



The Great Physician

Your Greatest Health Care Advocate

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Credits to Pat Lathrop from Natural Alternative Health

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The Great Physician *Your Greatest Health Care Advocate*

With over twenty percent of the Bible talking about healing, do you think it was a priority for our Heavenly Father to make provision for our healing? He tells us in James 5:14-15: *"Is any one of you sick? He should call the elders of the church to pray over him and anoint him with oil in the name of the Lord. 15) And the prayer offered in faith will make the sick person well; the Lord will raise him up. If he has sinned, he will be forgiven."* In James 5:16 we are asked to *"confess your sins to each other and pray for each other so that you may be healed."* Let us also read Isaiah 53:5: *But he was pierced for our transgressions, he was crushed for our iniquities; the punishment that brought us peace was upon him, and by his wounds we are healed.*

Here are several things the Great Physician teaches we can do to be proactive and promote good health or healing:

PRAYER

It makes sense that in order to receive something you want or need, you must first ask for it. Jesus told his disciples to pray night and day and to not give up. He also told us we are to have the elders of the church pray for us.

Matthew 7:7: Ask and it will be given to you; seek and you will find; knock and the door will be opened to you.

Luke 18:1-7: 1) Then Jesus told his disciples a parable to show them that they should always pray and not give up. 2) He said: "In a certain town there was a judge who neither feared God nor cared about men. 3)

And there was a widow in that town who kept coming to him with the plea, 'Grant me justice against my adversary.' 4) "For some time he refused. But finally he said to himself, 'Even though I don't fear God or care about men, 5) yet because this widow keeps bothering me, I will see that she gets justice, so that she won't eventually wear me out with her coming!'" 6) And the Lord said, "Listen to what the unjust judge says. 7) And will not God bring about justice for his chosen ones, who cry out to him day and night? Will he keep putting them off?"

James 5:16: 16) Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous man is powerful and effective.

Matthew 18:19-20: 19) Again, I tell you that if two of you on earth agree about anything you ask for, it will

be done for you by my Father in heaven. 20) For where two or three come together in my name, there am I with them.

FAITH

While a great amount of faith is not required for God to heal, it certainly can't hurt. Jesus was unable to do miracles in his hometown because of the lack of faith, but he was still able to heal sick people! With faith Jesus tells us that "Nothing will be impossible for you".

Mark 6: 1-6: 1) Jesus left there and went to his hometown, accompanied by his disciples 2) When the Sabbath came, he began to teach in the synagogue, and many who heard him were amazed. "Where did this man get these things?" they asked. "What's this wisdom that has been given him, that he even does miracles! 3) Isn't this the carpenter? Isn't this Mary's son and the brother of James, Joseph, Judas and Simon? Aren't his sisters here with us?" And they took offense at him. 4) Jesus said to them, "Only in his hometown, among his relatives and in his own house is a prophet without honor." 5) He could not do any miracles there, except lay his hands on a few sick people and heal them. 6) And he was amazed at their lack of faith. Then Jesus went around teaching from village to village.

Matthew 17:19: when he said "I tell you the truth, if you have faith as small as a mustard seed, you can say to this mountain, 'Move from here to there' and it will move. Nothing will be impossible for you."

LOVE AND FORGIVENESS

There is no question that God wants us to Love and Forgive each other. Love is God's command. Love is healing.

John 15:12-14: My command is this: Love each other as I have loved you. 13) Greater love has no one than this, that he lay down his life for his friends. 14) You are my friends if you do what I command.

Hebrews 13:1-2: Keep on loving each other as brothers. 2) Do not forget to entertain strangers, for by so doing some people have entertained angels without knowing it.

Isaiah 58:7-8: Is it not to share your food with the hungry and to provide the poor wanderer with shelter-- when you see the naked, to clothe him, and not to turn away from your own flesh and blood? 8) Then your light will break forth like the dawn, and your healing will quickly appear; then your righteousness will go before you, and the glory of the LORD will be your rear guard.

1 Corinthians 13:4-7: Love is patient, love is kind. It does not envy, it does not boast, it is not proud. 5) It is not rude, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. 6) Love does not delight in evil but rejoices with the truth. 7) It always protects, always trusts, always hopes, always perseveres.

Mark 11:23-25: I tell you the truth, if anyone says to this mountain, 'Go, throw yourself into the sea,' and does not doubt in his heart but believes that what he says will happen, it will be done for him. 24)

Therefore I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours. 25) And when you stand praying, if you hold anything against anyone, forgive him, so that your Father in heaven may forgive you your sins.

Proverbs 15:30: A cheerful look brings joy to the heart, and good news gives health to the bones.

Proverbs 12:18: Reckless words pierce like a sword, but the tongue of the wise brings healing.

Proverbs 16:24: Pleasant words are a honeycomb, sweet to the soul and healing to the bones.

GOD'S PROTECTION

There are forces of evil that you may need protection from. Ask God for protection.

Ephesians 6:11-13: 11) Put on the full armor of God so that you can take your stand against the devil's schemes. 12) For our struggle is not against flesh and blood, but against the rulers, against the authorities against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. 13)

Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand.

GOOD HEALTH CARE

God continues to work miracles in many ways and through many people.. As an iridologist and nutritional Health Coach, I am here to offer support and education as well as encourage you to be proactive when it comes to your health.

Luke 5:31: 31) Jesus answered them, "It is not the healthy who need a doctor, but the sick."

A HEALTHY DIET

There are many references in the Bible (see Appendix A) about what we should and shouldn't eat.

