



Safe and Effective Natural Treatments for Long Covid, Vaccine Injury and Shedding

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Introduction

Contained within this document are suggestions for treating illnesses caused by the aftermath of covid, covid vaccines, and vaccine transmission (shedding).

Each item has a brief description, photo, and explanation of purpose. For items certified as kosher, there is a picture of the kashrus agency's logo next to the image.

The authors of this document have tried, whenever possible, to find ways make these products more affordable by arranging for discount pricing. Refer to the buying guide for more information.

It is hoped that this document is complete in that you are able to choose that which will be best for your own health situation. Please read through the entire document carefully so that you can determine what products would be best for your individual needs*.

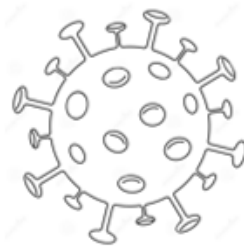


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What are Spike Proteins?

Spike proteins are the part of a virus that allows the virus to attach to our cells and are the part of the virus that makes people sick. It is this protein that causes the majority of the symptoms of Covid-19, and many of the adverse side effects of the vaccines and of shedding. Spike proteins cause blood clots, inflammation, muscular aches, pneumonia and lung damage, neurological damage, cognitive decline, 'brain fog', fatigue, reproductive problems and more.

This drawing shows what a virus with spike proteins looks like:

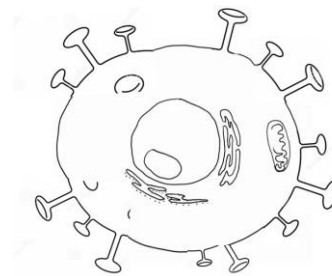


Virus with spike proteins

On the left is a drawing of a normal human cell, and on the right is a drawing of a human cell that has been altered by the Covid-19 "Vaccines" and is now making spike proteins:



Healthy Human Cell
Before Covid-19 "Vaccine"



Hybrid Human-Virus Cell
Producing Spike Proteins
after Covid-19 "Vaccine"

It is important to understand that once a person is injected with any of these experimental substances that are being labelled as 'vaccines', the person's cells become programmed to produce spike proteins, and this is not something that can be reversed. There is hope that some of the effects will **not** be permanent, because the body's cells largely replace themselves every 7 to 10 years. In other words, old cells die and are replaced by new ones during this time span. The cell renewal process happens more quickly in certain parts of the body, but head-to-toe rejuvenation can take up to a decade or so. The hope is that over time as the cells die off, the replacement cells will not continue to produce spike proteins, however if the spike proteins have caused scar tissue to grow (for example in the ovaries or testes) recovery may be problematic.

Neutralizing Spike Proteins Using Therapeutic Enzymes

The most immediate relief from the effects of spike proteins is from the use of specialized enzymes that have the ability to dissolve the spike proteins. These products can offer the fastest relief from spike protein symptoms. The enzymes have the ability to both prevent and dissolve blood clots and scar tissue, are cardio protective, and can also assist in the repair of damaged nerves. They are the foundation for treating anything related to covid-19 including the “vaccines” and shedding.

To get the greatest benefit from the recommendations in this document, it is best to use, at the very minimum **Arthur Andrew Medical Neprinol AFD** with **Lumbrokinase**. If finances are an issue, and you can only afford one or the other, it is the author’s experience, that Lumbrokinase is the stronger and more effective of the two.

Arthur Andrew Medical Neprinol AFD or Doctor’s Best Natto-Serra

Neprinol AFD contains a balanced combination of substances that safely clear toxins from the blood stream, including spike proteins from viruses, vaccines, and vaccine shedding. Neprinol also prevents blood clots, dissolves already existing blood clots and the scar tissue that they form, promotes healthy joint function, thereby reducing fatigue and physical discomfort. It is also good for lingering respiratory issues. If you cannot find Neprinol AFD, Natto-Serra may be substituted. Natto-Serra is an effective product, but is missing many of the effective ingredients found in Neprinol AFD.



Arthur Andrew Medical Neprinol has been used successfully by pregnant and nursing mothers. It is not recommended for pregnant or nursing women to use Natto-Serra.

Dosage:

For severe cases, 3 capsules three times a day

For moderate cases, 3 capsules twice a day

For protection and maintenance, 1 or 2 capsules two times a day

Neprinol must be taken with a large glass of water on an empty stomach. Empty stomach means not less than one hour before, and two hours after eating.

Lumbrokinase

Lumbrokinase (20 mg) – Doctor's Best is a proven brand. The authors of this document have no experience with other brands, but you can try any brand as long as it comes in a vegan capsule. There are no brands of Lumbrokinase that are certified kosher. The poskim and Rabbonim that the authors have spoken to in Israel say that there is no problem with using this product as a medicine for healing, as long as it is not in a gelatine capsule, and as long as a person does not open the capsule and ingest the contents directly. The authors are not poskim, and anyone with kashrus concerns should consult a qualified Rav.



Lumbrokinase has been proven effective in treating inflammatory disease, blood diseases, nerve diseases, and oxidative stress diseases such as cancer, Alzheimer's disease, Parkinson's disease, diabetes, cardiovascular conditions such as high blood pressure, atherosclerosis, and stroke, chronic fatigue syndrome, asthma, and more. It also has antimicrobial, antiviral, and anticancer properties. Lumbrokinase is able to dissolve and prevent blood clots by dissolving excess fibrin, and unlike pharmaceutical blood thinners which can cause excessive bleeding, lumbrokinase does not. It is also used to strengthen and heal the nervous system which can be damaged by viruses, vaccines and shedding, eliminating much of the discomfort and pain. It is the strongest, most effective proteolytic enzyme in use, with the widest range of healing properties. Lumbrokinase is a natural product made from dried and powdered earthworms, and has been used in Asia for thousands of years.

Dosage:

For severe cases, 2 capsules twice a day

For moderate cases, 1 capsule twice a day

For maintenance after recovery, 1 capsule once a day

Lumbrokinase must be taken with a large glass of water on an empty stomach. Empty stomach means not less than one hour before, and two hours after eating, and can be taken at the same time as Neprinol AFD.

Lumbrokinase can be taken at the same time as the Neprinol AFD and Natto-Serra. It is recommended to take Lumbrokinase especially if you are having neurological symptoms such as heavy limbs, shooting pains, headaches, tingling in the hands and/or feet, visual or hearing disturbances among others.



Other Therapeutic Enzymes

Enzymedica MucoStop

If you are experiencing excess mucus, this is a safe way to clear your sinuses and your lungs. MucoStop contains Mucolase, which is a high-potency mucolytic enzyme, meaning it targets and dissolves excess mucus, eliminating excess mucus in the sinus and nasal passages as well as the lungs. It is highly effective and brings fast relief.

Dosage: 2 capsules three times daily on an empty stomach, one hour before and two hours after a meal. More may be taken as needed.



Enzymedica Digest

If your symptoms include digestive disturbances, this is an excellent product to consider. Enzymes are naturally occurring proteins that speed up reactions. Digestive enzymes act like tiny scissors, cutting up the food we've eaten into smaller components which helps our body more easily and fully absorb nutrients.

Without enough enzymes, our body can struggle to break down troublesome foods, leading to nutritional deficiencies, occasional gas, bloating, indigestion and irregularity. With all-natural enzyme supplementation, your body gets an extra boost to the digestive process, helping maximize energy and contributing to whole-body health.

Dosage: 1 – 2 capsules with meals



Herbs and Herbal Remedies

Herbs High in Shikimic Acid

There has been a lot of talk about shikimic acid, which is the active ingredient in the drug Tamiflu, a pharmaceutical product used to treat the flu. Herbs high in shikimic acid have been found to relieve symptoms associated with corona, the covid injections, and shedding. The table below shows some common plants that are high in shikimic acid.

Plant sources of shikimic acid			
Plant source	Common Name	Country/Region	Organ or part of plant
<i>Symphytum officinale</i>	<i>Comfrey</i>	Europe and North America	Leaf
<i>Houttuynia cordata</i>	<i>Fish mint</i>	Southeast Asia	Roots, seeds, bark, leaves
<i>Ginkgo biloba</i>	<i>Ginkgo</i>	China	Inner bark, leaves
<i>Pistacia lentiscus</i>	<i>Mastic</i>	Greece	Whole plant
<i>Magnolia grandiflora</i>	<i>Southern Magnolia</i>	Southern United States	Roots, seeds, bark, leaves
<i>Illicium anisatum</i>	<i>Star Anise</i>	Japan POISON!	Roots, seeds, bark, leaves
<i>Illicium verum</i>	<i>Star Anise</i>	China, Vietnam	Roots, seeds, bark, leaves
<i>Foeniculum</i>	<i>Fennel</i>	Worldwide	Seeds
<i>Pinus strobus</i>	<i>White Pine</i>	Eastern North America	leaves
<i>Pinus halepensis</i>	<i>Aleppo Pine</i>	Israel	leaves

Star Anise – Star anise from China and Vietnam are non-toxic, but Japanese star anise is highly toxic. There are reports that some sellers are adding small amounts of the poisonous Japanese variety in order to lower their prices and/or increase their profit margins. Only buy from a reputable source.

Tea: Place 1 or 2 star anise pods in a cup of boiling water and steep for 10-15 minutes.



