



J E R N I G A N
N U T R A C E U T I C A L S

The Short-Term Intensive Healing Protocol

By Dr. Sara Koch Jernigan, BS, DC

PREFACE

[To listen to the Preface Click Here](#)

(This ebook gives answers for most chronic illnesses. The remedies suggested in this ebook are for a short term intensive lyme protocol. The website gives ideas for bundles that will help the body heal from other symptoms, like allergies, lichen sclerosis, colds and flu. The Bundle pages on www.jnutra.com have these recommendations. Again, this ebook is for any type of chronic illness, the remedies are just different for each particular situation).

I, Dr. Sara Jernigan, BS, DC, am not in the office seeing patients all day long. Instead, I listen to the frustrated, angry, overwhelmed people, who can't find a doctor, can't afford anymore doctors, or have tried everything under the sun, but nothing seems to work. The purpose of this ebook is to teach people to take back one's health one step at a time in a logical progression by creating systems to empower the body to heal itself. We first need to create an environment inside the body that undoes the harmful effects of cultural habits and "shortcuts." This Short-Term Intensive Healing Protocol may appear too overwhelming, but in truth it is very simple. Just take one concept at a time and incorporate it into your lifestyle. I would suggest, that as you read this protocol, and watch the videos, and go to the suggested websites, apply one concept per day, or maybe per week, or even per month is okay. Be patient to absorb the information. If you are very sick, a good companion, either family member or friend or caretaker, will be able to put these suggestions in place very easily. If you have no one to help you then just apply one concept each day and in about 30 days you will have tackled this entire ebook and will be feeling better.

It has taken me decades to understand what I know, so be kind to yourself and allow yourself to take one step at a time. These recommendations are intended to set a foundation for a good healing process.

In Christ's Love,
Dr. Sara Koch Jernigan, BS, DC

Disclaimer: As a doctor and lover of science, I fully embrace the reality that I will never stop learning the innumerable ways through which the body, in its unfathomable complexity, achieves optimal levels of health. This ebook, as with any scientific theory, could change in a day as I continuously seek to better and refine the truths I see presently. Today, this is what I, as a doctor since 1995 support. Tomorrow, I could learn something new. That being said, I trust that you will fall in love with this protocol as I have.

"The strongest people are not those who show strength in front of us. But those who win battles we know nothing about."



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Time To Take Back Your Health With a New Strategy and a New Fight

This protocol can be done with a series of 2oz bottles to give the body either a kick start, or for those who are super sensitive and need to go extremely slow, or just to play clean up and use in conjunction with the already taken antibiotics or remedies. The 4oz bundle is for the serious ones who know they want to do this protocol for at least 3 months. *You have the freedom to pick and choose the products you want or can afford, but the rest of the information is extremely vital to be successful.*

You may feel like you have tried everything and are very tired. I understand. But you can do it; just take one hour at a time. I know money will always be an issue, you will need to set a budget as to what you can and cannot afford. I will be suggesting many ideas that you may be thinking, "I cannot afford all of these things I suggest." Just know that some clinics where insurance will not reimburse are from \$5,000 to \$10,000 a week. So, if you think you will spend \$500 to \$1000 a month, it will be much less expensive than going to a clinic. Hazy goals make hazy results. Once you decide on how much you can spend a month, then it will be easier to know how to pace yourself when it comes to my suggestions. You can always go slow and just slowly incorporate new products, or add some remedies and let go of others. My intent is to give you the best of the best knowing you may be stuck in your location and can not get to the proper doctor. Then as time goes on, you maybe be healthier and may get back to work and now you are able to travel to a doctor that will use his expertise to get you to the next level of healing. (Again, remember there are other bundles on the website that you can switch out for your healing protocol but the rest of the information is very important to all who are wanting to get their bodies to heal itself).

3 Bundles that help the body heal from Lyme Disease to choose from:

Click on the links below to take you to more information on each one.

- [4 oz Intense Bundle for \\$399.00 save 20%](#)
- [2 oz Intense Bundle for \\$220.00 save 20%](#)
- [The Starter Pack for \\$127.20 save 20%](#)

The goal is to repair your body so it heals itself. At this moment in time, you very likely to have a leaky gut that is putting toxins into the bloodstream. You probably have a clogged liver that is unable to get rid of toxins. Your cells may be inflamed and causing much pain throughout your body. And the bacteria, viruses, yeast, mold and fungus are producing so much toxins that you can't keep up.

Believe it or not, with proper food and herbal remedies you can totally flush out your system, and repair and rebuild every organ system in your body. Not only that, but you also can increase your immune system, where the white blood cells, and "its crew" start attacking the invaders because the herbal remedies are telling the body what it needs to do and giving it the energy to get the work done. Your body more than likely has a low internal temperature (take your temperature, what is your normal?), causing the blood to be thick and the critters to be very happy about their environment. So, you are going to start flushing out the liver, cleaning up the blood, getting water and nutrients into the cells, and getting your body to go into good fevers to burn these critters out of your body for good.

There are several steps to getting rid of any chronic illness.

The 6 steps to this Protocol:

Step 1: Start with a Good Foundation by addressing the Lymphatic System

Step 2 Work on the Vagus nerve

Step 3: Preprobiotics

Step 4: Probiotics

Step 5: Foods That Heal

Step 6: Pull Toxins out of the Body

Step 7: Using the Jernigan Nutraceuticals Remedies with a schedule you can follow.

Conclusion

Biography

Step 1

Start by Addressing the Lymphatic system

When one is dealing with chronic illness, there are several systems that need to be addressed besides just handling the invading microbes. The Lymphatic system needs to be addressed, the health of the gut needs to be addressed and resetting circuits so the body works efficiently.

The lymphatic system helps the body heal by bringing in the white blood cells to attack the invading microbes. Swollen lymph nodes are an awesome symptom your body may manifest. It is saying your body is working! Hallelujah!

But you need to have this lymphatic system constantly flowing. What happens is, it gets stuck and there are blockages. These videos will help you understand how important your lymphatic system needs to be completely flowing.

<https://youtu.be/OgghJ4aEnGM>

<https://youtu.be/I7orwMgTQ5I>

An easy and cost effective way to start this process is to use the Total Body Enhancement Machine at Planet Fitness. I had a customer who had Lyme disease teach me about this awesome tool. So for about \$22 a month you can go to Planet Fitness and use their Total Body Enhancement Machine. Most people do not understand the value of the red light which is around 630nm, which helps speed up healing, nor the vibration that gently works your muscles and cause so it totally affects your entire lymphatic system.

“A lymphatic vibration plate stimulates blood flow so that freshly oxygenated, red blood cells and other nutrients circulate liberally throughout your body. As a result of controlled vibrations creating muscular contractions – similar to the contractions your muscles experience during exercise – your lymph fluid is gently forced into lymph nodes where they detect and immediately discard any toxins.

When you use a lymphatic vibration platform, you’ll enjoy a whole-body cleansing process that

relieves aches and pains, improves bone strength, decreases hypertension and empowers your immune system.”

<https://vibeplate.com/medical-rehabilitation/lymphatic-vibration-treatment/>

This is the company that makes these machines for Planet Fitness. They really focus on the “beauty” and do not tell the complete health benefits of this machine.

https://www.beauty-angel.eu/en/treatments/vibra_shape/vibra_shape_-_beauty_fitness/

This is also a very good article to understand red light therapy.

<https://www.heliotherapyreviews.com/red-light/red-light-therapy/>

This is another good article that explains many other ways to get your lymphatics unclogged.

<https://myvibrationplate.com/blogs/news/vibration-lymphatic-drainage>

Step 2

Reset the Vagus Nerve

I am a chiropractor, therefore, I have seen the importance of being adjusted on a frequent basis for the chronically ill people, to the athletes, to the adults, to the babies. I honestly do not know how people survive without being adjusted in this stressful world. So, if you have not used this tool in helping your body heal, I pray you will look into this incredible healing technique. But there is a technique you can do at home that you do not need any doctor to perform and it is very, very important for your healing process.

One Needs to Reset and Strengthen the Vagus Nerve.

There are 12 cranial nerves. The vagus nerve is the longest and most complex of the 12 pairs of cranial nerves that come from the brain. The name "vagus" comes from the Latin term for "wandering." This is because the

vagus nerve wanders from the brain into organs in the neck, chest, and abdomen. It is also known as the 10th cranial nerve. If this vagus nerve is not working properly it will affect many functions of the body.

What does the vagus nerve affect?

