

bodygarage



THE MINERALS, MIGRAINE,
SINUSITIS & DIGESTION
SOLUTION BOOK

JORY ANICK

bodygarage

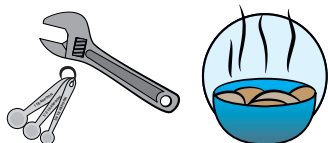
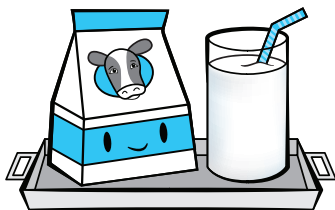
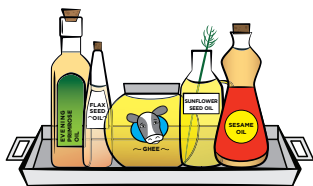
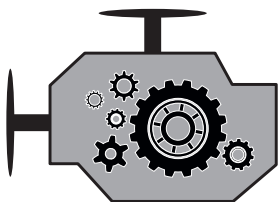
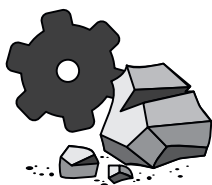


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INTRODUCTION

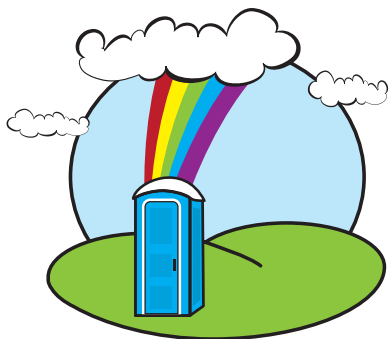
In 2009 my lifelong migraines became so regular and so pronounced that it began to affect my sight and hearing. When a cat-scan showed no physical problem and my neurologist had no real solution, I made it a full-time job to see what could be done.



Through the experience I was introduced to different cultures, different food, and different ideas about what health is. I read many books, some ordered from overseas, others out-of-print, and from a wide range of authors with different specialties. In them I found a *correspondence of principles* that offered a new perspective, one that I made practical in my everyday life.



These years of regular experimentation and observation have given me a new opportunity. I am free of those debilitating migraines, and have also learned how to address my lifelong stomach, chest and sinus problems. My body has never felt so right.



This book is a practical experimentation tool based on *principles* of modern toxicology, *principles* of Ayurvedic science, and *a few ideas* from Chinese medicine.

Part guide, part recipe book, part software and part detoxification program, I hope that every reader can find something useful in it.

Jory
Summer 2013

How to begin:

If you have migraine headaches
and want to see if they can be cured

Move to page 24

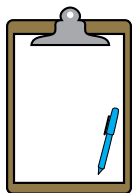
If you want to learn how
to improve your well-being

Keep reading

EATING, DRINKING & HEALTH

Be Your Own Mechanic

The first step to improved health comes from being a conscientious mechanic. To be your own mechanic is to make real decisions that will affect your well-being. To do this effectively you need to accumulate as much information as possible to make **good decisions**. Eating and drinking need to be under your control and **good habits** need to be part of your every day.



Mechanics use a *scientific model*, so **taking notes and examining them is the way to make educated decisions**. **You gain knowledge when you learn what doesn't work for you**, and as your own mechanic you are on your feet to make best use of this knowledge. Constructive changes made over time, and with calculation, should lead you to an improved sense of health and well-being. Appendix A of this book is a note-taking page designed to put some order to your history. **Make your notes clear.**

The key points presented in *bodygarage* are:



Heavy Metals Toxicity is common and contributes to migraine headaches and **diseases**. It is possible to **detect toxicity and clean the blood and organs** to improve long-term health.



Minerals are essential to the human body and the modern **diet is deficient**. Deficiencies cause headaches and disease, and this problem **can be fixed**.



Oil, quality and quantities affect many aspects of well-being. **Understanding oils** and controlling their consumption **is educated eating**.



Enzymes and bacteria are crucial to food digestion and deficiencies cause disease. **The digestive system can be easily enriched** with them.



Food and its nutritional content greatly affect the human body. Without the necessity of modern technology it is possible to **nourish yourself and improve your well-being**.



Headaches can be caused by heavy metals blood toxicity, mineral deficiencies and cranial blood fats blockages.

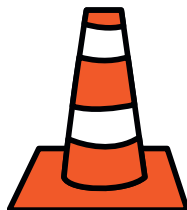


Bad fats are removed by putting good fats in.



Prevention is better than the need of a cure.

A perfect mechanic maintains their health by keeping a close watch on the food it eats, the liquids it drinks, and the environment it exposes itself to.



EATING, DRINKING & HEALTH

Scientific Eating



Scientific eating is a method of **perfecting how you feel by controlling what and when you eat or drink**. Food choices are made on the basis of how you know you will feel after eating.



What you eat should agree with you, and should nourish you. Real food needs are determined by overall physical well-being, regularity, and the absence of headache or physical tension. These real needs are easily met by introducing nutritiously **wholesome elements into your diet**. The components are:



Iron, Fiber & Protein

Legumes, bread, milk, spices, fruits & vegetables

Vitamins & Minerals

Legumes, milk, spices, fruits & vegetables

Fats

Ghee (clarified cow butter), sesame seed oil



Iron, Fiber & Protein are cleanly obtained from **legumes**, and there are many varieties.



Mung Beans, typically from Vietnam, India, Pakistan and Indonesia are easily digestible and are rich in protein, fiber and iron. Mung beans are an Ayurvedic tool used to **fortify the liver**.



Lentils and Split Peas are rich in protein, fiber, **iron** & minerals.



Nuts and Seeds are very rich in protein, fiber and iron. Their mineral content places them at the **very top of nutrition**.

Vitamins & Minerals are in abundance if you know where they can be obtained.



Spices contain vast amounts of nutrition and are considered powerful tools in Ayurvedic cooking. These spices include **peppercorn varieties, cumin, ginger, coriander, hing (asafoetida), fenugreek, fennel seed and mustard seed**.



Mushrooms are nutritional and digestive powerhouses. **Shitake, reishi, and maitake varieties** offer many immune system benefits and are also blood purifiers.

Fats are very simple to manage if you know what types are best for you.



Ghee (clarified cow butter) is purest and best for everything. It adds a nice taste to food and is truly sublime.



Sesame Seed Oil provides inspiration to any dish and **contains enough vitamin content to be considered medicinal**.

EATING, DRINKING & HEALTH

Distilled Water

We were meant to drink water that falls from the sky. Our lakes, rivers, oceans and seas have become terribly polluted and our modern water systems are mostly dependent on a chemical cleansing. This cleansed water goes through a piping system of several ages, and then into our homes. By the time the water arrives in our drinking cup, it contains varying amounts of **invisible dissolved solids**.



Our bodies sponge up these solids, and our kidneys later purge them as **kidney stones**.



home water distiller

The solution is to **mimic the process of clouds** that cleanse our atmospheric humidity, delivering rain.

The process of heating water into floatable vapor and then cooling the vapor back into water is called distillation.

This process cleanses water of its bacterial properties, removes dissolved solids (where boiling does not), and produces the same quality liquids we get from the clouds.

Distilled water is used in the pharmaceutical industry for its purity and stability.

Distillers designed for home use vary in price, starting at around \$150 for a basic model that produces two liters in three hours.



three months
of tap water solids
removed by a distiller

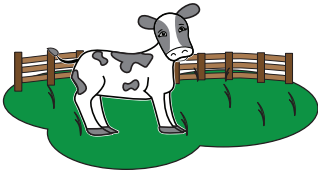


**EVERY HOME
SHOULD HAVE A
WATER DISTILLER.**



EATING, DRINKING & HEALTH

Milk the near-Perfect Food



From Wikipedia, the free encyclopedia

(Milk) provides the **primary source of nutrition for young mammals** before they are able to digest other types of food.

Milk is a critical source of protein, Vitamin D, Vitamin B2, Vitamin B12, calcium, and phosphorus, all essential nutrients for growth. Because it is so well balanced, milk is a natural meal replacement for times when a proper meal is not possible or not advised.



Milk and fruit enrich the digestive system with good fats and enzymes, usable for digestion of other foods.



Just one cup offers:

Nutrition Facts	
Serving Size 244g	
Amount Per Serving	
Calories 146	Calories from Fat 71
% Daily Value	
Fat 8g	12%
Saturated Fat 5g	23%
Trans Fat 0g	
Cholesterol 24mg	8%
Sodium 98mg	4%
Carbohydrate 13g	4%
Dietary Fiber 0g	0%
Sugars 13g	
Protein 8g	
Vitamin A	5%
Vitamin C	0%
Iron	0%
Calcium	28%
*Percent daily values are based on a 2,000 calorie diet. Your values may be higher or lower depending on your calorie needs.	
NutritionData.com	

Minerals		
		% DV
Iron	0.1mg	0%
Phosphorus	222mg	10%
Calcium	276mg	28%
Potassium	349mg	10%
Zinc	1.0mg	7%
Magnesium	24.4mg	22%
Selenium	9.0mg	13%

Vitamins		
		% DV
Vitamin A	249 IU	5%
Vitamin B1	0.1 mg	7%
Vitamin B2	0.4 mg	26%
Vitamin B3	0.3 mg	1%
Vitamin B5	0.9 mg	9%
Vitamin B6	0.1 mg	4%
Vitamin B9	12.2 mcg	3%
Vitamin B12	1.1 mcg	18%
Vitamin D	97.6 IU	24%
Vitamin E	0.1 mg	1%
Vitamin K	0.5 mg	1%
Choline	34.9 mg	n/a
Betaine	1.5 mg	n/a

EATING, DRINKING & HEALTH

Minerals Exposed



“An **essential nutrient** is one that must be obtained from the diet because the human body cannot make it in sufficient quantity, or at all, to meet its needs for normal human metabolism and reproduction: most commonly some amino acids, fats, vitamins and minerals.” – *The Mineral Depletion of Foods*

Minerals are the **hidden necessity behind all human action**. When certain bodily resources are called upon, the energy behind the actions are sourced from existing blood stores of one or more minerals. Because **mineral deficiencies compromise health**, and because immune system reactions may deplete minerals quicker than normal, we should be sure to meet our needs through a mineral-rich diet and through daily supplementation.



Animals manage mineral deficiencies by seeking out specific plants. Using taste and sight, over time they learn what plants they need and when they need them. A company now offers a product based on this *principle* in a pre-mixed liquid format. Testing for mineral needs is simple – sample a small amount of liquid in your mouth and if it tastes sweet, it's needed. Based on each mineral test, a glass of juice is supplemented with pure liquid minerals. **Headaches due to mineral deficiency disappear within an hour after supplementing.**

Mineral & RDA		Affected Systems / Purpose	Ideal Sources
1	Potassium 4.7g daily	Skeletal, cardiovascular, neurological, renal, digestion, healthy cell function	Potatoes, spinach, coriander, basil, turmeric, mushrooms, oranges, bananas
2	Zinc 8mg daily	Immunity, reproduction, development, prostrate, major enzyme co-factor	Peanuts, garlic, sesame seed, mushrooms, cardamom, basil
3	Magnesium 420mg daily	Metabolism, muscular, cardiovascular, nerves, major enzyme co-factor	Peanuts, spinach, potatoes, basil, fennel seed, cumin seed, sesame seed, cocoa, brazil nuts, cashew nuts, almonds
4	Copper 2mg daily	Connective tissue maintenance, skeletal, immunity, red blood cell production, essential for iron absorption, skin + hair pigment	Shitake mushrooms, cocoa, sesame seed, peanuts, cashew nuts, sunflower seed, potatoes, mushrooms
5	Chromium 35mcg daily	Enzyme co-factor, metabolism of glucose and fats	Peppercorns, yeast, basil, fenugreek, clove, coriander
6	Manganese 2.3mg daily	Metabolism, skeletal, healing, collagen formation	Instant tea, clove, cinnamon, cardamom, ginger, peanuts, garlic, spinach, hazelnuts
7	Molybdenum 45mcg daily	Essential for copper absorption and production of uric acid	Sunflower seed, wheat flour, grains, lentils, green beans, basil, sesame seed
8	Selenium 55mcg daily	Enzyme co-factor, thyroid hormone production, skin, hair & nail development	Brazil nuts, mustard seed, shitake mushrooms, ginger, coriander seed, peanuts, pinto beans, garlic, asparagus
9	Iodine 150mcg daily	Thyroid hormone production, energy metabolism	Seaweed, coconut

EATING, DRINKING & HEALTH

Minerals Exposed II

"Micro-nutrients and trace elements are required in 'minute' amounts – such as some vitamins, and minerals eg selenium (up to 200mcg/d) rather than in larger quantities, like the essential mineral calcium (up to 1.5 grams/day), whereas selenium in larger quantities becomes toxic. Some 90 or so minerals in the soil are essential."

