

## SELF-HEALERS PROTOCOL

By

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Whenever we hear that someone has healed from difficult (Incurable) disease we think of it as a miracle. Was it a miracle, a freak of nature, special force from above or something else?

The hidden truth is that the power of our body to heal itself is greater than you can imagine and this was purposefully hidden from us. If you had the opportunity to read my book "The Owner's Manual for the Human Body", then you know about it and you understand why. In my book I explain how our health depends on the ambient in which our cells live. They are healthy if the environment is clean and sick if the environment is dirty.

When the cells are healthy so is the body in which they reside and that means, "a **clean environment** is the necessary pre requisite for a healthy body".

What is this environment that I am talking about? It is the environment where our cells live. That environment is the **blood and plasma of our body**. In my book, I explain how hydration is the essence of our cleanliness and if we cleanse our blood and plasma, we give our cells the opportunity to hydrate and cleanse themselves. Only after they have cleansed will they have the will and the power to heal themselves.

During the process of cleansing, cellular needs will change and food with building and rebuilding material has to be delivered to them. Chemistry of the blood will change to supplement and follow cellular needs. Because of this the chemical blood analysis will show anomalies but this is to be expected and it is not to be trifled with. Interference in body chemistry through medicinal remedies usually creates problems and should be avoided whenever possible.

Most common changes will be: increased blood pressure and elevated cholesterol. This is necessary for the body to speed the cleansing and reparation.

During the cleansing process there will be various symptoms that we used to call symptoms of disease like: running nose, phloem with cough, vomiting, diarrhea, fever, dark and smelling urine, skin rash-eczema, headaches and mood swings.

Not everyone will have those symptoms. It all depends on the level of pollution and severity of health problem that the body has. Symptoms of cleansing can be cushioned by adjusting the speed at which the body is cleansing itself. This is done by adjusting the salt and water ratio of the water we drink while following the Healing Protocol.

The healthier the body, the less pronounced will be the cleansing symptoms. Since most people that follow this Protocol are in bad shape and on pharmaceutical remedies, the level of toxicity is very high and the cleansing symptoms are very strong.

## CONTRADICTIONS

Following this protocol will often mean to do exactly the opposite of what you had been told by your doctor or what you have heard in school or from major media. Let that not surprise you. If they had been correct, you would not need this protocol.

Since some of the arguments presented to us by “science” appear to be logical even though untrue. I have to explain them to take the fear away because fear is equally as detrimental to your health as bad food.

Since **cardiovascular diseases** are the most common I will start here.

People with bad blood circulation may exhibit several symptoms. Those could be: elevated blood pressure, varicose veins, swelling of ankles or wrists due to water retention and various pains in the body. I am mentioning those symptoms because if you have any of those symptoms they will increase at the beginning of the therapy. This is why I recommend that you contact me or any knowledgeable human with experience to guide you and give you an explanation and support during this time.

**Cholesterol** is misrepresented and blamed for inflammatory processes in our arteries causing obstructions and blockages. You have noticed that I said arteries and not blood vessels. This is on purpose because veins do not have such problems and this indicates that what we are told about cholesterol is wrong. In my book I explain this topic in detail. Since cholesterol is the building material necessary for cellular maintenance and healing, during my protocol cholesterol levels will be elevated. Do not worry about it. There is absolutely no danger in it.

**Sun exposure** is good and it does not increase the risk of skin cancer. Quite the contrary. Exposure to Sun reduces, not just the risk of skin cancer, but of every cancer in the body. When exposed to the Sun, cholesterol changes into vitamin D3. This vitamin is crucial for the proper operation of our cells.

**Salt** is extremely important. There cannot be hydration of our blood or on the cellular level without it. Contrary to what we have been told, we need large quantities of salt when we feel sick so that we can properly hydrate and cleanse not just our blood but every cell in our body. The major reason of our ill health is dehydration. This is why the major part of this protocol is oriented towards hydration and no hydration is possible without sea salt and water. **The only salt that should be used unrefined gray sea salt**. In Europe it is known under the name of **Celtic** salt. Every other salt is inferior and potentially dangerous if taken in large quantities.

