

SOME GREAT RECIPES for a HOME HEALER

Increase your Immune Function

Help yourself when you are feeling sick

This formula was used in earlier times to help with plagues. We call this affectionately:
The Mash.

Put in a blender:

- 3 whole garlic (cloves) without the peel;
- Fresh ginger root (2 pieces about the size of your thumb);
- Horseradish root (2-3 pieces about the size of your thumb);
- Handful Fresh or dried hot peppers – bell peppers (the hotter the better), the greater the variety the better;
- A good size onion (red or white – the hotter the better);

Pour about 8 oz of apple cider vinegar in the blender up to the top of the above mix - and blend. Let it liquefy - this becomes a mash.

This mash tastes like a hot salsa mix – and the apple cider vinegar cuts the hot taste, so it's actually quite good. Quite the zip!

Spoon as many TBS as possible in you – we recommend about 1 TBL spoon per hour, if you are really sick.

Honey Tea with Apple Cider Vinegar

Inexpensive and tasteful way to assist your electrolyte balance

Place 2 TBS of honey and one TBL of apple cider vinegar in warm water. Add 8 parts water. Use only unpasteurized apple cider vinegar, not distilled or apple flavored, as these are damaging to the body.

Liquid Ginger Snap variation – 1 TBS Apple Cider Vinegar, 1/3-cup pure maple syrup and 1 quart of water, dash of ground ginger and this can taste like a liquid gingersnap. This is also excellent without the dash of ginger.

One of the many benefits to Apple cider vinegar is that it normalizes the body's electrolyte balance, so it is more productive in utilizing nutrients.

Apple cider vinegar is also **wonderful in the bath**. Add one cup to your bath water and enjoy. Your skin and hair gets soft and clean.

X-odus Fruit Salad - 32 oz

Simply Powerful cleanse

This powerful cleanse can aid with digestion and nutrient absorption by cleaning out the toxic debris in the intestines. Such cleansing boosts energy and supports natural weight management. X-odus is high in natural apple fiber, calcium, magnesium, and potassium to fortify the body's nutritional needs.

We call it "**weight loss apple sauce**". It tastes yummy – and it works!

1 apple peeled & quartered	Cinnamon to taste
6 dates pitted & cut into pieces	1 small piece of fresh ginger grated
2 prunes pitted & cut into pieces	1 tsp. of fresh lemon juice
1 Tab. psyllium powder	1/2 cup pure water

Blend all of the ingredients into a smooth applesauce. Do not cook. You can make a larger quantity if you like. You can also add Figs, 1 Tablespoon of liquid Bentonite, 1 tsp. of oat straw powder.

Take one-half to one scoop in water or juice. Be sure to drink plenty of water with this cleanse.

Cilantro Pesto Said to Remove Heavy Metals

Heavy metal poisoning is rampant. It is a major cause of hormonal imbalances, cancer, thyroid problems, neurological disturbances, learning problems, depression, food allergies, parasites, etc. etc. This is a great recipe that is not only easy to make but also really yummy, and it tells you how to remove heavy metals from the body!

Cilantro is truly a healing food. One friend suffering from high blood pressure due to mercury poisoning had her blood pressure return to normal after eating two teaspoons of this Pesto daily for only a week. So whether you need to detoxify heavy metals from your body or just wish to use it as a preventative measure, 2 teaspoons a day may be all you need to take. Make this Pesto a regular part in your diet. Enjoy!

Cilantro Chelation Pesto

- 2 cloves garlic
- 1/3 cup Brazil nuts (selenium)
- 1/3 cup sunflower seeds (cysteine)
- 1/3 cup pumpkin seeds (zinc, magnesium)
- 2 cups packed fresh cilantro (coriander, Chinese parsley) (vitamin A)
- 2/3 cup flaxseed oil or Rapeseed oil if you like a more refined taste
- 4 tablespoons lemon juice (vitamin C)
- 2 tsp doles powder
- Sea salt to taste

Process the cilantro and flaxseed oil in a blender until the coriander is chopped. Add the garlic, nuts and seeds, doles and lemon juice and mix until the mixture is finely blended into a paste. Add a pinch to sea salt to taste and blend again. Store in dark glass jars if possible. It freezes well, so purchase cilantro in season and fill enough jars to last through the year.

Cilantro has been proven to chelate toxic metals from our bodies in a relatively short period of time. Combined with the benefits of the other ingredients, this recipe is a powerful tissue cleanser.

Two teaspoons of this Pesto daily for three weeks is purportedly enough to increase the urinary excretion of mercury, lead and aluminum, thus effectively removing these toxic metals from our bodies. We can consider doing this cleanse for three weeks at least once a year. The Pesto is delicious on toast, baked potatoes, and pasta.