

Heal and Seal the Gut

The Second Brain of the Body

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

It's Time to Back Your Health!



I had a neighbor that called me up one night. When I found her she was laying in her bathroom in agonizing pain. Her husband was out of town. I somehow managed to move her to my car and rushed her to the emergency room and watch her cry in pain despite all the morphine in her.

I have had an 18 year old who could not bear to eat due to extreme pain lay on my table and, not for the first time, appear to be 9 month pregnant with how bloated her stomach was. I have had so many young men work for me that were constantly running to the bathroom because they had diahrea or would stay what seemed like hours in the bathroom because they were constipated. I have so many people calling me telling me about the pain in their stomachs and they can't eat and if they do eat everything they just ate goes right on through them.

So, in October 2016 I was blessed to be able to go to Australia to help a Missionary family from the USA. This family taught me much because they were applying the Budwig Protocol to help their son heal from Lyme and all kinds of Microbes. In this situation, I learned to truly respect the gut and I was also blessed with having the time to study the ways to heal and seal the gut.

This eBook is written for those who are experiencing chronic pain and have tried everything to no avail. So why seal and heal the gut first?

There are 2 very important things about the gut. **First off, it gets holes in it.** So instead of the body being protected from the toxic white sugar, and toxic white salt, and toxic white flour, and the toxic msg, and toxic chemicals we ingest, the chemicals now freely go throughout the body and cause much inflammation.

To illustrate this concept, if you had a brand new car but all the hoses had tiny holes in it, it would begin to act up one way or another for no apparent reason. You would then keep taking the car back to the shop to work on the mechanical aspects of the car, but never think to fix the holes in the hoses and therefore the car never works quite giving you problems and next thing you know, you've lost hope on ever having a properly functioning car.

The second part of healing and sealing the gut is that **we need to have good bacteria in the body**. The bacteria is like another organ of the body. The good bacteria produces many, many functions that only it can do. So if there are years of eating [dead food](#) and [consuming antibiotics](#), then you may as well have given yourself surgery and removed an important organ. So now you are back to the doctors asking them to fix your problem, but they are very rarely successful because you are missing an important organ they don't know about and now you have tons of inflammation and "some sort" of chronic illness.

So what do you do? This book is about trying to repair, restore, and return the gut back to its original design. There are some wonderful doctors and health professionals who are teaching the topic but my mission is to simplify things for you and introduce you to herbs and tools that have withstood the test of time and are designed to get the body to heal itself. I can help you establish a strong foundation so from here you can hear and apply more information if you need to get your body to heal itself using other remedies or other techniques.

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 it as I have.



JERNIGAN NUTRACEUTICALS

Time to Take Back Your Health with a New Strategy and a New Fight

The 30 min “ Routine” was designed because I am so busy that I forget to eat. But when my alarm goes off every 30 minutes, it reminds me to stay focused on my health. So, this is an idea of how I would do this protocol if I were doing it on myself. But this 30 minute “routine” is especially good for the chronically ill because it keeps the energy up and getting the body to focus on healing every 30 minutes.

Morning

1. 7:00 Drink Sole
2. 7:30 am Take Megodophilis Step 1 from Natren (or test out the proper probiotic to you)
3. 8:00 am Make Budwig Breakfast
4. 8:30 am 20 min walk
5. 9:00 am Microbojen ACV in 16oz or 2 cups of water to drink throughout the morning
6. 9:30 am Take Microbojen, Neuro-Antitox II Basic, Molybdenum

Mid Morning

1. 10:00 am Drink 1/2 cup of bone broth
2. 10:30 am Allermac
3. 11:00 pm Macola Oil, take a squirt in your mouth

Lunch

1. 11:30 pm Oleolux oil on a Salad and lunch using Dr. Kellyann Recipes and stay away from foods that produce Histamines and have gluten.
2. 12:00 pm Footbath or Eldi Oil out in the sun
3. 12:30 pm Take an Activated Charcoal Drink,
4. 1:00 pm Take Microbojen, Neuro-Antitox II Basic, Molybdenum

Afternoon

1. 2:00 pm Yeast-Ease Plus in 16 oz or 2 cups of water
2. 2:30 pm 1/4 to 1/2 tsp of fresh Aloe Vera
3. 3:00 pm 1/2 cup to a cup of Bone Broth
4. 3:30 pm Allermac
5. 4:00 pm Macola Oil, take a squirt in your mouth
6. 4:30 pm Stretch

Dinner

1. 6:00 pm cook dinner
2. 6:30 pm Dinner with salad with the oleolux oil and using Dr. Kellyann Recipes and staying away from foods that produce Histamines or have gluten in it. Take Microbojen, Neuro-Antitox II Basic, Molybdenum

Evening

1. 7:00 pm Allermac
2. 7:30 pm Yeast- Ease Plus in 16 oz or 2 cups of water.
3. 8:00 pm Do an Enema or Full Bath
4. 9:00 pm Make a Charcoal and Slippery Elm Poultice to put on your abdomen to relieve any pain if or apply the Kloss Liniment.
5. 10:00 pm Drink a tea of Slippery Elm and go to sleep
(Suggestion, for the first week, to reduce stress, buy everything pre-made, then take the week to prepare everything for the following week.)

STEP 1

Heal and Seal the Gut by Fixing the Leak That is Putting the Toxins into the Bloodstream

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 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, Flax Seed oil, Aloe and Sole', Budwig Protocol and a few remedies to help heal and seal the gut.

Celtic Sea Salt

Sole´: (So-lay) A Gift from the Ocean

The sea represents the vast covering of fluid that makes up our planet. Many people are not aware that the fluid in our body is made up from the same mix of minerals, in the same proportions found in sea water. And yet this life-giving substance, this mix of minerals we call "salt" has been reduced to a poison that is sold in its name.