The vagus nerve has a number of different functions. It balances the nervous system. The nervous system can be divided into two areas: sympathetic and parasympathetic. The sympathetic side increases alertness, energy, blood pressure, heart rate, and breathing rate. The parasympathetic side, which the vagus nerve is heavily involved in, decreases alertness, blood pressure, and heart rate, and helps with calmness, relaxation, and digestion. As a result, the vagus nerve also helps with defecation, urination, and sexual arousal.

Other vagus nerve effects include:

- The vagus nerve delivers information from the gut to the brain.
- The vagus nerve communicates with the diaphragm. With deep breaths, a person feels more relaxed.
- The vagus nerve sends an anti-inflammatory signal to other parts of the body.
- If the vagus nerve is overactive, it can lead to the heart being unable to pump enough blood around the body. In some cases, excessive vagus nerve activity can cause loss of consciousness and organ damage.
- The vagus nerve sends information from the gut to the brain, which is linked to dealing with stress, anxiety, and fear - hence the saying, "gut feeling." These signals help a person to recover from stressful and scary situations.
- <https://www.medicalnewstoday.com/articles/318128.php>

If your vagus nerve is shut down then your body will not respond to remedies or other therapies properly. Cheryl Townsley demonstrates in her video how very easy it is for anyone to do this technique. You can buy this sparker pen, or [Accu-Pen](#) for \$15.99 on Amazon.com. This Accu-pen will also reset the eyes, ears and your breathing.



Cheryl Townsley
WISDOM COACH

Click for instructions on resetting your body with an Accu-Pen



Dr. Eric Berg, DC also explains in another video the importance of the Vagus nerve and other ways you can strengthen it. [Strengthening your Vagus Nerve](#)

He recommends 4 ways to strengthen your Vagus nerve.

- 1) Slow Breathing
- 2) Long Walks
- 3) Nutrition: Potassium, Magnesium, Sea Salt (sodium)
- 4) Acupressure

To keep life simple for you, and not to overwhelm you, I am purposely only giving you this one technique for now. I will have other volumes of books that you can get later after you have master these skill in this ebook.

Step 3

Healing and Sealing the Gut

Start with Prebiotics

Many of us have leaking guts and don't even know it. It is absolutely imperative that we fix this issue that is putting toxins into the bloodstream. The leak I'm talking about can be healed with proper food, prebiotics, probiotics, and remedies.

To start healing any chronic illness, one must have a non-inflamed, non-leaky gut before you can get the best results from your foods or remedies. If toxins and microorganisms and gluten are passing through the mucosal membrane of the cells of your intestines and getting into the bloodstream, inflammation will occur and chronic

illness will set in. *The Neuro-Antitox II products will help your body get rid of the toxins, but let's plug up the leak so you don't have to be on this remedy forever.*

First Stop Hurting Your Gut.

Most everyone who is reading this book probably has already eliminated the gluten, white flour, white sugar, corn syrup, MSG and preservatives. Hopefully one has stopped using cancer-causing microwaves and has stopped cleaning with toxic chemicals, and has cleaned up their water, air, the EMF from the computer, and the Wi-Fi in their house. If you have not, it would make healing happen faster if you paid attention to these “things” that are damaging to your body. It makes no sense to focus on healing if there is something you are doing or if there is something in your environment that is causing the illness in the first place. There is so much information out there on these topics on how white sugar, white flour are causing chronic illness to how the wifi and EMF frequencies are causing serious illnesses as well.

One of my favorite books and easy to read is a book called “Beating Lichen Sclerosus” by Ginny Chandoha. It is a book for anyone dealing with a chronic illness, and she teaches how to make healing choices in what goes on our body to what goes into our body from what we brush our teeth with, to cooking ideas. Any one with any chronic illness can apply the exact same principles. One has to acknowledge that there are many actions one has taken that has caused an illness. Many times one has to take time to educate themselves to “own” the new direction one will be taking to undo many of the wrong actions and many of the wrong thinking behaviors that one has procured in a lifetime.

Books to Read

- *Healing The Gerson Way, by Charlotte Gerson*
- *Beating Lichen Sclerosus by Ginny Chandoha*
- *Nourishing Traditions by Sally Fallon*

Here are just 3 books that teach one how the illness such as Lyme Disease you are struggling with usually did not just “happen.” It has been a set-up from day one of your life because of the poor food choices we have made, the products we put on our skin, the way we cook our food, to the EMF environment we live in. There are many factors in an illness from spiritual to physical, but right now we are focusing on just the physical and making sure we are healing and sealing the gut to stop toxins from going into the bloodstream.

Prebiotics

Prebiotics is a very simple way to improve the gut. The good gut bacteria needs to weigh about 5 pounds in your body. The ratio needs to be 85% good bacteria and 15% bad bacteria to have a healthy microbiome. The more good bacteria you have in your body, then the better it can fight off the bad critters that invade your system. The healthier your gut bacteria, the healthier your immune system will be. Most of us have to rebuild this microbiome since many have consumed tons of antibiotics, consumed too many processed foods, and even used too many anti-bacterial cleaners.

It is simple, eating Prebiotics which feed the good bacteria will naturally rebuild ones microbiome and get back one's health by increasing the percentage of the good bacteria in the gut. Prebiotics fiber

will ferment in the large intestines and this will feed the good bacteria.

All one has to do is make a good salad or snack 3 times a day with the following foods in them. As I tell you the foods that are good prebiotics, I decided to show you what the plants look like before they are processed so one would become more and more aware that God has given us the answers to health and healing by the plants He created.

Here is a great video: Ancient Medicine Today From DrAxe.com

<https://youtu.be/92Ik-pqIzS4>

Acacia gum: It is ground to a white powder that one can put the powder in water to drink quickly or use it to thicken up your salad dressing.

This is a very good article about the many different uses of Acacia. [7 uses of Acacia](#)



<https://www.gumarabicusa.com/#our-brands>

7 Uses for Acacia

- Relieves **pain** and irritation.
- Helps **wound healing**.
- Promotes oral health.
- Good source of **fiber**.
- Reduces body **fat**.
- Soothes coughs and sore throats.
- Restricts blood loss.

Raw Chicory Root

In foods, chicory is used as a cooking spice and to flavor foods and beverages. Coffee mixes often include roasted ground chicory to enhance the richness of the coffee. Young chicory leaves can be added into salads. The flower buds can be pickled and the open blooms added to salads.

Read more at Gardening Know How: Is Chicory Edible: Learn About Cooking With Chicory Herbs

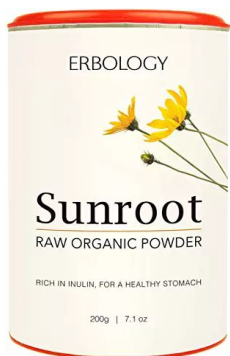
<https://www.gardeningknowhow.com/edible/herbs/chicory/edible-chicory-herbs.htm>



[Inulin by Jetsu](#) is a good source to buy chicory root. The benefits of chicory root produced by Jetsu are the following:

- **CHICORY ROOT INULIN:** soluble 100% organic inulin fiber that is easy to use to promote digestive health. Inulin powder is a nutritional powerhouse.
- **HIGH IN FIBER:** low in calories, vegan friendly, kosher certified, halal certified and suitable for anyone with a gluten intolerance.
- **100% NATURAL:** Inulin helps boost your fiber intake, encourages a healthy digestive system. FREE measuring scoop in the pouch.
- **ADD TO ANY FOOD OR DRINK** with little impact on taste or texture, a fantastic source of diet fiber.
- **STIMULATES HEALTHY BACTERIA:** Dietary fiber is very important AND it helps to keep you from snacking.

Raw Jerusalem Artichoke



[Sunroot by Erboology](#) is powerful and delicious. Our sunchoke powder, also known as Jerusalem artichoke, is one of the best sources of inulin. It is not an extract and does not contain any additives or preservatives

Inulin is a type of fiber that promotes digestion. As a medium GI food, sunchoke is gentle on the blood sugar levels and can help fight fatigue and mood swings. Sunchoke is also rich in iron which is essential for mental and physical performance. Our sunchoke powder has a mildly sweet, earthy flavor. Add 2-3 tsp to yogurt, smoothie, granola or breakfast bowl. Sunchoke powder blends perfectly into pasta, pancakes, and baked goods. Note: Not water soluble.

Raw Garlic



Arlene Semeco, MS, RD says About 11% of garlic's fiber content comes from inulin and 6% from a sweet, naturally occurring prebiotic called fructooligosaccharides (FOS). Garlic acts as a prebiotic by promoting the growth of beneficial *Bifidobacteria* in the gut. It also prevents disease-promoting bacteria from growing. Garlic extract may be effective for reducing the risk of heart disease. Garlic is an antioxidant, and has anti-cancer and antimicrobial effects. To avoid Garlic breath you can cut it in half and swallow it like a pill or you can buy pills that have taken out the garlic taste. But it is best sliced thinly and put into a salad.

