

THE MIRACLE OF HEALING, Dr. Milisav Nikolic

A Manual for improving health and curing health conditions

'I highly recommend Dr. Milisav Nikolich recovery program. He helped me a lot.'

Predrag Mijatovich, Real Madrid

'I was playing matches while injured for a long time, but after only a few days of using Dr. Milisav Nikolich recovery program I completely recovered.'

Miralem Sulejmani, Benfica, Lisbon

'Using Dr. Milisav Nikolich recovery program helped me eliminate my health problem and gain more energy.'

Luka Modrich, Real Madrid

'Dr. Milisav Nikolich recovery program helped me a lot in solving health problems which I could not solve in any other way till then.'

Goran Jakshich, European and world champion in wrestling

'Our experience with numerous athletes tells us that Dr. Milisav Nikolich recovery program provides great results.'

Vlado and Zoran Lemich, managers

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Introduction

There are few healthy people nowadays. Though almost everyone has some kind of health problem, it is quite astonishing to see that most of them suffer from the worst kind of diseases: mental (psychiatric) disorders. Cancer and diabetes, cardiovascular and kidney diseases are not the worst thing to

happen. The worst thing is madness, unrest, depression, when people have nothing to live for and begin thinking about suicide. Unfortunately, the most popular medicinal drugs today are exactly antidepressants and other drugs for mental disorders, while cancer, heart diseases and diabetes, which were unknown until 100 years ago, spread like an epidemic throughout the whole world.

But there's good news: all those diseases can be cured! Modern medical studies confirmed the old saying: 'There are no incurable diseases. There are only incurable people, that is, people who do not want to change their wrong life habits'. There are no sick animals or plants, everything is perfect in nature. Why? Because they live according to natural laws. In the same way, people are made to be free of diseases. If we accept to live according to simple natural laws, called 'the principles of health', we will never get sick and we will become a part of a healthy and beautiful world of nature that stands right in front of us.

Modern people forgot about the nature, the principles of health and methods of natural healing, which were very well known and successfully practiced not so long ago.

In this book we shall present the principles of healthy life-style, which will help you to improve your health, to make it perfect, and to make it last forever. In the second part of this book we will show you how to cure every kind of disease by using simple natural methods of healing. When I say 'every kind of disease', I mean that literally. A great number of cured patients prove it. In Appendix there is a plenty of delicious and healthy food recipes shown.

I hope this book will help you improve your health and solve your health problems if you have them, and thus reach the greatest extent of happiness and well-being, because only people 'rich' in health can be rich in other things as well.

Dr. Milisav Nikolic
Zurich, Switzerland

First part: THE PRINCIPLES OF HEALTHY LIFESTYLE

Healthy mentality

The most important principle of healthy life is healthy spirituality or healthy mentality. A man who is under stress, a man without peace, is under risk from all kinds of diseases, no matter if he ate only health food and had healthy life habits. In Near Eastern countries, where all monotheistic religions originate (Judaism, Christianity and Islam), people greet each other by saying 'May peace be upon you!' (Hebrew: 'Shalom', Arabic: 'Salam'). And instead of asking 'How are you?', they ask 'How is your peace?'.

Peace is the most important thing we can have, the greatest treasure we must have and keep. If we lose the wealth of peace, then we will not have the other sorts of wealth: material, natural, familial. A man without peace is able to destroy his own life and the lives of all other people around him.

On the other hand, a man who possesses peace in his heart is able to accomplish things so great he cannot even imagine in his best dreams. That is why peace in our mind is something we all must strive for.

In order to do that, we must have the right priorities in our life. Our main goal should be creating good people around us, with whom we should work together to have even more good friends and people. When we are surrounded by those whom we love, our peace will be safe. If children, who are good in nature and whose greatest desire is to make us happy, are near us, we will always be calm and happy.

God created man to live in nature, surrounded by his numerous family members. Not so long ago, majority of people lived in natural ambience, with a couple of generations living together in one house – all happy and satisfied. Grandfather, father, son and grandchild lived and worked together in producing the most valuable thing there is: people who are our friends and who love us. There was a time when people used to compete in hospitality and kindness, sharing love with others and making them, as kind and hospitable people, become a part of their circle of friends who take care of each other.

We don't need many friends to be happy. It's even enough to have only one friend, so that we could have someone to live for and to share happiness with. The greatest misfortune is to become lonely, to have nobody to live for, and nobody to love you. Unfortunately, modern people chose to live only for material wealth, forgetting about the spiritual one: they neglected their friends and loving ones. They became lonely.

It is important to realize we cannot buy with money the most valuable things – the spiritual ones. We cannot buy peace. We cannot buy friends. We must become friends with someone. But in order to have friends, we must have peace, we must work on ourselves and learn how to accomplish the aforesaid goals.

People learn about business and earning money from books and from other people with experience; in the same way we can learn about spiritual wealth. The best book on spirituality is Bible or The Holy Scriptures. It explains everything we need to know about life: what food to eat, about marriage and forming a family, about economy, state politics, health, etc. Also, we can learn about that important issue from other spiritually wiser and more experienced people.

Of course, being rich is nothing bad. Throughout history the most spiritual, religious people at the same time were the richest people (Abraham, Job, David, Solomon, Daniel...). Being materially rich and using that for friends and family is the best investment. The problem comes up if people become dependent on materialism, if they live for money, and not for people around themselves, who can potentially become their greatest friends.

Here, too, we need certain knowledge so as not to be manipulated. Many people out of ignorance think they can buy peace and spiritual health by giving a lot of money to various problematic people and organizations claiming for themselves to be God's representatives on Earth.

The greatest extent of spirituality and peace is achieved by becoming able to create a family, to rightly choose marital partner interested for the same causes, and when you know what to live for: for our loving ones, children, family and homeland. It would be even better to live in a natural ambience with family, and to have your own private business not dependent on world market (economic crisis, etc).

As we have already said, in order to be spiritually wealthy, we must take spiritual 'food', that is, we must read books, listen music, watch films and have friends that will strengthen our spirituality and help us become spiritually healthy with peace in our mind.

One of the most important natural laws concerns our mind: 'The law of human mind is to become what he sees'. This means that if we watch, read and think about good things, and have good friends, then we will become good, too,

spiritually strong, so that no temptation or external circumstances will violate our peace, that is, health. Taking care of our spiritual health is vital, because it is the first step in achieving anything in our life.

Healthy nutrition

Beside this spiritual 'food', healthy physical food is one of the most important aspects of human health. A great number of diseases today is caused by unhealthy nutrition. The problem is quite simple in essence: People just chose to eat unhealthy and poisoned food, which caused numerous diseases, which did not exist until 100 years ago, to appear.

Humans are machines which work on fuel called plants. That means humans are herbivores, judging by their anatomy and physiology, herbivores like cows, goats, sheep, etc.

Today people feed livestock on their farms with animal food, so that those herbivores would grow faster. Throughout the world farmers feed herbivores with the so called 'bone meal' (of animal origin), because of which many dangerous diseases appeared, like 'mad cows disease' and others.

In the same way, when people began eating mainly animal food, the number of various diseases abruptly raised.

If we take a look at human teeth, we will see they are adapted for grinding and mashing plants, like other herbivores' teeth are. Also, human intestines are very long, while stomach acid is very mild, designed for digesting plants, as in the case of other herbivores. Carnivores have short intestines and strong stomach acid. Human body is designed to temporarily consume animal food if there is no plant food, but only temporarily and in smaller amounts. If people continue consuming animal food in large amounts, then a great number of worst diseases will appear from poisoning. That is what we see happening now in developed countries.

Of course, plant food can also be dangerous if it is processed and filled with harmful chemical substances usually used for flavor enhancing and conservation. The best food for humans is plant food which is not termically or in any other way processed. The rawer it is, the healthier it is for eating.

We should emphasize that plants are the richest source of nutrients. In the tables below you will see information on amounts of proteins, vitamins and

minerals in plant and animal food compared. It is obvious that plant food is more superior than animal food in every sense. That's not surprising, because plants are the only food producers on Earth: only plants can absorb minerals from ground, and then produce food by using sunlight through process of photosynthesis. Plants are food producers, while humans and animals are food (plant) consumers.

Proteins:

Amount (g) per 100 g of food

Plant food:

Soy 38

Sunflower seed 27

Lentils 24

Chickpeas 23

Almond 18,3

Peanuts 16,5

Barley 14

Wheat 13

Animal food:

Tuna 21

Chicken 20

Veal 20

Pork 19

Lamb 19

Eggs 13

White cheese 8,7

Cow's milk 3,5

Vitamin A:

Amount (g) per 100 g of food

Plant food:

Alfalfa 5300

Carrot 45000

Spinach 4300

Turnip 3000
Mango 1600
Parsley 1200
Apricot 933
Melon 886

Animal food:

Calf liver 6060
Tuna 970
Cod fish 939
Butter 181
Cow's milk 10
Veal 6

Vitamin B1:

Amount (g) per 100 g of food

Plant food:

Wheat sprouts 2
Wheat 0,7
Almond 0,7
Soy 0,63
Lentils 0,5
Chickpeas 0,4
Blackberry 0,3
Pea 0,28

Animal food:

Beef liver 0,3
Egg yolk 0,2
Veal 0,15
Fresh salmon 0,1
Lamb cutlets 0,1
Cow's milk 0,04

Vitamin B2:

Amount (g) per 100 g of food

Plant food:

Walnuts 1

Wheat sprouts 0,8

Almond 0,6

Avocado 0,2

Peach 0,05

Animal food:

Veal 0,3

Ham 0,2

Eggs 0,2

Cow's milk 0,2

Tuna 0,19

Chicken 0,17

Vitamin B6:

Amount (g) per 100 g of food

Plant food:

Wheat sprouts 4

Walnuts 0,87

Brown rice 0,67

Soy 0,6

Avocado 0,5

Banana 0,37

Pepper 0,27

White flour 0,18

Animal food:

Sardine 0,97

Pork 0,5

Veal 0,4

Vitamin C:

Amount (g) per 100 g of food

Plant food:

