



Quick Start Manual

take control of your health

Copyright 2006, Path To Perfect Health, Inc. Redistribution Prohibited without direct consent of Path To Perfect Health, Inc.

QUICK START STAGE: 1

Make Veggie Slaw:

Veggie Slaw consists of: Kale, Collard Greens, Swiss Chard or any native greens, Asparagus, Broccoli, Green Beans, Celery, Carrots, and some Red Onion.

Be sure that all vegetables are fresh, and soak them in Miracle II soap and Neutralizer for 20 minutes (miraclesoap.com). This ensures a high mineral content, hydration, strength and living vibration. Spin the vegetables dry in a salad spinner or fan them dry and then shred them in a food processor or chop them by hand small enough to chew to juice effortlessly.

Salad Dressing: Mix all ingredients in a powerful blender (the following amounts makes 5 cups)

- 1 c. fresh squeezed organic lemon juice
- 1 c. Bragg's Amino Acids
- 2 c. Udo's oil or flaxseed oil
- 5 drops of Virus essential oil recipe (miraclesoap.com)
- 2 tsp. of yellow curry powder
- ½ tsp. cayenne pepper, cumin (or any spices that are in harmony with your blood type)
- 4 cloves of organic garlic
- 1 lg handful each of fresh organic basil and cilantro and 2 Tbs. fresh dill (also soaked in Miracle II soap and neutralizer) Blend in a blender till creamy. You can add an avocado or pinto beans for a thicker and creamier texture and a change of pace. (Adjust ingredients to your taste).

Soup

Heat an organic, vegetable soup base that fits your blood type, and stir in 1 T. each of organic pesto, organic hummus, or season to fit your blood type (optional).

Add the veggie slaw (do not heat the veggies over 100 degrees) **Do not cook vegetables.**

Salad

Mix one handful of baby spinach and 1 heart of romaine lettuce soaked in Miracle II soap and Neutralizer and spun dry. In a large bowl add:

1 Cup. veggie slaw, the baby spinach and romaine, 1 avocado, pumpkin seeds, and special dressing. Cut it all up together for the most nutritious and delicious salad on the planet.

Smoothie 1	Smoothie 2
1 cup almond or rice milk	1 ½ c. purified water
1 cup purified water	Juice from 1 lime
½ cup veggie slaw	1 clove garlic
1 Tb. nut butter (check chart)	½ c. cilantro
	1 tomato
	1 tsp. Flaxseed oil
	2 T. chopped chives
	Dash of cayenne
	1 tsp. Bragg's Amino Acid

These Smoothie recipes provide:

- High amounts of trace minerals, including selenium (one of the most promising nutrients for cancer prevention)
- Zinc (elevates levels of natural killer cells-the body's first line of defense against cancerous cells)
- Copper (aids in rebuilding red blood cells)
- High amounts of potassium and magnesium, low amounts of sodium (all these minerals are alkaline-forming, along with other benefits)
- High in carotenoids (immune enhancer for natural killer cells and other immune cells that work against tumor formation)
- High in vitamin E (micro nutrient to protect cell membranes)

Food is fun, food is social, food is an obsession, food can be an addiction, but most of all food is a distraction. Look at food as fuel and it becomes very simple. The most basic factor that affects our body's ability to heal itself and our vital-energy level is the food we choose as our fuel. Nutrient value should be the foremost factor in determining the worth of any food. The ideal percentage of each of the five essentials in food as required by the human body is as follows: glucose 90%, amino acids 4%-5%, minerals 3%-4%, fatty acids 1+%, and vitamins under 1%. Each cell requires a specific amount of raw materials to be a healthy cell. We can derive these sources from food, supplements, and essential oils. About 96% of a cell's weight is made up of these elements: oxygen, hydrogen, carbon, and nitrogen. Of the remaining, 2% is calcium and the rest is trace amounts of minerals.

Detox Bath:

Body Brush as bath fills. Add 1 oz miracle II soap and Neutralizer to bath water. Before soaking, squirt gel in palm and add 4 drops Weight+/- essential oil drops (miraclesoap.com) and rub on areas congested with cellulite or flab. Soak in a warm tub for at least 20 min. Massage all congested areas while soaking. Towel dry and again squirt gel in palm and add 4 drops Weight+/- essential oil drops (miraclesoap.com) and rub on areas congested with cellulite and flab. Apply Miracle II lotion mixed with Weight+/- essential oil recipe to the entire body. Repeat routine until desired results.

- Exercise - work up a sweat at least 5 times a week.
- Take deep breaths in and out your nostrils completely while rolling up onto your toes, and then all the way back on your heels. You can also sit in the tub or on a chair and flex and point.
- Get plenty of good, restful sleep.
- Drink: 4-6oz. Of 100% from Welch's Frozen Concord Grape Juice Daily.

(Make sure it is 100% Concord Grapes, not the blend with fructose and make sure it's the frozen concentrate not the pre-mixed ready to serve). This is to prepare you for stage II of the quick start. It is suggested to follow Sage 1 for two weeks before adding stage 2.

Continue to Stage II

QUICK START STAGE: 2

Saline (Electrolyte) Restoration Program

In today's environment it's impossible to avoid free-radicals and toxins. Even if you live on top of a glacier mountain, you have to deal with a higher level of UVB / UVA which creates free radicals, and you cannot avoid the atmospheric winds carrying toxins from industrialized areas of the world and jet fuel fallout which is now detectable in soil around the globe.

