

Dear Friend:

Thanks for taking the time to read this letter. I am the caregiver for my wife of 25 years. In November of 2009 she developed a illness that nearly caused her to loose her life. The illness is called Wernicke's Encephalopathy and from what I have learned, approximately 37,000 people per year develop this illness. It is a vitamin B1 (Thiamine) deficiency. I hope that you will get information from this letter to help you and your loved ones live a healthier life.

When my wife got sick with Wernicke's Encephalopathy she actually had several deficiencies even though vitamin B1 was the main culprit. Her blood work indicated several areas of concern including B12, D, folic acid, and the list went on. When I decided to care for my wife, against the doctors recommendations, my goal was to make sure she would no longer have any deficiencies, mainly due to the fact that I did not want to take the chance of her relapsing or getting worse. So I put her on a custom nutrition program and wanted to see what the blood level results were after 1 year. Well, the results were great, even for a bariatric patient. People that have had gastric bypass surgery have a hard time getting the nourishment they need to stay healthy. When the hospital received her blood results, they were hesitant with sharing those results with me. It took me about 6 weeks to get a copy of the results.

A few weeks later the hospital decided to tell me that my wife has **breast cancer**. The news came during a follow up appointment that they scheduled. The good news is that they concluded that is was benign (no need for treatment). Another thing they informed me of was the fact that they could no longer detect her hepatitis C (or B). Her body had healed itself of both illnesses. I contribute it to the diet, mainly the health food products I have her eating every day. I never told any of her doctors what I was doing to help her get the nutrition she needed. I didn't want any of them to discourage me. Due to her good blood work results and the fact that the cancer was stopped in it's tracts, along with her body healing itself of the hepatitis, they now wanted answers from me and demanded that I bring in a list of any diet supplement that I was giving her. I think that they suspected that I was giving her some products that were not legally approved for use in the USA. But when I surrendered the list along with the other daily care I give her they quickly backed off and suggested that I keep doing what I was doing since Diane was doing so well.

Over the years we learned of different health products that were suppose to be extremely good for people. The day that we were ejected from the hospital, I went straight to our health food grocery store (Whole Foods) and purchased all of the products that I believed I needed to feed Diane since her illness was the direct result of a vitamin deficiency.

I have compiled a list of the nutrition plan that I have for my wife. I suggest that you review it and add it to your diet so that your body will do what God designed it to do, heal itself of any illness that tries to come against it. I have disclosed the full plan on the website I posted, www.SavingDiane.com. The website has videos showing each step I take in preparing this nutritional plan. Simply go to the web address and click on "nutrition information". The long version of the video shows the step by step procedures.

Again, I appreciate your time and hope that you will support and pray for me. As my wife's caregiver, I believe I have the right to share this valuable information. **PLEASE DO NOT LINK ANY OF MY VIDEO'S TO FACEBOOK**, this is a small world and I do not want to hurt Diane's feelings by having her see on-line videos about her illness.

If you have any questions please view the video's on-line and if you have any questions after that feel free to contact me direct.

Thank you again for reading this letter and I pray that you will use this information to help your journey to a healthy life.

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DAILY NUTRITION PLAN:

I'd like to say that I am not a doctor and do not claim to have any professional experience with health care, professional nutrition experience or any other professional training when it comes to the health care environment. I present this information to you as a friend and neighbor, letting you know what worked for us.

One very important part of this plan is that I use a juicer to juice the fruit that I use to make her nutritional Super Food shakes. I have seen good juicers at the thrift store for under \$10. She consumes juice from the juicer daily. The apples & oranges in her shake and about 4 ounces of vegetable juice every other day.

Although it is not my goal, the shake and veggie juice is sweet to the taste.

Quick Reference

8:00 am – 9:30 am	Citracal, 1 ea	Bariatric patient deficiency prevention
8:00 am – 9:30 am	Multi-Vitamin, 1 ea	Nature's Plus, Source of Life, Adult's Chewable
10:30 am – 11:00 am	Wheat Grass Juice, 0.5 oz	Evergreen, Frozen
1:00 pm – 2:00 pm	Citracal, 1 ea	Bariatric patient deficiency prevention
3:00 pm – 4:00 pm	SuperFood Plus Shake, 8 oz	Dr. Schulze's SuperFood Plus Vitamin & Mineral Herbal Concentrate. Mixed with juice from a juicer (apple, orange, and bananas).
3:00 pm – 4:00 pm	Flax Oil, 0.25 oz (approx. 1 tablespoon)	Filter organic Flax Oil, 365 Everyday Value. Mixed into SuperFood Plus shake.
6:00 pm – 8:00 pm	Citracal, 1 ea	Bariatric patient deficiency prevention
6:00 pm – 8:00 pm	Multi-Vitamin, 1 ea	Nature's Plus, Source of Life, Adult's Chewable
Every Other Day	4 oz of fresh veggie juice	Juice make with the juicer. 8 – 10 Carrots, ½ Cucumber, 1 celery stalk, 1 piece of fresh garlic (about the size of the tip of your thumb)

The vitamins are simple. No explanation needed.

The Super Food shake: I make 4 at a time. What I usually do is juice 3 or 4 apples and/or 1 or 2 oranges in the juicer. My goal is to get 24 oz of liquid fruit juice. I put that in the blender, if it's short I simply add water. I use a natural sweetener called stevia (6 to 8 drops) to help with the taste of the shake. Then I add ½ cup of the Super Food powder, a banana, (optional: a few strawberries or any other fruit that you can toss in the blender). Blend until it's mixed well. Then I pour the juice shake into 4 bottles that I have. I use empty coffee bottles that I got from a store because they have wide mouths and do wash well in the dishwasher. After I'm finished with the bottles I refrigerate them and give Diane 1 per day.

The vegetable juice: After I make the juice for the Super Food shakes I take the veggies in this order and press them through the juicer. Garlic, cucumber, celery and carrots. It will usually make about 16 ounces. I usually drink ½ and Diane drinks ½. I also bottle the juice and refrigerate it.

Wheat Grass: I purchase it in the frozen state. When I get it home I take it out of the package, cut the cubes into parts (separate the cubes) then when I'm ready to give one to Diane, I simply drop a cube in a cup of hot water and let her drink it down as soon as it is melted. It should be drunk immediately or it loses its value.

Please remember this is fresh fruits and vegetable juice and it will only be good in the refrigerator for a few days, a week max.

I believe that Diane's healing came as a result of her getting nourishment that our bodies need. My guess is that we normally get a fraction of the vitamins and minerals that we were designed to get. The plan that I have put Diane on hopefully gives her all that we need to stay healthy.

SOURCES:

Super Food: Dr. Shultz at www.HerbDoc.com. I am on the auto monthly shipping supply for the Super Food.

Vitamins: Local health food store. Whole Foods in my area. Nature's Plus – Source of Life Adult Chewable

Flax Oil: Local health food store. Whole Foods in my area. www.ColdPressOil.net

Wheat Grass: Local health food store. Whole Foods in my area. www.EverGreenJuices.com

Fruits and vegetables: Local grocer. There may be some benefits to growing them yourself or purchasing organic, I do not.

Photos of the Products

Super Food Plus



Stevia



Wheatgrass



Flaxseed Oil



Natures Plus Adults Chewable Vitamin