Rose hip 600
Kiwi 300
Alfalfa 183
Pepper 131
Cabbage 105
Oranges 59
Strawberries 58
Lemon 51

Animal food:

Cow's milk 2
Salmon 0,9
Meat 0
Eggs 0

Vitamin E:

Amount (g) per 100 g of food

Plant food:

Almond 25,2
Soy 13,3
Walnuts 12,3
Sunflower seed 10
Wheat sprouts 8
Olives 6
Raspberries 4,5
Pepper 3,1

Animal food:

Grouper fish 0,9
Butter 2,2
Eggs 0,8
Beef liver 0,7
Sheep leg 0,5
White chicken meat 0,3

Cow's milk 0,1

Pork 0,1

Vitamin K:

Amount (g) per 100 g of food

Plant food:

Turnip greens 470

Kale 360

Cabbage 90

Lettuce 35

Spinach 25

Pea 15

Animal food:

Calf liver 86

Cheese 33

Milk 3,5

Calcium:

Amount (g) per 100 g of food

Plant food:

Sesame 783

Soy 260

Almond 252

Hazelnut 225

Spinach 126

Walnuts 87

Peanuts 74

Oat 70

Animal food:

Kashkaval 810

White cheese 300

Cow's milk 120

Eggs 58

Salmon 14
Chicken 12
Lamb 12
Beef 4

Iron:

Amount (g) per 100 g of food

Plant food:

Soy 12
Sesame 10
Bean 7,6
Pistachio 7,3
Lentils 7
Sunflower seed 7
Chickpeas 4,8
Wheat 4,3

Animal food:

Beef liver 11
Beef 3
Lamb 2
Pork 1,5
Eggs 1,3
Tuna 1,2
Chicken 1
Cow's milk 0,2

Magnesium:

Amount (g) per 100 g of food

Plant food:

Sunflower seed 420
Cacao 420
Almond 252
Soy 242
Walnuts 185

Broad bean 164
Integral flour 109
Spinach 55

Animal food:

Mutton 24
Grouper (fish) 24
Hake 21,3
Pork 15,7
Eggs 14
Cow's milk 14,5

Someone might ask: If this is true, then why are there carnivores and omnivores? This is a theological question. Namely, we know that all animals were herbivores in the beginning, but after the famous events concerning first human beings occurred, certain genetic changes appeared among humans and animals, so that animals temporarily became herbivores, carnivores and omnivores. However, it does not change the fact that humans are herbivores, and that plants should be their main food.

Another question we must refer to is vitamin B12, which is substantial for humans, but does not exist in any plant food (only in animal food). However, vitamin B12 is produced by bacteria in our mouth and intestines, meaning, we do not have to eat food containing that vitamin. Studies show people from Africa and Asia who eat plant food predominantly never suffer from anemia and other diseases caused by vitamin B12 deficiency.

The advantage of plant food is best seen among athletes. Dr. Per-Olof Astrand in his study tested stamina of athletes who eat only plant food. There were nine athletes in good shape. He was changing their diet every three days. After every 3-day period, he let them drive stationary bicycle with great speed, until exhaustion.

The results are shown in the table below. You can see that athletes who were on diet rich in meat became exhausted after one hour of exercise. When they were on mixed diet, with less meat, fat and proteins, but more plant food, they could drive the bicycle for almost twice longer period of time. However, after eating only plant food, they drove the bicycle even three times longer.

Table:

ATHLETES, DIET AND EXHAUSTION

Diet rich in proteins and fat (rich in meat) – 57 minutes

Mixed diet (less meat, fat and proteins) – 1 hour 54 minutes

Vegetable diet (rich in carbohydrates) – 2 hours 47 minutes

This great improvement in stamina is known to exist among herbivore animals. For example, horses can run for hours with great speed, while some elephants can run 10-12 hours in the same way.

On the other hand, cheetah, tigers and other carnivore animals run fast only in the beginning, and they get exhausted very quickly, usually after less than five minutes.

Now we shall enlist a few simple, but important rules of nutrition we should adhere to.

- Vegetable diet is a diet made of fruit, vegetable, grain and nuts. Mushrooms are not plants. They are saprophytic organisms which mainly feed on dead remains of other organisms.
- Ideally, we should eat 2-3 meals a day. Breakfast should be the largest meal, and dinner – the smallest. Many people who have a large meal for breakfast and lunch do not have to eat anything for dinner. But if you still want to have a dinner, then it should be some fruit, because fruit is easily digested. That way, you will go to sleep with an empty stomach, which is necessary for good night rest. If you go to bed with stomach full of dinner meal still being digested, then you won't rest well during the night. Besides, the best method for losing weight is two meals a day diet (breakfast and lunch), without dinner, plus physical activity (working in garden, walking, swimming, running, exercising in nature...).
- You should drink water, tea and juices before meals, and one hour after meal, never during the meal. Fluids taken during the meal or during the hour after meal dilute stomach juices and interfere with digestion.
- Nothing should be eaten between meals for at least 5 hours. No snacks or candies between meals. Stomach is a muscle that must rest. Between meals you can only drink non-carbonated water, and always an hour

after meal. Juices and teas are not recommended either, except in cases of an illness or juice fasting.

- Fruits and vegetables should not be eaten together in the same meal, because it can cause stomach bloating and diarrhea. Only in specific cases you can mix fruits and vegetables, as in case of making juices with sour fruit (like apple) and vegetables, like green vegetable.
- Milk and milk products are second-grade food, and they can be consumed only in small amounts if there is no plant food. Cow's milk is good food for calves, and goat's milk is good for kids (goat's offspring, not human kids), not humans. Humans are the only mammals who consume milk even after breast-feeding period of life. Our body can hardly absorb calcium and other ingredients from cow's milk, but it can absorb calcium very easily from plant sources. Studies show the greatest incidence of osteoporosis (decreasing of bone mass) and diabetes are found in countries where cow's milk is consumed in greatest amounts.
- Eggs are second-grade food, as well, and they can be consumed only in small amounts if there is no first-grade (plant) food. Eggs contain a lot of cholesterol and saturated fats which clog our arteries.
- Honey is food for bees, a simple sugar that quickly enters the bloodstream. It has good antibacterial properties, but should be consumed only in small amounts. Sugars from plant food are complex sugars which slowly enter the bloodstream. They are of much better quality than white sugar and honey.

Summing up, by accepting the vegetable diet man's health will improve in a very short period of time, and various diseases will be gone.

In Appendix of this book you can find recipes for preparing healthy and tasty meals.

Physical activity

Physical activity is of extreme importance not only for man's physical health, but also for his mental health. One of the best cures for depression is exactly physical activity. People who live in natural ambience and work with

food production very rarely suffer from depression and similar mental disorders.

Human body's organs are designed to deteriorate if they are not used, as in case of our muscles and bones. The best physical activity is physical work in nature, like food production, horticulture, forestry, etc. During physical activity our body produces many useful hormones, like serotonin (hormone of pleasure), melatonin (hormone which rejuvenates and regenerates our body), etc.

If you don't live in a natural ambience and if you are not involved in physical work in nature, then physical exercise, walking, swimming and other physical activities are recommended, especially outdoor activities in clean air.

Ideally, we should use up 3500 calories a week via physical activity, though even 450 calories a week will do. In the table below you can see which physical activities require 150 calories.

Table:

ACTIVITIES WHICH REQUIRE 150 CALORIES

Volleyball – 45 minutes

Fast walking – 30 minutes

Working in garden – 30 minutes

Swimming – 20 minutes

Basketball – 15-20 minutes

Running (2 km) – 15 minutes

People who work in cities and in office should use every chance for walking, from office to market, shop, house, stairs, etc. If they can work in sitting position, then they could drive stationary bicycle during that time, at least half an hour a day.

To repeat, the therapy for curing every kind of mental disorder must always include physical activity, because mental health is dependent on physical health, and physical activity is one of the most important aspects of out health.

Resting

Quality rest is crucial for health. There are different kinds of rest.

Everyday resting (sleeping). It is extremely important to sleep 7-9 hours every day. The best time for sleeping is after the sunset till sunrise. By sunset human body begins to produce many hormones, among which the most known is melatonin; it rejuvenates and regenerates our body. The climax of its production starts at 2 AM. It is produced in very small amounts during day. If you sleep during night, then you will feel the benefits of this hormone. Studies show that people working in night shift are at higher risk from getting cancer and other diseases caused by immunity decline.

It would be best to go to sleep at 8 or 9 PM, 10:30 PM at most. Bedroom should be without light sources during night, clean and ventilated.

People who are physically active, who do not eat anything for dinner, and who avoid stress, have a good quality dream.

Weekly resting. Human body possesses not only its natural daily biological clock (circadian rhythm), but also a weekly clock (circaseptan rhythm). Beside night rest, it needs rest during the week, as well. Scientific studies confirm we must rest one day a week from every kind of work.

Beside this daily and weekly resting, we should also find some time for **physical recreation** and **thinking about spiritual things**. The word 're-creation' itself means 'to create again' or 'renewal'. It is recommended to spend some time every day with friends, on walking, or working in garden.

Renewal and strengthening of our spirit by reading good theological books, especially The Bible, listening to good spiritual music, and watching useful videos, also contribute to improvement of our health in general.

Sunlight exposure

Moderate exposure to sunlight is very beneficial for human health. Studies show that people who do not expose to sun long enough are under higher risk of developing cancer and other diseases.

Sunlight has beneficial effect on human body by triggering various useful mechanisms in it, among which the most important one is vitamin D production.

It should be emphasized that exposure to strong sunlight must be avoided, because it can cause dangerous diseases to appear, like skin cancer.

Sunlight is good for strengthening the bones. It is an essential part of therapy for osteoporosis (decreasing bone mass).

Studies also tell us that people who do not expose to sun long enough are under higher risk of developing depression and other mental disorders.

Water consumption

Clean water is the main agent for maintaining hygiene, but also one of necessary factors for normal functioning of human body. Two thirds of human body is made of water. As it is excreted through skin, urine, and in other ways, we must consume at least 2 l of clean non-carbonated water every day, in order to compensate the lost water. During hot days, we must drink even more water.

