



There's No Such Thing as a Fatal Disease

How to Heal Everything Naturally

A Mini Guide for the Holistic Management of a Variety of Ailments

By Aisha Bey, Certified Herbalist

Disclaimer: This publication is not intended to substitute for qualified medical care. These products have not been evaluated by the FDA. They are not intended to diagnose, treat, prevent or cure any disease. Consult your physician or holistic practitioner.

Mabel was sent home to die. As she approached her 100th birthday, a small scratch had become infected and consumed the entire lower half of her right leg. The medical verdict: amputation or death. One bottle of peroxide and one jar of tea tree ointment and Mabel's leg is almost completely healed.

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In modern western culture, a person visits a physician for their body, a psychiatrist for their mind, and a priest, minister, or rabbi for their spirit. In ancient times and in many indigenous cultures however, a healer would deal with all three aspects of the human person because it was recognized that one must be strong on all levels in order to live a balanced, healthy existence. If you are toxic on the physical level, then your thinking, even your behavior will also be toxic.

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The sweat lodge is a good example of how indigenous people approached healing. The sweat lodge is called God's Nest by native people. When they enter the lodge to sweat out toxins, viruses and bacteria on the physical level, prayers and offerings are also made because it is recognized that one must cleanse on all levels in order to heal.

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and behavioral problems lay in bringing oneself in generations, we have been cut off from this ancient have lost touch with the tradition that sustained have become vulnerable to a host of maladies that are and out of control eating.

The answer to restoring health and strength lies in the cause of the problem and incorporating some of the healing. From the holistic point of view, the cause of various body systems and the loss of Chi (the basic). These problems are caused by a number of things. Among them: poisons in the water, poisons in the food, income, urban living, drugs, alcohol, denatured food, and the overuse of toxic, immune weakening medications. These medications often have side effects worse than the original problem. For every prescription that is written, an medication attempts to suppress symptoms and does not

Holistic medicine recognizes that in order to solve a problem, you must address its cause. Holistic medicine recognizes that there is no such thing as a "cure"; not for anything. Cures say that even though we continue to abuse our bodies with wrong eating and wrong living, all we have to do is take this little, round white thing, and POOF! Just like magic, out of the clear blue sky, it will "fix" us. But there is no "magic bullet". There is no "quick fix". There is healing, a process. A process that can come about only when one lives, eats and heals holistically, in accordance with the laws of nature.

Natural healing is very different from allopathic medicine. With the holistic way, we are not treating a disease, we are strengthening bodily systems. We are giving the body the tools that it needs to heal itself, which it WILL do. This is illustrated by what happens when you cut yourself. If you do nothing more than keep the cut clean, it will heal. This is because of the ethereal tool to do the job. When we take herbs and health drinks and homeopathic remedies, we are providing the body with the raw materials that it needs to heal. By stimulating the body's own natural healing mechanisms, we create a climate of healing.

What I have found in my thirty years of experience is no healing the body. There are countless tools put there by God and nature that have been used for

These serious obstacles to healing lie not in the body, but in the mind. In order to heal, an individual must make an effort. Herbal teas must be brewed and consumed. The diet must be cleaned up. Toxic relationships and li

harmony with the natural laws. For many wisdom and the ancient healing ways. We our ancestors for thousands of years. We result from fast paced, out of balance living

a holistic approach that addresses the ancient, natural ways of living, eating and of most health problems is the weakening of life force) that exists in all living things. Among them: toxic overload (poisons in poisons in the earth; stress (intensified by low income, urban living), drugs, alcohol, denatured food, and the overuse of toxic, immune side effects worse than the original other is written for the side effects. Most address the cause of the problem.

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Healing must be number one, at least for a while. The extent of healing that occurs is directly proportional to the extent of the effort. Little effort, little healing; large effort, large healing.

No individual need ever become deathly ill. We are never given a problem without being given a solution. The laws of physics state for every action, there's an equal and opposite reaction. If the disease was put there, the answer was put there. There's no such thing as a fatal disease!

Natural healing is often used as an alternative to mainstream medicine, but it can also be used in conjunction with standard medical treatments. I am often asked if one should stop taking their prescribed medications once started on the natural path. My position is that the prescribed medications should continue to be taken until such time as the nutrients and herbs have brought about significant improvement. At that time it is best to seek cooperation from the physician in the gradual weaning off the medications. Most physicians would be happy to see their patient taking less toxic medications. Always let your physician know when starting any alternative or complimentary program.