Raw Leeks



Written by Arlene Semeco, MS, RD says, Leeks contain up to 16% inulin fiber.

Thanks to their inulin content, leeks promote healthy gut bacteria and help in the breakdown of fat. Leeks are also high in flavonoids, which support your body's response to oxidative stress. Furthermore, leeks contain a high amount of vitamin K. A 100-gram serving provides about 52% of the RDI, which provides benefits for the

heart and bones. Easy to slice and eat in a salad.

Onions



Overall, red onions contain a higher amount of antioxidant compounds. They are higher in total flavonoids than white onions and yellow onions. Red onions contain 415 to 1917 mg of flavonols compared to yellow ones, which only contain 270 to 1187 mg. One of the most beneficial compounds in red onions is quercetin, which is a polyphenol compound. Quercetin is a powerful compound which is beneficial for scavenging free radicals in the body. Red onions are also richer in anthocyanins which give them the red/purple color. Red onions were found to contain at least 25 different anthocyanins. Anthocyanins act as antioxidants, which fight free radicals that cause inflammation in the body. They also offer anti-inflammatory, anti-viral, and anti-cancer benefits as well.

Raw Jicama (pronounced hee-cama)



Jicama is a type of bulbous root vegetable that many people describe as being a cross between an apple and a turnip. Originally from the Mexican peninsula, jicama. Jicama is composed of about 86 percent to 90 percent water, so it's very low in calories. It's also a good source of nutrients such as vitamin C, magnesium, potassium and fiber.

[Dr. Axe explains](#) that Jicama's fiber contains a beneficial type of **prebiotic** fructan carbohydrate called oligofructose inulin. Because it's indigestible within the human digestive tract and ferments in the gut, inulin is considered to have zero calories, yet it benefits the digestive organs and, therefore, increases your immune system. It ferments to produce a higher perchance of bacteria populations including *bifidobacteria*. In the process, beneficial compounds called butyrate are formed.

[Dr. Axe States](#) that butyrate has shown an ability to "modify nuclear architecture" and induce the death of colon cancer cells. Butyrate is a short chain fatty acid that can keep the gut lining healed and sealed. The more one feeds the probiotic bifidobacteria, the more this bacteria will produce butyrate, the more butyrate is produced the more anti-cancer cells are formed and the more small medium fatty acids chains are produced to heal and seal the gut.

Raw Asparagus



Asparagus is a nutrient-dense food that is high in folic acid and is also a good source of potassium, fiber, vitamin B6, vitamins A and vitamin C, and thiamine. Extensive research into asparagus nutrition has resulted in this funny-looking vegetable being ranked among the top fruits and vegetables for its ability to reduce the effect of cell-damaging free radicals. Packed with antioxidant and anti-inflammatory properties, asparagus has been used as a medicinal vegetable for 2,500 years. The list of asparagus nutritional benefits is long, for it helps your heart, digestion, bones and even cells.

Asparagus nutrition is impressive because it contains virtually no fat and remains very low in calories, with only 20 calories and 2 grams of protein for 5 spears.

UNRIPE BANANAS

- **Benefits:** Unripe bananas also have a probiotic bacteria, a friendly bacterium that helps with good colon health. In **addition, green bananas also help you absorb nutrients better, particularly calcium.**

Step 4

Probiotics

Dr. Axe says one way to increase your probiotics in your body, is to consume more sour foods like apple cider vinegar and fermented vegetables. Drinking 1 tsp to a tablespoon of Apple cider vinegar will feed the good bacteria in your body. When one uses Jernigan Nutraceuticals ACV one is not only drinking ACV but apple cider vinegar that is infused with herbs to promote healing in the gut.

[Here is a list of the 10 healthiest fermented foods to add to your diet by Dr. Axe](#)

1. Kefir

Kefir is a fermented milk product (made from cow, goat or sheep's milk) . Just by drinking a fermented milk you are putting millions of good bacteria into your body. Not only bacteria that increase your immune system but this food gives you the nutrients to help your body deal with stress. Such as high levels of vitamin B12, calcium, magnesium, vitamin K2, biotin, folate, and enzymes.

2. Kombucha

Kombucha is a fermented beverage made of black tea and sugar. This is a delightful drink that is very refreshing. It is like the mother tincture of apple cider vinegar, it likes to grow. It is good to have many friends to share this drink. Easy to make, extremely healthy and as one becomes more experienced making it there are many flavors one can develop.

3. Sauerkraut

Sauerkraut is made from fermented green or red cabbage. Have you ever looked at a head of cabbage and thought eating this fermented would be better than taking probiotic pills? Dr Mercola asked this question, so he sent off a properly prepared sauerkraut to a lab and reported the findings of probiotics saying, "We had it analyzed. We found in a 4-6 ounce serving of the fermented vegetables there were literally ten trillion bacteria." That means 2 ounces of home fermented sauerkraut had more probiotics than a bottle of 100 count probiotic capsules. Translated this means one 16 ounce of sauerkraut is equal to 8 bottles of probiotics. (2)

<https://www.nourishingplot.com/2014/06/21/sauerkraut-test-divulges-shocking-probiotic-count/>

Plus when you look at that head of cabbage, do you realize when fermented it is high in dietary fiber, vitamin A, vitamin C, vitamin K and B vitamins. It's also a great source of iron, copper, calcium, sodium, manganese and magnesium.

Question asked of Dr. Axe, "Is store-bought sauerkraut fermented?" He says, Not always, especially the canned/processed kind. Real, traditional, fermented sauerkraut needs to be refrigerated, it is usually stored in glass jars and will say that it is fermented on the package/label.

4. Pickles

Cucumbers! Instead of giving them away to all your friends because you have so many, take the time to make your own pickles and eat them throughout the year. Fermented pickles contain a ton vitamins and minerals,

plus antioxidants and gut-friendly probiotic bacteria.

Questions asked of Dr. Axe, “Are store-bought pickles fermented?” He says, not usually. Most store-bought pickles are made with vinegar and cucumbers, and although this makes the pickles taste sour, this doesn’t lead to natural fermentation. Fermented pickles should be made with cucumbers and brine (salt + water).

<https://www.thekitchn.com/how-to-make-dill-pickles-cooking-lessons-from-the-kitchn-193350>

Ingredients:

1. 1 1/2 pounds. Kirby or Persian cucumbers.
2. 4 cloves. garlic, peeled and smashed.
3. 2 teaspoons. dill seed.
4. red pepper flakes (optional)
5. apple cider vinegar.
6. water.
7. 1 1/2 tablespoons. **pickling** salt or kosher salt.

I like this recipe because it includes the prebiotics of garlic and the apple cider vinegar.

Another question he receives is, “What is the best brand of pickles if you want probiotics?” He says, when choosing a jar of pickles, look for “lactic acid fermented pickles” made by a manufacturer that uses organic products and brine, refrigerate the pickles, and states that the pickles have been fermented. If you can find a local maker, such as at a farmers market, you’ll get some of the best probiotics for your health.

5. Miso

Miso is created by fermenting soybeans, barley or brown rice with koji, a type of fungus. It’s a traditional Japanese ingredient in recipes including miso soup. I use to order the egg drop soup when I went out of to eat but now that I know that miso soup is a fermented soup, I have switched to ordering this soup instead.

6. Tempeh

Tempeh? Yes, I was not sure of this either and then to find out it comes from soybeans and mold it did make me shudder. When I learned from Dr. Axe that this is a good Probiotic type food, I had to remind myself that it is not Tofu, it is a fermented food, so it will not be the same as Soybean Tofu. So what is tempeh? Tempeh, a product that is created by combining soybeans with a tempeh starter (which is a mix of live mold). It sits for a day or two and becomes a dense, cake-like product that contains both probiotics and a hefty dose of protein too. Tempeh is similar to tofu but not as spongy and more “grainy.”

Dr Axe says, “To prepare tempeh, whole soybeans are softened by soaking them, removing the outside covers and partially cooking them. A milk acidulant, usually vinegar, is sometimes added to tempeh to lower the pH, which creates a better environment for mold growth. A fermentation starter that contains the spores of fungus *Rhizopus oligosporus* or *Rhizopus oryzae* is then mixed in to the softened soybeans. The beans are spread into a thin layer and are left to ferment for 24 to 36 hours at a temperature of around 86 degrees. Typically, the

beans are then knitted together by a mat of white mycelium filaments.

