** While cooking dinner, take your Probiotic
3. **6:25 pm** Take Borreligen™, Lymogen, Neuro-Antitox II Musculo-Skeletal™ and one Molybdenum
4. **6:30 pm** Dinner with Salad and Oleo dressing and a Dr. Kellyann Recipe

Before Bedtime

1. Prepare Tomorrow's Lunch and think about Tomorrow's Dinner
2. **10:00 pm** Take a bath and keep listening to that CD
3. **10:00 pm** Take Borreligen™, Lymogen™, Neuro-Antitox II Musculo™, and one Molybdenum

Be creative to make it work for you, but make a system to where you stay with it on a day to day basis.

STEP 1

Heal and Seal the Gut

Fix the Leak That is Putting the Toxins into the Bloodstream

The leak can be healed with proper food, probiotics, remedies, and maybe some extra tools.

To start healing any chronic illness, one must have a non-inflamed, non-leaky gut, before you can get the best results from your foods or remedies. If toxins and microorganisms and gluten are passing through the mucosal membrane of the cells of your intestines and getting into the bloodstream, inflammation will occur and chronic illness will set in.

Start by Sealing the Gut. Then it will be like fixing the water pipes instead of just throwing down towels to mop up the spill. On this protocol, we will do this with a good strain of probiotics from Natren and lots of Bone Broth and Flax Seed oil. Keep an eye out for my upcoming e-Book that will have more steps added to healing and sealing the Gut.

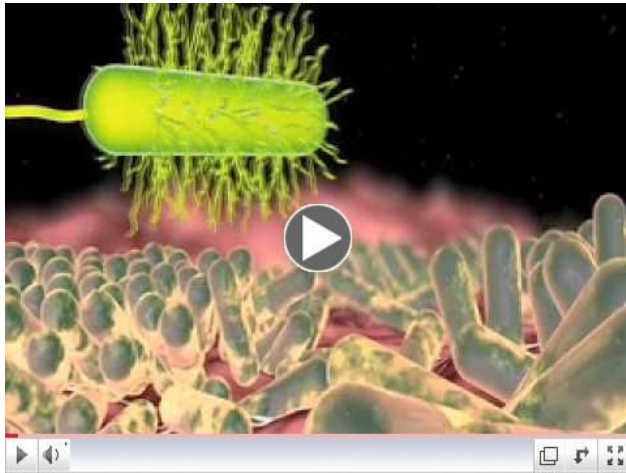
Stop Hurting Your Gut. Most everyone who is reading this book probably has already eliminated the gluten, which also contains the white flour and the white sugar and corn syrup and MSG and preservatives and has stopped using microwaves and has stopped cleaning with toxic chemicals and have cleaned up their water and air and the EMF from the computer and the Wi-Fi in your house. . If you have not, it would make healing happen faster if you paid attention to these “things” that are damaging to your body. There is so much information out there on these topics. I have shared a few videos and tools to help you eliminate dangerous chemicals that is hindering your body’s to ability to heal. When healing the gut, it is important to avoid “stuff” that hurts you. This is a great video to educate you on histamine intolerance. This is a Lunch Seminar at the Hansa Center, in Wichita Kansas.



Morning Protocol: (Suggestion for the first week: To reduce stress, buy the bone

broth premade. You will find it in the freezer section. Then take the week to prepare everything for the following week).

The good bacteria in your body should be treated like another important organ in your body. The amount of bacteria in your body is about the size of your brain if they were collected all together. If one was to collect all the bacteria in your body together, it would come out to be the size The book "Brain Maker" by David Perlmutter, MD, explains all the functions the good bacteria does inside of your body. Antibiotics and awful eating habits have decreased the amount of the good bacteria in our bodies. I like Natren (preferably in the powder form) because the probiotics are kept cold and alive and they have 3 products designed so that you can gauge which specific probiotic works best for you.



Natren

<https://www.natren.com/megadophilus.html>

Step One in Natren's 3-step custom probiotic system:

This Lactobacillus acidophilus probiotic product provides **support to the small intestine**. Lactobacillus acidophilus prefers to reside along the walls of the small intestine, where most of the digestive process takes place. Acidophilus is also a resident beneficial bacteria in the oral cavity, vaginal tract, and part of the urinary system. It is available in dairy, or vegetarian/vegan appropriate dairy free probiotic formulas, each serving provides a minimum of 2 billion colony forming units (CFU). The concept is to build up the bacteria in the small intestines and repair this area, then one go to Step 2. BIFIDO FACTORÂ®

Step Two in Natren's 3-step custom probiotic system: This Bifidobacterium bifidum probiotic product provides **support for the large intestine**. The large intestine serves as the body's waste management and disposal system. It needs specific flora to help it maintain a healthy balance, which the Bifidobacterium bifidum bacteria strain provides. Bifidobacteria prefer to reside along the walls of the large intestine. Bifido

bacteria are the second most prolific group of bacteria found in a healthy human being. Japanese researchers claim that bifido bacteria are the most beneficial bacteria to human health.

DIGESTA LACÁ®

Step Three in Natren's 3-step custom probiotic: This Lactobacillus bulgaricus probiotic supplement provides support throughout the digestion process*.

Natren's Lactobacillus bulgaricus LB-51 super strain is a transient beneficial bacteria that travels through the digestive tract with food through the process of digestion. Each serving of Digesta Lac® provides a minimum of 2 billion colony forming units (CFU) of Lactobacillus.

HEALTHY TRINITY SYSTEM®

The Healthy Trinity System is an easy to use three-step probiotic supplement system for optimal overall and digestive health. This custom probiotic system is a great starter and maintenance program to provide helpful levels of beneficial bacteria throughout the gastrointestinal tract.

Some bacteria are naturally competitive, competing with their neighbors for space and resources. So Natren keeps each bacteria species in the Healthy Trinity System in separate bottles to guarantee our probiotic product potency.

*We are the only custom probiotic manufacturer and distributor to keep the strains separate for your benefit. **This method allows you to experiment and decide which probiotic supplement program is best for you. Taking probiotic supplements can be like going to the gym - a workout program that benefits one individual may not have the same results for a different individual. This kit allows you to mix and match, layer together, and experiment with different amounts to find the most beneficial effect on your digestive health. Each kit contains:***

- *Megadophilus® provides the "good bacteria" Lactobacillus acidophilus DDS-1 (in dairy based powder) or NAS super strain (in dairy free vegetarian/vegan capsules), 2 billion colony forming units (CFU) per capsule or 1/2 tsp. (1 gram). Lactobacillus acidophilus NAS and DDS-1 are two of the acidophilus strains that **particularly benefit the small intestine.***
- *Bifido Factor® provides Bifidobacterium bifidum Malyoth super strain, 2 billion CFU per capsule or 1/2 tsp. (1 gram). Bifidobacterium bifidum Malyoth is one of the bifidum strains that **particularly benefits the large intestine.***
- *Digesta-Lac® provides Lactobacillus bulgaricus LB-51 champion transient super strain, 2 billion CFU per capsule or 1/2 tsp. (1 gram). Lactobacillus bulgaricus LB-51 **benefits the entire gastrointestinal tract.***

- *Dosage takes 1/8 tsp in the morning on an empty stomach in a little bit of water*

(100ml). Stand for 5 mins, drink, work up to the full dosage on the bottle. A philosophy to heal the gut is to take one strand of Probiotics and let that strand heal and seal, then go to Step 2 and do it by itself or add to what you are doing, then to Step 3 then your body will be able to handle many bacterial combinations better.

- **Q.** How often should I be taking Probiotics?