–The Mineral Depletion of Foods



Mineral & RDA		Affected Systems / Purpose	Ideal Sources
A	Iron 8mg daily	Oxygen delivery in blood	Potatoes, spinach, tomatoes, soup from lentils, beans or split peas, cumin seed, turmeric, basil, molasses, figs, dates, raisins
B	Phosphorus 700mg daily	Metabolism, energy production, bone and tooth development	Parmesan cheese, mushrooms, garlic, broccoli, peanuts, lentils, sesame seed, cumin seed, basil
C	Calcium 1g daily	Bone development, muscle function, blood coagulation	Parmesan cheese, milk powder, milk, molasses, almonds
D	Calcium Oxide (Lime) 17mcg daily	Bone development, muscle function	Soup from beans and peas, whole grain cereals, bread, lettuce, cabbage, oranges

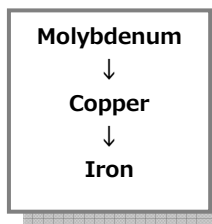


Non-menopausal women suffer a monthly mineral deficiency.

Chocolate is really the answer, **as it contains a fair amount of magnesium and copper**, providing operation to metabolism, muscle systems, cardiovascular systems, **your nerves**, and greatly contributes to breaking down food. No little wonder.



Iron Deficiency and the connection to Copper and Molybdenum



Iron deficiencies are quite common, and supplements are taken in increasing dosages as absorption becomes weaker.

For many people, the missing link in their treatment is that **iron absorption is partially dependent on copper, and copper absorption is partially dependent on molybdenum. Deficiencies of either copper or molybdenum will reduce the amount of absorbable iron.**

The easiest way to manage this is to use Liquid Minerals testing and supplementation to stabilize any deficiencies. For a food source of copper, molybdenum and iron, eat **cashews, sesame seed and lentils.**



Mineral supplementation can make pre-menstrual cycles much more tolerable.



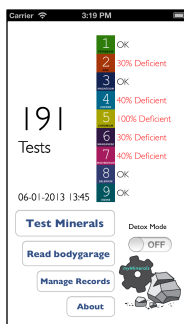
Ideal mineral levels can be seen in the rapid growth of nails and hair.

This accelerated regenerative capability may also affect the immune system.

EATING, DRINKING & HEALTH

myMinerals Software

myMinerals was **designed to put some order into your use of BodyBio Liquid Minerals**. When you test your mineral levels with the BodyBio Mineral Test Kit (MTK), **enter your values into *myMinerals***. A custom recipe will follow for supplementing with Liquid Minerals, prepare a glass of Vitamin-C-rich juice and follow the recipe. The summary screen and scrolling graphs will show you what minerals your body has most of, and where your deficiencies are.

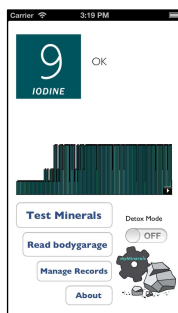


Summary Screen

Here you can see:

- Total number of tests
- Date and time of last test
- Mineral deficiency status

Enable "**Detox Mode**"
For detoxification or deficiency management calculations.

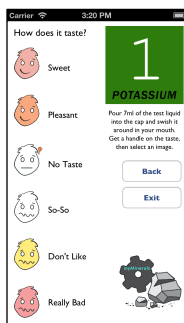


Mineral Graphs

Here you can see **past results**.
The graph changes minerals every few seconds.

Tap the graph to pause or resume scrolling.

Swipe left or right to switch screens



Mineral Testing

Start with mineral #1.
Pour 7ml of the test liquid into the cap, swirl the liquid around in your mouth, and **get a handle on the taste**.

Select a picture closest to the taste.

Swallow or spit the liquid out.
Repeat for each mineral.



Custom Recipe

Your **custom Liquid Minerals recipe** is shown when all 9 mineral tests are complete.

For each mineral, add the **number of drops** to a glass of Vitamin-C-rich juice and drink all of it.



Manage Data

Data is saved directly on the device.
If you ever decide to start fresh, click the '**Delete all data**' button.

Background Notifications

When **Detox Mode** is set, *myMinerals* **will remind you** to test your minerals every three hours.

Keep *myMinerals* closed to maintain the reminder time.



myMinerals is available at no charge in the App Store. Designed for iPod Touch, iPhone and iPad.

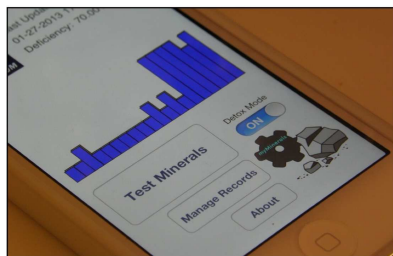
EATING, DRINKING & HEALTH

Life with *myMinerals*



In the most ideal setting we would obtain all of our mineral needs from food. This can be difficult to achieve, given the type of diet we have and the lifestyle we keep. It is in **mineral deficiency treatment or a heavy metals blood detoxification program** that the Liquid Minerals product and *myMinerals* software become very useful tools.

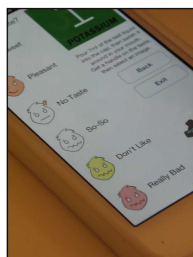
When a mineral tastes sweet, your body wants more of that mineral. When a mineral tastes bad (similar to hard water / bad tap water) or like nothing at all, your body has enough of that mineral. Mineral levels change daily, but real deficiencies remain.



Each time you **taste test** a mineral you'll **create a history record** in the software.

A pattern will emerge for each mineral, perhaps a few peaks among valleys.

Soon you'll have an empty bottle of a particular liquid mineral – **the first knowing of your greatest deficiency.**

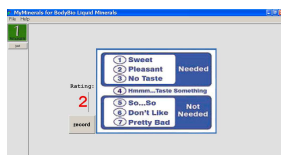
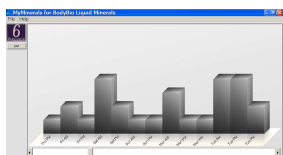


Time will pass, and you may start to observe how **certain foods affect your mineral tests** – **food values made visible.**

More empty bottles will collect, and by that time you'll have **stored enough data to know your body on an entirely new level.**

For example, **you could learn** that your body, in its present diet and lifestyle, needs very little magnesium. You could also learn that your need for potassium and molybdenum are very high and that you are almost always deficient. **These particular facts would allow you to personalize your diet and daily supplementation with confidence**, in this example case: a safely moderate dose of potassium and molybdenum with no magnesium at all. Note: **Dietary and lifestyle changes will change your needs.**

When used for **mineral deficiency treatment** or with a **heavy metals blood detoxification program (where mineral levels are changing at a rapid pace)**, *myMinerals* should have its **Detox Mode** switch set to **ON**. The Detox mode setting increases the quantity of minerals in each recipe to attempt to replenish blood stores quicker than they are used. In this mode, ***myMinerals* will remind you to test and supplement your minerals every three hours.**



myMinerals is also available for 32-Bit Windows™ operating systems.

EATING, DRINKING & HEALTH

Life and Minerals



The human body is a very low voltage electric machine.

To operate, it uses minerals throughout the day and this can be confirmed with use of the Liquid Minerals Test Kit (MTK).



VEGETABLES



RAISINS



PEANUTS



BEANS



LENTILS



SPLIT PEAS



SPICES



MILK

The same minerals that tasted bad can taste sweet just hours later, it's remarkable that our tongues are such effective feedback devices.

With time and care you can learn your "electrics" and how to manage them.

Food energy translates into usable power almost instantly, and **knowing what to eat and when to eat it will come with time and experience.**

In the meantime, there are a few tips:

Activities that affect mineral usage:

Activity	Minerals	Depletion Level
Sex	Calcium, phosphorus, potassium, zinc, magnesium, copper	High
<i>Oral Chelation with Cilantro at approx. 4g/day</i>	Various	High
Sunburn	Potassium	High
Heat Exhaustion	Potassium	High
Physical Exercise	Potassium, zinc, magnesium	Moderate
Focused Thinking	Selenium, copper	Moderate
Not eating / 1 day	Various	Moderate

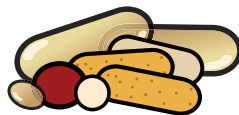
Combined activities compound the depletion rate. Rapid depletion of minerals can result in symptoms similar to a headache, and is best remedied with food and/or Liquid minerals.

EATING, DRINKING & HEALTH

Daily Supplements



Food contains less vitamins and minerals than that of fifty years ago, and the **modern diet is insufficient**.



A well-tuned daily supplement program will keep these blood stores topped-up, and pre-made packets will simplify the ritual of taking them every day.

<i>Essential elements</i>	<i>Suggested</i>	<i>Primary Use</i>
Iron	8mg	Oxygen transport in blood
Phosphorus	700mg	Essential for metabolism + energy
Calcium	1000mg	Bone + tooth formation
Potassium	4.7g	Healthy cell function
Zinc	8mg	Immune system + development
Magnesium	420mg	Nervous + cardiovascular systems
Copper	2mg	Essential for iron metabolism
Chromium	500mcg	Fats and sugar metabolism
Manganese	2.3mg	Metabolism + repair
Molybdenum	45mcg	Enzyme creation
Selenium	55mcg	Enzyme control, thyroid
Iodine	150mcg	Essential for thyroid hormones
Boron	3mg	Hormone production
Vitamin A	2500 IU	Eyesight, skin, bones
Vitamin B1, B2, B3, B6	200mg each	Energy production, vitality
Vitamin B5 (Pantothenic Acid)	20mg	Immune system
Vitamin B7 (Biotin)	2mg	Energy production
Vitamin B9 (Folic Acid)	4mg	Amino acid assimilation
Vitamin B12	200mcg	Essential for blood production
Vitamin C	2000mg	Repair, adrenal + thyroid
Vitamin D	2000 IU	Bone formation + maintenance
Vitamin E	400 IU	Anti-oxidant
Vitamin K	80mcg	Blood clotting, liver function
Oil base of omega-3/6/9 (tested for toxicity)	1000-4000-500mg	Development + cognition
Evening primrose oil	1000mg (75mg GLA)	Development + cognition
CoEnzyme Q10	60mg	Energy production
Ginkgo Biloba	60mg	Development + cognition
Garlic (high-allicin)	1800mg	Immune system

The Importance of B-Vitamins

Just as there are blood stores of minerals to maintain, there are also Vitamin stores to fill. In particular, **the B-Vitamin group is responsible for energy production through its relationships with iron, molybdenum and copper**. All of these combined elements work together to insert oxygen into blood cells, and deficiencies result in **lethargy, tiredness or difficulty in concentration**. This lack of oxygen affects the entire organism.

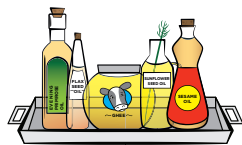
Boosting of B-Vitamins is easily done with a **B-50 Complex every three hours** (maximum 5x B-50's/day.) Urine color is a good indicator of B-Vitamin stores, and when it runs clear (compared to a light yellow tint), no excess B-Vitamins are being unloaded.

EATING, DRINKING & HEALTH

Oil and Oil Changes



Among the building blocks of human health are oils.



Among other uses, oils are used to regulate developmental systems. Modern research has shown that **cognitive functions are dependent on oil types, oil quality, oil quantity and oil ratios.**

Oils in the **modern diet** are mostly sourced from fried foods, fast foods and **junk foods**. The questionable ones are margarine and mayonnaise. These “oils” are heavily refined and are often **hydrogenated to make them easily packaged and shipped**. These **hydrogenates harden quickly**, and when introduced into the body, **blockages and distortions form with more ease**.

This type of industrialization of our food has led us to common health problems, filling hospitals with young people. Just one generation ago this was unheard of.

As your own mechanic you should **keep close attention to what oils you are putting in the system, and in what quantities**. Without getting complicated, oil requirements can be condensed into a combination of four separate types called **omega-3, 6, GLA and 9**.

Ω3, omega-3: Often sourced from fish, but open water mercury content has made it questionable. Cold-pressed **flax seed oil** is recommended for omega-3 as it is natural, stable, and mineral rich.

Ω6, omega-6: Often sourced from sunflower, grapeseed, and safflower seed. Cold-pressed **sunflower seed oil** is recommended here.

GLA, gamma-Linolenic acid: A particular omega-6 fatty acid sourced in small amounts from vegetable cooking oils. A higher concentration from cold-pressed **evening primrose seed** has a long history of being **helpful in immune and tissue disease**.

Ω9, omega-9: Often sourced from olive oil, but in trace amounts. Cold-pressed **grape seed oil** offers the most ideal solution, as it is natural and stable.

Oil attracts oil. The best way to get bad fats out is to put good fats in. The easiest way to prove this is to swish around one tablespoon of sesame oil in your mouth for a while and see how it removes oil-based teeth stains. The same *principle* works in your bloodstream when oil is supplemented.



For the purpose of this writing, **only the following liquid oils are suggested:**

1. **Ghee** (clarified cow butter), supplying an un-hydrogenated omega-3 and omega-6 source **for cooking and tissue repair** recipes.

2. **Sesame Seed oil**, supplying an un-hydrogenated omega-6 source **for cooking and tissue repair** recipes.



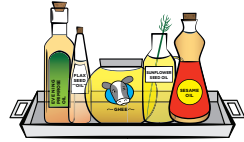
3. **Four parts Sunflower oil (omega-6) to one part Flax seed oil (omega-3)** for oral supplementation. Research has shown that **this ratio discovery is a major step forward in cognitive therapy**. See next page and recipes section for more information.