What we buy in the supermarkets is simply sodium chloride, there is minimal nutritional benefit. This type of salt is bad for you because the valuable minerals and trace elements are removed, repackaged and then sold back to us as individual supplements that we buy to "maintain our health". Minerals should be taken in proportional balance rather than as individual components after it has been stripped from its natural environment. We should always, for example, take magnesium and calcium together. Unrefined sea salt in our diet as it is harvested from the Sea is a perfect food. No processing, no additives; just dried by the sun and the wind. There are still a few places in the world where we can find unrefined sea salt before the multi-national corporations buy it first. One is in a preservation area on the West Coast of France, a small walled medieval town, called Guerande, where the locals have fought to maintain their real salt and the traditional way of harvesting it. The salt farmers, plaudits are given the right to harvest the salt with the original large wooden rakes, and each plunder, sells their salt, as their own business. The larger crystals of the grey salt are still wet when packaged. This liquid with the salt is vital for maintaining the hydro-electrolytic balance in the body.

Sole is a saturation of the salt in pure water. Sole (so-lay), from the Latin word for Sun, because it is described as the "fluid manifestation of the sun."

The crystalline structure created by the combination of the salt and pure water changes the vibration pattern to one that is perfect for helping to restore the body. The Sole provides the body with the blueprint it needs for better health.

Every day before breakfast shake the Sole jar then take one teaspoon of Sole and mix it with a glass of filtered or pure water. Drinking your Sole on an empty stomach allows the benefits to stimulate the stomach, intestines and entire digestive system within minutes. It also acts as a good mouth cleanse.

One of the main causes of tooth decay and osteoporosis is the demineralization of the teeth and bones caused by bacteria. When the environment in the body is correct it does not support the conditions that parasites and bad bacteria need to survive. The daily taking of Sole will keep the internal environment healthy, and bones and teeth free from decay. A regular mouthwash of the Sole will help to improve gingivitis and

unhealthy gum conditions.

This must be one of the simplest and cheapest ways of improving body health. Anything that is not a natural food will have adverse effects on the body over the long term and should be kept to a minimum.

How to make your Sole´

Sole is simply a saturated solution of salt water:

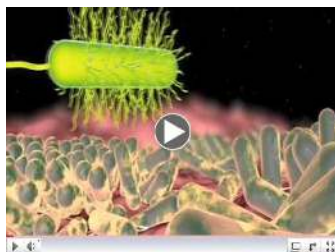
1. Find a clean small jar with a lid. Any jam or mason jar will do.
2. Fill it almost to the top with clean filtered water.
3. Add two or three teaspoons of grey "Sel de Guerande" from Celtic Sea Salt and shake it until the salt is dissolved.
4. Keep on adding and shaking until the last amount does not dissolve and leaves some sediment at the bottom of the jar.

You now have your 26% concentrate of saturated salt solution, which is quite stable and will keep well.

Take out 1 tsp or 5ml of the Sole´ and put it in 6-8oz or 200ml of water and drink it in the morning.

[Click Here For More Info](#)

Must Take a Probiotic



[Natren.](#)

Step one in Natren's three-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. 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 are; then one goes to Step 2

BIFIDO FACTORÂ® **Step two** in Natren's three-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 LACÂ® Step Three in Natren's three-step custom probiotic Healthy Start System to aid digestion naturally. 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 bulgaricus LB-51 transient super strain.

HEALTHY TRINITY SYSTEM®

The Healthy Trinity System is 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.

[Natrene](#) is 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 - work out a 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 or get "tested" by someone who understand how to "test" remedies to a person, to know which Natren Probiotic to use. Or you can just start with Step 1 and see what happens.

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. To heal the gut, one philosophy 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."

Bone Broth



[Click Here](#)

(Bone broth has the collagen to seal the gut to prevent toxins entering the bloodstream which causes many of the symptoms one is experiencing plus it helps reduce the

inflammation of the gut as well. An inflamed gut means it can't work well. It is like a sprained ankle. The ankle is not broken but it does not work very well and it hurts.)

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:

Place all the bones in a slow cooker or large stockpot. Add the vinegar and enough purified water to cover everything by 1 inch.

On medium heat, bring the water to a simmer. Use a shallow spoon to carefully skim the film off the top of the broth. Add all the vegetables (except parsley) and spices and reduce the heat to low. You want the broth to barely simmer. 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. Cook for at least 10 hours, or up to 12.

When the broth is done, turn off the cooker or remove the pot from the heat. 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. Pour the broth through a fine mesh strainer and discard the solids.

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.

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

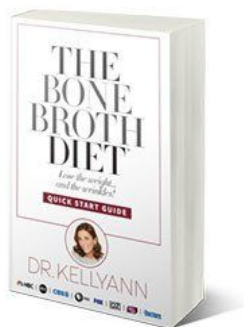
Ingredients

- 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 leaves 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 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.

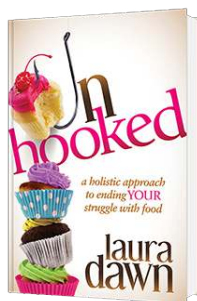
In an incredibly short amount of time, this program super-charges your body with the essential nutrients - along with the MAGIC of Bone Broth - to quickly change you into the slimmest, youngest, healthiest version of YOU... by making sure your body gets everything it needs to:

- 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

[Click here for Dr. Kelly Ann's Web Site](#)

Aloe Vera

Health Benefits of Aloe by Laura Dawn



Aloe Vera Is High in Vitamins & Minerals:

Aloe Vera contains many vitamins including A, C, E, folic acid, choline, B1, B2, B3 (niacin), B6. Aloe Vera is also one of the few plants that contains vitamin B12. Some of the 20 minerals found in Aloe vera include: calcium, magnesium, zinc, chromium, selenium, sodium, iron, potassium, copper, manganese.

Aloe Vera is High in Amino Acids & Fatty Acids

Estimates of the amino acids found in aloe range from 18-20 amino acids, with all 8 essential amino acids. Aloe vera also includes quite an impressive range of fatty acids. Aloe contains three plant sterols, which are important fatty acids – HCL cholesterol (which lowers fats in the blood), campesterol, and B-sitosterol. All are helpful in reducing symptoms of allergies and acid indigestion. Other fatty acids include linoleic, linolenic, myristic, caprylic, oleic, palmitic, and stearic.

