

# Health and Wisdom Inc.



## CANDIDA ALBICANS HERBAL REGIMEN

Candida Albicans is a yeast overgrowth in the intestinal tract. The cause includes the use of antibiotics, which destroy the friendly bacteria allowing the yeast to multiply excessively. The yeast then bore holes in the intestines causing toxins to enter the body cavity. These toxins can mimic symptoms of other diseases resulting in misdiagnosed conditions and inappropriate treatment. Yeast feeds on sugar therefore, ALL sugars including fruit & alcohol should be eliminated from the diet. Meats, dairy products, and processed foods can aggravate this condition as well.

The herbal regimen to follow to heal the intestine and put the yeast and bacteria back into balance is as follows:

<b>2 DAYS</b>	Make a 50/50 decoction* of Pau d'arco and Black Walnut Add <b>1 cup</b> of the mixture to <b>one quart</b> of distilled water and drink the entire quart <b>throughout</b> the day.
<b>2 WEEKS</b>	Mix 70% Slippery Elm Powder and 30% Licorice Root Powder. Consume <b>1 tablespoon</b> of this mixture every <b>hour</b> . Eat <b>only</b> vegetables – preferably green, leafy vegetables <b>Note</b> – when mixing the slippery elm with water, make a paste first then dilute with more water for a smooth mixture
<b>2 DAYS</b>	Make a 50/50 decoction* of Pau d'arco and Black Walnut Add <b>1 cup</b> of the mixture to <b>one quart</b> of distilled water and drink the entire quart <b>throughout</b> the day.
<b>6 MONTHS</b>	Eat the Mucusless diet. Add Probiotics, Apple Cider Vinegar, Sauerkraut, Rejuvelac, etc.
<b>IF</b> – Leaky Gut syndrome is present, skip the first 2 days of Pau d'arco and Black Walnut. Go right to the Slippery Elm and Licorice Root combination to heal the intestinal tract first.	

\*To make a decoction pour 1 ½ pints (24 ounces) of cold distilled water over 1 ounce dry cut herbs. **SLOWLY** heat liquid until it is reduced by 1/3. You will have 16 ounces left. This is strong and should be taken as directed. For this application you would use ½ ounce Pau d'arco Cut AND ½ ounce Black Walnut Cut. Refrigerate the unused portion.

<b>ITEMS TO AVOID</b>			
<b>SWEETS</b>	ALL fruits Sodas Honey Sweet potatoes Cooked carrots	Fruit juices Molasses Aspartame Yams Carrot juice	Root beer Maple syrups NutraSweet Cooked beets Sucralose
<b>WHITE SUGAR</b>	And anything made with white sugar		
<b>WHITE FLOUR</b>	And anything made with white flour		
<b>PROCESSED FOODS</b>	Smoked foods Hydrogenated foods		
<b>FERMENTED FOODS</b>	Soy Sauce Malted foods Tofu	Pickles Alcohol	Tempi Malt beverages
<b>FUNGUS</b>	Cheese Peanut Butter Herb teas (except Pau d'arco)	Mushrooms RAW nuts Peanuts	GROUND coffee Citric Acid
<b>MEATS AND DAIRY</b>	Consume <b>NO</b> meats, dairy, eggs, processed or overcooked foods		
<b>CHEMICALS</b>	Cortisone Immunosuppressant drugs Fluoride (including toothpaste) Chlorine		
<b>MICROWAVES</b>	Food and beverages that are thawed, heated, cooked in the microwave contain carcinogenic agents (cancer causing).		