Many **medicinal remedies** (natural or pharmaceutical alike) have a diuretic effect. They force the body to eliminate water and stop the cellular osmotic pump which prevents the cells from hydrating themselves. In this way they interfere with cleansing and stop the healing process. This is why during this protocol you should not use any medicinal remedies or supplements. Even supplementing vitamins is not advisable unless there are some special circumstances.

**Garlic** **has** to be avoided. It is a medicinal remedy and as such inappropriate during the cleansing and healing process.

**Caffeine** is toxic and one of the major causes of our health problems. It **has** to be eliminated during the protocol and forever, if possible.

**Alcohol** is toxic and causes a diuretic effect. It **has** to be eliminated during the protocol.

**Nicotine** is toxic and causes dehydration on a cellular level. It **has** to be eliminated during the protocol as well.

**Any medicinal remedy** will prevent proper hydration and will interfere with the cleansing and healing process.

**Some suppressants (medicines)** can be utilized at the beginning of the protocol but will have to be eliminated later to accomplish the healing process.

Many people think that their health depends on the medicines they are taking but this is not true. They all do more harm than good.

## Hydration

### ESSENTIAL ELEMENT HERE IS SEA SALT AND WATER

**Water should be clean, structured and room temperature.** Cold water creates shock on the body and should be avoided. Filter the water to eliminate fluoride, chlorine and other pollutants. Well water is the best. If tap or bottled water is the only thing you've got, use it but structure it. The easiest way to change the structure of water is by blessing it and sending it love and appreciation. Other methods are utilizing crystals and music in the process or a mechanical vortex.

Read about it in my book.

Hydration will occur in two stages.

**The first stage** is hydration of extra cellular liquid which is the blood and lymph. During this stage some medicinal remedies are tolerable. They will slow down the hydration but they will not prevent it. As blood starts to hydrate, blood pressure may increase and so may the symptoms that are associated with it. This is nothing alarming because it will be temporary. No one has died as result of high blood pressure. People that have been on medication for hypertension for a longer time may have to remain on it for a while until the blood purges itself a bit before stopping the meds.

If you had a problem with water retention before starting the protocol, the swelling will increase. Do not panic. The swelling will go away as soon as the blood hydrates sufficiently. In rare cases water retention will worsen and remain longer. This usually happens in people that are not used to drinking water so the body starts guarding it as a reserve for later instead of utilizing it for cleansing. In time, body resolves this issue but until then, hydration has to be adjusted and monitored.

Sudden water availability will trigger cleansing of mucus tissue so a running nose and diarrhea can be expected.

As the level of water in circulation increases other cleansing organs will start to cleanse the blood so changes in urine and skin can be noticed.

When you start with the protocol because of these symptoms, you may feel bad but often after one week or earlier situation changes and you will start feeling really great. Enjoy this time because as the second phase kicks in and cells start eliminating their poisons, the situation will change.

**The second stage** of hydration is at the cellular hydration.

As the blood gets cleaner, cells will start to activate the osmotic pump and hydrate themselves. Because of proper diet your cells will be burning fat and you will be losing the fat deposits but because of hydration your weight will be fluctuating. Do not worry about it. You will go down in weight steadily as soon as you achieve optimal hydration and cleansing equilibrium.

Because of cellular hydration the body will demand more water so the feeling of thirst is a normal occurrence. This stage can be followed with constipation because the body will try to retrieve all the water, leaving the feces dry. Be careful and do not ignore this because serious constipation may occur. Sometimes drinking more liquid will not be sufficient and other measures have to be taken. Drinking prune juice and having dry fruits may control this problem but if not, contact me or another experienced human to assist you.

As cells hydrate they start to eliminate stored toxins. These toxins end in the blood. Polluted blood will change the way you feel not only by causing pain but by changing your emotional state. Mood swings are not uncommon.

