

# I have a Miraculous Self-Healing body... I am Healthy!

	Daily	Upon Rising	7:00	8:00	8:30	9:00	9:30	10:00	11:00	Lunch	1:00	2:00	2:30	3:00	4:00	Supper	6:00	7:00	8:00	10:00
Fresh Air	Shaded																			
Prayer/Meditation		Shaded								Shaded						Shaded				
Gentle Exercise	Shaded						Shaded						Shaded							
Snack							Shaded						Shaded							
Water	Shaded																			
Sunshine							Shaded						Shaded							
Rest							Shaded			Shaded			Shaded							
Deep Breathing							Shaded						Shaded							
Cooked Food																Shaded				
Forgiveness	Shaded																			
Salad										Shaded						Shaded				
Sleep																				Shaded
Humor	Shaded																			

Vegetable Juice				Shaded				Shaded			Shaded			Shaded			Shaded		Shaded	
BarleyMax			Shaded			Shaded			Shaded			Shaded			Shaded				Shaded	
FiberCleanse					Shaded															
Iodine			Shaded						Shaded						Shaded					
B12/B6/Folate			Shaded																	
Digestive Enzymes			Shaded	Shaded		Shaded	Shaded	Shaded	Shaded	Shaded	Shaded	Shaded	Shaded	Shaded	Shaded	Shaded	Shaded	Shaded	Shaded	Shaded
D3							Shaded													
Hydrochloric Acid										Shaded						Shaded				
Probiotics										Shaded						Shaded				
Bio-Curcumin										Shaded										
Essential Fatty Acids										Shaded						Shaded				

## Ideas for Use

Place an X in the center of the shaded box after the task has been completed.

Print a new sheet every day or use a different color pen for each day.

**Table 2: Names of common ingredients that contain processed free glutamic acid (MSG)<sup>1</sup> or create MSG during processing**

<b>Names of ingredients that always contain processed free glutamic acid:</b>	<b>Names of ingredients that often contain or produce processed free glutamic acid during processing:</b>	<b>The following are ingredients suspected of containing or creating sufficient processed free glutamic acid to serve as MSG-reaction triggers in HIGHLY SENSITIVE people:</b>
<p>Glutamic acid (E 620)<sup>2</sup>            Glutamate (E 620)            Monosodium glutamate (E 621)            Monopotassium glutamate (E 622)            Calcium glutamate (E 623)            Monoammonium glutamate (E 624)            Magnesium glutamate (E 625)            Natrium glutamate            Anything “hydrolyzed”            Any “hydrolyzed protein”            Calcium caseinate, Sodium caseinate            Yeast extract            Yeast food, Yeast nutrient            Autolyzed yeast            Gelatin            Textured protein            Whey protein            Whey protein concentrate            Whey protein isolate            Soy protein            Soy protein concentrate            Soy protein isolate            Anything “protein”            Anything “protein fortified”            Soy sauce            Soy sauce extract            Protease            Anything “enzyme modified”            Anything containing “enzymes”            Anything “fermented”            Vetsin            Ajinomoto            Umami</p>	<p>Carrageenan (E 407)            Bouillon and broth            Stock            Any “flavors” or “flavoring”            Maltodextrin            Citric acid, Citrate (E 330)            Anything “ultra-pasteurized”            Barley malt            Pectin (E 440)            Malt extract            Seasonings</p>	<p>Corn starch            Corn syrup            Modified food starch            Lipolyzed butter fat            Dextrose            Rice syrup            Brown rice syrup            Milk powder            Reduced fat milk (skim; 1%; 2%)            most things “low fat” or “no fat”            anything “enriched”            anything “vitamin enriched”            anything “pasteurized”            Annatto            Vinegar            Balsamic vinegar</p> <p>Amino acid chelate</p> <p>Citrate, aspartate, and glutamate used as chelating agents with mineral supplements.</p>
<p>(1) Glutamic acid found <b>in unadulterated protein</b> does not cause adverse reactions. To cause adverse reactions, the glutamic acid must have been processed/manufactured or come from protein that has been fermented.</p>		
<p>(2) E numbers are use in Europe in place of food additive names.</p>		

# Cancer Fighting Supplement List

## **ESSENTIAL SUPPLEMENTS:**

- BarleyMax – Available in Regular, Berry, Mint or Capsules
- FiberCleanse – Available in unflavored, green apple, lemon and capsules
- Nascent Iodine
- Vitamin D3 – 5,000 IU
- Professional Strength Probiotics
- Bio-Curcumin
- Digestive Enzymes
- Betaine Hydrochloric Acid (HCL) Pepsin & Gentian Root Extract
- Flora Flax Oil W/DHA
- Pharmax Fish Oil
- Vitamin B12, B6 and Folate

