



JUICING & THE PLANT BASED DIET

ASHLEY EVERLY

- ▶ B.S. Environmental Toxicology, UC Davis
 - ▶ Cal/EPA Office of Environmental Health Hazard Assessment, Ecotoxicology
 - ▶ Natural products / Native Ally + Essential Oil Testing
 - ▶ Health Freedom Idaho + donating time for other non-profit organizations
 - ▶ Podcast interviews, presentations
 - ▶ Paralegal for attorney / law firm
- ▶ Websites:
 - ▶ <https://Vaccine.Guide>
 - ▶ <https://ThinkLoveHealthy.com>
 - ▶ <https://EverlyReport.com>
 - ▶ https://Taplink.cc/insta_ashleyeverly

(All links + social media accounts)

- ▶ The study of environmental toxicology examines the chemistry of toxic substances and their harmful effects on ecosystems and biological systems.
 - ▶ What are the sources of toxic substances? (e.g. mining and industry runoff, venomous animals, pharmaceuticals)
 - ▶ How are these toxic substances transported and transformed within ecosystems or biological systems?
 - ▶ What kinds of harmful effects are caused by toxic substances?
 - ▶ Where do toxic substances end up? (Environmental fate)

Absorption & Route of Exposure

Distribution / Mobilization

Metabolism / Biotransformation

Toxicity or Detoxification

Excretion or Sequestration

WHY I BECAME INTERESTED IN HEALTH & NUTRITION

- ▶ Severe anemia, Hashimoto's, PCOS, digestive disorder
 - ▶ Symptoms: Dry, pale skin. Eczema. Cystic acne. Cysts in joints affecting mobility. Hair loss/thinning. Pain in chest upon waking. Inability to form healthy stools, fissures, dependent on Miralax. Lightheadedness and nearly blacking out with head pain. +
- ▶ My son's health conditions due to vaccine injuries
 - ▶ All symptoms associated with autism (primarily damage to gut, liver, and neurological system).
- ▶ My husband's health (primarily ulcerative colitis)

FINDING A PATH TO HEALTH

- ▶ Body care products (soaps, lotions, deodorant, etc.)
- ▶ Household (cleaning products, air quality, mold*)
- ▶ Yard care (Pesticides & herbicides for lawn & garden)
- ▶ WiFi / EMFs from electronics
- ▶ Nature, sunlight, fresh air
- ▶ Regular exercise / activity & proper rest / sleep
- ▶ Emotional & mental health / perspective + relationships
- ▶ Conventional vs non-GMO & organic foods
- ▶ Food dyes, processed sugars, & other additives
- ▶ Parasitic infections

VEGAN

VEGETARIAN

FRUITARIAN

KETOGENIC

PLANT BASED

KETOVORE

PALEO

METABOLIC

CARNIVORE

WESTON PRICE

**WE ARE SATURATED
WITH CONFLICTING
INFORMATION ON DIET
& NUTRITION.**



**HOW DO WE MAKE
SENSE OF IT?**

DEFINING PLANT BASED

- ▶ A diet consisting of mostly plants (fruits, veggies, leafy greens, nuts & seeds, legumes, grains). Typically 80% or more.
- ▶ NOT NECESSARILY vegetarian, vegan, gluten free, soy free, whole food, organic, etc.
- ▶ **“Plant based” is FLEXIBLE**
 - ▶ High carb / low carb
 - ▶ High protein / low protein
 - ▶ High fat / low fat
 - ▶ High raw or cooked
 - ▶ High fruit (fruitarian)
 - ▶ Whole food (WFPB) or processed

WHY PLANT BASED?

FRUITS & VEGETABLES
ARE GOOD FOR YOU!

WHAT ARE WE?



CARNIVORE



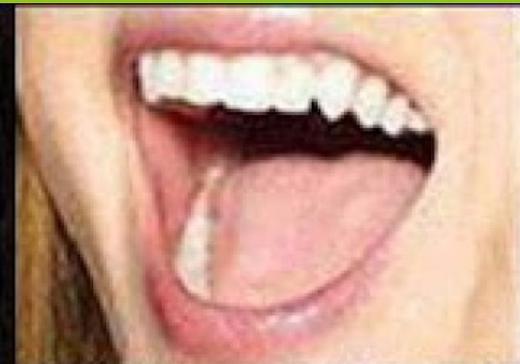
OMNIVORE



HERBIVORE



FRUGIVORE



HUMAN

THE HUMAN SPECIES

The only creature on earth that cooks their food and is confused about what it should eat.

