

Simple Foods

All Simple Foods can be “chewed” or blended into fruit smoothies, made as hot cereals, herbal concentrates, liquids etc. Never consume artificial / synthetic sweeteners. Raw Honey is superior due to no heat or processing. Natural Maple Syrup is good, as is Sorghum Molasses. White sugar, white flower and all commercial additives and colorings with added acids and chemicals are not healthy ever. Making your own steam distilled water is the only option for clean water; that you then can make **Chaga** Tea and endless herbal teas. **Chaga** and **Royal Jelly** are superior “simple” / dense foods for Longevity and always use **Wild Oregano Oil** daily for life.

Example of Simple Foods Authors

1. **Dr. John R. Christopher:** (Born with bad heart) World War 1 herb doctor. Believed in living under your own fig tree (what you grow) and he was extremely anti meat diet, no dairy and no mucus forming foods. Believed in Distilled Water. (Eventually died from long term coma)
2. **Dr. Howard Hay, M.D.:** (was dying of Brights disease) founder of alkalinity, Orange Juice Fasting and was anti meat, liked all sweet berries and fruits and when eating mixed foods, he wanted proper combinations. (Died in a car wreck.)
3. **Dr. Jackson, M.D:** (was dying of bad heart / organ failure) friend of Dr. Hay and founder of Roman Meal Bread Company 1920’s. Created Roman Meal Grains that he used to turn his near dead body into a super body. (Broke his hip and died in hospital from the treatment)
4. **Dr. Cass Ingram:** (was dying of HIV). Saved by Wild Oregano Oil. Believed in all the famous spices and herbs around the world and meat / dairy / egg in the diet; “IF” it was healthy raised only. Famous for Middle East / Biblical herbal use / history. (Died from falling down stair steps in his house)

Dr. Christopher and Dr. Ingram both believed in the acid stomach, while Dr. Hay and Jackson believed in the Alkaline stomach / body.

All 4 Drs. believed in Juice Fasting and the power of the conscious mind and Dr. Jackson believed in the power of the conscious mind having influence over the subconscious mind These type Drs. 100% believe that only pure thoughts and love of God enables a healthy mind and body. Dr. Jackson proved that the conscious mind decides what to put in the mouth and if the foods are simple and proper, the subconscious mind with correct thoughts will keep the human body in perfect health always.

Dr. Jackson liked verbal healing words, that he said many times daily, especially in bed, just before sleep. (The subconscious takes over while sleeping.)

1. God is Good, God is Always Good.
2. God is Love_____ Infinite Love. Infinite Love could not will His loved ones sickness and disease.
3. My Father God is good, all good. He therefor means for me, all good.

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4. I am youth – strength – health – wealth – wisdom – courage – generosity – joy – sympathy – vitality – purity – love and perfection.
5. Avoid all negative people that only want to talk about their ill health.

Dr. Robt. G. Jackson M.D. believed all toxic foods, toxic actions / thoughts; break God’s Laws and sickness is the result of a poisoned body / mind. As long as the subconscious can heal a scratch or damaged skin, it has the ability to build a new and perfect body. Removing the poisonous diet / habits and with a positive belief in power of the subconscious (30 trillion cells), created by God and God’s Gift to all humans - the body can be and should be disease and age free.

Dr. Jackson was near death when he tried his friend; Dr. Howard Hay’s orange juice fasting cure-all. Not only did that save his life, his first book: **How to Always Be Well** explains how he took his old body and turned it into a super body. Dr. Jackson explored all diets and chose the Roman Soldier Diet of eating “Simple” grains / seeds. He consumed these grains, seeds, fruit and milk for 2 years and watched his subconscious build him a new healthy body that made him feel like working and exercising. As a result of superior health Dr. Jackson wrote many books, including the best exercise book ever written. In his last book, Dr. Jackson explains the history of healing from Jesus to current times and teaches how all people can take control of their conscious and subconscious mind. By age 70 Dr. Jackson wrote that he was healthier and happier than ever before in his life and believed that age 70 was just the “Beginning” and his history states that he suffered a broken hip and did not survive the hospital treatment and gave no info on how his hip was broken. Luckily in 1928 He wrote his greatest book and explained his formula and secrets of understanding the subconscious mind to build superior health.

By age 70 Dr. Jackson explains how his puny body with thin bones was turned into a super body. He was known to challenge men 30+ years younger to any strength challenges. His success came from alkaline diet and subconscious control of his body (30 trillion cells). God’s Design is Perfection, not sickness.

