

DATE: 11-2013 This program is for 3-6 months.

NUTRITION:

Diet:

For the first ten days do a juice fast, while drinking the teas, aloe juice and lemon juice. Ensure you drink at least 16 oz of green juice (this should include celery, beet greens, barley greens, cabbage etc) 8 oz carrot juice, besides your teas etc.

- Total Vegetarian / Plant Based diet. Two-meal plan (*induces weight loss and rests digestive system*).
- Eat fruits and vegetables at 50% raw and 50% cooked foods (*alkalinizes body, high in nutrients and fiber*).
- No free fats (no oils).
- Avoid refined sugars, use stevia to sweeten teas .
- Do not overeat; do not take “seconds”; no snacking (*limits caloric intake, aids digestion*).
- Regularity in meals: have breakfast and lunch always at the same hour. Allow 5-6 hours between meals.
- Chew your food slowly and very well, until it turns to a cream in mouth (*supports brain health, prevents constipation*).
- Do not mix fruits and vegetables (*impairs digestion*).
- Do not drink liquids with your meals (*impairs digestion*).
- Do not lie down or sleep after eating; wait 3 hours before sleeping (*to prevent acid reflux*).
- Do not eat fried foods, white bread, sugar, salt, chocolate, animal fats, strong spices (*increases blood sugar and blood pressure, promotes weight gain, increases hydrochloric acid production, irritates stomach*).
- Eat foods with drier consistency (limit liquid foods to 4 oz. - ½ cup) (*dilutes stomach acid, impairs digestion*).
- Do not drink tea, caffeine products, or soft drinks (*caffeine relaxes cardiac sphincter causing esophageal reflux*).
- Do not use dairy products (*calcium from dairy products stimulates acid production*).
- Do not eat cheese, coffee, chocolate, MSG products (e.g. gelatin, natural flavorings) (*cause migraines*).

Specials:

- **Aloe juice:** ½ c. 30 minutes before breakfast and lunch (*anti-cancer, anti-reflux*).
- **Lemon juice:** juice of 2 lemons 30 minutes before breakfast and lunch (*anti-cancer, alkalinizes body, immune booster*).
- **Flaxseed:** 1 Tbsp. freshly ground with breakfast and lunch (*anti-inflammatory, high in fiber and omega 3*).
- **Steamed Garlic:** 5-6 cloves with breakfast and lunch (*anti-inflammatory, strengthens immune system*).or use garlic capsules or kyloic
- **Cranberry Juice:** 1 cup 2x daily
- **Charcoal** 1 teaspoon charcoal in glass of water 3 x day (will cause the “stool” to look black)
- Tbsp **Sesame seeds** at breakfast. (natural plant sterol helps inhibit female hormone)

Herbs/supplements

- **Echinecea and golden seal**
- **Cayenne**

Suppository

- Use slippery elm, yellow dock, white oak bark, goldenseal, French green clay. Use the powder of 1 capsule of each, and blend with a little coconut oil or cocoa butter to make a thick paste. Pour into the tips of a plastic glove. Freeze, should solidify, remove one from the glove and insert overnight. Wear a pad during this time. Do 5 days per week.

EXERCISE:

- **Exercise daily** (progressive walking as vigorous as tolerable)(*relieves stress, lowers blood sugar and blood pressure, aids digestion, strengthens muscles, improves bone health and posture, promotes weight loss, elevates the mood*).
 - Begin with 5-10 minutes 3 times a day and gradually advance to 1 hour of walking daily.
 - Digestive walks in the sunshine after each meal.

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WATER/ FLUIDS:

- Drink 2 cups warm water every morning upon rising; add lemon as needed (*cleanses bowels, prevents blood clots, rehydrates after a nights sleep*).
- Drink 12 to 14 Cups of water (including tea) each day.
 - Do not drink any liquids at least 30 minutes before eating and at least 60 minutes after eating.
 - If migraine headache occurs, drink 1 cup of water every 10 minutes for 1 hour.

Teas:

FIBROIDS ASSISTANCE TEA:

Drink throughout day between meals

1. Let it sit for 30 minutes, and then strain it.

- **Milk Thistle**(*liver, detoxification, liver cancer*)seeds-1 tsp
- **Red raspberry leaf-1 Tbs**
- **Uva-ursi** (Kidney, liver function, urinary tract infection)-1 tsp
- **Pau D'Arco**(*anti-cancer*)bark-1 tsp
- **Red Clover** (*anti-cancer*)blossoms-1 Tbs
- **Alfalfa leaf-1 tsp**
- **Graviola** (anti-tumor)-2 tsp
- **Licorice powder-1 tsp**
- **Black cohosh-2 Tbs**
- **Horse tail grass-1Tbs**
- **White ash bark-1 tsp**
- **Chaste tree berries-1 Tbs**

Herbs should be purchased fresh, frontier herbs have good potency-you can order online.