Apples

Barley

Beans

Bread

Dairy

Figs

Fish

Fruit

Garlic

Grains

Grapes

Herbs

Honey

Meat

Melon

Milk

Nuts

Olives

Onions

Pomegranates

Spices

Vegetables

Wheat

Yogurt (curds)

TAKING CARE OF THE SPIRITUAL MAN: PROMISES FROM THE GREAT PHYSICIAN

It is important that we read the Word of God, study and memorize scriptures, as well as spend time meditating on His words. It is just as important to pray using the very scriptures the Great Physician gave us in His Word. Learn to plead the promises of God. You see, prayer is the key to heaven, but FAITH unlocks the door. You must have faith. Where does faith come from? Romans 10:17: "So then faith cometh by hearing, and hearing by the word of God." Read it out loud. Read it until you believe it. Once you believe it, pray it, quote it in your prayer. Use the scripture just like a well-verse lawyer pleading his case.

There are many promises in the Word of God: a promise for every need, burden, problem, and situation.

2 Corinthians 1:20 says, "In Him all the promises of God are yes." See Appendix B for more promises.

TAKING CARE OF THE PHYSICAL MAN: WHERE DO I START?

A wise man once said, "If you want something you've never had, you have to do something you've never done." I wish I could take credit for that comment since I have used it in my own life for many, many years because it is so true. Our spiritual life, our physical life, our financial life, our relationships . . . nothing will change if we don't do something different.

One of the first and foremost actions we can take in being proactive about our health is to take care of our liver. Our liver is the fuel filter for our body. Everything we ingest is filtered through it: food, prescription drugs, alcohol, etc. The liver cannot last and stay healthy with year after year of putting trash in but never cleaning the filter. I like to say if you take care of your liver, your liver will take care of you. Isn't that a profound statement?

There is no better day than today to get started!

LIVER CLEANSE

The Liver Cleanse is a great way to detoxify your liver, lymphs, and kidneys. It will also help banish sugar cravings, as well as help lose all those unwanted pounds! That in itself is a fabulous return for your investment!

You may have heard the Liver Cleanse targets these five hidden factors of unwanted pounds:

1. Liver toxicity
2. Waterlogged tissues
3. Fear of eating fat
4. Excess insulin
5. Stress fat

The liver performs nearly 400 different jobs. It is the body's most important organ, functioning as a living filter to cleanse the system of toxins, metabolize proteins, control hormonal balance, and produce immune-boosting factors

Your liver produces bile that emulsifies and absorbs fats in the small intestine. Bile is the real key to the liver's ability to digest and assimilate fats. If you have a roll of fat at your waistline, you may have what is commonly called a "fatty liver." Your liver has stopped processing fat and begun storing it. Only when you bring your liver back to full function will you lose this fat.

The liver metabolizes not only fats but also carbohydrates and proteins for use in your body. The liver converts amino acids from food into various proteins that may have a direct or indirect impact on your weight. Many proteins transport hormones through the blood stream, hormone balance is crucial to avoid water retention, bloating, and cravings, as well as other health problems. Protein also helps

The liver's most important function and the one that puts it at greatest risk for damage, is to detoxify the myriad toxins that assault our bodies daily. A toxin is any substance that irritates or creates harmful effects in the body.

The liver is a workhorse that can even regenerate its own damaged cells. However it is not INVINCIBLE. When it lacks essential nutrients or when toxins overwhelm it, it no longer performs, as it should.

Hormone imbalances may develop, fat may accumulate in the liver and then just under the skin or in other organs.

Toxins build up and get into your bloodstream. Among the signs of "toxic liver" are: Weight gain (especially around the abdomen), Abdominal bloating, High blood pressure, Fatigue, Cellulite, Indigestion, Mood swings, Depression, and Rashes.

When your liver is sluggish every organ in your body is affected, and your weight loss efforts are blocked. A toxic liver is unable to break down the adrenal hormone aldosterone, which accumulates to retain sodium (and water) and suppress potassium. This can raise your blood pressure

A toxic liver can lead to hypoglycemia, which can produce sugar cravings, weight gain, and candida overgrowth.

A toxic liver is unable to process toxins, enabling them to escape into the bloodstream and set off an immune response, your immune system becomes overworked and the liver becomes overloaded with pollutants and toxins and it cannot efficiently burn body fat, and thus will sabotage your weight loss efforts.

Liver Stressors:

Probably nothing you do to control your weight is as important as keeping your liver healthy. This means avoiding as many of the damaging elements as possible while embracing liver boosters. Among the lesserknown compromisers of liver function are caffeine, sugar, Trans fat, medications, and inadequate fiber.

☐ **Caffeine**- when you drink a cup of coffee or can of cola, the caffeine is absorbed throughout your body. The liver must detoxify this caffeine without the aid of your kidneys. The kidneys attempt to excrete the caffeine molecules via the urinary tract, but they are reabsorbed into the bloodstream too fast. So the liver has to detoxify the caffeine alone. Research shows that women detoxify caffeine slower than men. If a woman is taking birth control, she will need about twice the average time to detoxify the caffeine she consumes. You may also be getting caffeine, from chocolate, cocoa, tea, some soft drinks, kola nut and guarana root supplements, Excedrin, Anacin, Vanquish, Midol, Cope, Premens, Vivarin, NoDoz, and Dexatrim.

☐ **Sugar**- In the process of being metabolized, sugars rob your body of valuable nutrients; some of these are zinc, which is essential for liver function. Sugar also inhibits your liver production of enzymes needed in the detoxification process. Your liver must go into overdrive to convert the sugar into fats such as cholesterol and triglycerides. Once the liver has made this heroic effort, the fats may pile up in your liver and other organs or accumulate in the most typical fat storage areas of your body—thighs, buttocks, and abdomen! Your liver must work overtime to detoxify the toxins produced by the fungal form of flourishing Candida, compromising the organ's fat-burning ability.