Aloe Helps with Digestion

Aloe is known to soothe and cleanse the digestive tract and help improve digestion. The interesting thing about taking aloe internally is that, because it is an adaptogen, it helps with either constipation or diarrhea, helping to regulate your elimination cycles in whatever way you need. It's been a great remedy for people with problems such as irritable bowel syndrome as well as acid reflux. Aloe also helps to decrease the amount of unfriendly bacteria and in our gut keeping your healthy intestinal flora in balance. Aloe is also a vermifuge, which means it helps to rid the body of intestinal worms.

Aloe Helps in Detoxification

The main benefit to consuming gelatinous plant foods in your diet is that these gels move through the intestinal tract absorbing toxins along the way and get eliminated through the colon.

Aloe Alkalizes the Body

Aloe vera is an alkaline forming food. It alkalizes the body, helping to balance overly acidic dietary habits.

Aloe Helps Boost the Immune System

The polysaccharides in aloe vera juice stimulate macrophages, which are the white blood cells of your immune system that fight against viruses.

Aloe vera is a: Disinfectant, Anti-biotic, Anti-microbial, Germicidal, Anti-bacterial, Anti-septic, Anti-fungal & Anti-viral:

Aloe vera's active ingredients are sulphur, lupeol, salicylic acid, cinnamic acid, urea nitrogen and phenol which are substances that prevent the growth of disease-causing microorganisms and act as a team to provide antimicrobial activity thus eliminating many internal and external infections, also active against bacteria. It also helps to treat fungal and viral infections.

Aloe Helps Reduce Inflammation

Aloe Vera contains 12 substances, including B-sisterole, which can help to slow down or inhibit inflammation. This may be able to help with painful joints due to stiffness and help improve joint flexibility.

Weight Loss – A Secondary effect

Improving your digestion, and detoxifying your body will have a secondary effect of promoting weight loss because when you start to improve your digestion you naturally eliminate more efficiently, which is a primary way that we all detoxify – through our bowels. This will lighten your toxic load on your body and will give you more energy.

How to Prepare Aloe

[Click Here For a Video](#)



Take 1 tsp of fresh Aloe Vera Gel, washed and drained of the yellow laxative <https://youtu.be/CPjUHfQheX4>

- Many grocery stores that specialize in Hispanics foods carry huge leaves of Aloe Vera. Aloe helps reduce inflammation, gets rid of constipation, has 8 essential enzymes to improve digestion. Again another complete food that is designed to

heal and is simple and does not cost much.

Budwig Protocol



Ketogenic and Paleo Diets are great, but the Budwig protocol does one thing different than the rest. It understands the power of food that has the same wavelength as the sun's energy. The flax seed oil and the cottage cheese or quark create an energy that heals the body, unlike other food combinations.

The last of the points mentioned by Dr. Budwig, and maybe the most important, is 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 governs 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 "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
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Start this process: Dr. Johanna Budwig's Quark-Flax oil Linomel Breakfast Muesli Recipe

Standard ingredients:

- 3 tblsp flaxseed oil
 - 2 to 3 tblsp raw milk if you want a smoothie.
 - 100 gr (6 tblsp) quark or cottage cheese
 - 4 tblsp freshly ground flaxseeds
 - 1 tsp organic honey
 - fruits and fruit juices
 - nuts (except peanuts)
 - natural flavors
1. Put 4 tblsp 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: Put flax oil, add the quark or cottage cheese in small portions. Blend until you have a smooth and well-homogenized mix. No oil must be visible. The energy that is created by this combination is the key.**
 1. Gradually add milk, and honey into the blender
 2. Cover the flaxseed and raw fruit layers with the flax oil/quark (cottage cheese) mix and optionally garnish with more fruits and nuts.
 3. 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.

Budwig Diet Recipes - Salads, Dressings, and Dips



Potato Salad, Budwig Style

Boil a portion of potatoes and when cool enough to handle chop/slice. Mix a portion of quark-linseed oil cream with the juice of a lemon and 1 tblsp of apple cider vinegar.

Add a finely sliced onion, chopped chives, parsley and dill, black pepper and a pinch of salt and enough skimmed milk to make a creamy consistency.

Mix into the chopped potatoes and sprinkle with paprika and a little cayenne pepper and chopped dill pickles.

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!

- 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

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.

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)

Mix oil, milk and quark (cottage cheese) in a blender. Add mustard, lemon juice, vinegar, and salt. 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

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

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.

Use as much of the garbanzo liquid or water as needed. Add the garlic, coriander, cumin, paprika, and cayenne and blend thoroughly.

Transfer the hummus to a bowl and stir in the scallions. Cover the hummus and refrigerate. Garnish with parsley before serving. 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

Combine the tomatoes, cilantro, onion, scallion, and jalapeno pepper in a blender or food processor and process to desired consistency, chunky or saucy.

In a separate bowl, combine the tomato sauce and flax oil. Stir to a uniform consistency.

Mix everything together and chill until ready to serve. Makes 2 Cups.

Guacamole

A great dip is 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

Place the avocados in a food processor and puree. Add the remaining ingredients and puree to a thick, even consistency. 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

Method:

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. Place it in the freezer for 20 minutes.

Melt coconut oil in a large pan from which it is going to be easy to pour the oil.

Slice the onion and cook in the coconut oil at a very gentle heat so that it is light straw

colored after 15 minutes.

Add the crushed garlic cloves and cook for a further 3 minutes.

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.

Store in the fridge.

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.

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 include vitamin B12.

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

Remedies and Videos to help you Seal and Heal Your Gut

Activated Charcoal



[Click Here](#)

Health Benefits of Activated Charcoal

1. Whitens Teeth
2. Alleviates Gas and Bloating
3. Treats Alcohol Poisoning and Helps Prevent Hangovers
4. Mold Cleansing
5. Water Filtration
6. Emergency Toxin Removal
7. Skin and Body Health
8. Digestive Cleanse
9. Anti-Aging
10. Reduces High Cholesterol

Slippery Elm



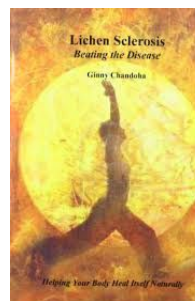
Active Ingredients

Slippery Elm contains a substance called mucilage, (just like aloe) which is a polysaccharide that becomes a gel when mixed with water. The mucilage comes from the inner bark of the tree and is a bit slippery and slimy, hence the name "Slippery Elm". The mucilage does a good job of soothing and coating the mouth, throat, stomach, and intestines, causing much relief from things like Gastroesophageal Reflux Disease (GERD), Crohn's Disease, ulcerative colitis, diarrhea, diverticulitis, and Irritable Bowel Syndrome (IBS).