Pine Needles – Again, there are safe pine trees, and toxic pine trees. The White Pine in Eastern North America (shown at right) and the Aleppo pine tree in Israel (shown on the left) are safe and highly nutritious as well as medicinal. However, if you have access to a Ponderosa Pine, beware! It is highly toxic and can easily cause



poisoning. If you have access to a beneficial variety of pine tree, the best time to pick the leaves is in the early morning. If picked in the morning, they will have a delicious citrusy flavor. If picked after noon, it will taste like pine soap. *Tea: Steep 2 tablespoons pine needles in a cup of water for 5 – 7 minutes.*



Fennel Seeds – This is a great choice as the fennel seeds are always safe, delicious and full of many other benefits, and have antioxidant, antimicrobial, antihypertensive, analgesic, and anti-inflammatory, properties. Fennel seeds are good for digestive disorders, upper and lower respiratory infections, and visual problems. Fennel seeds may improve fertility, cure morning sickness, relieve bloating during pregnancy, and provide relief from menstrual cramps. Pregnant women should be aware that large amounts of fennel seeds can bring on labor, so it is best to restrict your amounts to only one teaspoon per day if eating the seeds in food, or three cups of tea. *Tea: Crush 1 teaspoon fennel seeds and steep in hot water for 5 to 7 minutes.*



Houttuynia cordata – Also known as chameleon plant or fish mint, it is a medicinal and edible herb with an aromatic smell that has long been used in Asia to treat pneumonia, hypertension, constipation, and diabetes. It is also anti-cancer, anaphylactic inhibitory (lessens severe allergic reactions), anti-mutagenic, anti-inflammatory, anti-allergic, anti-oxidative, anti-viral, anti-bacterial, and anti-obesity. This herb is not as easy to find as the others, but it is one that the author highly recommends as something to add to your protocol. **NOTE:** Diabetics should be very careful to check their sugar when using *Houttuynia cordata*, as it has been found to be as effective as Metformin in reducing high blood sugar, but without the side effects commonly found by Metformin users.



Other Beneficial Herbs

Eleuthero (Siberian Ginseng) – Eleuthero is particularly valuable for people who are experiencing chronic fatigue. It also reduces insulin resistance, improves memory and cognitive function, reduces brain fog, boosts the immune system and aids in detoxification, reduces inflammation, is anti-cancer, reduces osteoporosis, is antiviral, improves athletic performance, repairs nerve damage, and reduces stress.

Dosage: Take as directed on the label for 10 days and then stop for 4 days. Keep repeating this pattern until symptoms subside. There are many different types of ginseng, each having different medicinal properties. Eleuthero has been found very effective for treating the fatigue associated with corona.



Nigella sativa - also known as black seed, black cumin, black caraway, black fennel, nigella or kalonji is useful in treating many conditions including digestive tract conditions, gas, colic, diarrhea, dysentery, constipation, and hemorrhoids. It is also used for respiratory conditions including asthma, allergies, cough, bronchitis, emphysema, flu, swine flu, and congestion. Other uses include antihypertensive, liver tonic, diuretic, appetite stimulant, analgesic, anti-bacterial, skin disorders, inflammation, hay fever, eczema, stomach ulcers, metabolic syndrome, Hepatitis C, seizures, birth control, increasing breast milk flow, and menstrual disorders and more. It has been found to contain a substantial amount of vegetable protein, fiber and minerals, and vitamins including significant levels of iron, copper, zinc, phosphorus, calcium, thiamine, niacin, pyridoxine, and folic acid.



How to use - You can purchase nigella sativa in capsules or whole. Whole seeds are very inexpensive compared to the capsules.

Nigella Sativa, Fennel, Star Anise Seed & Honey – This mixture, loaded with Shikimic acid and the other healing benefits of the herbs and honey, is a wonderful remedy worth trying. It has been found to bring fast relief for all things related to covid.

Ingredients:

- ½ cup Nigella Sativa seeds
- ½ cup Fennel seeds
- ½ cup star anise seeds (removed from the pods – save the pods for tea)
- 1 cup raw (unheated) honey



Instructions:

Place the three types of seeds into a seed grinder and grind to a powder.
Place 1-1/2 cup honey into a bowl and add the powdered herbs and mix well.
Store in a covered jar in the refrigerator.

Dosage: 1 to 2 teaspoons as needed, or can be used as tea - 1 to 2 teaspoons in a cup of hot water as needed

Elecampane has many beneficial properties, but it is especially effective in its ability to heal the lungs during and after illness, and has the ability to increase the lung's ability to exchange gasses thereby increasing a person's oxygen saturation. It is also known as an antiseptic (kills unwanted microbes), antiviral (kills viruses), antibacterial (good for bacterial infections), anti-amoebic (treats dysentery), diaphoretic (helps a person detoxify through perspiration), antitussive (relieves a cough), expectorant (helps bring the mucus up and out of the lungs), demulcent (relieves irritation of the mucus membranes), nutritive (is nutritious), carminative (relieves gas), anthelmintic (gets rid of worms), emmenagogue (increases menstrual flow), diuretic (helps the body get rid of excess water), anesthetic (pain killing), and cholagogue (helps to release bile). Can be used as a tea, or can be made into a tincture. To make a tincture, simply fill a jar ½ full with the herb, and then fill the jar the rest of the way with apple cider vinegar with the mother (the vinegar will have sediment on the bottom, which is called the 'mother'). Cover, shake well and allow to sit for at least one month before using. Strain well and store in a tightly covered container at room temperature. A recipe for elecampane cough syrup can be found in the Healing Recipe section at the back.



Dandelion The roots, leaves and flowers of the dandelion plant are highly nutritious, high in antioxidants, fight inflammation, help with blood sugar control, and are good for the liver and for digestion. Additionally, dandelion has been found to block the ability of spike proteins to adhere to the ACE-2 receptors in cells, making it a good choice for preventing and treating anything to do with Covid-19.



Studies have also shown various dandelion preparations to be anti-inflammatory, anti-angiogenic (stops tumors from growing blood vessels, which is one way to impede tumor growth), antinociceptive (reduces sensitivity to pain), antitumor, antiproliferative (prevents or retards cell growth), antioxidant, antiviral, antiretroviral, prebiotic, antimicrobial,^{54,59} and antibacterial.^{60,61} It has also been found to stimulate the secretion of insulin, induce apoptosis (programmed cell death) in dysfunctional cells (e.g., tumor cells), and inhibits lipid and triglyceride accumulation.

If you plan on picking your own dandelion greens, be sure that you do not pick any growing on someone's lawn. Chances are that the lawn has been treated with bug or weed killer, and that is something that you don't want to end up eating. Dandelion leaves are best picked when they are young and tender, but big enough to make it worth your time. Once the plant flowers, the leaves become tough and bitter.

Fresh (not dried) Ginger – Fresh ginger has strong antiviral properties. Ginger prevents the viruses from being able to replicate themselves by preventing the spike proteins from attaching to the cells. Fresh ginger must be heated in order to get the most benefit from the antiviral properties. From the time the ginger is ingested, it takes about ½ hour for it to enter the blood stream, and then stays there for only two hours. Therefore, it is important to continue to take ginger every 3 hours. The author has seen people recover from the Flu very quickly by drinking ginger juice or ginger honey in hot water as tea every 3 hours. Ginger is also an antioxidant, anti-inflammatory, anti-nausea, anti-carcinogenic, cardiovascular protection, disease prevention, anti-viral and more. Use only fresh ginger - dried does not have significant anti-viral properties.



Suggestions on how to use fresh ginger as medicine:

Juice: If you have an auger juicer*, you can make ginger juice and put a few tablespoons of the juice into a cup of hot water, and sweeten with raw honey. It is also beneficial to add some fresh lemon or lime juice, and if you can, a bit of cayenne pepper. For colds, flu and corona, drink one cup every three hours. It is also a good tonic to drink once or twice a day.

*Ginger is very fibrous and most centrifugal juicers cannot do a good job without causing damage to the juicer

Ginger Fermented in Honey: This is the easiest, tastiest way to use fresh ginger, and it has the added advantage of the medicinal properties of honey.

Ingredients:

About ½ kg (1 lb) fresh ginger – make sure to choose plump roots without any wrinkles or mold.

About ½ kg (1lb) raw, uncooked honey. Here is the tricky part – the word ‘raw’ has two meanings when it comes to food. The raw that we are looking for is uncooked, not the second meaning which means minimally processed. Since cooking honey is considered a minimally processed procedure often referred to as pasteurization, American companies are allowed to sell their boiled honey and state on the label that they are ‘raw’. If you live in the United States, your best bet is to get [Rorie’s Real and Raw Honey \(Kosher for Pesach\)](#) which the author knows is truly raw and possibly the most delicious honey a person can find. It is not as difficult to find raw honey in Israel because it will say that it is not cooked on the label.



Instructions:

Peel the ginger. It is easy to do by scraping the ginger with the edge of a spoon. Place the ginger and the honey into a Vitamix, food processor, or a blender. Grind it all

together and store in a covered glass jar. It may be left on the counter for a week or two, and then place in the refrigerator for storage. You may use it right away if you need to.

Dosage: Place two tablespoons of the mixture (or to taste) into a cup of hot water and let steep for a few minutes. You can add fresh squeezed lemon or lime. Drink every three hours. It is also a good tonic to drink once or twice a day.

About Honey: Honey is rich with nutrients and medicinal components, and is antibacterial, antioxidant, anti-inflammatory, emollient, wound healing, demulcent, immune enhancing and much, much more.

Fresh Garlic: The best way to eat garlic for its health benefits is if it is raw or close to raw. Always let garlic sit for at least 15 minutes after chopping, cutting or pressing in order to give the enzymes within the garlic a chance to build up the beneficial healing properties. Garlic is also good for atherosclerosis (hardening of the arteries), high cholesterol, coronary heart disease, hypertension, prevention of lung cancer, prostate cancer, breast cancer, stomach cancer, rectal cancer, and colon cancer, bronchitis, hypertension (high blood pressure), TB (tuberculosis), liver disorders, dysentery, flatulence, colic, intestinal worms, rheumatism, diabetes, and fevers, respiratory problems, parasites, poor digestion, and fatigue. **PRECAUTION:** Garlic lowers blood pressure: people with low blood pressure should not eat a lot of garlic.



