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702-388-4124

Healing Waters PRICE LIST

Individual Services

Colon Hydrotherapy	\$85
Oxygenated Colon Hydrotherapy	\$100
Ionic Detox Foot Bath	\$45
FAR Infrared Speed Sauna	\$25
Ear Candling	\$40

Frequency Therapies

Zapper	\$40
• Can NOT be used if you have more than 3 inches of metal in the body	
Magneto Therapy	\$40
• Can NOT be used with more than 3 inches of metal in the body	
Plasma Generator	\$40
All 3 in 1	\$65
• Zapper, Plasma Generator, Magneto Therapy	
Oberon Scan	\$199

Packages

4 Colon Hydrotherapies	\$320
4 Oxygenated Colon Hydrotherapies	\$380
<u>Minor Wellness Package</u>	\$599
• 2 Oberon Scans	
• 5 All 3 In One Treatments (Zapper, Plasma Generator, Magnetotherapy)	
<u>Major Wellness Package</u>	\$900
• 2 Oberon Scans	
• 10 All 3 In One Treatments (Zapper, Plasma Generator, Magnetotherapy)	

Benefits of Colon Hydrotherapy (Colonics)

Makes the digestive system more effective:

As the colon is cleansed, it pushed undigested waste through your system, clearing the way for good nutrient absorption. If waste remains in the body for too long, it becomes a breeding ground for bacteria and illness. A clean colon from a colon detox allows undigested waste to pass easily through your system.

Maintains regularity and prevents constipation:

Constipation—especially when it is chronic—causes a sluggish digestive response, which in turn leaves waste in the system longer. This increases the likelihood that toxins will be released into the bloodstream. It is also a cause of other illnesses and irritations, such as hemorrhoids and varicose veins.

Increases Energy:

Releasing the toxins from your body is rejuvenating because it refocuses the energy usually used for forcing waste through your intestines to other parts of your body. People who have undergone colon detoxification say they have better blood circulation, more restful sleep, and a boost in energy.

Increases the body's absorption of vitamins and nutrients:

A colon that has been cleansed allows only water, vitamins, and nutrients to be absorbed into the bloodstreams, rather than releasing toxins and bacteria through the colon walls. When the colon is detoxified, it clears the way for essential nutrients to filter through your body unobstructed.

Improves concentration:

Poor diet and ineffective vitamin absorption can cause you to become distracted and lose your concentration. The buildup of mucous and toxins in your colon can keep your body from getting what it needs to function, even if you eat and consistently healthy diet. Cleansing the colon with a detox diet can be the difference between feeling alert and not being able to focus. This has far-reaching ramifications for work, your relationships, and your overall health.

Kick-starts weight loss:

Foods lacking in fiber move through the digestive tract at one-quarter the pace of high fiber choices, this slow-moving food produces excess mucous that literally sticks to the intestinal tract down with pounds of decaying fecal matter. Colon cleansing has the potential to aid **weight loss**; some people claim to have lost up to 20 pounds over the course of a month. The average human colon weighs about 4 pounds empty and can hold up to eight meals' worth of food before digestion finally occurs. A colon cleansing can result in significant weight loss and kick-start your metabolism, as well as refocus your attention on better food choices and whole-body wellness.

Decreases risk of colon cancer:

All the toxins that you eat, drink, breathe in and absorb through your skin end up being processed by your gastrointestinal system and liver. If they are not forced from your colon and liver as quickly as possible, they can wreak havoc on your body's systems. By releasing stagnant body waste, you reduce the causes and the risk of polyps, cysts and cancerous growths in your colon and gastrointestinal tract.

Increases fertility:

Colon cleansing, as well as increased fiber intake and healthy food choices, improves regularity and helps keep your weight under control. Fat is estrogen-based, and if too much is present, becoming pregnant becomes more difficult. A colon that is weighed down by years

Maintains PH balance in the bloodstream:

Foods that cause colon blockages are acid-forming—particularly high-protein diets without enough fiber. This leads to general malaise in the body. The tissue of the colon eventually becomes diseased and inflamed, reducing the colon's ability to do its job, which is to allow only water, minerals, and vitamins to pass into the bloodstream. If yeasts, molds, fungus, bacteria, parasites, or fecal material enter the bloodstream and connected tissue, the body's PH will be thrown out of balance.

Improves whole-body well-being:

Ridding the colon of waste and toxins by releasing layers of colon buildup can lead to feelings of lightness, strength, and overall good health.

OXYGENATED COLON HYDROTHERAPY

What is Oxygenated/Ozone Colon Hydrotherapy?

