

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