This table shows how to prepare teas.

<u>HERB</u>	<u>WATER</u>	<u>AMOUNT</u>	<u>TIME</u>
LEAVES AND BLOSSOMS	1 CUP	1 TSP	STEEP FOR 30 MINUTE
POWDER	1 CUP	1 TSP	STEEP FOR 15 MINUTE
BARK ROOTS AND SEED	1 CUP	1 TSP	BOIL GENTLY FOR 20 MINUTE

SUNSHINE:

- **Sunbathe** daily 45-60 minutes, not to the point of burning(*lowers blood glucose, increases vitamin D levels, decreases blood pressure, lowers cholesterol levels, elevates mood*).
 - Do not use soaps, lotions or ointments prior to sun exposure.
 - Focus on exposing your back while sitting or lying still(*expose 40% of body for vitamin D production*).
 - Make sure to keep body warm after sunbath for several hours (*necessary for vitamin D production*).
 - Use aloe vera on skin after sunbath, if skin is tender.

TEMPERANCE:

- Use **moderation** (*creates balance, develops healthy lifestyle*).
 - Avoid all substances and activities that are harmful. Use good judgment in participating in activities and using substances that are good.
- By God's power, follow your diet plan and do not over eat.
- No snacking between meals, not even a morsel.
- Keep extremities (limbs) warm at all times. Perfect health depends upon perfect circulation.
- Develop **regularity** in all areas of your life (*promotes optimal health*):
 - Bible study and prayer; sleeping and rising; eating; exercising; sunbathing; working.

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AIR:

- Deep **abdominal breathing** daily (*improves oxygenation to all tissues, promotes relaxation, relieves stress*).
 - Practice abdominal breathing until it becomes natural.
 - Breathe through your nose! (*warms, moistens, and purifies air for lungs.*)
 - **4-7-9 Technique:** Breathe in for 4 seconds, hold for 7 seconds, and breathe out for 9 seconds.

Repeat 7-10 times, three times a day and at bedtime.

- Outdoor activities for fresh air and sunshine.

REST:

- **Sleep** 7-8 hours per night (*provides rest and recovery for all body systems including the mind*).
- Have a specific bedtime and rising time and keep to it (*optimizes circadian rhythm, improves quality of sleep*).
- Going to bed no later than 9:00 pm is best and will have a significant effect on the body's healing process. ("Two hours good sleep before twelve o'clock is worth more than four hours after twelve o'clock..." 7MR 224.3).

TRUST IN GOD:

- **Read** and **meditate** on God's word daily (*develops faith relationship with God*).
 - Read a chapter from one of the Gospels each day. Note how Jesus cared for and healed people.
- **Pray** daily both morning and evening (*opens communication with Jesus*).
 - Pray: first for yourself, then for others.
- **Scripture Memorization**(one text each week) (*claim God's promises to you*):
 - **Psalms 103:1-3**
Bless the Lord, O my soul: and all that is within me, bless his holy name.
Bless the Lord, O my soul, and forget not all his benefits:
Who forgiveth all thine iniquities; who healeth all thy diseases.
 - **Matthew 19:26**
With men this is impossible; but with God all things are possible.
 - **Philippians 4:13**
I can do all things through Christ which strengtheneth me.
- **Sing** and **make a joyful noise** unto the Lord (*take your medicine*)!
 - **Proverbs 17:22**
A merry heart doeth good like a medicine: but a broken spirit drieth the bones.
- **Praise** God for all He has done for you (*dwell on that which is good, uplifting, praise worthy*).
 - **Psalms 146:2**
While I live I will praise the Lord: I will sing praises unto my God while I have any being.
- **Give thanks** for all God is doing and is going to do for you (*develop an attitude of gratitude no matter what happens*).
 - **1 Thessalonians 5:18**
In every thing give thanks: for this is the will of God in Christ Jesus concerning you.

TREATMENT(S):

Poultices to lower abdomen

Hot and cold sitz bath 1x daily

Hot and cold fomentations applied over the lower abdomen per day.

Charcoal poultice over the lower abdomen (2 TBSP of charcoal mixed with water to pasty consistency, Add 1 TBSP of flaxseed to this.

Clay poultice over the lower abdomen (mix clay with the residual tea herbs and add 1 TBSP castor oil).

Castor poultices.

Rotate the poultices, leave them on overnight, then put on a fresh one in the day. But it might be more convenient by night.

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