4. **Evening Primrose oil** for supplementation of gamma-Linolenic acid.

EATING, DRINKING & HEALTH

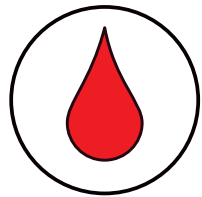
Oil and Cognition

Most oils in our food chain are high in omega-6 and low in omega-3. This improper ratio is believed by scientists to be among the causes of cognitive impairments, and there is evidence that **adjusting these oil ratios can result in improvable memory, enhanced cognition and adaptive motor skills.**

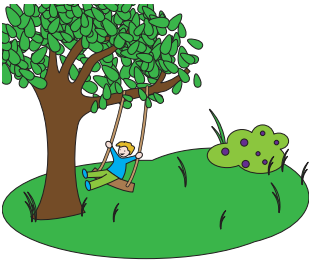


Leading the way in this particular area of human health are scientists at Boston University and Bar Ilan University in Haifa, Israel. From a conclusion of over **90 studies** conducted between 1993 and 2005 they have shown that oral administration of **4 to 1 ratio omega-6 to omega-3 oil is capable of dramatically improving impaired cognitive faculties.**

Modern bloodstreams contain trans-fats, hydrogenates, and irregular fats. It is assumed that these **blood fats are shared during pregnancy**, and that **excessive imbalances may block young developmental systems.** Babies and children that display problems in visual acuity, cognition and comprehension should have a **full blood analysis done by a specialized doctor.**

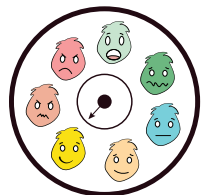


BLOOD



In some cases documented by specialty doctors, daily supplementation of 4 to 1 ratio oil made improvements to patients within just a few days.

Improvements can be determined by positive moods, increased sociability and enhanced sensory and motor skills. Simple cognitive tests can be conducted using games such as *shape fitting, catching a ball, unloading the dishwasher,* or through artistic outputs such as *drawing, painting,* or *playing a musical instrument.*

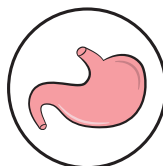


MOOD

EATING, DRINKING & HEALTH

Digestion & Circulation

Everything that goes in must come out. Just like cooking food, the right ingredients, right amount of liquid, right temperature and right amount of time all contribute to perfect results. Your body works just the same, and **digestive health can be measured by the in-out ratio every day**, indicating that everything is moving at a proper pace.



STOMACH



Studies have suggested that **delaying bathroom visits affects well-being** by forcing the body to absorb what it is trying to unload.

Because the digestive system is a machine, you should always watch to not overload it. If the system is processing down below, eating up top will not allow the machine to rest between jobs. **Digestive rest time is very important.**

Deciding not to eat if you are already processing is the way to go if you want to feel better about yourself. Giving up two meals or more a day at least once a week is ideal to **provide much-needed downtime to your body**. You'll greatly appreciate this in practice.



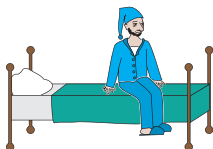
The stomach greatly affects the mind, and vice versa.

When you become stressed your stomach follows by changing its acids, so do not eat – drink plenty of milk to help neutralize it.



The spicemilk* recipe will stimulate the digestive system to purify and regulate itself – making a habit of it **will surely make a difference in how you feel**.

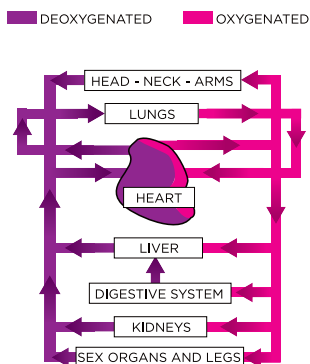
* see recipes section



It's probable that your great grandfather wore a nightcap, **pyjamas and heavy socks to bed every night to keep in the heat**. This heat allows the body to **circulate more efficiently** and can make a big difference on how you feel.

Good circulation improves the movement of oxygen in the blood, and warm extremities provide an efficient way to increase this circulation.

Find a cap and thick socks and give it a try.



EATING, DRINKING & HEALTH

Digestive Maintenance

Enzymes are the acids and alkali found in fruit and mushrooms. By their nature, they **break down other products called substrates**. With maintenance, **enzymes can recycle themselves** for a long time.



STOMACH



Milk products greatly contribute to a healthy digestive system. Alkaline by nature, milk **balances the acidic stomach**.



Fermented milk products (Pro-Biotics) of **yogurt** contain active live bacteria that **enrich the digestive tract**. These bacteria lower digestive acidity and **can combat bad bacteria**.



Fruit products of **papaya and pineapple** provide the digestive enzymes known as Papain and Bromelain. These enzymes live in the digestive system and **break down other foods**.



Mushrooms of the **maitake, shitake and reishi** varieties **also provide digestive enzymes** and are curiously becoming more active in the treatment of blood disorders and cancer.



Ginger, hing and cardamom greatly help digestive regularity. Each has a unique ability to **stimulate, purify and protect the digestive system**.



Coriander and turmeric contain volatile oils that **have positive effects on the digestive lining** and also provide the blood with much needed mineral content.



Peppercorns of various types including long pepper (pippali), black pepper, red pepper, green pepper and white pepper **are tremendous aids to digestion** and provide essential chromium, necessary for the breakdown of fats in the blood.



Mastic gum is an alkaline superpower in the form of a Mediterranean tree resin. Used for thousands of years for stomach ailments, its foaming action brings fast relief.



Chyawanprash is an ancient formula of fruit, honey & spices. One tablespoon twice daily offers a **rich source of vitamin C, minerals, enzymes and oils**. This mixture is often referred to as "the elixir of life" in its native India. It is highly recommended for the stomach, blood and nerves.

EATING, DRINKING & HEALTH

Night-time & Sleep

The body in its natural state maintains a **rhythm**.

Un-challenged by stimulants, drugs, alcohol and excessive light, it **regulates itself** according to its needs over time.



In our technological world there is **an increasing amount of light projected from the devices we use at night, keeping us awake**. To get good sleep, some time away from the screen is necessary before bed, and one good way is to relax with a hot bedtime drink.

Malted barley is long enjoyed in the form of Horlicks or Ovaltine. Added to a cup of hot milk, it produces a **very relaxing effect**, easily felt after a long day. They will really help you settle down to a good night's rest.

General tips for the early evening:



Tired eyes work better in less light, dim any screens to a low comfortable setting.



Reduce stimulation past a certain hour. This includes music, games and food.

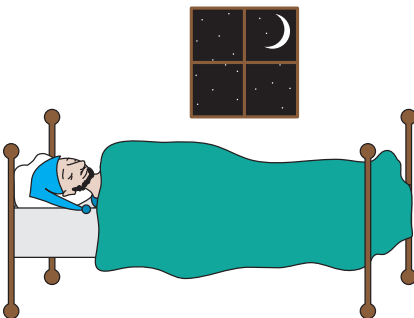
If you have trouble falling asleep, try this **bedtime checklist**.



1. **Screens off:** All devices turned off. No stimulation.

2. **Hot Malted Milk:** Shower or bathe if you feel like it.

3. **Reading time in bed with a real book (no projected light!):** Something un-stimulating.



BODY & TISSUES

Sinus Health - Neti



The “Neti-Pot” is an Ayurvedic invention that allows you to clean your sinuses with ease. This **water pitcher of sorts** is filled with warm sterile water and *pure* non-iodized salt and is then held up to a nostril. Tilting your head to a side and rising the neti-pot allows gravity to pull the water through your sinus cavity as you breathe through your mouth. Water travels from one nostril to the other, cleaning out impurities. Each use **leaves your nose increasingly clean**. Here are recipes.

Basic Neti-Pot recipe

- ¼ tsp sodium bicarbonate (baking soda, cow brand, etc)
- 1 cup of pure warm distilled water (not tap water)
- ¼ tsp kosher salt (non-iodized)

Gently but thoroughly blow your nose after use. **Clean and dry the neti-pot**, and keep it away from soaps and detergents. **Wash with water only**. Use a special container for keeping your neti salt and avoid sharing it for cooking.

For **sinus issues from colds** the neti-pot recipe can be improved with turmeric.

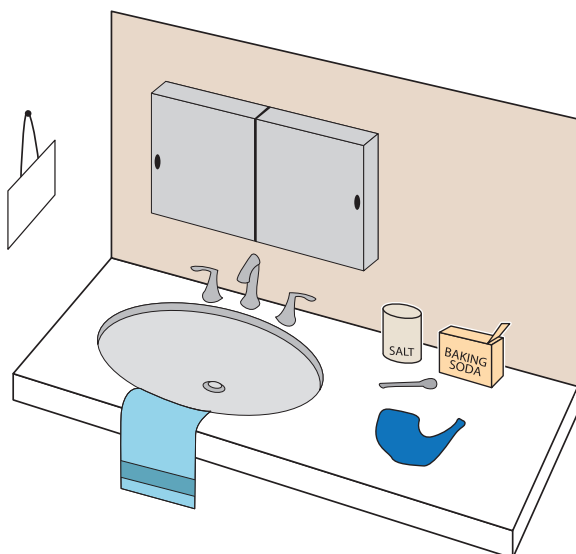
Upgraded Neti-Pot recipe

- ¼ tsp sodium bicarbonate (baking soda, cow brand, etc)
- 1 cup pure warm distilled water (not tap water)
- ¼ tsp ground or whole sliced turmeric
- ¼ tsp kosher salt (non iodized)

1. In a small saucepan, boil ½ cup water with salt and turmeric for 1 minute.
2. A mass of turmeric should settle on the bottom of the saucepan – slowly pour the top water (not the mass) into a container containing the other ½ cup of water.
3. The water in the glass should be warm, otherwise cool for 2 minutes in the fridge.
4. Pour the solution into the neti-pot.



Your sinus health is **another good reason to have a water distiller** in your home.

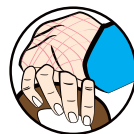


BODY & TISSUES

Sinus Health - Nasya

"Nasya", an Ayurvedic term, means 'what relates to the nose'.

Nasya formulations are medicated oils used for nasal tissue repair.



TISSUES



Recipes are directly administered to the nose and sinuses by lying down with the use of a cushion, and tilting the head far back. **Using an eyedropper, 15-20 drops of medicated oil is placed in each nostril**, and five to ten minutes should be set aside to allow gravity to move the oil deeper into the sinus cavity.

bodygarage Lubrication Nasya recipe
1 tsp sesame oil 2 tbsp ghee
In a small saucepan, warm the ghee and sesame oil on low heat until the two form one consistent liquid. Remove from heat and pour liquid into a clean eyedropper bottle.
Leftovers can be kept at room temperature for a week or two. When you return to the bottle the next time, the oil inside will have hardened, so place it under running hot water just to the point that it has returned to liquid, then shake well.

Calamus root (*calamus acorus*) is renowned in Ayurvedic medicine for its astringent action on mucus membranes. When administered as a Nasya recipe, it **can reduce or remove certain strains of sinus fungus and their polyps**.

bodygarage Chronic Sinusitis Nasya recipe
4 tbsp dry calamus root (<i>calamus acorus</i>) 3 tbsp ghee (clarified cow butter) 1 tsp ground turmeric ¼ cup distilled water 1 tsp sesame oil
Grind the calamus root to a fine powder and soak it overnight in ¼ cup distilled water.
In a small saucepan, warm the ghee, sesame oil, turmeric and soaked ground calamus root (with all the water) on low heat for approximately an hour. Strain into a wide container and place in fridge. Once it has hardened, break up the solid pieces and return them to a clean saucepan on low heat. The water can be discarded. Warm the pieces until they return to liquid, then strain liquid into a clean eyedropper bottle.



When administering, **any oil that feeds back into the mouth should be spit out** and not swallowed, keep a bowl within reach for this purpose.

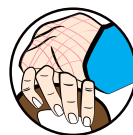
When standing up just after an application, do not blow your nose – “sniffle” on the oil as **though you had a cold – this is very effective at relieving pain as the active ingredients are brought to the top of the fungus and polyps**.

This recipe should be administered every 4 hours for a full 10 days to ensure its effectiveness. The **funguses will continually flare-up until they are effectively treated**, so you must persist in regular application - preferably before you feel a flare-up. After the removal of polyps it is still possible that the fungus will later return, perhaps due to a food or environmental problem or allergy. Research on this topic continues.

BODY & TISSUES

Tissue Maintenance

Human skin is a highly adaptable sponge. Like other bodily systems, the **tissues can be stimulated to drain and renew themselves.**



TISSUES

Metabolism of purine rich foods (fermented food and meats of all kinds) creates uric acid that can build up into the blood when constipated. These buildups settle into cartilage and human skin, causing the symptoms of **arthritis** at minimum, and **rheumatism** or **gout** at the worst. **Regular use of sesame seed oil mixed with neem seed oil**, applied directly to inflamed areas and areas of cartilage obstruction, preferably with the help of a heating pad, **will cause the uric acid and uric acid tophi (crystals) to break down** and be removed from the tissues.

