

Client Name – Penny Pain  
Date – 9/9/99

Your personal note – Pain is a warning signal, investigate what your body is telling you. Ask for help.



**This is the first document of our program. More details follow at future visits. You may have all the information if you like. This is not a diet, these are lifelong changes though things will change. Stay focused on your goals, be easy on yourself. Stay supported, eat half or more of your daily volume of foods as greens and vegetables.**

**Food, Herb, and Health Plan - most important things to integrate first**

<b><u>Item</u></b>	<b><u>Justification/Notes</u></b>
<b><u>Important beginning points:</u></b> + Drink enough water + Do fun movement + Rest more + Eat fresh local foods more	***Stop all refined salts and processed foods, use Celtic sea salt or Himalayan crystal salts. Stop all chips, crackers, muffins, snacky stuff with canola, soy, or other vegetable oils – these have rancid/oxidized oils which can cause cell damage.
<b><u>Daily Foods:</u></b>	this is your starting point – refer to detail sheet also
<b>Protein:</b> (essential amino acids)	yogurt/kefir, sprouts, seaweeds, eggs, raw egg yolks,
<b>Carbohydrates:</b> see blood sugar helpers	yam, sweet potato, cooked butternut or other squash, parsnip, carrot, beet, brown rice, quinoa, oats,
<b>Fats:</b>	olive oil, butter, cod liver/fish oil 1tsp 3x/day, flax or hemp, coconut, sesame
<b>Vegetables:</b>	raw celery/carrot/beet, radish, greens (kale, collards),
<b>Spices:</b>	cumin seed, lavender, rosemary
<b>Power Foods:</b>	willow bark,
<b>Fruits:</b>	no citrus, use more apples, and pears
<b>Food Supplements:</b>	chlorophyll perles from standard process inc.
<b>Special Treatments</b> – see Starter Kit pages under Yoga and Restoration, and links below	The most important are listed right below. At the end of this report some self-care techniques are checked off I advise you to do regularly. This is a health program and diet can only go so far.
<b><u>Video support:</u></b>	Go to my YouTube channel for explanations: <a href="http://www.youtube.com/user/craigshivawarrior2">http://www.youtube.com/user/craigshivawarrior2</a>

**Important stuff for everyone**

<b><u>More leafy greens – some raw</u></b>	your liver, organs of transformation and detox need these badly, along with the gut lining, lungs, a chlorophyll source, and a fiber source
<b><u>Accelerated healing salad</u></b> options to add are nuts/seeds, goat cheese, a few figs, or	*2 cups grated beets, add 2 tbsp virgin olive oil, 2 tbsp lemon or lime juice, then eat 1/2 cup of this twice a day between meals. After two weeks of this, eat 1 cup of the mixture twice a

yogurt.	day between meals for another 4-6 weeks. May be eaten during a meal also, mixed with other salad type veggies.
<b><u>Drainage protocol</u></b>	choose at least 2-3 of these for proper elimination – very important!
**Raw radish	½ cup with lemon or lime, 1-2x/day
**Raw garlic (check tolerance)	1 raw clove with food or in sauce / dressing
**Raw onion (check tolerance)	2-4 tbsp per day for drainage, if you cannot tolerate it, try horseradish, turnip, raw watercress, green onion, or leek
**Special fiber blend	See Craig – this helps bind with toxic material in the bile, and carry it out, or use special foods indicated.
**More raw vegetables – even a tiny bit with each meal	this helps carry out waste – otherwise can be re-absorbed back to liver. There are variations in this for some.
<b><u>EFA / Anti-Inflammatory</u></b>	our body cannot make these, and these oils lower pain and inflammation
***Cod liver oil (use Garden of Life, Carlson's or Blue Ice High Vitamin Cod liver oil >>>>>>>>)	1 tsp 3x/day – the brand is important > Inflammation, EFA's, and Vitamin A and D in NATURAL FORMS (3 gel caps = 1tsp Carlson's) <a href="http://www.greenpastures.com">www.greenpastures.com</a> or <a href="http://www.healthalertstore.com">www.healthalertstore.com</a>
Hemp seed oil or Flax seed oil	Inflammation and EFA's, NUTIVA IS CHEAPEST brand - other brands choose organic, in a dark bottle and in the refrigerator section
<b><u>Make a goal to eat more leafy greens</u></b>	*Eat more fats/oil with veggies for breakfast, lots of leafy greens (we will talk about specifics).
<b><u>Blood sugar herbs</u></b>	gymnema – for cravings, blood sugar and pancreatic healing. Cinnamon helps balance, fenugreek helps with mucus and is a good adrenal restorative, and licorice is balancing, and helpful for the adrenals also.