Now let's explore these natural healing methods and learn how they can best be utilized for the development of maximum health and wellbeing. Time and space will not permit me at this time to provide specific protocols for various ailments and health problems. What follows are the basic pieces that must be put into place for healing to occur, no matter what the problem. If you are challenged by serious, even life-threatening illness, this pamphlet alone will not be enough, unless you are already thoroughly familiar with holistic medicine. But it will get you well on the way. With more study and the help of an experienced, well-known, holistic practitioner, you will achieve wellness.

FOOD

The Foundation

Our ancestors recognized that the foundation of good health is good food. They consumed natural, whole foods that saturated the body tissue with high quality nutrients, the basic building blocks that the body uses to function and heal. Without the correct amount of vitamins, mineral, enzymes, amino acids, roughage and fiber, the body will cease to function normally and physical/mental/spiritual imbalances will occur, often resulting in diseased states.

Good nutrition can mean the difference between life and death. Since everything that goes into the system either builds health or suppresses it, it is crucial to give serious thought to everything that passes your lips.

Much of the food that fills our supermarket shelves, corner stores and fast food restaurants is highly processed and denatured. The nutrients have been removed to prolong the shelf life. The result of continuous consumption of these overly sugared, overly salted, overly chemicalized foods are: allergies, yeast problems, suppressed immunity, weakened

not as nutritious as the dried). Also you can brief morning (ten minutes) if you forgot to soak them over. After they have soaked or parboiled, they need to soak for hours (if you use a crockpot, you can go out). Sea pepper, cumin, perhaps a little honey and/or tomato soups, stews and casseroles with fresh veggies, whole products such as tofu and soy cheese.

PowerUp

In the winter of 1995, I founded the Holistic AIDS Project, a federally funded program that successfully provided herbally based alternative and complementary therapies to HIV positive people. During that summer, we experienced many days of stifling heat and high humidity. Many clients were suffering and had to be hospitalized. Our task: to develop a remedy that would be powerful enough to bring about serious healing and at the same time would be easy to use.

What evolved was a synergistic blend of Spirulina, Siberian Ginseng, an "adaptogenic" herb especially useful for those experiencing excess stress, and MACA, another "superfood" from Peru. PowerUp, which you can make inexpensively through Aisha's Herbals, is in a powder form and is added to juice, usually in the morning.

I have found that the most effective way to incorporate holistic regimen is through the use of powders and assimilates and are more potent than processed vitamins. When a nutrient is taken in its most natural form possible, it should be taken in the most natural form possible. When a nutrient is processed, the weaker it becomes.

As a fresh water food source, Spirulina has been used by man for thousands of years. Spirulina was harvested and consumed by the Aztecs, the Mayans, the ancient Chinese and to this day by the indigenous Kanembu people near Lake Johannin Chad, Africa, who eat Spirulina cake to supplement their daily protein intake. Spirulina is called a "superfood", because per gram, it has a protein complex that is 95% assimilable, all the amino acids in correct proportion, omega three and six fatty acids, a rich amount of vitamin B12, a full spectrum source of vitamins and minerals, 17 different Carotenoids including Beta Carotene, over 2,000 enzymes, is high in iron and magnesium, and is the only known source that contains phycocyanins, a powerful immune stimulant and anti-cancer force. A 1993 study conducted by Japanese and American researchers published in the Journal of Applied Phycology reported that Spirulina's therapeutic effects may include reducing the incidences of cancer and lowering cholesterol levels.

ly boil (parboiling) the dried beans in the evening. Then let them sit for a few hours. Immer with lots of onion and garlic for a few hours with sea salt, soy sauce, red or black paste. Try to get in the habit of preparing legumes, legumes and perhaps some soy

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Siberian Ginseng (Eleutheroroot) is another ancient revitalizing properties. Siberian Ginseng has been resistant to illness, and reduces the effects of external factors. It assists in reducing incidences of flu, heart disease. Excellent as a general tonic, it helps with stress. This herb is especially useful for those who are recovering from illness and situations, overwork and excess strain to mind and body.

plant renowned for its energizing, shown to increase vitality, increase exposure to damaging, external, environmental acute respiratory disease, hypertension and help to build up the body's resistance to stress. constantly exposed to stressful environments and body.