Stop Hurting Your Gut. Most everyone who is reading this book has already eliminated the gluten. They have also stopped using white flour, the white sugar, high fructose corn syrup, MSG and preservatives. They have stopped using microwaves and have stopped cleaning with toxic chemicals and have cleaned up their water and air and the EMF

from the computer and the Wi-Fi in their house. If you have not, it will 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 that it is easy to find. I have shared a few videos and tools to help you eliminate dangerous chemicals that are affecting your body's ability to heal. When healing the gut, it is important to avoid “stuff” that hurts you.

GINNY CHANDOHA'S [Lichen Sclerosis](#) Book teaches one how to go completely organic and to look for all the dangerous chemicals. It is an easy book to read and very informative.



[Dr. Jonathan Streit Hansa Center Lunch Lecture Histamine Intolerance](#)

[Dr. David Jowdy Lunch lecture of the Allergies and Stress](#)

[Dr. Aric Cox Hansa Center Lunch Lecture It Takes Gut's to Heal](#)

[Dr. Martin Hart Hansa Center Lunch Lecture how Values and Emotions affect illness](#)

STEP 2

Pull Toxins out of the Body

At night do a therapy such as the following: I chose these enemas because they are designed to soothe and heal the colon

1. Flaxseed and Charcoal Powder Poultice
2. Kloss Liniment
3. Aloe Enema
4. Catnip Enema
5. Cat's Claw Enema
6. Chamomile Enema
7. Fenugreek Enema
8. Slippery Elm Enema
9. Cinnamon Bath
10. Hydrogen Peroxide and Epsom Salt Bath
11. Dried Mustard Footbath
12. Lemon Foot Bath and Eldi Oil

[Buy Enema Kits Here](#)



Aloe Enema

Aloe Vera is a very soothing and healing plant with strong anti-inflammatory properties. An aloe vera enema is good for those suffering from hemorrhoids, as it will help to stop any bleeding associated with the hemorrhoids and aid in healing. An aloe vera enema will also promote healing of the intestinal tract and will be beneficial for those with irritable bowel or diverticulitis.

Aloe Vera Enema Recipe:

- 1/3 to 1/2 cup aloe vera juice
- 2 litres warm filtered water

Combine the aloe vera juice and the water, mix well. Check that the temperature is comfortable and administer. Retain for 15- 45 minutes.

Catnip Enema

Catnip tea is very calming when taken internally. Taken as an enema it soothes and relaxes the intestinal tract, making it useful for those with stomach and digestive disorders. Catnip enemas ease pain and cramping in the colon, reduce intestinal gas and help relieve constipation. Catnip enemas also help pull mucous from the colon. Catnip enemas are good to take in times of cold or flu, they also reduce fever quickly and are safe for use in both adults and children.

Catnip Enema Recipe:

- 2 Tbsp dried catnip leaves or 4 catnip tea bags
- 2 litres filtered water

Bring the water to a boil, remove from heat, add the catnip leaves and let steep for 15 minutes. Filter the tea, make sure it is a comfortable temperature and administer. Retain for 15- 45 minutes.

Cat's Claw Enema

Cat's claw is known for its immune-boosting properties, and it's efficiency in healing intestinal ailments. When taken as an enema cat's claw will cleanse the colon and aid the healing of bowel disorders such as Chron's, colitis, diverticulitis, leaky gut syndrome, and hemorrhoids.

Cat's claw enemas can help in the reduction of intestinal parasites and, because of the immune boosting effects of the herb, they may also aid in restoring friendly bacteria in the colon.

Cat's Claw Enema Recipe:

- 2 Tbsp cat's claw powder
- 2 litres filtered water

Bring the water to a boil, remove from heat, add the cat's claw powder and let steep for 15 minutes. Filter the tea, make sure it is a comfortable temperature and administer. Retain for 15- 45 minutes.

Chamomile Enema

Chamomile is a calming herb which promotes relaxation in the body when taken as a tea. A chamomile enema will calm the body as well as the digestive system.

Chamomile enemas soothe an irritated intestinal tract and can reduce abdominal cramps or spasms caused by gas or inflammation. Chamomile enemas may also help relieve hemorrhoids, nausea, and sleeplessness.

Chamomile Enema Recipe:

- 2 Tbsp loose chamomile or 4 bags of chamomile tea
- 2 litres filtered water

Bring the water to a boil, remove from heat and add the chamomile. Let steep for 15 minutes. Cool to an appropriate temperature, filter, and administer. Retain for 15-45 minutes.

Cautions and Considerations:

- Those with an allergy to ragweed should avoid the use of chamomile.
- Chamomile is a gentle sedative and may cause drowsiness.

Fenugreek Enema

Fenugreek seeds are used internally for inflammatory conditions throughout the body. Fenugreek seeds become mucilaginous when added to water; this mucilage helps to lubricate and protect the mucous membranes of the body. Because of their mucilaginous character, fenugreek seeds, when used in enemas are very soothing in

cases of inflammations located in the digestive tract. They also protect against the formation of ulcers in the intestinal tract and relieve pain from existing ulcers.

Fenugreek Enema Recipe:

- 2 Tbsp fenugreek seeds
- 2 litres filtered water

Soak the fenugreek seeds in the water overnight. In the morning, boil the water with the seeds for 5 minutes. Remove from heat and let cool to a comfortable temperature. Strain, administer and retain for 15-45 minutes.

Slippery Elm Enema

Slippery elm is one of the best herbs to take for any problem in the gastrointestinal tract. It aids in the correction of both constipation and diarrhea. It also helps to heal hemorrhoids and inflammatory conditions of the bowel such as Chrons and ulcerative colitis.

Slippery elm is demulcent in nature, which means that it soothes and protects the mucous membranes of the body by forming a mucilaginous film or coating over the mucous membranes. This coating property of slippery elm heals the intestinal walls, relieves mild pain, irritation, and inflammation. Slippery elm protects the intestinal walls from excess acidity and the formation of ulcers. Using slippery elm in an enema is an excellent way to obtain its benefits.