Dr. Jackson watched all his family die from drinking booze and smoking cigars and he was near dead from doing the same diet and habits. They were well to do medical drs and ate a typical meat diet. Once saved by orange juice, He also, like his friend Dr. Hay, M.D. wanted to know how orange juice fasting saved their lives. Like Dr. Hay, Dr. Jackson wrote that he was meat free from that point onward. Many hospitals today send home papers with elderly patients telling them to never eat pig meat and to avoid all meat eating if possible.

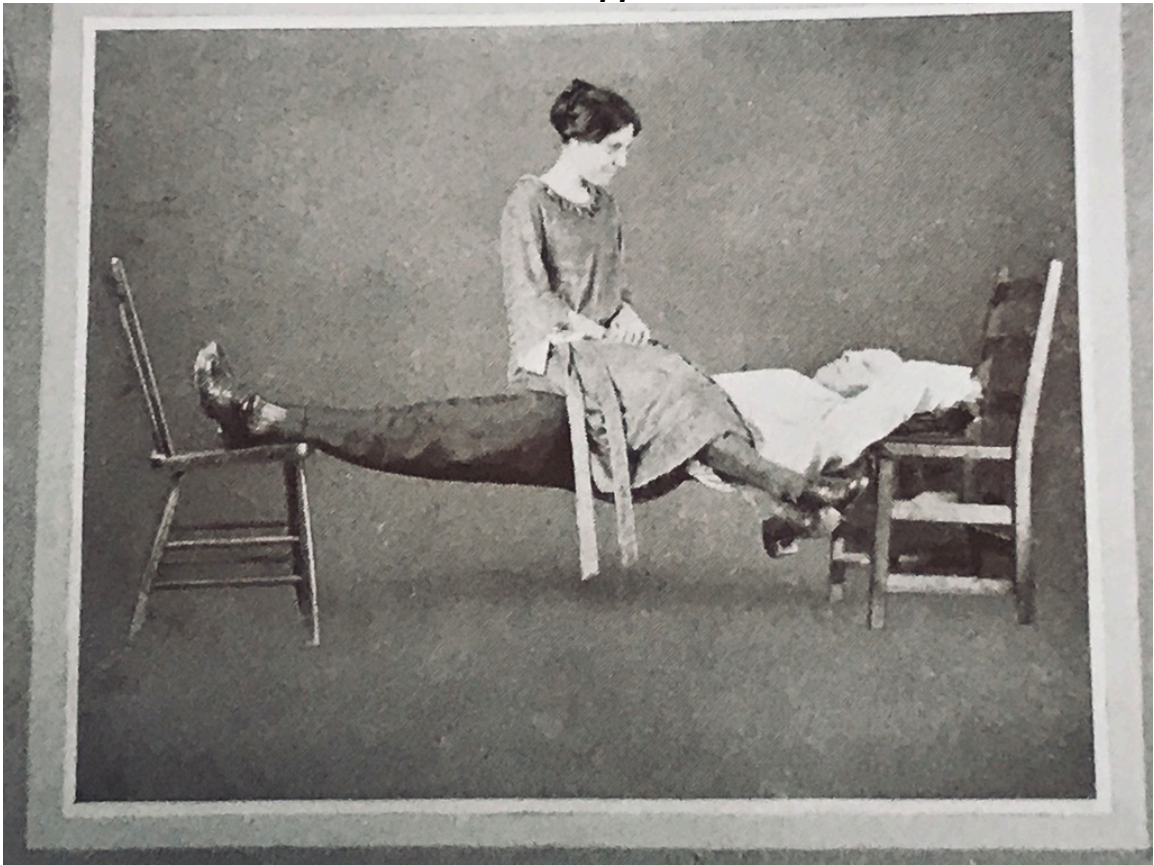
Dr. Jackson created the Roman Meal Bread Company and made Hot Cereals “Popular” in North America by 1920’s and he wrote that he lived on his Special Grain Cereal blend along with some milk and fresh fruits for 2 full years as he watched his body restore. He then turned to exercising and became extremely strong by age 70. Explained in his books and he wrote the best strength building book ever written in my opinion.

way by which we can minimize the irritation to our organs of elimination, as the kidneys, skin, lungs, liver, intestines is by eating foods that ensure us an excess of alkaline minerals over acids. The only way by which we can ensure to our blood and tissues an excess of alkaline minerals and avoid an absolute or a relative acidosis, which of itself tends to cause death, and which is all the more likely to cause the tendency to death which manifests as disease (because of the irritated condition of the organs of elimination due to ridding the body of its abnormal acids) is to eat plentifully of the alkali-forming foods. Yes, I am aware that is a repetition, but even then many readers will fail to be sufficiently impressed to take action upon this most vital item in relation to long and healthy and efficient life.