As your cells hydrate they start with reparation and it is very important that you provide necessary nutrients. Most of them come in a form of cholesterol. This is why levels of blood cholesterol rise.

There will be cells that are too dehydrated and too damaged to be able to heal themselves. Those are mostly cells of cysts and tumors. Such cells will be destroyed by the immune system and replaced with stem cells (mother cells). This may involve local inflammation and pain. Destroyed tissue will be evacuated the most practical way depending on their position so women may experience prolonged and bloody menstrual cycle. Boils and oozing wounds may appear. Do not panic, this is part of healing and it is a good thing.

If utilizing a blood electrifier, the blood will be clean in 3 weeks so the wave of cellular cleansing will start at that time. Pains and aches may start showing up. Nothing to worry in most cases as this is all positive with exception of possible complications involving the position of those cysts and tumors. Since they will swell before their destruction they may close passages of the bile, urine, feces...depending on their location, or freezing in motion, loss of memory, numbness... if the brain is affected. It is temporary but unpleasant experience and it should not be interfered with by utilizing medicinal remedies.

Do not get frightened by what I've just mention because it is very rare and if you are in such condition, most likely no other therapy would help you especially the allopathic way of cut, burn and poison approach.

In fact this protocol is the safest way of helping your body to heal.

Following the hydration protocol we must assist the cells by providing the correct nutrients. This is why the second part of protocol we discuss food.

Since the most **important elements** during the healing process are **fats** and **protein** they have to be included in our diet. Contrary to our beliefs, vegetables are not the super foods that we seek. If you are looking for a single item to call the supper-food then this will definitely be an **egg**. The best alternate in the world of plants is **coconut**. Why did I select those two? Because, they have the best content of fats.

I do recommend raw vegetables but not for their nutritious effect but for their alkaline effect. Because of this I recommend juicing but the juice cannot supplement the water. It is used additionally to the recommended amount of daily water consumption.

Since food is a pollutant, during the protocol I recommend a specific diet that will bring minimal amount of pollution into your body during the cleansing period.

Do not use any supplements during cleansing because you do not know if you are insufficient on any element.

#### **Cleanse first.**

Protocol includes the usage of a blood electrifier (the Pulser). The Pulser is not necessary but it speeds up the cleansing and reparation process up to 20 times. If you do not want to use the Pulser, simply follow the protocol ignoring the pulser recommendation.

#### **The hydration, cleansing and healing**

## **PROTOCOL**

**Start your day by drinking one liter (a bit more than one quart) of structured water with half teaspoon of sea salt diluted in it.** Since you should drink around three liters of salted water daily, it is best to prepare all the water a day earlier. This is about one gallon with two teaspoons of sea salt diluted in it.

**After drinking the water, do not eat for at least 45 minutes.** This is a good time to use the Pulser.

Drink the rest of the water during the day. The best way is by drinking two glasses of salted water half an hour before your meals. I recommend that you do not drink water late at night because it will make you to go to the bathroom during the night. During the cellular phase of cleansing the thirst will force you to drink before going to the bed.

**Have a banana shake for breakfast.** The shake has 2 raw eggs + 2 spoons of melted coconut oil + 3 or more raw and ripe bananas + a bit of water to be able to liquefy. For taste, you can add a few drops of natural extract of vanilla.

This breakfast has everything that your body needs as far as the vitamins, energy and repairing material is concerned. Since it does not contain exposed carbohydrates it will force your cells to reprogram themselves to utilize fat as an energy source. Because of the lack of glucose you may feel hypoglycemic the first day. In 30 hours your cells will reprogram themselves and energy will return to your body. This breakfast will keep you satisfied for most of the day. If you have a stressful job or your work is very physical you may want to use 3 or more eggs in your shake. You will start losing weight. If you are in proper weight and you start getting thinner, add more eggs and coconut oil to your shake or have more than one shake a day.