To avoid uric acid toxemia, **keep regular by eating the recipes in this book** and by **responding to bodily prompts for bathroom visits immediately.**

Here is a practical and nourishing solution for **general tissue maintenance.**



<i>bodygarage tissue food</i>
10 tbsp <i>pure</i> sesame seed oil 10 tbsp ghee
1. In a small saucepan on very low heat allow the two oils to form as one. 2. Store in a small glass container. 3. Use wherever needed.

Neem seed oil is a very effective antiseptic and antifungal, ideal for treating many external skin ailments.



<i>bodygarage tissue renew</i>
10 tbsp <i>pure</i> sesame seed oil 10 tbsp <i>pure</i> neem seed oil
1. Mix ingredients into a glass bottle. 2. Use wherever needed.

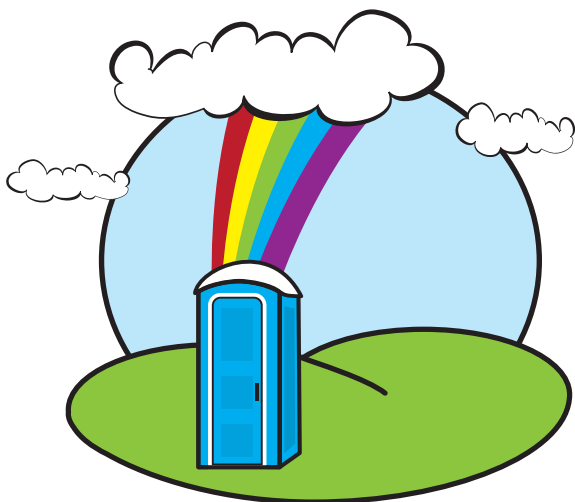
For hand use, the above recipes are best applied at bedtime, covered with a pair of clean cotton gloves. New gloves should be pre-washed in hot water as they may still contain chemicals left-over from the manufacturing process.

Neem-based soap products are also useful for everyday use.



Gums and teeth can also benefit from the antiseptic action of neem. There are several toothpaste brands that contain highly concentrated neem oil, effectively cleaning your mouth with a long-trusted natural anti-bacterial solution.





bodygarage

BLOOD TOXICITY & DETOXIFICATION



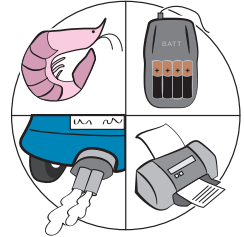
BLOOD TOXICITY & DETOXIFICATION

Heavy Metals Toxicity



Modernization has had a terrible effect on human health. **Heavy metals** are now everywhere, and toxicity has become a common hazard. When blood becomes overly toxic, **reactions can include headache, migraine, visual distortions, and a variety of mental effects are also possible.**

Heavy metals blood toxicity can come from **metal dental amalgams** [upgraded as a class 2 toxic substance by the FDA in 2009], **extended exposure to lead paint or mold**, regular **inhaling of airborne laser printer toner**, regularly inhaling **automobile carbon monoxide, rechargeable battery gases** (recognize the smell of that fast charger?), **smoking**, regular eating/drinking **water or products made with water from badly filtered sources, fish, seafood and sea salt from dirty waters**, mine working, **exposure to metal production** (solders, etc.) and **bad or fake medications**. This list is far from complete.



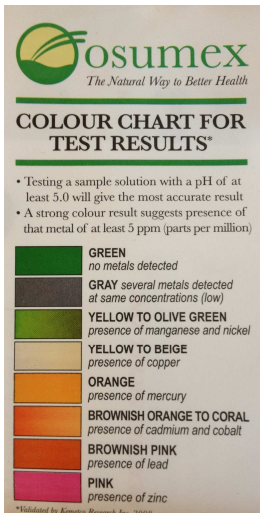
Chelation is a magnetic type process (of positive and negative charges) that **extracts metals and minerals from liquid. This same process is successfully used for the removal of toxic heavy metals in blood**, and nature provides a tasty solution. Using only a few natural ingredients, blood toxicity cases can often be cleared in two to three weeks.



The **test** for heavy metals blood toxicity is an in-home solution and **is not much different from a pregnancy test** - you are either toxic or not toxic. Testing positive provides **an opportunity to re-evaluate existing illnesses.**

Testing for Heavy Metals Toxicity

A **Heavy Metals urine test** is available for purchase online, or perhaps can be obtained at your local pharmacy. The cost varies from \$15-\$25 (see Appendix C for suppliers.)



Follow the instructions exactly and always use a timer.



Avoid taking any pills or supplements other than prescribed medications 24 hours before testing.



For most accurate results, avoid B-Vitamins for at least 48 hours before testing.



Test in the morning, before eating or drinking any liquid, food or medications.



If you test negative for heavy metals toxicity, **test again in six months** to be safe.

BLOOD TOXICITY & DETOXIFICATION

Tune-Up Overview



The Tune-Up program was designed to produce the combined effects of a heavy metals detoxification program along with digestive and blood fats enrichment.



CILANTRO

Heavy Metals Detoxification & Minerals Supplementation

Cilantro is the most effective natural solution to remove heavy metals from the blood stream. It is safe to use while taking other medications, however the minerals that are lost while consuming cilantro must be replaced. The BodyBio Liquid Minerals product is a perfect solution in this case, and day to day deficiencies can be visualized and managed using the free *myMinerals* software.



GARLIC

Blood De-Coagulation / General Blood Cleansing

Garlic is specified for many reasons in the regimens.

Garlic improves blood circulation, assists in the metabolism of fats, carries infection-fighting properties to the bloodstream and also improves digestion. Garlic should be your best friend.



Fats Exchange

The regimens are somewhat like a garage tune-up.

Blood fats and their proper ratios are important to development, memory, cognition and motor skills. The regimens specify **oils at their proper type and ratios to provide a maintenance function** that is ideal for your "oil change".



Fats Detox & Membrane Repair

Phosphatidyl Choline is a wonder drug for this century.

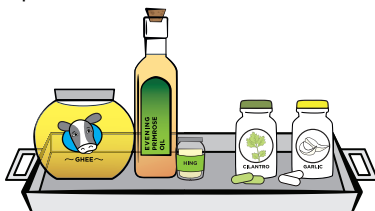
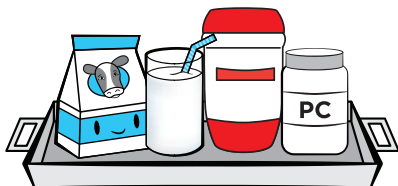
Specialty doctors of arteriosclerosis, fatty acids and toxicology write much of this phospho-lipid that **can unblock blockages and repair tissue distortions**. It appears in the regimens as it has the unique capability of crossing **the blood-brain barrier, where blockages create headache**.

My personal experience is fascinating.



Anti-oxidants

Similar to the way metals work outside, metal and oxygen also produce **rust, or oxide** inside the body. **Biological oxides are called 'free radicals'**, they are like **little mirrors riding around in the blood stream, deflecting electric messages, complicating biological processes and disrupting traffic**. Nature comes to the rescue in the form of clove, dark vegetables, dark leafy greens, dark berries and grain hulls. Anti-oxidants greatly improve toxic substance removal.



BLOOD TOXICITY & DETOXIFICATION

Tune-Up Overview



Read the entire program and all regimens before you begin.

All necessary items should be obtained beforehand.

Once started, follow the program closely until it is finished.

There are 21 regimen days

14 Tune-Up days

7 Maintenance days



Plan to take at least 14 days off to rest while you do the Tune-Up regimen.



Keep your notes in order where you prepare your food.

This includes a pen and:

- **21** printouts of Appendix A (*Daily Record*), one for each day
- **1** printout of Appendix B (*My Case Study*), for day #1 and #22
- A copy of *bodygarage* for reference



Follow your progress closely by keeping daily records using the *Daily Record* form. Review your records every week. When the program is complete you will have a good account of the experience and of any changes in your well-being.



The regimens were designed to be simple.

The included cook-book section provides a mineral-rich diet.

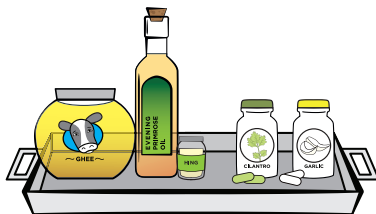
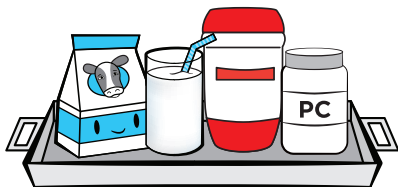
The more you experiment with the recipes, the better.



Avoid alcohol while on the detox regimens.



If you do not feel well, feel weak, or have headaches, test your minerals!



BLOOD TOXICITY & DETOXIFICATION

Tune-Up Overview



Side Effects



The process may not be enjoyable!

A sick body often becomes complacent at being sick. **A shift into a healthier state** means things are moving around, and this **may cause temporary side effects that often appear as headaches, body aches, physical tension, chills, sweating, fever and nausea.**

These effects will last from a few days to a few weeks depending on the amount of heavy metals unloaded from your blood.

It is important to be aware that **these symptoms indicate a positive shift** – you are effectively cleaning the “rust” out of your blood stream.



To minimize these effects:



- **When your body tells you it's bathroom time, do it right away.** If you have a habit of delaying your bathroom visits then this program is not for you. **Accumulated metals must be eliminated as soon as the opportunity comes up.** Stay home during your detox for this very reason.



- **Drink a good amount of distilled water.**

You must keep yourself hydrated. The active ingredients will be at work all day, every day, and regular drinking of **water will increase the rate of distribution and removal of impurities.**

- **Drink milk and fruit juices.**
- **Do minimal daily exercise** to keep up circulation. Stretching helps a lot.
- **Stay regular. Drink spicemilk* every day and use trikatu* in your meals.**
- **Wear a cap and warm socks to bed** to keep the heat in, aiding circulation.

* see recipes section

As soon as you feel a headache arising, drink a full glass of distilled water and then test and supplement your minerals as necessary. **The type of headaches that arise during a detoxification program are not typical and may need extra attention. A bag of frozen corn wrapped in a thin towel and applied directly is effective to manage pain.**

Reasons to stop the process



If you have three consecutive days with a recorded 'General Feeling' rating of less than 3 (10=best), it is recommended to pause the process. You will surely not feel great during your detox but values of less than 3 should be considered very ill. When you return to a more comfortable state the process can be resumed.



If you do not have regular bowel movements within two full days of starting the program, you should discontinue as toxic materials could be re-absorbed.

Beginning the Detox

Record your Heavy Metal test results in a copy of the form in Appendix C. Complete the form, except for the part reserved for day #22.

BLOOD TOXICITY & DETOXIFICATION

Tune-Up Regimens

Main Detox Regimen (14 Days)

- | | |
|------------------|--|
| Waking | <ul style="list-style-type: none">● 1x Multi-Vitamin Packet (see p15 for guidelines)● 1x CoEnzymeQ10 100mg capsule or chewable● 2x Kyolic Garlic 600mg● 2x Cilantro capsule 600mg● 1x cup Milk |
| Breakfast | <ul style="list-style-type: none">● One <i>breakfast main dish</i> recipe from recipes section● Coffee or tea with 1 tsp ground cardamom● 1x cup Milk● 1 tablespoon Chyawanprash● ¼ bottle Bio-K Probiotic |
| Lunch | <ul style="list-style-type: none">● 2x Kyolic Garlic 600mg● 2x Cilantro capsule 600mg● 1x Phosphatidyl Choline 900mg capsule● One <i>soup or main dish</i> and optional <i>side dish</i> from recipes section● Optional Trail mix for dessert● 2x cup Milk● ¼ bottle Bio-K Probiotic● 1 gram Vitamin C chewables |
| Dinner | <ul style="list-style-type: none">● 2x Kyolic Garlic 600mg● 2x Cilantro capsule 600mg● 2x tablespoons <i>bodygarage</i> 4:1 oil (see recipes)● 1500mg Evening Primrose Oil● 60mg Ginkgo Biloba capsule● One <i>soup or main dish</i> and optional <i>side dish</i> from recipes section● Optional Trail mix for dessert● 2x cup Milk● ¼ bottle Bio-K Probiotic |
| Bedtime | <ul style="list-style-type: none">● ¼ bottle Bio-K Probiotic● 1 tablespoon Chyawanprash● 1x cup Milk |

Every 3 Hours:

- Test and supplement your minerals as directed by *myMinerals* software with detox mode set to ON. Keep your device nearby, it will notify you.
 - Supplement your B-Vitamins. A standard B-50 complex is ideal for this purpose.
- Do not exceed five B-50's per day.**

BLOOD TOXICITY & DETOXIFICATION

Tune-Up Regimens

Detox Maintenance Regimen (7 Days)

- | | |
|------------------|---|
| Waking | <ul style="list-style-type: none">● 1x Multi-Vitamin Packet (see p15 for guidelines)● 1x CoEnzymeQ10 100mg capsule or chewable● 2x Kyolic Garlic 600mg● 1x Cilantro capsule 600mg● 1x cup Milk |
| Breakfast | <ul style="list-style-type: none">● One <i>breakfast main dish</i> recipe from recipes section● Coffee or tea with 1 tsp ground cardamom● 1x cup Milk● 1 tablespoon Chyawanprash● ¼ bottle Bio-K Probiotic |
| Lunch | <ul style="list-style-type: none">● One <i>soup or main dish</i> and optional <i>side dish</i> from recipes section● Optional Trail mix for dessert● 2x cup Milk● ¼ bottle Bio-K Probiotic● 1 gram Vitamin C chewables |
| Dinner | <ul style="list-style-type: none">● 2x Tablespoons <i>bodygarage</i> 4:1 oil (see recipes)● 1500mg Evening Primrose Oil● 60mg Ginkgo Biloba capsule● One <i>soup or main dish</i> and optional <i>side dish</i> from recipes section● Optional Trail mix for dessert● 2x cup Milk● ½ bottle Bio-K Probiotic |
| Bedtime | <ul style="list-style-type: none">● 1 tablespoon Chyawanprash● 1x cup Milk |

Every 3 Hours:

● Test and supplement your minerals as directed by *myMinerals* software with detox mode set to ON. Keep your device nearby, it will notify you.