MACA is another "superfood" that grows at 16,000 feet in the Andes Mountains. It has been cultivated by the Inca for thousands of years. MACA provides energy, builds the immune system, revitalizes the libido (particularly in men), regulates hormone production, reduces anxiety, depression and insomnia, aids in digestion and weight control, reduces hot flashes and night sweats, and promotes general feelings of well-being.

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Remember, when Spirulina and other nutrients are taken consistently, people don't just feel better; life in general gets better. Spirulina and other nutrients stabilize the blood sugar and cleanse out the toxins and poisons that have been building up, sometimes for years. When you start cleansing and when your blood sugar gets regulated, your attitude changes. When your attitude changes, you become a more positive person and when you become positive, you begin to draw the positive energies of the universe toward you. If you are negative, you will draw negativity, but when you finally align yourself with the laws of nature, everything starts to fall into place.

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PowerUp Recipe

Blend 4 to 6 ozs. pure juice with:

1/2 tsp. Spirulina powder

1/2 tsp. Siberian Ginseng powder

1/2 tsp. MACA powder

Drink once in the morning. Repeat throughout the day as needed (not to exceed three times in a 24-hour period).

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CAUTION: If digestion is weak, start with 1/4 tsp. of each ingredient. Take a few sips and wait. If there is no discomfort, then take a few more sips. Gradually increase to recommended dosage. Whenever introducing something new into the system, always err on the side of caution. Move slowly and carefully. When in doubt, do nothing until you can talk with your holistic practitioner.

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The goal is to learn how to use PowerUp as a tool to compensate for stress. I always take extra when I'm coming down with something.

to maintain your energy levels and to avoid being overtired, stressed out, or feeling like I'm

Additional ingredients can be added to PowerUp in order to fill a specific need or address a particular problem. Here is what I add to my PowerUp every morning:

in order to increase its effectiveness, tailor it to your needs. Here is what I add to my PowerUp every morning:

1/4 tsp. Vitamin C powder

1/4 tsp. Acidophilus

1 Tbsp. liquid essential fatty acid blends such as

Total EFA or Udo's Oil

Vitamin C is one of the most basic and important nutrients for stress. It is used up at a rapid rate. It plays an important role in many body functions such as immune strengthening, cleansing, and the building, maintaining and repairing of tissue.

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Acidophilus is the friendly bacteria that is supposed to be present in the intestines, and in women, in the vaginal tract. Unfortunately, due to the overuse of antibiotics, most of us are lacking in this crucial nutrient. An antibiotic cannot tell the difference between good bacteria and bad bacteria. It kills ALL bacteria. Once the good bacteria (the acidophilus) is destroyed, the yeast that is normally present in the small intestine is free to multiply and spread, weakening the immune system and giving rise to hundreds of diseases and ailments. This is why women get yeast infections upon taking antibiotics, which also wreak havoc with the entire digestive system. If your tongue is coated with a white substance, that means you have systemic yeast, and you must take probiotics (acidophilus and others) to be healthy.

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In addition to the above ingredients, PowerUp can be further tailored to meet individual needs by adding ingredients such as Blackstrap Molasses (the best source of iron on the planet), lecithin (reduces cholesterol), and aloe vera juice.

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RAW JUICES

Raw fruit and vegetable juices provide high quality nutrients in a concentrated, potent form. The juice of fresh fruits and vegetables is the richest source of vitamins, minerals, and enzymes. There is as much Beta Carotene in one glass of carrot juice as there is in five pounds of carrots. Beta Carotene is one of the most important nutrients for immune building, overall healing and problem prevention.

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Fresh juice enable the body to assimilate the many valuable nutrients found in food and that the body can benefit from the packages those nutrients in the best proportions so that they can benefit from the synergistic effects of all the nutrients working together. Drinking fresh, raw juice is like giving yourself a nutrition transfusion.

You do not have to spend a fortune for a juicer. In expensive juicers are available in department stores and discount markets. You should be able to pick one up on sale for about fifty dollars.

IMMUNE BUILDER RECIPE

3 carrots

Small handful parsley

1 stalk celery

Pinch of fresh garlic

Juice all together. Drink once in the morning. Add PowerUp for double whammy!

CAUTION: If digestion is weak, start with a small, diluted amount (uses spring water) and slowly introduce into the system. Then gradually increase amount.

The book, "Juicing for Life" by Cherie Calbom and M aureen Keane contains additional recipes for specific health problems.