☐ **Trans Fats**- Trans fats are created when vegetable oils are hydrogenated. Trans fats impede your liver's ability to burn fat! They retard the conjugation phase of detoxification, increase fatty deposits within the liver and thicken the bile, thus impeding bile flow through the bile ducts. Trans fats are widely used in commercial baked goods and other processed foods and in fast food restaurants.

☐ **Medication**

☐ **Inadequate Fiber**- Most Americans eat only 10 to 12 grams of fiber a day and experts believe that 20 to 35 grams are ideal for long-term health. Fiber's healthful benefits are its role in moving toxins out of your body. Insoluble fibers, from flaxseed, for example, absorb water in your digestive tract. This speeds up transit time to move waste products out of your body. Without adequate fiber, up to 90 percent of cholesterol and bile acids will be reabsorbed and recirculated to the liver. This taxes your liver and reduces its fat-burning abilities.

IMPORTANT FOODS AND SUPPLEMENTS FOR YOUR TIRED, TOXIC LIVER

The liver is the primary fat-burning organ in the body, and it must be cleansed and supported in order to achieve peak performance. **Your liver is strongly affected by a poor diet.** In fact, a liver overloaded with pollutants and

toxins is the number one weight-loss roadblock. Excess fat, sugar, alcohol and caffeine—along with antidepressants and birth control pill—work to sabotage your weight loss efforts by creating a tired and toxic liver that can't efficiently burn body fat.

Liver Cleanses have also found that it improves circulation, increases energy, stabilizes mood swings, induces sound sleep, improves skin texture, makes nails stronger, and helps to lessen depression and anxiety. They also report lower cholesterol (as much as 30 points) and balanced triglyceride levels.

☐ **Long Life Cocktail-** (100% pure cranberry juice, water, and psyllium or flaxseed) is a potent source of phytonutrients such as anthocyanins, catechins, luteins, and quercetin -powerful antioxidants, providing nutritional support and cofactors for the liver. These nutrients seem to digest fatty globules in the lymph. Fiber blocks the absorption of fat, increases fat excretion, and binds toxins so that they are not reabsorbed into your body.

Lemons - High in vitamin C, a powerful antioxidant in the body, vitamin C travels through your system; preventing cellular damage and cholesterol build up by zapping any free radicals it meets. Recently, researchers discovered a substance in lemons called limonene. This essential oil has been shown to shrink cancerous tumors, detoxify carcinogens in the body, and stimulate the healthy flow of lymph fluids. Lemons assist in the digestive process by producing necessary enzymes, invigorating the gall bladder and liver, and promoting the absorption of protein and minerals from foods. It benefits bile formation, which is essential for optimal fat metabolism and helps regenerate the liver. It also promotes peristalsis, the movement in the bowels that keeps waste moving along the digestive tract and out of the body for elimination. Lemon juice also helps liquefy fat so that it can be flushed out of your system faster. Drinking lemon juice in hot water acts as a mild diuretic, ridding the body of retained water and toxins. It may also help to reduce cellulite by cleansing the lymphatic system and stimulating blood flow to the skin.

☐ The plans **Cranberry Juice/Water (Cran-Water)** mixture and plain water will assist your liver in diluting and expelling the increased body wastes from the two-phase detoxification process. Water provides the hydration necessary to empty stubborn fat stores as your liver becomes more efficient at using stored fat for energy. Packed with flavonoids, enzymes, and organic acids, such as malic, citric, and quinic acids, they have an emulsifying effect on stubborn fat deposits in the lymphatic system. The lymphatic system, which has been called the "garbage collector of the body," transports all kinds of waste products not processed by the liver. With the help of organic acid components, the cranberry juice digests stagnated lymphatic wastes, which could very well be the reason FF claim that their cellulite disappears.

☐ **Raw Apple Cider Vinegar (ACV):** An excellent fat burner helps whittle away excess weight and revs up the metabolism. A recent study found that participants who consumed as little as 1 ½ Tb. of ACV ate 200 fewer calories at the following meal. The main ingredient in ACV is acetic acid, which is a powerful nutrient that has proven to stimulate the metabolism. It also contains dozens of other nutrients that work to eliminate fat by creating the ideal chemic balance in the body. ACV contains potassium, which helps transfer nutrients to your cells and gives toxic waste substances the boot, contains pectin, a fiber that "scrapes" the cholesterol off blood vessel walls, and also helps cleanse and tone the digestive tract, while increasing circulation, soothing achy joints and sore muscles, and giving skin a healthy sheen.

□ **Daily Protein** is important to your liver's health and function. Protein can raise your metabolism by 25 percent and activate the production of enzymes needed during detoxification. Your liver needs protein to produce the bile that is essential for absorbing fat-soluble nutrients. Proteins are the tissue and muscle rebuilders. For every pound of muscle gained you will burn extra calories. Subsequently you will help stop hunger and keep blood sugar/insulin levels steady as well as support your system's detoxification process.

Eggs, are the highest dietary source of several sulfur-based amino acids, needed by the liver to regulate bile production. This nutrient rich food is also a superb source of phosphatidylcholine, a nutrient needed for overall liver health and to make lecithin, which helps prevent cholesterol oxidation harmful to the liver and other organs.

ed meat such as lean (grass fed) beef and lamb are high in L-carnitine, which plays a vital role in normalizing liver enzymes in the blood and in the livers use and metabolism of fatty acids. L-carnitine also helps clear waste products from the mitochondria to avoid free-radical accumulation and damage. One gram or more of l-carnitine per day has been shown by at least one study to be enough to burn off 10 extra pounds in 12 weeks when combined with a Flat Flush type diet and light exercise.