The authors of this document have tremendous gratitude to the herbalists at **Edna Nature** (www.edna-nature.com) for sharing their simple but valuable garlic recipe with us.

Ingredients:

1 head of garlic, peeled
1 fresh lemon or lime

Instructions:

Chop garlic into small pieces and let it sit for ½ hour. After the ½ hour has passed, squeeze fresh lemon or lime on the garlic to bring out additional medicinal goodness. Can be added to salad dressings, or to your favorite foods. If adding to cooked foods, it is best to add it to the warm food after it has finished cooking and has been removed from the heat.



Spanish Mojito Sauce – combines all of the benefits of garlic with the detoxifying properties of fresh cilantro, an herb that helps the body to rid itself of excess mercury.

Ingredients:

1 head of garlic, peeled
 1/3 cup fresh lemon or lime juice
 1 cup fresh cilantro leaves without the stems, chopped
 1/2 cup chopped onion
 1 cup warm olive oil
 Salt to taste

Instructions:

Finely chop the garlic and let rest for 1/2 hour.
 Combine all of the ingredients and stir well.
 Serve as a sauce for avocado, hot potatoes, cauliflower, or any other vegetable that you desire. It is also delicious served over chicken and grilled meats.



Artemisia Judaica – (לענת יהודה) - is a rare plant that grows in Israel along the Paaran wadi and in the Aravah valley. Artemisia judaica does not have the usual toxic properties associated with other artemisia varieties, and can be taken long term without harm.



The most remarkable property of the Artemisia judaica is the way that it normalizes blood clotting. For people with bleeding problems, it helps the blood to clot normally. For people who are prone to blood clots, it prevents the clots from forming. This herb has been found to be extremely successful for treatment of people who, post injection, suffer from heavy limbs.

Artemisia has numerous uses in medicine. An extract of artemisia has been found to reduce malaria mortality by 70%. Chinese researcher Toyo Yu, who led the research team that led to the discovery of the effects of artemisia on malaria won the Nobel Prize (2015) for developing a drug from artemisia that saved the lives of millions of people. Artemisia judaica can also be used to successfully treat schistosomiasis - the second most common parasite after malaria. It also

has antiviral and anti-cancer activity. It has been studied and found to be effective against herpes, cytomegalovirus (CMV), and Epstein-Barr virus (the cause of 'Mono'). Locals use it for parasites in the digestive system, gastrointestinal disorders, snake bites, scorpion stings, ear infections, coughing and wound care.

Uses, Dosage and Precautions:

The active part of the plant is stored in our body for a relatively short time before being excreted through the liver and kidneys, so it is recommended to take the preparation several times throughout the day.

2 capsules should be taken 3-4 times a day, for 5 days (or as long as there are severe symptoms). Then, for 3 more days - 2 capsules twice a day, and then continue for a month in a dose of 1 capsule twice a day.



Viruses and various infections- Flu, mono, herpes viruses, infections, and diseases in the digestive system: 3-5 capsules daily until symptoms subside and then continue with 3 capsules a day for another week.

For digestive disturbances such as slow digestion, low acid, reflux, gas - 2 capsules before a meal. It is best for someone with a sensitive stomach to take it after the meal.

PRECAUTIONS: Should not be taken by pregnant or nursing mothers. It is not recommended to take within one hour of bedtime.

Immune Modulating Tea - This tea has been found to be extremely helpful for lessening the symptoms of corona and long corona, it has helped many people regain their sense of taste and smell, and has stopped or lessened vaccine reactions. It is also good protection against viruses and shedding.

Ingredients:

2 Tablespoons **Astragalus root** - immune-modulating, anti-aging, anti-inflammatory and more

2 Tablespoons **Fennel Seed**

4 **Bay Leaves** - wound healing, antioxidant, antibacterial, antiviral, immune-stimulant, anticholinergic, antifungal, anticonvulsant, anti-mutagenic, and analgesic and anti-inflammatory and more

1 Teaspoon **Licorice Root** – prevents spike proteins from invading the cells (should not be taken alone, only in mixture with other herbs)



¼ cup dried **Stinging Nettle Leaves** – antihistamine, blood cleansing, flushes out toxins, immune modulating, relieves joint pain, anti-inflammatory and cardio protective
 ¼ cup **Tulsi Leaves** - also known as holy basil combats respiratory ailments, asthma, bronchitis, colds, congestion, coughs, flu, sinusitis, sore throat, and similar ailments, lowers blood pressure, reduces stress, treats gastrointestinal disorders, anti-inflammatory, antiseptic and more.



100g (3.5 oz) **Fresh Ginger** – (not dried)

Instructions:

Put all of the ingredients into a pot and cover with 1 liter (1 quart) of filtered water and soak overnight. Cover the pot with a lid.

Place the covered pot on low heat and allow to simmer gently for 3 to 4 hours.

While the herbs are simmering, juice or grind the ginger in a food processor. Add this to the hot herb mixture 5 minutes before you remove the pot from the heat. It is important that the ginger is heated to bring out the oils that contain many healing and anti viral properties.

Strain first through a coarse strainer to remove all of the large pieces, and then through a fine tea strainer.

Store in the refrigerator for up to 4 days, or in the freezer for up to a year.

Dosage: 1 to 2 tablespoons in a cup of water every 2 or 3 hours until symptoms subside.

To buy the Immune Modulating tea ready made, contact one of the special women who make it for immediate use (it is sold as a frozen liquid and cannot be shipped). All of these ladies have WhatsApp if you prefer to contact them that way.



- **New York:** Gittle Barber - 1 (917) 873-2599
- **New Jersey:** Rivky Eisenberg - 1 (732) 278-8627
- **Florida:** Karen Harrold - 1 (305) 345-8298
- **Florida:** Tamar Greenberg 1 (305) 632-772 (also has Neprinol AFD)
- **Jerusalem:** Leah Diamond – 058-432-8885

Immune Modulating Tincture – Using the ingredients in the recipe above, place all ingredients into a liter or quart sized jar. Fill the jar with organic apple cider vinegar with the mother (the vinegar will have sediment on the bottom, which is called the ‘mother’). Cover tightly and shake well. Leave in a dark place for at least one week. It gets stronger the longer it sits, so be aware that dosing will vary with the ‘age’ of the tincture. It is best to leave it for a few months, but if it is needed before hand, simply strain out what you need. Start with ½ teaspoon in a cup of water every 2 or 3 hours or as needed. You can increase the dosage as needed. Can be sweetened with honey. The strained tincture can be stored tightly closed at room temperature.

Removing Heavy Metals & Other Toxins

There is a big difference between detox and drainage. Detox is grabbing onto harmful chemicals and pulling them out of the body. Drainage refers to the pathways that the toxins have to travel in order to leave the body. In order to detox, the drainage pathways need to be clear.

Drainage pathways include the colon (bowel movements), the liver and bile ducts, the lymphatic system, glymphatic (brain drainage to the lymphatic system), kidneys (urine), and skin (sweating).

It is extremely important to prepare for detoxification by clearing the body's drainage pathways so that the toxins are able to leave your body rather than back up into your system creating further harm.

Cellcore 4-4-4 Kit – Opens the Drainage Pathways

The 4-4-4 Kit refers to taking four capsules each of Cellcore's Advanced TUDCA, LymphActiv, and KL Support twice a day. This will open the drainage pathways of the liver, gallbladder, kidneys, and lymphatic system and prepare the body for deeper immune support, pathogen removal, and detoxification.



Dosage:

Day 1: one capsule of each product two times a day without food.

Day 2: two capsules of each product two times a day without food.

Day 3: three capsules of each product two times a day without food.

Day 4: Four capsules of each product two times a day without food.

Continue with four capsules two times a day until the bottles are empty. If you experience discomfort at the higher dose, lessen the number of pills until the treatment is well tolerated.

At the lower dose, continue taking until you have run out of pills.

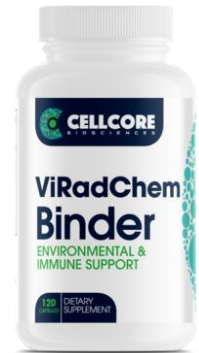
Make sure to drink at least 2 liters (2 quarts) of water each day while completing this kit.

NOTE: If you do not have at least one regular bowel movement each day, or you tend towards constipation, please use **Bowel Mover**, which is a blend of ingredients in the proper ratio designed to provide non-habit-forming, safe, effective digestive support and healthy bowel function.



Cellcore ViRadChem Binder – Removes the Toxins

ViRadChem Binder is designed to get to the source of symptoms by targeting viruses, retroviruses, radiation, and chemical toxins. This product strips viruses off membranes, binds to retroviruses and mold, and as it binds and removes radiation, and helps the body detox from chemical contaminants, pesticides and herbicides like glyphosate.



Charcoal products, also used for detoxification, cannot create energy that the cells need to heal after the toxins have been removed because they are spent carbons. The BioActive Carbons contained in this product have the energy to bind and remove the toxins, while also providing the cell with enough energy to heal.

