

16 TOP “Life Changing” FOODS

That “LIFT THE LIVER’S LOAD” & “MAGNIFY A WOMAN’S VITALITY”

Berries: Liver’s Medicine Chest, Woman’s #1 Vitality Food



Berries protect and shield the liver from troublemakers causing damage. All berries, including raspberries, blackberries, and blueberries, stop the liver from oxidizing too easily when saturated with toxic heavy metals and poisons. Berries have the pro-fertility compounds responsible for a woman’s reproductive system’s ability to maintain a constant balance, so the “low battery” behind

so many cases of mystery infertility does not occur.

Ultimate breakfast – add your berries to NuPlus or enjoy Mixed berry NuPlus!

Just to show the significance of blueberries and the brain. Is your freezer full of

blueberries? **Helps Relieve: Anxiety, Acne, Menstruation challenges, Hormonal Imbalances, Candida overgrowth, Depression.**

Grapes – Truly a Liver-Cleansing Food



Amazing to help expel radiation, draws out DDT and toxic heavy metals, antiviral – fighting the viral-explosion. Most all hormonal issues are toxic liver caused – lift the load. While Grapes are shunned for their high sugar content, we ought to think twice. The very sugar content in grapes helps revitalize the liver. They’re truly a longevity food, increasing the liver’s performance in every

one of its over 2000 chemical functions. The fruit acid unique to grapes is a great dissolver of gallstones—think about that the net time you eat some grapes, rather than worrying if there’s too much sugar or if they’ll make you gain weight. Weight gain is the last thing grapes create. They are an outstanding energy food. How about making a huge dish of grapes a meal or a frozen grape slushy? We love to freeze grapes and enjoy as an at home Sat. Night at the movies food!

Helps Relieve: PMS, , brain fog, backaches, hot flashes, hair loss, Breast cancer, endometriosis, infertility, depression, sleep disorders, low reproductive system.

Apples: Ultimate Colon Cleanser



True brain food, anti-obesity, heavy metal and radiation expelling, cleanses & purifies the organs and lymphatic system, repairs damaged skin, and regulates blood sugar. **Helps Relieve: Adrenal fatigue, obesity, anxiety, Candida, heart palpitations, PMS, fatigue, bloating, gas, constipation, nervousness, anxiousness, weight gain, brain fog, Menopause symptoms.**

Bananas: Fungus Destroyers - Powerful Antiviral



The fructose in banana is liver's favorite source of food. It provides quick fuel to the liver and wakes up sleepy cells, increasing their ingenuity and work output. Soothes the livings of the intestinal tract and also soothes the nerves attached to the intestinal tract. "Contrary to popular belief, bananas are on the most antibacterial, anti-yeast, antifungal foods. A great food to combine with other nutrient-rich foods or to take

with supplements, because they improve the liver's ability to absorb nutrients. Bananas are an ultimate fungus destroyer and powerful antiviral fruit. Freeze them and every day put them into your Sunrider smoothies. Sweetens and nourishes every one. **Helps relieve: Candida overgrowth, bloating, abdominal cramping, depression, diverticulitis, infertility, low reproductive battery.**

Cherries: Ultimate liver tonic, cleanser, and rejuvenator



High in anthocyanins that bond to specific troublemakers from the petrochemical group that stores deep inside our livers. Cherries red pigment acts as a degreaser, dispersing these sticky, gluey toxins and allowing them to gravitate out of the liver and into the gallbladder. The anthocyanins prevent the toxins from being reabsorbed back into the liver, and the rich fiber from the cherry fruit helps rush the poisons out of the

body. Cherries are one of the best endocrine-system boosting foods. If weight loss is what you're after - cherries are your new best friend. Cherries, are phenomenal source of zinc and iron. Sharpen the mind by purifying the bowels-better than prunes for alleviating constipation. Even helps alleviate bladder prolapse. Think what will happen if you add NuPlus to a cherry smoothie!!! Powerhouse. **Helps Relieve: Polycystic ovarian syndrome (POCS), ovarian cysts, infertility, low reproductive system battery, fatty liver, breast cancer, depression, acne, fibroids, UTIs, cravings, sluggish liver, memory loss, back pain, blood toxicity, ovarian cysts.**

Lemons/Limes: Starve the bad, and protect the good.



A wonderful shot of glucose for your liver and brain to help lift the load to cleanse and heal. Citrus are keys to the 21st century's epidemic of chronic illnesses. Lemons and limes improve hydrochloric acid production as well as bile production and potency. They contain micro minerals salts that break down pathogens such as unproductive bacteria, mold, yeast, fungus to help protect your liver's immune system.

The rich calcium levels in lemons and limes bind to the Vit C within them, and both of these enter into the liver where they waken a stagnant, sluggish, fatty liver, helping loosen and

disperse fat cells. Lemons and limes clean up dirty blood syndrome, improve glucose absorption and even protect the pancreas.