There is no adequate substitute for water. We can drink teas and squizzed juices, but water is indispensable in any case.

Consumption of carbonated drinks, cola drinks, cofee and teas with tein (Russian, Georgian, Indian tea) has very harmful effects on human body. Carbonated drinks are full of white refined sugar and harmful chemicals that negatively affects our immune system and cause many different terrible diseases, like cancer and heart diseases. Coffee is a known narcotic which artificially raise blood pressure and force our body to set certain mechanism in motion for reducing the blood pressure. Eventually people become addicted to coffee, while the body gets used to setting those mechanisms in motion for reducing it. In that case, if they stop drinking coffee, the body will automatically reduce blood pressure, and the person will feel discomfort and headache, which will force him to take another dose of the same drug, called coffee. The best cure is consumption of water in large amounts, trying at the same time to endure without coffee for a couple of days, until our body gets used to normal circumstances, that is, without coffee.

Coffee also causes heart problems, like arrythmia, and secretion of more stomach acid, which can then cause stomach and intestine ulcer to appear, and finally – cancer.

Alcohol is yet another harmful drink which should be avoided. Studies show that alcohol is very harmful even if you drink only two drinks a week ('drink' is a glass of wine, a bottle of beer, or a small glass of strong drink). Alcohol can only be used for disinfection and in very small amounts in form of

special herbal formulas (tinctures), which are used only temporarily for ill persons, and in doses of a few drops or a few teaspoons a day.

Inadequate intake of water can lead to increase in blood volumen, which is known to pose a threat to people suffering from heart diseases and diabetes.

If you don't have your own natural source of clean non-carbonated water, you can consume bottled spring non-carbonated water or filtrated tap water.

Clean air

When speaking of clean air, we primarily think of oxygen. It is important to note that oxygen molecules, which are of life importance for humans, are **negatively** charged. That is the oxygen in clean air, in nature.

Oxygen in places where people smoke, in cities full of smog, and in other polluted places, is **positively** charged.

Polluted air negatively affects our health and causes many diseases, while negatively charged air has positive effects on our health, acting as a kind of therapy in cases of various diseases.

Studies reveal that short-termed stay in nature, in clean air, for a couple of days or weeks, has very beneficial effects on heath and visibly accelerates recovery from almost all kinds of disease.

Ideally, we should live in a natural ambience all the time, in clean air. People who chose to live in cities should use every chance to spend time walking outside the city, to spend a weekend in nature, and to use advantages of clean air in other ways.

Moderation

'Moderation' in this context means only moderation in good things. We should be moderate in consumption of (healthy) food, in physical activity, in resting, etc. Negative consequences stem from overeating, intensive physical activity, long exposure to sunlight, long resting in bed, etc.

It is illogical and wrong to say: 'I am moderate in smoking tobacco, drinking alcohol, gambling, etc.' These are all harmful even in the tiniest amounts, and should be completely avoided.

The question of moderation is a question of character. As training and exercise strengthen our muscles, in the same way changing our life habits and applying only positive ones strengthen our character, which helps us do only good things in our life. In order to have a good, strong character, and thus be moderate in all good things, we must find true information which will help us make distinction between good and bad, and then, by doing only good things we must create positive life habits and reach the highest level of quality and healthy life.

Second part: THE PRINCIPLES OF NATURAL HEALING

Basics of healing

People who follow the principles of health never get ill. The cause of all diseases is neglecting those principles of health. The most important medical saying is: 'There are no incurable diseases. There are only incurable people, that is, people who do not want to change their wrong life habits'.

This means every disease can be cured if we accept to live according to simple principles of healthy lifestyle, which we described in the previous section of the book, and if we apply certain simple natural methods that accelerate the process of healing and recovery.

The first step of that process is eliminating bad life habits, and especially stopping toxins intake. There are physical and spiritual toxins which people use today. The most known '**spiritual toxin**' is stress, which should be either eliminated or reduced to smallest extent. Also, it is important to avoid every source of bad information which can lead to spiritual (mental) disorders appearance, like watching movies full of violence scenes, pornography, occultism, and other kinds of immorality. The same negative mental effect comes from listening to music with stressed rhythms (pop, rock, heavy metal, techno...) which originate from similar musical rhythms of pagan aboriginal tribes for invoking 'gods' and falling into trance. They sang about immorality and destruction, very much resembling to modern media which informs us mainly about negative and destructive phenomena. That is why it should all be avoided.

With a bit of wisdom and caution we can adequately be informed about every important event in our vicinity and in the world, without being exposed to information about vulgarities and immorality being spread by today's media.

Also, we should avoid music concerts and cinema which again promote destructive behaviour masked behind 'entertainment'. Of course, there are good musical and movie programmes which spiritually encourage and inspire people, and they are highly recommended.

Another potential source of spiritual (mental) injury is actively keeping track of various professional sport competitions, which are usually followed by gambling and company of people who accept wrong value system. That can make even more damage to our spirit and mentality.

One distinct kind of spiritual danger is false piety, that is, when people practice various rituals and ceremonies which were practiced by pagan nations all over the world, especially the aboriginal tribes of Africa and South America, and which cause trance and grave mental disorders. The purpose of normal piety is introducing people to simple principles given by God in The Bible; using those principles make people become healthier, more virtuous, more productive, and capable of creating a family and raising children, thus reaching the greatest extent of happy and quality life.

Therefore, during the process of recovery we must practice only healthy spiritual habits and consume only quality spiritual 'food', meaning we should spend time with our children and good people, in nature, in reading the right theological books, and watching useful videos.

Studies show that religious people, who live morally and pray, recover much faster, use much less therapy, and generally are healthier.

Eliminating **physical toxins** is also important for recovery process. The most known physical toxins are unhealthy food, tobacco, alcohol, coffee drinks and illegal drugs (marijuana, heroin, cocaine, etc.). It should be emphasized that there isn't much difference between the spiritual and the physical toxins, because the former can cause the latter, and vice-versa. That is why we must stop with every kind of poisoning of our body as soon as possible. Studies show the best way to eliminate bad life habits is to eliminate them immediately and at once, because that way we stimulate our brain to act.

Let us remind ourselves that bad life habits are formed after multiple repetitions of certain wrong activities, which create chemical connections

between brain cells. When people stop practicing those activities, these connections disappear, and then, new chemical connections are created in accordance with new, positive habits. Of course, if someone's character is not strong enough to stop at once with all bad habits, he can do it gradually, but the sooner he does it, the quicker is recovery. In cases of serious diseases, the bad habits elimination must be done immediately, at once, or else they can be fatal.

Modern-day patients diagnosis is always the same: their body is poisoned. That is why, after stopping more toxins intake, it is important to begin the process of cleaning the body off toxins.

Body cleansing

Now we will discuss in more details about physical cleaning of body, which is always followed by previously described 'spiritual cleanse'.

Bowels cleanse. This mainly refers to large bowel cleanse. Bowels of ill people are usually full of rotten unhealthy food hard to expel. Consequences are constipation, flatulence and stomach aches. Toxins spread from intestine walls to other organs, and cause great damage to our body. That is why bowel cleanse is one of the first steps patients must implement.

The quickest and easiest way to clean the bowels is salt water consumption. Squeeze one lemon in 1 litre of lukewarm water and stir with a tablespoon of salt (sea salt if possible). It should be drunk in the morning, after getting up, before breakfast. You should drink it relatively fast, during 15-30 minutes period.

Its taste is not so pleasant, but it is bearable. The result will come quickly. You will feel the need to go to toilet, maybe even a couple of times during short period of time. That way the bowels will be thoroughly cleansed. It should be repeated every day in the same way, in the morning, during five consecutive days.

Salt water bowel cleanse is not recommended for people with heart problems, diabetes, and kidney diseases. They can apply either enema or hydrocolon therapy.

Enema cleanse is a method of fluid intake through anus into large bowel with a simple plastic or rubber balloon, bag or vessel and hose. You should use

1,5-2 l of lukewarm water, tea, or some other fluid with certain medicinal herbs.

The bag with fluid is usually attached to door, while the bag hose should slowly be put into the anus of patient lying on side. The hose tip should be smeared with vaseline, in order to slide in easily. At the end of the hose is a faucet which regulates the fluid flow speed.

After putting whole amount of water into large bowel, the patient should be turning on both sides for a couple of minutes, gently massaging his stomach, so the fluid could spread better inside the bowels. The whole time the anus muscle must stay tight, so that fluid would not go out from the large bowel. After that, the patient goes to toilet and the fluid is expelled from the large bowel.

This method can be applied a few times a day, if necessary.

Hydrocolon therapy is a large bowel cleanse with a special electrical machine which puts large amounts of fluid (usually water) into large bowel, and expels it out of it. That is a thorough bowels cleansing, although the same effect can be reached with the regular enema cleansing, if appropriately used.

There are also other methods of bowel cleanse, with the help of special medicinal plants formulas, taken in form of capsules or mixed with juices.

It is important to note that appendicitis (inflammation of appendix) is just a progressed stadium of constipation. The problem is solved by stopping the food intake and bowel cleansing.

Liver cleanse. The liver is one of the main body filters. It is usually quite poisoned among ill people. That is why liver cleanse is an obligatory part of the recovery program for almost every kind of disease. Studies showed that people who suffered for years from certain health problems (like headaches, depression, etc.), after only one treatment of liver cleanse felt great improvement, and sometimes even reached complete recovery.

The most known technique for liver cleansing is the one used by the famous doctor Max Gerson – **the coffee enema**. Liver is cleansed through large intestine walls:

Put 1 l of water in a vessel. Let it boil, and then add 45 g or 3 teaspoons of coffee (organically grown, if possible), and let it boil for 15 minutes on light fire. Then, mix the 250 ml of coffee with 750 ml of water, in order to get 1 l of

fluid for enema (water mixed with coffee should be on room temperature, so that the enema fluid would be lukewarm).

Then, the patient should lie down on his right side (liver is on that side), and with the enema equipment put the fluid into the large bowel. The patient should stay in that position (on the right side) 12-15 minutes, occasionally massaging his stomach.