HERB MAGIC

Nature's plants contain all the nutrients that the body needs for proper functioning and healing. Many of today's pharmaceutical drugs have synthesized the active ingredients of nature's plants, but these active ingredients representasm all part of the healing power of plants. They are but fragments, and not being whole themselves, they cannot restore wholeness to the human being. This is why the drug Valium, for example, becomes an addictive poison, while its plant source, Valerian Root will calm, heal and restore with no side effects whatsoever.

As noted herbalist Matthew Wood points out, plants are representations of the problems of human life. The shapes and qualities of plants correspond to the medicinal properties within them, because the plant is an expression of the conditions which formed it: heat, cold, sun, water, etc. The plant which has dealt with cold in the environment will also heal human coldness because it fulfills a corresponding function in nature.

The Indians knew this. The Africans knew this. The ancient Chinese knew this. For thousands of years, indigenous people the world over have known the power of plants and have worked their magic. They didn't go to medical schools, but learned directly from nature, which teaches use everything we need to know about life.

1/2partPauD'Arco

RespiratoryTea

2partsWildCherryBark

1partMarshmallow

1partMullein

1partEyebright

1/2partBayberry

1/2partPleurisyRoot

1/2partYerbaSanta

1/4partSlipperyElmBark

UrinaryTea

1partUsnea

1partUvaUrsi

1partHorsetail

1/2partMarshmallow.

1/2partJuniperBerries

1/2partCleavers

1/4partCornsilk

1/4partBuchu

CardiovascularTea

1partHawthorneBerries

1partMotherwort

Nourishing/EnergyTea

1partNettles

1partOatstraw

1/2partSiberianGinseng

CleansingTea (alsoregulatesbloodsugar)

2partsRedCloverBlossoms

1partDandelionRoot

1partBurdockRoot

1partMilkThistleSeed

FemaleTea

1partBlackCohosh

1partRedRaspberry

DigestiveTea

2partsPeppermint

1partDandelion

1/2partfennelSeed

1/4partSlipperyElm

Pain/NervousTea

1partSt.Johnswort

1partJamaicanDogwood

1partPassionflower

1partSkullcap

1partWhiteWillowBark

1partFeverfew

DirectionsforAllherbalTeas

Place6(six)Tablespoonscombinedloose,driedherbsintotheapotofwaterafteryou'vereturnedit(overnight).Thelongeritsteeps,thestrongerit gets. bsinglassjar(1quartsize).Fillwithboilingspringwater.Stir.Cap.Letsit(steep)overnight.Strainandrefrigerate.Drinkonecupperday.Sweetenwithhoneyornaturalmaplesyrup.Ifyoudon'thaveaglassjar,throwtheoff.Coverandletsteepupto12hours gets.

CAUTION: It can be very dangerous to take several different herbal teas at one time. Consult your herbalist! Always leave at least two hours between taking prescribed medications and herbs.

In addition to the herbs listed above, we should talk about Essiac. Back in 1918, a nurse working in a hospital was scarred. When she inquired, the woman told her by drinking a tea that had been given to her by the from the woman, went back to her hometown and started the town's people who had cancer. So many people came from an empty hotel to use as a clinic. People came from None of them were ever charged any money.

A huge controversy erupted due to medical opposition to the clinic more than once. In 1938, the Canadian Parliament researched the tea. Over 400 of the signers were reformulated to a major pharmaceutical company for research. Instead, she was fired and the government banned the tea. Sheep Sorrel. Rene died a broken woman, after having mainstreamed the remedy, but so many people were healed. It was rediscovered by a chiropractor named Gary Glum who wanted it for free. Today, many holistic practitioners use it for serious immuned disorders, especially cancer.

You can purchase ESSIAC premixed in the dried form or you can purchase it already prepared into a liquid tea. The dried herbs result in a more potent end product.

A little about the herbal infusion known as Essiac in Canada. A woman whose breast cancer was healed by the Ojibwa tribe. The nurse obtained the recipe and administered it to loved ones. People were healed that the town gave her. All over the world to Rene Caisse's clinic.

The Canadian government closed the clinic. A petition with over 55,000 signatures was sent to the government. A deal was struck. Rene sold the formula. She was supposed to head up the government. The primary ingredient, sheep sorrel, was banned. She spent the rest of her life trying to get the formula back. In 1990, it was given to anyone who wanted it. Many practitioners successfully utilize ESSIAC for clients with

at most health food stores. You can find that making the tea from scratch with it.