A. Note: This is Natasha Trenev's personal opinion and should not be construed as medical advice. (Please consult with a medical doctor if you need more information) "The dynamics of the internal 100 trillion microorganisms changes continually according to the following factors: genetic predisposition, aging, daily stress, consumption of antimicrobial substances including antibiotics, a poor diet that favors the growth of undesirable microorganisms, travel, microbes found in food, air, and water and daily elimination of waste. Up to 40% of dried weight fecal matter is bacteria thus a tremendous shift happens whenever we have a bowel movement. There are no other more compelling reasons to consume probiotic beneficial bacteria than the ones listed. I often tell people you like to eat and drink every day, why wouldn't you want to positively influence the most important ecological factor for your health? I believe it is more important than diet and exercise...but that is my opinion based on 40 years of research in this field." https://youtu.be/fk3sW_pcC98

BONE BROTH

<http://drkellyann.com/topics/bone-broth/>

Bone broth has the collagen to seal the gut to prevent toxins from entering the bloodstream, which causes many of the symptoms one often experiences, plus it helps reduce the inflammation of the gut as well.

Chicken Bone Broth

Written by Dr. Kellyann Petrucci

Prep: 15 min * Cook: 10 to 12 hrs * Yield: varies depending on pot size; these ingredients are sufficient for a gallon of broth

Ingredients:

- 2 or more pounds raw* chicken bones/carcasses (from about 3 or 4 chickens)*
- One whole chicken and additional wings or thighs, optional*

- Enough purified water to just cover the bones when they are in the pot
- ¼ to ½ cup apple cider vinegar, depending on the size of the pot
- 2 to 4 carrots, scrubbed and roughly chopped
- 3 to 4 stalks organic celery, including leafy part, roughly chopped
- 1 medium onion, cut into large chunks
- 1 tomato, cut into wedges (optional)
- 1 or 2 whole cloves
- 2 teaspoons peppercorns
- 1 bunch parsley, add in the last hour

Directions:

1. Place all the bones in a slow cooker or large stockpot.
2. Add the vinegar and enough purified water to cover everything by 1 inch.
3. On medium heat, bring the water to a simmer.
4. Use a shallow spoon to carefully skim the film off the top of the broth.
5. Add all the vegetables (except parsley) and spices and reduce the heat to low. You want the broth to barely simmer.
6. Skim occasionally over the first 2 hours, and be sure the bones are always covered with water. You will have to add water during the cooking process.
7. Cook for at least 10 hours, or up to 12.
8. When the broth is done, turn off the cooker or remove the pot from the heat.
9. Using tongs and/or a large slotted spoon remove all the bones and the meat. Save the chicken for use in the broth or for another recipe.
10. Pour the broth through a fine mesh strainer and discard the solids.
11. Let cool on the counter before refrigerating. You can skim off the fat easily after the broth is chilled if desired. When chilled, the broth should be very gelatinous.
12. The broth will keep for 5 days in the refrigerator and 3 or more months in your freezer.

Notes:

* If it's hard to get chicken bones from your butcher, you may be able to get backs and necks.

* The number of pounds of bones will vary based on the size of your slow cooker or stock pot. You want the bones to fill the vessel so you can just cover them with water. If you have chicken bones from any leftover chicken, also add those.

* The chicken meat is optional, but I usually add it so I have the chicken for soup or another recipe.

*If you have favorite herbs, you can add them to the bone broth to enhance the flavor. Thyme is particularly nice with chicken broth. You can also add garlic. Since you might use the broth in a variety of recipes, I prefer not to salt it while cooking.

Beef Bone Broth Recipe

Written by Dr. Kellyann Petrucci

Prep time: 10 min * Cook time: 10 hr * Yield: 12 servings

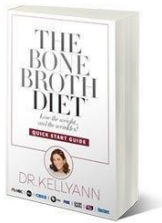
Ingredients

- 2 unpeeled carrots, scrubbed and roughly chopped
- 2 stalks celery, including leafy part, roughly chopped
- 1 medium onion, roughly chopped
- 7 cloves garlic, peeled and smashed
- 3½ pounds grass-fed beef bones (preferably joints and knuckles)
- 2 dried bay leaves
- 2 teaspoons kosher salt
- 2 tablespoons apple cider vinegar

Directions

1. Place all the vegetables and the garlic, bones, and bay leave into a slow cooker. Sprinkle with the salt, drizzle with vinegar, and add enough water to cover everything by 1 inch (about 13 cups).
2. Cook for 8 to 10 hours on low.
3. Use a shallow spoon to carefully skim the film off the top of the broth. Pour the broth through a fine strainer and discard the solids. Taste the broth and add more salt as needed.
4. The broth will keep for 3 days in the fridge and 3 months in your freezer.

I choose to follow Dr. Kelly Ann Bone Broth Protocol because I could hear her book on audible.com and I was able to get PDF's with this download, so I understand the science behind it, plus she has created many programs to make it simple to initiate a good foundation.



[Click Here to Order](#)

She says:

To help as many people as possible, I've taken the same program. I put even my sickest, most obese patients on it and documented the entire program into an instantly downloadable step-by-step guide.

This e-program is incredibly popular because it's a companion guide for my world-renowned 21-Day Bone Broth Diet.

This is without a doubt the fastest, easiest way to get TRULY healthy, drop weight quickly and safely - without starving - and look and feel younger from the inside out...

with REAL, measurable results that last.

In an incredibly short amount of time, this program super-charges your body with the essential nutrients - along with the MAGIC of Bone Broth - to quickly change you into the slimmest, youngest, healthiest version of YOU... by making sure your body gets everything it needs to:

- *Eliminate inflammation throughout the body*
- *Heal your gut completely*
- *Lose weight FAST - safely, naturally, deliciously*
- *Keep the weight off, for the rest of your life*
- *Eat foods that turn you into a 24/7 fat-burning machine*
- *Eliminate bloating, excess gas, constipation, and other gastrointestinal health problems*
- *Stop insulin spikes*
- *Lower blood sugar*
- *Truly heal your body so you can get off medications*
- *Take 10 years off your appearance - eliminate wrinkles and reverse aging at the cellular level*



DR. KELLYANN

[Click here for her Website](#)

Breakfast

Dr. Johanna Budwig's Quark-Flax oil Linomel Breakfast Muesli Recipe

Standard ingredients:

- 3 tbsp flaxseed oil
- 2 to 3 tbsp raw milk
- 100 gr (6 tbsp) quark or cottage cheese
- 4 tbsp **freshly** ground flaxseeds
- 1 tsp organic honey
- fruits and fruit juices
- nuts (except peanuts)
- natural flavours

Directions:

1. Put 4 tbsp **freshly ground** flaxseeds in a small bowl.
2. Cover with raw fruit according to the season.
3. Prepare the quark-flax oil mix in the following manner:
 - o Put flax oil and the quark or cottage cheese in a bowl and blend until you have a smooth and well-homogenised mix. No oil must be visible.
 - o ADD milk and honey into the mix and slowly blend everything together.
4. Cover the flax seed and raw fruit layers with the flax oil/quark (cottage cheese) mix and optionally garnish with more fruits and nuts.

Change the flavor every day by adding nuts, vanilla, cinnamon, various fruits such as banana, berries, cocoa, grated coconut, fruit juices (these must be added last). Use grated apple and dried fruit such as raisins and dried apricots soaked in fruit juice in winter.

Dr. Johanna Budwig was “considered to be an expert in several fields such as pharmacology, physics, and chemistry; specifically, the chemistry of fats, contributing to the Federal Research Institute of Fats and oils.” Today, her discoveries are still held in high regard. Ketogenic and Paleo Diets are great, but the Budwig protocol does one thing different than the rest. The protocol she designed understands the power of the energetic properties of foods we consume and focuses on creating a healing combination of ingredients that produce healing frequencies inside the body that are **same wavelength as the sun's energy in the body**. The flax seed oil and the cottage cheese (or quark) create an energy that heals the body, unlike other food combinations.

One of Dr. Budwig’s last and possibly most important notes was that **the electrons in our food serve as the resonance system for the sun's energy and are truly the element**

of life. Man acts as an antenna for the sun. The interplay between the photons in the sunbeams and the electrons in the seed oils and our foods govern all the vital functions of the body.