**For lunch have a mixed green salad or fermented food.** Avoid cooked and processed food. If necessary, stir-fry or lightly steam vegetables before eating them. On salads you can add cheese, seeds, and strips of raw

smoked bacon or meat, sea food, fish or chicken. Avoid using cooking oils like vegetable oil, sunflower or soy oil. Instead use olive oil or coconut oil. The best acid would be raw apple cider vinegar, lime or lemon. Balsamic vinegar is ok too.

**Half an hour after the meal** you can have another two gasses of salty water. If thirsty, you can drink the salty water during and immediately after the meal. After such a meal you will not be sleepy and you can continue with your work.

Use the Pulser once more during the afternoon. Do not pulsate too late at night because some people reported difficulties of falling asleep after pulsing.

**Dinner is not necessary** but if you feel like eating something have fruits or more salad.

**Before you drink or eat anything**, make sure that you address the food with thoughts of appreciation and gratitude. This blessing will form an electromagnetic signal in your brain of 7.1 Hz which will protect you and shield you from harmful toxins within the food or drink.

Twice a day or at least once take a break of 10-20 minutes, sit down calmly, relax and disengage from the world. Some call this a **meditation**. This will help you to relax your thoughts and organize electromagnetic fields in your brain and your body. Try to think of nothing and the fields will balance themselves. During this time you can devote a few moments to create the world that you want to experience. Some call this positive thinking or a law of attraction. In fact it is the law of creation that we possess but have forgotten to implement for our benefit.

If you are an awakened human being and you know of what I am talking about, you can use this time to create your perfect health as well. Think of what you want as if it is a done deal already. Never think of what you do not want because the thought will manifest. I do not want to be sick...you are thinking sickness and this you will manifest. Instead think "thank you for my perfect healthy body and vibrant mind" for it is done since you do not choose it to manifest sometime in the future. You choose it now, and it is done.

Spend as much time in nature **barefoot** on grass or land to re-circulate the electrical charge between your body and mother Earth. Grounding is important and should be done as often as possible. Grounding devices are available for those that do not have an opportunity to go into nature.

Stress is as toxic for our body as bad food. This is why it is important to relax. The trick to speedy relaxation is laugh. Even putting smile on your face forces you to relax and your attitude will change. Try to remember to put a smile on your face before you address any other human. This will force you to be kind and the world around you will change.

**Diabetic people have to be very strict** with their diet if they want to conquer diabetes. For them it is essential to minimize absorption of sugar. In my book I explain how the presence of glucose in our gut increases sugar absorption and allows even the fructose from fruits to enter our body. This is why diabetics that follow this protocol should use just one banana with the shake because the driving ingredients are the eggs and the coconut oil.

Drinking fresh green juices is good but animal protein and fats have to be daily available especially if you are in normal weight. Heavy people can use less animal protein and fats so that they can lose some weight and this way detoxify as well.

**I have mentioned that this protocol is flexible.** The flexibility is related to the amount of carbohydrates being used in the daily diet. The less you ingest cooked or processed carbohydrates in the diet the faster and stronger changes you will experience. This is equally true no matter what your blood type or body predisposition. The worst source of carbohydrates are wheat flower products such as bread, pasta, pizza....Wheat should be completely eliminated from our diet no matter if you are healthy or experience health problems.

Eating raw meat may sound disgusting. There are many recipes based on raw meat like; Carpaccio, Ceviche, Steak Tartar, raw Kibbe...

Since most meat that we get is inhumanly raised it is essential to ask for forgiveness and bless it before eating it. The stress of the animal is stored in the cellular liquid. Asking for forgiveness and blessing the meat, we restructure this water and release the stress so that it does not create problems in our body.

If the animal was healthy we do not have to be concerned of germ pollution. Actually it is healthier to eat aged meat where self-digestion has started leaving the meat easier to digest. Such meat is tender and sweet though it can have a light odor. Since we had forgotten how to eat properly it will take some time before we start enjoying the food again. We have to remember that food is nourishment and not pleasure. Raw food provides clean nutrition and has an alkaline effect. This is why we do not have to eat as much to be satisfied and nourished.