If the patient feels stomach pain during enema cleansing, he should bend his legs and knees a bit, and apply stronger stomach massage, in order to hold out 12-15 minutes, that is, in order to cleanse the liver.

After that, he should go to toilet and expel the bowel contents.

Coffee enema can be applied a couple of times a day. The best time is in the morning and in the early afternoon hours. People suffering from cancer can apply coffee enema this way even five times a day.

For liver cleansing you can also use certain juices and herbal formulas. Cleansing liver with juices usually lasts 40 days, if you drink this juice mix on an empty stomach every day in the morning after getting up:

- 250 ml of squeezed oranges and one lemon juice, or 250 ml of apple juice

- 250 ml of non-carbonated water

- 1-4 cloves of garlic

- 1-4 tablespoons of olive oil

- 1 cm of ginger root

After mixing all ingredients in blender, drink it. Use one clove of garlic and one tablespoon of olive oil the first day of liver cleansing, and then increase the dosage every day for one clove and one tablespoon of oil, until you reach four cloves of garlic and four spoons of oil.

Garlic has a vital role in healing process, because it is the best natural antibiotic. It is recommended to take 3-8 large cloves of garlic every day.

You can drink juice for liver cleansing together with the juice for kidney cleansing: Drink liver juice for seven days, then drink kidney juice for seven days, and so on for a couple of weeks.

Kidney cleansing can be done during a couple of weeks period, or while alternating with juices for liver cleansing. Juice for kidney and bladder cleansing consists of:

- 1-2 squeezed lemons

- 0,5-1 l of water
- 1/4 teaspoon of hot cayenne pepper
- honey, maple syrup (not necessary)

This juice should be drunk on an empty stomach.

Hydrotherapy is another powerful method of natural healing. It is recommended to apply hot water, as hot as possible (but not so hot to burn the skin) for one minute, alternating with application of cold water, as cold as possible, for one minute, on the affected part of the body. That will improve bloodflow and thus accelerate the flow of nutrients, immune cells, and other elements that stimulate the process of healing.

Gentle massage on affected part of the body also improves blood circulation and can be applied together with hydrotherapy.

Hot tub treatment is especially important for activating immune system. Put hot water in tub and stir a hand of the hottest cayenne pepper available in it. Smear genital organs and nipples with vaseline, and stay in hot tub for 15-30 minutes, drinking a litre of hot tea. A patient assistant should gently massage your forehead with a cold compress all the time. In the end, take a cool shower and lie in bed for 45-60 minutes. This treatment can be applied every day, or every other day, depending on patient's condition.

The obligatory part of everybody cleansing and recovery process is **juice fasting**. That means consumption of juices, water and herbal teas, without solid food intake. There is a rule in medicine which says: 'Whenever we feel ill, we should replace food with juices'.

Squeezed juices are like an infusion that does not require much digestion. That way it saves body energy which would otherwise be used for food digestion. When only juices are consumed, that energy is used for boosting the immune system and other processes of self-recovery. During juice fasting you should consume 3,5 l or even more litres of fluid every day. More than half of it should be squeezed juices.

Juice fasting can last one day, a few days, or a month. If possible, it is recommended for adults to stay on juice fasting for five days at least, and then, after that, to start eating raw solid plant food, which can include juices as well, as a meal or as an appetizer 15 minutes before the main meal. (Do not drink juices at least one hour after meal (solid food), in order not to interfere with digestion process.)

Concerning juice fasting, there is no rule of five hours between meals. You can drink juices whenever you want, usually every hour or every hour and a half. The usual doses are 2,5 dl every hour, although you can drink more or less than that.

You can dilute juices with water or drink them undiluted right after squeezing. Drink them slowly, sip by sip. Every sip of juice should be churned in mouth, mixed with saliva, and then swallowed.

The best thing would be to drink juices immediately after squeezing, not to let them stay for long, because they spoil quickly.

They can be made of fruit or vegetable. However, sometimes it is possible to mix sour fruit (like sour apple) with vegetable juices, or to put greens (like mangold, spinach, nettle, etc.) in fruit juices.

The most popular and most often used juices are made of:

- carrots only
- carrots and one sour apple
- 70% carrots, 30% beets
- 50% carrots, 30% beets, 20% apples
- 70% carrots, 20% beets, 10% green vegetable leaves
- apples only
- 40% apples, 40% grapes, 20% any blue or red fruit (raspberries, blackberries, blueberries, plums, cherries...)

There are also other kinds of good and tasty juices. Some of the juices recipes are shown in the Appendix of this book.

Even healthy people can fast on juices. Many people's experiences tell us they never felt hungry, nor felt the need for solid food during the fast.

You can also put a teaspoon of grinded sesame seed or active (plant) charcoal, which cleans the bowels, too.

Juice fasting proved to be especially effective for curing cancer, kidney diseases and diabetes.

After juice fasting one should start eating raw plant food. During the fast and raw vegetable diet period one should also take herbal tinctures specially prepared for certain diseases, which accelerate the recovery and healing process. However, tinctures will not have any effect if the whole curing program is not applied. At the end of the book you will find information on

getting the tinctures. (Tinctures are concentrated plant extracts which have much stronger effect than teas.)

You can add barley or wheat grass juice to tinctures. They have great nutritional value and powerful therapeutic effect.

To sum up, program for curing almost all kinds of diseases could be explained in four steps: 1) juices, 2) body cleansing, 3) raw vegetable diet, and 4) herbal tinctures, beside applying all other principles of health described in the first part of this book.

Now we will say something more about certain diseases and specifics concerning methods of healing.

Heart diseases

Heart diseases are the world's main death cause today. A half of death cases in Western countries are caused by cardiovascular diseases. And the main cause of those diseases is consumption of animal food, tobacco and alcohol.

Let us remind ourselves there is no arteries clogging cholesterol in plants, but only in food of animal origin. Human body itself produces enough cholesterol for its needs. Every additional intake of cholesterol can create big problems. If we count nicotine intake, as well, which deposits cholesterol on blood vessel walls, then arteries narrow even more.

If heart arteries become completely clogged, then blood will not get to heart, and nutrients will not get to heart cells. If that condition lasts 2-3 minutes, then heart cells die; that condition is called 'heart attack' or infarction. A common final consequence is death.

If brain arteries become completely clogged, then blood will not get to brain, and then brain cells die; that condition is called 'stroke'.

Studies show that avoiding all toxins intake and change to 100% raw vegetable diet leads to quick and complete regeneration and cleansing of blood arteries and veins.

On next page image you can see a photograph of blood artery which was cleansed after applying vegetable diet. Integral cereals possess the best potentials for arteries cleansing. They contain lecithin – a natural substance for cleaning blood arteries.

Hot cayenne pepper is very useful for curing heart problems. Take 3-6 teaspoons of cayenne diluted in water, tea or juice every day. People with heart problems should always carry cayenne with them.

Also, castor oil compress, put over the heart, proved to be very useful for curing heart diseases, though you must be careful with castor oil, since stains on sheets and clothes are hard to wash. On the other hand, it is easy to wash them off the body by using baking soda.

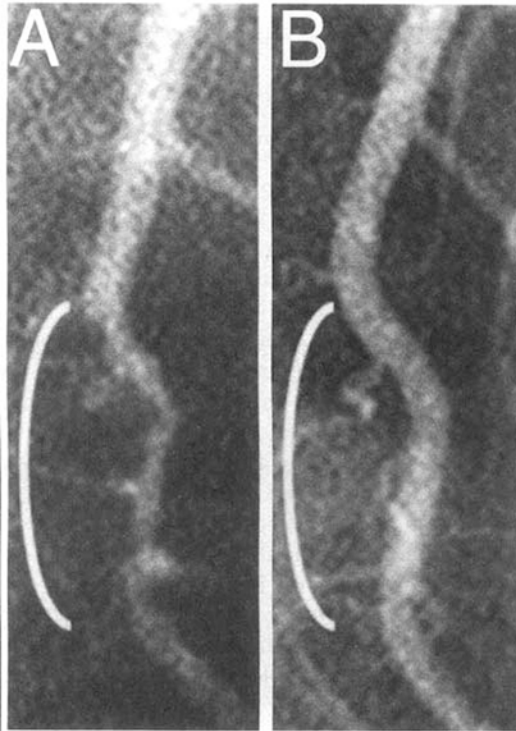


Image: Blood artery before (A) and after change to vegetable diet (B).

Another great natural cure for strengthening the heart is a tincture made of hawthorn, which is a true heart regenerator. It can be consumed even in raw form, that is, you can eat hawthorn berries. Juice fasting is especially useful for curing heart problems, but water treatments (hydrotherapy) should be applied carefully.

We must say that one may not notice even if his arteries are 80% clogged. He may feel nothing. That is why cardiovascular diseases are called ‘silent killers’ – they come suddenly and are often fatal. For that reason we must take care of our health and lifestyle.

The good news is we do not need any expensive surgeries, heart angioplasty, stents implanting, etc. Heart and blood vessel diseases can be cured very quickly and naturally.

Cancer

There are various processes occurring in our body which we are not aware of. Sometimes our body cells mutate to cancer cells. (Though that process is not completely known and explained, we know it is common in people who violate the principles of health.)

Healthy body possesses immune system which is able to recognize and destroy foreign bodies – cancer cells in this case. However, if one's immune system is weakened by unhealthy lifestyle, then it will not be able to recognize cancer cells, which will just continue to multiply: from one cancer cells we'll get two, from two – four, from four – eight, and so on, until cancer tissue is formed. Sometimes it is possible to feel it on skin. Under certain circumstances, some of the cancer cells unhook from the cancer tissue and travel through the bloodstream to some other part of the body. Then, it stops near some organ and starts multiplying. That condition is called 'metastasis'.

The only way to cure from cancer is to strengthen the immune system. People with cancer can be treated with radiation, but it will not solve the cause of the problem; only some cancer cells (as well as numerous normal cells) will be destroyed. Afterwards, cancer cells will quickly multiply again and even worse problem will appear.

Surgery can also eliminate one part of cancer cells, but most often certain vital body organ will be removed, too, while the cause of the problem will still remain unsolved.