Oxygenated/Ozone Colon Hydrotherapy is an upgraded service to the standard Colon Hydrotherapy Service. There are 2 lines put in the filtered water tank to create the ozone and O3 infusion component to make your session more efficient with increasing energy, boosted immune system, increased cellular health and also amplifies the release of waste from the body during your session. Oxygenated Colon Hydrotherapy can improve your immune system to fight off infection, as well as boost your immune system to reduce inflammation. Inflammation can lead to an imbalance between free radicals and antioxidants in the body, which health professionals refer to as oxidative stress. The antioxidative properties within Ozone help heal the damage caused by persistent inflammation. The healing of the body and human DNA reduces the overall risk of infection or disease. In 2014 researchers concluded that ozone-related therapy is a legitimate option for inflammation treatment. Oxygenated/Ozone colon hydrotherapy is a highly reactive form of oxygen that consists of three oxygen molecules instead of two. Since the molecular structure of ozone is highly reactive and unstable, it creates a curative response in the body by oxidizing and destroying any harmful substances or foreign objects. As a result, oxygen ends up providing the body with more energy! Viral infections such as the flu harass people every year, especially in December. The good news, Ozone therapy may help these infections as well. No matter the number of precautions we take, toxins are unavoidable. Toxins can have adverse effects on the human body and the way it functions from its ability to heal itself to fighting off infection. Here are steps we can take to fight back against toxins. The first way is improving diet and watching what we put into our bodies. The second way is regular ozone treatments. Ozone has shown to speed up metabolism and improve overall health. The best reason to get Ozone therapy.... It is Non-invasive, Natural, and Non-toxic!

10 Benefits of Oxygenated Colon Hydrotherapy:

- | | |
|--|--------------------------------|
| 1. Improve Your Immune System | 6. Heals Chronic Wounds |
| 2. Antibacterial, Antifungal, And Antiviral Abilities | 7. Pain Relief |
| 3. Can Revert Brain Tissue Damage | 8. Repaired Stem Cells |
| 4. Reduced Risk of Repeat Heart Attacks | 9. Cell Oxygenation |
| 5. Helps the Body Detox | 10. Healthier Skin |

Healing Waters Suggested Diet:

It is recommended to have an empty stomach when coming in for a treatment so do not eat for 2 to 3 hours prior to your colonic.

BENEFICIAL Foods and Beverages before and after your session:

- Lots of purified water (room temperature)
- Chamomile, peppermint and ginger teas
- Fruits and fruit juices, preferably organic
- Lightly steamed green leafy vegetables (kale, spinach, mustard greens, etc.)
- Colorful vegetables and fruits (raspberries, blackberries, orange/red peppers, yams, sweet potato, etc.)
- Seasonal organic vegetables
- Fish and free-range poultry
- Organic Miso soup, organic vegetable soups, bean soups
- Nuts and seeds
- Whole grains (brown rice, millet, quinoa, amaranth, Ezekiel Bread)

Foods and Beverages to be AVOIDED before and after your session:

- Alcohol
- Coffee and Black teas
- Carbonated drinks
- Dairy Products (Ice cream, cheese, milk, etc.)
- Fatty and fried foods
- Red meat or pork
- White bread, Pasta, or any other white flour products
- Processed and boxed junk foods
- Refined sugar or artificial sweeteners
- Chocolate
- Directly after Colonic try and avoid foods that are challenging to digest, such as: Red meat, pork, highly spiced foods, beans, raw cabbage and gas-producing foods, for at least 24 hours after your session.

First-Time Colonic After Care

You survived! Congratulations! You did a great thing for your health! The first-time colonic can be a bit awkward but you did it!

Be kind to yourself today, drink lots of water, and take it easy. In some cases, excess water and gas maybe left behind in the colon. If you feel cramping in your abdomen find a toilet before releasing any gas as it may be accompanied by water. Know that for the remainder of the day it is completely normal to feel a bit tired, have cold and flu symptoms, or headaches. Please follow the dietary guidelines sheet for the next 24 hours.

The general recommendation for continued treatment would be to do two more colonics within ten days to two weeks followed by one a week for three weeks. This allows the water to get down to the older fecal matter without having much build up in between. Everyone's digestion and health goals are different but a base of six colonics received in this way will allow for optimum results. As an added bonus, it will likely slim your abdomen! Going forward we recommend 1-2 colonics a month but as always, listen to your body.

Things to know going forward:

You probably won't have a bowel movement for 2-3 days. We sped up your digestion, so it often needs a few days to adjust.

If you have chronic constipation or are currently experiencing an extended delay in your bowel movements, it is best to book your colonic sessions frequently and close together until your body starts to recalibrate.

Warm or room temperature liquids are best for the digestive system. We want the stool to soften so try to avoid consuming beverages that are iced.

If you decide to make colonics part of your wellness routine, please be sure to supplement a probiotic capsule or liquid for home use.

To book future appointments please call 702-388-4124 or online at www.myhealingwaterslv.com.

Once your appointment has been booked we reserve the colonic table for you. If you need to adjust your appointment time or reschedule please contact us directly and we will be happy to assist you. Kindly give 24-hours notice if you need to cancel. There may be others in need of the table so please communicate with us if your schedule has changed.

If you arrive late for your appointment it will shorten your time on the table.

We love what we do. We are here for you and look forward to getting to know you!
Healing Waters loves you!

Ear Candling Benefits

What is Ear Candling?

Ear Candling is a relaxing and non-invasive treatment of the ears; it is used to treat many different conditions. It is an ancient and natural therapy handed down by many civilizations. The ear candles induce a revitalizing heat upon the head and ears, which soothes, relieves, and relaxes. It is a deeply relaxing and calming treatment in cases of anxiety and stress.

How does it work?