- ▶ Teeth - blunted spade-like “canines”, but not long, curved fangs like true carnivores, e.g. cats, molars indicative of herbivory
- ▶ Jaw muscles designed for extensive chewing / masticating + lateral and forward mobility, side to side motion absent in carnivores
- ▶ Hands are prehensile, grasping w/opposable thumbs, with flattened nails, no paws or claws, ideal for picking fruits
- ▶ Vision designed to see in full color, helpful for determining when fruits are ripened (vs color blindness in carnivorous animals)
- ▶ Taste receptors have heightened sensitivity to fruit sugar (vs carnivores which salivate at the sight of live or wounded prey)

PACU

- ▶ Native to the Amazon river
- ▶ Related to the meat-eating piranha
- ▶ Omnivorous with vegetative tendencies
- ▶ Eats primarily fruit and fruit seeds which drop from trees into the river



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THE HUMAN SPECIES

- ▶ Long digestive tracts compared to body length (9-11x body length vs carnivores which have short digestive tracts, 3x body length)
- ▶ Fiber is critical for proper digestive tract function - peristalsis and microbiome health (meat, eggs, and dairy contain no fiber)
- ▶ Liver makes all the cholesterol that is needed by the human body (true carnivores cannot develop atherosclerosis like humans will)
- ▶ Intake of carotenoids does not negatively effect bone health, higher intake of pre-formed vitamin A increases risk of fracture
- ▶ Humans do not synthesize uricase (enzyme required to break down uric acid from animal products, especially organs like liver)

THE HUMAN SPECIES

- ▶ Originated near the equator in tropical regions where plant foods are abundant and temperatures are suitable for survival year-round
- ▶ No dense fur to survive in cold regions where plant foods are scarce
- ▶ Few biological or anatomical traits which equip us to efficiently hunt and kill prey animals (must create, utilize tools / weapons for this purpose)
- ▶ The practice of hunting animals for food is a learned behavior which was necessitated for survival, particularly for humans in colder climates, rather than based on natural human design and innate instincts

A SPECIES-SPECIFIC DIET

- ▶ Closest animal / mammal “relatives”, based on sharing 99.6% of our DNA, are frugivorous primates (two species of chimpanzees - common chimps and bonobos)
 - ▶ DNA is the blueprint for the structure and function of our cells, how our tissues, organs, and systems develop and heal, along with the constant internal communication / signaling process between them
 - ▶ Chimpanzee’s diet is made up of 60% fruits, the rest being seeds, nuts, leaves, stems, flowers, honey, medicinal plants, soil, insects, meat, and eggs
 - ▶ Meat typically accounts for less than 2 percent of a chimpanzee’s diet, but at times can account for up to 6 percent
 - ▶ However, chimps will confine their diets **almost exclusively** to ripe fruits when they are abundant and are considered “ripe fruit specialists”

HUMANS ARE BIOLOGICALLY DESIGNED TO BE PRIMARILY FRUGIVORES

God blessed them; **AND GOD SAID TO THEM,** “Be fruitful and multiply, and fill the earth, and subdue it; and rule over the fish of the sea and over the birds of the sky and over every living thing that moves on the earth.” Then God said, “**BEHOLD, I HAVE GIVEN YOU EVERY PLANT yielding seed that is on the surface of all the earth, AND EVERY TREE WHICH HAS FRUIT yielding seed; IT SHALL BE FOOD FOR YOU;** and to every beast of the earth and to every bird of the sky and to every thing that moves on the earth which has life, I have given every green plant for food”; and it was so.

- GENESIS 1:28-30

WHY DOES THIS MAKE SENSE?

SUITABLE FOR OUR TASTEBUDS RIGHT OFF THE PLANT

DOES NOT KILL THE PLANT, HELPS PROPAGATE IT

▶ SOAKING, FERMENTING, COOKING IS UNNECESSARY

HYDRATION, ANTIOXIDANTS, VITAMINS, MINERALS

IDEAL FOR THE HUMAN DIGESTIVE TRACT

CLOSEST WHOLE FOOD TO FASTING

FASTING ENABLES REGENERATION

NATURAL FRUIT SUGAR IS QUICK ENERGY

HUMANS ARE BIOLOGICALLY DESIGNED TO ADAPT FOR SURVIVAL

AFTER THE FLOOD:

And God blessed Noah and his sons and said to them, “Be fruitful and multiply, and fill the earth. The fear of you and the terror of you will be on every beast of the earth and on every bird of the sky; with everything that creeps on the ground, and all the fish of the sea, into your hand they are given. Every moving thing that is alive shall be food for you; I give all to you, as I gave the green plant.