Chemotherapy is also problematic treatment, because it represents cancer cells destruction with toxins injected into patient's vein. The consequence of that act will be sudden decline of already weakened immune system and quick worsening of his health condition.

As we have said before, the only way to cure cancer is to strengthen the immune system and apply all principles of healthy lifestyle and body cleansing methods. Beside juice fasting, coffee enema and raw vegetable diet, herbal

tinctures for immunity boosting and barley and wheat grass juices are especially helpful.

The most popular immune-boosting herb is echinacea, which can be taken together with garlic and cayenne pepper. There are also other herbal formulas for immune-boosting available on market, like tonic made of garlic, onion, ginger, horseradish and cayenne pepper. You can even make them easily in your own home.

People suffering from cancer are sometimes in great pain, as in case of liver cancer, when liver becomes very swollen. In that case, use cold compresses, like plastic bag with ice, in order to cause numbness, reduce pain and help the patient endure the transitional stadium until immune system becomes stronger and cancer tissue starts retreating. Numerous cases of people cured from cancer confirmed the power of natural healing methods and their effectiveness. More details about specifics in treatment of different types of cancer will be shown below.

Breast cancer

This is the most frequent type of cancer among women. Beside already described immune-boosting and body cleansing methods, it is recommended to apply aloe, comfrey and slippery elm compresses on affected breast, as well as compresses with finely minced garlic.

Cervical cancer

Second most frequent type of cancer among women. Studies show women whose husbands are circumcised almost never suffer from cervical cancer. Very often women are scheduled for surgery because of alleged cervical cancer, that is, because of wrong diagnosis. After *PAP* test doctors usually tell some woman she has cervical cancer, although she does not have it at all. Namely, this *PAP* test have 5 categories. Category 1 means the woman is healthy. Category 2 indicates possible inflammation, while category 3 means a serious inflammation is present, though that does not necessarily mean it is cancer. Very often doctors interpret category 2 and 3 as ‘cancer cells presence’, which is completely wrong. Categories 4 and 5 definitely means cancer cells presence. That is why it is very important for a woman to be rightly informed about *PAP* test results.

Garlic suppositories are especially helpful for this type of cancer. They can be used in several different ways. One of them is to insert a large thumb-sized clove of garlic into vagina the first night, and to pull it out in the morning. Next night new squeezed clove of garlic is inserted in in, and then pulled out again next morning. On third night new clove of garlic should be only partly cut in slices, but to remain in one piece, then inserted into vagina, and pulled out in the morning. That will gradually increase garlic effectiveness. Squeezing and cutting garlic releases a substance called 'allicin', which possesses powerful properties for curing this problem. The treatment applied on the third night should be applied during next two weeks. After that the treatment should be paused, and then continued again.

Another way of applying garlic is more intense: One should insert garlic in the morning, douche during night, then insert garlic again, and douche again in the morning. Fluid for vaginal douching should consist of 850 ml of water, 60 ml of apple vinegar, one squeezed lemon and one large clove of garlic mixed together. The treatment is applied during two weeks period, or longer. Beside this, the whole recovery program, described in the first section of this book, must be applied, too.

Speaking of women reproductive health problems, it is good to know that menstrual cycle pains disappear in 80% of women after bowels emptying, which again indicates the importance of body cleanse for curing diseases.

Also, it is recommended to use certain herbal formulas for regulating female hormones action, which help a lot in curing their health conditions. Those formulas (tinctures and tonics) are available on market, while some of them are recommended at the end of this book.

Prostate cancer

It is especially important to improve blood circulation in that part of the body. One can apply warm castor oil compresses on region between anus and testicles. They should be applied for 10 minutes, after which one should apply cold compress with ice for 5-10 minutes. These compresses can be alternately used with pokeweed compress: the former during first day, the latter during next day, and so on for a couple of days.

Another method for improving blood circulation is application of warm and cold retaining enemas. The fluid should be retained in large bowel for a

couple of minutes. Warm enema fluid should be 39 Celsius degrees, while the cold one should be a bit lower than room temperature.

Concerning prostate cancer, garlic suppositories proved to be very effective. They should be inserted into rectum (the terminal part of large intestine). Peel one large clove of garlic, insert it into rectum, and let it stay for 12 hours. This procedure is repeated every day for a couple of weeks.

Liver cancer

Beside the above mentioned liver cleansing methods, you can also use the already described formula with garlic and olive oil, being gradually increased three times. You can apply castor oil compresses on affected body part, as well, 2-3 times a day, and alternating hot and cold douche on affected body part. Massage is very useful for improving blood circulation in the same area.

Liver cancer includes gall bladder cleansing. That is essential for liver cleansing, though it is necessary to apply bowel cleansing and other natural methods described in 'Basics of healing'.

Lung cancer

Lobelia tincture is quite useful for curing this type of cancer, as well as castor oil compresses. Application of air refresher with some essential oil (eucalyptus, peppermint or tea tree oil) is equally effective.

Lobelia can sometimes cause vomiting, through which toxins are being expelled from the lungs. That should not scare the person suffering from cancer. Also, it would be great to apply compress with clay, mixed with pokeweed, red clover and garlic, as well as bloodroot (tormentil) tincture.

Of course, the patient must also apply other methods of healing mentioned before, and especially must consume a lot of juices.

Brain cancer

Beside already mentioned methods of healing, in case of brain cancer it is useful to apply compresses with clay, which are very effective in poisons extraction. Compresses with lobelia and black cohosh, applied to head and ears, are equally useful.

You can also use tinctures for nerves. They are usually necessary for curing brain cancer.

Leukemia

As far as blood cancer (leukemia) is concerned, the most important thing to do is to consume juices, which represent a true transfusion substitute. Studies show that healthy lifestyle and natural methods of healing application cause regeneration of bone marrow, which produces blood cells. That is why in case of curing leukemia it is necessary to stimulate bone marrow functioning and to clean the bloodstream.

Tinctures and teas made of red clover, lobelia and chaparral, available on market, are especially effective for blood cleansing.

Again, no matter what type of cancer is in question, it is of vital importance to apply the whole program for body cleansing and strengthening the immune system with juices, tinctures, etc.

Diabetes

The main causes of diabetes (high blood sugar level) are stress and consumption of food rich in fats, that is, of animal food. Studies show the greatest incidence of diabetes is in countries with biggest milk products consumption (USA, Sweden).

Numerous cured patients confirm it is possible to cure not only type 2 diabetes, but also type 1 diabetes (insulin-dependent diabetes or juvenile diabetes). Two main steps in curing this disease are 100% raw vegetable diet with squeezed juices, and extensive physical activity. For start it is necessary to drink only vegetable juices for 5-7 days, and then to begin eating only raw vegetable food.

Results are visible after only few days. Stabilizing blood sugar level causes all other problems related to diabetes to disappear, like vision deterioration, kidney problems, blood vessels problems, etc. Patients dependent on insulin injections should be checking their blood sugar level all the time, and gradually decrease insuline dose in accordance with blood sugar level dropping. Eventually, with discipline and persistence in following the recovery program, they can even stop taking insulin.

The best medicinal herb for diabetics is garlic, which decreases blood sugar level and stimulates insulin production. Also, cayenne pepper is very

good for curing diabetes, because it improves blood circulation. Juniper berries are equally effective, as they stimulate pancreas functioning.

If nothing is done, then more serious condition of diabetes will appear, which will lead to gangrene on fingers, or more often – toes. In that case, hydrotherapy methods should be applied: Put legs in hot water, with ginger root and cayenne pepper. After a few minutes, put legs in other washbowl with cold water, and then repeat this procedure a couple of times.

Muscles, bones and skin diseases

The best cure for skin burns is cold compress. Comfrey ointment, wheat sprouts oil and honey are equally effective. Juice fasting additionally stimulates skin regeneration.

Compresses with arnica, St. John's wort and marigold are very useful for curing bone and muscle tissues. Arnica is especially beneficial for bruises and fractures.

BFC herbal formula (**b**one-**f**lesh-**c**artilage) proved to be extremely helpful. Dr. John Christopher used it. The main ingredients of that formula are oak bark and comfrey root, available on market.

Some bones, spine, knee, elbow and other bones injury require special treatment of relaxation and fixing the displaced or injured organs. My experience with patients are very encouraging, since we had great results with most of them: Their injured tissues completely regenerated, and they did not need to have a surgery. For more information about the results, you can watch recorded testimonies of cured patients on our website.

It should be noted that the main cause of spine disorders and back pain are bad life habits, including lack of physical activity, too much sitting and lying in bed, consumption of narcotics and unhealthy food.

Neurological disorders

There are very good herbal formulas for nerves stimulation and regeneration. The first one is based on oat seeds, celery seeds and skullcap, while the other formula contains lobelia, skullcap and black cohosh.

Vitamin B intake is especially important for curing neurological disorders. In previous section of this book you will find a table showing best sources of this vitamin, though you can sometimes use inactivated yeast for human consumption.

Bowel cleansing and physical activity proved to be good methods for solving this kind of problem. Hydrotherapy methods, like lying in tub with warm water, also have beneficial effects on nervous system.

Massage is very useful in treating neurological conditions, as well as teas and tinctures, like black cohosh tea, and special herbal formulas like *B&B* tincture, which Dr. John Christopher used with great results.

Eyesight problems

Eyes straining is the most frequent cause of eyesight damage. The second most common cause is unhealthy lifestyle which poisons the whole body, including the organs for sight.

Diopter troubles can easily and quickly be solved by applying healthy life habits, eyes resting, and simple exercises for eyesight improvement. Eyes resting means palming exercise and wearing pinhole glasses.

Palming is a simple technique of holding hand palms over your closed eyes for couple of minutes several times a day. People suffering from glaucoma must be careful with this exercise, because it increases the pressure on eye muscles.

Wearing pinhole glasses is one of the eyes resting techniques, whereby a larger part of eyes are covered, while your sight is focused on specified vision area. Pinhole glasses cannot be used for more detailed spectation, like reading books or driving a car, but they are very useful while walking, resting, etc. By only one time you wear those glasses, you will see how it will sharpen your eyesight.