With the ear candle inserted into to the ear, the heat from the flame creates a stimulating, soothing, warming effect to the tissues in and around the ear. The mechanics of this process are partly physical and partly energetic in nature. The result is a stimulation of lymphatic drainage in the entire head and neck region. The Eustachian tubes open and relax allowing improved drainage and pressure equalization. The sinuses are triggered to start draining. The body's disease fighting immune response is greatly enhanced in strength. This means quicker recovery and a decrease in symptom severity from many illnesses. The acupuncture meridian system is brought into a state of enhanced balance. The body's other subtle energy systems (chakras and body aura) are dramatically enhanced in strength.

What are the benefits?

Ear Candling has many different health benefits including:

- Eliminates excess earwax
- Improves Hearing
- Reduces pain from headaches
- Helps with vertigo and nausea
- Can help with seasonal allergies
- Aids with sinus infections and colds
- Improves overall wellbeing
- Relieves sore throats
- Helps with relaxation

FAR Infrared Sauna Health Benefits

FAR Infrared sauna therapy has been documented to provide the following benefits:

- Weight Loss – FAR infrared radiant heat can burn more than 600 calories in a 30-minute session!
- Detoxification for your Entire Body – FAR Infrared sauna therapy is one of the safest and most efficient detoxification methods for expelling harmful environmental toxins, insoluble chemical residues, and dangerous heavy metals from the human body. FAR infrared sauna detoxification happens by heating the body directly, causing a rise in core temperature. This results in a deep, detoxifying sweat at the cellular level, where toxins reside.
- Pain Relief – Real last relief for nerve damage, arthritis, muscle pain, carpal tunnel, joint pain and fibromyalgia. Infrared sauna heat penetrates directly to the source of your pain to heal and soothe naturally.
- Stress Relief – Helps to eliminate tension and melt away buildup of daily stress and the tension of work. The deep penetrating infrared heat soothes and heals your body naturally. Has been known to provide some relief from sleep apnea and insomnia to provide improved sleep.
- Healing Power of Infrared – Reduce the healing time for damaged tissues, wounds, muscles, tendons, ligaments, and nerve endings, increase blood circulation and vasodilation of blood vessels. Speed beneficial nitric oxide and healing oxygen to the distressed areas, while removing toxins and lactic acid. Enhanced cell regeneration will give you more energy, stamina, and mental clarity.
- Cardiovascular Workout – Medical studies demonstrate sauna health benefits such as lowered blood pressure when used a couple times a week and improved circulation.
- Organic Skin Care – Dramatically renew elastin-collagen tissues while crow's feet, forehead lines, wrinkles, age spots, scars, varicose veins and stretch marks naturally fade away.

Ionic Foot Detox

The Ionic Foot Bath is a traditional Chinese healing technique that extracts toxins allowing the body to function at its finest. An ionic foot detox machine is a modern energy therapy device which balances the body's natural energy system. By introducing a high level of negative ions into the water of a foot bath, the feet, utilizing principles of reflexology and the science of ionization and osmosis, create a positive cellular environment and enable the body's natural detoxification processes to function at their peak. After immersing your feet in a basin of room temperature water, a safe electrical current runs through the bath, breaking apart the H₂O molecule and releasing the negative hydrogen ion. All you feel is the soothing water as the magic of this gentle process unfolds.

The negative hydrogen ion is a powerhouse antioxidant, pH balancer, and the catalyst responsible for ATP (adenosine tri-phosphate) production, a crucial energy resource for the body. The foot bath allows the body to absorb this vital component and purge toxins. The color of the water may indicate areas in the body from which toxins are pulled (liver, lymphatic system, gallbladder, etc.), and also accumulation of particular toxins (i.e. heavy metals, tobacco, yeast, etc.) An ionic foot detox is the safest, most modern and effective natural healing therapy on the market today!

Health Benefits

- Joint Pain, Arthritis
- Chronic Fatigue
- Foggy Brain, Poor Concentration
- Sleeplessness
- Poor Circulation
- Heavy Metal Toxicity
- Allergies
- Eczema, Psoriasis
- Parasites
- Candida
- Obesity
- Hormonal Imbalance
- Low Sex Drive
- Weak Immune System
- Cellular Acidosis (pH is too high)

Oberon Health Scan

Are Feeling tired; not sleeping, under the weather and wanting to improve your health without depending on drugs?

Our Pre-diagnostic scanner & therapeutic device can help support getting you to optimal health. Thanks to Bioscan Technology machine, the latest in non-invasive equipment for Bioresonance analysis and therapy for the human body. The scan is performed by sitting in front of the scanner, wearing headphones and holding onto a pair of handles. The Oberon Bioscan Diagnostic provides a non-intrusive and safe health check for the following system:

- Cardiovascular system – Heart and Blood
- Bronchi-pulmonary system – Airways
- Gastro-intestinal tract – Digestion
- Genital-urinary system – Reproductive organs and urinary
- Blood Components, hormones, and enzymes
- Allergens and environmental toxins

The Oberon Bio-Scan provides support to return to a harmonious state of health by:

- Delivering Meta-Therapy balancing treatments
- Client energetic compatibility with homeopathic products, aromatherapy oils, nutritional supplements.
- Using the resonance chamber to test optimal remedies.
- Comparing previous examination changes and results.