- GENESIS 9:1

ADAPTATION

- ▶ Intelligence / creative faculties enabled us to migrate to and survive in climates / environments we would not naturally inhabit
- ▶ The human body can adapt relatively well to various diets, but typically not without impacting proper function, vitality, or longevity
- ▶ Dietary changes can affect DNA expression (how we use our DNA) and have lasting effects on following generations
- ▶ The body attempts to make many adjustments for shifts in dietary composition - for example, in response to increased consumption of animal products

ADAPTATION

- ▶ Conversion of carotenoids (pro-vitamin A) to vitamin A is down-regulated when exogenous sources are increased, due to toxicity of excess vitamin A - long term this impacts ability of subsequent generations to convert carotenoids
- ▶ Increased carnitine and choline intake from meat influences microbiome shifts in the digestive tract, increasing bacteria which produce harmful compounds linked to atherosclerosis, therefore the kidneys will attempt to excrete greater amounts of carnitine
- ▶ Higher meat consumption (most often, red meat) affects various species of gut bacteria, which in turn, can alter immune system function, lead to inflammation, heart disease, MS, etc.

THE BLUE ZONES



LOMA LINDA,
CA, USA

NICOYA,
COSTA RICA

SARDINIA,
ITALY

IKARIA,
GREECE

OKINAWA,
JAPAN

BLUE ZONES

- ▶ Named for regions of the world where there are the highest numbers of living centenarians (individuals who are 100 years or older)
- ▶ Discovered by scientists who were studying longevity
- ▶ Regions where people live the longest and are healthiest: Okinawa, Japan; Sardinia, Italy; Nicoya, Costa Rica; Ikaria, Greece, and Loma Linda, California
- ▶ **95% whole food plant based** (fruits, greens, vegetables, nuts, seeds, beans, some whole grains - also lots of yams / sweet potatoes)
- ▶ Aside from fish which is eaten more regularly, small amounts of cooked **meat** are eaten about **five times per month** (two ounces or less at a time / size of a deck of cards)
- ▶ Animals used for meat are free ranging, exceptionally healthy animals
- ▶ 2-4 eggs total per week, **NO DAIRY**

PROTEIN

- ▶ Need to balance intake of protein to maintain muscle mass as we age, while maintaining kidney health, which is susceptible to high protein
- ▶ Too much protein can cause kidneys to re-route waste back into bloodstream rather than excrete into urine, and upset calcium balance
- ▶ Animal products contain ample amounts of pre-formed proteins (and all essential amino acids) but require the body to expend energy to break them down into individual amino acids to be utilized
- ▶ Plants contain less protein than animal products, but in the form of amino acids rather than pre-formed proteins
- ▶ Contrary to popular belief you can get more than enough protein on a whole food plant based diet, simply maintain a variety of whole foods (nuts, lentils, & other beans are good sources)
- ▶ Aside from soy and buckwheat, quinoa is also a complete protein and contains every essential amino acid

PROTEIN

“In a Harvard Medical School study, researchers found that substituting 3 percent of calories from animal protein with plant protein was linked to a 12 percent reduced risk of dying from heart disease and a 10 percent reduced risk of dying from any cause during the 32-year study period.

‘...sources of plant protein also supply fiber, antioxidants, and other nutrients that we need more of in our diet...’”

Another study points out that, “protein-rich foods, such as traditional legumes, nuts and seeds, are sufficient to achieve full protein adequacy in adults consuming vegetarian/vegan diets, while the question of any amino acid deficiency has been substantially overstated.”

