

Illness & Injury Guidelines

Any Illness

- ▶ Stop eating any generally unhealthy foods – sugars, complex carbohydrates without fiber, processed foods, etc.
- ▶ Stop eating any foods that are, or might be, specifically contributing to the particular illness.
- ▶ Stop consuming dairy products.
- ▶ Eat a variety of nutritionally dense foods such as greens, cruciferous vegetables, and berries.
- ▶ Engage in daily intermittent fasting, such as eating only in a 12-hour window. While fasting, drink tea, especially green tea. Take resveratrol during the fasting period, if possible.
- ▶ Get extra rest and sleep.
- ▶ Do breathing exercises to increase oxygen.
- ▶ Take Universal Treatments (Treatment Guide).
- ▶ Take treatments for the specific illness (Treatment Guide).
- ▶ Take treatments for any side effects of the illness (Treatment Guide).
- ▶ Determine and address the primary contributing factors to the illness:
 - impaired digestion
 - food allergies
 - infection
 - chronic
 - sudden onset
 - toxins
 - thick blood
 - emotional/spiritual issues
 - exhausted systems
 - immune system
 - detoxification system
 - hormonal system
 - adrenal system
 - etc.
 - other

Moderate Acute Illness

(or feeling of oncoming illness):

- ▶ Stop eating whole food immediately so the body can concentrate its resources on healing instead of digesting.
- ▶ Consider a fast with or without some kind of internal detox/cleanse.

Chronic/Degenerative Illness:

- ▶ Take detox/cleansing treatments during the daily fasting periods.
- ▶ For meals, nourish the body with only healthy foods and general nutrition supplements while avoiding chemicals of any kind, as much as possible.
- ▶ Plan an extended fast with a whole body detox/cleanse.

Injury

- ▶ **Stop eating any generally unhealthy foods – sugars, complex carbohydrates without fiber, processed foods, etc.**
- ▶ **Eat a variety of nutritionally dense foods such as greens, cruciferous vegetables, and berries.**
- ▶ **Engage in daily intermittent fasting, such as eating only in a 12-hour window. While fasting, drink tea, especially green tea. Take resveratrol during the fasting period, if possible.**
- ▶ Take Universal Treatments, such as for inflammation (Treatment Guide).
- ▶ Take treatments for the specific injury (Treatment Guide).
- ▶ Take treatments for any side effects of the injury (Treatment Guide).
- ▶ Get extra rest and sleep.
- ▶ Fast intermittently every day.
- ▶ Plan a fast that lasts a period commensurate with the seriousness of the injury. Include an internal detox/cleanse if it seems appropriate.