Slippery elm is not only good for healing and soothing, but it is also a very rich source of nutrients. It is very good to take as an enema when a person has trouble eating or keeping food down because the vitamins, minerals, and amino acids in slippery elm will be absorbed through the bowel walls and help nourish the body.

Slippery Elm Enema Recipe:

- 2 Tbsp Slippery Elm powder
- 2 cups filtered water
- 1.5 litres warm filtered water

Boil 2 cups of water, remove from heat, add slippery elm powder and let steep for 5 minutes. Blend the mixture and add it to the remaining 1.5 litres of water. Make sure the mixture is an appropriate temperature, administer and retain for 15-45 minutes.

Do not be tempted to use more of the slippery elm powder in your mixture, slippery elm absorbs a lot of water, and using too much will cause the enema solution to be too thick.

Read more:

[Herbal Enemas For A Happy And Healthy Colon](#)

November 17, 2012 by [Michelle Leela Grace](#)

Baths



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.

(The sulfur in Epsom salt is a different kind of sulfur that people are allergic too, but start with 1/4 cup and work your way up to it)

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 sub-class 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: Take 2 quarts of Hydrogen Peroxide plus 2 cups of Epsom Salts and soak for 20 minutes.

Dry Skin Brush before the bath helps a lot as well.

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.

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

Sea Salt has anti-inflammatory and soothing properties. (Celtic Seas 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.

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 soothe 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 fired 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 clearing the head and helps with depression and fatigue.

Instructions: Place a lemon in a bowl and cover with warm water. Cut the lemon underwater in the following way: Cut in half. Then with the flat sides on the bottom of the bowl. 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 water. Leave the Lemon in the water as you soak your feet.

If you don't have a bathtub or you can't get into a tub then reduce the amount and just do a foot bath.

Eldi Oil



Dr. Johanna Budwig says: "The sun plays an important role in treating some diseases, when combined with Eldi oil buy it here (or you can make your own with 75% flaxseed oil and 25% wheat germ oil) , and applying the oil onto the skin and sunbathing with precaution (avoid hottest times of day, it is advisable 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.

Budwig Protocol: How to Use Eldi Oil as a massage or rub

Use twice a day, typically morning and evening:

- The Eldi Oil should be rubbed into the skin over the whole body with increased intensity on the shoulders, armpits, breast and groin to access the lymphatic vessels.
- Concentrate your efforts in the area(s) where there is a problem such as a breast,

liver or stomach.

- Leave the oil on the skin for approximately 15-20 minutes.
- After that time have a warm shower to open the pores of the skin so the Eldi oil can be absorbed more deeply. Do not use soap for washing.
- Rest for 15-20 minutes.
- Take another shower using a mild soap to clean away any excess soap to prevent clothes or bedding becoming oily.
- Rest again for 15-20 minutes.
- To Make Eldi Oil it is 75% Flaxseed cold press oil and 25% Wheat Germ oil or you [Click Here to order](#)

STEP 3



www.jnutra.com

Jernigan Nutraceutical Remedies

1. Microbojen
2. Neuro-Antitox II Basic
3. Allermac
4. Yeast-Ease Plus
5. Microbojen ACV
6. Macola Oil
7. Molybdenum

Products designed to get the body to Heal and Seal the Gut

The intent is to put different energetic frequency-matched herbs (not homeopathics)

into the body to keep giving it the tools it needs to "wake up" and increase red and white blood cells, and phagocytes, to make the body deal with all issues that are not designed to be in the body.

The intent of switching remedies is like working out. You do not do the same exercises every day, but instead, you switch it up. Or the intent comes from the knowledge that every organ does not run at 100% all day long. Instead it cycles through, so we are also cycling through the remedies. The intent is to get the body to work at a higher functioning level and to never allow the "evil" invaders to get used to a certain line of attack.

Take each remedy 2 to 3 times a day or according to the **"To-Do List"**

- [Microbojen \(20 to 40 drops\)](#)
 - o This 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)
- [Neuro-Antitox II Basic](#) (20 to 40 drops)
 - o This pulls toxins away from the nerves. Helps the body deal with the abundance of destructive toxins. This is not a binder like Activated Charcoal or Bentonite Clay.
- [MolyBdenum](#) (1 pill) This deals with the aldehydes that are causing inflammation and helps the body get rid of the overload of Mold and Yeast and Histamines
- [Microbojen ACV](#) (20 to 40 drops)
 - o This 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) but it is in Apple cider vinegar form so it acts differently on the gut as the alcohol version.
- [Macola Oil](#) (10 to 20 drops)
 - o Take a squirt in the mouth of this oil or make a suppository of it. To make a suppository use 2 baby bottle nipples and tape the bottom of them. Make a solution of Two Tbsp, of liquid coconut oil and 20 drops of Macola Oil. Pour into the molds and freeze. Pop out the suppository and insert into the rectum before going to bed.
- [Allermac](#) (20 to 40 drops)
 - o Helps the body see and deal with the Borrelia burgdorferi bacteria and other nasty bacteria and viruses. This power packed remedy has 15 herbs in it.
- [Yeast-Ease Plus ACV](#) Take 1/4 tsp and put in a quart of water and drink throughout the afternoon.
 - o This product targets the "gut" area instead of the blood stream to deal with the yeast, mold, fungus and toxins in the gut.

Abdominal Pain?

The remedies maybe working but you need relief **NOW**, here are some old fashion pain killers you can apply directly onto your belly.

Poultice for the stomach

1. Grind 3 tablespoons of flaxseed (or use cornstarch)
2. Mix flax meal together with 1-3 tablespoons of charcoal powder.
3. Add 1 cup water.
4. Set aside for 10-20 minutes to thicken, or mixture may be heated and allowed to cool.
5. Spread the jelly evenly over an appropriate size cloth or paper towel.
6. Cover the jelly with a second cloth or paper towel.
7. Position poultice over the area to be treated (i.e. - liver, stomach, kidneys, spleen, knee, eye, ear, sting or bite area).
8. Cover the poultice with plastic (when available, plastic food wrap works fine) cut to overlap the poultice by an inch on every side. This will keep it from drying out. If the charcoal dries out, it will not be able to absorb.
9. Finish off by bandaging or taping the poultice securely in place. Leave it on for 2-4 hours, if applied during the day, or better yet, overnight. After 6 to 10 hours another poultice can be applied.