Our body has to move so that lymph can properly circulate. This is why exercise is beneficial for our health. The best type of exercise is the peak exercise where we raise our heart beat as much as possible, increasing our respiration, and then relax the intensity of the exercise. This should be repeated several times during the exercise. One of the best ways to achieve this is to take a walk and during the walk execute two, three or more sprints as long as necessary to increase our respiration to the maximum. If you are exercising with family or friends, play tag. We did not stop playing because we got old. We got old because we stopped playing.

Spend as much time in the nature, barefoot and exposed to the Sun. Do not use sun-block. Moisturize your skin with coconut or olive oil.

Breathe deeply and relax. Before answering harshly, put a smile on your face. Before reacting, take couple of seconds to think of the response. **Live in the now.** Do not dwell on the past or the future because they change according to your perceptions and your actions in the present. What you may have thought was terrible that happened to you in the past may be disclosed as a blessing to you now. What you fear in the future may be resolved before the anticipated time comes. In the mean time, you have been torturing yourself unnecessarily and your health has suffered as a consequence.

You are not sick, you are toxic and as soon as you give the chance to your body to detoxify, it will heal itself.

## **Incorporating electro-stimulation (pulser) with the protocol.**

A low electromagnetic charge in the body will present itself with:

- Weak immune response
- Loss of muscle power
- Problems in blood circulation
- Problem in cellular hydration (weak potassium production)
- Slow blood coagulation
- Slow healing and recuperation
- Tiredness
- Depression
- Pathogen infestation
- Lower ability of the body to cleanse
- Lower ability to digest the food in the digestive tract and on cellular level
- Lower ability to absorb oxygen and transport carbon dioxide
- Slower reflexes and weaker muscle response
- Cellular acidification

Bringing additional electrical charge into the blood will positively stimulate all these systems. One of the most important effects achieved by blood electrification is an increased magnetic field of the blood particles. They will separate and will prevent their contact. This way, the possibility of them damaging each other is greatly reduced and the need for blood anti-coagulants (blood thinners) is eliminated.

By bringing extra energy, the electric pulser will speed up cellular hydration and cleansing and by doing this it will **accelerate healing up to 20 times**.

The best design of a blood electrifier that I have used is the Pulser by Dr. Robert Beck.

Depending on the state of your pollution and health, use the device carefully. Be careful not to use toxins like:

- alcohol
- caffeine
- nicotine
- garlic (medicinal plants)
- any prescription and nonprescription medication including aspirin
- any recreational drug (marijuana, mushrooms, cocaine...)

**Their toxic effect will be magnified up to 20 times and could be lethal.**

Start by electrifying your blood 10 minutes twice a day and increase daily usage in increments of 10 minutes until you reach one hour twice a day. Continue with pulser at least 3 months but depending on the health issue I recommend that you follow this protocol for at least one year.

## **ADDITIONAL RECOMMENDATIONS for special circumstances**

People with **dental problems**, root canals, crowns or bridges have a problem with bacterial infestation. Bacteria that live there can spread into the blood and create health problems. Fungus in the blood keeps them in check. If using the Pulser, the blood will be cleaned from fungus and bacteria will start expanding. Since the Pulser will reinforce the immune system of the body, it will attack bacteria and encapsulate them. This will create an abscess. Abscesses are painful and poorly vascularized so antibiotics cannot reach the area. Dentists are instructed to destroy a perfect tooth to gain access to the abscess. This can be prevented by holding a sip of colloidal silver in the mouth for 10 minutes twice a day. Colloidal silver will be absorbed through mucosa tissue and destroy bacteria living there. This should be done from the beginning of Pulser therapy to avoid creation of abscesses.

If you did not have colloidal silver or did not know about this and an abscess has appeared, do not follow the instructions of your dentists if he insists on extracting the tooth or doing a root canal. Use colloidal silver to prevent spreading of the infection by holding a sip in the mouth for 10 minutes several times a day. The pain will slowly subside and in time the abscess will reabsorb itself.