This has to be one of the greatest discoveries ever made, as this combination promotes healing in the body of chronic and terminal diseases.

In her book, Dr. Budwig states that "Various highly trained and educated individuals are dismayed and irritated by the fact that serious medical conditions can be cured by cottage cheese and flaxseed oil."

The mixing of the oil and cottage cheese allows for the chemical reaction to take place between the sulfur protein in the cottage cheese and the oil, which makes the oil water soluble for easy absorption into your cells. <https://www.cancertutor.com/budwig/>

Dr. Budwig called her Linomel[1] breakfast muesli a "central part of her Oil-Protein Diet".

Excerpted from Dr. Johanna Budwig's Oil-Protein Diet Cookbook (German 2001 edition). Compiled, translated, prefaced and annotated by Healing Cancer Naturally © 2007 Copyright Notice

Salads

[For More Information Click Here](#)

Budwig Diet Recipes - Salads, Dressings, and Dips

Potato Salad, Budwig Style

Ingredients:

- 400 g beetroot. You can either cook the beets, until soft, peel and slice or dice; or shred/grate/julienne the peeled raw beetroots through a mandolin or food grater/processor.
- 1 eating apple finely diced or grated
- One portion of the quark-linseed oil cream
- the juice of a ½ lemon
- 2 tbs apple cider vinegar
- a little extra lemon juice or milk if needed
- a pinch of salt
- 1 tbsp grated fresh horseradish
- a pinch of ground caraway and a teaspoon of whole caraway seeds (optional)
- a sprinkle of cayenne or paprika

Directions:

1. Boil a portion of potatoes and when cool enough to handle, chop/slice.
2. Mix a portion of quark-linseed oil cream with the juice of a lemon and 1 tbsp of apple cider vinegar.
3. Add a finely sliced onion, chopped chives, parsley and/or dill, black pepper and a pinch of salt and enough skimmed milk to make a creamy consistency.
4. Mix into the chopped potatoes and sprinkle with paprika and/or a little cayenne pepper and chopped dill pickles.
5. Mix all ingredients and serve with potato or leafy salad. It's good in a sandwich too. As an alternative, make this with celeriac or carrot.

Waxy potatoes have smooth, dense flesh that holds their shape well when cooked. They work well in salads or simply boiled. Key waxy varieties include Charlotte and Jersey Royals, but if you can't get any of those, don't worry, it'll still be great with any potato. Quark-linseed Oil Horseradish Cream and Beetroot Salad

The goodness of beetroot and the tang of horseradish combine to create a bright, spicy, pick-me-up salad or sandwich filling: what's not to love!

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Mayonnaise Quark-Flax Oil (Salad Dressing)

- 3 tbsp flaxseed oil
 - 3 tbsp milk
 - 3 tbsp quark or cottage cheese
 - 1 tbsp lemon juice and/or 2 tbsp apple cider vinegar
 - 1 tbsp mustard*
 - ½ tsp aromatic salt (herb-flavoured salt)
1. Mix oil, milk and quark (cottage cheese) in a blender.
 2. Add mustard, lemon juice, vinegar, and salt.
 3. This Quark-Flax oil Mayonnaise can be wonderfully varied in many flavors by adding various herbs, soy sauce, or dill pickles. It can also be used for potato salads.

Miso-Ginger Dressing

- 1 cup (250 ml) water
 - 1/2 tablespoon (7.5 ml) peeled and chopped fresh ginger
 - 1-1/2 tablespoons (22.5 ml) mellow white miso (not candida friendly)
 - 1 tablespoon (15 ml) lemon juice
 - 1 tablespoon tahini
 - 1/2 scallion, chopped
 - 2 cloves garlic, chopped
 - 3 tablespoons (45 ml) organic flax oil
1. Combine all ingredients in a blender or food processor and process until creamy.

Hummus

A fantastic-tasting Middle Eastern dish to be used as a dip or as a filling in pita sandwiches. An excellent source of complete protein and, now, essential fatty acids.

- 1 2/3 cups (420 ml) cooked chickpeas (soaked overnight preferably)
 - 1/4 cup (60 ml) tahini (sesame seed paste)
 - 1/4 tsp. (1.2 ml) ground coriander
 - 1/4 olive & sunflower oil
 - 1/4 tsp. paprika
 - 2 tbsp. (30 ml) minced fresh parsley for garnish
 - 3 tbsp. (45 ml) lemon juice
 - 2 medium cloves garlic
 - 1/4 tsp. (1.2 ml) ground cumin
 - 1/4 cup minced scallions (optional)
 - dash of cayenne
1. In a blender or food processor, process the cooked chickpeas, tahini, lemon juice, and oil until the mixture reaches the consistency of a coarse paste.
 2. Use as much of the garbanzo liquid or water as needed.
 3. Add the garlic, coriander, cumin, paprika, and cayenne and blend thoroughly.
 4. Transfer the hummus to a bowl and stir in the scallions.
 5. Cover the hummus and refrigerate.
 6. Garnish with parsley before serving.
 7. Makes about 2 1/2 cups (375 ml).

Mexican Salsa

A zesty traditional Mexican salsa made even better with the addition of flax oil. Great as a dip for tortilla chips or as a sauce on enchiladas, burritos, and tacos.

- 3 tomatoes, diced 1 small jalapeño pepper
 - 4 sprigs fresh cilantro
 - 1/2 cup (125 ml) tomato sauce
 - 1/2 medium onion, diced
 - 3 tablespoons (45 ml) organic flax oil
 - 1 scallion, chopped
1. Combine the tomatoes, cilantro, onion, scallion, and jalapeno pepper in a blender or food processor and process to desired consistency, chunky or saucy.
 2. In a separate bowl, combine the tomato sauce and flax oil.
 3. Stir to a uniform consistency.
 4. Mix everything together and chill until ready to serve.
 5. Makes 2 Cups.

Guacamole

A great dip containing healthy essential fatty acids.

- 2 ripe avocados, peeled and quartered
 - 1 tbsp.(15 ml)(packed) chopped fresh cilantro leaves
 - dash of sea salt
 - pressed cilantro, cayenne and a wedge of lime for garnish
 - 1 jalapeno pepper, seeds removed (optional)
 - 2 to 3 tbsp.(30- 45 ml) chopped onion
 - 1/2 tbsp.(7.5 ml) lemon juice
1. Place the avocados in a food processor and puree.
 2. Add the remaining ingredients and puree to a thick, even consistency.
 3. Transfer to a small bowl and garnish with cilantro, cayenne, and a lime wedge.

A DELICIOUS ADDITION TO BUDWIG DIET MEALS

Oleolux

Oleolux is a savory butter or topping for food created by Dr. Johanna Budwig. It is a rich golden-yellow blend of cold-pressed linseed (flax) oil and raw coconut oil delicately enhanced with onion and garlic. Cholesterol-free, rich in Omega-3 and other beneficial fats, it makes a healthy alternative to butter, cream or olive oil in everyday meals for anyone looking for tasty food and a healthier lifestyle. The garlic and onion are healthy additions and probably help the absorption of the omega-3.

Ingredients for Oleolux:

Oleolux ingredients

- 125g Cold-Pressed Linseed (Flax) Oil
- 250g Cold-Pressed Coconut Oil
- 1 Medium Onion
- 10 cloves garlic mashed

<https://youtu.be/3vOg3QBU690>

Method:

1. Weigh the Linseed Oil into a suitable container, preferably glass that has a lid, or can be covered, it needs to be large enough to take the coconut oil as well.
2. Place it in the freezer for 20 minutes.
3. Melt coconut oil in a large pan from which it is going to be easy to pour the oil.
4. Slice the onion and cook in the coconut oil at a very gentle heat so that it is light straw colored after 15 minutes.
5. Add the crushed garlic cloves and cook for a further 3 minutes.

