

# **Standard Treatment for all Sicknesses/ Diseases**

(This is not a substitute for a *patient on medication.*)

## **Assuming you wake up at 6:00 am: Ask God to bless the treatment**

1. Take 2 glasses (2 x 250ml of warm water) calculated as 30ml/kg body weight per day
  - Add 2tbs full of Charcoal to the first glass
  - Drink second glass of water only

## **Exercise; Outdoors in the fresh air**

- Brisk walking for about 45 minutes 5 times per week

## **After about 1hr:**

Take a glassful of Vegetable juice comprising of -

- Two Carrots
- One medium red Onion
- Two Tomatoes
- Two cloves of Garlic
- Quarter medium size of Cabbage
- Any other greens you may feel like

## **For the sick**

- Drink half a glass of porridge made from whole grains as part of instant energy

## **Eat Breakfast after 10 minutes comprising of -**

- Carbohydrates (Unleavened bread – NO YEAST, Cassava, Potatoes, Yuka, beans and corn cooked together, or any kind of flat bread) There are different types of grains and tubers that could be selected
2. Cooked beans or peas (variety at different meals. There are many different types of beans from which to select
3. Cooked vegetables (Different types of vegetables)
4. Close it with a vegetable salad (Vegetables as per vegetable juice above)

## **Sunlight**

- Spend 20-30 min in the sun before 10h00 mid-summer

## **At about 10h00:**

- Take minimum two glasses of warm water

## **At around 12:30,**

- take 2 glass of warm water

## **At 13h00**

- One glass of fruit juice comprising 3-5 different kinds of fruits-
- Pineapples, Oranges, Papaya, Lemons, Grapefruit, or any other available

## **After 20 minutes**

- Take a half a glass of porridge
- Take lunch with Carbohydrates as at breakfast above and Nuts of different kinds, cooked and uncooked.

## **At about 16h00**

- 2 glasses of warm water

## **17h30**

- One glass of vegetable juice,
- Half a glass of porridge followed by a plate of vegetable salad. (The patient must not take any foods after 18h00).

## **21h00**

- In bed

Hydrotherapy and Charcoal treatments are also based on the diseases consult for the

### **Don'ts**

1. No refined sugars; fizzy drinks; chocolates, sweets, cakes, cookies, etc
2. No High Fructose Corn Syrup; check all labels
3. White table sugar, Light Brown Sugar, Syrup, Caramel Brown Sugar, Dark Brown Sugar
4. No Spices: mustard, vinegar, apple cider vinegar, curries, black and white peppers (cayenne pepper is suitable, mayonnaises chutneys, tomato sauce, Worcester Sauce
5. No smoking
6. No flesh foods, e.g. Red meats, chicken, fish, pork
7. No over-eating/ Big meals
8. No snacking in between meals
9. No fast-foods; e.g. McDonald's, pizzas, burgers prepared in Sunflower and Maize oils, with too much omega -6 fatty acids
10. No rich foods, e.g. rich pastries, cakes, desserts, pies, puddings, custards
11. No canned fruit, jams, jellies
12. No sweeteners, Sucralose, Aspartame, Saccharin, etc.
13. No alcohol
14. No dairy foods, cow's milk, yoghurts, cheeses, Amasi
15. No eggs
16. Try and avoid Super-Ace White Mealie Meal