

# Natural Cures "They" Don't Want You to Know About

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[www.naturalcures.com](http://www.naturalcures.com) & [www.thewhistleblower.com](http://www.thewhistleblower.com)

Recommended DVD's: "Super Size Me" and "What the Bleep Do We Know" and "The Corporation".

<b><u>Causes of all disease:</u></b> <b>1. Too many toxins in the body</b> <b>2. nutritional deficiencies</b> <b>3. electromagnetic chaos</b> <b>4. stress</b>	<b><u>The basic 4 for the prevention and treatment of all disease:</u></b> 1. See natural health-care providers on a regular basis. a. Get treated by a bioenergetic synchronization technique practitioner. b. Get a chiropractic adjustment. c. See an herbalist. d. See a homeopathic practitioner. e. See a naturopath. 2. Stop taking nonprescription and prescription drugs. 3. Energetic rebalancing. (Intero, Vegatestm Dermatron) <a href="http://www.energeticbalancing.us">www.energeticbalancing.us</a> ; <a href="http://www.energeticmatrix.com">www.energeticmatrix.com</a> . The AIM Program at Emc2: energetic frequencies balanced 24hrs a day. "Sanctuary" 4. Check your body pH. <a href="http://www.morterhealthctr.com">www.morterhealthctr.com</a>
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## SPECIFIC RECOMMENDATIONS-- PREVENTATIVE

### A. Clean Out The Toxins That Have Accumulated In Your Body.

1. Get 15 colonics in 30 days. "The 7 day detox miracle". Take friendly flora (Acidophilus) and complement with herbal cleanse (bankonite clay, fiberlike psyllium seeds or husks & wheatgrass juice. A raw food diet during these is optimum. MAINTENANCE ONCE OR TWICE YEARLY.
2. Do a complete colon cleanse.
3. Do a liver/gallbladder cleanse. (one week products-every 3 to 4 years.)
4. Do a kidney/bladder cleanse.
5. Do a heavy metal cleanse.
6. Do a parasite cleanse. "parasite zapper"
7. Do a candida cleanse. [www.lifeforceplan.com](http://www.lifeforceplan.com). (ONE TIME ONLY)
8. Do a full-body/lymphatic cleanse. [www.purification.org](http://www.purification.org). (ONE TIME ONLY) Takes 3 to 8 weeks. Sweating in Sauna can aid in the cleanse.
9. Drink 8 full glasses of pure water daily. (recommends a specific water purifier and bottled waters)
10. Use a rebounder (mini trampoline) ten minutes a day.
11. Walk 1 hour a day.
12. Stretch the muscles and tendons in your body. (yoga, pilates, martial arts)
13. Practice deep breathing.
14. Sweat with a regular dry sauna or an infrared sauna (not a wet steam).
15. Give yourself a dry brush massage, exfoliating the skin and allowing toxins to come out of the skin at least once a day.
16. Get a full-body Swedish and/or deep tissue massage on a regular basis.
17. Do chi kung. (simple movements, tapes. Standing on powerful magnets can promote youthful appearance and health.)
18. Do tai chi. (videos of Shaolin monk) [www.shaolinwolf.com](http://www.shaolinwolf.com)
19. Do a seven to thirty day fast.
20. Get "specialized treatments" as needed. (i.e., reflexology, acupuncture, cranial-sacral therapy, reiki, essential oil treatments, and various other holistic, all natural therapies.)

### B. You must stop putting toxins in the body.

1. Do not eat any food produced or sold by a publicly traded corporation or is a "brand name" product. (Kirlian photography)
2. Get all the metal out of your dental work.
3. Stop smoking. [www.stopsmokingherbs.com](http://www.stopsmokingherbs.com), [www.allencarrseasyway.com](http://www.allencarrseasyway.com)
4. Don't drink tap water.
5. Buy and use a shower filter.
6. Eat only 100% organic food.
7. Do not eat in fast-food restaurants.

8. Do not eat anything that comes out of a microwave oven. "The Hidden Hazards of Microwave Cooking." Experiment: Plant seeds in 2 pots. Water one with microwaved water and compare.
9. Eliminate aspartame and monosodium glutamate.
10. Do not eat artificial sweeteners (including Splenda).
11. Do not drink diet sodas.
12. Do not eat hydrogenated oil.
13. Do not eat homogenized and pasteurized dairy products.
14. Do not eat high fructose corn syrup.
15. Use only toothpaste with no fluoride.
16. Do not use nonstick cookware.
17. Eat only organic, kosher meat and poultry.
18. Do not eat farm raised fish.
19. Do not eat pork.
20. Do not eat shellfish.
21. If you can't eat it, don't put it on your skin. Sleep on 100% natural, all organic cotton sheets & mattress.
22. Get an air purifier w/ozone.
23. Use only nontoxic 100% organic cleaning supplies.
24. Do not drink canned or bottled juice.
25. Do not use sun block.
26. Do not take vitamins.
27. Do not use antiperspirants or deodorants.
28. Do not eat white processed sugar.
29. Do not eat white processed flour.
30. Eat nothing that says "fat free" on the label.
31. Eat nothing that says "sugar free" on the label.
32. Eat nothing that says "low carbs" or "net carbs" on the label.
33. Do not eat "food bars."
34. Do not eat diet or protein shakes.
35. Stay away from hot tubs, steam rooms and swimming pools. (for home pool-use chlorine and chemical free filtration system using ozone and oxygen).
36. Eliminate air fresheners. (use organic essential oils)
37. Eliminate florescent lighting.
38. Reduce or eliminate air conditioning.
39. Avoid dry cleaning.
40. Make your own beer and wine.
41. Buy a good vacuum cleaner with a hepa filter.

### **C. You must handle and address your nutritional deficiencies.**

1. Eat more fresh organic fruits and vegetables.
2. Buy a juice machine and use it. If you buy juice, look for 100% organic freeze dried dehydrated vegetable and/or fruit juices.
3. Eat raw organic nuts and seeds.
4. Get natural sunlight. [www.sungazing.com](http://www.sungazing.com), [www.solarhealing.com](http://www.solarhealing.com)
5. Eat an organic apple a day.
6. Take coral calcium- marine grade, okinawa.
7. Take all-natural Vitamin E. (natural unesterified mixed tocopherol complex containing antithrombic d-alpha, d-beta, d-gamma and d-delta tocopherols.) Take one capsule for every 30lbs of body weight.
8. Take liquid colloidal minerals daily. ("Dead doctors don't lie" a tape on the net)
9. Drink the magic juices. (noni, goji, mangosteen, aloe vera, and acai berry)
10. Take whole food supplements. (alfalfa, wheatgrass, red marine algae, barley juice capsules, chlorella, blue-green algae, spirulina, royal jelly, and other concentrated whole herbs, plants, dehydrated juices and sprouts. (i.e., 1. SPROUTS: soy, onion, kale, broccoli, fennel, bean, alfalfa and mustard sprouts; 2. HYDRILLA, 3. OTHER: red beet juice dehydrated root, celery stalk & leaf, carrot juice dehydrated root, goat whey, purple dulse seaweed & spinach leaf.)
11. Eat raw organic honey, bee propolis, non-freeze dried royal jelly, and bee pollen.
12. Get an oxygen water cooler.
13. Take digestive enzymes. Raw organic apple cider vinegar w/mother also assists in digestion (2-4 tblsp).
14. Use organic sea salt.
15. Eat organic dark chocolate.