6. Remove from heat, allow to cool a little and strain through a sieve into the chilled linseed oil and put in the fridge to cool. When it has set it is ready to use.
7. Store in the fridge.
8. Best used within a month.

How to Use Oleolux

- Melt into cooked veg, potatoes and buckwheat.
- Use instead of butter on bread.
- Use to fry with; though if using oleolux for frying do not heat for more than 1-3 mins and then only at a gentle heat
- Stir into risotto, lentils, and soup.

YEAST FLAKES

Nutritional yeast flakes, a tasty, healthy seasoning that can be used on the Budwig Diet. This is called nutritional yeast in the UK. Many of the Budwig recipes mention yeast flakes. They are included mainly for flavor but being low in salt and a rich source of B vitamins, they are a healthy addition to food. It tastes similar to Parmesan.

Yeast flakes are a granular condiment with a savory Parmesan cheese-like flavor. It is made from a special variety of deactivated yeast, and some varieties including vitamin B12.

Many use it like Parmesan. Nutritional yeast flakes are tasty sprinkled over rice, risottos, soups, stews, buckwheat and vegetables and goes particularly well used with oleolux.

STEP 2

Pull Toxins out of the Body

At lunch time, do a foot bath **if possible** or the Eldi Oil out in the sun and every night do a full bath such as the following:

1. Clay Bath
2. Cinnamon/Ginger Bath/Salt Bath
3. Apple Cider Vinegar Combo Bath
4. Hydrogen Peroxide/Epsom Salt bath
5. Dried Mustard Foot Bath
6. Lemon Foot Bath
7. Eldi Oil
8. Rest one day of the week

If you don't have a bathtub or you can't get into a tub then do the full baths as foot baths instead.

Why Clay Baths?

"...I have put a huge number of patients on these clay baths, and the levels of heavy metals - mercury, lead, arsenic, aluminum, and cadmium have come down dramatically...I have been monitoring the levels of metals using all three methods (TD DMPS, oral DMSA, and clay baths) and the clay baths are way faster in the removal of metals..."

..."One particular patient had very high levels of mercury and levels of lead that were off the charts. In 3 months of twice weekly clay baths, the lead came down dramatically, and the mercury disappeared. The muscle weakness associated with high lead levels improved dramatically. Interestingly enough, another 5 months of these clay baths showed even lower levels of lead, but the mercury reappeared. This supports the theory that mercury is sequestered in different areas of our body and it takes the time to get it all out."



- Dr. Miriam Jang, M.D., author of "Breakthroughs In Autism," a synopsis of the DAN protocol.

Sea Salt

Adding natural sea salt to a clay bath is an excellent idea. Sea salt acts as a tonic, and increases the ion exchange capability of clay in a clay bath, as well as changing the osmotic pressure (about the human body).

"There are those who believe that adding herbs and other reactive organic elements to clay baths is a great idea. They are most welcome to their opinion, but this is not very often a wise idea. Basic chemistry can help explain why (all you have to do is combine fresh herbs with a clay magma and see for yourself). The action of the clay itself, in the presence of complex organic compounds, is directed to the organic compounds and not on the body. One will certainly still get a detoxification reaction, but lose the benefits of the most mysterious clay action of all: It's energetic response."

I am sure most health food stores carry a good Bentonite clay, or you can order these

Recommended Clays:

For therapeutic grade clays useful for bathing, we recommend trying these large quantities of green desert calcium bentonite, Pascalite, or Redmond Clay.

<http://www.greenclays.com/shopping/therapeutic-clays.html>

For an excellent professional blend:

Inland Sea Clay Baths

<http://www.greenclays.com/shopping/therapeutic-clays/clay-baths-salts/bath-clay-36-lbs-1.html>

is the cream of the crop. Although more expensive, it is recommended for those with very serious conditions such as severe metal toxicity, chemical toxicity, and electro-pollution sensitivity.

How To Take A Clay Bath

1. Fill up your tub with warm water.
2. Scoop the clay; 1-4 cups of powdered bentonite clay. (another suggestion)
3. You have 2 choices from here. Option A is the Clay body mask: spread the wet clay all over your body, face and the tops of your feet. Option B is the Clay bath: dump the clay into the bath directly and squish around while you are in the tub to get that "mucky" clay water. (Read the instructions on the container on how much you add for the amount of water you are using.)
4. If you put it in the bath, the clay will soak up more water within a few minutes. Therefore, make sure that you add a bit more water if needed and be careful! The tub will be slippery.
5. Sit in the bath for 20 minutes. After 20 minutes, use a washcloth to remove the clay.
6. Take a cool shower to rinse off the clay residue. The cool water also closes your skin pores

after the warm bath. Make sure your shower water temperature is cool-not cold (don't shock your body). Be careful of the slippery tub, wearing beach shoes will give you extra support.

7. Use a screen or mesh to catch the big clay chunks. Let the clay water drain then throw out the used clay.

8. Lightly, moisturize with coconut oil or Eldi Oil afterwards

9. Dress Warm. After your detox clay bath. Keep the "heat" in your body. Your body just worked hard to detox, so the extra warmth will give it a break and allow your body to relax and recharge.

Cinnamon bath

In Rosemary Gladstar's *Medicinal Herbs: A Beginner's Guide*, she recommends a cinnamon bath to warm the body and relieve congestion. Cinnamon also is an antiseptic and antiviral. Ginger in the bath opens up the pores of the skin and also increases the circulation. When one gets sick, the blood is often really thick. So when we increase circulation, we are improving your ability to get the proper healing properties to operate at a higher level, rather than be stuck in slow moving blood.

Ginger will reduce a fever by letting the heat out of the body as well.

Sea Salt has anti-inflammatory and soothing properties. (Celtic Sea Salt is one of the best salts to get. Your salt should be grey, which shows it has all the essential elements in the salt and it should be not processed and white. Himalayan Salt is okay, but I like salt that has been evaporated by the sun and has this electrical frequency in the salt).

Mix: 1 1/2 tablespoons ground cinnamon, 1/2 tablespoon ginger root powder, 1/2 cup of sea salt. Stir the water to help distribute and dissolve the mixture.

Warning:

Many are allergic to Sulfur, but take this into consideration please. Start with a Tablespoon instead of 2 cups before you decide you will react to Epsom salts.

"The magnesium and sulfate in the salts are absorbed into the body through the skin. Because the sulfur is already in the sulfate form, it does not need to be converted to other forms of sulfur.

Therefore, it is generally safe to use this type of sulfur.



Sulfate is thought to circulate in the body up to about nine hours."

<http://www.enzymestuff.com/epsomsalts.htm>

The reason I want you to try Epsom salts is that you can't take magnesium any other way than through the skin. This is the best way to get it into your body. Many of you have neurological symptoms that seem similar to autism. Dr. Waring explains a groundbreaking discovery in regards to this that may cause you to consider using Epsom salts, even if you have experienced allergic reactions to sulfur in the past. "Dr. Rosemary Waring found that most people with autism conditions have a deficiency in a key detoxification pathway. The pathway involves using sulfur in the form of sulfate (known as sulfation). The enzyme involved is phenol sulfur-transferase (PST), but the problem is thought to hinge on an inadequate supply of usable sulfate ions, not the metabolic enzyme itself.

Dr. Waring found that most children on the autism spectrum are very low in sulfate and may be as low as 15 percent of the amount in neurologically typical people. People with low or no ability to convert compounds to sulfate have problems handling environmental chemicals, some medications, and even some chemicals produced within the body. They include people with other conditions such as Alzheimer's disease, Parkinson's disease, rheumatoid arthritis, and chemical sensitivities. " www.enzymestuff.com/epsomsalts.htm This is why I want you to try to use the Epsom Salts in your bath. If you do think that you are allergic to it, you may just need much smaller amounts and work up to a larger amount in your bath water, but use your best judgement

Warning: Apple cider vinegar's bacteria-fighting capabilities partly stem from its sulfur content as well, but again it is a better form of sulfur, so most people can handle it.