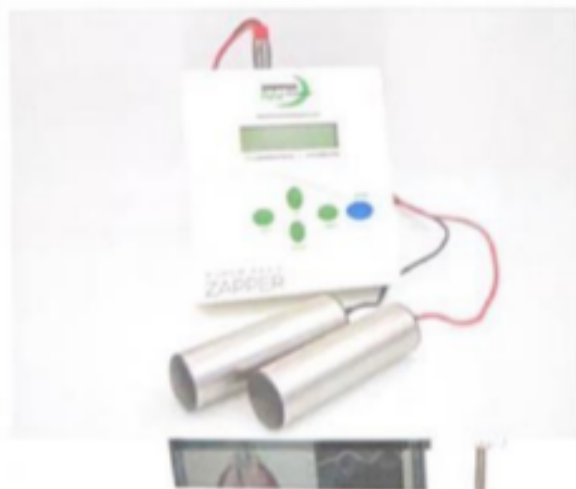


Zapper/Plasma Generator RPZ14 Treatment Recommendations:

1. Rest when you feel you are tired the day of treatment.
2. Drink "Room Temperature waters as often as possible.
3. Avoid drinking Cold Water before a therapy session especially if you participate in individual sports or physically active.
4. You may experience headaches, mood changes, clearing vision, excitement, tiredness sounds in the ears, muscle tenderness, twitching eye, constipation, detox-like symptoms.
5. Alcoholic beverages are not recommended the day of treatment.
6. You may take Tylenol withing the first 2 hours if you experience a progressing moderate headache.
7. After your Oberon Scan, it is recommended to start the Zapper/Plasma Generator Treatments immediately. Rest your body 24 hours after your initial Oberon Scan before doing another Zapper/Plasma Generator appointment. It is recommended to have 3 sessions withing a week.
8. Rescan with the Oberon 6 weeks after your first initial scan to see the progression. It is not recommended to do other therapies outside the facility unless under supervised attention by the Therapist (i.e. Detox, Heavy Metal Cleanse, Liver & Kidney Cleanse, Fasting, Coffee Enemas, Alcoholic Drinking, extra medication, dieting, weight loss, and extra supplements).

Parasite Release

- Each client program is different and based on the individual. Please understand all recommendations are from the Therapist to achieve the clients best results.
- Electromagnetic Therapy is NOT recommended during the woman's menses (period). Please advise the Therapist if you are currently on your cycle. The Therapist will continue with the therapy session with the zapper and/or Plasma Generator RPZ14 only.
- Colon Hydrotherapy is recommended 4-6 days after the Zapper and/or Plasma Generator RPZ14 treatment for better parasite release results from the toxins from the stool.



Heavy Metal Detox Smoothie by Anthony William

(medicalmedium.com)

2 Bananas

2 cups of wild blueberries (frozen if fresh is not available)

1 cup cilantro

1 tsp spirulina*

1 tsp barley grass juice powder*

1 tbsp Atlantic dulse

1 cup of water (optional)

Combine all ingredients in high speed blender. Add up to 1 cup of water until desired consistency is reached.

Wild blueberries: Draw heavy metals out of your brain tissue, healing and repairing any gaps created by oxidation when the heavy metals are removed. The potent antioxidants in wild blueberries help reverse any oxidative damage left behind by the heavy metal removal.

Barley grass juice extract powder: Draw heavy metals out of your spleen, intestinal tract, pancreas, thyroid, and reproductive system. Barley grass juice extract prepares mercury for complete absorption by spirulina.

Spirulina: Draws out heavy metals from your brain central nervous system, and liver, and soaks up heavy metals extracted by barley grass juice extract powder.

Cilantro: Goes deep into the hard-to-reach places, extracting metals from hard to reach places.

Atlantic dulse: Binds to mercury, lead, aluminum, copper, cadmium, and nickel. Atlantic dulse goes into deep, hidden places of the digestive tract and gut, seeking out mercury, binding to it, and never releasing it until it leaves the body. Atlantic dulse also serves as emergency backup, helping ensure that all the heavy metals that make it as far as the colon actually leave the body.

(*Visit Vimergy.com to purchase these powders)

Easy Quick Green Smoothie Recipes

Mango mixer <ul style="list-style-type: none"> • 2 cups water • 2 mangos • 1 cup spinach 	Banana Basic <ul style="list-style-type: none"> • 1 cup water • 2 bananas • 1 cup kale 	Strawberry soul <ul style="list-style-type: none"> • 1 cup water • 1 cup strawberries • 1 banana • 1 cup romaine lettuce
Pear Promise <ul style="list-style-type: none"> • 2 cups water • 2 pears • 1 banana • 1 cup spinach 	Tropical <ul style="list-style-type: none"> • 2 cups water • 1 cup pineapple • 1 banana • 1 cup spinach 	Exotic <ul style="list-style-type: none"> • 2 cups water • 1 banana • 1 cup pineapple • 1 cup mixed bay leaves
Frugal <ul style="list-style-type: none"> • 1 cup water • 2 apples • 1 banana • 1/2 cucumber 	Sweetness Start <ul style="list-style-type: none"> • 2 cups water • 1 cup strawberries • 1 mango • 1 cup spinach 	Peach Pail <ul style="list-style-type: none"> • 1 cup water • 3 peaches • 1 banana • 2 celery stalks
Blueberry Bliss <ul style="list-style-type: none"> • 2 cups water • 1 cup blueberries • 1 banana • 1 cup spinach 	Berry Best <ul style="list-style-type: none"> • 2 cups water • 1 cup mixed berries • 1 mango • 1 cup spinach 	Raspberry ripple <ul style="list-style-type: none"> • 2 cups water • 1 cup raspberries • 1 cup banana • 1 cup bok choy/pak Choi
Citrus cooler <ul style="list-style-type: none"> • 1 cup water • 1 cup pineapple • 1 orange • 1 cup spinach 	Amazing apricot <ul style="list-style-type: none"> • 2 cups water • 1 cup apricots • 1 banana • 2 cups romaine lettuce 	Crazy Coconut <ul style="list-style-type: none"> • 1 cup water • 1 cup pineapple • 1/2 cup coconut • 1 cup spinach

Coffee Enemas

Did You Say Enema?