□ **Whey Protein**- Unlike soy or wheat protein, whey contains all the essential amino acids and has the highest number of branched chain amino acids (BCAA), which are crucial for a strong and healthy body. Research has shown that consumption of whey helps reduce the risk of breast and colon cancer, hypertension and heart disease. It boosts the immune system by increasing levels of glutathione, the most potent antioxidant in the body. In addition to increasing lean muscle mass and energizing the body, whey provides a number of other Liver Cleanse benefits. It helps keep blood-sugar levels stable, which staves off the cravings that result from swings in your blood sugar. Components in whey help promote satiety by increasing the level of CCK, an appetite-suppressing hormone. Whey pumps up serotonin levels in the brain, which help fend off depression—and emotional eating.

□ **Dried Mustard**- Mustard seeds contain ample amounts of phytonutrients, including isothiocyanates. The Isothiocyanates have been the focus of many cancer-related studies and have shown to inhibit the growth of existing cancer cells, especially in gastrointestinal tumors. It also provides selenium, magnesium, monounsaturated fats, and phosphorous. And they are a good source of iron, calcium, zinc and manganese. Mustard helps flush fat by revving your metabolism.

□ **Cinnamon** - Boasts a long history as both a spice and a medicine. Recent studies have confirmed cinnamon's ability to rid foods of dangerous bacteria. One study, conducted at Kansas State University, found that cinnamon destroyed E-coli bacteria in apple juice. Cinnamon has been well researched for its ability to prevent unwanted clumping of blood platelets.

□ **Flaxseed Oil**- the plan takes advantage of its metabolism raising action and its ability to attract and bind to the oil-soluble poisons that lodge in the liver and carry them out of the system for elimination. The essential fatty acids in flaxseed oil also stimulate bile production, which is crucial to the breakdown of fats. Research has proven that one major obstacle in “dieting” is hunger. Taking 2 tablespoons a day of flaxseed oil eliminates this problem because it creates a feeling of fullness and makes you feel fuller longer.

□ **Evening Primrose Oil (GLA)**- The GLA found in Evening Primrose Oil mobilizes the metabolically active fat known as brown adipose tissue (BAT). This special form of fat, if available in sufficient amounts, can burn off extra calories and boost energy. 500 mg with 40 to 45 mg GLA per capsule.

□ **Dandelion Root**- Used for centuries worldwide as a liver tonic and blood purifier. It has the ability to clear obstructions and stimulate the liver to detoxify poisons. It contains all the nutritive salts that are required by the body to purify the blood. Take 500 to 2000 mg. daily.

□ **Milk Thistle**- a powerful antioxidant that protects your liver from cell damage. It also is considered a liver regenerator and helps with bile stagnation. Take 500 to 2000 mg. daily.

□ **L-Carnitine**- carries fat to the mitochondria in your cells, where the fat is converted to energy. It also helps clear waste products from the mitochondria. At least one study has shown that 1 gram or more of L-carnitine is enough to burn off 10 extra pounds in twelve weeks when combined with a Flush-type diet and light exercise.

□ **Chromium**- is an important nutrient yet our diets are frequently deficient in it. It acts as a transport mechanism to enable insulin to work more quickly and efficiently. Thus you store less fat and use more calories to build muscle. In a study done in 1998, individuals who took chromium supplements had an average weight loss of 6.2 pounds of body fat, whereas those taking a placebo lost 3.4 lbs.

LIVER CLEANSE FOODS TO AVOID LIST

Avoid:

- All oils and fat including spray oils!: except the daily flaxseed oil & GLA supplement
- added salt
- black pepper (liver irritant)
- grains (from wheat, rye oats and barley can be allergenic, creating water retention or “fat that is not fat”)
- bread
- cereal
- starchy vegetables: potatoes, corn, peas, carrots, parsnips, pumpkin, winter squash
- beans
- dairy: milk, cheese, yogurt (calcium will come from Green Leafy Vegetables) this is one of the top five food allergens)
- sugar
- aspartame
- caffeine: 1 cup of organic coffee allowed per day
- alcohol
- soy sauce
- trans fats: margarine, processed vegetable oils, shortening

LIVER CLEANSE EXERCISE PLAN

If the liver is the body’s filter, the lymphatic channels are its drainage system. Most of us are familiar with the cardiovascular system and its role in our well-being, but the lymphatic system needs to get a better press agent! Improving the health of the lymphatic system is the cornerstone of the Liver Cleanse Fitness plan. Unlike blood which is pumped by the heart, lymphatic fluid has no pump. Instead, what moves the lymph through its many ducts and channels is exercise.

Our lymph moves through a complex network of needle-thin tubes known as lymphatics, collecting excess fluid from cells all over the body. Different body parts produce different types of lymph. Fat is the only food element that moves through the lymphatic system. The proteins and carbohydrates go right from the intestines into the bloodstream, but the intestinal lymphatics draw fat into the lymphatic system before it reaches the blood. When the lymph isn’t flowing properly the excess fluid that isn’t draining from our tissues causes them to swell. These bloated, water logged tissues can add up to 10 to 15 pounds to your weight, and can cause you to swell two extra dress sizes!