We must emphasize the use of classical glasses does not improve eyesight. They only enable people to momentarily see better, but they do not nothing to improve their eyesight.

Eyesight exercises help reduce diopter and completely recover normal vision. Those exercises are: eyes and face massage, palming, and eyes moving techniques:

- stimulation of peripheral vision – put a piece of 5x10 cm dark paper over the upper part of your nose, so that it partly covers both eyes; then raise both arms on both sides of your body, and move them, while watching left arm and fingers with left eye, and then the right arm and fingers with right eye;

- reading exercises – the same text is written on a paper with big, medium and small letters, and you read them slowly one by one, starting with the biggest letters text, and so on; then, put the paper with texts upside-down and read them again, but allowing your eyes only to slowly recognize the upside-down letters shape;

- alternating observation of objects in nature at remote, medium and close distance from us, and the stretched palm tip a half of meter in front of our eyes; observing of each object should last 10-15 seconds, several times (up to 100 times during one exercise).

You can repeat these exercises several times a day. The more you practice, the quicker eyesight correction will be.

A great method for removing cataract and for eyesight improvement is application of water solution with cayenne pepper. It should be put in eyes a couple of time a day. This method will cause the eyes to produce tears and thus eliminate particles that polluted the eyes.

Kidney diseases

The best method for curing kidney diseases is consumption of large amounts of non-carbonated water every day. It is good to put one lemon juice, a bit of cayenne pepper and maple syrup (or honey, for flavor) into 1 l of water.

Also, for kidney cleansing you can use teas and tinctures based on juniper berries, uva ursi leaves and corn silk, as well as detoxification tea, all available on market and recommended at the end of this book.

The cause of kidney stones appearance is animal food, carbonated drinks and other processed products consumption. Kidney stones can be dissolved by using various herbal formulas, among which the most known formula is made of: 30 mg of hidrangea, 30 mg of gravel root, 15 mg of marshmallow, and 1 l of squeezed apple juice. Herbs should be finely cut, put into apple juice, and then left overnight. Boil it in the morning for 15 minutes, strain after cooling, and drink during day in 60 ml doses every hour.

At the same time, while putting the mixed herbal juice to stand overnight, put the same amount of juice and herbs overnight, without boiling it in the morning, but placing it in refrigerator and shaking it several times during the day. The first day drink the boiled juice, and on second and third day drink a half litre of the other juice from refrigerator – drink 30 ml every hour.

Also, drink water (at least a half litre of water a day) and any squeezed juices during those days. You can repeat the whole procedure several times until the kidney stones are dissolved completely. It would be great to fast on juices during the treatment, and of course, avoid carbonated drinks and all animal food.

In case of kidney tubules inflammation, it is very useful to consume 5-6 larger cloves of garlic every day.

Autism and brain diseases

There are many causes of brain cells damage and destruction. People whose brain arteries, delivering nutrients to brain, are clogged, often have strokes, that is, the loss of certain brain cells and functions.

Autism among children appeared in mid-20th century. Autism is one of brain disorders caused by brain cells destruction, which induce speech disorder, mental retardation, etc. However, it is interesting to note that none of the children who are not vaccinated suffer from autism. For instance, the Amish children, who are not vaccinated, never suffer from autism. (Amish is a population of 350.000 people living in USA, in natural ambience, who produce organic food.)

Studies show that human brain possesses potentials for its cells regeneration, and more important, it can create new cells and restore its lost functions. A lot of patience and persistence is needed during the process of curing these kinds of health problem.

There are numerous examples of adults and children with autism, paralysis, and other disorders caused by loss of certain brain functions, who completely recovered. It is extremely important for a mother to spend time and work with her ill child. Many mothers, by massaging their paralysed children, singing children songs, expressing love towards them, and applying other healing methods, induced regeneration of their children brain cells and

restoration of their brain functions. The same methods could be used for adults. Results are indeed impressive, no matter what the problem was, stroke or anything else.

AIDS

Although majority of people believe *AIDS* is an incurable disease, scientific studies show that human body possesses potentials to eliminate *HIV* virus which causes *AIDS*, or even to cure *AIDS* if it has already appeared. The problem is solved by applying healthy lifestyle program and by strengthening the immune system.

People suffering from *AIDS* must use immune-boosting tinctures, like echinacea tincture, in daily doses of 350 drops, and echiancea root tea. They should also drink large amounts of squeezed juices and especially juices made of carrot, beet greens and beet root.

Hydrotherapy is also a very important part of *AIDS* curing program (hot tub treatment is obligatory), as well as the use of cayenne paper, because both improve blood circulation.

Experiences with cured patients tell us that their blood count improves in only few days, though it is necessary to continue the treatment even after that, because sometimes it takes several months for complete recovery.

For solving this health problem, and previously described ones, it is necessary to apply the whole program of body cleansing.

Mental disorders

There are diseases which cannot be treated only with methods for physical cleansing of body, tinctures, and other known natural healing methods. For treating certain diseases, like schizophrenia, epilepsy, depression, panic attacks, and others, we need specific knowledge and methods not described in modern-day medical books.

We have already said something about the importance of spirituality for human health, and about The Holy Scriptures or Bible as the best source of information on this subject. Indeed, without knowing that information from the Bible, it is not possible to treat those diseases with any visibly good results.

Namely, theology (or science about God) tells us about some specific health conditions which appear when people violate the principles of health and morality. Those people often become ‘possessed’ without knowing that. In the Bible God informs us that He can affect our spirit with His Holy Spirit, and that, on the other hand, our spirit can be affected or hurt by certain spiritual beings we are not able to see. They are called ‘demons’ in The Scriptures. Under certain circumstances, people become possessed by them. It is called ‘demon possession’.

Certainly, people who follow the principles of physical and spiritual health, and who live morally, cannot fall into these states of mind. Problems like these ones are frequent only among people who consume alcohol, tobacco, drugs, prematiral and extramarital relationships, who gamble, listen to destructive music, or watch movies of similar content, while certainly the most dangerous activity of this kind is visiting fortune-tellers, diviners, astrologers, quackers, and similar people who work as a medium through which demons can possess people.

A special kind of manipulating people are the so called healing and relaxation techiques related to Hinduistic religions, which actually represent subtle invoking of demons. Their invokers and promoters are usually not aware what they are doing. Those techiques are: yoga, meditation, acupuncture, acupressure, homeopathy, iridology, reflexology, etc. These are all technique for becoming possessed, which offer short-term relief from health problems, and afterwards cause problems much worse than they were at the beginning of the ‘treatment’.

For curing these conditions, it is extremely important to understand the basic principles of theology and to practice praying, that is, a simple conversation with God, either in our thoughts, in our mind, or silently saying out the prayer alone in a room. In a prayer we should thank God for everything He gave us, and ask Him to help us understand the problem we are facing with, and help us find the best solution. Experiences of treating these patients tell us mental disorders cannot be cured without God’s influence.

Other diseases

In this book we enumerated some of the most frequent health problems many people have. There are diseases which we did not mention, like Alzheimer's, Parkinson's, multiple sclerosis, paraplegia, quadriplegia, arthritis, lupus, emphysema, dementia, etc.

The same principle applies to all of them: They are all curable if one is disciplined and persistent in practicing healthy life habits and principles of health improvement and body cleansing. The treatment of all these diseases confirm the famous medical saying that 'there are no incurable diseases'.

For more information about treating these and other diseases, you can find books about them on our website or you can contact us through the website.

Appendix: PREPARATION OF HEALTHY FOOD

Introduction

In the following chapters we will show you some of the recipes for preparing squeezed juices, glass meals, vegetable and fruit meals, plant milk and ice-cream. In other books you can find many other recipes, including those for dense and green juices. You can either use these recipes alone or you can use them to make your own new recipes.

Dense juices or shakes are mix of different plants blended in a blender. Green juices are squeezed or dense juices with greens or juice made of greens, like spinach, mangold, nettle, etc. Glass meals contain grinded nuts and seeds mixed with squeezed, dense and green juices.

Fruit meals are made of fruit, vegetable meals are made of vegetables, and plant milk is a mix of nuts and water, with fruit added.

All the recipes are exclusively made of raw plants, with no cooking or any other treatment.

Enjoy!

JUICES

VEGETABLE JUICES

Antioxidant juice

Ingredients:

- 3 celeries
- a half of onion
- a clove of garlic
- 1 stalk of broccoli
- 1 apple

Beet juice

Ingredients:

- 2 beets
- 2 carrots
- 2 apples

Preparation: Juice all ingredients in juicer, and then put in a glass.

Beet juice 2

Ingredients:

- 3 beets
- 1 cm of ginger root
- 1 pepper
- 2 apples
- a clove of garlic
- 2 celeries

Preparation: Juice all ingredients in juicer, and then put in a glass.

Broccoli and carrot juice

Ingredients:

- 1 stalk of broccoli
- 2 carrots
- 1 apple

Preparation: Juice all ingredients in juicer, and then put in a glass.

Cabbage juice

Ingredients:

- 1/8 of cabbage
- 4 leaves of spinach
- 2 twigs of rosemary

- 2 carrots
- 1 apple

Preparation: Juice all ingredients in juicer, and then put in a glass.

Carrot juice

Ingredients:

- 3 carrots
- 6 leaves of spinach
- a clove of garlic
- a pinch of cayenne pepper

Preparation: Juice all ingredients in juicer, and then put in a glass.

Carrot and apple juice

Ingredients:

- 4 carrots
- 2 celeries
- 1 apple
- 4 stalks of parsley

Preparation: Juice all ingredients in juicer, and then put in a glass.

Cauliflower juice

Ingredients:

- 1/2 of cauliflower
- 1/8 of cabbage
- 2 carrots
- 2 celeries
- 1/4 of onion
- 1 apple

Preparation: Juice all ingredients in juicer, and then put in a glass.

Antibiotic juice

Ingredients:

- 2 carrots
- a clove of garlic
- a hand of thyme

- 1 pepper
- 1/2 of cucumber
- 1 apple

Preparation: Juice all ingredients in juicer, and then put in a glass.