But to return to my special food. The upshot was that I lived upon this richly-alkalinizing food and milk, with an occasional bit of sweet or fresh fruit, for two whole years. At the end of that time I was as well as most civilized people ever are, but I was destined to learn that there are degrees of wellness far beyond anything that most civilized people ever know; as far beyond as the degree of health that most men know is beyond that suffered by the neurasthenic or psychoneurotic individual who is verging on physical bankruptcy and breakdown.

There is a degree of health that most so-called well men know that is characterized by almost no physical pains or aches, by ability to *eat well* and work more or less steadily with only an occasional short sickness, cold or indisposition; or an occasional few days of inertia due to overwork (?), or a headache or bilious spell, *a condition which passes with most men as perfect health*. I knew that kind of health at the end of two years—climbed all the way back from the grave to that kind of health or degree of wellness in two years—because properly controlled thinking directed me to change from an acid-forming diet to a diet made up of one simple, alkali-forming, natural food, which simple measure changed my blood from its acidotic, disease-and-death-inducing state, to a normal, alkaline condition, the only condition in which the body cells can function normally and thus keep from wearing themselves out.

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Dr. Robt G. Jackson, M.D 1920's (age 70)

Health Via Food by Dr. Howard Hay, M.D

Dr. Hay, M.D. cured his Bright's Disease and then discovered that the human body is Alkaline and proper diet should be alkaline forming. He opened the Sunrise Clinic in P.A. and wrote that he cured 63,000 patients by doing a 14 Day Orange Juice Fast with 14 days of food education. Hay and Jackson were wrote up in many medical books 1920's.

Dr. Howard Hay, M.D. wrote that when he printed his book; same time period as Dr. Jackson – that the English Army had been studying a group of people for 11 years and proved that men age 250 looked no different than their young sons. In recent times Dr. Morton Walker and his wife visited these people and tested them. He discovered they had zero lead levels. They have no heavy metals. While my lead levels 25 years ago using the same Data labs, showed that I had 112x more lead than “normal” thanks to working with lead for 30 years. Is it no surprise city water Lead pipes are famous for premature death for city people.

Heavy Metals / Rock Minerals accumulated in the body is the number 1 reason for premature death as the circulation / organs clog up.

Health Via Food

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Numerous instances of longevity are reported from various quarters proving that man can, under certain circumstances, live to a much greater age than the usual span.

Perhaps the most striking of these in recent times is furnished by Dr. Robert McCarrison, formerly of the British Army Medical Service, who reports that in a colony in the Himalayan region he found natives who were so old that it would be hard to believe their records correct, yet he was not able to detect possible errors in their way of keeping these records.

Ages up to and well beyond two hundred and fifty years were very common among them, and the economic necessities of the tribe were so urgent that they were unable to support any who could not earn their own living so these were thrown over the duff when dependence threatened.

He found men of well attested age up to 150 years, recently married and raising families of healthy children.

Men said to be well over two hundred years of age were working in the fields with younger men and doing as much work as any, in fact looking so like the younger men that he was not able to distinguish the older from the younger.

These people were restricted by religious dogma to the outgrowth of the ground for food, no animal foods of any kind beyond a small amount of milk or cheese, which were considered luxuries, being permitted.

The rest of the food was grains in their natural state, nuts, vegetables and fruits, and most of this was eaten raw.

The region is very arid, so food was guarded very closely, and each family had to provide fully for itself, and if unable to do so had to go the road of the old over the cliff.

He reported that these people were never sick; they had none of the usual diseases of the civilized countries, as they could not afford to cause these.

There was during his nine years residence in this post no case of indigestion, constipation, appendicitis, gastric or duodenal

Dr. John R. Christopher was America’s best herbal Dr and he loved Natural grains as a hot cereal. He would make house calls to help save a life, but he insisted that all the meat in the house be buried. He said that as long as his diet was obeyed, everything he wrote about herbal use, would work as written. Dr. Christopher should have known of Dr. Jackson and Dr. Hay.

Dr. Cass Ingram believed in meat, eggs and dairy as long as they are raised healthy. Those that read the two **Wild Oregano Oil** books by Dr. Cass Ingram read about how **Wild Oregano** not only dissolves heavy metals like lead and purges heavy metals and poisons from the lungs and body. **Wild Oregano** proved to be affective against all parasites / disease. The 30 Dr. Ingram books explains the cures for all diseases using proper diet and plentiful spices and natural simple herbs / foods rich in all the vitamins.