● Supplement your B-Vitamins. A standard B-50 complex is ideal for this purpose.

Do not exceed five B-50's per day.

When this regimen is completed:

- Do a heavy metals test first thing in the morning.
- Record the results in the area for day #22 in Appendix B (*My Case Study*).

If you are not toxic, congratulations!

If you are still toxic, the regimens can be repeated as necessary.



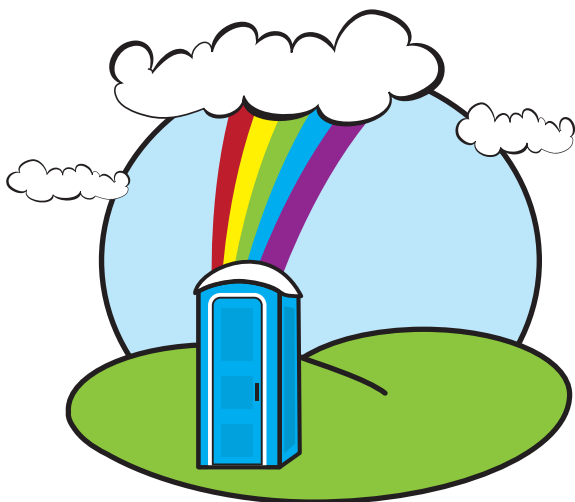
A complete blood test is recommended following the detoxification program.



After the program is complete you may notice increased sensitivities to processed and refined foods. Avoid them to maintain your well-being.

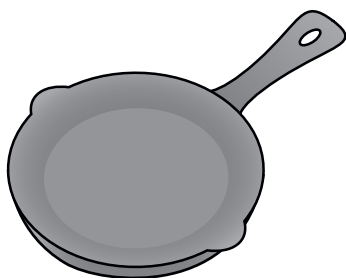


Re-test yourself for heavy metals contamination every six months.



bodygarage

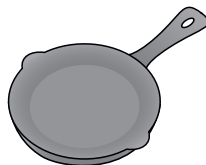
RECIPES



bodygarage Recipes

Foreword to the Recipes

The recipes presented here offer high nutritional values and are ideal for regular maintenance.



Regular stocking up of the ingredients in the **Shopping List Appendix** will provide you with a kitchen full of life, ready for preparing **something wholesome within an hour or so**. Learning how to cook with inspiring tastes make it enjoyable!

NOTE ON THIS FOOD

The diet is **entirely natural and homemade**, there are no canned or refined products and no man-made foods or ingredients suspect of health issues. Experiment with these recipes by using the ingredients in various ways and you should see a number of positive effects on your digestive system.

NOTE ON SOUPS

The *principle* of the soup dishes are to create broths so **naturally rich in iron and minerals** as to be able to conduct electricity. These dishes take time to prepare, and the reward is food that contains **well-extracted nutrition** that directly translates to well-being.

TOOLS

The right tools will simplify your efforts. For this purpose I recommend a mortar and pestle, two medium saucepans, two mixing bowls, a cast iron skillet, a set of measuring spoons and a hand-held strainer. Outfit yourself as your needs require.

CLEANING AND SOAKING GRAINS & LEGUMES

Grains and legumes should be repeatedly washed and drained in cold water until the water runs clean. If soaking overnight, use a large bowl and distilled water. Drain and lightly rinse before cooking.

COOKING GRAINS

Foam (starch) that collects on the surface should be regularly skimmed off.

COOKING TIMES

Grains and legumes vary in dryness, so the listed times may vary slightly.

SPICES



Freshly ground spices offer higher potency than pre-ground.

A mortar and pestle or small grinder is very handy and will come in use regularly.

MEASURES

Tbsp = Tablespoon, 15g

Tsp = Teaspoon, 5g

1 Cup = 250ml

bodygarage Recipes

Medicine in Food



INGREDIENTS



Many of the recipes include **beans and lentils** as they offer a rich source of **iron, protein, fiber, vitamins and minerals**.



Many of the recipes include **garlic**, and it is highly recommended to consume one or two cloves a day as it progressively **cleans the blood and protects from several types of infection**.



Many recipes include **pepper**, and it provides **chromium**, something the body is often deficient of, and is **what the body uses to metabolize fat**.



Some recipes use **cilantro (coriander leaves), coriander seed and turmeric** which are **blood and tissue detoxifiers, also rich sources of iron**.



Some recipes use **seaweed**, and it is specified for its **iodine**.



Kosher salt is specified as it contains no preservative additives.

Every dish can offer restorative qualities by applying some *principles*.



BLOOD PURIFICATION

Garlic, cilantro, turmeric, neem, reishi mushroom, basil



TISSUE PURIFICATION

Turmeric, neem, ginger



TISSUE AND COGNITIVE NUTRITION

Ghee, sesame oil, nuts, seeds



DIGESTIVE PURIFICATION

Ginger, peppercorns, hing, fennel, cardamom, fenugreek, mint



MOOD IMPROVERS

clove, cinnamon, anise, mint, jaggery or brown sugar



Sesame oil is a nutritional oil.



The **volatile compounds in spices** are most easily distributed and absorbed when marinated and lightly fried in ghee.



Garlic and cilantro lose their potency when overly cooked.



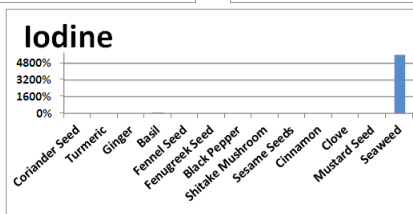
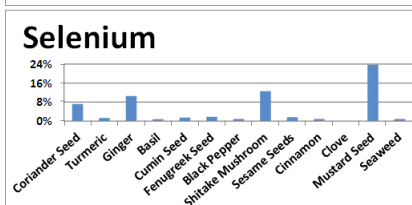
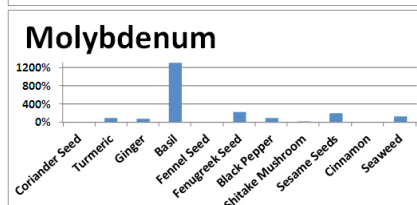
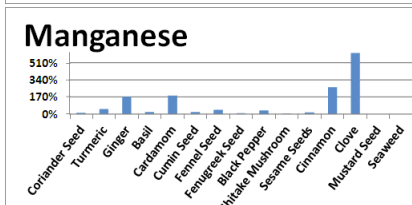
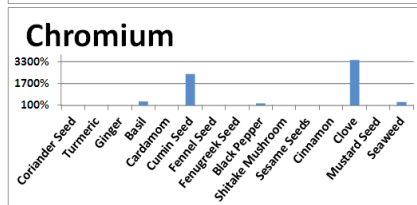
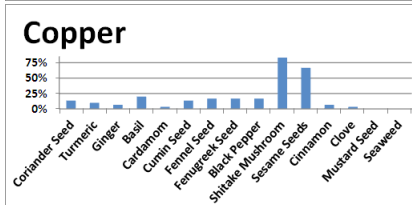
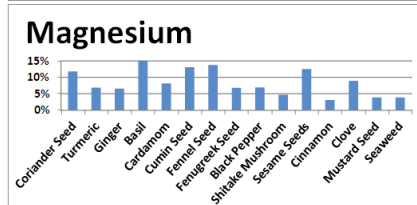
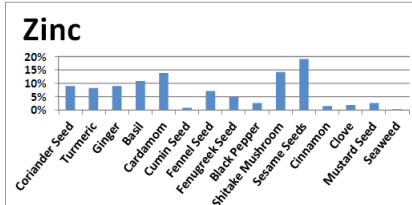
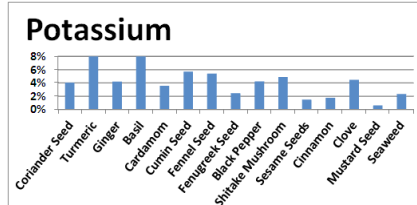
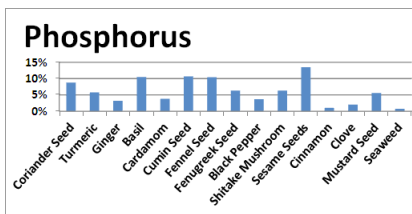
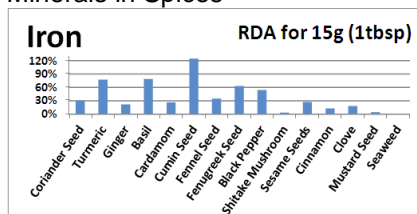
Hing contains wheat and is not suitable for those diagnosed with Celiac.

**“A knowledge of the chemical composition of foods
is the first essential in the dietary treatment of disease
or in any quantitative study of human nutrition”**

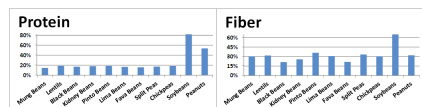
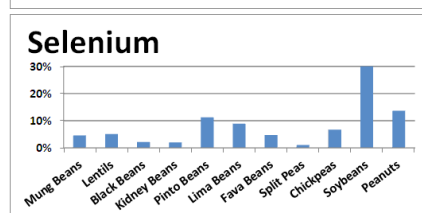
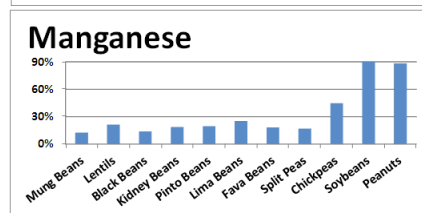
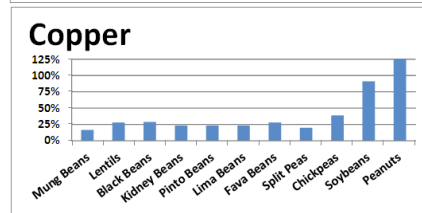
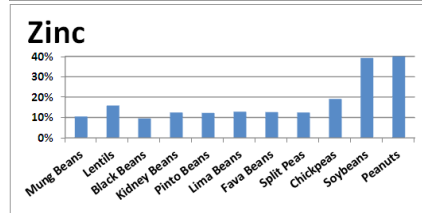
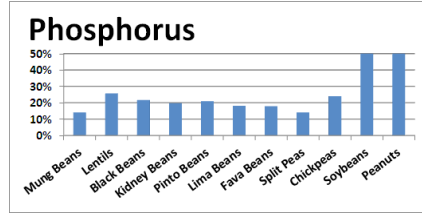
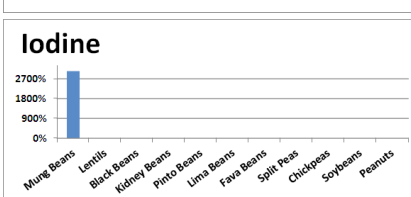
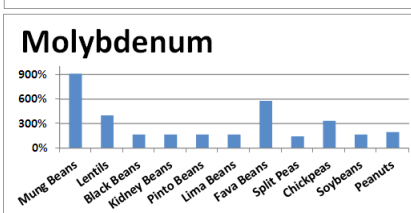
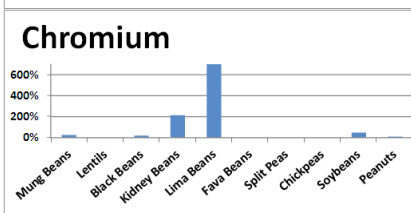
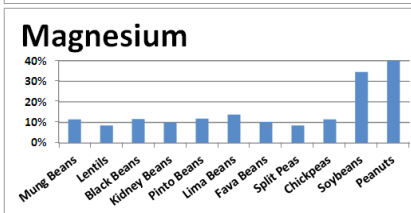
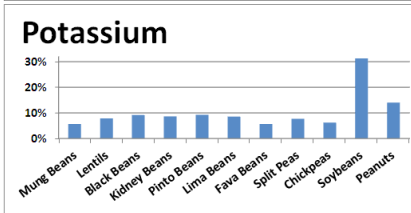
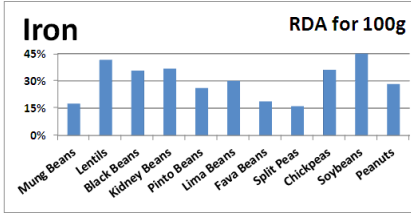
—The Mineral Depletion of Foods

bodygarage Recipes

Minerals in Spices



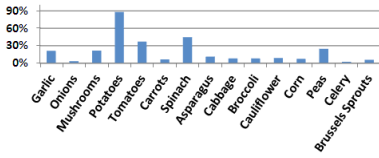
bodygarage Recipes
Minerals in Legumes



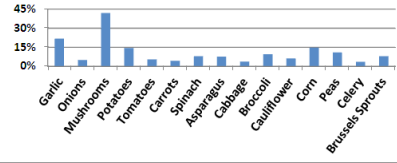
bodygarage Recipes
Minerals in Vegetables