Note: Poultices of any kind only work if there is continuous moist contact with the skin.

Kloss Liniment



Available in Rosemary Gladstar's book *Medicinal Herbs: A Beginner's Guide*, this very old and strong recipe was first published by the famous herbalist Dr. Jethro Kloss in his classic book *Back to Eden* in 1939.

Ingredients:

- * 1 ounce Echinacea powder
 - * 1 ounce organically grown Goldenseal powder (may substitute Chaparral or Oregon Grape Root)
 - * 1 ounce Myrrh powder
 - * ¼ ounce Cayenne powder
 - * 1 pint Rubbing Alcohol
1. Place the powder in a jar and cover with rubbing alcohol (a food-grade alcohol can be used, but rubbing alcohol seems to work best), leaving a good 2-inch margin above the herbs. Cover with a tight-fitting lid. Place the mixture in a warm location and let it sit for 4 weeks.
 2. Strain and rebottle. Label the bottle clearly for "External Use Only".

3. To use, apply directly onto the stomach area or moisten a cotton ball with liniment

STEP 4

Equipment or Tools you can purchase

1. Self Decode
2. Air Oasis
3. Lectin Avoidance
4. The Vielight Neuro
5. Aqualight and Ionite

SelfDecode



SelfDecode is a personalized health report service, which enables users to obtain detailed information and reports based on their genome. SelfDecode does not treat, diagnose or cure any conditions, but is for informational and educational purposes alone. It empowers you to understand who you are on the inside to eliminate the confusion and chaos you are experiencing.

[Guided Tour](#)

Air Oasis

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



When people have very sensitive guts they really can not tolerate any kind of toxin. So one must change the air they breathe into a form that will not irritate sensitive lungs or toxins that will create more headaches just from the air one breathes. Eventually your body will get strong and you won't feel like you have to stay in your home to survive.

Air Oasis uses UV Photocatalytic Oxidation (PCO) technology in order to purify the air. Better described as an air sanitizer than a filtration system, Air Oasis uses UV-C light (Germicidal UltraViolet Light) with a TiO₂

(Titanium Oxide) coated filter to send out oxidizers that eliminate mold, viruses, bacteria, odors, and VOCs. Once bound, the super-charged ion and pollutant create a chemical reaction that oxidizes the pollutant and breaks it down into harmless carbon dioxide and water molecules, thus purifying the air, instead of filtering it.

Air Oasis UV Photocatalytic Oxidation technology surpasses HEPA filtration systems by effectively treating pollution as small as .001 microns, (herbicides, pesticides, and most viruses).

Dr. Shoemaker, a pioneer of CIRS (Chronic Inflammatory Response Syndrome) tested the Air Oasis and found that it helps lower toxic molds in the homes of CIRS patients based on the HERTSMI-2 tests (tests to measure the 5 most common molds found in indoor environments). CIRS patients are extremely sensitive to their environment and must have a pristine environment to lower inflammation and reactivity.

Each air purifier is made of artistic brushed aluminum and comes with a three-year warranty. Areas of higher contamination or closed floor plans may require multiple units to cover so. ft.

The Lectin Avoidance Diet: The Safest Foods for People Sensitive to Everything



Lectins are probably one of the most significant sources of food sensitivity (there are more). Therefore, the lectin avoidance diet has many proven benefits.

[Allowed Food List](#)

Vielight Neuro



When there has been repeated attacks on the body the body may protect itself thinking everything is going to harm it. It is like having an abusive father who would hit when you had no idea why. So every time someone would raise their hand you would flinch thinking you were going to get hit. It is important to undo the fear in the body that it will be harmed.

The Vielight Neuro is an advanced transcranial-intranasal near infrared (NIR) headset, engineered for easy domestic use. Its current design is a comprehensive upgrade of the Vielight 810.

We have combined our patented technology of intranasal light therapy along with transcranial photobiomodulation for efficient and effective whole-brain stimulation that targets the brain's Default Mode Network (DMN) / (Illustration).

Based on a study by Harvard Medical School, neurological recovery and performance were greatest when light energy was pulsed at 10 Hz (Link). In the field of neurofeedback, 10 Hz is consistent with the alpha wave oscillation rate.

[Click Here To Order/More Information](#)

Aqualyte and Ionite



Most people are so dehydrated.
Here are 13 symptoms or just being dehydrated.

<http://www.care2.com/greenliving/13-symptoms-of-chronic-dehydration.html>

- 1. Fatigue, Energy Loss:** Dehydration of the tissues causes enzymatic activity to slow down.
 - 2. Constipation:** When chewed food enters the colon, it contains too much liquid to allow stools to form properly, and the wall of the colon reduces it. In chronic dehydration, the colon takes too much water to give to other parts of the body.
- Bottom of Form
- 3. Digestive Disorders:** In chronic dehydration, the secretion of digestive juices are less.
 - 4. High and Low Blood Pressure:** The body's blood volume is not enough to completely fill the entire set of arteries, veins, and capillaries.
 - 5. Gastritis, Stomach Ulcers:** To protect its mucous membranes from being destroyed by the acidic digestive fluid it produces, the stomach secretes a layer of mucus.
 - 6. Respiratory Troubles:** The mucous membranes of the respiratory region are slightly moist to protect the respiratory tract from substances that might be present in inhaled air.

7. Acid-Alkaline Imbalance: Dehydration activates an enzymatic slowdown producing acidification.

8. Excess Weight and Obesity: We may overeat because we crave foods rich in water. Thirst is often confused with hunger.

9. Eczema: Your body needs enough moisture to sweat 20 to 24 ounces of water, the amount necessary to dilute toxins so they do not irritate the skin.

10. Cholesterol: When dehydration causes too much liquid to be removed from inside the cells, the body tries to stop this loss by producing more cholesterol.

11. Cystitis, Urinary Infections: If toxins contained in urine are insufficiently diluted, they attack the urinary mucous membranes.