How to Cook Tempeh + Tempeh Recipes

Curious how to make tempeh at home? It's easy! Because it absorbs other flavors well, it can be marinated and seasoned and then baked, sautéed or steamed for just 15–20 minutes and then added to side dishes and main courses alike. You can easily add tempeh to your favorite recipes in place of meat to give them a healthy, plant-based twist. It works well in recipes like my [Slow Cooker Bison Chili Recipe](#), for example, and can be used in place of bison or mixed with a smaller amount of bison to add a nutty and unique flavor. Because tempeh easily crumbles, it is also the perfect addition or substitute to a tasty [Taco Salad](#) or [Sloppy Joe](#) sandwich as well. It also makes a great base in place of beef in my [Hearty Spaghetti Squash Casserole](#). You will love how tempeh absorbs the flavors of garlic, basil and oregano in this dish. It's the perfect meatless (and healthy) option! Here are a few other interesting and creative tempeh recipe ideas to add this healthy food into your diet:

- [Vegan Greek Gyros with Tempeh](#)
- [Teriyaki Tempeh](#)
- [Kale Salad with Spicy Tempeh Bits](#)
- [Vegan Tempeh Chili](#)
- [Tempeh Bacon](#)
- <https://draxe.com/tempeh/>

7. Natto

Natto is a popular food in Japan consisting of fermented soybeans. It is sometimes even eaten for breakfast in Japan and commonly combined with soy sauce, karashi mustard and Japanese bunching onion. After fermentation it develops a strong smell, deep flavor and sticky, slimy texture that not everyone who is new to natto appreciates.

I think this video easily describes my reaction to this Natto:

<https://youtu.be/oepz1ZvV350>

8. Kimchi

Dr Axe, says, Kimchi is a traditional fermented Korean dish that is made from vegetables, including cabbage, plus spices like ginger, garlic and pepper, and other seasoning. It's often added to Korean recipes like rice bowls, ramen or bibimbap. As I was Source: *LWT - Food Science and Technology*

“Isolation of lactic acid bacteria with probiotic potentials from kimchi, traditional Korean fermented vegetable”

Authors: K. W. Lee, J. M. Shim, S. K. Park, H. J. Heo, H. J. Kim, K. S. Ham and J. H. Kim

The researchers isolated three *Leuconostoc mesenteroides* strains and one *Lactobacillus plantarum* strain in fermented cabbage kimchi that could be useful as probiotics.

A total of 900 lactic acid bacteria strains were isolated from the kimchi samples.

All three *Leuconostoc* strains showed “*very strong adhesion capacities*” to HT-29 cells – cells found in the colon epithelium, which line the surface of human small and large intestines of the gastrointestinal tract.

Another study from Korea earlier in the year suggested consuming fermented kimchi may alter the composition of bacterial populations in the gut and affect metabolic pathways for obese women.

Helps Increase Immunity

Because 70 percent to 80 percent of the immune system is actually stored within the gut, probiotic-rich kimchi can help you fight bacterial infections, viruses, common illnesses and serious chronic conditions, too. Potential probiotic benefits have been seen in the treatment or prevention of: (9)

- Diarrhea
- [Eczema](#)
- Irritable bowel syndrome (IBS)
- Ulcerative colitis
- Crohn’s disease
- [H. pylori \(the cause of ulcers\)](#)
- Vaginal infections
- Urinary tract infections
- Recurrence of bladder cancer
- Infection of the digestive tract caused by [Clostridium difficile](#)
- Pouchitis (a possible side effect of surgery that removes the colon)

9. Raw Cheese

Raw milk cheeses are made with milk that hasn't been pasteurized. Goat milk, sheep milk and A2 cows soft cheeses are particularly high in probiotics, including *thermophilus*, *bifidus*, *bulgaricus* and *acidophilus*. In order to find real fermented/aged cheeses, read the ingredient label and look for cheese that has NOT been pasteurized. The label should indicate that the cheese is raw and has been aged for six months or more.

10. Yogurt

Yogurt and kefir are unique dairy products because they are highly available and one of the top probiotic foods that many people eat regularly. Probiotic yogurt is now the most consumed fermented dairy product in the United States and many other industrialized nations too.

It's recommended when buying yogurt to look for three things: first, that it comes from goat or sheep milk if you have trouble digesting cow's milk; second, that it's made from the milk of animals that have been grass-fed; and third, that it's organic.

Additionally you can shop at your local farmer's market, which helps with the soil-based probiotics from the natural dirt on the food. Lastly, if you want to help increase the amount of probiotics in your system, stay away from antibiotics. Following these four tips will help you increase your probiotics and help treat almost any condition you have!

Supplementing with a Probiotic is the most convenient way to increase the probiotics in your gut. There are many awesome probiotics and also many cheap versions as well. An example of how to watch out for cheap brands is *Lactobacillus acidophilus* is a bacteria found in your intestines. This bacteria produces lactic acid. It does this by producing an enzyme called lactase. Lactase breaks down lactose, a sugar found in milk, into lactic acid. This bacteria is very inexpensive. So many cheaper versions of probiotics put in tons of *L. acidophilus* into their product to increase the numbers of the bacteria in their product. The problem is, if you are not eating tons of dairy products you really do not need billions of *L. acidophilus* to break down the sugar in the dairy products you are **not** consuming. I really can not recommend my favorite probiotic. Most alternative doctors have a probiotic they like so I would choose a probiotic by the doctor I admire most and get what they recommend.

This is a good video to understand probiotics and the microbiome of your gut and their function produced by the Mother of Probiotics, Natasha Trenev.

[Power of Probiotics](#)

In conclusion, Start adding foods that are high in Inulin to feed the good bacteria that already exists in your gut. Eat food that are sour or fermented to put good probiotics into your body, then you can add a daily supplement to just add to the foods you are eating. Every week, just add a new food that God created into your life. In a year, shopping and cooking and eating these foods will become a natural habit. This Step 2 has been focused on the prebiotics and the probiotics of your gut, The next step is eating foods that will heal and seal your gut. Once the gut is sealed then it will be like you fixed the broken pipes in your house instead of just

laying down towels to clean up the mess. But the next step also teaches you how to eat so the food goes after the pathogens in your body.

Step 5

FOOD That Heals

Adapted from [Budwig Diet Protocol by Cancer Tutor](#):

*“The protocol Dr. Budwig designed understands the power of the energetic properties of foods we consume and focuses on creating a healing combination of ingredients that produce healing frequencies inside the body that are **same wavelength as the sun's energy in the body**. The flaxseed oil and the cottage cheese (or quark) create an energy that heals the body, unlike other food combinations.*

*One of Dr. Budwig's last and possibly most important notes was that **the electrons in our food serve as the resonance system for the sun's energy and are truly the element of life**. Man acts as an antenna for the sun. The interplay between the photons in the sunbeams and the electrons in the seed oils and our foods govern all the vital functions of the body.*

This has to be one of the greatest discoveries ever made, as this combination promotes healing in the body of chronic and terminal diseases.

In her book, Dr. Budwig states that "Various highly trained and educated individuals are dismayed and irritated by the fact that serious medical conditions can be cured by cottage cheese and flaxseed oil."

The mixing of the oil and cottage cheese allows for the chemical reaction to take place between the sulfur protein in the cottage cheese and the oil, which makes the oil water soluble for easy absorption into your cells”

Budwig Protocol

Dr. Johanna Budwig was “considered to be an expert in several fields such as pharmacology, physics, and chemistry; specifically, the chemistry of fats, contributing to the Federal Research Institute of Fats and oils.” Today, her discoveries are still held in high regard. Ketogenic and Paleo Diets are great, but the Budwig protocol uses the concepts of the Ketogenic and Paleo Diets but uses a food combination that also energetically helps your body to heal.

Adapted from *How the Budwig Diet Protocol for Cancer Works* By Dr. David Jockers DC, MS, CSCS

Dr. Budwig's Discoveries

How did Dr. Budwig derive her understanding that this simple strategy has major therapeutic properties? While researching the pathogenesis of disease and illness as a biochemist in Germany, Dr. Budwig observed that quark (a soft fresh cheese) contained the very same sulphhydryl groups found in cancer treatment drugs. These sulphhydryl groups are cysteine and methionineamino acids.⁴

While researching fats and oils, Dr. Budwig further established that essential polyunsaturated fatty acids, referred to as PUFAs, are major components of cellular membranes.⁴ Without a properly functioning cellular membrane, cells lose the ability to perform vital life processes such as cellular respiration and the ability to divide and form new cells.