16. Take omega-3 supplement.
17. Eat snacks. (organic apples, pears, celery, carrots, cucumbers, nuts and seeds—juice)

#### **D. Neutralize electromagnetic chaos.**

1. Get something to neutralize electromagnetic chaos.
2. Use electromagnetic and wireless devices less.
3. Use a gentle wind project instrument. [www.gentlewindproject.org](http://www.gentlewindproject.org)
4. Reduce TV time.
5. Get a magnetic mattress pad.
6. Use magnetic finger and toe rings.
7. Stay away from electric tumble dryers.
8. Add living plants in your home.
9. Wear white.
10. Use Feng Shui in your home and office.

#### **E. You must reduce stress.**

1. Listen to de-stressing CD's. (Dr. Coldwell: drhohn@goodlifefoundation.com)
2. Do alphabiotics. [www.alphabiotics.com](http://www.alphabiotics.com)
3. Laugh. "the anatomy of an illness"
4. Smile. (Kirlian photography- captures energetic field)
5. Get and give hugs.
6. Speak powerful words.
7. Don't use a cell phone and drive at the same time.
8. Sleep eight hours.
9. Rest from Friday sundown to Saturday sundown. "Rest, The Key to Rejuvenation".
10. Go to bed at approximately 10pm and arise at approximately 6am. (Ayurvedic medicine-healing hormones are released from the body bet. 10pm-2am and only when you are in deep sleep)
11. Take an afternoon 15 minute break.
12. Get rolfing. (once weekly for 15 weeks)
13. Don't read the newspaper.
14. Don't watch the news.
15. Have sex.
16. Commit reckless acts of kindness.
17. Listen to nice music.
18. Get out of debt.
19. Drive less.
20. Be thankful.
21. Get an inversion table.
22. Use foot orthotics.
23. Get a range of motion machine.
24. Be lighthearted.
25. Stay away from Psychiatrists and psychologists. "Psychiatry: the ultimate betrayl."
26. Do not use an alarm clock.
27. Use aromatherapy.
28. Use Callahan techniques for urges. "tapping the power within" [www.tftrx.com](http://www.tftrx.com)
29. Get a pet.
30. Write down goals.
31. Plant a garden.
32. Cook.
33. Don't eat late. (stop eating by 7pm, by 6pm is better)
34. Dance and sing.
35. Find your life purpose.
36. Do dianetics/scientology.

#### **SAMPLE NATURAL REMEDIES just to name a few.**

1. CHOLESTEROL: 1. CQ10 enzyme and 2. organic, unrefined virgin coconut oil (1-2 tblsp in the morning and afternoon).
2. CLOGGED ARTERIES: The real cause of blocked arteries are scarring of the arteries—not High Cholesterol. To prevent scarring of the arteries: 1. Remove Chlorine from drinking water and showers; 2.

Cut out all hydrogenated oils and trans fats; 3. Avoid homogenized dairy products.

[www.centurywellness.com](http://www.centurywellness.com) Request a simple test to determine if your arteries are clogged (yearly). If yes-do oral or intravenous chelation.

3. VIRAL BASED CONDITIONS such as Warts & Herpes: Dimethyl Sulfoxide from wood pulp (DMSO) oxygenates the body.
4. HERPES: Lysine (an amino acid that suppressed breakouts), red marine algae (take for 60 days everytime you feel a breakout coming on), DMSO, Liquid Oxygen and Larrea (anti viral plant).
5. CANCER: Intravenous ozone and Hydrogen Peroxide.
6. HEARTBURN: Take digestive enzymes. Raw organic apple cider vinegar w/mother also assists in digestion (2-4 tblsp).

## SAMPLE FOODS

1. organic non-pasturized fertile eggs, organic sea salt, organic pepper, pure organic raw cream, extra virgin olive oil, raw organic butter, organic rye bread (made w/organic rye flour, water and yeast). NO WHEAT,
2. Fruit juice w/spirulina powder and blue-green algae, organic flax seed oil, organic non-genetically altered soy powder.
3. Organic Kosher meats- Avoid farm raised meats. Avoid pork and shelf fish.

## RESOURCES

Acid Reflux [www.lifeforceplan.com](http://www.lifeforceplan.com)

Acne [www.lifeforceplan.com](http://www.lifeforceplan.com)

AIDS & HIV [www.lifeone.org](http://www.lifeone.org)

Air Purifiers [www.ecoquest.com](http://www.ecoquest.com), [www.allergystore.net/](http://www.allergystore.net/)

Arthritis [www.cetylmyristoleate.com](http://www.cetylmyristoleate.com), [www.leeneedles.com/arthri.html](http://www.leeneedles.com/arthri.html),

[www.mothernature.com/Library/bookshelf/Books/42/1.cfm](http://www.mothernature.com/Library/bookshelf/Books/42/1.cfm)

Asthma [www.sorvinoasthmafound.org](http://www.sorvinoasthmafound.org)

Beef

(organic/kosher) [www.pampaspride.com](http://www.pampaspride.com)

Beef/lamb/buffalo/poultry/fish

(organic/kosher) [www.aaronsgourmet.com/html/beef.html](http://www.aaronsgourmet.com/html/beef.html)

Cancer [www.amihealth.com](http://www.amihealth.com), [www.behealthyamerica.com](http://www.behealthyamerica.com), [www.centurywellness.com](http://www.centurywellness.com), [www.drclark.net](http://www.drclark.net),

[www.drday.com](http://www.drday.com), [www.IPTMD.com](http://www.IPTMD.com), [www.lifenhance.net](http://www.lifenhance.net), [www.lifeone.org](http://www.lifeone.org), [www.newhopehealthclinic.com](http://www.newhopehealthclinic.com),

[www.OutsmartYourCancer.com](http://www.OutsmartYourCancer.com), [www.sanoviv.com](http://www.sanoviv.com), [www.u-cure.com](http://www.u-cure.com)

Candida [www.lifeforceplan.com](http://www.lifeforceplan.com)

Chelation Therapy [www.anginacure.com](http://www.anginacure.com), [www.lifeforceplan.com](http://www.lifeforceplan.com)

Chi Chung [www.peterragnar.com](http://www.peterragnar.com)