Even those of us who have seen the advantages of taking herbs as an alternative to drugs often hesitate at the mention of 'the enema'. However, reluctance can be overcome by the desire to live and be well. Enemas are that important. Here's why:

1- Until the colon is cleaned out, there is nowhere for toxins to move out of the body and they back up and build up. As the colon is cleansed, the rest of the body's tissues, glands, and organs can wash out the poisons and toxins into the colon and kidneys for elimination and get back to the business of being healthy.

2- When the colon is congested, nutrients cannot be properly absorbed and all of the body's cells are weakened as they become vulnerable to further disease.

What you will need:

- ✦ Plastic enema bag or bucket with plastic hose
- ✦ Organic ground coffee solution
- ✦ Pad to place under you while taking enema
- ✦ Vaseline or Vitamin E
- ✦ Biodegradable food-use detergent
- ✦ Hydrogen peroxide 3%

General procedures:

To make coffee solution for approximately 2 enemas: Add 2 tablespoons organic ground coffee to 2 quarts distilled water. Simmer (not boil) for 20 minutes. Cool until you can put your hand in solution and keep it in without unusual discomfort.

If your bucket's plastic hose becomes kinked, run a small amount of hot water through it to soften it.

Run a little of the coffee solution through the tube into the toilet to warm the tube; close the stopcock. Lubricate-rectal or enema tube for about 2" at the end with petroleum jelly or vitamin E. Hang the enema bucket not more than two feet above you. Lying on your right side, draw both legs close to the abdomen, relax and breathe deeply.

Insert tube into rectum 5" to 8". Open stopcock and allow fluid to run in very slowly to avoid cramping.

Retain 1 quart (32 oz.) of the solution for 12-15 minutes. If you have trouble retaining or taking in the full quart, lower the bucket to the floor to allow the flow to slow down a bit to relieve the pressure. After 12-20 seconds, slowly start raising the bucket toward its original level. You can also control the flow of solution by pinching the tube with your fingers or adjusting the plastic ring in a partially closed position. You will quickly learn what works best for you.

Keep your equipment clean:

Do not place the tube back into the bucket until after you have thoroughly cleaned both the tube and the bucket (use biodegradable food-use detergent and rinse well. Rinse as often as needed, with hydrogen peroxide 3%). The bucket and the tube can be growing grounds for bacteria if they are not well cleaned.

Frequency of enemas is increased with symptoms of toxicity such as headache, fever, nausea, intestinal spasms and drowsiness. Upon awakening in the morning if headache and drowsiness are experienced, an additional enema is recommended during the following night. For pain, the coffee enema can be used as often as every 4 hours.

As a general rule, eat a little something before your first coffee enema of the day to activate the upper digestive tract. A small piece of fruit is sufficient. This rule applies whenever considerable time has elapsed since the last meal, juice or snack. Nourish first -- then detoxify.

Nine Day Parasite Cleanse “Starve-Bait-Cleanse”

Starve (Days 1-3):

- Juice/Liquid Cleanse (no chewing)
- Drink the Master Cleanse or Fresh Juice from Vegetables/Fruits or Vegetable Broth (if Wintertime)
- Take your usual herbs

Pay attention to your cravings

- Do a Hot Cleansing Bath everyday
- 1 cup Salt
- 1 cup Clay
- ½ cup Ginger
- Take ½ cup mixture in hot water (not scalding or uncomfortable). Stay in until you sweat and just must get out. Usually 10-30 minutes.
- A great way to start this part of the Cleanse is to do a colonic or enema in the beginning.

Bait (days 4-6):

- Eat Healthy and clean – salads, grains, unprocessed, little to no meat, etc.
- Its important to eat the things you have been craving the most.
- This is where you attract the parasites.
- Do a colonic every day on these days.

Make and Drink:

- ¼ Cup Xylitol
- Juice from 2 Lemons
- 1 Quart of water
- Sluggish colon: do this the night before your colonic
- Regular colon: do this a couple hours before your colonic.

- Herbs to take on these days:
 - Para Cleanse: 4 capsules, 3 times a day
 - Cand-e-Cleanse: 4 capsules, 3 times a day

Cleanse (days 7-9):

- Continue eating healthy and clean but eat extra fiber
- Take 1-2 tsp Slippery Elm Bark everyday
- 2 Tbsp ground Flax Seed
- 4Tbsp Chia seeds in 1 quart of water with 1-2 Lemons, add Xylitol to taste.