The human body is naturally designed to utilize amino acids, nutrients and minerals for repair, healing and quickly eliminating the life-snatching toxins by flushing them out of our bodies. The longer we live (age) without supplying these necessary elements for the body's use, the longer these important minerals and trace minerals will have to be drawn out of our body's raw structural material. A good example is the mineral calcium. Calcium neutralizes the free radical acid condition of the body. The body borrows calcium from the 207 bones when it needs these elements to detox. This is what leads to osteoporosis. Before we realize it, our bodies are depleted of these needed natural elements and we start to build up toxins in our bodies. The body does not have the resources (minerals) that it requires to naturally remove the toxins. The result is chronic illnesses with symptoms of aches, pains and the degeneration of health due to our toxic infested bodies. The medications for chronic illnesses mask the symptoms but don't address the issues, and contribute to the problem by causing static within all body communication systems, which makes conditions even worse.

The key to well-being is to first replenish the depleted minerals and then continue to supply them everyday. This can be simple and practically free by drinking the saline solution. The body will immediately start to rebuild and restore health. This is so simple that it confuses the wise. God made it simple for all his people to rebuild their vessels and live in optimal health. We have just gotten away from what God has provided for us.

Acidosis is responsible for all degeneration of the body. Many products are available that contribute to an alkaline environment for our cells, but they are costly and inconvenient to stick with. The following regime utilizes a recipe of elements that were available for daily consumption as the liquid and food fuel during the days of Christ. This regime is comprised of the alkali minerals that are required to reinstate a positively charged colloidal "aqueous solution" that must surround the cell for healing. This is key and the baseline for healing.

Start this protocol when you have two days to spend near a bathroom. Within the first 48-hour period, you will flush out amazing quantities of disgusting smells, sounds, and contaminants from your body. Don't be alarmed. It is the body releasing the useless acid metals, parasites, yeast, toxins, chemicals, petrochemicals, flavorings and preservatives. This flushing will continue every 5-15-30-60 minutes by normal elimination. You will not have the side effects of a rapid detox such as cramping, pain, headaches, shakes, nausea, just a purging through the bowels.

Continue with your nutrition program and drink purified water as usual during the 48-hour period. It is not unusual to eat less because internally your body is very busy. Stick with eating alive, raw, green, vegetables and following your food charts. Continue on your 4 - 6 oz. a day of Welch's frozen concentrate 100% pure Concord grape juice.

What you will need to get started:

16 oz. jar of Ezekiel Pacific Solar Sea Salts (fine grade) obtained from MiracleSoap.com or Natural Sun Dried Sea Salts (Ocean) from your local health food store.

A 32 oz. container for your water

A Tablespoon to measure

Purified Water (Natural Spring Filtered)

Miracle II Neutralizer Gel:

You will become raw during the two-day purge because of the acid pH leaving the body, so start at the beginning with a coating of Gel to avoid chaffing and to neutralize the acid.

- 1. Before you start the Saline Regime** - it is advised that you stay on the Quick Start Healing Program for a two-week period of time. See website under nutritional programs. This will allow your body to start a detox and begin to clean out some of the debris in the digestive tract while alkalinizing the body fluids.
- 2. The first two days- the first recipe: 2 Tablespoons of De Souza's Solar Sea Salt dissolved into 32oz. purified water.** This is called top loading and it will reestablish the minerals that the body needs at a concentrated level. The top loading will build the strength in the body so you can begin to eliminate the stored toxins. The body has been holding onto "any" minerals, even the bad useless ones, in a desperate attempt to squeeze out some nutrition. Once you saturate the body fluids with what it needs it will quickly release all acid metals. As the body builds strength and has the "supplies" to clean house the purge will begin. I suggest that you start drinking this solution early in the morning and complete the 32oz drink before noon so that your purge is finished before bedtime. Sip it all morning til noon.
- 3. On the third day-Maintenance & Restoration Protocol: the second recipe: 1 Tablespoon of De Souza's Solar Sea Salt dissolved into 32 oz. of purified water.** This is the solution you will continue every day for 120 days. The daily intake of the saline solution will continue to rebuild, replace and reinstate proper and healthy functioning of your body. Your body will once again have the resources and strength to flush the unusable acidic minerals and toxins out of your body efficiently. The Maintenance Program will continue to cleanse the blood and lymph systems, all internal organs, muscles, and bones (ejecting toxins that block proper balance) and replace the bad with the good, allowing the body to release, and flush. Once the stored unusable minerals and toxins are released and the useable minerals are ingested and available in your body, your cellular environment will start to reactivate and turn on. Expect continued health, vigor, accelerated well-being and minor detox to continue for a 3-4 month period throughout your daily maintenance protocol.

Normal bowel function will be restored quickly, but on occasion, as the deeply imbedded toxins finally release, bowel movements might be heightened during the 120-day period. The 120-day period for the Maintenance Program will be the first full body flush & restoration cycle of all cells in the body. As you continue the Maintenance Program past the 120 days, you will continue to ramp up and build an incredibly strong immune system in the body. Now all your body systems are functioning with new vitality, harmonized and in balance. Long term chronic body issues due to toxic cellular environment will start to repair and heal naturally as the body becomes used to it's new toxic free system.

- 4.** Depending on how toxic and sick you are, you can repeat #2 each weekend until you have flushed the poisons out of the body.