Cleansing & Detoxification [www.healingdaily.com/liver-detoxification.htm](http://www.healingdaily.com/liver-detoxification.htm), [www.himalayausa.com](http://www.himalayausa.com),

[www.maxamlabs.com](http://www.maxamlabs.com), [www.oxypowder.com](http://www.oxypowder.com), [www.smartyhealth.com](http://www.smartyhealth.com)

Cleansing [www.dr-schulze.com](http://www.dr-schulze.com)

Colds [www.pristineherbaltouch.com](http://www.pristineherbaltouch.com)

Colonics [www.colonicsbykathy.com](http://www.colonicsbykathy.com)

Cosmetics [www.bodydeli.com](http://www.bodydeli.com)

Cosmetics/Skin Care [www.bareminerals.com](http://www.bareminerals.com), [www.thebodydeli.com](http://www.thebodydeli.com)

Dentistry [www.cdchealth.com](http://www.cdchealth.com), [www.SmileTexas.com](http://www.SmileTexas.com)

Depression [www.dianetics.org](http://www.dianetics.org), [www.scientology.org](http://www.scientology.org), [www.tftrx.com](http://www.tftrx.com)

Diabetes [www.herbal-powers.com](http://www.herbal-powers.com),

[www.realfoodnutrients.com/db/home.htm?SID=OAlternativeDiabetesMedicine&OVRAW=alternative%20medicine%20and%20diabetes&OVKEY=diabetes%20alternative%20medicine&OVMTc=standard](http://www.realfoodnutrients.com/db/home.htm?SID=OAlternativeDiabetesMedicine&OVRAW=alternative%20medicine%20and%20diabetes&OVKEY=diabetes%20alternative%20medicine&OVMTc=standard)

Digestive Enzymes [www.enzymedica.com](http://www.enzymedica.com), [www.lifeforceplan.com](http://www.lifeforceplan.com)

Electric Chaos Elimination [www.clarus.com](http://www.clarus.com), [www.drremedy.com](http://www.drremedy.com)

Eleotin [www.drremedy.com](http://www.drremedy.com)

Energetic Balancing [www.energeticbalancing.us](http://www.energeticbalancing.us), [www.energeticmatrix.com](http://www.energeticmatrix.com)

Exercise [www.hard-style.com](http://www.hard-style.com), [www.evolutionhealth.com/rebounder/rebound\\_products.htm](http://www.evolutionhealth.com/rebounder/rebound_products.htm),

[www.FastExercise.com](http://www.FastExercise.com), [www.shaolinwolf.com/index.php](http://www.shaolinwolf.com/index.php), [www.teeterhangups.com](http://www.teeterhangups.com), [www.urbanrebounding.com](http://www.urbanrebounding.com),

[www.walkvest.com](http://www.walkvest.com)

Fibromyalgia [www.holistic-online.com/Remedies/cfs/fib\\_herbal.htm](http://www.holistic-online.com/Remedies/cfs/fib_herbal.htm)

Flu [www.oscillo.com](http://www.oscillo.com)

## General Health

[www.4yourtype.com](http://www.4yourtype.com), [www.alexchiu.com](http://www.alexchiu.com), [www.alternativemedicine.com](http://www.alternativemedicine.com), [www.behealthyamerica.com](http://www.behealthyamerica.com), [www.bestchlorella.com](http://www.bestchlorella.com), [www.biologicalmiracle.com](http://www.biologicalmiracle.com), [www.biotape.us](http://www.biotape.us), [www.calcompnutrition.com](http://www.calcompnutrition.com), [www.centurywellness.com](http://www.centurywellness.com), [www.chi-naturals.com](http://www.chi-naturals.com), [www.classactionamerica.com](http://www.classactionamerica.com), [www.dr-schulze.com](http://www.dr-schulze.com), [www.energeticbalancing.us](http://www.energeticbalancing.us), [www.energeticmatrix.com](http://www.energeticmatrix.com), [www.enzymedica.com](http://www.enzymedica.com), [www.drremedy.com](http://www.drremedy.com), [www.extremehealthusa.com](http://www.extremehealthusa.com), [www.gentlewindproject.org](http://www.gentlewindproject.org), [www.ghchealth.com](http://www.ghchealth.com), [www.greentreasures.com](http://www.greentreasures.com), [www.Haelan951.com](http://www.Haelan951.com), [www.hallelujahacresclinic.com](http://www.hallelujahacresclinic.com), [www.healingformula.net](http://www.healingformula.net), [www.healpain.net](http://www.healpain.net), [www.healthfreedom.net](http://www.healthfreedom.net), [www.healthy.net/scr/article.asp?ID=227](http://www.healthy.net/scr/article.asp?ID=227), [www.holisticonline.com/buteyko/Buteyko-Peter-Kolb.htm](http://www.holisticonline.com/buteyko/Buteyko-Peter-Kolb.htm), [www.johnellis.com](http://www.johnellis.com), [www.mangosteenfruitjuice.com](http://www.mangosteenfruitjuice.com), [www.megafood.com](http://www.megafood.com), [www.noni.com](http://www.noni.com), [www.novanaturaltherapies.com](http://www.novanaturaltherapies.com), [www.OptimalHealth2000.com](http://www.OptimalHealth2000.com), [www.organicconsumers.org/organicfood.htm](http://www.organicconsumers.org/organicfood.htm), [www.peterragnar.com](http://www.peterragnar.com), [www.preventivemedicine.com/](http://www.preventivemedicine.com/), [www.pristineherbaltouch.com](http://www.pristineherbaltouch.com), [www.relife.com](http://www.relife.com), [www.sanoviv.com](http://www.sanoviv.com), [www.seasilver.com](http://www.seasilver.com), [www.sunchlorellausa.com](http://www.sunchlorellausa.com), [www.teatreeplace.com/links/detox.html](http://www.teatreeplace.com/links/detox.html), [www.thenhf.com](http://www.thenhf.com), [www.u-cure.com](http://www.u-cure.com)

Hair [www.biomed-health.com](http://www.biomed-health.com)

Heart Disease [www.rheologics.com](http://www.rheologics.com)

Herpes [www.altherpes.org](http://www.altherpes.org), [www.drstellayutah.com](http://www.drstellayutah.com), [www.herpess.com](http://www.herpess.com), [www.natural-health-treatment.com](http://www.natural-health-treatment.com), [www.neveranoutbreak.com](http://www.neveranoutbreak.com)

Juicers [www.esalton.com](http://www.esalton.com), [www.jacklalane.com](http://www.jacklalane.com)

Kombucha Tea [www.laurelfarms.com](http://www.laurelfarms.com)

Lyme Disease [www.Lymelink.com](http://www.Lymelink.com)

Magnetic Finger & Toe Rings [www.alexchiu.com](http://www.alexchiu.com)