Other things you can do: Drink the juice of one lemon in water every morning. Drink System Cleanse tea if you are prepared for it. Take some Bentonite Clay. Follow your body the best you can. Do an enema or colonic as you see fit. What types of enemas? Coffee, Garlic and Catnip, a small amount of ACV in water. Or System Cleanse tea in water. Take notes and treat yourself kindly through the experience. You may be grumpy, sad but most definitely, meditate and follow you intuition.

How To Make Beet Kvass

Recipe by Christine Thuet for HerbU Video, August 2014

Makes about 1 quart

Ingredients:

About 3/4 lb. Beets

1-2 tsp. Sea Salt or Kosher Salt (I like Celtic Salt)

Water - use good, clean, filtered, spring water (chlorinated water inhibits fermentation)

Optional - Ginger, Lemon, Orange spices

Equipment:

Cutting board and knife

Clean 1-quart jar with canning lid

Bowl or plate to place under jar during fermentation (just in case it bubbles over)

Strainer

Instructions:

1. Clean and trim beets: Scrub the beets, leaving the skins on. Trim the tops & tails
2. Dice the beets: Cut the beets into the 3/4-inch cubes. You want the surface area of the beet to be exposed, but if too small, it will lose sugar too quickly and ferment too rapidly. So 3/4 - 1/2 inch chunks should be fine.
3. Place the beets in jar: Your jar should be very clean.
4. Add salt to jar. If you wish, you can also add optional flavorings like Ginger, etc.
5. Add Water: Cover the beets with water, leaving at least 1-inch of head space on top.
6. Cover the jar tightly with canning lid.
7. Let it ferment: Let the jar stand at room temperature. You may see the bubbles inside the jar and brine may seep out of the lid; place a bowl or plate under the jar to help catch any overflow.
8. Check it daily: Open the jar once a day to taste the liquid and release gases. If any mold or scum has formed on the top, simply skim it off. It will not hurt you.
9. Strain and refrigerate: When it tastes strong enough for your liking, transfer the Kvass to the refrigerator. To make another batch of Kvass, leave a little brine in the jar with the beets, add a teaspoon of salt, fill with water, and proceed as before. 2nd and 3rd batches can be made this way, though they will taste weaker than the first. As a fermented beverage, this Kvass will last for quite some time, at least a month or more.

Dr. Thomas Brewer's Cancer Fighting Smoothie

All Smoothies should be silky smooth, not too thick. They are not milk shakes. Avoid the temptation to add too much uncut produce and not enough water. Blend for at least 60 seconds, alternating between high and low speeds. Vita Mix, Blend Tec, Ninja, or other quality blenders are best. Most of the nutrients are found in the stems, seeds, and peels of produce. Very few nutrients are in the juice. Save juicing for when you want to perform a flush. Smoothies are complete meals if you add one scoop of high quality protein powder (add separately and blend for the final 5 seconds only) and one teaspoon of extra virgin olive oil or flax seed. Always start your smoothie with Distilled or Purified Water.

Water	2-3cups (1/3 Blender Pitcher)
Broccoli Stem (not floweret)	1/2 Stem only
Carrot	1/2 or 1/3 (Chop into 1 inch pieces)
Red beet	1/2 (Use both Red Base and Green Stem)
Brazil nuts	5
Lime w/pith & seeds	1/2 (Do not use the waxy green surface)
Organic strawberries	5 (Including Green Top, Slice in half)
Ginger Root	3/4 inch Slice (Leave the peel on)
Pineapple Stem (by itself)	1/3 (Do not use the outer hide)
Fresh corn cut from cob	1/2 Ear (Seasonal)

Optional Variations

Red or Purple Cabbage	1/4 Head
Hemp or Flax Seed	2 tsp
Brussel Sprouts	5 (Fresh)
Fuji Apple (w/skin & seeds)	1/3
Basil tops w/stem (fresh)	3

Dr. Thomas Brewer

702-372-8413

www.drthomasbrewer.com

PROTOCOL FOR MORITZ' LIVER/GALLBLADDER FLUSH

Cellular cleansing and body detoxification starts with a liver, gallbladder and intestinal cleanse. The following is a brief summary of the liver/gallbladder cleanse recommended in "The Amazing Liver and Gallbladder Flush" by Andreas Moritz.

Preparatory Period:

Daily: Drink 32 oz of organic apple juice (or malic acid blend)

Weekly: Take 1-3 Coffee Enemas and Use Castor Oil Liver Packs 2 times each week.

It is highly recommended to cleanse the intestines and strengthen/cleanse the Kidneys before attempting this kind of flush. We highly recommend doing coffee enemas 1-3 times a week in order to help clear stagnant materials from the bowel and stimulate liver detoxification. Additionally we recommend using castor oil packs 2-3 times a week over the Liver/Gallbladder area and Kidneys in order to tone and strengthen these organs.

Pre-Flushing Period: 6 Days Leading Up to the Liver Flush

You will need to purchase:

- Six 1-liter (32oz) containers of apple juice (best is freshly pressed organic). In the book, Moritz suggests that if you can't tolerate drinking the high quantities of apple juice then you can take Malic Acid (1 teaspoon with 32 oz of water).
- 4 tablespoons of Epsom Salts.
- 2/3 glass of fresh squeezed Grapefruit Juice (pink is best), or fresh Lemon and Orange combined
- ½ cup (4 oz) cold pressed Organic Extra Virgin Olive Oil.
- 2 Pint Jars, one with a lid (optional) or any jar with a lid will work.