HOMEOPATHY

Homeopathy is a school of medicine founded over two hundred years ago by a physician, Samuel Hahnemann, M.D. At the turn of the century, physicians, pharmacies and hospitals throughout the country were hostile to homeopathy and waged a campaign to wipe it out. In fact, the American Medical Association was founded largely to accomplish that end, and they pretty much succeeded here in America. But since the art originated in Europe, it remained in use and most pharmacies in Europe have carried and continue to carry homeopathic remedies and many physicians incorporate homeopathy into their practices.

As an interest in alternative medicine grows (last year alone, interest in homeopathy has been

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the American public spent twenty-two billion dollars on alternative medicine last year, interest in homeopathy has been

There are three basic principles involved in homeopathy:

1. To bring about the healing, we should not suppress the symptoms of a disease. Instead, we should administer a remedy which would, if given to healthy people in large doses, cause the same symptoms as the disease. By stimulating the body's natural healing mechanisms, the remedy assists the body in its innate self-healing process. 2. The patient, not the illness, is the focus. Homeopathy recognizes that a human being is a single unit and reacts to illness on all levels, not as a "throat" or a "gallbladder" or a "stomach." It is possible to increase the healing power of a medicine and reduce its toxic effects at the same time. The remedies are diluted and shaken in a special way (dilution and succussion). The more a remedy is diluted and shaken, the greater its potency.

Made from all natural ingredients, homeopathic remedies contain no synthetic drugs; and since only tiny quantities are needed to stimulate the body's defenses, they are administered in the smallest possible doses. They are remarkably free of side effects of any kind and are among the safest preparations known to medical science.

Skin problems :

Urtica Urens, Alumina, Rhus Tox, Silicea. Sulphur, Apis, Mellifica

Injuries, strains, sprains, fractures:

Arnica Montana (pellets, 200c to be dissolved slowly under the tongue / arnica cream applied to painful area 3-4 times per day), Calcerea Phosphorica, Phosphorus

Pain, headaches, stress, anxiety, depression, insomnia:

Arnica Montana, Antimonium Tartaricum, Belladonna, Chinchona, natrum Sulphuricum
Veratrum Album, Aconitum Napellus, Calcerea Carbonica.

Digestive Problems :

Carbo vegetabilis, Calcerea Carbonica, Nux Vomica, Bryonia Alba, Lycopodium Clavatum,
Arsenicum Album, Chinchona, Echinacea Augustifolia, Sulphur.

Cold, Flu, Sinus, hay fever, allergies, lung problems, sore throat :

Antimonium Tartaricum, Bryonia Alba, Allium Cepa, Belladonna, Aconitum Napellus, Drosera
Rotundifolia, Ipecacuanha, Phosphorus, Arsenicum Album, Silicea, Kali Bromicum,
Echinacea Augustifolia.

Arthritis/Rheumatism:

Arnica Montana, Bryonia Alba, Calcerea Phosphorica, Colocynthis

Female Problems :

Sepia, Cocculus Indicus, Caulophyllum Thalictroides, Calcerea Carbonica, Chamomilla, Sabina.

In order for homeopathic remedies to be effective, taken within 15 minutes of taking the remedy. Form recommended. 6x and 12x are weaker potencies than Homeopathic remedies usually come in the form of (the tongue) and are immediately absorbed into the for dosage and frequency. When there is a severe problem, these remedies are quite inexpensive, about \$6.00 per

no food or drink except water should be in most conditions, the 30c potency is usually will work, but will take longer. nypelletsthat are sublingual (gounder system. Follow the directions on the bottle oblem, follow the directions for "acute." ertube.

CLEANSING

We are all victims of toxic overload. Our food has many processed "foods" that are not foods at all. Tap water is so filthy that our oceans and rivers are filled with animalsthat are raised for consumption are riddled and sell you the rest of the animal). These same animal droppings at \$20.00 per ton instead of hay and alfalfa caused by feeding vegetarian cows animal waste and

becomes so adulterated that there are many here are chemical creations. Our air and filled with mutated fish and other marine life. with cancer (it is legal to cut the cancer out imals are fed road kills and animal lfa at \$200.00 per ton. Mad cow disease is other animal products.