Magnetic Mattress Pads [www.magneticosleep.com](http://www.magneticosleep.com)

**Medical Institutes & Clinics** [www.immunemedicine.com](http://www.immunemedicine.com), [www.tai.edu](http://www.tai.edu)

Menopause [www.biomed-health.com](http://www.biomed-health.com)

Multiple Sclerosis

[www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Multiple\\_sclerosis\\_and\\_alternative\\_therapies?open](http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Multiple_sclerosis_and_alternative_therapies?open), [www.curezone.com/dis/1.asp?C0=233](http://www.curezone.com/dis/1.asp?C0=233), <http://www.direct-ms.org/bestbet.html>, [www.demosmedpub.com/book88.html](http://www.demosmedpub.com/book88.html), [www.enerchihealth.com/shop/multiple\\_sclerosis/multiple\\_sclerosis.html](http://www.enerchihealth.com/shop/multiple_sclerosis/multiple_sclerosis.html), [www.heal-multiple-sclerosis.com](http://www.heal-multiple-sclerosis.com)

Organic Beds & Bedding

[www.abundantearth.com](http://www.abundantearth.com), [www.ahappyplanet.com](http://www.ahappyplanet.com), [www.chemsenlvng.com](http://www.chemsenlvng.com), [www.coyuchiorganic.com](http://www.coyuchiorganic.com), [www.w.ecochoices.com](http://www.w.ecochoices.com), [www.organicselections.com](http://www.organicselections.com)

Organic Body Products [www.kissmyface.com](http://www.kissmyface.com)

Oxygen Water Cooler [www.o2techno.com](http://www.o2techno.com)

Pain Relief [www.biotape.us](http://www.biotape.us), [www.sierrasil.com](http://www.sierrasil.com)

pH Strips

Rebounding [www.evolutionhealth.com/rebounder/rebound\\_products.htm](http://www.evolutionhealth.com/rebounder/rebound_products.htm), [www.urbanrebounding.com](http://www.urbanrebounding.com)

Saunas [www.lifeforceplan.com](http://www.lifeforceplan.com)

Sexual [www.drremedy.com](http://www.drremedy.com)

Shower Filters – [www.drremedy.com](http://www.drremedy.com)

Skin Care/Cosmetics [www.bareminerals.com](http://www.bareminerals.com), [www.thebodydeli.com](http://www.thebodydeli.com)

Sleep Systems [www.tempurpedic.com](http://www.tempurpedic.com)

Smoking [www.allencarreasyway.com](http://www.allencarreasyway.com), [www.quitsmokingrightnow.com](http://www.quitsmokingrightnow.com), [www.stopsmokingherbs.com](http://www.stopsmokingherbs.com)

Snoring [www.progressivedoctors.com/snoring-remedies.html](http://www.progressivedoctors.com/snoring-remedies.html)

Stress & Anxiety [www.avalongreen.com](http://www.avalongreen.com), [www.dianetics.org](http://www.dianetics.org), [www.dynamicpainrelief.com/index.html](http://www.dynamicpainrelief.com/index.html), [www.myzenhealth.com/product\\_stress.htm](http://www.myzenhealth.com/product_stress.htm), [www.scientology.org](http://www.scientology.org), [www.structures.com](http://www.structures.com), [www.tfrx.com](http://www.tfrx.com), [www.u-cure.com](http://www.u-cure.com)

Tai Chi [www.shaolinwolf.com/index.php](http://www.shaolinwolf.com/index.php)

Vitamin E [www.lifeforceplan.com](http://www.lifeforceplan.com)

Water Filters [www.ewater.com](http://www.ewater.com), [www.johnellis.com](http://www.johnellis.com)

Weight Loss [www.enzymedica.com](http://www.enzymedica.com)

Whole Food Supplement [www.drremedy.com](http://www.drremedy.com)



## How to Lose Weight Effortlessly and Keep It Off Forever

For your convenience, we have provided you with an adaptation of the content from Chapter 8 of the book [Natural Cures "They" Don't Want You to Know About](#).

I want to give you the simple steps that will allow you to lose weight faster and easier than ever before, and keep it off once and for all. Space does not permit me to go into the "whys" regarding each step. I can assure you that following these steps will absolutely work. I have struggled with my weight my entire life. I was a fat kid. I tried every diet, every weight loss pill, and even hired a personal trainer, exercising as much as five hours a day. Whatever I lost, I put back on. When I was losing weight I was hungry, tired, and grumpy. I never understood what the problem was; not until I went overseas did I find the answer. While living abroad I ate everything I wanted yet began to lose weight without even trying. This led me to the discovery

of the reasons why Americans are so overweight, and an easy workable solution. Doing these steps will turn your body into a fat-burning furnace and bring your weight to its natural state. These steps also have tremendous health benefits as well.

I have divided the steps into several sections:

1. [Diet & Supplements](#)
2. [Cleansing for Weight loss](#)
3. [Wellness and Exercise](#)
4. [Things to Avoid](#)

### Diet & Supplements

- **Drink a glass of water immediately upon rising**

Ideally, the water should be distilled. Absolutely no tap water. This starts the body's metabolism and cleansing.

- **Eat a big breakfast**

It is interesting to note that 80 percent of the people who are overweight eat a small breakfast or none at all. Eighty percent of thin people eat a large breakfast. Your breakfast should consist of as much as you want of the following items. Everything listed should be organic. Apples, pears, berries, kiwis, pineapples, grapefruit, plums, peaches, prunes, figs, rye bread, raw butter (raw means not pasteurized and not homogenized), raw milk, plain yogurt (this means no sugar or fruit), wild smoked salmon, beef in any form as long as it's organic, chicken in any form as long as it's organic, lamb in any form as long as it's organic, tuna, sardines, eggs, tomatoes, peppers, salsa, celery, carrots, any vegetable, potatoes in limited amounts, coffee in limited amounts made with pure water not tap water with raw milk or cream and raw evaporated sugar cane juice or honey as a sweetener, real tea (not tea in tea bags).

- **Drink 8 glasses of water each day**

People think drinking water will make them gain weight and be bloated. The exact opposite is true. If you are overweight you need to flush the toxins from your fat cells. Water is absolutely needed for you to lose weight.

- **Eat organic grapefruits all day**

Remember the grapefruit diet? Well, it appears that there actually is an enzyme in grapefruits that burns fat. Eating grapefruits all day, as many and as often as you desire, will speed the fat burning process.

- **Take digestive enzymes**

If you are overweight there is an excellent chance your body is not producing enough digestive enzymes, causing you to gain weight, feel bloated, have gas, indigestion, and constipation. Go to your health food store and inquire. Try several kinds to see which one works best for you.

- **Eat organic apples all day**

The old saying is true – an apple a day keeps the doctor away. Apples are loaded with fiber and nutrients; they normalize your blood sugar and decrease your appetite. You should eat at least one apple every day. The more the better.