## **HIGHLY RECOMMENDED SUPPLEMENTS:**

- Unravel the Mystery: A Simple, Effective Approach to Beating Cancer by Ann Malkmus
- Unravel the Mystery: Simple, Effective, Nutritious Recipes to Fight Cancer by Ann Malkmus
- Pharmax Fish Oil – One Teaspoon Daily
- Ubiquinol
- Melatonin

## **RECOMMENDED PRODUCTS & SUPPLEMENTS:**

- *The Hallelujah Diet* book by Rev. George Malkmus
- Simple Weekly Meal Plans recipe book, Volume 1 and 2
- 60 Days to Reclaim Your Health – On-line video program
- Getting Started On The Hallelujah Diet DVD Set

## **I have a Miraculous Self-Healing Body. I am healthy!**

### **Daily Schedule**

#### **Daily**

- Fresh Air
- Prayer/Meditation
- Gentle Exercise
- Deep Breathing
- Forgiveness
- Plenty of Rest

#### **Upon Rising:**

- Prayer/Meditation

#### **7:00 am**

- Iodine (nascent) supplement (on empty stomach); 1 to 2 drops
- BarleyMax (1 tsp) mixed with 4 oz water (or taken dry)
- Digestive Enzyme capsule (1)
- Vitamin B12 sublingual tablet (1)

#### **8:00 am**

- Juice (8 oz): carrot (70%) and vegetables (30%)
- Digestive Enzyme capsule (1)

#### **8:30 am**

- FiberCleanse (up to the first 90 days of The Hallelujah Recovery Diet; some people will require more cleansing than others) or B-Flax-D as directed

#### **9:00 am**

- BarleyMax (1 tsp) mixed with 4 oz water (or taken dry)
- Digestive Enzyme capsule (1)

#### **9:30 am**

- Mid-Morning Snack – Cut veggies, or greens smoothie with  $\frac{1}{4}$  cup ground flax seed (minimal fruit)
- Digestive Enzyme capsule (1)
- Vitamin D3 capsule - 5,000 IU (1)
- Exercise, Sunshine, Rest, Deep Breathing

**10:00 am**

- Juice (8 oz): carrot (70%) and vegetables (30%)
- Digestive Enzyme capsule (1)

**11:00 am**

- Iodine (nascent) supplement (on empty stomach); 1 to 2 drops
- BarleyMax (1 tsp) mixed with 4 oz water (or taken dry)
- Digestive Enzyme capsule (1)

**12:00 noon – Lunch meal**

- Juice (8 oz): carrot (70%) and vegetables (30%)
- Digestive Enzyme capsules (2)
- Professional Strength Probiotics capsule (1)
- BioCurcumin capsule (1)
- Hydrochloric Acid (2)
- Salad – Whole or blended

**1:00 pm**

- BarleyMax (1 tsp) mixed with 4 oz water
- Digestive Enzyme capsule (1)

**2:00 pm**

- Juice (8 oz): carrot (70%) and vegetables (30%)
- Digestive Enzyme capsule (1)

**2:30 pm**

- Mid-Afternoon Snack (Cut veggies, or greens smoothie)
- Digestive Enzyme capsule (1)
- Exercise, Sunshine, Rest, Deep Breathing

**3:00 pm**

- BarleyMax (1 tsp) mixed with 4 oz water (or taken dry)
- Digestive Enzyme capsule (1)

**4:00 pm**

- Iodine (nascent) supplement (on empty stomach); 1 to 2 drops
- Juice (8 oz): carrot (70%) and vegetables (30%)
- Digestive Enzyme capsule (1)

**5:00 pm – Supper meal**

- BarleyMax (1 tsp) mixed with 4 oz water (or taken dry)
- Digestive Enzyme capsules (2)
- Professional Strength Probiotics capsule (1)
- B12-B6-Folic Acid tablet (1)
- Prayer
- Salad – Whole or blended
- Hydrochloric Acid (2)
- Cooked food

**6:00 pm**

- Juice (8 oz): carrot (70%) and vegetables (30%)
- Digestive Enzyme capsule (1)
- 7:00 pm
- BarleyMax (1 tsp) mixed with 4 oz water (or taken dry)
- Digestive Enzyme capsule (1)

**10:00 pm**

- Be in bed a sleep.

The above is meant to be a guide for implementation of the recovery program. The goal is to flood the body with nutrition throughout the day so it has what it needs to heal and rebuild. This is a rigorous schedule – don't beat yourself up if you miss a juice, BarleyMax or supplement. Do your best... Remember, you have a miraculous self-healing body. You are healthy!