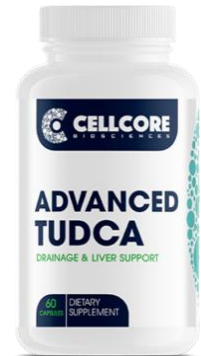
The ingredients in **ViRadChem Binder** include:

- **Bioactive Carbon** (Extracts of Humic and Fulvic Acid) - attaches to the toxins in the body and pulls them out; it also protects and restores the cells.
- **Zeolite clinoptilolite** (ZCm) is a natural mineral that has strong absorptive properties. ZCm has a negative chemical charge, something rarely found in a mineral. It can attract and trap heavy metals and other positively-charged toxins. ZCm is a natural detoxifier, binding to heavy metals, pollutants, and microbes to expedite their elimination from the body. It can also support the immune system, balance the gut flora, and combat oxidative stress.
- **Broccoli sprout extract** - contains a potent anti-oxidant and is anti-microbial and anti-carcinogenic, reduces oxidative stress and inflammation, reduces cognitive impairment, and aids in the detoxification of “highly reactive carcinogens.”
- **Mulberry** - helps to support liver function, increase blood flow, combat fatigue, and regulate blood sugar levels.
- **Artichoke leaf** - reduces inflammation, boosts energy, and improves digestive health.
- **Blueberries** - helps to feed good gut bacteria, promotes liver health, helps the immune system, and improves endurance.
- **Wheatgrass** - helps to enhance liver health and immune function.
- **Bromelain** - can help combat inflammation during detoxification, and aids and supports healthy immune responses
- **Acai** - this berry contains what scientists think may be the most powerful antioxidant ever studied, velutin. It may help to protect from toxins and prevent mitochondrial dysfunction.
- **Olive leaf** - promotes heart health and stimulates the cells to make more mitochondria. It also inhibits harmful bacteria and may help prevent DNA damage.
- **Citrulline** - supports a healthy immune system and stamina.
- **Pomegranate** - contains ellagic acid, which may help to lower gut inflammation and heal wounds. Ellagic acid may also help break up biofilm and guard against cancer.
- **Astaxanthin** - helps to protect the brain against inflammation, and protects the mitochondria and DNA.

Dosage: 2 capsules in the morning and 2 capsules in the evening

Cellcore Advanced TUDCA

Tauroursodeoxycholic acid, or TUDCA for short, is a natural component of your bile that boasts a long list of potential health benefits all by itself. But combine it with other synergistic compounds, and its perks are multiplied. Cellcore's TUDCA is made from non-animal sources and is vegan.



The combination of TUDCA, melatonin, and NAC in this product, help increase the flow of bile so toxins aren't remaining stagnant in the liver to cause damage. They assist in protecting liver cells and combat mitochondrial stress. It can help prevent the accumulation of fat in the liver.

Together, these ingredients also help to lower systemic inflammation and prevent free radical damage by encouraging your body to produce more glutathione and other "in-house" antioxidants.

The ingredients also work to enhance your digestive and microbiome health by helping protect the gut wall from damage and aid in reducing "leaky gut" syndrome. It can help regulate gut motility and calm inflammation in the GI tract.

These components are backed by BioActive Carbon to help protect the constituents through the digestive process so they are fully active as they reach the intestines. BioActive Carbons also work to bind and aid in the removal of toxins that your bile is trying to purge.

This product could be used instead of NAC to increase glutathione levels to rid the body of graphene oxide.

Dosage: One capsule twice daily OR two capsules twice daily for those who are in need of additional support. It may be taken with or without food. If you do not have a gall bladder, take with food to aid in the digestive process.

NAC (N-Acetyl Cysteine) 600 and Glutathione 500mg rotation schedule

Graphene Oxide (GO) is a toxic substance that is found in all of the covid vaccines. It has also been found in rainwater and beach sand around the globe. It is a manmade material and it is not found in nature. Symptoms of GO poisoning include but are not limited to: a metallic taste in the mouth; loss of taste and smell; fatigue; fever; chills; blood clots; pneumonia; lung damage that prevents the normal exchange of oxygen and carbon dioxide; and more. (Do these symptoms sound familiar?)

NAC is a substance that our bodies need to make a very precious substance called glutathione. Glutathione is involved in tissue building and repair, making chemicals and proteins needed in the body, and in immune system function. It is an important anti-oxidant, and has been found

to be able to break down graphene oxide, which is a serious health concern. Unfortunately, oral glutathione is not easily absorbed by the body, which is why we take NAC to stimulate the body to produce glutathione instead. However, taking NAC long term can cause unintended side effects, so for best results rotate the use of NAC with Glutathione every two weeks.

In the hospital, NAC is used in the intravenous and oral form to protect and restore the body before and after it has been exposed to certain chemicals, including radioactive dyes used to illuminate parts of the body during an MRI, and in the case of acetaminophen (Tylenol, Acamol, etc.) overdose. It's also used sometimes to help cancer patients overcome the adverse events that may be associated with chemo drugs.

While many people can tolerate higher doses of NAC, some people find that oral doses of NAC above 1200 mg per day can result in headache, nausea, abdominal pain, vomiting, constipation, and diarrhea.

People who take nitroglycerine should not take NAC unless supervised by a physician since it can cause the nitroglycerine to work more intensely and cause an unsafe drop in blood pressure.

Dosage: NAC 600mg once a day for two weeks and stop. Then take Glutathione 500mg for another two weeks and stop. Keep alternating two weeks with NAC and two weeks with Glutathione.

Detox Bath

This bath has a dual purpose – to both detoxify and to nourish. The body needs magnesium to maintain the health of muscles, including the heart. Magnesium deficiency can increase a person's risk of cardiovascular problems, and can also cause symptoms such as tremor, poor coordination, muscle spasms, loss of appetite, personality changes, and nystagmus (an involuntary rhythmic side-to-side, up and down or circular motion of the eyes). Stress and illness both deplete the body of magnesium, and one of the first signs is fatigue. The fatigue may be accompanied by muscle spasms, or muscle weakness or stiffness or those symptoms may come later. A loss of appetite and nausea are other common early symptoms of magnesium deficiency.



Sulfur is another mineral that is depleted with stress and illness. It aids in the detoxification of drugs, food additives, and toxic metals. It also prevents blood from coagulating during transit through capillaries, and it also helps to maintain optimal neurological health.

The body has a very difficult time absorbing magnesium from supplements, but is easily absorbed through the skin (transdermal). To make a detox bath, you will need either Epsom salt or Dead Sea Salt. Both are high in both magnesium and sulfates. By dissolving these mineral

salts in your bathwater, the magnesium and sulfates to be readily absorbed into skin, and can at the same time draw out toxins from the body.

FIRST BATH: Detoxification through the skin can have some uncomfortable side effects if done too quickly. It is recommended that for your first bath you use just one cup of either Epsom salts or Dead Sea salt in your bathwater. Make the water as warm as you can without being uncomfortable and soak for 15-20 minutes. Some people find that the salts are drying to the skin, so to combat that, it is recommended that you also add an equal amount of baking soda. It is best to take this bath right before a nap or bed to give your body a chance to heal while you sleep.

SECOND AND ALL OTHER BATHS: Use two cups of either Epsom Salt or Dead Sea Salt in your bathwater, and try to soak for ½ hour. Many people report that they begin sweating after 20 minutes, and this is a sign that the body is releasing toxins.

Oaktree Magnesium Spray with Aloe Vera

Even with proper nutrition, it is sometimes difficult to supplement the required daily amount of Magnesium. The most effective way to supplement it is by spraying the skin with magnesium oil, which allows the body to absorb exactly what it needs.

Our bodies use Magnesium in many ways:

Magnesium helps us absorb calcium

It allows the proper functioning of muscles, nerves and bones, along with calcium

Stabilizes energy levels

Healthy pregnancy and breastfeeding support

Helps with constipation

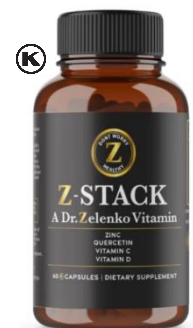


Immune System and Recovery Support

Z-Stack

Dr. Vladimir Zelenko, who has provided counsel to White House personnel, governments on four different continents, hospitals, physicians, and nursing homes, has put together an all-natural formula design for supporting the natural defense system of the body. This formula is highly recommended for both recovery and protection. This is an excellent product with proven effectiveness, in a convenient, easy to take capsule.

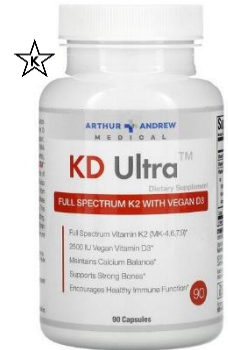
Dosage: 2 capsules a day.



Vitamins D & C, Zinc and Quercetin This combination of Vitamin D, Zinc, Quercetin, and Vitamin C costs more than **Z-Stack**, but the authors believe that for someone who can afford it, the added benefits outweigh the cost.

Arthur Andrew Medical KD Ultra: KD Ultra combines vegan-sourced Vitamin D3, a full-spectrum blend of Vitamin K, and the enzyme lipase to support strong bones, cardiovascular health and immune function. Vitamins D and K are fat-soluble (meaning they dissolve in fat), so the company added the enzyme lipase to help your body to absorb the D and K efficiently.

Dosage: 1 to 2 capsules per day.



Pure Synergy Zinc Complex or MegaFood Zinc - Our bodies were created with an innate intelligence that allows us to function, heal, energize, metabolize, and absorb nutrients from the foods that we eat. If the body needs nutrients such as zinc, foods high in zinc enable our bodies to access an appropriate amount of this vital nutrient, and if there is more zinc in the food than what is needed, the body will expel the rest. This is not the case when taking most supplements, because the body was not created to know what to do with isolated vitamins and minerals. Both the Pure Synergy company and the MegaFood company use real food to make their products and are therefore better for your health. Pure Synergy Zinc Complex combines fermented zinc with an organic food complex of immune-supporting shiitake mushrooms, vitamin C-rich camu camu berries, and wholesome green vegetables and sprouts. MegaFood Zinc contains natural source of phytonutrients & additional nourishment for overall health. **Choose from one.**

Dosage: 1 tablet per day with or without food.