Iron

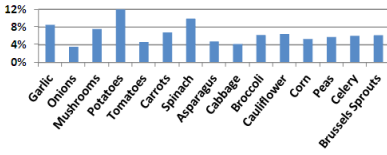
RDA for 100g



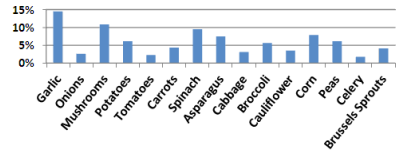
Phosphorus



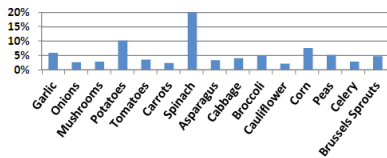
Potassium



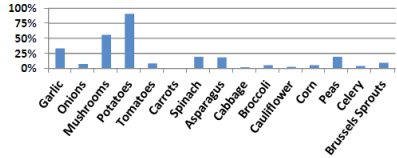
Zinc



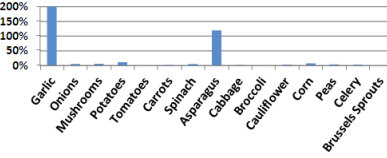
Magnesium



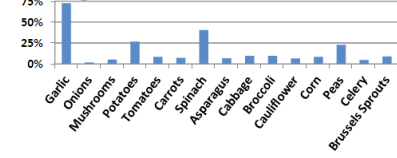
Copper



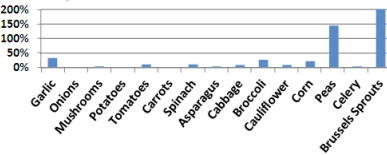
Chromium



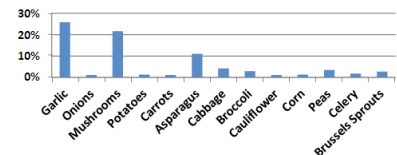
Manganese



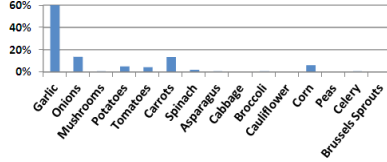
Molybdenum



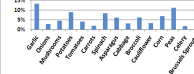
Selenium



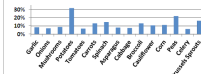
Iodine



Protein



Fiber



bodygarage Recipes
Legumes Reference



whole green mung beans



black beans



split yellow mung beans



pinto beans



dupuy lentils



green split peas



brown lentils



lima beans

bodygarage Recipes
Spices Reference



pepper mix



cardamom



trikatu



fennel seed



ginger



coriander



cinnamon



cumin

bodygarage Recipes
Spices Reference



mustard seed



sesame seeds



black mustard seed



black sesame seeds



coriander seed



turmeric



cumin seed



cilantro

bodygarage Recipes
Spices Reference



hing



clove



fenugreek seed



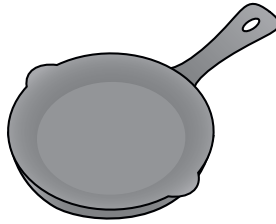
anise



chili pepper

bodygarage Recipes
Mushrooms Reference





RECIPES



Compounds
create powerful effects



Soup
of legumes and vegetables are nutritional boosts



Main Dishes
of legumes and vegetables are substantial and filling



Side Dishes
add variety and bulk



Bread
is a nutritional food when wholesome ingredients are used



Sweets
made with old-time values makes for useful snacking



Probiotic snacks
of yogurt and fruit are useful for digestive maintenance



Drinks
are just as effective as soups at delivering nutrition

bodygarage Recipes – Compounds

ghee



Easy
45 Minutes

- A sublime oil
- For high temperature cooking

Ingredients:

- 1 cup raw unsalted cow butter



For everyday cooking and tissue treatments.

Preparation:

1. Heat the butter on medium/high-heat and wait for it to start boiling. Set heat to low and wait for the milk solids to separate from the pure oil. Scrape off the foam as it builds up.
2. Remove from heat and cool for 20 minutes.
3. Strain the oil with a cheesecloth twice or more times until no milk solids remain.

Transfer the oil to a clean glass container and allow it to solidify at room temperature.

Keep at room temperature and away from light.

Discard after 3 months

Fats & Fatty Acids

Amounts for recipe

Total Fat	224g
Saturated Fat	144g
Omega-3 Fatty Acids	715mg
Omega-6 Fatty Acids	6193mg

bodygarage Recipes – Compounds

4:1 oil



Easy
5 Minutes

- Rich in Vitamin E
- Ideal ratio of $\Omega 6$ to $\Omega 3$

Ingredients:

- $\frac{1}{4}$ cup cold-pressed flax seed oil
- .8 cup cold-pressed sunflower oil



A group of scientists from Boston University and Bar Ilan University in Haifa, Israel have consistently shown that **this specific 4:1 ratio of omega-3 to omega-6 helps improve cognition and motor skills impaired by blood fats imbalances.** Other and unrelated specialty doctors of toxicology have used this research with impressive results.

Preparation:

1. Measure the oils separately and precisely.
2. Mix the oils into a glass container.

Keep at room temperature and away from light.
Discard after 3 months.

One or two tablespoons can be taken before bed, or the oil can be used in homemade salad dressings and bread recipes.

**This low temperature oil
is not recommended
for cooking.**

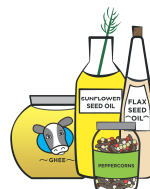
Fats & Fatty Acids

Amounts for recipe

Total Fat	227g
Saturated Fat	22.9g
Omega-3 Fatty Acids	29051mg
Omega-6 Fatty Acids	120074mg

bodygarage Recipes – Compounds

pepper mix



Easy
10 minutes



- Rich in Vitamin A, B6, C, E, K, iron, chromium & manganese
- Stimulates fats metabolism
- Breaks down mucus
- Great for digestion

Ingredients:

- 10 grams red pepper
- 10 grams white pepper
- 10 grams black pepper
- 10 grams green pepper
- 10 grams pippali (long pepper)



Preparation:

1. Ground and mix ingredients into a glass container.

Keep at room temperature and away from light.

Prepare ¼ teaspoon as tea with or without milk, or add to recipes as desired.

Minerals		Mineral icon	%RDI
Calcium	172mg		17%
Iron	10.9mg		60%
Phosphorus	98.8mg		10%
Potassium	586mg		17%
Zinc	0.8mg		5%
Magnesium	82.4mg		21%
Copper	0.5mg		23%
Chromium	15mcg		42%
Manganese	2.3mg		116%
Molybdenum	7mcg		15%
Selenium	2.1mcg		3%
Iodine	2.5mcg		1%

trikatu



Easy
5 minutes

- Rich in Vitamin E, K, iron, chromium & manganese
- An ancient formula
- A cooking tool
- A useful tonic

Ingredients:

- 10 grams ground ginger
- 10 grams pepper mix



Trikatu means “three spices” in the Sanskrit language. It is the primary Ayurvedic stimulant, known to settle stomachs, help eliminate waste, and break down fats. This compound is used in other recipes.

Preparation:

1. Mix ground ingredients into a glass container.

Keep at room temperature and away from light.

Prepare ¼ teaspoon as tea with or without milk, or add to any cooking recipe.

Minerals		%RDI
Calcium	55.3mg	6%
Iron	4mg	22%
Phosphorus	32.1mg	3%
Potassium	260mg	7%
Zinc	0.6mg	4%
Magnesium	37.8mg	9%
Copper	0.2mg	8%
Chromium	3.6mcg	10%
Manganese	3.2mg	116%
Molybdenum	2.5mcg	5%
Selenium	4.2mg	6%
Iodine	1.85mcg	1%

bodygarage Recipes – Soups

soup for you



Easy
1.5 – 2 hours

- Rich in protein, fiber, Vitamin E, K, iron, phosphorus, magnesium, copper, chromium & manganese
- Powerful and revitalizing

Ingredients:

- 1½ tbsp ground coriander seed
- 1 cup split yellow mung beans
- ¼ tsp ground fenugreek seed
- 7-12 cups** distilled water
- 1 tbsp mustard seed
- ¼ tsp pepper mix*
- 1 tsp fennel seed
- 1 tsp cumin seed
- 1 tsp kosher salt
- 1 tbsp ghee
- ¼ tsp hing

* See compounds section

** Depends on dryness

This is the most important recipe in *bodygarage*. It has tremendous restorative properties beyond its very high mineral content. Preparation requires two saucepans and careful attention when moving the oil mixture from one to the other.

Preparation:

1. In a large saucepan bring the water and beans to a boil, then set heat to medium.
2. Cook for 1-1½ hours depending on the bean softness. Skim off the white starch build-up every 10 to 15 minutes. If contents run dry, add a cup of hot distilled water and then gently stir. When the beans are soft and broken up and starch stops appearing, this part is ready. Remove saucepan from stove, do not drain.
3. In a small saucepan on medium heat, add the ghee and wait until it has melted and become slightly hot. Add mustard seed, cumin seed and fennel seed to the oil and cover the saucepan right away. After mustard seed pops for 3 to 4 seconds, carefully empty the mixture into the other saucepan. Careful - use the cover of the small saucepan as a splash guard, it will be hot!
4. Return the large saucepan to the stove on low heat. Add coriander, salt, pepper mix, hing and fenugreek, then stir well. Simmer on lowest heat setting for 20 minutes or more.

Allow to cool for a few minutes. Makes up to 3 main dish servings. Leftovers can be frozen.

Minerals		%RDI
Calcium	499mg	50%
Iron	18.4mg	102%
Phosphorus	909mg	91%
Potassium	2835mg	81%
Zinc	7mg	46%
Magnesium	488mg	122%
Copper	2.3mg	117%
Chromium	109mcg	311%
Manganese	2.7mg	136%
Molybdenum	13.9mcg	30%
Selenium	34mcg	49%
Iodine	4mcg	2%

supamung



Easy
2 – 3 hours

- Rich in protein, fiber, Vitamin B1, B9, iron, phosphorus, potassium, magnesium, copper, chromium, manganese, molybdenum & iodine
- Tasty

Ingredients:

- 1 cup split yellow mung beans
- 1 tsp ground coriander seed
- 1 cup green mung beans
- 2 garlic cloves, minced
- 9 cups distilled water
- ½ tsp pepper mix*
- ¾ tsp kosher salt
- ½ tsp ghee

* See compounds section



Preparation:

1. In a covered medium saucepan bring the washed yellow mung beans and 4 cups of distilled water to boil, and then set stove to medium heat.
2. Cook for 45 minutes to 1 hour depending on the softness, then drain and return the yellow mung beans to the saucepan.
3. Add the ghee, salt, garlic, pepper mix and coriander, then mix well. Cook for 15 minutes on medium heat.
4. Add 3 cups of distilled water and the washed green mung beans, then cover and cook for 45 minutes to 1 hour. Once the green mung beans are soft the soup is ready.

Allow to cool for a few minutes.
Makes up to 3 main dish servings.
Leftovers can be frozen.

Minerals		%RDI
Calcium	407mg	41%
Iron	17.5mg	97%
Phosphorus	978mg	98%
Potassium	3176mg	91%
Zinc	7.6mg	51%
Magnesium	514mg	129%
Copper	2.5mg	124%
Chromium	86.6mcg	247%
Manganese	2.9mg	147%
Molybdenum	981.6mcg	2181%
Selenium	23.4mcg	33%
Iodine	10798.7mcg	7199%

green split pea soup



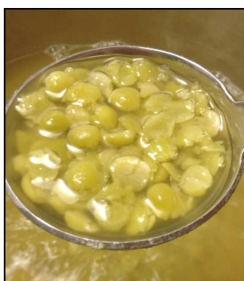
Easy
1 – 1.5 hours

- Rich in protein, fiber, chromium & manganese
- A perfectly balanced protein
- Tasty

Ingredients:

- 1 tbsp ghee
- 1 large potato
- 1 medium onion
- 1 tsp pepper mix*
- $\frac{3}{4}$ tsp kosher salt
- 1 tsp ground ginger
- 1 tbsp sesame seed
- 7 cups distilled water
- 1 cup green split peas
- 3 garlic cloves, minced
- $\frac{1}{4}$ cup crushed tomatoes
- 1 tbsp ground cumin seed

* See compounds section




Preparation:

1. In a wide saucepan on medium/high heat, fry the cumin, sesame seed, chopped onion, garlic, ginger, tomato and potatoes in ghee for a two minutes or until the onions brown.
2. Add water, peas, pepper mix and salt. Bring to a boil, then set stove to medium heat.
3. Cook for one hour, stirring regularly. When peas are fully dissolved, remove from heat.