“ANTI-NUTRIENTS”

- ▶ So-called anti-nutrients are compounds found in plants that exist to protect the plants against bacterial infections and from being eaten by insects
- ▶ Found mostly in beans / legumes, nuts, seeds, leafy greens, whole grains, tea, beets, soy, tomatoes, peppers, potatoes
- ▶ Interfere with the absorption of calcium, iron, zinc, phosphorous, and magnesium
- ▶ Can typically be removed or deactivated by soaking, sprouting, or boiling before eating
- ▶ Used as reasoning for why humans shouldn't be eating plants
- ▶ Examples: phytates (phytic acid), lectins, oxalates (oxalic acid)

PHYTATES

- ▶ The more you consume, the more your microbiota can degrade phytates (vegetarians' intestinal microbes degrade up to 100% of phytates)
- ▶ Degradation of phytates creates inositol phosphates which are important for intracellular signaling pathways
- ▶ Phytates reduce cancer risk through antioxidant properties and enhancing natural killer (NK) cell activity (NK cells kill cancer cells)
- ▶ Has therapeutic use against diabetes, atherosclerosis, coronary heart disease, and reduces kidney stone formation and heavy metal toxicity
- ▶ Mechanism for reducing heavy metal toxicity - when phytate binds to calcium, the resulting compound can bind cadmium and lead
- ▶ Urinary magnesium excretion drops to compensate for reduced magnesium absorption from the gut, therefore unlikely to cause magnesium deficiency

LECTINS

- ▶ Foods with higher levels of lectins are typically also high in fiber, vitamins, minerals, and phytonutrients
- ▶ Have antitumor, antiviral, antimicrobial, antifungal, and anti-parasitic effects
- ▶ Are immunomodulatory & enhance immune system during infections
- ▶ Help optimize gut microbiome / bacterial flora
- ▶ May be effective at reducing blood sugar levels in diabetes
- ▶ Some inhibit inflammation, some induce inflammation via pro-inflammatory cytokines
- ▶ Raw legume / beans have high lectin content, and should be properly prepared by soaking, germinating, or fermenting, and cooked to eliminate any health effects to the gut

OXALATES

- ▶ Can lead to kidney stone formation upon binding to calcium, creating calcium oxalate crystals
- ▶ Stone formers do not harbor the oxalate-degrading bacteria, Oxalobacter, and exhibit gut dysbiosis, (disruption of microbiome) including depletion of beneficial species Lactobacillus in urinary tract
- ▶ Oxalobacter is sensitive to a variety of antibiotics, including azithromycin, cipro, clindamycin, gentamycin, levofloxacin, and more
- ▶ Chances of colonization with Oxalobacter increases with time *since* antibiotic use and oxalate consumption
- ▶ Cumulative use of antibiotics for 2 months or more and poor hydration both independently increase risk of kidney stone disease

OXALATES

- ▶ Stone formers tend to have higher salt (sodium) and animal protein intake, lower calcium, and lower fruit and vegetable intake
- ▶ High sodium intake increases urinary excretion of calcium, which can lead to the formation of kidney stones
- ▶ Consumption of animal proteins raises renal (kidney) acid load, which also increases urinary excretion of calcium (the body uses calcium to tightly control pH of blood and tissues when intake of acids is elevated)
- ▶ Higher intake of legumes can be protective against stone formation (lithogenesis)
- ▶ Fruit juices may have positive effects modulating lithogenesis and improving microbiome biodiversity
- ▶ In plants, oxalic acid acts as a metal chelator, increasing resistance to aluminum and maintaining health and integrity of cells

FRUIT SUGAR

- ▶ Eating fruit is not equivalent to eating processed sugar, pure fructose, or other carbohydrates
- ▶ Studies isolating fructose or evaluating “high carb” diets and their effects on the body are not representative of what happens in the body when you consume whole fruits (vs starches like rice, bread)
- ▶ Fruits and fruit juices contain antioxidants, phytonutrients, bioflavonoids, vitamins, minerals, and fiber, even some amino acids
- ▶ Soluble fiber in fruits is excellent at slowing down the absorption of sugar, improving the stability of blood sugar levels
- ▶ Fruit and fruit juices can improve blood biochemical parameters, insulin sensitivity, and composition of microbiota, increase serum antioxidant activity, and protect against DNA strand breaks
- ▶ However, excess fatty acids in the diet can block insulin and lead to high blood sugar when consuming fruits

THE HUMAN
SPECIES IS
PRIMARILY
FRUGIVOROUS
WITH
OMNIVOROUS
TENDENCIES

THE HUMAN BODY WILL ADAPT OVER TIME
AND GENERATIONS, TO BETTER PROCESS AND
ABSORB THE NUTRIENTS IN FOODS THAT ARE
CONSISTENTLY EATEN, DUE TO CHANGES IN
DNA EXPRESSION AND MICROBIOME SHIFTS.