Pure Synergy Pure Radiance C – Pure Radiance C® is made from organic camu camu extract and organic acerola cherry extract with 9 antioxidant-rich organic berries and fruits, and is a 100% natural form of vitamin C free of any synthetic or corn derived ascorbic acid. It contains valuable flavonoid cofactors & antioxidants for a healthy heart & optimal cellular function and is easy on the stomach with lower acidity compared to ascorbic acid. It is made with organic ingredients, Non-GMO, Gluten-Free, and Vegan. Pure Radiance C comes either in capsules or powder. Your goal is to take 2,000mg per day until symptoms subside, then for maintenance take 500mg per day. Since this is a natural, easy to absorb product, there is no need to mega dose.



Quercetin – The author does not recommend any specific brand. **Dosage:** 500mg per day

More Relief from Fatigue and Brain Fog

Proper Nutrition is the main key to recovery. The following products have been found to help people to regain their strength during and after illness.

Pure Synergy, Organic Superfood – contains a balance of deeply restorative herbs and mushrooms with regenerating supergreens and fruits to nourish and balance your body and mind. It is excellent in restoring mental clarity and focus, vibrant energy, healthy immune response, and assists in detoxification. This product comes in either capsules or as a powder that you can add to your smoothies.

Dosage: Follow directions on the label



Pure Synergy, Organic Super B-Complex provides the perfect balance of all eight essential B vitamins plus three important cofactors in a potent, energizing formula. Made with organic veggies & fruits, then activated with enzymes & probiotics through fermentation, for enhanced bioavailability. Excellent support for enhanced energy, stress relief & a healthy nervous system.

Dosage: 1 capsule per day



Iodine, Sulfur Plus Essential & Trace Minerals from Sea Vegetables

Sea vegetables are a true 'superfood', and the best dietary source of iodine. Iodine is essential for a healthy thyroid gland, which produces hormones that regulate the body's metabolic rate controlling heart, muscle and digestive function, brain development and bone maintenance. Sea Vegetables also contains other vitamins and minerals, such as vitamin K, B vitamins, zinc and iron, along with antioxidants that help protect cells from damage. The best sea vegetables to add to your diet are arame, kombu and wakame. Alternatively, **Edna** has a wonderful supplement with these three seaweeds in it, in an easy to swallow capsule.



Iodine is very helpful in treating thyroid problems, both in deficiency and in excess. It also helps to heal when there are problems with the ovaries and prostate, diabetes, hypertension, cancer, depression, brain fog, psoriasis, rheumatism, and more. In addition, iodine removes toxins from the body: mercury, lead, cadmium, bromine, aluminum, and arsenic. A 2013 study found a link between low iodine intake in women in early pregnancy and impaired cognitive development of their children. Sulfur is required for the body to produce glutathione, essential for the treatment of oxidative damage. A sulfur deficiency can lead to premature aging and severe degenerative diseases.



WOMEN: Pregnant and Nursing Mothers, and women with reproductive issues.

In addition to the enzymes and the sea vegetables, the following supplements give women the basics that they need for female wellness. Women who chose to take one of these supplements do not need to consider taking an additional B-complex supplement, as these products have a full spectrum of B vitamins. If you are having any issues relating to or from Covid-19 or any of the 'vaccines', it is important to take the enzymes to remove the main cause of the problem which is the spike proteins.

MegaFood Baby and Me 2 Prenatal Multivitamin – this is an excellent product with proven results for women and girls between the ages of 12 and 55. The tablets are a bit large, so if you have trouble swallowing a tablet, you may want to use *Pure Synergy PureNatal* instead.



Pure Synergy PureNatal - Perfect for you and your baby - Wholesome vitamins and minerals, made with organic veggies and fruits, are deeply nourishing, and gentle on your stomach. This formula, with its blend of organic sprouts, berries, and herbal extracts provides comprehensive nourishment, balance and support. This formula is good for all women and girls who are between 12 and 55.



MegaFood Multi for Women 55+ is formulated by award-winning integrative medical physician, Tieraona Low Dog, M.D., and contains a blend of vitamins, minerals and green tea leaf extract to support a mature woman's unique nutritional needs. Vitamin D is included to support healthy bones. B vitamins support healthy energy function and nervous system health.



Pure Synergy, Vita-Min-Herb, Women's Multivitamin is made with organic vegetables, fruits and our comprehensive blend of targeted SuperPure® herbal extracts - Vita-Min-Herb® for Women is so much more than a multivitamin. This supremely nourishing and harmonizing formula offers women of all ages complete core nutrients and herbal support for hormonal balance, heart, brain, immune and digestive systems.



MEN: For a healthy foundation and to treat male reproduction issues.

These supplements give men the basics that they need for basic wellness. Men who chose to take one of these supplements do not need to consider taking an additional B-complex supplement, as these products have a full spectrum of B vitamins. If you are having any issues relating to or from Covid-19 or any of the 'vaccines', it is important to take the enzymes to remove the main cause of the problem which is the spike proteins.

Pure Synergy, Vita-Min-Herb, Men's Multivitamin is made with organic vegetables, fruits and our comprehensive blend of SuperPure® herbal extracts - Vita-Min-Herb® for Men is so much more than a multivitamin. No matter your age, our all-in-one formula offers complete core nutrients and targeted herbal support for vitality, heart, brain, digestive and immune systems.



MegaFood Multi for Men is formulated by award-winning integrative medical physician, Tieraona Low Dog, M.D., and contains a host of supportive nutrients, including B vitamins to support healthy energy function and nervous system health, plus choline, to support healthy cognitive function.



MegaFood Multi for Men 55+ is formulated by award-winning integrative medical physician, Tieraona Low Dog, M.D., and contains a blend of nutrients including vitamin D to support healthy bones, and choline to help maintain normal cognitive function. Pumpkin seed and zinc are included to nourish a healthy prostate.



Bishvilo – Is designed to strengthening male function, and, along with taking Lumbrokinase, has even returned normal function to some men even after it was completely lost after ‘vaccination’. The formula contains herbs that increase the internal energy, affect the balance of hormones in the body, help with nervous balance, improves mood, and raises physical ability. Athletes benefit as it also improves physical fitness and muscular development. There are no known side effects.

בהשגחת הרב
הגאון הרב
השני



Other Recommendations – A Few Basics

Sleep - The body heals while we are asleep, and a lack of sleep has been linked to a higher risk for certain diseases and medical conditions such as obesity, type 2 diabetes, high blood pressure, heart disease, stroke, poor mental health, and early death.



Sleep is an essential function that allows your body and mind to recharge, leaving you refreshed and alert when you wake up. Without enough sleep, the brain cannot function properly. This can impair your abilities to concentrate, think clearly, and process memories. Most adults require between seven and nine hours of nightly sleep. Children and teenagers need substantially more sleep, particularly if they are younger than five years of age.

Studies have shown sleep deprivation leaves people vulnerable to attention lapses, reduced cognition, delayed reactions, and mood shifts. It's also been found that people can develop a sort of tolerance to chronic sleep deprivation. Even though their brains and bodies struggle due to lack of sleep, they may not be aware of their own deficiencies because less sleep feels normal to them, and this makes them vulnerable to disease. Some diseases linked to long term sleep deprivation include high blood pressure, heart attack, stroke, weight gain and obesity, depression and anxiety, diabetes, memory loss, immune system deficiency, psychiatric disorder, decreased fertility and more.

It is important that a person goes to sleep before midnight so that they can arise refreshed no less than 7 or 8 hours later.

Water - Up to 60% of the human adult body is water. The brain and heart are 73% water, and the lungs are about 83% water. The skin contains 64% water, muscles and kidneys are 79%, and even the bones are watery: 31%.

Water moves the nutrients into our cells, and toxins out. Unfortunately, most of us do not drink enough water and that can lead to a back up of toxins in our cells, and an inability for our bodies to heal properly.

The average adult needs to drink between six and eight 8-ounce cups (240ml) a day.

If you don't stay hydrated throughout the day, your energy levels and brain function start to suffer. People with chronic dehydration exhibit some of the following symptoms: dark-colored urine, muscle fatigue, dizziness, dry or flaky skin, constipation, constant fatigue, ongoing muscle weakness, difficulty drinking water, frequent headaches, inflammatory bowel disease, irritable bowel syndrome, nonceliac gluten sensitivity, decreased kidney function, kidney stones, hypertension, urinary tract infections, intestinal failure, dementia, blurred vision, sensitivity to bright light and more.

Probiotics - When the gut becomes unbalanced with unhealthy levels of certain bacteria, probiotics can help restore the balance. They've been shown to secrete protective substances, which may turn on the immune system and prevent pathogens from taking hold and creating major disease. The best way to get probiotics is in the food that we eat. Yogurt is probably the best-known probiotic, but it only contains one strain of probiotic. Kefir on the other hand, has about 60. Fermented vegetables are also high in probiotics, but they also contain prebiotics. Prebiotics are the food that the probiotics need to live on.

Kefir - Kefir is the best way to obtain a full spectrum of healthy probiotics. It has a consistency comparable to drinkable yogurt, and is easy to make. Like many fermented foods, true kefir is made with a starter. The starter is called 'kefir grains', and looks a bit like cottage cheese. Please note that there is a very big difference between ready-made store-bought kefir, and what you can make at home. Store bought kefir contains on average 12 different varieties of probiotics, whereas the kefir that you make yourself has up to 61 making it far more effective than anything that you can purchase in the store. Instructions for making kefir are included in the back of this document.



Fermented Vegetables –

Sauerkraut, pickles, and other fermented vegetables are easy to digest, have higher amounts of nutrients, help maintain healthy levels of gut bacteria with both probiotics and prebiotics, and are beneficial for both preventing and treating disease.