Your goal should be to walk briskly for twenty minutes a day, five days a week. If you can’t walk for 20 minutes then start with a brisk 5, 10, or 15 minutes and work up to 20. Just make sure you walk briskly five days a week. An alternative is to rebound for 20 minutes. This is followed by cool down stretches

2 Week Liver Cleanse

Long Life Cocktail

2 times a day - on arising and before bed. In 8oz cranberry water, add either 2 full teaspoons of powdered Pyllium or 1 tablespoon of ground flaxseeds.

Lemon Water

8oz. cup of hot water with lemon juice before breakfast

Cranberry Water

Eight 8 oz glasses per day.

Dilute to taste: 1 tablespoon concentrated Cranberry per 8oz glass is a good place to start. . Sweeten with Stevia if desired. No Aspartame or sugar.

Whey or Pea Protein Powder

2 scoops daily: You can mix with 12oz water. One 2 –scoop serving can count as one protein

Flaxseed oil:

1 tablespoon twice daily: Organic high-ligin flaxseed oil. This can be put on salad or veggies

Eggs:

2 per day (boiled or poached)

Lean Protein:

8 oz (Two 4oz servings) for the day, Fish, Seafood, lean beef, veal, skinless turkey, or chicken, and whey or pea protein Remember: grass fed, antibiotic and hormone free meats & poultry, and fish should be wild caught if possible.

Vegetables:

Unlimited (Especially Kale, Collards , Escorole , Broccoli Mustard Greens, Turnip Greens, and Green Drinks for adequate calcium intake)

Fruits:

2 per day: 1 small apple, ½ grapefruit, 1small orange 2 medium plums, 6 lg. strawberries, 10 large Cherries, 1 nectarine, 1 peach, or 1 cup berries (blueberries, blackberries, raspberries.)

Evening Primrose (GLA: 400 mg/day)

Multivitamin/ Mineral

Dandelion Root (500 to 2000 mg)

Mild Thistle (500mg to 2000)

Chromium (Carb Controller)

L-Carnitine (Fat Burner)

Fat Flush Herbs and Spices: Add taste: Cayenne, dried mustard, ginger, (metabolism), dill, anise, fennel, (assist digestion), cinnamon, cloves, bay leaves, coriander (improve insulin and glucose levels), parsley, cilantro, fennel, anise, apple cider vinegar, (remove water weight) and cumin(protect against disease)

The Fat Flush Plan by Louis Gittleman

AFTER THE LIVER CLEANSE from

Healthy Eating for a Healthy Body¹

"An ounce of prevention...."

There is no longer any question on whether diet and nutrition will prevent disease and help restore health. The debate comes in determining exactly what a healthy diet is. We are all different, we have different needs. The following list of foods is based on general information available about the quality of our foods today.

Dietary Suggestions are broken down into the following categories:

- Foods to Eliminate
- Foods to Eat Sparingly
- Foods to Eat in Moderation
- Foods to Increase!

Special Needs:

- Gluten Foods
- Nightshade Vegetables

Foods to Eliminate: These foods put a great burden on the body. Don't expect to accomplish this overnight.

- Commercial Dairy Products: milk, cheese, ice cream, yogurt... *Testing of these foods show high concentrations of antibiotics, growth hormones, pesticides, etc. These toxins become concentrated in milk products.
- Sugar: for some this may include raw honey, maple syrup, and the "good" sweeteners.
- Processed foods: almost anything in a box, can, or package. These foods are often chemically altered, filled with preservatives, food additives, and many questionable chemicals. They also lack wholesome, nutritional value.
- Fried, fatty foods: especially fast food! This includes heated oils (and oil rich foods like nuts) which are turned into "trans-fats".
- Pork: a "scavenger" this food is high in parasites.
- Caffeine: commercial coffee, tea, and soda... not only are we consuming too much caffeine, these products are laden with chemicals and pesticides.
- Inorganic sodium products: this includes the salt shaker and most processed foods.
- Artificial sweeteners: especially aspartame
- Wheat and wheat products: may be a problem for sensitive individuals due to the hybridization of our wheat. This also includes "whole wheat".

Eat Sparingly: These foods may not be essential for good health, however, can make eating a more pleasurable experience.

- Cook tomato products: tomato sauce, spaghetti sauce, pizza sauce, etc. These foods are very acidifying.

¹ Disclaimer: The above lists of dietary suggestions are suggestions only. They are not intended to replace the dietary advice of your doctor or medical dietitian. If you have a medical problem please check with your physician for your specific dietary needs.

Dairy products, Organic: can be highly mucous forming in some individuals, or during certain illnesses.

- Sweeteners: Honey, maple syrup, agave, barley malt, rice syrup.
- Organic Coffee: for some people, organic coffee can be enjoyed in moderation

.

Eat in Moderation:

- All animal products: Fish is the easiest of the flesh foods to digest.
- Eggs: a good food if they are "yard" eggs from chickens fed organically and raised in the open instead of cages. Eggs should also be soft cooked to preserve the fat soluble nutrients in the yoke.
- Chicken: easier to digest than meat. (Always use "free ranged" chickens without the use antibiotics).
- Beef: "grass fed" beef grown the old fashion way! No growth hormones or antibiotics please!
- Whole grains: include brown rice, millet, oat groats, etc. (does not include most pasta, bread, etc.)
- Organic, whole milk, yogurt: replenishes the friendly flora (good bacteria in the gut).
- Stevia: herbal sweetener, 200 times sweeter than sugar; balances blood sugar, alkalizing.