Apple Cider Vinegar/Salt Detox Bath Recipe

- 1/4 cup Celtic Sea Salt or Himalayan Salt
- 1/4 cup Epsom Salt
- 1/4 cup Baking Soda
- 1/3 cup Apple Cider Vinegar
- Favorite essential oils if desired (I use 10 drops of peppermint or lavender)



Instructions:

Dissolve Salt, Epsom salt, and baking soda in boiling water in a quart size jar and set aside. Fill

the tub with warm/hot water and add apple cider vinegar. Pour salt mixture in and add essential oils if using.

Soak in bath for 30 minutes

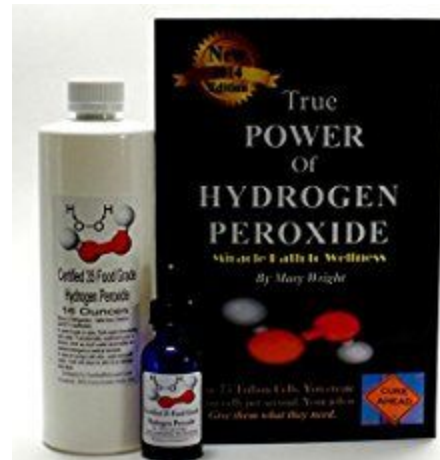
Apple Cider Vinegar is a good remedy for blocked pores because it contains malic acid, a natural acid that loosens the outer layer of dead skin cells and prevents inflammation. Apple cider vinegar is naturally antiseptic and antibacterial, plus it helps balance the pH of your body.

Baking Soda is bicarbonate. Bicarbonate is present in all body fluids and organs and plays a major role in the acid-base balances in the human body. Bicarbonate deficiencies spell big trouble for human physiology when the vascular system begins to deteriorate as less oxygen is delivered to the cells. Bicarbonate deficiency is synonymous with carbon dioxide deficiencies, which occur in everyone who does not exercise properly. Bicarbonate is the wonderful medicine it is because it turns into carbon dioxide in the stomach, which drives bicarbonates into the blood. One of the greatest secrets in medicine is that bicarbonate and carbon dioxide are two forms of the same thing and change into each other at the speed of light in the blood.

<http://drsircus.com/sodium-bicarbonate-baking-soda/healing-power-baking-soda/>

Hydrogen Peroxide/Epsom Salt Bath

A hydrogen peroxide bath can help to cleanse and purify our skin. A hydrogen peroxide bath can help destroy toxins, organisms, and even pull out the residues. In other words, it makes one of our major eliminators of toxins, our skin, more effective. Hydrogen peroxide does all this and is environmentally friendly too, leaving its only by-products: water and oxygen. Hydrogen peroxide is the only germicidal agent composed only of water and oxygen. Like ozone, it kills disease organisms by oxidation! Hydrogen peroxide is considered the world's safest all natural, effective sanitizer. It kills microorganisms by oxidizing them, which can be best described as a controlled burning process. When Hydrogen peroxide reacts with organic material, it breaks down into oxygen and water.



Did you know?

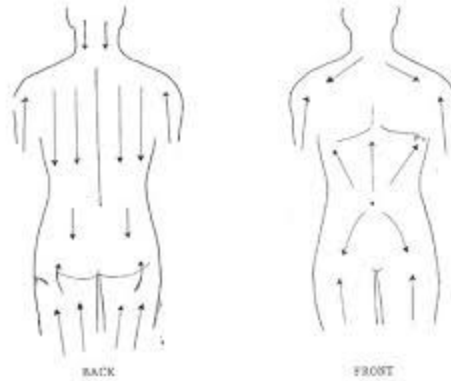
Your body makes Hydrogen peroxide to fight infection which must be present for our immune

system to function correctly. White blood cells are known as Leukocytes. A subclass of Leukocytes called Neutrophils produce hydrogen peroxide as the first line of defense against toxins, parasites, bacteria, viruses and yeast.

<http://www.realfarmacy.com/20-benefits-and-uses-for-hydrogen-peroxide/>

Instructions: Pour 2 quarts of Hydrogen Peroxide and 2 cups of Epsom Salts into a full bathtub of comfortably warm/hot water and soak for **no longer than** 20 minutes.

Dry Skin Brush before the bath helps a lot as well. Dry Skin Brushing, stimulates your lymphatic system. Your lymphatic system is the system responsible for eliminating cellular waste products, and improving digestion and kidney function. Dry Skin Brushing also increases circulation, reduces cellulite, decreases stress and is invigorating.



Dried Mustard Foot Bath

When the feet are in hot water, the blood which is congested in distant parts of the body is brought to the dilated vessels in the feet and legs. Surprisingly, congestion of the brain, lungs, abdominal and pelvic organs [can be relieved in this manner.](#)

A hot foot bath covering the feet and ankles at temperatures ranging from 100° to 115° F (43°C-46°C), elevates the body temperature, relaxing tense muscles and increasing white blood cell activity.



<http://amazinghealth.com/AH-health-hot-bath-blood-feet>

Recipe:

- 2 Tbsp Of Dried Mustard
- Pinch of Cayenne
- Pan with very warm water

Medicinal Benefits of Mustard Foot Bath:

Mustard bath is a traditional English treatment using the healing effects of mustard to rejuvenate the tired, worn-out muscles and joints. So, if you are feeling tired, stressed out, having a lack of sleep, the mustard bath can help. It can uplift your spirit, brighten your mood, relax your tight muscles and give you a general feeling of wellness.

- **Detoxifies Your Body:** Experts suggest that mustard bath can stimulate our sweat glands to produce more sweat and open our skin pores. This can help in removing toxins from the body, thereby detoxifying it.
- **Relieves Stress and Tension:** It is suggested that mustard bath can help in toning and soothing our worn out muscles and nerves. This can help in alleviating stress and tension.
- **Induces Good Sleep:** A good mustard bath can help in relaxing and soothing our tired muscles and nerves. This can promote complete relaxation of mind and body, thereby inducing deep sleep.
- **Relieves Joint Pain and Aches:** It is believed that mustard bath can warm up our muscles and promote blood circulation. This can help in treating muscles and joint stiffness, thereby reducing joint pain and general body aches.

The Purpose of Cayenne Pepper

- Externally, cayenne pepper is even more versatile. For muscle aches and pains, arthritis, rheumatism, muscle strain, lower back pain, and even for tired and achy feet, cayenne pepper is an effective treatment.

Lemon Foot Bath

Lemon is good for hay fever, headaches, sinus, flu, bronchitis; and those times when one needs their head cleared. It also helps with depression and fatigue.

Instructions: Place a whole lemon in a bowl and cover with warm water. Cut the lemon underwater in the following way: Cut in half, with the flat sides on the bottom of the bowl, slice each as you would a birthday cake (in wedges) half leaving the core intact. Score the skin all over (make little cuts with a sharp knife) to release old juice from the skin. Then express or squeeze the lemon into the bath tub.

Eldi Oil

Dr. Johanna Budwig notes that treating some diseases when oil onto the skin and sunbathing I recommend first thing in the morning or the afternoon, when the temperatures are more comfortable. Some of the sun's properties help absorption. This will also help pull out toxins. [Buy Eldi Oil here](#) or you can make your own with 75% flaxseed oil and 25% wheat germ oil.



the sun plays an important role in combined with Eldi oil and applying the with caution. Avoid hottest times of day.

STEP 3

Health in a Bottle is a Myth.
Remedies are simply tools that are
part of the complete system for the
restoration of health.



1. Microbojen
2. Neuro-Antitox II CNS/PNS
3. Allermac
4. Yeast-Ease Plus
5. Borrelogen
6. Neuro-Antitox II Musculo-Skeletal
7. Paragen
8. Pomifitrim
9. Lymogen
10. Molybdenum

These 10 Products are specifically designed to empower the body to handle the worst of the worst of many viruses, bacteria, mold, fungus, prions, mycoplasmas, etc.