<b><u>Juices/Liquid Diet suggestions</u></b>	We may go over this early, or at future visits
*Green drinks (see beverage handout for blended green drinks)	Liver detox pathways, protection from harmful elements stirred up, and excellent nutrient support
Basic Drink )	Kale 30%, green apple 20%, ginger 5-10%, celery 30%, carrot 10%
Drink option I)	
Drink option II)	
Blended meals	
Soups	

## Integration of Foods, Herbs, and Recipes

<u>Category from Step by Step Introduction</u>	<u>Specific things in I recommend for everyone</u> I do not include all this in your initial packet, but we add as we go. Read on.	<u>Specifics just for you</u> – X's = not important, O's = important
Symptom relief	This is important, but we need to get at the root causes too.	
Report of Findings	Knowing what areas we have that are strong and weak allows us to make more informed choices about our exercise, foods, and self-care	
Food choices/intake	We often do not suspect that our daily choices often are the reason for our suffering. What to cut out will already be given. Make more conscious choices = satisfaction	
Lifestyle choices	Rest, exercise, and quiet time are important	
Home choices	Chlorine filter for shower/bath, and never using tap water for internal consumption – use filtered water only. Sleep in the dark, use an eye cover if necessary. Go to bed ideally around 10-11PM, regularly, as best as you can.	
Health Goals	Take short breaks in your workday, even five minutes to find a “stillpoint,” a place where you can rest in silence or disengage from the job.	
Foods	Some foods are medicine for some, while poisons for others, learn to avoid the ones I point out, and use the ones I recommend more	
Herbal Allies	I will point out various medicinal herbs, mostly food-grade ones that you could grow, eat, make teas from, or use in essential oils as body oils. Please plan ahead and have herbs on hand ahead of time for illnesses, stress, travel, and your unique needs – to avoid medication/s	
Cooking	Everyone needs to know the basics, and if not, then be living or willing to pay someone with food preparation	
Menu planning	This is important – those who plan ahead, do not indulge in last-minute convenience meals. And this includes always having a back-up stock in the freezer of easy To-Go stuff that is easy to grab, and bring for a snack or lunch.	
The Seven Pillars	Digestion. Blood sugar, and liver health must be running smoothly for anything to work properly. What you learn in working with me is which system needs support. The initial report of findings begins this process. Then we see what the deeper layers are doing without interference. A house built on a weak foundation always crumbles!	
Food Energetics	Your recommends includes not only nutrients, but specific mineral elements, and energies like warming and cooling, wet and dry are taken into account.	
Flavor focus	Each of the five flavors has a different effect on your body. This visit/part tells you which to use more often.	
<u>Special treaments</u>	See below for examples:	
Rest GI tract regularly	*skip dinner one night per week and eat only liquid diet *skip solid food 1-3 days per month – see liquid diet	
Liquid diet – broths, soups, teas, juices, drinks	Broths/soups/stews – see my recipe handouts Drinks/juices – see above, teas see below in herbs/power foods in food detail area	
Oil Pulling therapy	to detox sinuses in head and other organs, help clear jaw areas with potential toxins, bathe tissues in healing energy and nutrients	
Breathing exercises	This will help you get more oxygen into your cells, and help with energy	
Supplementation with food concentrates (Standard Process):	B-vitamins, EFA's, and a food multi-vitamin are examples. Herbs are helpful too.	