THEREFORE, THERE WILL BE SOME
VARIATION IN EACH PERSON'S ABILITY TO
PROCESS PLANTS VS ANIMAL FOODS.

GOING BACK TO WHAT IS MORE IDEAL FOR
THE HUMAN SPECIES WILL OFFER THE
GREATEST HEALTH BENEFITS.

WHAT KINDS OF FOODS, SNACKS, & MEALS DO I EAT ON A REGULAR BASIS?

LOTS OF:

FRESH FRUIT

FRUIT SMOOTHIES

LARGE LEAFY GREEN SALADS

MODERATE AMOUNTS OF:

NUTS & SEEDS

VEGGIES, VEGGIE SOUPS

POTATOES, QUINOA

LESSER AMOUNTS OF:

BEANS, RICE, CORN, OATS

RARELY: EGGS, FISH

A TYPICAL DAY FOR ME (WHEN EATING MOSTLY RAW)

9AM: A bowl of grapes, other fruit, or juice

11AM: Fruit smoothie (e.g., frozen cherries, dates or pure maple syrup, peanut butter or peanut butter powder, water, & ice)

1PM: Large leafy green salad (e.g., chopped romaine lettuce, cherry tomatoes, black olives, mushrooms chopped finely with Italian seasonings + S&P, banana peppers + liquid, cashew cream, and yellow mustard)

4PM: Fresh fruit (nectarine, more grapes, watermelon, etc.)

5-6PM: Raw zucchini noodles “zoodles”, with a creamy sauce (made of raw cashews or macadamia nuts, raw pumpkin seeds or hemp hearts, fresh celery & carrot, onion powder, garlic granules, S&P) OR another salad

8PM: Smoothie (frozen strawberries, dates, basil, water, & ice) OR shake (raw cashews, dates & pure maple syrup, cacao powder, date seed “coffee” grinds, water, & ice)

A TYPICAL DAY FOR ME

9AM: A bowl of grapes, other fruit, or juice

11AM: Fruit smoothie (e.g., frozen blueberries, dates or pure maple syrup, cashews, cacao powder, water, & ice)

1PM: Large leafy green salad (e.g., spinach greens, cooked beets, avocado, pumpkin seeds, cherry tomato, with a basil balsamic dressing // OR // romaine lettuce, corn, jicama, cherry tomatoes, avocado, cashew cream, taco seasonings + S&P)

4PM: Fresh salsa with corn tortilla chips OR hummus or homemade dip with carrots & bell peppers, OR more fruit

6PM: Veggie soup (potatoes, carrot, celery, garlic, in mushroom broth with thyme, S&P) OR oven roasted garbanzo beans with quinoa and veggies OR Nachos (“cheese” made with cashews, mild green chilis, carrot, red bell pepper, smoked paprika, garlic granules, S&P)

8PM: Popcorn with avocado oil & salt







JUICING &

▶ **JUICE FASTING**

BENEFITS OF JUICING

- ▶ Leafy greens, herbs, and vegetables contain high amounts of beneficial phytonutrients, antioxidants, vitamins, and minerals
- ▶ Removing insoluble fiber from greens and veggies helps improve bioavailability of nutrients (“Nature’s multivitamin”)
- ▶ Provides potent nutrition while reducing the burden on the digestive tract, simulating a fasting state (“juice fasting”)
- ▶ Green juices are anti-genotoxic and have a protective effect against reactive oxygen species and oxidative damage to cellular membranes
- ▶ Green juice, which contains carotenoids, was more effective at reversing DNA damage than isolated carotenoids
- ▶ Chlorophyll in green juices improves wound healing, is antioxidant, anti-inflammatory, and protects against DNA mutation and carcinogens

BENEFITS OF JUICING

- ▶ Beetroot-carrot juice is protective against kidney impairment and has anticancer and antileukemic effects
- ▶ Celery juice and beetroot juice are effective at reducing hypertension / high blood pressure
- ▶ Beetroot juice and red spinach juice was found to help improve anemia / iron deficiency
- ▶ Green, tart apple juice contains malic acid which is effective at chelating aluminum and increasing excretion via kidneys
- ▶ Ginger is antibacterial, antioxidant, anti-inflammatory, anticancer, and protects against hypertension, heart disease, iron accumulation linked to neurodegenerative diseases
- ▶ Turmeric is anti-inflammatory, antioxidant, anticancer, protects the liver, and induces glutathione synthesis