There are now thousands of known carcinogens (things we eat and breathe. Parasites are in the tap water. Do not drink it. Many riptosporidium which can prove fatal to here has been breaking news regarding the alarming amount of pharmaceuticals in tap water.

sthat cause cancer) in everything we not drink it. Drinks spring water only. Many riptosporidium which can prove fatal to here has been breaking news regarding the

In ancient times, cleansing was a way of life. People on a regular basis in order to remain healthy. To do poisons from the blood, urinary system, liver and colon. Toxins and poisons are the cause of much of the illness. Cleansing becomes one of the most important tools

le understood that they needed to cleanse y, removing accumulated toxins and colon is a prerequisite for health. These ness and disease from which people suffer, sin the natural healing process.

CLEANSING THE COLON

All disease begins in the colon. It has been estimated that the average adult meat eater has his/her colon. As this undigested meat nto the bloodstream. In the younger years, the : bad breath, body odor, acne, headaches, ccumulated fecal matter hardens and lines hapen, pockets are formed and sometimes

ted that the average adult meat eater has his/her colon. As this undigested meat nto the bloodstream. In the younger years, the : bad breath, body odor, acne, headaches, ccumulated fecal matter hardens and lines hapen, pockets are formed and sometimes

the colon actually collapses (prolapsed colon). Fecal matter collects in the pockets and festers. Then these serious problems develop: arthritis, colitis, digestive difficulties, irritable bowel syndrome, colo/rectal cancers and more.

The overconsumption of red meat, fried foods and foods lacking in roughage and fiber has produced a backed up nation. Moving the bowels once a day is constipation. The bowels should move twice a day for colon health. Remember, a healthy colon is a prerequisite for good health in general. It is not possible to be healthy without frequent and regular bowel movements.

FASTING

While many people are aware of the benefits of fasting for spiritual upliftment, fasting is important for physical health as well. It is necessary that the digestive system get a rest every now and then, especially if there is a health problem. When an animal becomes ill, often the first thing it does is stop eating. This is because even animals know that when illness is present, the body's energies are needed for healing, not for constant digestion.

Fasting is an important tool in the removal of toxins and poisons from the system. By giving the body the chance to eliminate accumulated waste before putting in new waste, the colon will begin the cleansing process. Enemas and/or colonic irrigations will help (don't overdo). Take some colon cleansing herbs such as senna, slippery elm or psyllium husk powder. Be sure to take your acidophilus daily.

Eating natural, whole foods is a must for maintaining a clean colon. Progress can be made by simply taking herbs and nutrients, but if the diet consists of denatured, adulterated foods, healing will not be permanent. Remember, red meat, fried foods, dairy products and fast food all clog the colon. Eliminate or at least cut down on these. Implementation of all or some of these measures will ensure that you are building a strong foundation for overall good health by keeping your system clean.

MIND/SPIRIT/EMOTIONS

In order to heal, it is crucial to take time out to meditate or pray, to become centered and calm. Focus on the positive. Depressing thoughts suppress the immune system. Positive thoughts stimulate it. Most of us go through life in a state of relative unawareness, sort of like bulls in a china shop. Meditation, relaxation and centering exercises can help us develop the serenity and inner peace we need to heal. There is a Zen saying, "before enlightenment, chopping wood and carrying water. After enlightenment, chopping wood and carrying water." The meaning of this saying is that without awareness, day to day life can be hell, but with awareness, it can be heaven. Every act, even the sex act, can become sacred if it is performed with awareness.

In addition to meditation, look into yoga, Tai Chi, and reflexology, aromatherapy, sacred and meditation baths and sun healing. All of these modalities can do one or nothing can knock you off your square and lead to draining, debilitating drag.

Chi Gong, therapeutic massage, acupuncture, music, gemstones, smudging, salt help you find your center. Once there, no fee becomes a joyous celebration rather

Through the writing of this pamphlet and the conducting of my practice, it has been my great honor and privilege to share the ancient knowledge and wisdom that has been shared with me. In many areas of the world, people are returning to the herbal medicine of their ancestors. They realize that if they want to get well, they must go to the earth. They have stopped poisoning themselves with the illusion of a cure that only brings about greater devastation. They have finally remembered their great grandmothers who went into the woods, picked leaves and healed their ancestors.

ting of my practice, it has been my great and wisdom that has been shared with me. the herbal medicine of their ancestors. st go to the earth. They have stopped at only brings about greater devastation. rs who went into the woods, picked

RECIPES FOR HEALTHY AND DELICIOUS EATING

Spaghetti Supreme

3-4 tablespoons cold pressed olive oil (or any cold pressed oil)

6 cloves fresh garlic

Cloves

1 onion

1 pkg. veggie links or turkey links

1/2 green pepper

mushrooms (optional)

1 can tomato paste

1 can tomato puree

Sea salt

Granulated garlic

Spring water

Basil

Oregano

3-5 Tbsp. Tamari (natural soy sauce)

3Tbsps.honey

Sautéveggiesinoil.Addtomatopuree,tomatopast
honey.Simmerfor15minutes.Broillinks.Cutthem

eandwater.Addseasonings,tamariand
upandaddtosauceatthelastminute.