The two essential polyunsaturated fatty acids critical for cell membrane support are:

- ***Linoleic Acid (LA):*** Better known as omega-6 fatty acids.
- ***Linolenic Acid (LNA):*** Commonly referred to as omega-3 fatty acids. Omega-3 polyunsaturated fatty acids have been recognized for their anticancer properties and roles in preventing sickness and disease.⁴

Cottage Cheese and Flaxseed Oil Work to Re-energize Cells

A chemical reaction takes place when the sulphhydryl groups in quark or cottage cheese bind with the unsaturated fatty acids in flaxseed oil.^{3,4} This reaction allows the flaxseed to become water soluble and enter into a cell to supply energy.<https://thetruthaboutcancer.com/budwig-diet-protocol-cancer/>

I am asked, "What if I am lactose intolerant? Can I use Kefir?" Homemade Goat Cottage cheese is a good substitute and it is recommended and if this still causes lactose intolerance try consuming lactase pills.

Breakfast

Dr. Johanna Budwig's Quark-Flax oil Linomel Breakfast Muesli Recipe
Standard ingredients:

- 3 tbsp flaxseed oil

- 2 to 3 tbsp raw milk
- 100 gr (6 tbsp) quark or cottage cheese
- 1 to 4 tsp **freshly** ground flaxseeds
- 1 tsp organic honey
- fruits and fruit juices
- nuts (except peanuts)
- natural flavours

Directions:

1. Put 4 tbsp **freshly ground** flaxseeds in a small bowl.
2. Cover with raw fruit according to the season.
3. Prepare the quark-flax oil mix in the following manner:
 - o Put flax oil and the quark or cottage cheese in a bowl and blend until you have a smooth and well-homogenised mix. No oil must be visible. ADD milk and honey into the mix and slowly blend everything together.
4. Cover the flax seed and raw fruit layers with the flax oil/quark (cottage cheese) mix and optionally garnish with more fruits and nuts.

Change the flavor every day by adding nuts, vanilla, cinnamon, various fruits such as banana, berries, cocoa, grated coconut, fruit juices (these must be added last). Use grated apple and dried fruit such as raisins and dried apricots soaked in fruit juice in winter.

Budwig Diet Side Dish Recipes - Salads, Dressings, and Dips

Recipes adapted from the [Budwig Center](#)

Potato Salad, Budwig Style

Ingredients:

- 400 g beetroot. You can either cook the beets, until



soft, peel and slice or dice; or shred/grate/julienne the peeled raw beetroots through a mandolin or food grater/processor.

- 1 eating apple finely diced or grated
- One portion of the quark-linseed oil cream
- The juice of a ½ lemon
- 2 tbsp apple cider vinegar
- a little extra lemon juice or milk if needed
- a pinch of salt
- 1 tbsp grated fresh horseradish
- A pinch of ground caraway and a teaspoon of whole caraway seeds (optional)
- A sprinkle of cayenne or paprika

Directions:

1. Boil a portion of potatoes and when cool enough to handle, chop/slice.
2. Mix a portion of quark-linseed oil cream with the juice of a lemon and 1 tbsp of apple cider vinegar.
3. Add a finely sliced onion, chopped chives, parsley and/or dill, black pepper and a pinch of salt and enough skimmed milk to make a creamy consistency.
4. Mix into the chopped potatoes and sprinkle with paprika and/or a little cayenne pepper and chopped dill pickles.
5. Mix all ingredients and serve with potato or leafy salad. It's good in a sandwich too. As an alternative, make this with celeriac or carrot.

Waxy potatoes have smooth, dense flesh that holds their shape well when cooked. They work well in salads or simply boiled. Key waxy varieties include Charlotte and Jersey Royals, but if you can't get any of those, don't worry, it'll still be great with any potato.

Quark-linseed Oil Horseradish Cream and Beetroot Salad

The goodness of beetroot and the tang of horseradish combine to create a bright, spicy, pick-me-up salad or sandwich filling: what's not to love!

Mayonnaise Quark-Flax Oil (Salad Dressing)

Ingredients:

- 3 tbsp flaxseed oil
- 3 tbsp milk
- 3 tbsp quark or cottage cheese
- 1 tbsp lemon juice and/or 2 tbsp apple cider vinegar
- 1 tbsp mustard*
- ½ tsp aromatic salt (herb-flavoured salt)

Directions:

1. Mix oil, milk and quark (cottage cheese) in a blender.
2. Add mustard, lemon juice, vinegar, and salt.
3. This Quark-Flax oil Mayonnaise can be wonderfully varied in many flavors by adding various herbs, soy sauce, or dill pickles. It can also be used for potato salads.

Miso-Ginger Dressing

Ingredients:

- 1 cup (250 ml) water
- 1/2 tablespoon (7.5 ml) peeled and chopped fresh ginger
- 1-1/2 tablespoons (22.5 ml) mellow white miso (not candida friendly)
- 1 tablespoon (15 ml) lemon juice
- 1 tablespoon tahini
- 1/2 scallion, chopped
- 2 cloves garlic, chopped
- 3 tablespoons (45 ml) organic flax oil

Directions:

Combine all ingredients in a blender or food processor and process until creamy.

Hummus

A fantastic-tasting Middle Eastern dish to be used as a dip or as a filling in pita sandwiches. An excellent source of complete protein and, now, essential fatty acids.

Ingredients:

- 1 2/3 cups (420 ml) cooked chickpeas (soaked overnight preferably)
- 1/4 cup (60 ml) tahini (sesame seed paste)
- 1/4 tsp. (1.2 ml) ground coriander
- 1/4 cup of olive & sunflower oil
- 1/4 tsp. paprika
- 2 tbsp. (30 ml) minced fresh parsley for garnish
- 3 tbsp. (45 ml) lemon juice
- 2 medium cloves garlic
- 1/4 tsp.(1.2 ml) ground cumin



- 1/4 cup minced scallions (optional)
- dash of cayenne

Directions:

1. In a blender or food processor, process the cooked chickpeas, tahini, lemon juice, and oil until the mixture reaches the consistency of a coarse paste.
2. Use as much of the garbanzo liquid or water as needed.
3. Add the garlic, coriander, cumin, paprika, and cayenne and blend thoroughly.
4. Transfer the hummus to a bowl and stir in the scallions.
5. Cover the hummus and refrigerate.
6. Garnish with parsley before serving.
7. Makes about 2 1/2 cups (375 ml).

Mexican Salsa

A zesty traditional Mexican salsa made even better with the addition of flax oil. Great as a dip for tortilla chips or as a sauce on enchiladas, burritos, and tacos.

Ingredients:

- 3 tomatoes, diced
- 1 small jalapeno pepper
- 4 sprigs fresh cilantro
- 1/2 cup (125 ml) tomato sauce
- 1/2 medium onion, diced
- 3 tablespoons (45 ml) organic flax oil
- 1 scallion, chopped

Directions:

1. Combine the tomatoes, cilantro, onion, scallion, and jalapeno pepper in a blender or food processor and process to desired consistency, chunky or saucy.
2. In a separate bowl, combine the tomato sauce and flax oil.
3. Stir to a uniform consistency.
4. Mix everything together and chill until ready to serve.
5. Makes 2 Cups.

Guacamole

A great dip containing healthy essential fatty acids.

Ingredients:



- 2 ripe avocados, peeled and quartered
- 1 tbsp.(15 ml)(packed) chopped fresh cilantro leaves
- dash of sea salt
- pressed cilantro, cayenne and a wedge of lime for garnish
- 1 jalapeno pepper, seeds removed (optional)
- 2 to 3 tbsp.(30- 45 ml) chopped onion
- 1/2 tbsp.(7.5 ml) lemon juice

Directions:

1. Place the avocados in a food processor and puree.
2. Add the remaining ingredients and puree to a thick, even consistency.
3. Transfer to a small bowl and garnish with cilantro, cayenne, and a lime wedge.

Oleolux: A DELICIOUS ADDITION TO BUDWIG DIET MEALS

Oleolux is a savory butter or topping for food created by Dr. Johanna Budwig. It is a rich golden-yellow blend of cold-pressed linseed (flax) oil and raw coconut oil delicately enhanced with onion and garlic. Cholesterol-free, rich in Omega-3 and other beneficial fats, it makes a healthy alternative to butter, cream or olive oil in everyday meals for anyone looking for tasty food and a healthier lifestyle. The garlic and onion are healthy additions and probably help the absorption of the omega-3.