Allow to cool for a few minutes.

Makes up to 3 main dish servings.

Leftovers can be frozen.

Minerals			%RDI
Calcium	350mg		35%
Iron	12.6mg		70%
Phosphorus	576mg		58%
Potassium	2881mg		82%
Zinc	4.8mg		32%
Magnesium	261mg		65%
Copper	1.6mg		78%
Chromium	6.2mcg		17%
Manganese	2.8mg		140%
Molybdenum	154.5mcg		343%
Selenium	6.4mcg		9%
Iodine	3.7mcg		2%

sea lentils



Easy
45 minutes

- Rich in protein, fiber, Vitamin B1, B9, iron, phosphorus, chromium, manganese & iodine
- Tasty and inexpensive

Ingredients:


- 1 medium size piece of seaweed
- 4 cups distilled water
- 1 cup dupuy lentils
- ½ tsp pepper mix*
- ½ tsp kosher salt

* See compounds section

Preparation:

1. In a medium saucepan, bring the water, salt, seaweed and lentils to a boil, then set stove to medium heat.
2. Cook for 40 minutes or until the lentils are soft.
Any remaining water will be rich in iron and minerals, it can be used as a medicinal drink.

Makes 2 main dish servings.
Leftovers can be frozen.

Minerals			%RDI
Calcium	143mg		14%
Iron	14.8mg		82%
Phosphorus	868mg		87%
Potassium	1847mg		53%
Zinc	9.3mg		62%
Magnesium	247mg		62%
Copper	1.1mg		55%
Chromium	6.1mcg		17%
Manganese	2.6mg		131%
Molybdenum	425.3mcg		945%
Selenium	16mcg		23%
Iodine	29.6mcg		19%

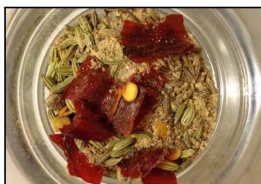
soya pea stew



Easy
1 hour



- Rich in protein, Vitamin K, B1, B9, iron, phosphorus, potassium, magnesium, copper, chromium & manganese
- A perfectly balanced protein
- Satisfying and tasty



Ingredients:

- 1 cup green vegetable peas
- 1½ cups hot distilled water
- ¼ cup crushed tomatoes
- 1 cup dried soy chunks
- 1 tsp sesame seed
- ½ tsp chili pepper
- ½ tsp kosher salt
- 1 tsp cumin seed
- ½ tsp trikatu*
- 1 tsp ghee

* See compounds section

Preparation:

1. In a sealable container, add the soy chunks and 1 cup of distilled water and set aside.
2. After soaking for 30 minutes, drain the soy and squeeze out any remaining water.
3. In a wide saucepan on medium/high heat, evenly brown the spices in ghee.
4. Add the soy chunks to the spices and cook for 10 minutes, mixing often.
5. Add the tomatoes and a half cup of hot water. Mix evenly and cook for a few minutes.
6. Add the peas, then cover and cook for 10-15 minutes on low heat.

Sprinkle with sesame seed.

Makes up to 2 main dish servings.
Leftovers can be frozen.

Minerals		%RDI
Calcium	413mg	41%
Iron	21.3mg	118%
Phosphorus	1019mg	102%
Potassium	3389mg	97%
Zinc	7.8mg	52%
Magnesium	435mg	109%
Copper	2.9mg	144%
Chromium	89.6mcg	256%
Manganese	5.4mg	268%
Molybdenum	335.6mcg	745%
Selenium	7.7mcg	11%
Iodine	4.9mcg	3%



garlic black beans



Easy
2 hours

- Rich in protein, fiber, Vitamin B1, B9, iron, phosphorus, potassium, magnesium, copper, manganese & iodine
- A perfectly balanced protein
- Powerful nutrition

Ingredients:

- 1 tbsp ghee
- 2 tsp cumin seed
- ¾ tsp kosher salt
- 8 cups distilled water
- 1 cup dry black beans
- 6 garlic cloves, minced
- 1½ tbsp ground coriander seed
- 1 medium size piece of seaweed




Preparation:

1. In a covered medium saucepan, bring the water salt and seaweed to a boil, then add the beans and set stove to medium heat.
2. At one and a half hours of boiling, add the cumin seed, coriander and garlic. Mix well.
3. Continue cooking on medium heat for approximately 30 minutes.

Allow to cool for a few minutes.

Makes up to 2 main dish servings.

Leftovers can be frozen.

Minerals			%RDI
Calcium	425mg		42%
Iron	14mg		78%
Phosphorus	765mg		76%
Potassium	3120mg		89%
Zinc	8.1mg		54%
Magnesium	396mg		99%
Copper	2mg		99%
Chromium	60.2mcg		172%
Manganese	2.6mg		132%
Molybdenum	183mcg		406%
Selenium	11.1mcg		16%
Iodine	107.8mcg		71%

chuckwagon chili



Easy
2 hours

- Rich in protein, fiber, Vitamin B1, B9, iron, phosphorus, potassium, zinc, magnesium, copper, chromium, manganese & iodine

Ingredients:

- 1 tbsp ghee
- 1/8 tsp turmeric
- 1 tsp kosher salt
- 1 tsp cumin seed
- 1 cup soy chunks
- 1/4 tsp chili pepper
- 1/4 tsp pepper mix*
- 3/4 tsp ground ginger
- 5 cups distilled water
- 1 cup red kidney beans
- 1/2 cup ground tomatoes
- 1 tsp black mustard seed
- 1 tsp ground coriander seed
- 1/4 tsp ground fenugreek seed
- 1 medium size piece of seaweed

Preparation:

1. In a medium saucepan on medium-high heat, fry the spices in ghee until they brown.
2. Carefully add the tomatoes, salt, washed beans and one cup of hot distilled water. Cook for 10 minutes on medium heat, stirring often.
3. Add 4 cups of hot distilled water and cover the saucepan. Boil on medium heat for 45 minutes or until the beans are soft.
4. Add the dry soya chunks and cover the saucepan. Cook for 20 minutes, stir often.

Allow to cool.

Makes up to 2 main dish servings.

Leftovers can be frozen.

* See compounds section

Minerals		%RDI
Calcium	571mg	57%
Iron	32.9mg	183%
Phosphorus	1681mg	168%
Potassium	5883mg	168%
Zinc	12.1mg	81%
Magnesium	684mg	171%
Copper	4.1mg	203%
Chromium	262.8mcg	751%
Manganese	7.4mg	372%
Molybdenum	363.6mcg	807%
Selenium	16mcg	23%
Iodine	83.5mcg	55%

spicy cashew pintos



Easy
2 hours

- Rich in Vitamin C, iron, phosphorus, potassium, zinc, magnesium, copper, chromium, manganese & selenium



Ingredients:

- 1 tbsp ghee
- ¼ cup cashews
- 1 medium onion
- 1 tsp cumin seed
- ¾ tsp kosher salt
- 1 cup pinto beans
- ½ tsp pepper mix*
- 2 medium potatoes
- 5 cups distilled water
- ½ tsp coriander seed
- 2 garlic cloves, minced
- 1 tsp black mustard seed
- ¾ tsp ground coriander seed

* See compounds section

Preparation:

1. In a covered medium saucepan bring the washed pinto beans and 5 cups of distilled water to boil, and then set stove to medium heat.
2. Cook the beans for 45 minutes to 1 hour depending on the softness, then cover and set the saucepan aside. Do not drain.
3. In a second medium saucepan add the ghee, cumin seed, black mustard seed and set stove to medium heat. When the mustard seed pops, add the chopped onion, cashews and garlic.
4. Brown the onion and cashews for 5 to 10 minutes, then add the kosher salt, pepper mix, ground coriander seed, chopped potatoes, cooked pinto beans and half a cup of distilled water. Cover and cook on medium heat for 30 minutes.

Allow to cool.

Makes up to 3 main dish servings.

Leftovers can be frozen.

Minerals		%RDI
Calcium	308mg	31%
Iron	13.4mg	75%
Phosphorus	906mg	91%
Potassium	3053mg	87%
Zinc	7.1mg	47%
Magnesium	386mg	96%
Copper	2.3mg	117%
Chromium	109.8mcg	313%
Manganese	2.6mg	132%
Molybdenum	196.6mcg	436%
Selenium	36.7mcg	52%
Iodine	100.1mcg	66%

nuri-nuri



Easy
1 - 1.5 hours

- Rich in protein, fiber, Vitamin B1, B9, iron, phosphorus, potassium, zinc, magnesium, copper, chromium, manganese & selenium
- A perfectly balanced protein

Ingredients:


- 1 medium piece dried seaweed
- 5 fresh shitake mushrooms
- 1 cup fresh or frozen peas
- $\frac{3}{4}$ tsp ground cardamom
- 1 cup white lima beans
- 1 garlic clove, minced
- 7 cups distilled water
- 1 cup black beans
- $\frac{1}{4}$ tsp pepper mix*
- $\frac{1}{4}$ tsp chili pepper
- $\frac{1}{2}$ tsp kosher salt
- $\frac{3}{4}$ tsp turmeric
- $\frac{1}{2}$ tsp ghee

* See compounds section

Preparation:

1. In a covered medium saucepan, bring 4 cups of water, salt and seaweed to a boil.
2. Add the washed beans and mushrooms, then set heat to medium and cover the saucepan. Cook for 45 minutes or until beans are soft, then remove from heat and drain.
3. In another medium saucepan on medium/high heat, add the ghee, turmeric, ground cardamom, pepper mix, minced garlic, chili pepper and peas and fry until the peas are well coated. Add $\frac{1}{4}$ cup distilled water, stir, and cook for 5 minutes.
4. Add the contents of the other saucepan and stir well. Cover and cook for 10 minutes, stirring from time to time.

Allow to cool for a few minutes.
Makes up to 4 main dish servings.
Leftovers can be frozen.

Minerals			%RDI
Calcium	510mg		51%
Iron	25.8mg		144%
Phosphorus	1626mg		163%
Potassium	6247mg		178%
Zinc	15.7mg		105%
Magnesium	798mg		200%
Copper	4.2mg		212%
Chromium	24.2mcg		69%
Manganese	6.9mg		343%
Molybdenum	351mcg		780%
Selenium	45.8mcg		65%
Iodine	79.6mcg		53%

active breakfast



Easy
45 minutes

- Rich in Vitamin B1, iron, phosphorus, calcium, potassium, zinc, magnesium, copper, manganese & selenium
- Will improve the way you feel
- Delicious

Ingredients:

- 1 tsp *pure* unroasted almonds
- 1 tsp *pure* sunflower seed
- 1 cup raw uncooked oats
- 1 tsp plain organic yogurt
- 1 tsp *pure* pumpkin seed
- 1 tsp *pure* mixed raisins
- 1 cup organic cow milk
- 1 tsp *pure* gogi berries
- 1 tsp *pure* brazil nuts
- 1 tsp *pure* cashews
- 1 tsp flax seeds




Preparation:

1. In a medium pot on high heat, warm the milk to near boiling, then add the oats.
2. Cook for 10-40 minutes depending on oat type or until the oats are nice and fluffy.
3. Empty the contents into your favorite bowl.

Add raisins, berries, nuts, yogurt and flax seeds as topping.

Makes 1 breakfast main dish serving.

Minerals			%RDI
Calcium	434mg		43%
Iron	9.6mg		54%
Phosphorus	1340mg		134%
Potassium	1326mg		38%
Zinc	9.2mg		61%
Magnesium	450mg		113%
Copper	1.7mg		83%
Chromium	22.4mcg		64%
Manganese	8.4mg		422%
Molybdenum	275.8mcg		612%
Selenium	302mcg		432%
Iodine	58mcg		38%

rustic breakfast

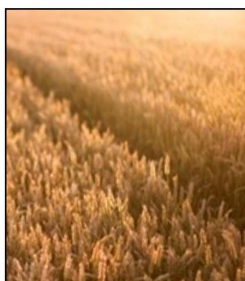


Easy
45 minutes

- Rich in protein, iron, phosphorus, calcium, potassium, zinc, magnesium, copper, manganese & selenium
- Good natural morning fuel
- Delicious

Ingredients:

- 2½ cups organic cow milk
- 1 cup raw uncooked oats
- ½ tsp brown sugar
- Handful of raisins
- ½ tsp kosher salt
- ¼ tsp cinnamon




Preparation:

1. In a medium saucepan on medium-high heat, boil the milk, oats and salt, then set the stove to medium heat.
2. Cook for 10-40 minutes depending on oat type or until the oats are nice and fluffy.

Top with raisins, cinnamon and brown sugar.

Makes 1 breakfast main dish serving.