JUICING TIPS

- ▶ Ideally, using a slow masticating-type juicer at home which mimics how our mouths would chew food and drinking the juice within 24-72 hours is best for preserving and obtaining the most nutrients
- ▶ Get a juicer that makes juicing easy enough for you to want to invest the time into juicing - it can be time consuming
- ▶ **“The best juicer to buy is the one you will use.”**
- ▶ Local places that sell fresh pressed organic juices like Boise Juice Co & Clean Juice are the next best option
- ▶ Organic juices from grocery stores do provide some nutrition if you are unable to get them elsewhere, however store-bought juices are typically pasteurized / heated to high temperatures, resulting in reduced enzyme activity and chlorophyll levels

JUICING TIPS

- ▶ Use organic produce as much as possible
- ▶ Using lemon and/or cucumber can help neutralize bitter flavors and increase hydration without adding a lot of sugar to your juices
- ▶ Combining leafy greens + vitamin C rich fruits like oranges, pineapple, or lemon helps improve iron absorption
- ▶ Cabbage, purple carrot, orange, apple, and celery juices are helpful for ulcerative colitis
- ▶ Ginger can help eliminate low level systemic pathogenic infections which are often the root cause behind low vitamin D levels
- ▶ Best way to begin juicing if you've never done it before is to include 16-24 oz of fresh pressed organic juice first thing in the morning before eating other foods, eat fruit next, then other foods

JUICERS

- ▶ **YouTube Channel: DiscountJuicers.com**
 - ▶ Great YouTube channel that reviews and compares juicers
 - ▶ <http://discountjuicers.com/juicers.html>
- ▶ Price of juicers can range from \$150 to \$600 and beyond
- ▶ Find balance between price, preservation of nutrients, how much work must be done to use it (e.g., do you have to chop celery, carrots, and kale before adding them to the chute and how small does your produce have to be chopped), how quickly the juice is made, how much juice is extracted, and how easy is the machine to take apart and clean
- ▶ Juicers I've personally used: Omega J8004 (same as J8006), Kuvings Whole Slow Juicer Elite, Nama J2
- ▶ One of the best-selling low-cost *entry level* juicers: Shine SJX

YouTube: Jason Vale - Super Juice Me! Documentary

JASON VALE'S
BIG JUICE EXPERIMENT

SuperJuiceMe!

8 People, 22 health conditions, 28 days on just fresh juice

PERSONAL EXPERIENCES WITH JUICING REGULARLY & JUICE FASTING

TWO MONTHS AFTER BEGINNING DAILY JUICING:
Symptoms associated with severe anemia / iron deficiency of chronic disease were eliminated.

FIRST 3-DAY JUICE FAST:

Chest discomfort upon waking disappeared and was finally able to wake up early feeling well-rested and with energy.

ANOTHER 3-DAY JUICE FAST:

Shin splints, healed.

Test	Year					Reference Interval
	2015	2016	2017	2018	2019	
Iron Panel:						
% Iron Saturation	6	No data.	14	13	Normal (21)	15-55 %
Iron, Serum	24		Normal	Normal	Normal	35-155 ug/dL
Hemoglobin	10.8		Normal	Normal	No data.	11.1-15.9 g/dL
MCH	24.9		Normal	Normal		26.6-33.0 pg
RDW	17.8		Normal	Normal		12.3-15.4 %
Thyroid Antibodies:						
TPO Ab	286	183	134	164	79	0-34 IU/mL

MY FAVORITE JUICES

- ▶ GREEN: Leafy greens (spinach, kale, spring greens), cucumber, apple, celery, lemon, ginger
- ▶ VEGGIE: Leafy greens, carrot, cucumber, beets, ginger
- ▶ ORANGE: Carrots, oranges, ginger (and turmeric, pineapple also)
- ▶ RED: Beets, carrot, apple, ginger (cucumber)
- ▶ CABBAGE: Red cabbage, apple, lemon
- ▶ YELLOW: Lemon, apple, ginger (best as a shot, unless lots of apple or including cucumber)
- ▶ GRAPE: Grapes, cucumber, lemon
- ▶ HARVEST: Carrot, sweet potato, apple, cinnamon or pumpkin spice