MinestroneSoup

1onion

Celery

Potatoeswithskinon

Seasalt

Freshgarlic

Springwater

Beans(soakovernight)

Noodles/pasta

Oregano

Tomatopaste

Bayleaf

Carrots

Soakbeansovernightorparboilandletsitfortwo
ofonionandgarlic.Addchoppedveggies,tomatopa
tamari.Simmerforadditionalfifteenminutes.

hours.Simmerbeansfortwohourswithlots
steandpasta.Addseasoningsand

MockSteakSandwich

Wheatmeat(seitan)

1onion

Granulatedgarlic

Freshgarlic

Seasalt

Tomato/lettuce

Coldpressedoil

WholewheatPitabread

Tamari

Chopupeverything.Sautéonionsandgarlic.Addth
Steampitabreaduntilsoft.Insertwheatmeatand
catsupfromthehealthfoodstore. ewheatmeat,tamariandseasonings.
veggiesinpitawithtomato,lettuceand

NoBeefBeefStew

Wheatmeat

Granulatedgarlic

Broccoli

Carrots

Cauliflower

Tamari

Potatoes

Onions

Seasalt

Pepper

Celery

Freshgarlic

Chopveggies.Simmerin2quartswater.Whensoft,
seasonings.Thickenwithamixtureofwholewheatp
butstillcrisp,addwheatmeat,tamariand
astryflourandwater.

LentilMilletStew

2cupslentils

1cupmillet

potatoes

Seasalt

Pepper

Granulated garlic

Fresh garlic

Tamari

1 onion

Carrots

Celery

Wash lentils and millet. Put everything in pot. Bring to boil, reduce heat and simmer for thirty to forty minutes. You will probably have to add more water. Add seasonings. You can also add broiled, cut up veggie or turkey links.

Rice and Beans

Beans

Brown Rice (preparation instructions under Food, The Foundation)

1 onion

2 can tomato paste

veggie or turkey links (optional)

Granulated garlic

Tamari

Sea salt

Pepper

Fresh garlic

Cumin

Soak beans overnight. Simmer for two hours with lot of onion and garlic. Add seasonings and links. Serve over brown rice.

Patties and Gravy

Turkey patties or veggie patties (Garden of Eatin' Burger Breakfast Sausage or veggie burgers are good)

Wholewheatpastryflour

Coldpressedoil

Tamari

Springwater

Granulatedgarlic

Freshgarlic

Seasalt

Pepper

Broilpatties.Makegravyandseason.Cutuppattie sandputingravy.Serveoverbrownriceor wholegrainnoodles.

HealthySweet

2cupwholewheatpastryflour

2tsp.non-aluminumbakingpowder(fromthehealth foodstore)

1/2tsp.seasalt

1/4cupcoldpressedoil

1/4cuphoney

1 1/2cupsspringwater,soymilkorfruitjuice

1tsp.Vanilla

Blenddryingredients.Blendwetingredients.Combi ne.Bakeinoiledpanfor15-20.minutesat 425degrees.Canaddnuts,driedfruit,freshfruit ,spices,etc.This canbeacake,muffins,or sweetbread.Youcantakeanyrecipeandsubstitute wholewheatpastryflour,soymilk,soy margarine,honey,ricesyrup,agave,ornaturalmap lesyrup,omittheeggsorusefreerange eggsfromthehealthfoodstore.

CandiedYams

Severalsweetpotatoesoryams

Honeyorthernaturalsweetenerassuggestedabove

Cinnamon

Dashofnutmeg

Cutyamsupintosmallpieces.Pourhoney,cinnamon andnutmegoverthem.Bakeat375 degreesfor45minutes.'

FruitSmoothie

Cutupfruit(anykind)andplaceinblender.Adds mallamountofspring;waterorfruitjuice. Puree.

ColdSoup

Cutupsaladveggies,includingtomato.Placeinbl ender.Adddashofsaladdressingand lespringwater.Puree.

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