- **Eat only organic meat, poultry & fish**

One of the reasons you are overweight is because of the growth hormone put in meat and poultry. If you want to lose weight, eat as much meat and poultry as you like as long as it is organic, grass fed, ideally kosher, and most importantly, has not been given growth hormone. The fish you eat should not be farm raised.

- **Eat a huge salad at lunch & dinner**

I don't care if your lunch is a cheeseburger, French fries, and a pint of ice cream, add to it a big, huge salad and eat that first. You'll be amazed that you lose weight. The salad can contain anything you like as long as it is only vegetables and they are organic. The salad dressing should be organic olive oil and freshly squeezed lemon juice, or organic vinegar. If



you really want to speed the weight loss process use organic apple cider vinegar. Add some organic sea salt, fresh ground pepper, or some garlic for taste.

- **Add hot peppers**

Anything spicy or hot will increase your metabolism and make you burn fat quicker. Imagine for breakfast having some scrambled eggs, some lamb chops, and some rye toast with organic butter. Smother the eggs with some organic hot salsa and you will simply lose weight faster.

- **Use organic apple cider**

This has some magical property which helps eliminate fat cells from the body. Take a couple of teaspoons before each meal and you will be amazed at how your clothes will become bigger in no time.

- **Fast**

This should be number one, but for most people this is the hardest. Going on a proper juice fast for 21 days will completely detoxify your body, flush fat cells, and reset your body's weight set point. It is one of the fastest ways to lose weight, and one of the most effective ways to change the body's set point so that you will not gain the weight back. This should be done under supervision depending upon your medical condition. The best book I know is *The Miracle of Juice Fasting*.

- **Cheat whenever you want**

You want ice cream, cookies, cakes, chocolate, French fries, pizza, potato chips? Don't deprive yourself. It's better to eat something without guilt than not eat something and feel bad about it. From best to worst it looks like this: You are offered a piece of chocolate cake; you look at it and decide that you're full and wouldn't really enjoy it so it does not look that appealing to you. You politely say no thanks and feel great about your choice. You feel no deprivation. This is ideal. Next would be: You are offered the chocolate cake and you decide that you want it even though you are trying to lose weight your desire for the cake is very high. You say yes and eat the cake with happiness and glee. You enjoy and savor every bite. You're amazed at how wonderful it tastes. You are happy that you are experiencing these incredible, pleasurable sensations of this delicious cake. This is not ideal, but it is second best. Next would be: You are offered the chocolate cake and you struggle with the decision. You know you are on a diet, but you can't help but imagine how wonderful this cake would taste. Inside the voice says nothing tastes as good as being thin feels. You struggle some more, you really want the cake, but you also want to stick to your diet. You decide to be strong and even though would love to be eating that cake you say no. this is bad. It is better to eat the cake, enjoy it than not eat the cake and be stressed out over it. The interesting statistics prove that eating food without guilt keeps you thin. Not eating food and being stressed about it can make you fat. Eating food and feeling guilty and bad about it makes you obese. Lastly: You are offered the chocolate cake, and you really want it. But you know you're on a diet and you struggle with the decision whether to indulge or be strong. You feel weak and become upset with yourself because the desire for the cake becomes overwhelming. You breakdown and eat the cake knowing full well that you shouldn't. You feel guilty and bad about yourself. This is the absolute worst. Remember, if you choose to absolutely enjoy it and be happy. Do not feel guilty or bad about it. Ideally, if you are going to cheat and want to eat cookies, cakes, ice cream, potato chips, etc., do not buy these products from the supermarket. Go to a health food store and buy the natural organic counter-part. Example: If you like ice cream, you can find all-natural organic ice cream in the health food store. If you want chocolate chip cookies you can find them in the health food store. The advantage is if you read the ingredient list and choose wisely, you can enjoy these delicious treats without all the processing and chemicals that make you fat.

## Hunza Diet Bread

Hunza Diet Bread is a delicious, dense, chewy bread that's very nutritious and is almost impervious to spoilage. The following recipe makes a huge batch of approximately 60 (sixty) x 2 inch squares, high in protein, vitamins and minerals.

Keeps weeks at room temperature, even longer in the fridge and indefinitely in the freezer.

The recipe for this wonderful bread is as follows:

### Recipe One

- 4 cups of water
- 3.5 (three & one half) to 4 pounds of natural buckwheat or millet flour
- 1.5 (one & one half) cups of canola oil
- 1.5 (one & one half) cups of natural unrefined sugar
- 16 ounces of honey
- 16 ounces of molasses
- 4 ounces of powdered soya milk (half cup)
- 1 teaspoon sea salt
- 1 teaspoon cinnamon
- 1 teaspoon ground nutmeg
- 2 teaspoons baking powder (non aluminium)

Hunza Diet Bread has a taste that is very satisfying and chewy all on its own, but you may also add if required, apricots, raisins, chopped walnuts, almonds, sliced dates to the above ingredients. Mix ingredients. Grease and lightly flour cooking pan(s). Ideally use baking trays with about 1 inch high sides. Pour batter in pan(s) half an inch thick over the base. Bake at about 300 degrees farenheit (150 C.) for 1 hour. After cooking, dry the bread in the oven for two (2) hours at a very low heat - 90 degrees farenheit (50 C). After it is cooled tip out and cut into approx 2 inch x 2 inch squares. Store it wrapped in cloth in a container.

You may need to repeat the baking depending on the size of your baking pan, and oven, until all the mixture has been used. Hunza Diet Bread is made from natural buckwheat or millet flour. It is rich in phosphorous, potassium, iron, calcium, manganese and other minerals, as nothing has been destroyed in the preparation from the wheat. Thus it contains the essential nourishment of the grain. This is why you must ONLY use natural buckwheat or millet flour to make your own Hunza Diet Bread..... Good luck and good health .. *bon appetite!*

### **Suggestions to lose weight with HUNZA DIET BREAD**

There are many ways to do it. This is another benefit. It's flexible. Here are some typical plans. Each piece of bread is thinly spread with butter for a total of approximately 100 calories.

**Plan A:** Eat 1 piece every 5 hours of the 16 hours you're awake. That's 3 pieces which total 300 calories. This is the fastest way to lose weight I know of. It works faster than any high protein diet. Why? You have more energy and burn more calories. Second, the high fiber bread keeps your digestive system regular. Third, your body stays healthy. A healthy body means a properly functioning metabolic system.

**Plan B:** Really gorge yourself with the bread. Two pieces every four hours for a total of 8 pieces but only 800 calories. You'll feel full all day. In fact, I doubt many people could eat this much of the bread.

**Plan C:** Eat a piece in the morning for breakfast and a piece 3 hours before your dinner and you will eat a great deal less.