12. Rheumatism: Dehydration abnormally increases the concentration of toxins in the blood and cellular fluids, and the pains increase in proportion to the concentration of the toxins.

13. Premature Aging: The body of a newborn child is composed of 80 percent liquid, but this percentage declines to no more than 70 percent in an adult and continues to decline with age.

Here is a simple way to rehydrate with 2 products: Aqualyte and Lonyte: [Order Here](#)

Testimony: I have suffered for 22 years with inflammation and pain. It was very difficult for me to walk. I couldn't feel my legs from the knee down or my feet. In less than 30 minutes of drinking only about 8 ounces of water with Aqualyte and Lonyte, I could feel the shoes on my feet, and the wind is blowing on my legs! I stood up and walked without first having to steady myself, and to everyone's amazement I wasn't strangely kicking out my left leg! Usually, I can only sing a few songs before sitting down, but the very next day, I rehearsed and performed for 4 hours on my feet! Another major improvement is my balance. After, only 3 weeks, I could dance a little, and could perform without holding onto the microphone stand or sitting on a stool; my doctor even lowered my medication. After four months my neurologist declared, for the first time, that I was in remission! WOW! This stuff is working well for me! Thank you, Kim and Fred, for sharing these life-changing products with me!! My mom has great results also!! She and I are very excited!! All glory to God!!
Laura Dodd, Nashville, Tn.

STEP 5

*As a man thinketh
in his heart, so he is.*

Proverbs 23:7

There are at least 3 different personality traits that cause serious Gut issues. One is from **serious abuse** as a child or from a spouse, one is being a **perfectionist**, and one is being a **“DaVinci.”**

I am not very familiar with extreme abuse myself, but I see many patients who had to live through such incredible horrible abuse. They now may be free from the abuse, but now are tormented by a digestive issue that mysteriously won't go away. To me, more people know about this correlation, so I won't spend as much time with this concept, but just guide you toward more research instead. Type into google: “physical abuse and stomach disorders” and you will see all the research behind this problem. Here are a couple:

<http://www.nature.com/ajg/journal/v106/n1/full/ajg2010453a.html>

http://www.health.harvard.edu/staying-healthy/anxiety_and_physical_illness

If I had to handle dealing with stomach issues that are related to abuse, then I would start from the

1. framework of forgiveness and say what Jesus said after he was brutally beaten and shamed. He said, “Forgive them Father for they know not what they do.”

[Dan Muller “Overcoming Offense”](#)

2. I would rewire my brain and my heart and my spirit according to how God sees me and to who I am in Christ. I would play CD's and watch videos to counteract

the lies that have been planted in my head. [From Victim to Victor How God Sees you by Graham Cooke](#)

3. I would go to the classes put on by "[Celebrate Recovery](#)" so I can see and hear that I was not the only one in this world that had to deal with such violence and I would take their classes to give me a framework to undo the horrid effects of those experiences.
4. I would study people who had a much worse life than me and see how they pulled themselves out of it to be full of joy and peace and thankfulness. [How To Rise From Abuse to Success Joyce Meyers, Overcoming Abuse](#)
5. I would study blood line curses and learn how to stop the sins of my father, so I never passed down this bloodline curse onto my kids. [A prayer for the children](#)
6. I would never watch a soap opera, or a sitcom show or the news. I would get the most important news second hand from a friend or family member. The TV and the radio would be banned from my environment and I would avoid putting anything into my spirit and mind and heart that would possibly revive every betrayal, lie, abuse, etc that I endured. [Todd White Identity in Christ](#)
7. I would know it took years to be so injured and therefore would be patient with myself and know it may take years to restore myself and to repair and rebuild. [Dan Mohler"How to Respond to Trials"](#)

Thankfully, my family is not in a culture where abuse is so rampant, but I have 3 kids that are perfectionists and they all manifest symptoms differently. I am not a perfectionist, so daily they are bombarded with life not in order. I am very much a "DaVinci" and will explain that here a little later. But just to give you an idea of how I would drive a perfectionist crazy, I'll give you a little glimpse into my life. In my mind, as soon as a task has been completed, I am immediately on to the next task. The way something looks around me is not an issue in my head. The only thing that goes through my mind is, "Okay, that's done. Time to tackle the next thing." I got the results I needed, so I can move onto the next thing. For example, task: I need clean PJ's. I go get the laundry out of the dryer. I get my PJ's, and go to sleep. That was the task and it was finished. The fact that I have a pile of clothes on my bed now does not affect me one bit. I am tired and it is time to sleep. Praise God I am their Mom so they can love me even though I drive them crazy.

I actually hire perfectionists because I need them to keep me in line. But being a perfectionist actually hurts many people physically. This is what I have observed and it was nice to just find this article to agree with my observations.

<http://www.health.com/depression/why-perfectionism-could-be-killing-you>

Why Perfectionism Could Be Killing You

Everyone has a friend or loved one obsessed with perfection. The one who works

constantly because they're utterly terrified of letting their boss down, or the mom who

won't let anyone help around the house because no one else does it "right." Or perhaps you're the perfectionist in your life? It's okay. Just admit it. Because the sooner you do, the sooner you can let go of it—and all of its hefty side effects.

Case in point: Earlier this week, a new analysis in the Review of General Psychology found that perfectionism can literally ruin your life. Perfectionists are more likely to struggle with depression or anxiety, and sadly, [they're more likely to commit suicide](#), the paper argues.

While we tend to hold up perfectionism as a sign of being a high-achiever, "the average person has very little understanding or awareness of [how destructive perfectionism can be](#)," the paper's lead author Gordon Flett, PhD, told New York magazine's Science of Us blog. For many perfectionists, underneath the outward appearance of having it together, they feel like total imposters, which can be really draining, he added.

"Perfectionists have an all-or-nothing mindset that's propelled by a crippling fear of failure. They also have what's called conditional self-worth. They think 'I am only a good person if I can achieve these things,'" explains Elizabeth Lombardo, PhD, a clinical psychologist and author of *Better Than Perfect: 7 Strategies to Crush Your Inner Critic and Create a Life You Love*. Since true perfection is impossible, "you can see how someone with that mindset could get to a dark place."

Also of note: while the suicide rate is [consistently about four times higher among men](#), women are much more likely to be textbook perfectionists, Lombardo adds.