**Hair loss.** If you lost your hair or are in the process of losing it follow my protocol including the Pulser. Additionally, to the protocol, put colloidal silver into a misting bottle and mist the colloidal silver over your scalp before going to bed and in the morning as you get up. Gently rub it in the skin.

**Fungus under the nails.** Additionally, to protocol with the Pulser, soak the affected nails in water that contains colloidal silver. It is not necessary to soak them in pure colloidal silver since the concentration is strong enough not to lose effectiveness by dilution. Do the soaking twice a day for 10 minutes or longer.

## **COLLOIDAL SILVER**

There is a lot of misinformation going on about colloidal silver so here are some guidelines.

The colloidal silver one should use is colloid made of silver nano particles. Those are very small particles of silver but they are PARTICLES. These nano particles of silver deprive bacteria, fungus, virus, amoeba from oxygen and destroy them. Colloidal silver in IONIC form is basically useless but it is the most recommended on the market. Ionic form of colloidal silver has no color, it is transparent like water.

Nano particle colloidal silver has a goldish tint. The size of particle gives colloid its color. The darker gold color, larger the particle. When the color turns red the particles are too big. You are wasting your silver as the particles are too big to penetrate.

Make your own nano colloidal silver because there is lot of fraud out there. Produce it from distilled water and pure silver wire 0.999 silver. No additives. This can be done with the Beck Pulser as it comes with attachments to make your own Colloidal Silver. If you want to know more about the Pulser and how to purchase it, just contact me.

**In any case I recommend that you ask for assistance while following this protocol so that you do not get scared or discouraged when symptoms appear because they can be very easily misinterpreted as disease leading you to wrong conclusions.**

## The FOOD

When you bring the food home, **bless it.**

If you do not trust the source and you are not sure how the meat and eggs were handled **spray them with a mist of colloidal silver.**

Vegetables you can **rinse with ionized water or soak in water with Epson salt** to eliminate pesticide and other pollutants. Dry them before using them.

Try to **avoid metal contact in food preparation.** It disturbs electrical currents and depletes the food of energy. Use glass, porcelain, clay or wooden dishes and porcelain cutlery if possible.

The less you manipulate your food the healthier it will be for your body.

**Seeds have two categories;** those whose energy is stored in a form of carbohydrates (grains) and those whose energy is stored in a form of fats, oils (fruit seeds, almonds, walnuts, brazilnuts....)

There is a third group that has carbohydrates and oils (legumes)

The only ones that I recommend are the oil based nuts. Plants do not offer them as food and keep them protected by lacing their brown membrane with toxic protein. This protein irritates our mucosal tissue and causes it to inflame. For this reason it is advisable to peel the membrane. To do this easier, soak seeds in the water for several hours before peeling them.

Chew them well and do not overeat. They are difficult to digest since their membranes are made of cellulose. Try not to eat them late at night.

In extreme sickness (when you are in lot of pain) it is best not to eat so that your body can utilize all the energy available for healing purposes. **Fasting with water and sea salt is the fastest way to recovery.**

## Some recipes and daily recommendations.

### Daily routine.

1 liter of water with half teaspoon of sea salt as soon as you get up from the bed.

40 minutes – 1 hour break before eating the breakfast (this is a good time for using the Pulser)

### Breakfast:

Banana shake

## Ideas for seven days

### Lunch.

**Day 1:**

**Bacon salad**



**1 lettuce, 1/2 red bell pepper and 1/2 green bell pepper in strips, piece of carrot cut in fine strips, grated gouda or parmesan cheese, fresh mushrooms in slices, 200grams raw bacon in strips, black or green olives.**

**For the dressing:**

**1/2 cup olive oil, 2 tablespoons Balsamic vinegar, herbs like dry oregano or fresh coriander, sea salt and black pepper to taste. Beat them with a fork until the seasonings are evenly blended.**