Foods to increase: Then God said, "I give you every seed-bearing plant on the face of the earth and every tree that has fruit with seed in it. They will be yours for food." Genesis s 1:29

- Fresh, raw fruits: (on an empty stomach)
- Fresh, raw or steamed vegetables: Be sure to include vegetables of all colors. (:i.e., green, red, orange, yellow, etc.).
- Essential oils from raw avocados, raw nuts and seeds (soaked in pineapple juice or water).
- Beans, peas, and legumes
- Fermented foods: Cultured vegetables, sauerkraut, yogurt, kim chi, etc.
- Sea vegetables: an excellent source of minerals

Special Needs:

"Gluten" Grains- Many people cannot handle the gluten grains: especially those with celiac's disease and other intestinal conditions.

- Barley
- Oats
- Rye
- Triticale (a rye/wheat hybrid)
- Wheat, including varieties like spelt, kamut, farro and forms like durum, semolina, bulgur

Nightshade Vegetables: These foods contain certain toxins which may contribute to arthritis, calcium depletion, and stiff joints. Persons with auto-immune diseases should avoid these foods, especially those with rheumatoid arthritis.

- Tomatoes
- White potatoes
- Red and green bell peppers
- "Hot" peppers such as chili and paprika
- Eggplant

ABOUT THE GREEN DRINK

“Their fruit will be for food and their leaves for healing.” Ezekiel 47:12 MSG

Green drink contains chlorophyll, which is the blood of the plant. The molecular structure of chlorophyll is almost identical to that of human blood. This gives, chlorophyll, and the “drink” made from it, the ability to transform your blood. Transform the blood and you can transform your health.

Blood “Builder”

Because of the molecular structure of chlorophyll, it builds the blood. Anemia has been known to respond very well to chlorophyll. Chlorophyll is also an oxygenator, creating a blood stream which will not support the life of: viruses, bacteria, parasites, yeast, cancer cells and other bad germ life. Chlorophyll contains a high amount of calcium and has been shown to help regulate and control calcium levels.

Blood “Cleaner”

Chlorophyll is an effective “poison anecdote” making it effective in neutralizing the negative effects of certain types of toxins in the blood stream. It also helps cleanse the liver and eliminates stored toxins such as drug deposits, chemical sprays on food, artificial flavorings and other coal tar dyes. This exceptional super food also deodorizes the bowel and helps to eliminate mucous.

Blood “Healer”

As a natural healer, chlorophyll ranks very high. It accelerates tissue repair. Part of this ability is due to the large amounts of minerals found in this life giving food. It will also help to restore a damaged bowel.

Among chlorophyll's other attributes are:

- increased energy and mental clarity.
- balances blood sugar and aids in blood sugar problems.
- may decrease desire for caffeine containing beverages.
- reduces unnatural food cravings, suppresses overactive appetites.
- lubricates the ileocecal valve to keep it functioning properly.
- milk supply is enriched and increased in many lactating mothers, except with parsley.
- encourages bile to move regularly.
- and much more!!!

In addition to all of these wonderful benefits, if you make this life giving "green drink" from fresh, raw leafy green vegetables, and purified water, you will also get live enzymes!

GREEN DRINK RECIPE

Add to your blender:

1 handful (or more) of any fresh green leafy vegetables (i.e., parsley, spinach, kale, swiss chard, dark leaf lettuce, beet tops, mustard greens, etc.).

Several stalks of celery.

Enough purified water to blend.

Lemon (optional).

Blend well.

Add mixture to a 2 quart or 1 gallon pitcher (Strain if desired).

Add enough additional water to fill pitcher.

Refrigerate unused portion.

Drink and enjoy.

Should be made fresh every 24 hours.

CONCLUSION

Thank you for your interest in taking your health to a new level. I trust you have found helpful information within these pages that will encourage you to take the next step towards living a healthy life – physically, spiritually and emotionally.

As with any good gift you receive, you can expect there will be some days that are more difficult than others. Or some good intentioned friend or loved one may unintentionally discourage you in your quest of your new found health freedom. I encourage you to press through as you adapt to healthy eating habits. If you fall off the wagon one day, there is always tomorrow to start over. It won't be the end of the world. Even God gives us second chances and I am living proof of that. But you can never win if you don't try. Remember what I said earlier? *"If you want something you've never had, you have to do something you've never done."*

Appendix A

Bible References

1 Kings 21:2: Ahab said to Naboth, "Let me have your vineyard to use for a vegetable garden, since it is close to my palace. In exchange I will give you a better vineyard or, if you prefer, I will pay you whatever it is worth."

1 Samuel 14:27: But Jonathan had not heard that his father had bound the people with the oath, so he reached out the end of the staff that was in his hand and dipped it into the honeycomb. He raised his hand to his mouth, and his eyes brightened.

1 Samuel 30:11-12: They found an Egyptian in a field and brought him to David. They gave him water to drink and food to eat-- 12) part of a cake of pressed figs and two cakes of raisins. He ate and was revived, for he had not eaten any food or drunk any water for three days and three nights.

1 Timothy 5:23: Stop drinking only water, and use a little wine because of your stomach and your frequent illnesses.

2 Kings 18:32: until I come and take you to a land like your own, a land of grain and new wine, a land of bread and vineyards, a land of olive trees and honey. Choose life and not death! "Do not listen to Hezekiah, for he is misleading you when he says, 'The LORD will deliver us.'

2 Samuel 17:28-29: brought bedding and bowls and articles of pottery. They also brought wheat and barley, flour and roasted grain, beans and lentils, 29) honey and curds, sheep, and cheese from cows' milk for David and his people to eat. For they said, "The people have become hungry and tired and thirsty in the desert."