Jernigan Nutraceuticals remedies are meticulously fashioned to put different energetically frequency-matched herbs (not homeopathic) into the body to keep giving it the tools it needs to "wake up" and increase red and white blood cells, and phagocytes, etc to evoke the body to start dealing with all the issues that are not designed to be in the body.

The intent of switching remedies is similar to the concept of working out. You do not do the same exercises every day, but instead, you switch it up. Monday might be leg day, Tuesday is arm day, etc. The intent is to get the body to *comprehensively* work at a higher functioning level and not just strengthen one aspect of the body, as this will not achieve the desired amount of progress. If you wanted to be “fit,” you would not just exercise your arms, right? You would establish a balanced and well-rounded workout schedule for your week. In implementing this same concept with the remedies you take, you prevent the “evil invaders” to get used to and adapt to a certain line of attack. You address the issue from all angles. Jernigan Nutraceuticals has been around for over 20 years. These are the products that I, and many other doctors, have come to trust through years of clinical usage. I know what to expect and I understand how they work. I don’t even try to tell people why I think our products are “the best.” At the end of the day, it is not my job to tell you from afar what is best for YOU as an individual. Your body will let you know if these are the tools for you. Again, this is not the place for me to fully educate you on the products (visit jnutra.com to get more info on each remedy!). In this book, I am simply sharing with you that if you choose to use these products, this is how I would put them together.

- [Allermac](#) (20 to 40 drops under the tongue)
 - Handles the overload of mold and yeast and histamines in the body, commonly contracted in the workplace, home, and other hazardous environmental areas that often expose us to harmful pathogens without our realizing. .
- [Borrelogen](#) (20 to 40 drops under the tongue)
 - Helps the body see and deal with the *Borrelia burgdorferi* bacteria and other nasty bacteria and viruses. This power-packed remedy has 15 impressively effective herbs in it.
- [Lymogen](#) (20 to 40 drops under the tongue)
 - An interestingly dynamic product that helps with different bacteria and viruses. It has another 11 herbs that deal with many viruses especially those that attack the chest. Many people with *Bartonella* choose this remedy.
- [Microbojen](#) (20 to 40 drops under the tongue)
 - Soothes the acidic stomach, helps the body take care of unwanted bacteria and virus. Helps restore the gut. (This remedy has 9 frequency-matched herbs).
- [Microbojen ACV](#) (take a ¼ tsp in 2 cups (16oz) of water)
 - Helps heal and seal the gut by getting rid of unwanted bacteria and also by soothing the inflammation with the [licorice](#) and the

apple cider vinegar.

- [Molybdenum](#) take 1 pill
 - Deals with a different form of toxins. The aldehydes which are usually produced by the yeast and molds and alcohol.
- [Neuro-Antitox II CNS/PNS](#) (20 to 40 drops under the tongue)
 - Pulls toxins away from the nerves. It helps the body deal with the abundance of destructive toxins, including ammonia.
- [Neuro-Antitox II Musculo-Skeletal](#) (20 to 40 drops under the tongue)
 - Helps pull toxins out of the muscles. This is a good remedy to rub on topically where it hurts.
- [Paragen](#) (20 to 40 drops under the tongue)
 - Deals with the malarial “personality” of Lyme spirochetes. There is a certain type of cycle that happens with the growth and development of Lyme. This product gets the body to "see" this cycle and stops it. Plus, according to the research, it is antiparasitic, antitumoral, antifungal, antibacterial, antiviral, and an anti-oxidant.

[Pomifitrin](#) (20 to 40 drops under the tongue)

- Chronically ill people’s bodies are stressed and tired. Even though this product is an amazing stand alone product, the intent of having this product in the protocol is to not deal with the toxins, or any yeast, mold or fungus or any bacteria or virus, even though it helps the body heal in all of these situations. This product helps get rid of the stress and fatigue the body has endured. One can logically break down the usage of this product, but in truth it is being used and as an energy enhancer and an energy de-stressor, in this protocol.
- [Yeast-Ease Plus ACV](#) Take 1/4 tsp in 2 cups (16oz) of water and drink throughout the afternoon. This product goes into the "gut" area instead of the bloodstream to deal with the yeast, mold, fungus and toxins in the gut.

STEP 4

Equipment or Tools you can purchase to boost your progress

1. PES Detox System
2. Sunlight Infrared Sauna
3. Linen Sheets
4. Weighted Blankets

PES Detox Systems

by Platinum Energy Systems

Toll-Free: 1-877-225-3388

[Guided Tour](#)



Toxin accumulation can no longer be thought of as simple.

In reality, there is a compounding effect that occurs when a cocktail of substances is combined, even apparently non-toxic ones. The combination of metals is the "synergistic" effect... we are coming to realize. **Dr. Hal Huggins explains the synergistic effect of heavy metals: "Combination of substances in toxicology can be greater than the sum of the parts: with lead and mercury, for instances, a toxicity rating of 1 for each mercury and lead**

equals not 2, but 60 - when combined."

"Why clearing toxicity matters so much."

Many people tell me the remedies make them sick. This always can be a possibility but 9 times out of 10, this really means that their body is not flushing out the dead bacteria, viruses, mold, parasites, fast enough. Plus the live "critters" are screaming and are doing everything to tell your brain to stop killing them, so these critters make you feel sick so you will stop killing them!

Most chronically ill people are in this situation because the lymphatic system is clogged, or slow moving. Therefore, before you say these remedies don't work, back off the remedies and get extremely serious about getting the toxins out of your body.

This PES Detox System is a safe, effective and consistent piece of equipment to help you body heal faster.



Also, did you know that an increasing body of evidence supports the view that depression and black moods are caused by an imbalance in brain chemistry.

1. *Excess acidity prevents nerve cells in the brain from functioning normally - the body's natural balance, homeostasis, has been severely affected. This imbalance causes a higher level of agitation and restlessness because the brain has detected that it is under attack. This restlessness becomes even more evident as you try to sleep.*
2. *Heavy metals, such as mercury, interrupt the connections and nerve impulses in the brain. (To see this happening, see "How mercury causes brain neuron damage," a YouTube video from the University of Calgary.) Mercury affects the normal functioning of the brain, causing a higher level of agitation and anxiety. These feelings will show up when you try to rest, and will surely affect your night's sleep. KellyAnn ,Platinum Energy*

Infrared Saunas

To Go to the Website [Click Here](#)

- Sauna therapy has many health benefits, including expelling of toxins, improving blood circulation, killing disease-causing microbes and improving mitochondrial function
- Regular sauna use may also reduce your risk of death from any cause, including lethal cardiovascular events, and may help stave off Alzheimer's disease and dementia
- Men who used a sauna four to seven times a week had a 66 percent lower risk of developing dementia and 65 percent lower risk of Alzheimer's, compared to men who used the sauna only once a week



The infrared sauna detoxifies the body of heavy metals and toxins that are locked up in the fat cells. Heavy metals and toxins are known to promote an environment in the body that is a microbe heaven. They cause over-cooling of the body, hypersensitivities, allergic tendencies, and direct toxic effects on the body as a whole.

Infrared saunas work by emitting far infrared energy, which penetrates the body just over 1 ½ inches! The deep penetration of heat is much more efficient than traditional saunas. Infrared is fascinating technology. Scientific research has now resulted in saunas that emit a finely tuned infrared energy output that closely matches the body's radiant energy. What this means is that almost 93% of the infrared waves are absorbed into the body. Therefore, the body heats up, but the air in the sauna remains cooler. The cooler environment of the sauna is much more pleasant sit in, and the air is not so hot to breathe.



Linen:

Can A Piece of Fabric Help Your Body Heal?