**Pull off and discard any of the lettuce's blemished outer leaves. Detach the rest from the core and tear them by hand into bite-size pieces. Soak in several changes of cold water and then spin well or dry in a towel. On the serving plate, place nicely the ingredients as follow: lettuce, peppers, carrot, bacon and cheese. Top with the dressing and olives. Yield: 3 servings**

**Day 2:**

**Steak Tartar**



**200 grams veal finely chopped, 1/2 onion minced, 6 or 7 small pickles, 1 tablespoon, baby capers. In a bowl mix all the ingredients and keep in the refrigerator while you prepare the dressing.**

**For the dressing:**

**1 egg yolk, 3 tablespoons olive oil, 6 drops of fresh lime juice, pinch cayenne pepper, 1 tablespoon Dijon mustard, sea salt and black pepper to taste.**

**Put the ingredients of the dressing into a serving bowl. Beat them with a fork until the seasonings are evenly blended.**

**Combine the dressing with the previous preparation and serve cold. Top with parsley leaves finely chopped and olive oil.**

**3 servings**

**Day 3**

**Salad with apple and cheese**



**1 lettuce, 1 apple cut in slices, 1/2 cup chopped walnuts, 9 slices of brie or goat cheese, mint leaves.**

**For the dressing:**

**1/2 cup extra virgin olive oil, 1 tbs. balsamic vinegar, 1 tablespoon pure honey, 1 teaspoon mustard, 2 tablespoon citric fresh squeeze juice (orange, tangerine or lime), sea salt to taste.**

**Pull off and discard any of the lettuce's blemished outer leaves. Detach the rest from the core and tear them by hand into bite-size pieces. Soak in several changes of cold water, then spin well or dry in a towel.**

**Put the ingredients of the dressing into a serving bowl. Beat them with a fork until the seasonings are evenly blended.**

**In a serving bowl, combine the salad ingredients. Top with the dressing and mint leaves.**

**3 servings**

**Day 4**

**Tuna Carpaccio with lime**



**150 grams center-cut tuna in one piece with all dark meat removed, 1 or 2 tbs. fresh lemon juice, 3 table spoons olive oil, fresh coriander, pinch cayenne pepper or 1/2 jalapeño pepper finely chopped, sea salt and freshly ground black pepper to taste, 1 lemon cut into very thin slices.**

**With a sharp knife, slice the tuna very thin. Place the slices on the plates. Do not allow the tuna slices to overlap.**

In a bowl, blend the lime juice, olive oil, coriander, jalapeño or cayenne pepper, sea salt and pepper. Spoon equal amounts of the sauce over each serving plate. Arrange the lime slices around the edges of the plates.

Cover the plates with plastic wrap and refrigerate for at least 30 minutes before serving.

A good side dish can be a salad combining avocado, tomatoes and cucumber with the following dressing: 2 table spoons lime juice, 5 table spoons olive oil, sea salt and black pepper to taste.

**Day 5**

**Braised Veal with mushrooms and cream**



**3 veal steaks cut 2cm. thick, 1 1/2 tablespoons butter, freshly ground black pepper to taste, 1/2 cup heavy whipping cream, 1 shallot cut in very fine strips, 150 grs fresh mushrooms washed, dried with a towel and cut in thick slices, sea salt.**

In a sauté pan put 1/2 table spoons butter, turn on the heat to high and when is hot, put in the slices of mushrooms. Stir constantly for 30 seconds. Transfer to a plate and reserve.

Keeping the heat on high in the same sauté pan, put 1/2 table spoon butter and brown the shallot (for about 3 minutes). Add the cream and any juices that the mushrooms may have shed on the plate. Stir constantly until the cream is reduced. Keep aside.

Keeping the heat on high, in the same sauté pan, put 1/2 table spoon butter and when is hot, put sea salt and place the steaks, cooking for one minute or less each side. Sprinkle some black pepper. Keep in a serving plate.

Return the sauce to the pan and scrape all browning residues on the bottom and sides. Put in the mushrooms, stir and immediately pour the sauce over the meat and serve.

A good choice for a side dish can be a green salad.