Though their diets vary, their solution seeks the same results, a cleaner and healthier body. These 4 authors have written over 50 books and within those books are a complete education on health of all life forms; Obeying God’s Diet / Habit Laws and disease and premature death is the result of breaking those laws.

Simple Blend

Ingredients: Brown and Golden Flax, Rye, Wheat Germ, Rice Bran, Wheat Germ, Steel Cut Oats, Oat Bran, Chia Seed, Barley, Slippery Elm, Black Seed, Turmeric Rt., Cold Processed Essential Oils of: Mountain Picked Wild Oregano and Cinnamon.

Suggested Adult Use: Chew small amounts “properly” at a time or as a Hot Cereal: pour ½ cup distilled water in large soup / coffee cup and microwave for 90 seconds, to this ad 2 teaspoons of Raw Honey, or Sorghum Molasses, or non filtered Maple Syrup to taste and add natural mineral / salts as desired. Ideally ad 1/4 cup fresh or frozen berries to make “Special”!

Mineral / Ocean Salts

Suggested Adult Use: a small pinch per serving as desired and stir in.

Sundance Deep Earth / Ancient Ocean Mineral Blend:

Magnesium, Sodium, Calcium, Potassium, Aluminum, Antimony, Arsenic, Barium, Beryllium, Mismuth, Boron, Bromine, Cadmium, Carbon, Cerium, Cesium, Chromium, Cobalt, Copper, Dysprosium, Erbium, Fluoride, Gadolinium, Gallium, Germanium, Gold, Hafnium, Holmium, Indium, Iron, Lanthanum, Lead, Lithium, Lutetium, Manganese, Mercury, Molybdenum, Neodymium, Nickel, Niobium, Osmium, Palladium, Phosphorous, Platinum, Praseodymium, Rhenium, Rhodium, Rubidium, Ruthenium, Samarium, Scandium, Selenium, Silicon, Silver, Strontium, Sulfur, Tantalum, Tellurium, Terbium, Thallium, Thorium, Thulium, Tin, Titanium, Tungsten, Uranium, Vanadium, Yttrium, Zinc, Zirconium.

Herbal “Options”

Added “AFTER” Hot Cereal has been made / to preserve the vitamins

The C’s Herbal Blend: (stir in 1 teaspoon or as desired)

Ingredients: Rose Hips, Cammu Camu, Acerola, Wolfberry (Goji), Adansonia (Baobab), Kakadu Plum, Pomegranite, Grape skin / seed, Amla, Noni with Cold Processed Essential Oil of Mountain Picked Wild Oregano.

The B’s Herbal Blend: (stir in 1 teaspoon or as desired)

Ingredients: 4 ounces Freeze - dried Royal Jelly, Molasses / Brewers Yeast, Black Seed, Turmeric, Chlorella, Spirulina, Bladderwrack, Rice Bran, Dandelion Rt., Horsetail, White Oak, Cilantro, Cold - Extracted Wild Mountain Top Oregano Oil & Cold – Extracted Cinnamon Oil.

E / Oils Herbal Blend: (stir in 1 dropper or as desired)

Oils of: Pumpkin Seed, Black Seed, Apricot Seed, Hemp, Sunflower, Rice Bran, Baobab, Sesame, Q10, Brazil Nut, Sacha Inchi, Red Palm Oil, Chaga, Olive, Clove, Cinnamon & Wild “Mountain” Oregano.

Royal Jelly “Freeze” Dried

Suggested Use: ½ to 1 teaspoon blended in.

Chaga Mushroom “Fine” Powder

Suggested Use: ½ to 1 teaspoon blended in.

Herbal Powders

Women’s Wellness

Men’s Wellness

BF&C

Kidney Cleanse

Hormone Balance

Calcium Balance

Etc. most any Herbal Powder Blend can be added to the Hot Cereal Base and stir in and sweeten to taste with natural mineral rich syrups.

Tree Nuts

Tree nuts supply allot of organic size minerals and natural oils. Often people do not chew nuts well. All foods should be chewed to a liquid and well mixed with saliva (pre-digestive enzymes) prior to swallowing. Using a stainless steel meat grinder, tree nuts and seeds along with salts / essential oils, etc. can be blended into a nut butter and kept in wide mouth glass jars and kept frozen for years if need be. Ideally make a new batch each New Year. Trees supply the best

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organic size foods. All tree nuts and seeds are simple foods that the human body is designed to easily digest as are all sweet berries and fruits of bushes and trees.

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