Our poor bodies get attacked daily. When you sleep under the linen, the linen will produce a frequency the will help the body heal. *"In 2003, a study was done by a Jewish doctor, Heidi Yellen, on the frequencies of fabric. According to this study, the human body has a signature frequency of 100, and organic cotton is the same - 100. The study showed that if the number is lower than 100, it puts a strain on the body. A diseased, nearly dead person has a frequency of about 15, and that is where polyester, rayon, and silk register. Nonorganic cotton registers a signature frequency of about 70. However, if the fabric has a higher frequency, it gives energy to the body. This is where linen comes in as a super-fabric. Its frequency is 5,000."Dr. Philip Callahan, a noted physician, and researcher was able to prove the existence of this energy using plant leaves attached to an oscilloscope. About six months ago, he visited me in California and showed me a new development. He had discovered that flax cloth, as suggested in the Books of Moses [the Torah or Pentateuch], acts as an antenna for the energy. He found that when the pure flax cloth was put over a wound or local pain, it greatly accelerated the healing process. He was also using the flax seed cloth as a sophisticated antenna for his oscilloscope. This is the instrument that he uses to determine the energy of flax."*



[Click Here To Order](#)

Testimony: When wearing 100% linen, many individuals have testified that their healing was rapid. Post injury or surgical pain was substantially reduced (without the use of prescription or over the counter drugs) when using linen bandages and wearing linen clothing. This information which would be a little noticed matter except for this research which demonstrates why it was a necessary

part of the path of faith. A most remarkable testimony was shared by a Karaite Jew: He testified of his linen tallit, (prayer shawl) that was precious to him. This prayer shawl was so familiar to him that it was similar to a well worn Holy Scriptures whose pages had become regularly touched with use. In questioning him as to why he still had it, he opened up to share a remarkable testimony. Thirteen years previously, his wife was in labor and delivered an infant that failed to breathe. Calling the emergency 911 team, they waited gripped with the inevitable loss of an infant in 'stillbirth.' Grief struck, he grabbed his prayer shawl and held his daughter in his arms for an agonizing 30 minutes. He recited the prayers of faith while waiting for the team to arrive. Unbelievably, according to his account, when the paramedics arrived and had not yet touched the infant, there was a dramatic color change for the infant and breathing had resumed! He testified that this special child has a brilliant mind and does well in school. This amazing miracle involved use of a specific linen tallit that would be 'swaddling.' Did this linen prayer shawl contribute to the healing of this infant- demonstrating the benefits of obedience to the specific divine requirements for linen religious ceremonies as revealed above as recorded in the Holy Scriptures?

Dr.Heidi Crawford-Yellen June 2, 2009

<http://www.zipporahsthimble.com/shop/index.php/linentestimonies>

Testimony: Application of linen to those that are very ill has been rewarding. One testimony not yet published is an accident with the kitchen knife where the knife cut the digit of the index finger. There was significant damage to diagnosed severed ligaments and tendons. With the immediate application of cotton and regular bandages, the pain was excruciating. With the change to linen wrap, the pain was immediately resolved WITHOUT ANY DRUGS.

Testimony: An elderly woman diagnosed with 3 compression fractures of the spine. She heard of our research and applied the linen and shawl with fringes. She reports that she is 95% improved to now do gardening and housework again. She is elated.

Another 91 years old had the excruciating pain of the ankle during the night. She grabbed a linen cloth and wrapped it around her ankle to report after a wonderful sleep that it was perfect without pain.

Sincerely, Dr. Heidi Yellen <mailto:drheidiyellen@hotmail.com>

Weighted Blankets



How can something so simple as sleeping with weighted blankets be a solution to stress, anxiety, insomnia and more? Messed up sleep can create a long list of secondary issues that can quickly become primary concerns if insomnia or other disturbances continue untreated. Lack of sleep, whether it's medically related or anxiety-driven, can throw off your normal functioning during the day. Concentration becomes difficult, productivity at work or school begins to suffer, irritability can have you lashing out at family and friends, and you also become at risk for serious health issues like heart attacks.

Deep pressure touch stimulation (or DPTS) is a type of therapy that almost anyone can benefit from. Similar to getting a massage, the pressure exerted over the body has physical and psychological advantages. According to Temple Grandin, Ph.D., "Deep touch pressure is the type of surface pressure that is exerted in most types of firm touching, holding, stroking, petting of animals, or swaddling. [sic] Occupational therapists have observed that a very light touch alerts the nervous system, but deep pressure is relaxing and calming."

Traditionally, weighted blankets are used as part of occupational therapy for children experiencing sensory disorders, anxiety, stress or issues related to autism. "In psychiatric care, weighted blankets are one of our most powerful tools for helping people who are anxious, upset, and possibly on the verge of losing control," says Karen Moore, OTR/L, an occupational therapist in Franconia, N.H.

So, How Does It Work?

A weighted blanket molds to your body like a warm hug. The pressure also helps relax the nervous system. It's a totally safe and effective non-drug therapy for sleep and relaxation naturally.

Psychiatric, trauma, geriatric, and pediatric hospital units use weighted blankets to calm a patient's anxiety and promote deep, restful sleep. In a similar way to swaddling comforting an infant, the weight and pressure of an adult provide comfort and relief.

When pressure is gently applied to the body, it encourages serotonin production, which lifts your mood. When serotonin naturally converts to melatonin, your body takes the cue to rest.

[Click Here To Order](#)

Buy Glass beads; they will have the best healing energy than the plastic beads.

<http://www.lorasweightedblankets.com/>

STEP 5

Put LIFE into Your Brain and Heart

In other words, stop watching hours and hours of TV, or playing video games or being on FaceBook for hours

(I've put random links and ideas throughout "My Story" just to give you ideas).

A Personal Note from Dr. Sara:

To preface this note, let's say you speak French and I speak German. The following is simply me sharing how I personally view life, using my terminology I use to express myself.

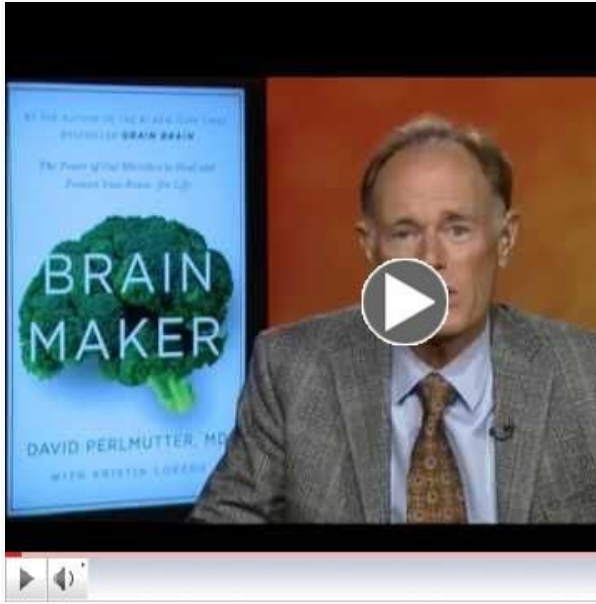
Like many of you, I go through so much in a day that it would baffle one's mind. It's possible that I inadvertently create a lot of it myself, but if/when this is so, I own it and say, "Lord, it looks like there is another thing [I need to die to](#)," or "what is the spiritual upgrade you're wanting me to receive through this?" Or, "I see this [curse so what is the blessing](#) You want to give me, instead?" As a single woman, mother, and business-owner, I would, of course, love to have a best friend man to be able to share what I just went through that day. I would love to have a best friend woman, but most do not understand my world and really can't give me what I need to endure the battle. I share this with you simply to say that in my own way, I understand what many of you are going through in regards to living with an illness that many don't understand how to handle. I am in a season where it is just God and me. [Me and God](#)

Truthfully, I don't "feel" God much. I just know He has my back. I think spiritually, He wants to know if I will trust Him and I will continue to speak the truth even though I can't see or feel it. I have learned the truth is the truth no matter what the circumstances look like. And when I can't hear Him, and I desperately need something, He sends some "random" people to speak His words to me.