Days 1-6: Drink 32 ounces of apple juice for six consecutive days. (You may drink more than that if it feels comfortable to do so). Drink Apple juice or substitution throughout the day between meals. (avoid drinking juice during, just before, and in the first two hours after eating, and in the evening). The malic acid in the apple juice softens the gallstones and makes their passage through the bile ducts smooth and easy. Apple juice has a very strong cleansing effect. Some sensitive people may experience bloating and maybe some diarrhea during the first two days. If it becomes too uncomfortable for your stomach you can dilute the juice with any amount of water. Also, taking 6 capsules of Chanca Piedra 1-2 times daily during preparation and cleanse can help the body soften gallstones.

Day 5: Take a coffee enema or colonic. This is very important to clear your colon otherwise stones may not pass on the following day when you actually do the flush.

Dietary Recommendations:

During the entire week or preparation and cleansing AVOID foods or beverages that are cold or chilled; they chill the liver and, thereby, reducing the effectiveness of the cleanse. All food and drink should be warm or at least room temperature. Also, stay away from all animal sources (red meat, poultry, fish, etc.) dairy products, oily products such as fatty dressings, and fried food items. Otherwise eat normal

meals, but avoid overeating. While on the liver cleanse try to avoid taking any medications or vitamins unless absolutely necessary. There is no limit to herbs on this cleanse, especially ones that support and strengthen the liver, such as: Dandelion, Chanca Piedra, Uva Ursi, and specifically ones rich in chlorophyll will assist the body in removal of toxin in the blood (Alfalfa, Barley Grass, Wheat Grass, Spirulina, etc.).

Best Times for Cleansing:

The main and final part of the cleanse is best done over the weekend or over a time period where you have a couple days to let your body rest completely. This cleanse will be effective at any time of the month but preferably should coincide with a day between the full and new moon. The day of the new moon is most conducive for cleansing.

Flush: Day 6 to Day 7

Day 6 Daytime: On the sixth day of drinking apple juice, start the day with a coffee enema or colonic and have a very light breakfast; but avoid all fats on this day. That means no butter, oils, animal or dairy products, etc. Do not eat any other foods or drinks after breakfast, except for organic, peeled apples and water. Do not take any supplements. You may have as many apples and as much purified water as you wish. Around 4 pm, stop eating apples. You can continue to drink water.

Day 6 Evening: At 5 pm, make your Epsom Salts solution: Mix 4 tablespoons of Epsom Salt and 24 ounces of water, and divide into 4 servings. Add 1 to 2 teaspoons of freshly squeezed lemon juice (to neutralize the somewhat bitter taste of the salts). At 6 pm, drink one serving of the Epsom Salt mixture, then again another serving at 8 pm. The purpose of the Epsom Salts is to help loosen the bowels and clear stagnant fecal matter in the Intestinal tract, by initiating bowel eliminations. This drink is used before the Flush to ensure that the bowels are open so the Flush can download stagnant waste easily. It dilates your bile ducts and prepares you for the olive oil and grapefruit juice mixture. After taking the Epsom salts drink, you may experience a bowel movement from ½ hour to several hours, although for many people, the salts act more as a bowel tonic rather than immediately producing bowel elimination.

Day 6 Night: At 10 pm, mix equal parts olive oil with grapefruit juice (4 oz of each). If you were instructed to do so, add your herbs. Next, stand by your bed, drink the mixture, apply a castor oil pack over the liver/gallbladder area and immediately lay down on your bed with your head elevated. Lie absolutely still with your eyes closed for 20 minutes. (You may begin to feel the stones releasing and rolling across your liver). After the 20 minutes you may fall asleep. You might wake during the night but set the alarm for 6 am in the morning, in case you don't. Please try not to sleep in past 8 am. You may feel a bit of nausea while sleeping. This happens when your body releases toxin which have been stored in both the gallbladder and liver. Don't worry, this is normal and signals the procedure is working. If you feel the need to vomit, do so, as this is a normal release of toxins. For those who don't feel nauseous, don't worry, you just may not have had as many stored toxins.

Day 7 Morning: Upon arising (at 6 am, no later than 8 am), start the day with another coffee enema and drink the third mixture of Epsom Salt, then the last serving 2 hours later. You will most likely find yourself in the bathroom this time, and if not, usually by 10 am. Your first elimination will be the meal you ate from the previous day. Next you will eliminate mostly liquid, along with many, many liver and often gallstones.