First thing in the morning: cleanse all the acids and toxins from the liver's hard of cleansing and regenerating at night. Make this a part of your every morning routine: Squeeze fresh juice of these fruits or better yet, take a the whole fruit and instead of squeezing fresh juice,, and drop the entire fruit – white, the seeds, everything into the blender with 2 cups water and blend. To magnify the benefits of this fresh morning juice, add a Fortune Delight's to specifically help cleanse the digestive system, and hydrate the body. This makes a powerful combination. A squeeze of SunnyDew in it makes the best juice ever! Start your day clean, hydrated, and ready for nourishment. Zing your day off to a great start! **Helps Relieve: UTIs, acne, migraines, insomnia, hypertension, anxiety Candida overgrowth, weight gain, headaches, low reproductive system battery, infertility.**

Melons: Ideal Recharging Food



Melons are purified balls of water, nearly identical to the water in our blood. They are highly active to bind onto poisons of all kinds: Flushing them out to allow the immune system to restore itself; Also driving out traces of DDT, pesticides, herbicides, and heavy metals from deep within the organs. Melon is also one of the most powerful glucose balancers, working to prevent insulin resistance

and lower elevated A1C levels. The fruit's high electrolyte content helps protect the brain and the nervous system from stress related strokes, aneurysms, and embolisms.

The reason some people have trouble with melons is that melons move so quickly thru the digestive tract that melons can start to ferment if eaten with denser foods.

Consider recharging the reproductive battery, try eating a least halve a small melon per day, to truly reap melon's many benefits. **Helps Relieve: Acne, Infertility, low reproductive battery, depression, anxiety UTIs, accelerated aging, back pain, brain fog, leg cramps.**

Artichoke: One of the Most Nourishing Super Foods!



Contains phytochemical compounds that stop the growth of tumors and cysts inside the liver. The liver relies on other chemical compounds found in artichokes for many of its own chemical functions—they work hand in hand to keep the liver's neutralization, screening, and filtering abilities strong.

Dense source of minerals for nourishing deeply into the dense organs such as liver spleen, pancreas, brain adrenals and thyroid.

Learn how to bring this amazing nutritional food into your life.

Help Relieve: Urinary urgency, emotional eating, Endocrine system disorders, cirrhosis of the liver, fatty liver, liver cancer, insomnia, abnormal pap smear results, low reproductive battery, infertility

Asparagus is a critical organ cleanser



Gets deep into organs such as the liver, spleen, pancreas, and kidneys. The chlorophyll is bonded to amino acids providing an avenue for heavy metal detox. Asparagus is one of the most adrenal-supporting table foods in existence for bringing back to life adrenal glands pushed to the max. High in very easy to absorb B vitamins, and many critical trace minerals such as iron and zinc. In an acidic environment, if we want to remain free from disease, look for foods that are highly alkalizing such as asparagus to flush out those toxic acids and help keep ourselves balanced with trusted friends like asparagus. We have a phenomenal asparagus recipe in the first week's section. We eat it as our Friday night special. **Helps Relieve: Low reproduction battery, infertility, sleep apnea, acne, ovarian cysts, PCOS, PMS, Loss of libido, menopause symptoms, back pain, urinary urgency.**

Avocados – The mother of fruits



- Anti-radiation agents that are phyto estrogenic –to stop estrogen related reproductive and colon cancers.
 - Ultimate gut soother, healer
 - Helps restore stomach and intestinal linings – great for any digestive disorders
 - Amazing for the brain
- Healthy source of omega-6 fatty acids for healthy brain growth.
 - helps restore the central nervous system

Helps Relieve: Candida overgrowth, headaches, panic attacks, menopause symptoms, memory loss, Abdominal cramping, PMS.

Celery: Starves the Bad & Feeds the Good



An undiscovered subgroup of sodium salts, called cluster salts protect the liver's cell membranes and inhibit the growth of viruses, bacteria, and fungus. Celery restores the liver's bile production capability as well as the potency and complicated structure of the bile, which in most people is completely imbalanced. It's cluster salts bind onto freeloading poisons and toxins inside the liver and flush them into the bloodstream, remaining bonded so that the troublemakers leave the kidneys or intestinal tract safely. Celery purges the liver while bringing down the liver's heat to a safe level. It's the ultimate gallbladder rehabilitator, helping to dissolve gallstones over time, making them small enough either not to cause harm or to be able to pass through the bile duct. Celery's sodium also expands the bile duct so it's not restricted, in case of large stone does breach. Removes mucus out of the intestinal tract and liver and increases production of the undiscovered seven-acid blend of hydrochloric acid in the stomach. Disperses fat cells inside the liver. Without realizing it, we get celery from different regions and different farms. This is beneficial because different earth affects the mineral salt composition of celery grown in it, so we end up getting a variety of sodium compositions that help our immune systems. Celery is a powerful herb we should never

forget. **Helps Relieve: Acne, infertility, migraines, thyroid, low reproductive battery, anxiety, UTIs, depression, vaginitis, yeast infections, insomnia, cysts, sluggish liver, brain fog, Candida overgrowth, memory loss, anxiousness, sleep disturbances.**

Cucumbers: Super Hydrate-Super Cleanse



Your liver's always in need of living water that's filled with minerals and other nutrients, because your liver keeps your blood hydrated. It relies on sources such as cucumber for that living water. This minimizes dirty blood syndrome by helping reduce fats and toxins inside of dirty blood.