**Plan D:** Eat a piece of HUNZA DIET BREAD, 10 minutes before you eat your regular meal. When we do this we eat only a fraction, such as 1/4 of what we would normally eat. If we wait longer than 10 minutes we don't want to eat at all.

**Plan E:** Eat the bread at the end of meals that don't fill you up enough, such as low calorie meals. This is a perfect way to use the bread. You eat a low calorie meal, enjoy it, then eat a piece or two of bread to fill you up. Perfect! No suffering and no urge to snack.

**Plan F:** Alternate Plan A, B, C, D. We recommend an alternation of the plans, but some people who just want to get the weight off as soon as possible will use Plan A exclusively.

### **Recipe Two**

- 1 (.25 ounce) package active dry yeast
- 2 cups bread flour
- 1 cup whole wheat flour
- 1/4 cup wheat germ
- 1/4 cup packed brown sugar
- 1 teaspoon salt
- 2 tablespoons butter
- 3/4 cup golden raisins
- 1/4 teaspoon ground ginger
- 1/2 teaspoon ground cinnamon
- 1 1/2 cups warm water (110 degrees F/45 degrees C)

### **Directions**

1. Place ingredients in the pan of the bread machine in the order suggested by the manufacturer. Select the Dough/Manual setting and Start.
2. After the first rise, remove the bread from the bread machine. Shape into two loaves, and place into lightly greased 7x3 inch loaf pans. Allow the dough to rise until doubled in volume, but not more than an inch above the top of the pan.
3. Bake at 350 degrees F (175 degrees C) for 35 to 40 minutes.

### **Cleansing for Weight loss**

#### [More on Cleansing and Detoxification](#)

#### • **Candida Cleanse**

If you are overweight, you positively, absolutely have a Candida yeast overgrowth, probably throughout your entire body. Losing weight will be hard and slow and keeping it off nearly impossible as long as this condition exists. If you wipe out the excess Candida losing weight will be easier and effortless, and keeping it off will be a breeze. You must get the book *Lifeorce*, which explains the Candida cleansing process.

#### • **Colon Cleanse**

If you are overweight I guarantee you that your digestive system is slow and sluggish. Unless you are having two to three bowel movements per day, you are in fact constipated. Cleansing the colon will dramatically increase your metabolism, and you can lose up to ten pounds by simply getting rid of the embedded toxins in your colon. There are many colon cleansing programs available. Inquire at your local health food store for recommendations.





- **Liver Cleanse**

If you are overweight your liver is most definitely clogged. Get the book *The Liver Cleansing Diet*.

- **15 Colonics in 30 Days**

This process will clean your colon making it easier for your body to assimilate nutrients. This reduces hunger and increases metabolism. Colonics also allow your body to digest food faster so that it will not turn to fat.

## Wellness & Exercise

- **Walk at least an hour, non-stop, per day**

The body is designed to walk. Research shows that slow, rhythmic movement exercise, such as walking, resets your body's weight set point and creates a thin, lean body. A one-hour walk everyday will change your body dramatically in as little as one month.

- **Rebound**

A rebounder, or mini trampoline, allows you to stimulate and strengthen every cell in the body simultaneously. Gently jumping up and down on a rebounder for just ten minutes a day stimulates the lymphatic system and increases your metabolism. It is very effective for health and weight loss.



- **Breathe**

Oxygen burns fat. Most people do not breathe enough to stimulate their metabolism and fat burning capabilities. There are several great videos which teach breathing techniques that are simple and quick to do that can help you lose weight faster.

- **Wear magnetic finger rings**

Special magnet rings worn on the little finger of each hand while you sleep can have amazing results.

- **Add Muscle**

Muscle burns fat. When you add muscle through exercise you are increasing your body's metabolism. The best way to do this is yoga, Pilates, Chinese Kung Fu, or old fashion basic exercises. There are several videos and books I recommend.

## Things to Avoid

- **Do not eat after 6 p.m.**

Do the best you can on this, however, the good news is you can virtually eat like a pig all day long, and if you stop eating after six you will still lose weight!

- **Absolutely NO aspartame or any artificial sweeteners**

Aspartame, which goes by the name NutraSweet, will make you fat. All other artificial sweeteners including saccharin, Splenda, or anything else, should be avoided. If you want the full story read two books, *Aspartame: Is it Safe?* And *Excitotoxins: The Taste that Kills*.

- **Absolutely NO Monosodium Glutamate (MSG)**

MSG is an excitotoxin. It makes you fat, causes all kinds of medical problems, and can affect your mood making you depressed. It also can be physically addicting, like Aspartame, and actually make you hungrier. It is an excitotoxin. Read the labels of the food you eat. Unfortunately, the food industry has lobbied Congress to pass laws allowing monosodium glutamate to be put in the food and not be listed on the label. There are dozens of words that can be on the label such as spices, artificial flavoring, hydrolyzed vegetable protein, etc. that are in fact MSG in disguise. This is why buying organic food where everything listed in the ingredient list is something you recognize and can pronounce. Also, MSG is in virtually all fast food, including things you would never imagine such as pizza. This is why people in foreign countries eat all kinds of food and never get fat. It's not so much the food, but the ingredients used in American food processing.

- **Absolutely NO diet sodas or diet food**

Diet sodas have been called the "new crack" because they appear to be so physically addicting. They actually make you fat. The reason they are promoted so heavily is because people become physically addicted to them and they are cheaper to make than regular sodas. I did an interesting experiment with people who drank diet sodas on a regular basis. For two weeks they replaced their diet soda with regular high-calorie sugar sweetened soda. Amazingly, no one gained any weight. Even more shocking was 80 percent of the people actually lost weight. One person lost seven pounds! This was stunning to me. Diet foods fall into the same category. Do not eat anything that is being presented as a diet food. They are loaded with ingredients that will actually make you fatter, and make you physically addicted.

- **NO fast food or chain restaurants**

Any restaurant that is a chain, a franchise that sells fast food, produces their food in such a way that it will absolutely make you fat. You can actually eat French fries and cheeseburgers and lose weight! - provided that the ingredients that you use are all organic and contain no chemical additives. It is virtually impossible to eat food in a chain or franchise restaurant where the food has not been processed to last for years without spoiling. The food has to be produced as cheaply as possible for the companies to make money. They must add chemicals to make the food taste great and get you physically addicted. This food also has been produced to increase your appetite and make you fatter. Remember, these are businesses whose only objective is to make a profit. If the food tastes amazing, becomes physically addicting,

increases your appetite, and makes you fat, the restaurant is assured of success. They are like drug dealers getting their customers hooked on their product. The customer can't get enough and becomes so addicted that they keep coming back for more. This is the sad truth of what is happening in our food industry today.