**SLOW
CHANGES
ARE BEST**

GUT / MICROBIOME

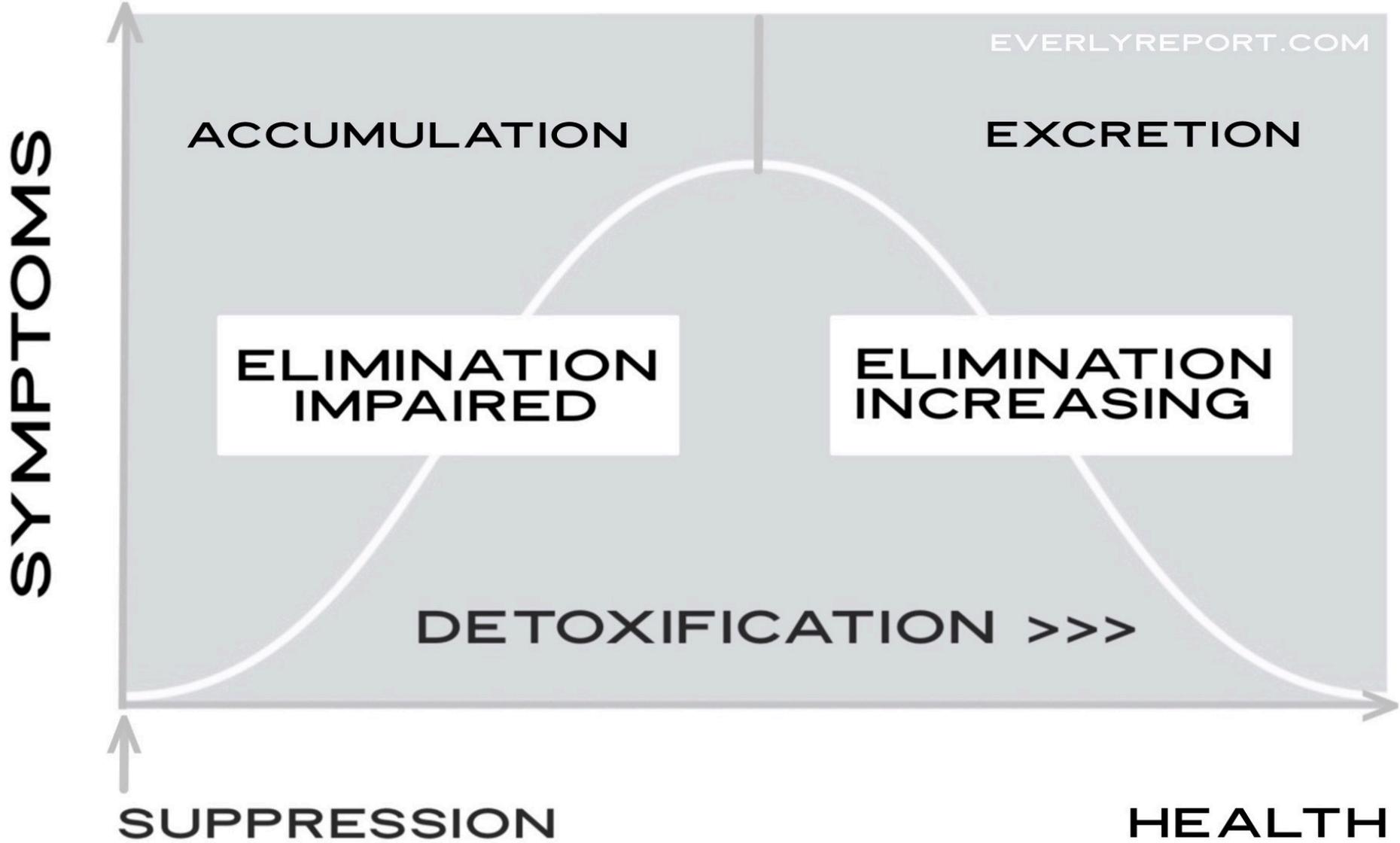
KIDNEY HEALTH & SKIN

LYMPHATIC SYSTEM & PAIN

ENERGY NEEDS & DEPENDENCY

SYMPTOMS OF DETOX & ELIMINATION

IMMUNE SYSTEM FUNCTION



BLESSINGS IN DISGUISE

SYMPTOMS ARE PURPOSEFUL

Are our body's warning signs.

Show us our immune systems are activating to try to correct a problem.

BE THANKFUL FOR THE WARNING

You are being set on a path to discover the way to health.

Not through suppressing symptoms and shortening your lifespan, but through true reversal of internal dis-ease and healing.

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