Broccoli and ginger juice

Ingredients:

- 2 stalks of broccoli
- a clove of garlic
- 1/8 of cabbage
- 1 cm of ginger root

Preparation: Juice all ingredients in juicer, and then put in a glass.

Power juice

Ingredients:

- 4 stalks of celery
- 3 twigs of parsley
- 1 carrot
- a clove of garlic
- 1 cup of kale
- 1 cm of ginger root

Preparation: Juice all ingredients in juicer, and then put in a glass.

Green juice

Ingredients:

- 1 stalk of broccoli
- a half of cucumber
- a half of pepper
- 2 twigs of parsley

Preparation: Juice all ingredients in juicer, and then put in a glass.

Immunity juice

Ingredients:

- 2 stalks of celery
- 2 carrots

- a clove of garlic
- 1 apple
- a cm of ginger root
- a half of lemon

Preparation: Juice all ingredients in juicer, and then put in a glass.

FRUIT JUICES

Apple and pear juice

Ingredients:

- 2 apples
- 2 pears
- 1 cm of ginger root
- 1/2 cup of black or white grapes
- 1/2 teaspoon of cinnamon

Preparation: Juice all fruit in juicer, and then put in a large glass. Add cinnamon.

Fall refresher

Ingredients:

- 3 pears
- 2 peaches
- 1 apple
- a half of peeled lemon

Preparation: Juice all ingredients in juicer, and then put in a glass.

Berries rule!

Ingredients:

- 1 cup of blueberries
- 1 cup of cherries
- 1/2 cup of grapes
- 1/4 of melon

Preparation: Juice all ingredients in juicer, and then put in a glass.

Beta-juice

Ingredients:

- 3 carrots
- 2 apricots
- 1/4 of melon

Preparation: Juice all ingredients in juicer, and then put in a glass.

Beta-carotene juice

Ingredients:

- 3 carrots
- 3 apricots
- 3 peaches

Preparation: Juice all ingredients in juicer, and then put in a glass.

Black ananas juice

Ingredients:

- 1 cup of blackberries
- 2 slices of ananas
- 1/2 cup of blueberries
- 1/2 cup of raspberries
- 3 twigs of parsley

Preparation: Juice all ingredients in juicer, and then put in a glass.

Blueberry juice

Ingredients:

- 1 cup of blueberries
- 1 cup of cherries
- 1/2 cup of black grapes
- 1/2 cup of raspberries

Preparation: Juice all ingredients in juicer, and then put in a glass.

C juice

Ingredients:

- 1 grapefruit
- 2 oranges
- 3 kiwis
- 6 twigs of parsley

Preparation: Juice all ingredients in juicer, and then put in a glass.

The cherry splendor

Ingredients:

- 1 cup of cherries
- 1 grapefruit
- 1 apple
- a hand of camomile flowers (not necessary)

Preparation: Juice all ingredients in juicer, and then put in a glass.

Light juice

Ingredients:

- 2 cups of strawberries
- 2 carrots
- 1 orange

Preparation: Juice all ingredients in juicer, and then put in a glass.

Grapefruit juice

Ingredients:

- 1 orange
- 2 grapefruits
- 1 peeled lemon

Preparation: Juice all ingredients in juicer, and then put in a glass.

Orange power

Ingredients:

- 1 orange
- 3 carrots
- 1 cm of ginger root
- 1 apple

Preparation: Juice all ingredients in juicer, and then put in a glass.

Pear and ananas juice

Ingredients:

- 2 pears

- 1/4 of ananas
- 1 cup of grapes
- 1 peeled lemon

Preparation: Juice all ingredients in juicer, and then put in a glass.

Ananas and citrus juice

Ingredients:

- a half of ananas
- 2 oranges
- 1 lemon

Preparation: Juice all ingredients in juicer, and then put in a glass.

Raspberry juice

Ingredients:

- 1 cup of raspberries
- 1 apple
- 2 oranges

Preparation: Juice all ingredients in juicer, and then put in a glass.

Strawberry and orange lemonade

Ingredients:

- 1 cup of strawberries
- 1 lemon
- 2 oranges
- 1 cup of water

Preparation: Juice all ingredients in juicer, and then put in a glass.

Summer nectar

Ingredients:

- 3 nectarines
- 2 apricots
- 1 cup of blueberries
- 2 peaches
- 2 plums

Preparation: Juice all ingredients in juicer, and then put in a glass.

Summer juice

Ingredients:

- 4 apricots
- 1 cup of grapes
- 4 peaches

Preparation: Juice all ingredients in juicer, and then put in a glass.

Sun energy juice

Ingredients:

- 1 cup of strawberries
- 1 cup of black grapes
- 1 orange

Preparation: Juice all ingredients in juicer, and then put in a glass.

Watermelon and strawberry juice

Ingredients:

- 5 cm slice of watermelon
- 1 cup of strawberries
- 1/8 teaspoon of cinnamon.

Preparation: Juice all ingredients in juicer, and then put in a glass.

GLASS MEALS

Strong bones meal

Ingredients:

- 1 banana
- 2 pears
- 1 peach
- 4 tablespoons of grinded sesame
- 4 dates
- 500 ml of water

Preparation: Blend all ingredients for 1 minute.

Detox meal

Ingredients:

- 1 banana
- 1 mango
- a hand of sliced ananas
- 4 tablespoons of grinded flax
- 4 dried apricots
- 500 ml of water

Preparation: Blend all ingredients for 1 minute.

D meal

Ingredients:

- 1 banana
- 2 kiwis
- 1 orange
- 1 lemon juice
- 50 g of almonds
- 4 dates
- 500 mlg of water

Preparation: Blend all ingredients for 1 minute.

Digestive refreshment

Ingredients:

- 1 banana
- a hand of sliced watermelon
- 1 pear
- 50 g of cashews
- 1 tablespoon of dried cranberries
- 1 cm of ginger root
- 500 ml of water

Preparation: Blend all ingredients for 1 minute.

Glass refreshment

Ingredients:

- 1 banana
- a hand of sliced melon

- a hand of fresh figs
- 50 g of Brazil nuts
- 4 prunes
- a pinch of fresh mint

Preparation: Blend all ingredients for 1 minute.

Paradisiac glass meal

Ingredients:

- 2 apples
- 1 orange
- 250 ml of grape juice
- 4 tablespoons of soaked oats
- 250 ml of fresh mint tea
- 4 tablespoons of maple syrup

Preparation: Blend all ingredients for 1 minute.

Green meal

Ingredients:

- 1 banana
- 1 avocado
- 1 apple
- 4 tablespoons of soaked oats
- 4 dates
- 500 ml of water

Preparation: Blend all ingredients for 1 minute.

Immuno-meal

Ingredients:

- 1 orange
- 2 kiwis
- a hand of sliced melon
- 50 g of walnuts
- 4 dried figs
- 500 ml of echinacea tea

Preparation: Blend all ingredients for 1 minute.

Carotene meal

Ingredients:

- 2 apples
- 2 carrots
- 1 hot pepper
- 4 tablespoons of peeled soaked buckwheat
- 4 dates
- 500 ml of water

Preparation: Blend all ingredients for 1 minute.

Beta-meal

Ingredients:

- 2 tomatoes
- 1 avocado
- a hand of spinach
- 50 g of hazelnuts
- 250 ml of carrot juice
- 250 ml of water
- 1/2 teaspoon of salt

Preparation: Blend all ingredients for 1 minute.

FRUIT MEALS

Spartan meal

Ingredients:

- 100 g of strawberries
- 100 g of blueberries
- 1 banana
- 4 tablespoons of grinded cashews
- 4 dates

Preparation: Put all ingredients on a plate and mix them.

Hawaiian meal

Ingredients:

- 2 pears
- 1 peach
- 1 banana
- 6 tablespoons of grinded sesame
- 4 dried figs

Preparation: Put all ingredients on a plate and mix them.

Edenic meal

Ingredients:

- 1 orange
- 1 apple
- 1 mango
- 4 tablespoons of grinded flax seed
- 2 tablespoons of sunflower seed
- 250 ml of grape juice

Preparation: Apple should be grated, orange and mango sliced into squares, lax seed, sunflower seed, dates and grape juice blended, and then poured over the fruit.

Sun meal

Ingredients:

- a half of ananas
- 1 kiwi
- 1 banana
- 4 tablespoons of barley
- 2 tablespoons of almonds
- 4 dried apricots

Preparation: Barley should be soaked in water during the night. In the morning rinse it three times and strain. Then add ananas sliced into squares and mix with the rest of ingredients.

Fruit lunch

Ingredients:

- 150 g of sunflower seed
- 100 g of raisins

- 1 orange rind
- 100 g of dates
- 4 tablespoons of grinded almonds

Preparation: Soak dried fruit in water during the night, then strain, and mix it with sunflower seed in meat grinder. Add grated orange rind, and with water make a dense dough. Make small balls out of it and flatten them into small rolls. Roll them in grinded almonds and put them on a warm place or sunlight, in order to become dry and crunchy. Arrange fresh fruit all over them.

Suggestion: Concerning fresh fruit, you can add strawberries or raspberries, with squeezed lemon sprinkled over them.

Date and millet meal

Ingredients:

- 200 g of millet, soaked in water overnight
- 200 g of dates
- 400 g of any fresh fruit
- 1/3 teaspoon of cinnamon
- honey (not necessary)
- decoration with raspberries or strawberries

Preparation: Strain millet after soaking, grind dates in meat grinder, add millet with cinnamon and all other ingredients. Mix and decorate with strawberries.

Melon and carob lunch

Ingredients:

- a half of melon
- 100 g of sunflower seed
- 50 g of coconut flour or fresh grated coconut
- 100 g of figs
- 5 tablespoons of carob powder
- 2 pears

Preparation: Wash the fruit, pull out the pits, slice them and mix with sunflower seeds and figs. Then grind in meat grinder, add coconut and carob, and make a loaf. Let it stay for a while, cut the loaf into pieces and decorate them with sliced oranges.

Suggestion: Instead of oranges, you can use plums filled with walnuts, or blackberries, or squeezed lemon juice.