Helpful Remedies for Pregnancy & Postpartum

Synergy

Multi-Nutrient, Whole Food Vitamin, Folic Acid

Amazing Greens

High in nutrients
Contains Chlorophyll which helps with nausea
Source of nutrients for regular elimination
Absorbs toxins
Vitality/Energy

Balance

Perfect combination of herbs for pregnancy and hormone balance support
Helps with mood swings symptoms.
Contains Ginger and Peppermint for nausea episodes
Contains Yellow Dock to support good iron levels

Cande-Cleanse Formula

Helps the body keep flora in balance and get a handle on yeast overgrowth
Aids in normal bladder and kidney function. Irritable bowels

Chill

Nerve Formula
Aids in relaxation, anxiety symptoms, and sleeplessness
Bronchial and lung support

Happy Backs

Helps with lower back pain in pregnancy and back pain associated with labor. Also supports the kidneys

Happy Juice

Designed to help you lift your spirits
Incredible for post-partum depression

Vericalm

Helps heal and soothe hemorrhoids symptoms

Herbal Fighter (For postpartum use and last 3 weeks of pregnancy)

Helps with colds, flus, general illness and infections
Helps combat mastitis

Herbal Defense

For general illnesses and infection symptoms (*Herbal Defense* is recommended for pregnancy instead of *Herbal Fighter* because it does not contain Goldenseal)

Replenish

Hot flashes and night sweat symptoms
Use only last 6 weeks of pregnancy
Helps prepare body for delivery. Take as directed by birth provider during last part of pregnancy.

Restore (Not for pregnancy)


Use before for increased fertility
Use after for healing and balancing hormones to normal
PMS and hormonal imbalances while nursing

Yellow Dock Tea

Supports the body in normalizing iron levels.

These statements have not been evaluated by the FDA. They are not for the purpose of diagnosing, prescribing, giving medical advice, or taking the place of a health care advisor. They describe the historical uses of the herbs in these formulas.

Herbally Grounded
 4441 W. Charleston Blvd.
 Las Vegas, NV 89102
 (702) 558-HERB



The Healing Power of Sole (So-lay)

The structure of Himalayan Salt dissolved in water is called "Sole", or Fluid Sun (Light) Energy.

Within minutes of taking Sole, the stomach & intestines are stimulated, improving digestion and metabolism. Electrolyte availability and conductivity in the body is increased, which stimulates circulation and natural cleansing. An energetic frequency pattern is maintained in the body for over 24 hours.

Drinking Sole regularly has been used historically to: supply the body with natural stored energy, harmonize the pH-alkaline balance and normalize blood pressure, dissolve and release crystallized deposits and heavy metal deposits, weaken cravings and addictive desires, and improve intestine and skin conditions, cleansing from the inside out.

Sole Preparation

Put several Himalayan crystal salt "stones" in a glass container. Completely fill the glass vessel by adding quality spring water or "enlivened" water, and cover with a lid. After 24 hours, look to see if the salt crystals have completely dissolved. If so, add a few more crystals. When the water can no longer dissolve any more salt, the salt crystals will sit at the bottom of the jar without dissolving. At this point, the solution will have become saturated at 26%, a stable ready-to-use Sole solution. The glass may be refilled again and again with water and salt as needed.

Each morning, mix and drink 1 tsp. full of the Sole solution in good quality spring water (the amount of additional water does not really matter, as long as you get the full teaspoon of Sole). Drink this on an empty stomach before eating breakfast.

Sole may be used undiluted for tooth brushing, as a mouth wash, and when using to help reduce gum bleeding.



CRYSTAL SALT LAMPS



WHAT ARE CRYSTAL SALT LAMPS?

These Crystal Salt Lamps are made from crystal salt formed by nature in the Himalayas and mined 600-800 meters underground in salt rock mines found in Asia and Europe. When heated with light bulb, these Himalayan Crystal Salt Lamps emit health promoting -VE ions, which purify and improve air quality.

IN NATURE

-VE ions are naturally created by sunlight, wind, surf, waterfall and rainstorm activity. In general, a -VE ion is an electronically charged oxygen molecule. The charge may be lost through air and electronic pollution, which contributes to illnesses such as fatigue, irritation, distress, blood pressure elevation, bronchial asthma, gall stones, kidney infections, stomach or liver complaints, and affects blood sugar and emotional mood levels. In fresh country air we find up to 4000 -VE ions per cubic centimeter (size of a sugar cube). Near strong surfs or waterfalls, up to 10,000 -VE ions. However, in major capital cities at rush hour, there is often less than 100 -VE ions per cubic centimeter.

HEALTH BENEFITS

-VE ions neutralize the pollution of electronic devices such as televisions, computers, cell phones, etc. Dr. Albert P. Krueger, microbiologist and experimental pathologist, also found that an astonishing small quantity of -VE ion could kill air-borne and surface bacteria. Crystal Salt Lamps are highly suitable for daily use near televisions, computers, around smokers in offices with air conditioning and anywhere you want to restore air quality and provide a pleasant room climate.

OPTIMAL CARE OF CRYSTAL

It is beneficial to re-charge the crystal's light energy by setting it in direct sunlight for 2-3 hours once a month if the crystal is being used for simple air purification, or as often as once a week when using crystal for healing purposes. Low humidity will extend the life of the Crystal Salt Lamp. For this reason, it is recommended that the lamp not be placed near pools, showers, wet spas or other sources of high humidity.

SALT CRYSTAL ION EMISSION RANGE CHART

Small 5-8 lbs	Max 7.5 foot radius
Medium 11-13lbs	Max 9.1 foot radius
Large 22-25 lbs	Max 18 foot radius
XX Large 65-80 lbs	Max 68 foot radius

Herbally Grounded

4441 W. Charleston Blvd, Las Vegas, NV 89102

(Decorative Charleston in the Wal-Mart Parking Lot, Near Smart & Final)

(702) 558-HERB (4372)