The only way you know what I go through is when I see, hear or feel someone going through something that was similar to my situation; THEN you hear the wisdom I've gathered up throughout the years. Therefore, for me, it rarely feels like "revelation" from the Holy Spirit, but just my experience on how I got through it with knowing the

truth of God.

[Brain Maker -Discover the power of gut bacteria, the human microbiome](#)



My point is, everyone wants someone to understand the pain and the trials they are going through, but in truth, unless that person will have answers, what is the point in telling them? Most chronically ill people do not have many people who understand the battle they go through. So, unfortunately, and fortunately, we have to figure it out ourselves. (I am not chronically ill, Jesus healed me from stomach cancer ten years ago, and when He healed me, he healed me GOOD).

I do not have time to waste. Do you? Zoning out and watching a soap opera or a sitcom or sports or a movie for hours and hours a day? Where do those hours spent get you? What do you receive from it? Does it really help you get out of your situation?

[Hear and Be Healed](#)

In my world, I am a Born Again, Holy Spirit Filled Christian. In my world, I see so many Christians complaining about their life situations, and instead of reading the Holy Bible or listening to teachings, actively trying to figure out a different path, they watch hours and hours of TV or play video games instead. I believe God will do His part when we do our part and I do not think watching hours of TV helps anyone get

out of their situation.



This is a simple example: My oldest daughter has a 30-minute commute to work. So that gives her time to do one German lesson in the car in the morning and one on the way home. She chooses to not listen to music, etc that just fills the empty space and passes time, but instead takes that time to teach herself something. What would you do if you had a 30-minute commute? What are you putting into your head? Are you spending your time wisely.

[Captivating: Unveiling the](#)

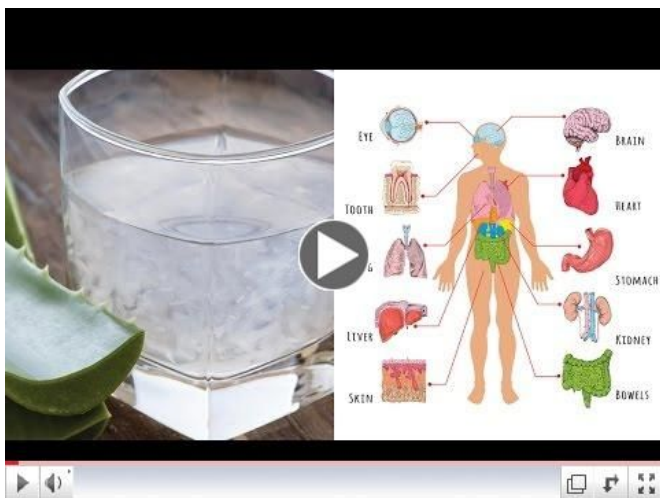


[Mystery of a Woman's Soul](#)

Wild at Heart: Discovering the Secrets of a Man's Soul



I watch movies, but I always ask God what to watch, and I always watch with the intent to learn something from it. I take something of value away from it. And when I watch a movie, it's because I am needing to think something different and fresh for a minute, so it relaxes me to where I can think better afterwards. I am careful not to watch it if I will likely come from it scared or irritated or extremely sad. I need it to give me hope or an inspiration or comfort, so I can keep fighting the battles I face .



I also listen to books from audible.com. I will see this huge project I have to accomplish, and maybe somebody didn't show up for work that day, and now I have to do not only my load of work, but also their work on top of it. It's easy to feel overwhelmed in situations like that, but a solution I like is putting on a 12-hour (or more) audio book. This will help me stay focused on moving forward and not getting stuck thinking about how frustrating and overwhelming this moment feels. I use it to control my thinking, to stay blessed and just "go into that world," so to speak, for a moment and get the job in front of me done with a happy heart.



Then there are times when my heart and my spirit or health are sooooo hurting, so I put on a teaching so I can hear the truth of God's word. I will listen to it while grocery shopping, while watching my child's high school basketball game, while driving, doing the dishes, cleaning the house, and so on. And if I sit, I will listen to it and color in those adult coloring books they're coming out with to regroup a little bit. I need to hear God. I don't need to hear my own thoughts or feel my pain just then; it's not beneficial to me in that moment.

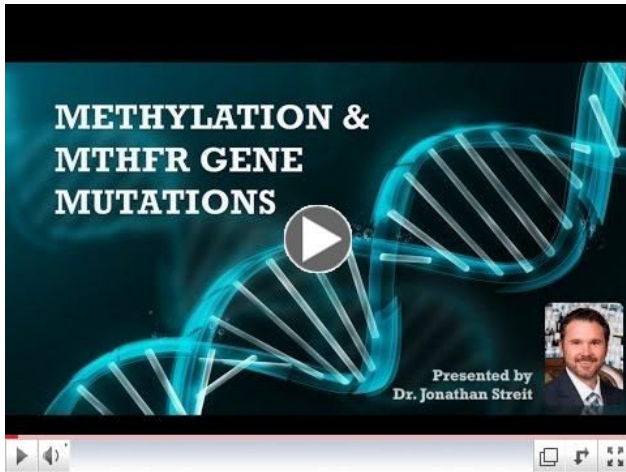


I do this day after day, year after year, so when God puts someone in my life that God needs me to speak something to, I have something to share. When I am with my kids, I spend more time saying, “oh my gosh I heard this really cool story” or “this movie I saw showed me this or taught me this.” So, it is my way to share and teach without being all “preachy.” Plus it helps me hide the hell I often feel I am going through, so they don't have to handle the weight of all my troubles.



Yes, I am NOT caught up in all the politics and all the anger everyone has about all the evil in this world, which I know is practically taboo anymore. But I CAN tell you the story of Pastor Rolland Baker in Mozambique. First, if you are not familiar with Matt 10:8 it says, “Heal the sick, raise the dead, cleanse those who have leprosy, drive out demons. Freely you have received; freely give.” So Pastor Rolland Baker says they have witnessed over 500 people raised from the dead in Mozambique and have come to know the Kingdom of God. He also told a story that blew me away is that they are

surrounded by cannibals who go to witch doctors when they are sick and are told to eat the organs of their child and they will get well. Therefore, a testimony they had at their church one time was a lady saying, "well last week I was going to eat my family, but this week I found Jesus, so I am not." How crazy is that? And how powerfully must God be working to make such a change! (Us Americans so live in a bubble, eh?)



I tell you all of this simply to emphasize that out of the mouth comes the issues of the heart (Matthew 15:18). I am sure that if you are reading this, you are quite possibly in a life or death situation. So in my opinion, [Step 5 is just as important as the other 4 steps.](#) I get being sick and sometimes really not being able to think. But just having people like Keith Moore, Graham Cooke, Patricia King, etc speaking life into your room is so much better than letting the TV just run in your room for hours and hours.



And if you don't watch TV, it is better than listening to your thoughts of "this is so not fair," "I am so alone," "I am mad and frustrated," "I want to die."

If you need ideas, just ask me, I can share a few more things. Yes, I am busy, but I can ask God what you need and take a few seconds and type in a few ideas. And I do have the ability to give ideas outside of my belief system. The truth is the truth.

Conclusion:

This eBook is designed to establish a good foundation. From here you will be able to add what you need specifically for your health. You will be able to take away things that do not work for you. The intent is to get you going in the right direction and NOT to get you chained to a “philosophy” and these remedies, and this doctor to the point that you end up overwhelmed and doing nothing and feeling all confused. Trust me; this is a good place to start. We have helped many people get their bodies to heal itself. And the best results come when you do all 5 steps. The remedy section is not set in stone. People have access to healthcare practitioners that can 'test' out the remedies properly. But to me, it is like a focused “fast” of sorts to give the body a reset.

You can do it!

Let's build a system that has a strong foundation.

It's Time to Take Back Your Health!

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