Ingredients:

- 125g Cold-Pressed Linseed (Flax) Oil
- 250g Cold-Pressed Coconut Oil
- 1 Medium Onion
- 10 cloves garlic mashed

<https://youtu.be/3vOg3QBU690>

Directions:

1. Weigh the Linseed Oil into a suitable container, preferably glass that has a lid, or can be covered, it needs to be large enough to take the coconut oil as well.
2. Place it in the freezer for 20 minutes.
3. Melt coconut oil in a large pan from which it is going to be easy to pour the oil.
4. Slice the onion and cook in the coconut oil at a very gentle heat so that it is light straw colored after 15 minutes.



5. Add the crushed garlic cloves and cook for a further 3 minutes.
6. Remove from heat, allow to cool a little and strain through a sieve into the chilled linseed oil and put in the fridge to cool. When it has set it is ready to use.
7. Store in the fridge.
8. Best used within a month.

How to Use Oleolux:

- Melt into cooked veg, potatoes and buckwheat.
- Use instead of butter on bread.
- Use to fry with; though if using oleolux for frying do not heat for more than 1-3 mins and then only at a gentle heat
- Stir into risotto, lentils, and soup.

Yeast Flakes

Adapted from www.budwig-diet.co.uk

Nutritional yeast flakes, a tasty, healthy seasoning that can be used on the Budwig Diet.

This is called nutritional yeast in the UK. Many of the Budwig recipes mention yeast flakes. They are included mainly for flavor but being low in salt and a rich source of B vitamins, they are a healthy addition to food. It tastes similar to Parmesan.

Yeast flakes are a granular condiment with a savory Parmesan cheese-like flavor. It is made from a special variety of deactivated yeast, and some varieties including vitamin B12.

Many use it like Parmesan. Nutritional yeast flakes are tasty sprinkled over rice, risottos, soups, stews, buckwheat and vegetables and goes particularly well used with oleolux.

Bone Broth:

Bone broth has the collagen to seal the gut to prevent toxins from entering the bloodstream, which causes many of the symptoms one often experiences, plus it helps reduce the inflammation of the gut as well. I repeat, this is a very, very, very important step in healing. This is the “plaster” that fills up the holes, it also helps the body get rid of the inflammation that is stopping your body from working.

- *Eliminate inflammation throughout the body*
- *Heal your gut completely*
- *Lose weight FAST - safely, naturally, deliciously (if you want to lose weight)*
- *Keep the weight off, for the rest of your life*
- *Eat foods that turn you into a 24/7 fat-burning machine*
- *Eliminate bloating, excess gas, constipation, and other gastrointestinal health problems*
- *Stop insulin spikes*
- *Lower blood sugar*

- *Truly heal your body so you can get off medications*
- *Take 10 years off your appearance - eliminate wrinkles and reverse aging at the cellular level*

Chicken Bone Broth

Written by Dr. Kellyann Petrucci

Prep: 15 min * Cook: 10 to 12 hrs * Yield: varies depending on pot size; these ingredients are sufficient for a gallon of broth

Ingredients:

- 2 or more pounds raw* chicken bones/carcasses (from about 3 or 4 chickens)*
- One whole chicken and additional wings or thighs, optional*
- Enough purified water to just cover the bones when they are in the pot
- ¼ to ½ cup apple cider vinegar, depending on the size of the pot
- 2 to 4 carrots, scrubbed and roughly chopped
- 3 to 4 stalks organic celery, including leafy part, roughly chopped
- 1 medium onion, cut into large chunks
- 1 tomato, cut into wedges (optional)
- 1 or 2 whole cloves
- 2 teaspoons peppercorns
- 1 bunch parsley, add in the last hour



Directions:

1. Place all the bones in a slow cooker or large stockpot.
2. Add the vinegar and enough purified water to cover everything by 1 inch.
3. On medium heat, bring the water to a simmer.
4. Use a shallow spoon to carefully skim the film off the top of the broth.
5. Add all the vegetables (except parsley) and spices and reduce the heat to low. You want the broth to barely simmer.
6. Skim occasionally over the first 2 hours, and be sure the bones are always covered with water. You will have to add water during the cooking process.
7. Cook for at least 10 hours, or up to 12.
8. When the broth is done, turn off the cooker or remove the pot from the heat.
9. Using tongs and/or a large slotted spoon remove all the bones and the meat. Save the chicken for use in the broth or for another recipe.
10. Pour the broth through a fine mesh strainer and discard the solids.
11. Let cool on the counter before refrigerating. You can skim off the fat easily after the

broth is chilled if desired. When chilled, the broth should be very gelatinous.
12. The broth will keep for 5 days in the refrigerator and 3 or more months in your freezer.

Notes:

- * If it's hard to get chicken bones from your butcher, you may be able to get backs and necks.
- * The number of pounds of bones will vary based on the size of your slow cooker or stock pot. You want the bones to fill the vessel so you can just cover them with water. If you have chicken bones from any leftover chicken, also add those.
- * The chicken meat is optional, but I usually add it so I have the chicken for soup or another recipe.
- * If you have favorite herbs, you can add them to the bone broth to enhance the flavor. Thyme is particularly nice with chicken broth. You can also add garlic. Since you might use the broth in a variety of recipes, I prefer not to salt it while cooking.

Beef Bone Broth Recipe

Written by Dr. Kellyann Petrucci

Prep time: 10 min * Cook time: 10 hr * Yield: 12 servings

Ingredients

- 2 unpeeled carrots, scrubbed and roughly chopped
- 2 stalks celery, including leafy part, roughly chopped
- 1 medium onion, roughly chopped
- 7 cloves garlic, peeled and smashed
- 3½ pounds grass-fed beef bones (preferably joints and knuckles)
- 2 dried bay leaves
- 2 teaspoons kosher salt
- 2 tablespoons apple cider vinegar

Directions

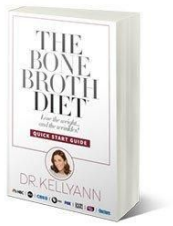
1. Place all the vegetables and the garlic, bones, and bay leave into a slow cooker. Sprinkle with the salt, drizzle with vinegar, and add enough water to cover everything by 1 inch (about 13 cups).
2. Cook for 8 to 10 hours on low.
3. Use a shallow spoon to carefully skim the film off the top of the broth. Pour the broth through a fine strainer and discard the solids. Taste the broth and add more salt as needed.
4. The broth will keep for 3 days in the fridge and 3 months in your freezer.

I choose to follow Dr. Kelly Ann Bone Broth Protocol because I could hear her book on audible.com

and I was able to get PDF's with this download, so I understand the science behind it, plus she has created many programs to make it simple to initiate a good foundation.



DR. KELLYANN



[Click Here to Order](#)

[Click here for her Website](#)

Step 6

Pull Toxins out of the Body

Home Detox Therapies:

1. Hydrogen Peroxide/Epsom Salt bath
2. Dry Skin Brushing
3. Dried Mustard Foot Bath
4. Coffee Enema

Hydrogen Peroxide and Epsom Salt Bath

A hydrogen peroxide bath can help to cleanse, purify, and bring oxygen into a tired body. A hydrogen peroxide bath can help destroy toxins, organisms, and even pull out the residues. In other words, it makes one of our major eliminators of toxins, our skin, more effective. Hydrogen peroxide does all this and is environmentally friendly too, leaving its only by-products: water and oxygen.

Did you know?

Your body makes Hydrogen peroxide to fight infection which must be present for our immune system to function correctly. White blood cells are known as Leukocytes. A subclass of Leukocytes called Neutrophils

produce hydrogen peroxide as the first line of defense against toxins, parasites, bacteria, viruses and yeast. I

personally suggest the 3% Hydrogen peroxide because it is easier for people to purchase. But I would prefer people to use the 35% and dilute it down according to the instructions of the manufacturer, you can find this on Amazon.



Instructions:

For adults, pour 2 quarts of 3% Hydrogen Peroxide and 2 cups of Epsom Salts into a full bathtub of comfortably warm/hot water and soak for no longer than 20 minutes.

Watch this video by Dr. Ginger Nash on the Hydrogen Peroxide bath

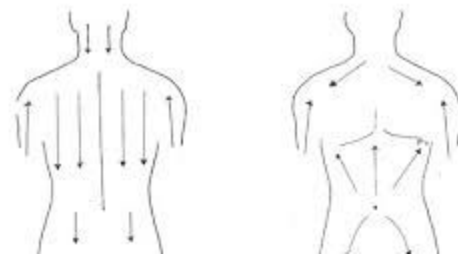


Dry Skin Brushing before soaking in the bathtub helps increase the circulation. Dry Skin Brushing stimulates your lymphatic system. Your lymphatic system is the system responsible for eliminating cellular waste products, and improving digestion and kidney function. Dry Skin

Brushing also increases circulation, reduces cellulite, decreases stress and is invigorating.



