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| **Milkshake (soothes nerves)**  1 to 3 raw eggs  3 to 6 ounces raw milk  2 to 4 ounces raw cream  1 to 2 tablespoons unheated honey  **Moisturizing/Lubrication Formula Drink**  2 raw eggs  4 ounces raw unsalted butter or coconut cream  2 tablespoons lemon juice  2 teaspoons unheated honey  **Custard**  2 raw egg  4 tablespoons raw unsalted butter  2 tablespoon unheated honey  ¼ Papaya  **Carob butter**  1 cup raw unsalted butter  4 tablespoons unheated honey  1 whole raw egg  2 heaping tablespoons raw carob powder  Blend all ingredients | **Morning drink**  4 ounces natural mineral water  2 tablespoons lemon or lime juice  1 tablespoon unfiltered apple cider vinegar  2 tablespoons raw cream  2 tablespoons unheated honey  **Smoothie**  2 to 3 raw eggs  3 ounces raw milk  1 ounce raw cream  1 pinch freshly ground nutmeg  1 tablespoon unheated honey  Banana, papaya, orange, raspberry  **Custard Aphrodisiac**  1 raw egg  1 teaspoon lime  4 tablespoons unsalted raw butter  1 tablespoon unheated honey  1/3 diced avocado  ½ diced orange  4 ounces papaya or mango |

**Carob honey butter**

½ cup raw unsalted butter in a jar, lid tight, into a bowl of hot water (water should be no hotter than your hand can stand without burning when immersed for 4 seconds).

After the butter has melted, add 2-3 tablespoons of unheated honey and 1-2 tablespoons of raw carob powder.

Mix until it has an even consistency. Eat warm by itself, or on something you desire, like bananas topped with crushed raw nuts. Or refrigerate to harden.

May substitute coconut cream in place of butter.

**Wet clay**

Use Terramin brand

Mix with good drinking water in a glass container until it is a thin plaster-like mixture.

Cover and let stand for 5 days in a dark cupboard.

Take ¼-1/2 teaspoon with water every other day.

**Mineral deficiency**

For several days weekly drink ¼ teaspoon clay with a little mineral water in the morning by itself.

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| **Muscle atrophy**  ½ unripe banana  4-6 tablespoons raw coconut cream  1 ½ tablespoons unheated honey | **Muscle soreness**  Raw fish with raw avocado |

**Food ideas**

Raw coconut cream with cucumber – gradually dissolves hardening of the nerves.

Raw coconut cream with banana – gradually dissolves glandular, organ and dermal hardening.

Oysters and clams with raw unsalted cheese.

Tomato, egg, honey

Tomato or banana or pineapple or melon, butter, cheese, honey

Raw milk and honey just before sleep

Orange and avocado

Pineapple and avocado

Pineapple and coconut cream

Pineapple and raw heavy cream

Banana and coconut cream

Orange and raw egg

Tomato and lemon

Cherries

Lime and coconut cream

8 ounces kefir and 1 tablespoons flax seed oil

Berries, coconut cream, unsalted raw butter, raw dairy cream

Raw tomato and mushrooms

ACV and lemon in the morning

**7 days for liver**

No milk for the week

Every morning have:

2 carrot

2 tablespoons raw coconut cream OR raw dairy cream

**Liver helpers**

10-15 raw tomatoes

½ lb. non-steamed dates

12 tablespoons unsalted raw butter OR 1 cup raw dairy cream OR <96 degree coco oil or olive oil

Plenty of unheated honey with everything

**Stones – kidney, gallbladder**

½ cup unripe pineapple

1 tablespoon unfiltered apple cider vinegar

3 tablespoons lemon juice

4-6 ounces raw coconut cream

**Hot bath**

Drink upon entering the hot bath (for person my height):

¾ cup pineapple

6 tablespoons raw coconut cream

2 tablespoons raw no salt butter

2 tablespoons raw dairy cream

Leave bath slowly and sit to dry

Bundle very warm and take a 30-45 minute easy walk

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| **Bath additives**  2-3 cups raw milk  3 tablespoons unfiltered apple cider vinegar  2 tablespoons sea salt to the water  Or  1/2 cup sundried clay  2 ounces unfiltered apple cider vinegar  3 tablespoons raw coconut cream  **Sinuses**  Raw fish  Raw lemon juice  3-6 raw eggs daily  Not much milk  Equal portions of:  Grated horseradish root  Fresh raw lemon juice  Unheated honey  **Weight gain**  Quickest way:  3 ounces raw cream  2-3 tablespoons unheated honey  32 ounces raw milk  Drink throughout the day  Unsulfured non-steamed dates  With raw no-salt cheese  And an equal amount of raw fat  Raw ocean fish, scallops, oysters and clams  Whole raw milk  ¼ teaspoon clay in smoothie  Vanilla extract in smoothie  **Note about the last 2 recipes on the right >** Often, the body pulls heavy metals from its cells and tissues with the nutrients in this juice. Fats must be present with the juice to ensure that detoxified metals do not cause harm and restore in the body. | **Helps Regulate Body Salts, Remove Toxic Salts, And Increase Oxygen Absorption (12 servings)**  5 bunches fresh celery stalks (with leaves if not wilted)  5 bunches fresh parsley, curly or Italian  3-4 ounces unheated honey (help preserve the juices as well as sweeten them)  **Helps Remove Impactions (Plaque) From Arteries And Intestines, Regulate Body Salts, And Increase Oxygen Absorption (12 servings)**  4 bunches fresh celery stalks (with leaves if not wilted)  3 bunches fresh parsley, curly or Italian  3 medium carrots  3 ounces unheated honey (help preserve the juices as well as sweeten them)  ½ inch circular slice pineapple, dice  **Helps Eliminate Toxicity From Liver, Other Glands, Decrease Lymphatic Congestion, Regulate Body Salts, And Increase Oxygen Absorption (12 servings)**  4 bunches fresh celery stalks (with leaves if not wilted)  3 bunches fresh parsley, curly or Italian  1 lemon, juice rind and all  1 bunch fresh cilantro  2 medium raw zucchini, crookneck or sunburst squash  1 medium cucumber  3 ounces unheated honey (help to preserve the juices as well as sweeten them)  12 tablespoons coconut cream  Immediately before drinking this juice formula, eat 1 tablespoon coconut cream, unsalted raw butter or raw cream.  **Helps Remove & Eliminate Mercury And Other Heavy Metals, Regulate Body Salts, And Increase Oxygen Absorption (12 servings)**  3 bunches fresh celery stalks (with leaves if not wilted)  3 bunches fresh parsley, curly or Italian  3 bunches fresh cilantro  4 medium raw zucchini, crookneck or sunburst squash (occasionally cucumber)  3 ounces unheated honey (help to preserve the juices as well as sweeten them)  12 tablespoons coconut cream, or unsalted raw butter.  Immediately before drinking this juice formula, eat 1 tablespoon coconut cream, unsalted raw butter or raw cream. |

**Sore Throat:**

4 ounces warm good mineral water

1-2 tablespoons raw unpasteurized apple cider vinegar

2-3 tablespoons fresh raw lemon juice

2-4 tablespoons unheated honey

Drink several times a day

**Butter Mustard Mayo**

1 cup raw no salt A2 butter

1 tablespoon apple cider vinegar

4 tablespoons spicy brown mustard

Juice of ½ medium lemon or lime

3 tablespoons unheated honey

2 egg yolks