There are other negative health effects of perfectionism, too, Lombardo adds. "This all-or-nothing mindset can manifest in surprising ways." For example, [people with](#)

[anorexia can be struggling with perfectionism](#), but obese people are sometimes perfectionists as well.

"They think 'well, I messed up and had one cookie today. I'm not perfect, so I might as well give up.' With this there is no spectrum, it is literally all or nothing," Lombardo says.

Interestingly, perfectionists are also more likely to have [chronic or unexplained fatigue and pain syndromes like fibromyalgia](#). "A perfectionist says 'I don't have time to take care of myself. I must be the perfect mother and the perfect boss,' and their bodies just give out," Lombardo explains.

And then, of course, perfectionism causes an unbearable amount of stress, which has been linked to everything from [heart disease to irritable bowel syndrome](#).

So, if I was a perfectionist,

1. I would first recognize I am one and that this is not good. It is okay to strive for perfection, but it is not my identity nor will the world fall apart if my task was not completed perfectly. My response is many times, "Did anyone die today? Will anyone die?" And if the answer is no, then I say, then I think you will survive, so just relax and take a deep breath and just go have a talk with God. And see what His opinion is on the matter. He may say, "Well done my good and faithful servant. Let's go onto the next task now." [Joyce Meyer Forgive Me God, Change Me](#)
2. I would keep reminding myself that to be a perfectionist is a form of pride. And God says pride goes before destruction. I would not hold onto this thinking because I don't like what God says about pride. [Humility](#)
3. I would also recognize that it is a false form of protection. I would be trying to protect myself from other people's opinions or even protect myself from my own opinion about myself by trying to be perfect. And again I would say, "who really protects me? God? Or myself?" So, I would study how to abide in the shadow of the Most High and have Him as my refuge and my fortress. [Perfect Protection](#)
4. I would stop being so judgmental of others. I would study what God says about judging others, and that alone would make me not want to ever judge another person again in my life. I would hold His standard and let Him deal with judgment and free myself from that sin and just learn to love. [Humility and Healing](#)
5. If I was a perfectionist I would teach myself to love like Jesus, so I could free myself from that curse. [Dan Mohler Living Love](#)

I am definitely a "DaVinci." Therefore, I recognize many hurting people in this world who are DaVincis. Many extremely intelligent boys who quit high school or just have a

hard time working at “stupid” jobs are DaVinci’s. I can easily see these young men struggling and one day will know how to help them. Many people do not understand what it feels like to be a DaVinci in this world. And a side effect of this extreme frustration is repression. The behaviorally repressed DaVinci type can suffer greatly from **hypomania, anxiety, bipolar disorder, depression, ADD, ADHD, compulsiveness, procrastination, dishonesty and lack of true success.**” Also, A person who is a DaVinci type and is also behaviorally repressed often appears stiff, unnatural, emotionally dishonest, stunted, all-bottled-up, and frustrated. But once a DaVinci type person realizes they are made differently than most people, they are able to stop creating illnesses inside. The only reason I use the word DaVinci is that the book, *DaVinci Method* by Garret Loporto, really helps people who have been labeled ADD or ADHD or other things. Therefore I like the “label” DaVinci since Leonardo Da Vinci accomplished many tasks in his lifetime.

According to the author of *The DaVinci Method*, Garret Loporto, “DaVincis are the change-agents of society. DaVincis are the world’s greatest leaders, artists, entrepreneurs, inventors, revolutionaries and rock stars. DaVincis are the ones who know first, who sense earliest the disturbances in the fabric of human affairs – the trends, the patterns, the fashions, the revolutions that are afoot, the coming groundswells of popular demand” (Pg 3).

“DaVincis are light bearers and leaders. They are the proverbial canaries in the mineshaft. DaVincis are often the most sensitive of our population, the most creative, and potentially the most destructive” (Pg 3).

“... an average citizen is happy living at about 30% of their natural capacity, DaVincis are only happy when they are throwing their entire being, 100%, into each situation holding nothing back at all. Since lack of self-repression is often perceived to be socially unacceptable, DaVincis may develop the maladaptive approach of holding everything back until there is a crisis – socially acceptable excuse to throw 100% of themselves into that situation – as a result DaVincis often find or generate crisis after crisis in order to feel fully engaged, happy and alive.

A maladaptive response to the social norms of repression is to “shut down.” Many DaVincis preempt negative feedback from their community (for being too spontaneous, impulsive, unexpected, uncontrolled and “different”).

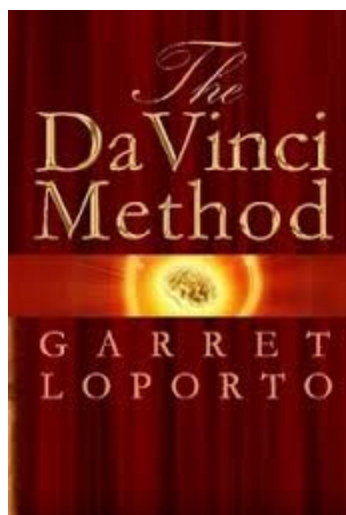
Since many do not know what a DaVinci personality type is, no one is able to help them understand why they feel the way they do, or why they act the way they act, etc. and give them the appropriate tools to get themselves healed physically, spiritually and emotionally. The world so often just continues trying to force these “square pegs” into “round holes.”

From a doctor’s perspective, we can have you do everything correctly in steps 1 through 4 but if what is going on in the thoughts of the person is causing one’s illness we can not control that situation. One has to rewire their thinking to stop shoving emotions into the gut and weakening their systems.

For me, my standard is the Holy Bible so I can read the DaVinci Method and get the wisdom from the book, then I turn around and use that knowledge and have better

questions to ask God on how to handle situations and not be repressed and make it such where I create an illness in my stomach.

[Read the Book](#)



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 the right direction and NOT to get you caught up with this “philosophy” and these remedies, and this doctor, to the point that you end up 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 it works 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.

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 and is asking that each person finds the proper tools to help their bodies heal no matter the tool.

You can do it!

In Christ,

Dr. Sara Jernigan, BS, DC

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

It's Time to Take Back Your Health!

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