\$16.95 as of 2018



[Click here to buy!](#)

No bathtub? No Problem! Just use a small bucket and use $\frac{1}{4}$ cup of epsom salt and $\frac{1}{2}$ cup of hydrogen peroxide put feet and/or hands in it and reduce the amount of product for the smaller bucket.

Dried Mustard Foot Bath

This is one of the simplest ways to feel better and is easy to do. When one sticks their feet in very warm water, the vessels in the feet dilate and the remedy in the water is transported throughout the body.

Ingredients:

- 2 Tbsp Of Dried Mustard
- Pinch of Cayenne
- Rectangle bucket with very warm water

Medicinal Benefits of Mustard Foot Bath:

Mustard bath is a traditional English treatment using the healing effects of curcumin to rejuvenate the body by relieving stress, warming up the body, and giving the body a natural analgesic, and increasing the absorption of essential minerals like magnesium.

According to USDA National Nutrient Database for Standard Reference, ground mustard seed contains 26.6 percent of your daily calcium, 51.2 percent of your daily iron, 92.5 percent of your daily magnesium, 40.5 percent of your daily zinc, and 82.8 percent of your daily phosphorus. Therefore, when one is sick and tired and stressed it is important to get these essential minerals into the body so the body can work more efficiently.

Mustard seeds and powder contain the amino acid, cysteine, which acts as an antioxidant in your body.

Mustard seed also contains the antioxidant curcumin, which is the same phytochemical found in turmeric Plus The anti-inflammatory properties of curcumin in the mustard gives the body a natural analgesic.

Cayenne Pepper helps with the circulation and the muscle aches and pains.

Coffee Enema

I know what you are thinking, "There is no way I am going to stick something up my

rear end.” I know it may be uncomfortable for the first 2 times, but you will feel so much better afterwards that you learn to relax and enjoy it. After a while, probably the most annoying thing will only be getting the organic coffee prepared in time for when you want to do the enema. The best way is to make up a bunch of coffee and keep it in your refrigerator and just heat up a quart of the prepared coffee on the stove to room temperature.



This is a fascinating video by Charlotte Gerson.

3 ways to understand how to do a coffee enema:

- [Read All About It](#)
- [Watch a Video](#)
- <https://www.purelifeenema.com/coffee-enema-recipe/>

Preparing the Enema Coffee:

1. Add 4 cups of distilled or purified water into a 4 Qt. Pot. Do not use an aluminum pot.
2. Next, add 3 tablespoons of PureLife Organic Air Roasted Enema Coffee, fine grind, into the pot of water and stir it in.
3. Place on stove and bring to a rapid boil. Boil for 5 minutes.
4. Next, turn the water down to a very low simmer and simmer for another 12 - 15 minutes.
5. Remove from stove and let the coffee solution cool to lukewarm or body temperature. To speed up the cooling time, you may put the pot in to the freezer for a few minutes.

Note* If you notice the simmering removed too much liquid, you may add some more purified water to bring the solution level up.

6. Next, take your enema bucket and tubing and make sure the white clamp on the tubing is shut tightly.

7. Place a very fine mesh 304 stainless steel strainer over the bucket and pour your cooled enema solution into the enema bucket. Do not use paper coffee filters, as the paper filaments can get into the solution.

Note* if you purchased a black check flow valve you may want to remove it from tubing, as coffee grounds can clog up the valve and block enema flow. But if you are able to keep coffee grounds out, then you may be able to use the valve.

8. Fill the bucket up to 1 quart at least. 1 Quart of solution provides at least enough liquid for 1 enema.

PREPARING TO TAKE THE ENEMA

1. Hold the tubing over a sink and release the clamp so that a little of the solution runs through the tubing and into the sink. Then quickly close the clamp again. Doing this will remove air and air bubbles from the tubing. This is important to do.

2. Next, place an old towel on the bed or floor where you will be lying down. You can cover the towel with plastic sheeting as well. Plastic is easy to clean and wipe up if there is any spillage out.

3. Next, take the enema bucket to where you will administer your enema into the rectum.

Hang or place the bucket 16" to 45" above where your bottom will be. The higher the bucket, the greater the flow.

Coffee enemas are usually administered lying down on the bed or floor. But you can also administer it while standing in the shower area, and then moving to the bed to lie down on your right side and hold in the enema for the required 15 minutes.

4. Make sure the tubing from bucket to your body is in a straight line, with no waviness. Waviness can inhibit the flow. If you have to cut the tubing a little, you can do so.

5. Lubricate the end of the enema nozzle with olive oil and insert into your rectum. Do this carefully. You do not want to tear any tissues.
6. Release the clamp and allow the solution to flow. When you feel full, shut the clamp. You should not feel uncomfortable. If you do, then you took in too much solution.
7. Lie on your right side for 15 minutes if you can, and hold the enema solution in.
13. When finished holding in enema, go to the toilet and eliminate.

***Note: If you find you are having trouble holding the coffee in during the enema for 15 minutes, then the coffee solution could be too strong for you. You can dilute the coffee enema by adding water to it, and this will lessen the potency, and you will be able to retain it longer.**

Step 6

Powerful Remedies to Help the Body Heal!

*These comments have not been approved by the FDA. These products are not intended to treat, diagnose, or address disease. All of the products in the Jernigan Nutraceutical product line work to enhance and support the restoration of the structure and function of the body's crystalline matrix. Always consult with your healthcare professional before beginning this or any other dietary supplement.



Once you have prepared your body, now your body can go after the microbes that have invaded your body.

3 Bundles to Choose From:

4oz Intense Ebook Bundle: \$399.00

2oz Intense Ebook Bundle: \$220.00

1. [Microbojen](#)
 2. [Microbojen ACV](#)
 3. [Borrelogen](#)
 4. [Lymogen ACV](#)
 5. [Yeast-Ease Plus](#)
 6. [Yeast-Ease Plus ACV](#)
 7. [Neuro-Antitox CNS/PNS](#)
 8. [Neuro-Antitox Musculo](#)
 9. [Paragen ACV](#)
 10. [Pomifitrin](#)
 11. [Molybdenum](#)
- [For the tighter budget, the Lyme Bundle Starter Pack is 4 4oz bottles \\$127.20](#)

The 10 bottles in the Intense Ebook Bundle are specifically designed to empower the body to handle the worst of the worst of many viruses, bacteria, mold, fungus, prions, mycoplasmas, etc.

Jernigan Nutraceuticals provides frequency-matched botanical formulas specifically tailored to upload the body with the bio-information needed to facilitate the body's own energetic antimicrobial, detoxification, etc control systems. Each product works to facilitate the restoration of the optimum integrity and function of individually specified aspects of the body. As this kind of progress grows, symptoms fall away. So essentially, it is not only a formula of herbs, but also of frequencies that work hand-in-hand with God's design of the human body. The primary herbs in these formulas cannot be purchased from any herbal supply house. JN grows, harvests, and bottles them all by hand each year. Developed by Bio-Resonance Scanning, each product is the result of over 20 years of clinical work, striving to help real patients who had gotten minimal results with the big-name, heavily marketed, nutritional supplements and medications.

The intent behind switching remedies over a period of time is similar to the concept of working out. You do not do the same exercises every day, but instead, you switch it up. Monday might be leg day, Tuesday could be arm day, etc. The intent is to get the body to *comprehensively* work at a higher functioning level and not just strengthen one aspect of the body, as this will not achieve the desired amount of progress. If you wanted to be "fit," you would not just exercise your arms, right? You would establish a balanced and well-rounded workout schedule for your week. In implementing this same

concept with the remedies you take, you prevent the "evil invaders" getting used to and adapting to a certain line of attack. You address the issue from all angles. Jernigan Nutraceuticals has been around for over 20 years. These are the products that I, and many other doctors, have come to trust through years of clinical usage. I know what to expect and I understand how they work. I don't even try to tell people why I think our products are "the best." At the end of the day, it is not my job to tell you from afar what is best for YOU as an individual. Your body will let you know if these are the tools for you. Again, this is not the place for me to fully educate you on the products (visit jnutra.com to get more info on each remedy!). In this book, I am simply sharing with you that if you choose to use these products, this is how I would put them together.

- Microbojen (20 drops under the tongue 2 times a day)
 - Soothes the acidic stomach, helps the body take care of unwanted bacteria and virus. Helps restore the gut. (This remedy has 9 frequency-matched herbs).

- Microbojen ACV (take a ¼ tsp in 2 cups (16oz) of water and drink it slowly over a period of 2 hours. Or take a shot of it in 2-4 oz of water.)
 - Helps heal and seal the gut by getting rid of unwanted bacteria and also by soothing the inflammation with the licorice and the apple cider vinegar.