Phytochemical compounds in cucumbers act as anti-inflammatories to the small intestines and colon. Cucumbers have a gentle blood-thinning ability too allowing for detox to occur naturally, without obstruction. So many people go through life with chronic dehydration, with no idea of the negative effect it's having on their health.

Cucumber – table food and Fortune Delight Whole Concentrated Herbal food

Goal: hydrating at the deepest cellular level.

- Excellent to cool a hot, stagnant liver
- Cool down overused and undernourished adrenal glands
- Cool down and nourish Kidneys that are struggling to filter out toxic debris and getting overheated from toxic uric acid
- Acts like water on fever
- Great news for anxiety and other neurological conditions
- Helps the body better able to digest proteins and get the most out of everything you eat
- Helps reduce bloating
- Hydration and cleansing! 2 Winners!

Include one or both of these winners on a daily basis. **Helps Relieve: Stagnant liver, anxiety, infertility, low reproductive battery, yeast infections, PMS, bloating, headaches, hot flashes, weight gain, menopause symptoms, anxiousness,**

Garlic: Pathogens Worst Nightmare.



Since the liver deals with an onslaught of pathogens, it needs herbs and foods that help it fight it's cause. Garlic is one such herbal food. The medicinal, pungent, astringent quality of garlic is a pathogen's worst nightmare. Phytochemical compounds from garlic seep through the walls of the intestinal tract into blood vessels that lead up to the hepatic portal vein into the liver. The liver's immune system welcomes these compounds because it know they're like a relief army coming in so the immune system can find reprieve and retreat to build up it's forces. These phytochemical compounds are like throwing sand into someone's eyes they literally hit a variety of pathogens inside the liver, forcing them to back down and even killing off some of them. If you're sensitive to garlic, try onions, they have similar qualities. Zing up your batteries with garlic! Garlic is an amazing food for just about every health need. Put it in everything! **Helps Relieve: Vaginal strep, UTIs, low reproductive system battery, breast & prostate cancer.**

Greens: Bursting with Recharging Life.



Top 3 greens: Kale, Spinach and butter leaf lettuce – bursting with recharging life. Beneficial food for the entire intestinal tract because it starves unfriendly bacteria and microorganisms while feeding beneficial bacteria and microorganisms. Very helpful for improving the ileum environment, which in turn improves vitamin b12 production so the liver can receive this vital nutrient through the hepatic portal vein. A little lemon vs. liver clogging dressings will keep the recharging going. Check out our Favorite Garlic Lovers Dressing! **Helps Relieve: Abdominal cramping, PMS, Infertility, Menopause symptoms, Hot flashes, Migraines, Brain fog**

Red Potatoes: Inhibit viral growth!



Potatoes are abundant in amino acids that specifically inhibit viral growth. Potatoes are high in glucose that provides substance to the liver, as it's precisely what the liver relies on to keep strong. It also helps build up glycogen storage the very resource that protects us against blood sugar problems, weight gain, fatty liver, and dirty blood syndrome. Potatoes keep the liver grounded and stable, giving us a good constitution. They're also shunned for being a nightshade, when in truth they have the ability to reverse many varieties of chronic illness. Your reproductive battery will love Red Potatoes: The red skins are especially important – an extremely beneficial vegetable. It's what we put on our potatoes that are the negatives – a little seasoning is perfect. **Helps Relieve: Fatigue, brain fog, Candida overgrowth, anxiety, insomnia, low reproductive battery, infertility, endometriosis, inflamed uterus, ovaries, and/or fallopian tubes.**

Sweet Potatoes – Rid Body of Destructive Estrogen.



Sweet potatoes are phytoestrogens ridding the body of unusable, destructive, cancer-causing estrogen that interferes with the body's hormone function. These estrogens come from plastics, pharmaceuticals, food, and environmental toxins as well as from the body producing an overabundance of hormone (due to a diet high in estrogen-producing foods. Because it's more than the body can use, this estrogen becomes inactive and builds up in the organs, negatively affecting the endocrine system. By purging this excess estrogen, sweet potatoes make room for healthier estrogens to take their place. **Helps Relieve: abdominal cramping anxiety, depression, UTIs, PCOS, endometriosis, weight gain, heart palpitations, hot flashes, abdominal cramping, accelerated aging, abnormal Pap smear results, we, cancers: breast, ovarian, cervical, adrenal fatigue, sleeping disorders**