White blood cells are part of the body's immune system. They help the body fight infection and other diseases. Studies show that eating sugar may put your white blood cells into a temporary coma, effectively shutting down your immune defenses for stretches of up to 6 hours, from only as little as two teaspoons of sugar! Those two teaspoons in your morning coffee, the donut at lunch and the ice cream after dinner could effectively shut down your immune defenses for an entire day. It is important to cut all forms of sugar out of your diet, and enjoy raw honey instead.

Buying Guide

Kefir Grains: email chessed142@gmail.com with the word “kefir” in the subject line, and your name & location in the body of the email to find out where you can get kefir grains near you.



Arrangements have been made for you to open an account that enables you to shop and receive a **15% discount on all Cellcore products.**

To register your account, go to <https://cellcore.com/pages/register-customer>

Enter your **Patient Direct Code k7gb1GZC** and complete the registration.

After you have registered, send an email to chessed142@gmail.com with the words “Cellcore Registration” in the subject line, and your name in the body of the email. Within a day or two, you should receive a confirmation email letting you know that your discount has been activated. *Worldwide shipping is available.*



Oaktree

Oaktree and Edna products can be purchased online at Oaktree.co.il

15% discount – use coupon code **special15ty**



Worldwide shipping is available.



[Click on this link](#) and use coupon code

WELCOME25 for **25% off** your entire first order



Most of the items in this document can be found on www.iherb.com

VALUE60 will give you 10% off your order of \$60 or more.

TTW145 will give you a discount on any size order.

Worldwide shipping is available.



15% Discount on your first order

[Click here](#) and use coupon code SAS15

Special Bulk Pricing for Shipping to Addresses in the USA:

To take advantage of these deals, send your order with your shipping address to chessed142@gmail.com with the word "order" in the subject line. Prices do not include shipping, but in some cases it will be free. You will have a chance to review your order with the total before you pay. Payments can be made by PayPal. Prices subject to change.

NAME	QUANTITY	REGULAR PRICE	DISCOUNT PRICE
Arthur Andrew Medical Neprinol	1 bottle, 300 caps.	\$145.00	\$130.00
Arthur Andrew Medical KD Ultra	3 Bottles, 90 caps.	\$144.00	\$125.00
Pure Synergy Pure Natal	3 Bottles, 120 caps	\$134.00	\$110.00
Pure Synergy Vita-Min-Herb*	4 Bottles, 120 caps	\$265.00	\$230.00
Pure Synergy Superfood Powder	1 Bottle 12.5 oz	\$72.00	\$62.00
Pure Synergy Superfood Capsules	3 Bottles, 270 caps	\$152.00	\$130.00
Pure Synergy Vitamin C Capsules	6 bottles, 90 caps	\$155.00	\$125.00
Pure Synergy Vitamin C Powder	4 Bottles, 4 oz	\$132.00	\$110.00
Pure Synergy B Complex	6 Bottles, 60 caps	\$184.00	\$150.00

* Can order 4 bottles of Vita-Min-Herb for men or for women in any combination



This document was carefully researched, prepared and reviewed by professionals with your best interests in mind. If you feel that this document is worthy, and if you are in a position to give, we respectfully request that you consider donating to the following causes.

A single Israeli mother with minimal means of support for herself and her four young children became disabled after her first Pfizer shot. The teenage daughter is now responsible for the care of the home, her mother, and her young siblings. Please consider contributing generously to help this special family in need. <https://thechessedfund.com/sarsorcohen/helpsarasor>

Contributions to support the production of this document can be sent by PayPal using email address 090102a@gmail.com

More Healing Recipes

Concentrated Pro-Vitamin A Stew

A special note of thanks to the herbalists at **Edna** for sharing this recipe with us.

This is a light stew based on oil-saturated carrots for the restoration of the stomach walls and the healing of gastric ulcers. It contains an extremely high concentration of pro-vitamin A to strengthen the immune system and hormonal function, and is an effective antioxidant for body cleansing and detoxification.

Patient responses are particularly strong and have reported a drastic change in quality of life, especially for *Helicobacter pylori* patients.



Recipe:

Once a week prepare the stew, and consume for 3 consecutive days. Continue this for 6 consecutive weeks.

Quantity for one:

Grate or chop finely 3 large carrots, cook them in a small pot uncovered with a little water for about half an hour until all the water has evaporated and there is no water left in the bottom of the pot.

Add 5 tablespoons of extra virgin olive oil, and continue to heat for another 5 minutes. It should be noted that the color of the oil turns orange from the extraction of pro-vitamin A in the carrot, hence the healing power to restore the walls of the digestive tract.

Turn off the heat, mix well with a spoon, refrigerate and divide into 3 portions that are consumed for 3 consecutive days.

VARIATION for a more intense body cleansing: Add a chopped garlic head at the beginning of cooking (for maximum benefit leave the garlic half hour after chopping before the cooking so you may want to start with chopping the garlic before the carrot), and when you add the oil add a bag of chopped coriander, and 2 tablespoons of cardamom spice. When cleansing the body, an antiviral product (such as *Artemisia Judaica*, olive leaves, etc.) should be consumed at the same time.

Sauerkraut

One kilo of prepared cabbage makes one liter (quart) of sauerkraut.

The amount of salt that you use is dependent on the amount of cabbage. The formula to decide how much salt to use is:

Weight of cabbage in kg x 0.02 = amount of salt to use

Therefore, if you are using one kilo of cabbage, you will use 20g of salt. (1000g x 0.02 = 20)

If your cabbage weighs 1250g, you will use 1250g x 0.02 = 25g and so forth.

Get things clean - Wash all equipment, work surfaces, and your hands in warm soapy water.

Slice checked cabbage into very thin ribbons by hand, or shred with a food processor.

Place the thinly sliced cabbage in a large bowl (make sure it is clean too!). Sprinkle the salt over it and toss the cabbage together with the salt. Set aside for about ½ hour or until it begins to wilt.



Knead and squish the cabbage and salt mixture with your hands. After a few minutes, the cabbage will start releasing liquid and by the end, there should be enough liquid brine to cover the cabbage in the jar. Any additional flavors that you wish to add should be added now.

Stuff the cabbage very tightly into the jars or fermentation jar. (The easiest way is with a kraut pounder). Pour any liquid from the bowl into the jar. If needed, add just enough water to make sure the water/brine covers the cabbage entirely. If the cabbage is fresh, no liquid may be needed, but don't worry if you have to add a little water.

Add something to the top of the jar to keep the cabbage weighted down. Without the weight, the cabbage will float to the top of the brine, increasing the chance of developing mold.

Let it ferment - Now you get to practice patience! Fermentation will begin within a day and take 1-5 weeks depending on temperature and desired flavor. The sauerkraut is technically fermented after only a few days, but the greatest health benefit can be derived by letting it sit for at least one month. Taste is the best measure here, so check it often and stop the ferment when you get the desired taste. Note: It is normal to see bubbles or foam on top during the fermentation.

Once ready, it can be eaten right away, or store in the refrigerator to slow down the fermentation.

Enjoy! Sauerkraut is delicious on its own or added to salads, soups, or with meats.

VARIATIONS for every kilo of cabbage:

Caraway/Dill – 1-Tablespoon caraway seeds and ½ cup finely chopped dill

Ginger/Beet – add one medium sized grated beet and a thumb sized piece of ginger, grated fine.

Purple Cabbage & Apple - use purple cabbage and one grated apple.

Dandelion Greens

Ingredients

½ kg (1 pound) dandelion greens, roots removed
2 teaspoons salt or to taste
1/4 cup extra virgin olive oil
1-2 cloves garlic, minced
1/2 cup onion, finely chopped
1 small dried hot chile pepper, seeds removed and crushed (optional)
Freshly ground black pepper, to taste

Instructions

Fill a large bowl with water and add one teaspoon of salt to it.

Rinse the dandelion leaves well and then submerge in the salted water for 10 minutes, and then rinse well.

Cut leaves into 2-inch pieces.

Add 1 teaspoon of salt to 1-1/2 cups of water, and bring it to a boil in a saucepan. Add the greens to the boiling water and cook uncovered for about 10 minutes.

While the greens cook, heat the olive oil in a skillet or sauté pan over medium heat. Sauté the garlic, onions, and chile pepper (if using) until the onion is translucent.

Drain greens thoroughly and add them into the onion-garlic mixture.

Season with salt and pepper, to taste.



Garlic Infused Honey

Enjoy the combined healing power of garlic and honey. The honey saturated garlic pieces are a delicious treat for children and adults, and the garlic infused honey is delicious in salad dressings, and in all of your cooking. The amounts will vary according to the jar that you use.

Peel enough garlic to fill your jar 2/3 full. Crack the garlic cloves with the back of a spoon or flat edge of a broad knife, or cut the garlic into chunks. Set aside for 30 minutes.

Place the garlic into a bowl and pour enough raw honey over it just to coat the pieces. Stir to coat all of the garlic with the honey and then spoon it into the jar. Fill the empty space in the jar with honey, leaving a little room at the top. The garlic will float to the top – once a day, turn or shake the jar to keep all the garlic covered with honey. Eventually the garlic will stop floating and will become saturated with honey. It is now ready to use. Store at room temperature in a tightly sealed jar.

Eden Foods Arame Vegetable Sauté

Ingredients

1/2 cup EDEN Arame, rinsed, soaked 5 minutes, sliced
 1 Tbsp EDEN Toasted Sesame Oil
 1/4 tsp EDEN Hot Pepper Sesame Oil
 1 clove garlic, minced
 1/2 cup onions, chopped
 1 small red bell pepper, sliced in strips
 1 cup fresh or frozen sweet corn
 1 cup water
 or arame soaking water
 1 tsp EDEN Shoyu Soy Sauce, or to taste

Directions

Heat the oils in a medium skillet and sauté the garlic and onions for 2 to 3 minutes. Add the arame, red pepper, sweet corn, and water. Cover and bring to a boil. Reduce the flame to medium-low and simmer about 15 minutes. Add the shoyu, cover and simmer another 5 minutes. Remove the cover, turn the flame to medium and simmer, stirring to mix until almost all cooking liquid has evaporated. Serve.