Edenic fruit and nuts lunch

Ingredients:

- 3 ripe bananas
- 1 papaya or a half of melon
- 200 g of strawberries
- 1 lemon juice
- 3 tablespoons of partly grinded nuts
- a pinch of nutmegs

Preparation: Mash bananas and strawberries, add lemon and mix with grated melon rind. Then add almonds and nutmegs, and mix it well. Put in dishes and let it stay.

Plums and nuts meal

Ingredients:

- 20 ripe plums
- 20 nuts
- 1/2 teaspoon of cinnamon
- 500 g of blackberries
- 200 g of dried figs
- 1 lemon juice
- 1dl of water

Preparation: Wash the plums and pull out the pits. Mix nuts with cinnamon and put a nut in each plum. Grind figs in meat grinder, add mashed blackberries and then the lemon juice and water. Put all that over plums and let it stay.

Stuffed peaches in strawberry sauce

Ingredients:

- 7-8 peaches
- 150 g of cashews
- 100 g of raisin
- 1/3 teaspoon of nutmeg

Sauce:

- 200 g of strawberries
- 3 kiwis
- 1 tablespoon of honey

Preparation: Pull out the pits from peaches, grind raisin and nuts, add nutmeg, and mix everything with a few spoons of water. Fill pechaes with it and arrange them in a nice dish. Sauce: Mash strawberries and kiwi, mix with banana, add honey and put over peaches.

Poppy seed with banana and melon

Ingredients:

- 100 g of grinded poppy seed
- 50 g of raisin
- 1 tablespoon of honey
- a half of lemon juice
- 500 g of melon
- 1 banana
- a pinch of mint

Preparation: Add raisin, honey, mashed banana and lemon juice to grinded poppy seed, and mix it. Slice the melon into squares and mix with poppy seed.

Fruit meal

Ingredients:

- 2 kiwis
- 200 g of raisin
- 1 glass of wheat sprouts
- a half of lemon juice
- 100 g of prunes
- 1 pear
- 1 tablespoon of honey
- a pinch of cinnamon

Preparation: Cut prunes into small pieces, and add cinnamon, kiwi and sliced pear. Mix with prunes, pour lemon juice, and add wheat sprouts and raisin. You can also sweeten it with honey.

Barley muesli

Ingredients:

- 150 g of barley soaked overnight
- 150 g of blackberries
- 2 pears
- a pinch of cinnamon
- 1 tablespoon of honey
- 3 tablespoons of partly grinded nuts

Preparation: Grind barley in meat grinder, mix with other ingredients, and pour lemon juice over them.

Sweet buckwheat meal

Ingredients:

- 150 g of buckwheat
- 20 g of nuts
- 200 g of peaches
- 1-2 tablespoons of carob

Preparation: Buckwheat and carob should be finely grinded, peach sliced and mashed with buckwheat, and carob added after that.

Sweet millet meal

Ingredients:

- 150 g of millet
- 1-1,5 banana

Preparation: Millet should be finely grinded and mashed with banana.

Ice-cream

You will need *Champion* or *Omega* juicer, or any other good juicer with the ice-cream making mechanism, in order to make ice-cream.

Preparation: Peel a banana and put it in a freezer. After that, put it in juicer with the ice-cream making mechanism, and you will get a succulent ice-cream in a glass. You can also pour some finely grinded almonds or nuts over the ice-cream, and minced strawberries as ice-cream dressing. The same procedure can be used with any other kind of fruit. You can put nuts and almonds together with fruit.

VEGETABLE MEALS

Brazilian lunch

Ingredients:

- 1 avocado
- 1 tomato
- 1 scallion
- 4 tablespoons of grinded Brazil nuts
- 2 tablespoons of grinded sesame
- 1 lemon juice
- 2 tablespoons of olive oil
- 1/2 teaspoon of salt

Preparation: Put all ingredients together and mix them.

Barley lunch

Ingredients:

- 1 beet
- a hand of mangold
- 2 cloves of garlic
- 4 tablespoons of barley
- 2 tablespoons of flax seed
- 1 lemon juice
- 2 tablespoons of olive oil
- 1/2 teaspoon of salt

Preparation: Beet should be grated and barley soaked in water overnight.

Rinse it three times in the morning and strain. Add all other ingredients and mix them.

Nut meal

Ingredients:

- 1 carrot
- 1 avocado
- 1 hot pepper
- 3 cloves of garlic
- 4 tablespoons of grinded nuts

- 2 tablespoons of grinded sesame
- 1 lemon juice
- 2 tablespoons of olive oil
- 1/2 teaspoon of salt

Preparation: Carrot should be grated, and then put and mixed with all other ingredients.

Stuffed peppers

Ingredients:

- 2 large peppers
- 1 avocado
- 1 scallion
- 4 tablespoons of peeled buckwheat
- 4 tablespoons of lentils
- 1 lemon juice
- 2 tablespoons of olive oil
- 1/2 teaspoon of salt

Preparation: Soak buckwheat in water overnight and rinse three times in the morning. Do the same with lentils. Filling for peppers: avocado, scallion, buckwheat, lentils, lemon juice, olive oil, and salt. All filling ingredients should be blended with water in a blender, but only little water, in order not to get the filling too liquid. Fill the peppers with it.

Paradisiac greens

Ingredients:

- a hand of spinach
- a hand of mangold
- a half of red cabbage
- 50 g of cashews
- 1 lemon juice
- 2 tablespoons of olive oil
- 1/2 teaspoon of salt

Preparation: Cabbage should be grated, put in a plate together with other ingredients, and mixed.

Avocado lunch

Ingredients:

- 2 ripe avocados
- 1 celery root and leaf
- 100 g of wheat sprouts
- 3 tablespoons of sunflower seed
- 2 tomatoes
- spices (as desired)

Preparation: Clean avocado and cut it. Celery should be grated or cut into sticks. Grind sunflower seed in nuts grinder, and then mix with spices. Add a few tablespoons of water. Mix with vegetables and put salt over them.

Vegetables in tartar sauce

Ingredients:

- 2 tomatoes
- 1 zucchini
- 2 carrots
- a half of cauliflower
- 2 beets

Tartar sauce:

- 50 g of grinded nuts
- 1 finely minced onion
- a half of grated cucumber
- spices (as desired)
- a bit of water

Preparation: Slice vegetables, add little salt, mix with ingredients for tartar sauce, slowly add water to make creamy sauce, and then mix with vegetables.

Meal with sprouts

Ingredients:

- 2 celeries with leaves
- 2 cups of wheat sprouts
- 1 leek
- 3 tablespoons of spice basil
- 3 tablespoons of grinded nuts

- salt

Preparation: Cut celery and add leek, sprouts and salt. Add spice and mix it well.

Green spaghetti in sauce

Ingredients:

- 1 scallion
- 1 mangold
- 2 celeries
- 4-5 kale leaves
- 2 tablespoons of olive oil
- salt

Sauce:

- 150 g of cashews
- 2 finely cut tomatoes
- 2 finely cut red peppers
- spices (as desired)

Preparation: Cut vegetables, and add salt and olive oil. Grind nuts, add salt and other ingredients, and pour them over vegetable.

Beet lunch

Ingredients:

- 2 fresh beet roots
- 1 zucchini
- 1 leek
- 2 tablespoons of cold-pressed oil
- 3 tablespoons of grinded nuts
- 1 parsley
- salt

Preparation: Grate beet and zucchini, add finely minced leek and then the rest of ingredients. Mix them all well and add salt.

Stuffed zucchini

Ingredients:

- 3 middle-sized zucchini

- 3 finely grated carrots
- 3 tablespoons of flax seed
- 50 g of grinded sunflower seed
- 2 tablespoons of cold-pressed oil
- spices (as desired)

Preparation: Wash zucchini, cut them lengthwise in half and gouge the midst. Mix all other ingredients. Add grinded nuts and water, mix, and fill the zucchini. Serve with tomato salad.

Fresh soup

Ingredients:

- 200 g of cabbage and cucumber
- 4 tablespoons of wheat sprouts
- 1 tablespoons of olive oil
- 1 teaspoon of dill
- 2 tablespoons of grinded sesame
- salt

Preparation: Cabbage and cucumber should be finely grated. Add other ingredients, around 0,5 l of water, and mix it well. Add salt and put parsley over it.

Kale with sesame

Ingredients:

- 1 smaller kale
- 2 red sweer peppers
- 1 hot pepper
- a hand of minced spinach or mangold
- a few nuts
- 1 tablespoon of olive oil
- salt

Sauce:

- 100 g of sesame
- spices (as desired)

Preparation: Kale, pepper and spinach should be all finely grated. Add little salt and olive oil. Grind sesame in grinder, add salt, spice and water, and stir it. Mix with vegetable and decorate with partly grated nuts.

Pumpkin and sprouts lunch

Ingredients:

- 100 g of wheat or oat sprouts
- 400 g of pumpkin (not the seeds)
- 2 tomatoes
- 1 tablespoon of pumpkin oil
- spices (as desired)

Preparation: Grate pumpkin, add sliced tomato, spices and sprouts, then put salt and stir. Finally, add pumpkin oil.

PLANT MILK

Cashew milk

Ingredients:

- 100 g of grinded cashews
- 1 banana
- 1 mango
- 1 vanilla stick
- 500 ml of water
- if not sweet enough, add 2 tablespoons of maple syrup

Preparation: Blend all ingredients for 1 minute.

Sesame milk

Ingredients:

- 100 g of grinded sesame
- 1 pear
- 1/2 teaspoon of cinnamon
- 4 dates
- 500 ml of water

Preparation: Blend all ingredients for 1 minute.

Almond milk

Ingredients:

- 100 g of grinded almonds
- 1 peach
- 4 dried apricots
- 500 ml of water

Preparation: Blend all ingredients for 1 minute.

Sunflower milk

Ingredients:

- 100 g of grinded sunflower seed
- 50 g of raspberries
- 4 tablespoons of maple syrup
- 500 ml of water

Preparation: Blend all ingredients for 1 minute.

Flax milk

Ingredients:

- 100 g of grinded flax seed
- a half of ananas
- 1 banana
- 4 prunes
- 1 vanilla stick

Preparation: Blend all ingredients for 1 minute.

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