Day 6

## Fish salad



**1 lettuce, 200 grs slightly cooked fish (on butter with sea salt and pepper), 2 tomatoes cut in 8 thick strips, 1/2 green or red bell pepper in strips, 2 large onions chopped, 1 avocado in slices, coriander leaves.**

For the dressing:

**1/4 cup olive oil, 1 tablespoon lime or lemon juice, 1 or 2 minced chives, sea salt and pepper to taste.**

In a sauté pan put 1 table spoon butter and cook the fish 1 minute each side. When is ready carefully separate it in pieces with your hands into bite-size pieces.

Pull off and discard any of the lettuce's blemished outer leaves. Detach the rest from the core and tear them by hand into bite-size pieces. Soak in several changes of cold water, then spin well or dry in a towel.

On the serving plate place nicely the ingredients as follow: lettuce, tomatoes, peppers, large onion chopped, avocado and fish. Top with the dressing and coriander leaves. Yield: 3 servings

Day 7

## Kibbeh



**1/2 cup medium coarse bulgur  
4 table spoons fresh mint leaves  
1 ½ cup onion, finely chopped  
1/2 teaspoon ground cumin**

**1 teaspoon ground allspice  
1 ½ tablespoon salt  
1/4 teaspoon ground black pepper  
1/2 kilogram lean ground lamb  
3 tablespoons olive oil  
1 ½ cup boiling water**

**Soak the bulgur into the boiling water for ½ hour. Rinse and drain well using a strainer (is important to eliminate any excess of water).**

**Mix the meat and bulgur with your hands and knead it well. You may need to wet your hand with cold water to avoid the mass to stick to them. Cool it in the refrigerator for half an hour.**

**Add the onion, sea salt, black pepper, cumin, ground allspice and mint leaves. Knead again.**

**Serve with lemon juice, olive oil and mint leaves.**

## SOME INGREDIENTS TO CREATE YOUR SALADS

### **ANIMAL PROTEIN (cooked in butter and sea salt)**

Chicken (diced in cubes or strips)

Tuna, salmon, mackerel, snapper...(in bite-size pieces. Slightly cooked)

Red meat (finely diced. Slightly cooked)

Shrimp, squid, scallops

Smoked bacon (diced)

Pork (diced, in cubes or strips)

### **SEEDS**

Sesame, almond, walnut, cashew, pumpkin, sunflower...(use sparingly and soak and remove the outer covering on the one that you can as the seed covering cause inflammation)

### **FRESH FRUITS**

Strawberry, Apple , papaya, orange, tangerine, grapes, pear, kiwi, dried fruits, mango, guava, peach...

### **DRY FRUITS:**

Apricot, raisins, dates...

### **VEGETABLES:**

Variety of lettuce (Boston, Romaine, Escarole, Arugula, Endive, etc.)

Broccoli (steamed)

Zucchini, carrot, cucumber, christophine, spinach, red beets, cabbage, cauliflower, pumpkin, mushrooms, sweet peas very young, tomato, avocado, chive, coriander, parsley, celery, alfalfa, red, yellow and green bell peppers, onion, dry tomato... (**ALL RAW**)

### **DRESSINGS:**

Lemon, lime, orange, tangerine, passion fruit juice freshly squeezed, black pepper ground fresh, extra virgin olive oil, apple cider, balsamic vinegar, natural yogurt, sour cream, Dijon mustard, honey, oregano, raw egg yolk, cayenne pepper, sea salt, black or green olives, baby capers, pickles (cornichons)

**CHESSE:** Parmesan, Provolone, goat cheese, Emmental, Mozzarella, Blue, Roquefort, Masdam, Gouda, Brie, Camembert...

## HEALTHY JUICES



**Carrot + ginger + apple.**



**Apple + Cucumber + Celery**



**Tomato + Carrot + Apple**



**Orange + Ginger + Cucumber**



**Pinapple + Apple + Watermelon**



**Apple + Cucumber + Kiwi**



**Pear + banana**



**Carrot + Apple + Pear + Mango**