Simmered Kombu

Adapted from a recipe on www.justonecookbook.com

Ingredients:

2 oz kombu, soaked in water until soft and tender
 ½ tsp sesame seeds
 1 cup water
 1 Tbsp sake
 1 Tbsp mirin
 1 tsp rice vinegar
 2 Tbsp soy sauce
 1 tsp honey (add more if you prefer the sweet taste)
 1 dried chili pepper with the seeds removed, cut into thin rounds

Instructions:

Cut the kombu into thin strips. Place in a saucepan, and add all the ingredients except the sesame seeds. Bring to a boil. Lower the flame and simmer until the liquid is almost completely evaporated, 20 to 25 minutes. Remove from the fire and add the sesame seeds. Serve with rice.



Japanese Seaweed Salad (Wakame)

Adapted from a recipe on www.asiancaucasian.com

Ingredients:

50 grams (1.7 ounces) dried wakame seaweed
 3 tablespoons tamari soy sauce
 1 tablespoon rice vinegar
 1 tablespoon mirin
 1 teaspoon honey
 1 teaspoon fresh grated ginger
 ½ teaspoon grated garlic
 1 tablespoon toasted sesame oil
 ¼ teaspoon red pepper flakes
 1 baby cucumber (skin on), very thinly sliced
 ½ teaspoon toasted white sesame seeds
 ½ teaspoon black sesame seeds

Instructions

Place the seaweed in a medium-sized bowl and cover with water. Let sit for 10 minutes until rehydrated.

While seaweed is soaking, prepare the dressing: In another medium-sized bowl, whisk together the soy sauce, rice vinegar, mirin, honey, ginger, garlic, sesame oil, and red pepper flakes.

When the seaweed is rehydrated, strain the seaweed in a colander and rinse thoroughly. Make sure to remove as much moisture as possible, squeezing the seaweed if necessary.

Add the seaweed, sliced cucumber, and sesame seeds to the bowl of dressing and toss well to coat. Cover and chill in the refrigerator for 30 minutes to 1 hour.

When ready to serve, garnish with extra sesame seeds.



Buckwheat Recipe to Treat Allergies, Thyroid and Weak Stomach

Special thanks to the herbalists at **Edna** for this very special recipe
 Soak 500g (1lb) green buckwheat in a large bowl filled with water overnight. In the morning, strain and flatten the soaked buckwheat on a baking sheet. Bake at 180C (350F) for 30-40 minutes, preferably with the convection fan on. You will know when it is done, when it is almost completely dry and slightly browned. Refrigerate until you are ready to cook it, or freeze it for longer storage.

When you are ready to cook it, place it in a pan using 1 cup of buckwheat and 2 cups of water. Add turmeric and black pepper to taste. Eat at least 4 tablespoons a day.



Star Anise Apple Butter

A surprisingly delightful spread that contains natural apple pectin for detoxification, deliciously flavored with star anise.

Ingredients

10-12 medium sized apples
1 stick cinnamon
1 whole star anise pod
1 tablespoon lemon juice
1/3 cup water

Instructions

Core, peel (organic apples do not need peeling), and chop the apples.

Put the apples, cinnamon sticks, star anise pod, lemon juice, and water into a large pot.

Cover and cook on medium heat for 30 minutes.

Using a fork, the back of a wooden spoon or a potato masher, mash the apples as much as possible. Remove the lid from the pot and continue cooking for an additional hour, stirring every 15 minutes. If, after an hour, the apple butter isn't as thick as you'd like, continue cooking for 15 minutes at a time, stirring every 5 minutes to prevent the apples from sticking and burning on the bottom.

Remove the cinnamon stick and star anise pod from the apples. Puree the apple butter using an immersion blender, high-powered blender, or food processor.

When cool, pour the apple butter into jars and refrigerate for up to 2 weeks. Freeze for up to a month.



Toasted Fennel Seed Infused Honey

1/4 cup fennel seeds
1 cup raw honey

Toast fennel seeds in a sauté pan until just fragrant. Remove from heat and allow to cool. Stir in the honey and store in a tightly covered jar. Allow the mixture to sit for at least 12 hours before using. The longer the honey is allowed to infuse, the more intense the flavor will become. Delicious as a tea. If using as a syrup, pour the honey through a strainer to remove the fennel seeds. The fennel seeds are delicious eaten as a candy, and can prevent gas and bloating after a meal.

Beet Kvass – “Blood of the Earth”

Ingredients

Starter – either 2 tablespoons juice from your sauerkraut or other brine fermented vegetables, or 1 tablespoon sourdough starter

2 teaspoons unrefined salt such as Himalayan pink salt

1.5 kg beets (3lbs), (peeled and grated or cut into ½-inch cubes)

Chlorine-free water, approximately 2 liters (2 quarts)



Instructions

Whisk starter culture and sea salt into 1½ liters (quarts) chlorine-free water until well-dissolved. Place beets into a 3-liter jar.

Cover the beets with the liquid until the crock is full within one inch of its lip and the beets are completely submerged.

Pour in additional chlorine-free water, as necessary.

Allow the kvass to ferment at room temperature for at least one week before straining and serving. The longer it sits, the less salty it will become.

Reserve the beets and 1 cup beet kvass to prepare beet kvass up to two more times.

Add additional salt and water (you may omit starter for subsequent rounds) to the leftover beets and culture them up to two more times before discarding, or serve them as a side dish or in salads.



Serving Suggestions:

Place ¼ cup beet kvass in a glass and dilute to taste with water or seltzer. For a delicious refreshing drink, add a squeeze of fresh lemon and honey to taste.

Beet kvass carries with it all the benefits of beets and the benefits of fermented foods for a deeply cleansing tonic. Rich in antioxidants, beets help reduce inflammation in the body which may contribute to cardiovascular disease, cancer and diabetes

The fermentation process enhances the already strong nutritional profile of raw beets, increasing levels of food enzymes and B vitamins (particularly folate). It also inoculates the beets with beneficial bacteria which support immunity and digestive system health.

Immune Boosting Chocolate Brain Fuel

This 'candy' has become everyone's favorite loved by children and adults. There is so much nutrition packed into each bite that in a pinch these treats could be used as a healthy, complete, nourishing and satisfying meal replacement. They are very high in antioxidants and also calming to the nervous system. Here is a (very) brief summary of the health benefits contained in each ingredient.

Coconut oil: Helps to control blood sugar; Reduces stress and contains substances that could help fight depression; Protects the liver from disease; Anti-fungal; Promotes weight loss; contains an unusually high in medium-chain triglycerides (MCTs). These are harder for the body to convert into stored fat, and easier to burn off than the long-chain triglycerides (LCTs) found in vegetable oils. MCTs promote healthier brain function and memory.

Nut butters: contain protein, healthy fats, fiber, vitamins and minerals, and phytochemicals which have been found to stimulate the immune system, prevent cancer, slow the growth of cancer cells, and regulate hormones

Cacao: Unusually high in antioxidants, cacao is the highest plant-based source of Iron. It is also high in magnesium, which promotes a healthy nervous system, heart and brain; has more calcium than cow's milk, and is a natural mood elevator and anti-depressant.

Pumpkin seeds: High in vitamin K, phosphorus, manganese, magnesium, iron, zinc, copper, B2, folate, and antioxidants; reduces the risk of cancer especially breast and prostate cancer; relieves symptoms enlarged prostate; improves urinary function in an overactive bladder; good for heart health; lowers high blood sugar levels; helps improve the quality of sleep

Walnuts: High in antioxidants, good source of Omega 3, decreases the type of inflammation that can lead to disease; promotes a healthy gut; reduces the risk of some cancers; helpful in weight control; lowers the risk of type 2 diabetes; helps lower blood pressure; supports healthy body functions as we age; supports healthy brain function; supports healthy reproductive health in men; improves healthy blood fats

Natural Himalayan or Celtic salts: contain essential electrolytes for proper cellular function.

Pure Vanilla: Powerful antioxidant, antibacterial, reduces the type of inflammation that can lead to disease, reduces anxiety and depression, and helps maintain healthy cholesterol levels.

Raw Unprocessed Honey: It is not possible to fit all of honey's benefits on one page, much less in this summary. Here is a direct quote from *Pharmacognosy Research*, published in 2017:

"Traditionally, honey is used in the treatment of eye diseases, bronchial asthma, throat infections, tuberculosis, thirst, hiccups, fatigue, dizziness, hepatitis, constipation, worm infestation, piles, eczema, healing of ulcers, and wounds and used as a nutritious supplement. The ingredients of honey have been reported to exert antioxidant, antimicrobial, anti-inflammatory, antiproliferative, anticancer, and antimetastatic effects. Many evidences suggest the use of honey in the control and treatment of wounds, diabetes mellitus, cancer, asthma, and also cardiovascular, neurological, and gastrointestinal diseases. Honey has a potential therapeutic role in the treatment of disease by phytochemical, anti-inflammatory, antimicrobial, and antioxidant properties. Flavonoids and polyphenols, which act as antioxidants, are two main bioactive molecules present in honey. According to modern scientific literature, honey may be useful and has protective effects for the treatment of various disease conditions such as diabetes mellitus, respiratory, gastrointestinal, cardiovascular, and nervous systems, even it is useful in cancer treatment because many types of antioxidant are present in honey. In conclusion, honey could be considered as a natural therapeutic agent for various medicinal purposes. Sufficient evidence exists recommending the use of honey in the management of disease conditions. Based on these facts, the use of honey in clinical wards is highly recommended. "



Immune Boosting Chocolate Brain Fuel Recipe

INGREDIENTS:

- 1 cup (210g) soft or melted (not hot) unrefined coconut oil
- 1 cup (250g) almond butter (or any other nut butter, not peanut)
- ½ cup (70g) cacao nibs
- ¼ Teaspoon Himalayan pink salt or Celtic sea salt
- ¼ Cup (25g) raw cacao powder or natural cocoa powder (**NOT_Dutch**)
- 1/3 cup (110g) raw unprocessed honey (more or less to taste)
- 1 cup (170g) pumpkin seeds
- 1 cup (120g) walnuts
- ½ Teaspoon natural vanilla or the seeds from ½ vanilla bean.

