

THE IMMUNE SYSTEM

The main function of the immune system is to defend the body against foreign microbes such as bacteria, parasites, fungi and viruses. The human body is an ideal environment for microbes to flourish. A proper-functioning immune system is vital to good health. Microbes need to be kept out of the body, and if an invasion does occur it is the job of the immune system to track down and destroy the intruder.

SYMPTOMS OF A WEAK IMMUNE SYSTEM (CHECK ALL THAT APPLY)

- | | | |
|---|---|--------------------------------------|
| <input type="checkbox"/> Allergies | <input type="checkbox"/> Multiple Sclerosis | <input type="checkbox"/> Sneezing |
| <input type="checkbox"/> Asthma | <input type="checkbox"/> Fever | <input type="checkbox"/> Cold sweats |
| <input type="checkbox"/> Lupus | <input type="checkbox"/> HIV/AIDS | <input type="checkbox"/> Cancer |
| <input type="checkbox"/> Inflammatory Bowel Disease | <input type="checkbox"/> Coughing | <input type="checkbox"/> Weakness |
| | <input type="checkbox"/> Runny Nose | <input type="checkbox"/> Nausea |

FOUNDATION SUPPORT

20/20 Capsules

3 capsules per day, with food

Airmaxx

Capsules: 1 capsule, 1-2 times per day
Chewables: 2 chewable wafers, twice daily

Buffered C

1 to 2 capsules daily

Cherry Chews:

1 chewable wafer with each meal

D3 5,000

1 capsule daily

Immunomax

Capsules: 2 capsules 1-2 times per day
Chewables: 1 wafer, 2 – 4 times daily

ADVANCED SUPPORT

Best Whey Protein/Super Shake

1-2 scoops per day

Betazyme

6 capsules per day, 3 twice per day in between meals

CandiKill

4 capsules per day

Cybzyme

3-5 capsules, 3 times per day between meals or on an empty stomach

EnerDMG

4 tablets per day

EstroCleanse

1 capsule, 1-3 times per day with food

Frontier Biotics

3-6 capsules per day on an empty stomach 1st thing in morning and last thing before bed

Frontier Multivitamin

4 capsules, 1-2 times per day with food

Women's Complete

4 capsules, 1-2 times per day with food

ImmunoMax

Capsules: 2 capsules 1-2 times per day
Chewables: 1 wafer, 2-4 times daily

Iodine Plus

4 capsules per day

Liv Clear II

3 capsules per day

Omega

Softgels: 4 softgels per day
Liquid: 1 teaspoonful (5ml) daily

Organic Liquid Herbal Tinctures - Lymphatic, Liver/GB, Immune, K&B,

Cinchona

2 full droppers per day

Pro Colors

1 scoop with pure water 2 times per day as a juice beverage

PSA

2 capsules per day

Super Kreatine

1-2 scoops per day with 10oz. of water.

Super Zinc-50

1 capsule per day

Vitamin D3

10,000 IU/day, 2 capsules per day

FOOD PROGRAM

FRUITS

All fresh, frozen, water packed, or canned

VEGETABLES

All fresh raw, steamed, sauteed, juiced, or roasted

STARCH

100% whole grains, sweet potatoes, yams, rice, gluten free

LEGUMES

All beans, peas, and lentils

NUTS AND SEEDS

Almonds, cashews, walnuts; sesame (tahini) sunflower, and pumpkin seeds; butters made from these nuts and seeds

MILK AND DAIRY SUBSTITUTES

Milk substitutes such as rice milk, almond milk, oat milk, coconut milk, other nut milks

FATS

Cold pressed olive, flax, coconut, safflower, sunflower, butter, sesame, walnut, pumpkin, almond oils, omega 3 fish oils

BEVERAGES

WATER filtered or pure spring water, herbal tea, seltzer, lemon water or mineral water

SPICES/CONDIMENTS

All spices unless otherwise indicated. Cinnamon, cumin, dill, garlic, ginger, carob, oregano, parsley, rosemary, tarragon, thyme, turmeric, vinegar

SWEETENERS

Brown rice syrup, fruit sweetener, blackstrap molasses, stevia

MEAT AND FISH

Organic or free range, all canned (water-packed), frozen, or fresh wild fish; chicken; turkey; wild game; lamb

SAMPLE MEALS

Breakfast:

Super Shake/Lean Greens, Pro Reds, Pro Oranges
Glass of fresh, raw carrot, apple, and green-leaf juice
Large portion oatmeal with choice of fruit salad
Organic 100% rye bread, unsalted and fat-free, toasted and spread honey if desired.

Lunch:

Plate of salad
1 glass of warm Hippocrates Soup (8 oz)
1 glass apple/carrot juice
Baked potato or other (broiled in jacket, potato salad, casserole, etc.) with yogurt dressing, when permitted
Freshly cooked vegetables
Dessert: raw or stewed fruit

Dinner:

Same as lunch
Vary meals by using different vegetables, different methods of preparing potatoes and other kinds of salads
Organic brown rice may be used once a week
Organic sweet potatoes may be used once a week in the place of potatoes.

SPECIFIC PROTOCOLS

Eliminate:

Dairy, beef, pork, shellfish, soy, chicken, eggs, mayonnaise, animal broth, salt, canned food, fluoridated toothpaste, baking soda, tap water, deodorant, commercial cleaning products, air fresheners, aluminum cookware, coffee, tea, soda, junk food, fried foods, fast foods, smoking, and alcohol.

The Gerson Diet:

Entirely organic and vegetarian - naturally high in vitamins, minerals, enzymes, micronutrients, and extremely low in sodium, fats, and proteins. Thirteen glasses of fresh, raw carrot/apple and green-leaf juices prepared hourly from fresh, organic fruits and vegetables. Three full vegetarian meals, freshly prepared from organically grown fruits, vegetables, and whole grains. A typical meal will include salad, cooked vegetables, baked potatoes, Hippocrates soup and juice. Have fresh fruit and fresh vegetables available at all hours for snacking, in addition to the regular diet.

Juicing: Begin to drink a lot of fresh, organic juice (masticating juicer – The Champion Juicer is recommended).

Coffee Enemas: 3 Tablespoons of ground coffee boiled in 1 ¼ quarts of water. Cool down the liquid. Take enema and hold for 20 minutes. Do 1 coffee enema per day.