Supplementation with PMG's	Protomorphogens (PMG's) will help the body repair and regenerate – in use safely for over 50 years. I have personally used them for many years.	
Self-care routine	See Yoga and Restoration pages in Starter Kit	
cancer and degenerative disease and severe digestive disorders	**No fried foods or cooked oils - once a week only. Steam or water-saute foods, then add raw fats like cultured butter, virgin coconut oils, olive oils, etc... Protein or carbohydrate intake may be limited also.	
Health Support Groups and classes	This will offer ongoing inexpensive support and education – who knows, maybe you will want to teach others like yourself!	
7-30 days raw challenge	in the summer or warm weather, suggest eating only raw for 7-30 days, exceptions could be meat/fish, and herbal teas	
Follow Divine Magnetic Diet link at my website	I will prescribe some simple elimination and reduction programs – this will be some temporary things	
Cleansing/tuning up system every 3 - 6 months	We tune our cars up, and our bodies organs need to be cleaned out, rested, and supplemented. This process can be very simple – and cheap	
**Beet Kvass	Liver protection and support – see demo to be provided Use this with the raw beet salad mentioned below. Eat one or the other on a daily basis. Best scenario one beet salad per day and 1-2 servings kvass	
<b><u>***Blood sugar helpers***</u></b>	**For the next month, eat only 1 cup cooked carbs per day. Do your best and any meal could work. Eat from low glycemic veggies in your cleansing sheet. Fruits, brown rice and indicated grains, yams, sweet potato, and carbo veggies from the Starter kit could be your carb source. this may be needed for some - for proper energy balance, mood stability, sleep, and hormone health.	
<b><u>Severe Blood sugar issues</u></b>	***You may need to stop all sweeteners, use raw local honey (<1tbsp/day) or stevia. You may need to keep carbs below 100 grams per day. Take the nutritional typing test at the website.	
<b><u>Fast oxidizers</u></b>	you may need more fats/oils and proteins than others	
<b><u>Slow Oxidizers</u></b>	you may need fewer fats/oils and proteins than others	

**Recipe focus – sauces/dressings**

**Modifications/Changes**

Pesto	
Carrot marinara	
Year-round Salsa – prefer carrot one for year-round	
Lemon tahini	
Healthy ranch	
Pumpkin seed sauce	
Curry	
Peanut	
Guacamole	
Cheesy delight	
Italian vinaigrette	
Teriyaki	
Miso/nut butter or Savory Dip	
Easy egg yolk	
Other – see right column	

**Recipe focus**

<b><u>Vegetable recipes</u></b>	<b><u>Recipe variations</u></b>
Kinpira	
Nishime/stew	
Blanched veggies /boiled salad	
Raw salad / Basic Seaweed salad	
Roots and tops	
Stir fry / quick sauté	
Cabbabe and umeboshi salad	
Leafy greens and hijiki/arame/wakame	
Pickled vegetables	
Steamed veggies	
Pressed salad	
<b><u>Snacks</u></b>	
Raw crudités – chopped vegetables with dip (Carrot and celery sticks, beets, radish, summer squash, green apple slices	
Beet salad	
Chia pudding	
Nuts/seeds (2-4 tbsp) or nut butter	
Teechino or Dandy blend drink	
Tonic cookies from snack recipes	
Flax or chia crackers	
Beverages – liquid meals	
Beet Kvass	
Yogurt, kefir, Cottage cheese	
<b><u>Carbohydrate/starch recipes</u></b>	
Beans and roots	
Hummus	
Baked roots	
Cooked grain	
Soft cooked grain/congee	
Quinoa cakes	
Easy Oatmeal	
Millet mash or other grain mash	
Grain casserole	
Baked root casserole	
Raw grated summer squash	
<b><u>Protein recipes</u></b>	
Fish cakes	
Meatballs	