

THE ORIGINAL PREVENTION OF SICKNESS: GENERAL *NUTRITIONAL HERBOLOGY* INSTRUCTIONS



- PREVENTIVE SICKNESS HYGIENE & NUTRITION
- STOMACH AND INTESTINAL CLEANSING
- RELIEF OF CONSTIPATION
- PREVENTION OF CANCER
- PREVENTION OF *NUTRITIONALLY RELATED DISEASES*

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THE ORIGINAL PREVENTION OF SICKNESS: GENERAL NUTRITIONAL INSTRUCTIONS

I. AVOID THE 5 “WHITE FOODS”

a. White Flour/Bread

- substitute 100% whole wheat and other whole grain flours and bread
- without preservatives and without enriched white flour
- “flourless” (sprouting transforms starch to sugar) whole grain breads are best

b. White Rice

- substitute Brown Rice, Wild Rice or Basmati Rice, rinse and soak overnight or at least 20 minutes
- baking is best

c. White Salt (VIP)

- substitute the “real” rock salt or sea salt and ideally use ground kelp
- “normal” table salt like “Morton’s” is really a by-product from the refining of bauxite to aluminum which is sprayed on rock salt so it pours
- aluminized salt causes high blood pressure and suspiciously aluminum shows up in Alzheimer Syndrome victims’ brains and should be avoided

d. White Sugar

- substitute dehydrated “organic” sugar, 100% “organic” maple syrup, unsulphured black molasses, “organic” honey (moderately)
- avoid white sugar (sucrose), brown sugar, turbinado sugar, fructose produce **acid blood condition** from 100% white sugar blood stream absorption
- imitation sugars are carcinogenic

e. White Milk and Dairy

- getting “**rennetless**” (**without the inner cells of the cow’s milk sack**) **milk and cheese** thereof without hormones is nearly impossible the vegetarians eating dairy are at risk of TB, polio & “mad cow” disease
- substitute the original dairy from plants ___ soy, rice, nut and inexpensive seed milks and cheeses

See **Section XII** for instructions on making seed/nut milk in your blender

NOTE: With the exception of white milk which naturally comes from seeds and nuts, we are the “victims” of eating unknowingly racist created *refined* “white colored” foods.” instead of their natural *unrefined* “brown colored” original food counterparts.

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XII. INSTRUCTIONS ON MAKING SPROUTED SEED/NUT MILKS AND DRINKS

This recipe will result in a seed/nut “milk” substitute for cow’s milk or a complete and easily digested liquid meal seed/nut “drink” with all the nutrients needed for a complete day’s activities ideal for a vegan or vegetarian on the go and concerned about getting proper nutrition.

Ingredients: ½ cup raw hulled “organic” sunflower seeds

¼ cup raw hulled “organic” pumpkin seeds

¼ cup raw unhulled “organic” sesame seeds

¼ cup “organic” dehydrated sugar or 100% Grade A Maple syrup

4 cups of filtered, spring or distilled water (do not use tap water as the chlorine gas used to decontaminate it is carcinogenic)

Instructions: 1.) put seeds in Blender and cover with 1 cup of the water and put lid on and let sit at least 12 hours as the seeds will sprout turning their starch to digestible sugar;

2.) drain and then rinse with 1 cup of the water;

3.) drain and add the final 2 cups of water and the dehydrated sugar or Maple syrup and blend until liquefied.

4.) Enjoy as a *Seed/Nut Milk* ___ strain solid material out and drink or use in recipes as you would cow’s milk.

5.) Enjoy as a *Seed/Nut Drink* ___ drink without straining for a complete liquid meal.

NOTE: You can substitute other seeds and nuts in place of the Pumpkin seeds and sesame seeds, but the sunflower seeds are necessary for they are a complete and easily digestible food that everyone should eat every day.