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## Dr. Christopher's Mucusless Diet

<b>The Do's</b>	Any whole, live, raw foods. Fruits, vegetables, whole grains, nuts, seeds, and a small amount of fresh fish or chemical free chicken.
<b>The Don'ts</b>	<p>Salt, eggs, all refined sugars, meat, all milk products, flours and flour products.</p> <p>The best food to start the day is fresh fruit or a good low heated whole grain. This should be a cereal in its wholesome state (with life in it). It can be prepared in a thermos bottle: Take a thermos bottle, fill in the early afternoon or evening one-third full of grain, then finish filling the thermos bottle with boiling water. Turn the thermos over two or three times to mix the grain and water. The next morning the grain is ready for consumption.</p> <p>Sprouted grains are another excellent and nutritious food source. Alternate the grains. Almost any live seed or grain can be sprouted, find the one you like and enjoy.</p> <p>Fruit and vegetable juices along with dried fruits are another wonderful source for this diet.</p> <p>There are also thousands of salad combinations available, with some investigation and experimentation; you will never run short of interesting combinations. This diet can be challenging as well as rewarding. The health and wellness that will result from following this diet is reward enough.</p>
<b>Additional Items</b>	<p>Honey and Apple Cider Vinegar – 1 Tablespoon of each in a glass of warm water. Sip 15-20 minutes before eating. Three times a day.</p> <p>Black Strap Molasses – 1 Tablespoon three times a day.</p> <p>Wheat Germ Oil – 1 Tablespoon 3 times a day.</p> <p>Kelp – 3-10 tablets a day</p> <p>Cayenne – 1 teaspoon in a cup of warm water 3 times a day 10-15 minutes before meals. Or 2 capsules with plenty of water. Additional water may be needed 5-7 minutes after taking the capsules to provide sufficient water when the capsules dissolve to avoid discomfort.</p>

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## REJUVELAC

### Anne Wigmore's Hippocrates Health Drink

I was first introduced to Rejuvelac by my friends at the Hippocrates Health Centre on the Gold Coast of eastern Australia, where the guests drink a glass of rejuvelac each day to improve their bowel flora. Rejuvelac may also be used as a starter for sourdough bread, and nut and seed cheese.

#### INGREDIENTS

Makes 2 quarts.

- 1 cup of wheat grains, from a health food store.
- 2 quart of water.
- 2-quart mason jar (wide mouthed).

#### INSTRUCTIONS METHOD 1

1. Add the wheat grains to the mason jar. Fill with water and cover with gauze, held securely in place with an elastic band.
2. Leave the jar on a kitchen bench out of direct sunlight. Give the jar a gentle twirl, but not a shake, every 12 hours. Once a light foam develops the Rejuvelac it should be ready for use. It may take anywhere from 2-5 days to ferment the Rejuvelac depending on the ambient temperature. In hot weather where it may ferment too quickly (around 24 hours) it is possible for the Rejuvelac go putrid. Rejuvelac should have a pleasant yeasty smell with a lemon like flavor.
3. Decant the Rejuvelac into a flagon and refrigerate. Refill the jar with water and ferment for another 24-36 hours to make a second culture. Decant the Rejuvelac and discard the wheat grains.

#### INSTRUCTIONS METHOD 2

1. Soak the grain over night. Rinse then lay the jar on its side to drain and leave the wheat to sprout for 1-3 days or until the roots are 1-3 mm long. Keep the jar covered with muslin and rinse periodically to prevent the grains from drying out, and to remove harmful organisms.
2. Fill the jar with water and ferment the culture for 1-2 days or until it has gone milky with a layer of froth on the surface.
3. Decant the liquid and refrigerate.

#### NOTE:

1. It is possible for Rejuvelac to bad (as it is for sprouts and probably any fermented culture). You can generally tell if the rejuvelac is okay by the smell and taste. It should be acidic with a pH less than pH 3.9. It is good practice to observe, smell and taste the rejuvelac periodically to become accustomed to the changes that occur (as it is for any fermented culture). Rejuvelac should keep in the fridge for a week or more, and will gradually sweeten with time.
2. All bacteria and yeasts have an optimum incubation temperature. Refrigeration will inhibit the growth of some organisms but may give an opportunity for others to flourish. Hot weather or high temperatures, may encourage the rapid growth of pathogenic organisms before the beneficial organisms get started, in which case the culture will smell putrid. If your culture goes off, then discard it, sterilize the jar and wait for cooler weather. In hot weather, it is feasible that a slight acidulation of the water with a little lemon juice at the start of the fermentation, may provide an environment less suited to pathogenic organisms.

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