- **NO high fructose corn syrup**

This sweetener makes you fat and is physically addictive. Just stop buying food at the supermarket, go to a health food store instead. Do not buy food that is manufactured by large publicly traded companies. Do not buy brand name food. The profit motive is so high you can be assured that it is not good for you. The sweeteners that are used in food produced in a natural way include organic honey, organic molasses, organic fruit juice, organic dates, the herb stevia, evaporated sugar cane juice. Simply read the labels and if you can't pronounce it, don't buy it.

- **NO white sugar or white flour**

White sugar is in fact physically addicting and makes you fat. However, it is still better than any artificial, man-made sweetener. If you want to sweeten something use the recommendations I listed above. Sugar would be your last option. Artificial sweeteners should not be an option at all. White flour, as I have mentioned previously, when mixed with water, makes paste. Eating white flour makes you fat; it can also be addicting, and clogs up your digestive system, slowing down your metabolism. Use organic whole-grain flours that have not been processed or stripped of the fiber.

- **Limit dairy products**

If you are going to consume milk, cheese, butter, or any dairy products, eat only organic products that have not been pasteurized or homogenized. The dairy products should be labeled "organic and raw." It may be hard to find raw dairy products in some parts of the country. The next best option is organic, not homogenized, but that has been pasteurized. Your last option is organic that has been both pasteurized and homogenized. Ideally, if you want to lose weight, reduce dairy regardless of what you are getting. Definitely, absolutely, do not consume any dairy products that are not organic because they will have growth hormone in them and slow your weight loss.

- **Reduce or eliminate the "uncontrollable" urge to eat when you are not hungry**

Remember, censorship is alive and well in America. The Federal Trade commission has forbidden me from saying my opinions on how a person can eliminate addictions and uncontrollable urges to eat. And you thought there was free speech in America. If the First Amendment were true, I would be able to state my opinions and conclusions. I cannot. However, if you are an emotional eater and have uncontrollable urges and compulsions to eat when you are not hungry, get the book *Tapping The Healer Within: How to Instantly Conquer Fears, Anxieties, and Emotional Distress*.

## **A Few Closing Thoughts**

It's amazing that little things can make a difference. When looking at this list a good way to attack it is pick one thing on the list and do that for just one day. Then, look for another thing on the list and while still doing the first thing, add the second thing. Do that until you feel comfortable adding something else. Keep in mind that the items at the top of the list are the most powerful and will create the fastest results. These techniques absolutely work.

It is interesting that people in America don't realize just how fat they are. I was investigating this phenomenon when people were asked to describe their physical build. The options were slender, average, athletic and toned, a few extra pounds, fat, or obese. Amazingly enough, over 50 percent of the people who picked slender were actually overweight. Ninety percent of the people who picked average were overweight. Ninety-five percent of the people who picked athletic and toned were overweight. What this means is a person may think he has an average build when, in fact, he could be 30 pounds overweight. I had a friend from Australia who was fat. Everyone knew he was fat. He knew he was fat. He said he was fat. Whenever we went out in Australia he was always the fattest person in the room. However, when he traveled to visit Las Vegas a startling observation was made. We were standing in line at a buffet. He looked at all the people in the line, then looked at himself and said, surprisingly, "Hey, all these people are fatter than me." Americans are fat and getting fatter. Take charge and do what needs to be done. You'll look better, you'll feel better, and you will be healthier. There has been so much positive feedback on these techniques that a book will be coming out shortly to make the implementation of them effortless and painless.

Juicing for health [Choosing a juicer](#)

<http://www.healingdaily.com/juicing-for-health.htm>

### **Vegetable juicing**

Vegetable juicing may be one of the keys to good health as it is an important source of [raw food](#). Each of us needs raw foods every day, and juicing is an excellent technique to assure you receive large quantities of such raw foods.



Fruit juicing is certainly beneficial, but it has one disadvantage over vegetable juicing: fruit juice tends to [increase insulin levels](#) when consumed.

Vegetable juice does not raise [insulin levels](#), like fruit juice. The only exception would be carrot or beet juice (and most underground vegetables) which function similarly to fruit juice.

### **Why should I juice vegetables rather than eat them?**

I was first introduced to juicing by the popular motivational speaker [Tony Robbins](#). Tony Robbins has helped me make marked improvements in not only my health but other aspects of my life as well. I highly recommend his life-changing programs.

Many of us have relatively compromised intestines as a result of less than optimal food choices over many years. This limits your body's ability to absorb all the nutrients from the vegetables. Also, vegetable juicing allows you to eat more of the vegetables than you would normally otherwise. By incorporating the juice into your eating plan you will easily be able to reach the one pound of raw vegetables per fifty pounds of body weight that you should eat every day.

### **What do I do with the leftover pulp when vegetable juicing?**

Ideally it would be best to mix it in with the juice and consume it. One of the main values of juicing is that it "pre-digests" the food so you can

absorb all the nutrients. There is some benefit to the fiber though as it serves as fertilizer for the good bacteria in the [colon](#).

### **Can I make my vegetable juice in the morning and drink it later in the day?**

Preferably not. Vegetable juice is one of the most perishable foods there is. Ideally it would be best to drink all of your juice immediately. However, if you are careful you can store your vegetable juice for up to 24 hours with only a moderate nutritional decline.

You can do this by putting the vegetable juice in a glass jar with an airtight lid and filling it the very top. There should be a minimum of air in the jar as it is the oxygen in air (remember air has about 20% oxygen) that will "oxidize" and damage the juice.

Wrap the jar with aluminum foil to block out all light which will also damage the juice and then store it in the refrigerator until about 30 minutes prior to drinking as ideally the juice should be consumed at room temperature.

For those of you who wish to store their juice for longer periods of time, there is a device called the PumpNseal which allows you to vacuum seal your juice in any jar, removing all the air. This makes it possible to store the juice without having its quality affected. You can find out more about the PumpNseal at <http://www.vacusealit.com>.

### **What type of vegetables fo I juice?**

I would recommend starting with the 3 vegetables that are easiest to tolerate:

Celery  
Fennel (anise)  
Cucumbers



Unfortunately these are not as beneficial as the more intense dark green vegetables. Once you get used to these though you can start adding the better, but less palatable ones in.

Green LEAFY vegetables are probably the best to use in your vegetable juicing program. All green leafy vegetables work well. The easiest ones to use include all the lettuces including, but not restricted to:

Red leaf  
Green Leaf  
Romaine  
Endive  
Escarole  
Spinach

You can then put in some of the other similar green leafy vegetables such as

Cabbage  
Chinese Cabbage

Cabbage juice is one of the most healing nutrients for ulcer repair as it is a huge source of vitamin U.

Herbs also make wonderful combinations and there are two that work exceptionally well:

Parsley  
Cilantro (My favorite source for organic cilantro in 1 pound bags is [here](#).)

I highly recommend you use a few [grapes](#) in your vegetable juice. It's a fantastic way to improve the taste of your juice.