- Borrelogen (20 drops under the tongue 2 times a day)
 - Helps the body see and deal with the *Borrelia burgdorferi* bacteria and other nasty bacteria and viruses. This power-packed remedy has 15 impressively effective herbs in it.

- Lymogen ACV Take 1/4 tsp in 2 cups (16oz) of water and drink it slowly over a period of 2 to 3 hours. Or take a shot of it in 2 -4 oz of water.
 - An interestingly dynamic product that helps with different bacteria and viruses. It has another 11 herbs that deal with many viruses especially those that attack the chest. Many people with Bartonella choose this remedy.

- Yeast-Ease Plus (20 drops under the tongue 2 times a day)
 - Handles the overload of mold, fungus and yeast build up in the

body, commonly contracted in the workplace, home, and other hazardous environmental areas that often expose us to harmful pathogens without us realizing. .

- Yeast-Ease Plus ACV Take 1/4 tsp in 2 cups (16oz) of water and drink it slowly over a period of 2 to 3 hours. Or take a shot of it in 2 -4 oz of water. This is a simple, powerful product that combines 3 incredible plants to produce amazing results, as it helps the body heal itself in many categories, such as yeast infections, mold, fungus, allergies and toxins in the gut. Plus all the benefits of Apple Cider Vinegar
- Neuro-Antitox II CNS/PNS (20 drops under the tongue 2 times a day)
 - Pulls toxins away from the nerves. It helps the body get rid of the abundance of destructive toxins, including ammonia.
- Neuro-Antitox II Musculo-Skeletal (20 under the tongue 2 times a day)
 - Helps pull toxins out of the muscles and also deals with the abundance of ammonia in the body. This is a good remedy to rub on topically where it hurts.
- Paragen ACV Take 1/4 tsp in 2 cups (16oz) of water and drink it slowly over a period of 2 to 3 hours. Or take a shot of it in 2 -4 oz of water.
 - Deals with the malarial “personality” of Lyme spirochetes. There is a certain type of cycle that happens with the growth and development of Lyme. This product gets the body to "see" this cycle and stops it. Also, Parasites eat the Lyme Bacteria and when the parasite dies, the bacteria is released backed into the body, like a time release mechanism. Therefore, it is important for the parasites to be addressed. Plus, according to the research, Paragen is antiparasitic, antitumoral, antifungal, antibacterial, antiviral, and an antioxidant.
- Pomifitrin (20 drops under the tongue 2 times a day)
 - Chronically ill people’s bodies are stressed and tired. Even though this product is an amazing stand alone product, and has always been our anchor for cell replication problems. The intent of having this product in the protocol is to not deal with the

toxins, or any yeast, mold or fungus or any bacteria or virus, even though it helps the body heal in all of these situations. This product helps get rid of the stress and fatigue the body has endured. It supports the adrenals and the hormones. One can logically break down the usage of this product, but in truth it is being used as an energy enhancer and an energy de-stressor, in this protocol.

- Molybdenum

Take 1 pill, 3 times a day. Deals with a different form of toxins. The aldehydes which are usually produced by the yeast and molds and alcohol.

The Suggested Schedule

This schedule is for someone going to work

Start your day

- **6:30 a.m.**

- Drink a cup of bone broth

Prepare for the day:

- Budwig Salad
- Crock pot lunch (prepared the night before) put into a thermos if you are heading to work. Slow cook Keto Dinners or Dr. Kelly Ann's Cook book.
- Bone broth in a thermos if you are heading to work

- **7:00 a.m.**

- **7:15 a.m.**

- Eat the Budwig Breakfast
- Take Microbojen™, Microbojen ACV™, CNS/PNS™
- **7:40 a.m.** Drive and Listen to a personally enriching CD or book or teaching. Make this time count in your life! Suggestions in Step

At Work

- **7:55 am** Right before work:
Take Borrelogen™, Lymogen ACV™, 1 Molybdenum

Mid-Morning

- **10:00 am:**
 - Take Yeast-Ease Plus™, Yeast-Ease Plus ACV™ 20, Neuro-Antitox II Musculo-Skeletal
 - Drink Kumbucha (make your own or buy in the health food store)

Lunch

- **12:00 pm**
 - Take Paragen ACV™, Pomifitrin™ , 1 Molybdenum
- **1:00 pm**
 - Crock Pot lunch from Dr. Kelly Ann Cook book or any Keto Friendly diet with a Budwig Salad and a 20 min. foot bath or sit out in the sun with Eldi Oil on arms and legs for 20 min while eating lunch.

Mid-Afternoon

- **3:00 pm** Drink Bone Broth
- Take Microbojen™ and Microbojen ACV™ Neuro-Antitox II CNS/PNS

After Work

- **5:00 pm** Borrelogen™, Lymogen ACV™, 1 Molybdenum
- **5:30 pm** Pick up food that you ordered online, listen to the rest of the CD you chose that morning while you are driving home
- **7:00 pm** While cooking dinner, take your Probiotic
 - Take Yeast-Ease Plus™, Yeast-Ease Plus ACV™, Neuro-Antitox II Musculo™
 - Keto-Friendly Dinner with Salad and Oleo dressing

Before Bedtime

8:00 pm Prepare Tomorrow's Lunch and think about Tomorrow's Dinner, order online to pick up your food.

9:00 pm Take an epsom salt/hydrogen bath and keep listening to that CD you chose to listen to that morning.

10:00 pm Take Paragen ACV™, Pomifitrin™,

Be creative to make it work for you, but make a system to where you stay with it on a day to day basis.

Conclusion:

This eBook is designed to establish a good foundation. From here, you will be able to add what you need specifically for your health. You will be able to take away things that do not work for you. The intent is to get you going in the right direction and NOT to get you chained to a certain “philosophy.” Trust me; this is a good place to start. We have helped many people get their bodies to heal itself over the past 20 years dealing with chronic illness, and the best results come when you do all 7 steps. The remedy section is not set in stone. People who have access to healthcare practitioners that can 'test' out the remedies properly is always the best option. If not, here is a protocol that is a focused “diet” of sorts to give the body a reset.

There are 3 Bundles You Can Choose From:

- 4oz version for \$399.00
- 2 oz version \$220.00
- Starter pack for the tight budget is just 2 bottles \$89.99

Biography

Dr. Sara Koch Jernigan, B.S. D.C, is a natural born teacher and leader. She spent her youth as an athlete, developing a “can do” attitude. She was heavily into sports, such as swimming, volleyball, running track or playing basketball. She still held track records many years after she left her high



school, and the banner still hangs in her high school where they won SPC "Southwest Preparatory Conference" in 1980, which was competing against the schools in Oklahoma and Texas, which at that time was like winning "State" at Wichita Collegiate, Wichita Ks. She received the top ten players award "All SPC" 2 years in a row. She had a full ride scholarship at a Division 1 of the NCAA Conference, Tulsa University to play basketball. At Tulsa University she received the Most Inspirational Player Award. At Tulsa University she wanted to be a teacher for the deaf so for a summer, she worked with deaf kids and taught them to swim. She decided to transfer to the University of New Mexico and was a red shirt there for a year. However, instead of basketball, she found a new passion with teaching physically challenged people how to ski. She taught people with one leg to ski with outriggers, and blind people to ski, as well as paraplegics. Before she graduated, she went to a college for one year and just focused on studying the Bible. For one year, she studied nothing but the Scriptures. Then she went back to the University of New Mexico and graduated with a Physical Education degree. This is when she met David Jernigan, who was stationed in Albuquerque with the Air Force. After being married for 4 years, she and David decided to go to Cleveland Chiropractic College in Kansas City. Her first year at the school, she was on the national Dean's List. When she graduated in 1995, as a Doctor of Chiropractic, she had also gotten another Nutrition degree from Park University in Missouri, not to mention two beautiful daughters. Post graduate studies include specialized training in formulating herbal remedies in Germany with the Wala Company. She has had countless hours studying functional or biological medicine and using bio-resonance scanning. She is the co-founder of Jernigan Nutraceuticals, but now completely owns, harvests and manufactures the herbal remedies for Jernigan Nutraceuticals. She is a mother of 4, but her youngest went to heaven at the age of 6. Dr. Sara enjoys harvesting and making the formulas for Jernigan Nutraceuticals but you will often find her praying over the people who buy the Jernigan Nutraceuticals products, asking that each person finds the proper tools to help their bodies heal no matter where the tools come from.

You can do it!

Let's build a system that has a strong foundation.

www.jnutra.com

It's Time to Take Back Your Health!

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