Daniel 1:12-17: "Please test your servants for ten days: Give us nothing but vegetables to eat and water to drink. 13) Then compare our appearance with that of the young men who eat the royal food, and treat your servants in accordance with what you see." 14) So he agreed to this and tested them for ten days. 15) At the end of the ten days they looked healthier and better nourished than any of the young men who ate the royal food. 16) So the guard took away their choice food and the wine they were to drink and gave them vegetables instead. 17) To these four young men God gave knowledge and understanding of all kinds of literature and learning. And Daniel could understand visions and dreams of all kinds.

Deuteronomy 14:9: Of all the creatures living in the water, you may eat any that has fins and scales.

Deuteronomy 8:7-9: For the LORD your God is bringing you into a good land--a land with streams and pools of water, with springs flowing in the valleys and hills; 8) a land with wheat and barley, vines and fig trees, pomegranates, olive oil and honey; 9) a land where bread will not be scarce and you will lack nothing; a land where the rocks are iron and you can dig copper out of the hills.

Exodus 3:8: So I have come down to rescue them from the hand of the Egyptians and to bring them up out of that land into a good and spacious land, a land flowing with milk and honey--the home of the Canaanites, Hittites, Amorites, Perizzites, Hivites and Jebusites.

Ezekiel 4:9: "Take wheat and barley, beans and lentils, millet and spelt; put them in a storage jar and use them to make bread for yourself. You are to eat it during the 390 days you lie on your side."

Ezekiel 47:12: Fruit trees of all kinds will grow on both banks of the river. Their leaves will not wither, nor will their fruit fail. Every month they will bear, because the water from the sanctuary flows to them. Their fruit will serve for food and their leaves for healing."

Genesis 1:11: Then God said, "Let the land produce vegetation: seed-bearing plants and trees on the land that bear

fruit with seed in it, according to their various kinds." And it was so.

Genesis 1:29: Then God said, "I give you every seed-bearing plant on the face of the whole earth and every tree that has fruit with seed in it. They will be yours for food.

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Genesis 43:11: Then their father Israel said to them, "If it must be, then do this: Put some of the best products of the land in your bags and take them down to the man as a gift--a little balm and a little honey, some spices and myrrh, some pistachio nuts and almonds.

Genesis 9:20: Noah, a man of the soil, proceeded to plant a vineyard.

Genesis 9:3: Everything that lives and moves will be food for you. Just as I gave you the green plants, I now give you everything.

Isaiah 1:8: The Daughter of Zion is left like a shelter in a vineyard, like a hut in a field of melons, like a city under siege.

Isaiah 7:15, 22: He will eat curds and honey when he knows enough to reject the wrong and choose the right. 22) And because of the abundance of the milk they give, he will have curds to eat. All who remain in the land will eat curds and honey.

James 5:14: Is any one of you sick? He should call the elders of the church to pray over him and anoint him with oil in the name of the Lord.

Jeremiah 41:8: But ten of them said to Ishmael, "Don't kill us! We have wheat and barley, oil and honey, hidden in a field." So he let them alone and did not kill them with the others.

John 19:29-30: A jar of wine vinegar was there, so they soaked a sponge in it, put the sponge on a stalk of the hyssop plant, and lifted it to Jesus' lips. 30) When he had received the drink, Jesus said, "It is finished." With that, he bowed his head and gave up his spirit.

Leviticus 11:9-12: Of all the creatures living in the water of the seas and the streams, you may eat any that have fins and scales. 10) But all creatures in the seas or streams that do not have fins and scales--whether among all the swarming things or among all the other living creatures in the water--you are to detest. 11) And since you are to detest them, you must not eat their meat and you must detest their carcasses. 12) Anything living in the water that does not have fins and scales is to be detestable to you.

Luke 11:42: "Woe to you Pharisees, because you give God a tenth of your mint, rue and all other kinds of garden herbs, but you neglect justice and the love of God. You should have practiced the latter without leaving the former undone.

Luke 24:42-43: They gave him a piece of broiled fish, 43) and he took it and ate it in their presence.

Matthew 23:23: "Woe to you, teachers of the law and Pharisees, you hypocrites! You give a tenth of your spices--mint, dill and cummin. But you have neglected the more important matters of the law--justice, mercy and faithfulness. You should have practiced the latter, without neglecting the former.

Numbers 11:5: We remember the fish we ate in Egypt at no cost--also the cucumbers, melons, leeks, onions and garlic.

Numbers 11:7 -9: The manna was like coriander seed and looked like resin. 8) The people went around gathering it,

and then ground it in a handmill or crushed it in a mortar. They cooked it in a pot or made it into cakes. And it tasted like something made with olive oil. 9) When the dew settled on the camp at night, the manna also came down.

Numbers 13:23: When they reached the Valley of Eshcol,[1] they cut off a branch bearing a single cluster of grapes.

Two of them carried it on a pole between them, along with some pomegranates and figs.

Proverbs 27:27: You will have plenty of goats' milk to feed you and your family and to nourish your servant girls.

Psalms 51:7: Cleanse me with hyssop, and I will be clean; wash me, and I will be whiter than snow.

Song of Solomon 2:5: Strengthen me with raisins, refresh me with apples, for I am faint with love.

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Appendix B

Here are a few of God's promises

Exodus 15:26: He said, "If you listen carefully to the voice of the LORD your God and do what is right in his eyes, if you pay attention to his commands and keep all his decrees, I will not bring on you any of the diseases I brought on the Egyptians, for I am the LORD, who heals you."

Exodus 23:25: Worship the LORD your God, and his blessing will be on your food and water. I will take away sickness from among you, 26) and none will miscarry or be barren in your land. I will give you a full life span.