You can get more ideas for juicing on the [juicing recipes page](#). There are also many [juicing books](#) which can help you put together a solid juicing program.

### **What about using carrots and beets when vegetable juicing?**

Most people who juice usually use carrots. Do you know why? Of course because they taste so good. The reason they taste so good is that they are full of [sugar](#). I would definitely advise limiting juicing all underground vegetables to decrease [adverse insulin responses](#).

If you are healthy then you can probably add more carrots or beets to your juice. I do believe that the deep intense colors of these foods provide additional benefits for many that are just not available in the green vegetables listed above.

### **You must rotate the vegetables you are using in your vegetable juicing program!**

It is very important to not have the same vegetables every day. It is almost guaranteed that if you do this for any significant length of time you will become quite allergic to them.

### **What type of juicer can I use in my juicing program?**

[Click here to see how to select a juicer that will meet your needs.](#)

### **Cleaning up your juicer is important**

You need to clean your juicer immediately after you juice to prevent it from contaminating the juicer with mold growth. I also find that soaking the plastic juicing parts in a bucket of bleach water works quite nicely to remove the green stains that buildup.

Vegetable juice has virtually no fat and no protein in it. That is why it would be helpful to add some essential oils when you juice as well as some protein supplement to make the meal more balanced. I find the lowest price for high quality amino acids liquid on the internet is [here](#).

### **Adding essential oils to your vegetable juice**

There are four basic food supplements you could use:

- [Fish Oil \(EPA/DHA\)](#) (source of omega 3 fatty acids)
- [Flaxseed oil](#) (source of omega 3 fatty acids)
- [Cod Liver Oil](#) (has vitamin D and vitamin A in addition to the EPA/DHA of fish oil. It is usually less expensive than fish oil also.)
- Evening Primrose Oil (source of omega 6 fatty acids)

### **Juicing as a way of fasting**

Consuming only fresh, diluted juices from various fruits and vegetables for a day or more is a safe and helpful form of [fasting](#). Fasting experts believe that juice fasting actually works better than a straight water fast,

as it helps to eliminate wastes and old or dead cells while restoring and building new tissue with the easily accessible nutrients from the juices. Water fasting is more intense, often resulting in more sickness and less energy, than [fasting with fruit and vegetable juices](#). Paavo Airola, one of the pioneers of fasting in America, states in "[How to Get Well](#) " and other books that "systematic undereating and periodic fasting are the two most important health and longevity factors."

When juicing, always make sure to use [clean filtered water](#) as you do not want chlorine to be a part of your diet.

There is an unfortunate tendency in the U.S., and in U.S. doctors, to look for health in drugs and medications, instead of natural methods which support the body and PREVENT disease, such as juicing. Of course [pharmaceutical companies](#) don't make any money by telling you to eat your greens. You can find out more about the medical establishment in the United States and how public relations firms shape and manipulate the public's beliefs on the "[Why you believe what you believe](#)" page.

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## **Vegetable Juicing - Choosing a Juicer**

Vegetable juicing is beneficial to the body in part because it balances the acidity that most of us struggle with. We all need about one pound of vegetables for every 50 pounds of body weight to balance our pH and juicing helps you to easily do that. Maintaining the proper PH is crucial for [cancer prevention](#) as cancer thrives in a [low PH environment](#).



I've been juicing for many years and over the years I have done extensive evaluations of juicing machines and came to the conclusion that nothing comes close to the value of the [Omega 8001 Juicer](#) . I discuss other juicers which have received good reviews [here](#).

### **What Should You Look for in a Juicer?**

Like most products you should base your choice on quality, performance and price. I find that it is important for the juicer to be operated at low speeds so it won't damage the juice by introducing too much oxygen or

make it too foamy, it should be quiet so that it won't interfere with normal activities, it should be versatile and it should be easy to clean.

### **Your Juicer Should Have Low Speeds to Protect Your Vegetables**

Inexpensive juicers are centrifugal and spin at very high speeds to do their juicing. Common masticating and centrifugal juicers and blenders operate at high speed, anywhere from 1,000 to 24,000 RPM. The high speeds heat up the juice and cause damage to some of the perishable nutrients in the vegetables.

The Omega 8001 is a single gear machine that turns at a slow 80 RPM's to ensure that nothing is lost through heated elements in your juice. There is no wildly spinning basket or destructive, high-speed chopping blade. Therefore, heat and impact shock are virtually eliminated and oxidation is significantly reduced . The result? More of the delicate nutrients survive!

This low speed also helps the single gear machines foam far less than a double gear style juicer like the \$800 Angel juicer.

### **Many Juicers Make Juicing Tedious With Long Cleanups**

Not all juicers are the same when it comes to ease of operation and cleaning. Being easy to clean might not sound like an important choice but it just might have the most influence on your juicing plans.

Poorly made juicers will require extensive cleaning to keep them well maintained. Even expensive juicers, like the \$800 Angel which is stainless steel and uses twin gears, or the \$2,000 Norwalk juicer can take up to 30 minutes to clean properly. Most people find that when it takes that long to clean up their juicing machine they just don't juice.

A quality juicer can be cleaned in less than five minutes. Cleaning the parts of the Omega juicer requires little more than a quick rinse under the tap. This makes them enormously easy to keep clean. This quality design has cut my cleaning time in half while giving me more flexibility in my juicing options.

### **Some Juicers Only Juice Vegetables**



Many masticating and centrifugal juicers have a hard time juicing wheat grass and leafy green vegetables. Many people actually purchase wheat grass juicers because the typical centrifugal juicers can't do that.

Unlike most current popular juicers, the Omega 8001 is designed to extract green juices. They easily produce high volumes of green juice without clogging up, and the pulp comes out dry.

The Omega juicer is made of F.D.A. approved polycarbonate and melamine which are semi-permanent and extremely hygienic. It is equipped with low-speed milling type screw which preserves as much flavor and nutritional value as possible. (Other high-speed juicers can destroy natural flavor and nutritional value of vegetables and fruits.)

The versatile and Omega 8001 has over five completely different functions.

- Vegetable Juice Extractor
- Fruit Juicer
- Seasoning Mincer/Chopper
- Meat/Fish Mincer
- Food Mill

It is easy to disassemble, clean and reassemble for other functions. (about 15 seconds to one minute).

The juicer has a built-in control to prevent overheating and it will restart when they have cooled down. You don't have to worry about the motor burning out.

[Read more technical information about the Omega 8001 Juicer.](#)

## **Other juicers**

In my opinion, the [Omega 8001](#) is the best juicer on the market. However you may have different needs - or a different budget. You can find some other juicers which have received good reviews on [this page](#).

You can get some ideas for juicing on my [juicing recipes](#) page. You can also get some solid knowledge on juicing in the [juicing for health](#) section, as well as the [juicing books](#) page.