OPTIONAL: 1 cup unsweetened shredded coconut, or any combination of nuts and seed that you enjoy. Small pieces of unsulphured, unsweetened dried fruits such as cranberries, chopped dates, or chopped prunes are also delicious. Nuts can be left large for a chunkier chocolate as shown on the right.

INSTRUCTIONS:

Place the melted coconut oil, almond butter into the bowl of a food processor with the 's' knife blade and process until well combined and creamy. This is an important step – the chocolates will not come out well if the oil is not completely mixed with the nut butter.

Add the cocoa nibs and process until the mixture turns dark in color.

Add the raw cacao (or cocoa) powder, salt and honey. Turn the food processor on until it is a uniform color.

Add the rest of the ingredients and process until the nuts and seeds are cut into small bits.

Line a baking sheet with baking paper, and pour the mixture onto the paper. Spread the mixture to a uniform thickness and freeze until firm for about ½ hour.

Remove the pan from the freezer and cut the chocolate into squares. Store the squares in the freezer inside a sealed container.

NOTE: KEEP REFRIGERATED OR FROZEN - These melt at temperatures above 21C (70F)



Kefir Instructions

Equipment: Glass jar with lid, plastic spoon, plastic strainer. Kefir cannot come into contact with metal so please be sure that you are only using glass for storage and plastic for straining.

Place kefir grains into a clean glass jar and pour the milk over them. Stir. The milk can be cold or room temperature, either is fine. Cover the jar loosely with the lid.

Leave the mixture on your counter away from direct sunlight for about 24 hours, more or less. Several times a day or whenever you think of it, stir the kefir grains or shake the jar gently with a swishing motion to stir the contents together.

After 24 hours (remember – the time is approximate) place a nylon strainer over the container you'll use to store the kefir. Strain the kefir into the container, catching the grains in the strainer.

Place the grains back into the jar that you used to make the kefir and add some fresh milk. Stir the grains into the milk and allow to the mixture to ferment again. This way, you can make a fresh batch of kefir roughly every 24 hours. To take a break from making kefir, place the grains in fresh milk, cover tightly, and refrigerate.

The strained kefir can be used immediately, or covered tightly and stored in the refrigerator for up 3 or 4 days or they will start to taste too sour.

Proportions: Use about one teaspoon kefir grains for every cup or two of milk. Your kefir grains will grow. If you end up with too much, you can either eat the grains, throw them away, or the best option is to give them to someone and teach them how to use them.

Tips for Culturing Kefir:

Time and temperature are two important factors that determine how thick and tasty your kefir will be. In the warmer months, kefir may be ready to drink in as little as 12 to 18 hours. If you let it sit out too long at room temperature, it will become thick and eventually start turning into cheese and whey. If your kefir is “lumpy” and too sour, you are definitely leaving it out too long. It should be creamy and “drinkable” ...a little thicker than milk. At this point, shake it well and place the kefir into your refrigerator. It will thicken a little more since it is continuing to culture, but at a much slower pace. Making kefir is an art, not an exact science. With each batch you make, adjust the time until you get it just the way you like it. Each area of the world and each kitchen seem to be a little different. If you end up leaving your kefir too long, simply add extra milk to the strained kefir and let it sit on the counter for a few hours. The strained kefir will ferment the new milk removing some of the sour taste.

Use your kefir to make a delicious shake, using whatever fresh fruits or vegetables you desire. Kefir can be sweetened with raw honey to taste.



Adding Kefir to Your Daily Routine

Kefir is a cultured, fermented beverage made from starter grains that were developed from goat colostrum. Because kefir is fermented, it is free of lactose and can be consumed by almost anyone.

Easily digested, kefir cleanses the intestines, provides beneficial bacteria and yeast, vitamins and minerals, and complete proteins. Because kefir is such a balanced and nourishing food, it contributes to a healthy immune system and has been used to help patients suffering from a wide variety of illnesses. Its tranquilizing effect on the nervous system has benefited many who suffer from sleep disorders, depression, and ADHD (attention deficit hyperactivity disorder).



The regular use of kefir can help relieve most intestinal disorders, promote regular and healthy bowel movements, reduce gas and create a healthier digestive system. In addition, its cleansing effect on the whole body helps to establish a balanced inner ecosystem for optimum health and longevity.

Kefir can also help eliminate unhealthy food cravings by making the body more nourished and balanced. Its excellent nutritional content offers healing and health-maintenance benefits to people in every type of condition.

While kefir has plenty of great health benefits, if not properly introduced into the diet, it can have some unpleasant side effects such as diarrhea, constipation, gas or abdominal cramping.

Some people thrive on kefir right from the start and others may need to proceed more slowly.

Start with one tablespoon of strained kefir . The next day, increase to two tablespoons. On day three, take about ¼ cup in the morning, and then every day or two increase the amount until you are able to drink a full eight-ounce glass.

Breathing Balm

This balm is excellent in opening the airways of people who are suffering from any kind of lung inflammation, including covid, pneumonia, asthma and more. Its easy to make, does not go bad and is a wonderful remedy to keep in your home.

Mix together ¼ cup liquid coconut oil, 1 teaspoon peppermint essential oil, 1 teaspoon eucalyptus essential oil, and ¼ teaspoon tea tree essential oil. Store at room temperature in a closed container. To use, simply rub onto the chest every 2 or three hours, or as needed. The balm can be made stronger by adding extra peppermint and eucalyptus.



Homemade Cough Syrup with Elecampane Root

Special thanks to the renown herbalist [Rosalee De La Foret](#) for this wonderful recipe.

This simple homemade cough syrup is a powerful ally for congested coughs. It can be used both for acute coughs and chronic coughs. The rosehips further help to expectorate, plus they give the syrup a thicker consistency than regular honied syrups. The honey in the recipe is also part of the medicine, as it can coat and soothe a sore throat and it also has mild expectorant qualities. I recommend using high quality honey bought directly from a local beekeeper.

Ingredients

1/4 cup dried elecampane root (25 grams)

1/4 cup dried and chopped rose hips (35 grams)

1 pint water

1/2 cup to 1 cup local, raw honey

Instructions:

Simmer the elecampane root, rosehips and water for 25 minutes, covered. Strain off the herbs.

Measure the liquid to determine how much honey to add. (If you add an equal amount of honey to the water, the syrup should keep for a very long time, but you can add less honey if you prefer things less sweet.

Tip: Add the honey while the mixture is still warm. If necessary, very gently warm the liquid until the honey fully combines. The less heat you add the better to preserve the raw qualities of the honey.

Store it in the fridge.

To use: This syrup is ideal for congested coughs and sore throats. Adults can use 1 teaspoon every 30 minutes.

Nutritional Data for Sauerkraut

Vitamins and Minerals

The vitamins found in sauerkraut are numerous: Vitamin A, B vitamins, Vitamin C, Vitamin K and Vitamin U. The minerals are iron, potassium, iodine, calcium, magnesium, manganese and sodium along with trace amounts of phosphorus, chlorine, cobalt, fluorine, silicon, boron, copper, zinc, sulfur and selenium.

Vitamin C: Raw cabbage has about 30 mg of Vitamin C per cup, but when fermented it can have upwards of 600 mg per cup with highest levels being seen in fermented red cabbage.

Vitamin K2: Research has shown that Vitamin K2 is one of the most important nutrients for bone health due to its ability to assist calcium and other minerals to bind into the bone matrix to strengthen bones. K2 prevents calcium from depositing in the joints and arteries and carries it only to the cells that require calcium for proper growth and function.

Vitamin U: Vitamin U has been shown to be able to treat a variety of gastrointestinal conditions, including ulcerative colitis, acid reflux, and peptic ulcers. Additionally, vitamin U may be able to reduce

Probiotics: The main reason many of us consume sauerkraut is for the live and active probiotics. Probiotics are the bacteria present on the vegetables fermented and grown during fermentation. These various strains of probiotics help make foods more digestible and increase your gut's ability to absorb nutrients.

Beneficial Digestive Enzymes are effective at relieving common digestive issues such as gas, bloating, indigestion, heartburn and general discomfort.

Antioxidants are powerful substances found mostly in fruits and vegetables, that benefit the body by neutralizing and removing free radicals from the bloodstream. Sauerkraut is high in lutein and zeaxanthin, antioxidants that are both shown to protect and maintain healthy cells in the eyes and play a role in the prevention of cataracts.

You Will Not Find E. Coli, Salmonella, C. Botulinum and Other Pathogenic Bacteria in

Sauerkraut The beauty of fermentation lies in the ability of lactic acid, which forms during fermentation, to create an environment inhospitable to pathogenic bacteria. Lactic acid is effective in destroying pathogenic bacteria, including Salmonella and E. coli. It's a combination of the acid's ability to kill bacteria and the low pH created by fermentation that makes fermented foods so safe.