Deuteronomy 7:15: The LORD will keep you free from every disease. He will not inflict on you the horrible diseases you knew in Egypt, but he will inflict them on all who hate you.

Deuteronomy 30:19-20: This day I call heaven and earth as witnesses against you that I have set before you life and death, blessings and curses. Now choose life, so that you and your children may live 20) and that you may love the LORD your God, listen to his voice, and hold fast to him. For the LORD is your life, and he will give you many years in the land he swore to give to your fathers, Abraham, Isaac and Jacob.

1 Kings 8:56: "Praise be to the LORD, who has given rest to his people Israel just as he promised. Not one word has failed of all the good promises he gave through his servant Moses.

Psalms 91:9-10, 14-16: If you make the Most High your dwelling-- even the LORD, who is my refuge-- 10) then no harm will befall you, no disaster will come near your tent. 14 "Because he loves me," says the LORD, "I will rescue him; I will protect him, for he acknowledges my name 15) He will call upon me, and I will answer him; I will be with him in trouble, I will deliver him and honor him. 16) With long life will I satisfy him and show him my salvation."

Psalms 103:1-5: 1) Praise the LORD, O my soul; all my inmost being, praise his holy name. 2) Praise the LORD, O my soul, and forget not all his benefits-- 3) who forgives all your sins and heals all your diseases, 4) who redeems your life from the pit and crowns you with love and compassion, 5) who satisfies your desires with good things so that your youth is renewed like the eagle's.

Psalm 107:19-20: Then they cried to the LORD in their trouble, and he saved them from their distress. 20) He sent forth his word and healed them; he rescued them from the grave.

Psalm 118:17: I will not die but live, and will proclaim what the LORD has done.

Proverbs 4:20-23: My son, pay attention to what I say; listen closely to my words. 21) Do not let them out of your sight, keep them within your heart; 22) for they are life to those who find them and health to a man's whole body. 23) Above all else, guard your heart, for it is the wellspring of life.

Isaiah 41:10: So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.

Isaiah 53:4 -5: Surely he took up our infirmities and carried our sorrows, yet we considered him stricken by God, smitten by him, and afflicted. 5) But he was pierced for our transgressions, he was crushed for our iniquities; the punishment that brought us peace was upon him, and by his wounds we are healed.

Jeremiah 1:12: The LORD said to me, "You have seen correctly, for I am watching [1] to see that my word is fulfilled."

Jeremiah 30:17: But I will restore you to health and heal your wounds,' declares the LORD, 'because you are called an outcast, Zion for whom no one cares.

Joel 3:10: Beat your plowshares into swords and your pruning hooks into spears. Let the weakling say, 'I am strong!

Nahum 19: Whatever they plot against the LORD he [1] will bring to an end; trouble will not come a second time.

Matthew 8:2-3: A man with leprosy came and knelt before him and said, "Lord, if you are willing, you can make me clean." 3) Jesus reached out his hand and touched the man. "I am willing," he said. "Be clean!" Immediately he was cured of his leprosy.

Matthew 18:16-19: "I tell you the truth, whatever you bind on earth will be bound in heaven, and whatever you loose on earth will be loosed in heaven. 19) "Again, I tell you that if two of you on earth agree about anything you ask for, it will be done for you by my Father in heaven.

Matthew 21:21: Jesus replied, "I tell you the truth, if you have faith and do not doubt, not only can you do what was done to the fig tree, but also you can say to this mountain, 'Go, throw yourself into the sea,' and it will be done.

Matthew 11:22-24: But I tell you, it will be more bearable for Tyre and Sidon on the day of judgment than for you. 23) And you, Capernaum, will you be lifted up to the skies? No, you will go down to the depths. If the miracles that were performed in you had been performed in Sodom, it would have remained to this day. 24) But I tell you that it will be more bearable for Sodom on the day of judgment than for you."

Mark 16:15-18: He said to them, "Go into all the world and preach the good news to all creation. 16) Whoever believes and is baptized will be saved, but whoever does not believe will be condemned. 17) And these signs will accompany those who believe: In my name they will drive out demons; they will speak in new tongues; 8) they will pick up snakes with their hands; and when they drink deadly poison, it will not hurt them at all; they will place their hands on sick people, and they will get well."

Romans 4:16-21: Therefore, the promise comes by faith, so that it may be by grace and may be guaranteed to all Abraham's offspring - not only to those who are of the law but also to those who are of the faith of Abraham. He is the father of us all. 17) As it is written: "I have made you a father of many nations." He is our father in the sight of God, in whom he believed - the God who gives life to the dead and calls things that are not as though they were. 18) Against all hope, Abraham in hope believed and so became the father of many nations, just as it had been said to him, "So shall your offspring be." 19) Without weakening in his faith, he faced the fact that his body was as good as dead - since he was about a hundred years old - and that Sarah's womb was also dead. 20) Yet he did not waver through unbelief regarding the promise of God, but was strengthened in his faith and gave glory to God, 21) being fully persuaded that God had power to do what he had promised.

1 Peter 2:24: He himself bore our sins in his body on the tree, so that we might die to sins and live for righteousness; by his wounds you have been healed.

1 John 3:21-22: Dear friends, if our hearts do not condemn us, we have confidence before God 22) and receive from him anything we ask, because we obey his commands and do what pleases him.

1 John 5:14-15: This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us. 15) And if we know that he hears us - whatever we ask - we know that we have what we asked of him.

3 John 12: Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well.

Revelation 12:11: They overcame him by the blood of the Lamb and by the word of their testimony; they did not love their lives so much as to shrink from death.

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