Minerals			%RDI
Calcium	784mg		78%
Iron	7.8mg		43%
Phosphorus	1375mg		138%
Potassium	1589mg		45%
Zinc	8.7mg		58%
Magnesium	339mg		85%
Copper	1.1mg		53%
Chromium	7.1mcg		20%
Manganese	7.8mg		391%
Molybdenum	283.4mcg		629%
Selenium	22.7mcg		32%
Iodine	96mcg		64%

bodygarage Recipes – Bread

chapati



Easy
30 minutes

- Delicious and filling
- Ideal with soups

Ingredients:

- 1 cup unbleached wheat flour
- ¼ cup warm distilled water
- 1 tsp kosher salt
- 2 tbsp ghee



Preparation:

1. In a small saucepan on low heat, melt the ghee, then add salt and water and mix well.
2. In a large bowl, add the saucepan contents to the flour. Knead well for a few minutes.
3. On a flat board, cut and flatten 2 inch diameter balls of dough using a rolling pin.
4. Transfer the flattened dough to a hot cast iron pan on high heat. Wait for bubbles to appear on the surface, then flip the chapati over using a fork or spatula. When the edges harden the chapati is ready, it can be moved to a plate and the process repeated.

Note: The cast iron pan may need cleaning after several chapatis are made, scrape the ashes to the side using a fork

Makes up to 10 chapatis.
Leftovers can be frozen.

Minerals		%RDI
Calcium	30.5mg	3%
Iron	5.8mg	32%
Phosphorus	142mg	14%
Potassium	141mg	4%
Zinc	0.9mg	6%
Magnesium	29.3mg	7%
Copper	0.2mg	10%
Chromium	51.8mcg	148%
Manganese	0.9mg	43%
Molybdenum	100mcg	222%
Selenium	42.7mcg	61%
Iodine	15.2mcg	10%

bread for cognition



Easy
3 hours

- Rich in Vitamin E, B1, B2, B3, B9, iron, phosphorus, copper, manganese & selenium

Ingredients:

- 2 tbsp honey
- ¼ cup 4:1 oil*
- 1 tsp kosher salt
- 2 tbsp sesame seed
- ¾ tsp dry active yeast
- 1 cup warm distilled water
- 2 cups unbleached wheat flour

* See compounds section




Preparation:

1. Place water, honey and yeast in the bread machine pan and allow 10 minutes for the yeast to activate.

2. Add oil, salt, flour and sesame seeds.
Run the machine on a standard 3-hour program.

The 4:1 oil can be replaced with ghee for a standard bread recipe.

Allow to cool for a few minutes.
Leftovers can be frozen.

Minerals			%RDI
Calcium	226mg		23%
Iron	14.9mg		83%
Phosphorus	424mg		42%
Potassium	434mg		12%
Zinc	3.5mg		23%
Magnesium	124mg		31%
Copper	1.2mg		58%
Chromium	103.5mcg		295%
Manganese	2.2mg		110%
Molybdenum	208.9mcg		464%
Selenium	86.8mcg		124%
Iodine	26.7mcg		17%

detox sautee



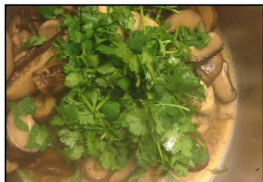
Easy
30 minutes

- Tasty
- Effective blood detoxification

Ingredients:

- 1 tbsp ghee
- ½ tsp basil
- ¼ tsp kosher salt
- ½ tsp pepper mix*
- 3 garlic cloves, minced
- 1½ cups distilled water
- 1 cup mushrooms: shitake, maitake, oyster, white, brown
- ½ cup fresh cilantro, chopped

* See compounds section




This recipe has a magnet-like capability of binding heavy metals together in the bloodstream. The body will naturally purge these accumulations, and there may be side effects such as headache or nausea. See the detoxification section for more details.

Preparation:

1. In a medium size saucepan on medium/high heat, coat the mushrooms in ghee and fry them until the ghee is absorbed and the mushrooms are slightly browned.
2. Add 1 cup of water and cover the saucepan to steam the mushrooms. Cook on medium heat for 15 minutes.
3. Add the salt, pepper mix, basil, cilantro and ½ cup of water. Mix well and cook on low heat for 5 minutes.
4. Add the minced garlic and mix well. Turn off the heat and keep the saucepan covered for 10 minutes.

Makes 3 side dish servings.
Leftovers can be frozen.

Minerals			%RDI
Calcium	40.3mg		4%
Iron	0.8mg		4%
Phosphorus	64.4mg		6%
Potassium	215mg		6%
Zinc	0.6mg		4%
Magnesium	15.1mg		4%
Copper	0.3mg		15%
Chromium	31mcg		88%
Manganese	0.3mg		14%
Molybdenum	29.3mcg		65%
Selenium	8.4mcg		12%
Iodine	21.8mcg		14%

spicy electric veggies



Easy
20 minutes

- Rich in fiber, Vitamin C, iron, phosphorus, zinc, copper, manganese & selenium
- A tasty side dish




Ingredients:

- ¼ cup distilled water
- ¼ tsp chili pepper
- ¼ tsp kosher salt
- 1 tsp fennel seed
- 1 tsp cumin seed
- 2 garlic cloves
- 1 cup peas
- 1 cup corn
- 1 tsp ghee

Preparation:

1. In a medium saucepan on medium-high heat, fry the garlic and spices in ghee until the seeds turn brown.
2. Add corn, peas, salt and water. Mix well.
3. Cook for 5 minutes or until the corn is soft. Remove from heat.

Makes 2 side dish servings.
Leftovers can be frozen.

Minerals			%RDI
Calcium	105mg		10%
Iron	8.5mg		47%
Phosphorus	535mg		54%
Potassium	927mg		26%
Zinc	5.7mg		38%
Magnesium	276mg		69%
Copper	0.8mg		42%
Chromium	52mcg		148%
Manganese	1.7mg		85%
Molybdenum	179.7mcg		399%
Selenium	29.3mcg		42%
Iodine	33.8mcg		22%

gheefries



Easy
30 minutes

- Rich in protein, fiber, Vitamin B6, C, iron, phosphorus, potassium, copper & manganese
- A perfectly balanced protein

Ingredients:

- 4 medium potatoes, chopped
- 1 cup distilled water
- ½ tsp kosher salt
- 2 tbsp ghee




Preparation:

1. Fill a medium size bowl with distilled water, ¼ teaspoon salt and the chopped potatoes. Mix well and set aside for a few minutes.
2. Drain the water, then add ghee and ¼ teaspoon salt. Mix well to coat the potatoes in the salted ghee.
3. Bake at 350 degrees for 25 minutes or until golden brown.

Allow to cool for a few minutes.

Makes 2 side dish servings.

Leftovers can be frozen.

Minerals			%RDI
Calcium	117mg		
Iron	6.7mg	37%	
Phosphorus	492mg	49%	
Potassium	3594mg	103%	
Zinc	2.5mg	17%	
Magnesium	199mg	50%	
Copper	0.9mg	47%	
Chromium	36.1mcg	103%	
Manganese	1.3mg	65%	
Molybdenum	0.9mcg	2%	
Selenium	2.8mcg	4%	
Iodine	64.9mcg	43%	

garlic ghee rice



Easy
45 minutes

- Rich in manganese
- Tasty!

Ingredients:


- 3 garlic cloves, minced
- 3½ cups distilled water
- 1 cup basmati rice
- ½ tsp kosher salt
- 1 tbsp ghee



Preparation:

1. In a medium saucepan on medium/high heat, fry the garlic in ghee until slightly browned.
2. Add the washed rice and mix well so it is evenly coated in ghee.
3. When the rice begins to brown slightly, carefully add water and salt.
4. Set stove to high heat. When the water begins to boil, lower the heat to medium.
5. Cook for 30 minutes or until the rice absorbs all water.

Makes up to 4 side dish servings.
Leftovers can be frozen.

Minerals			%RDI
Calcium	61.1mg		6%
Iron	2.1mg		11%
Phosphorus	85.1mg		9%
Potassium	95mg		3%
Zinc	1mg		7%
Magnesium	29.8mg		7%
Copper	0.2mg		11%
Chromium	1.2mcg		3%
Manganese	0.9mg		45%
Molybdenum	20.3mcg		45%
Selenium	13.3mcg		19%
Iodine	21.3mcg		14%

sesame sushi rolls



Easy
1 hour

- Rich in Vitamin K, C, iron, phosphorus, calcium, potassium, magnesium, copper, manganese & iodine
- Tasty and fun to eat



Ingredients:

- 1 tbsp ghee
- ¼ tsp kosher salt
- 1 tsp brown sugar
- 1 tsp white vinegar
- ¾ cup basmati rice
- 3 tbsp sesame seed
- 1 medium cucumber
- 2 cups distilled water
- 3 large pieces of seaweed
- 1 medium yellow bell pepper

Preparation:

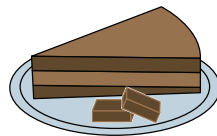
1. In a medium saucepan on medium/high heat, bring the ghee to liquid and fry the sesame seed until they brown lightly. Add the washed and drained rice and mix evenly. Fry the rice and sesame seed together for a minute or two.
2. Lower the heat to medium. Add the distilled water, salt and vinegar. Cover the saucepan and cook for 30 minutes or until no water remains.
3. Move the rice to a dinner plate and smoothen it down to a thin layer. Place the plate in the fridge for 15 minutes. When rice has cooled, set out a sushi mat with a large piece of seaweed on top.
4. Wash, peel and slice the cucumber and bell pepper into narrow lengths.
5. Add 6-7 tablespoons of rice across a large piece of seaweed, then place a few slices of cucumber and bell pepper. Top with sesame seed or spices as desired.

6. Roll the piece of seaweed in an even motion using a sushi mat. Moisten the end of the roll with water for a good seal. Use a wet knife to cut the roll into bite-size pieces.

Makes 3 rolls or 3 side dish servings.
Serve with soy sauce.
Leftovers can be frozen.

Minerals		%RDI
Calcium	373mg	37%
Iron	7.2mg	40%
Phosphorus	343mg	34%
Potassium	1016mg	29%
Zinc	3.7mg	25%
Magnesium	181mg	45%
Copper	1.6mg	78%
Chromium	8.6mcg	24%
Manganese	1.7mg	85%
Molybdenum	35.3mcg	78%
Selenium	12.1mcg	17%
Iodine	175.7mcg	117%

raisin oat sweets



Easy
45 minutes

- Rich in phosphorus, magnesium, manganese & selenium
- Filling and tasty

Ingredients:

- 1 cup jaggery (or brown sugar, or molasses)
- ¼ cup mix of raisins, sunflower seed, ground brazil nuts, ground almonds and pumpkin seed
- 1 cup raw uncooked oats
- 1 cup whole wheat flour
- 1 tsp ground cinnamon
- ⅛ tsp ground ginger
- ⅛ tsp ground clove
- ½ tsp kosher salt
- ½ cup ghee
- 1 egg

Preparation:

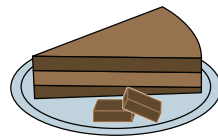
1. Preheat oven to 375 degrees. Mix the ghee and sugar in a medium bowl until it is an even texture. Stir in the ginger, clove, cinnamon, egg, flour, oats, raisin/seed mix and salt.
2. Grease a cookie sheet evenly using a napkin and half teaspoon of ghee.
3. Form the dough mixture into small 2 inch balls and set them apart on the greased sheet.
4. Cook the sweets for 15 minutes at 375 degrees.
5. Use oven mitts to remove cookie sheet from the oven. Caution, it will be hot !
6. Use a spatula to scrape the sweets off the baking sheet and onto a serving plate.

Allow to cool for at least five minutes.
(if you can wait that long)

Makes 10-12 sweets.

Minerals		%RDI
Calcium	405mg	41%
Iron	15.9mg	88%
Phosphorus	1486mg	149%
Potassium	1757mg	50%
Zinc	11.3mg	76%
Magnesium	578mg	144%
Copper	2mg	100%
Chromium	70.1mcg	200%
Manganese	13.9mg	697%
Molybdenum	297mcg	660%
Selenium	227mcg	325%
Iodine	60.6mcg	40%

digestive sweet



Easy
1.5 hours

- Rich in Vitamin K, iron, chromium & manganese
- Promotes digestion
- Relieves bloating
- A tasty treat

Ingredients:

- 25g ground ginger
- 15g pepper mix*
- 50g jaggery
- 2 tbsp ghee

* See compounds section


Preparation:

1. In a medium pan on low-medium heat, lightly fry the ginger in the ghee.
2. Add the jaggery and smoothen it with the back of a strong spoon. Mix evenly.
3. Move the mixture onto a plate and flatten it evenly.

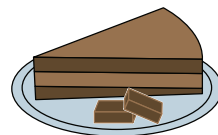
Allow to cool in the fridge for one hour.

Cut or break off pieces.

Makes many servings.

Minerals			%RDI
Calcium	147mg		15%
Iron	7.9mg		44%
Phosphorus	74.6mg		7%
Potassium	623mg		18%
Zinc	1.5mg		10%
Magnesium	83.7mg		21%
Copper	0.3mg		17%
Chromium	14.3mcg		40%
Manganese	7.9mg		393%
Molybdenum	10.2mcg		22%
Selenium	11.5mcg		16%
Iodine	12mcg		8%

trail mix



Easy
30 minutes

- Rich in iron, phosphorus, potassium, zinc, magnesium, copper, manganese, molybdenum & selenium
- Natural sources of beneficial oils


Ingredients:

- 1 cup raisins
- 1 cup peanuts
- 1 cup cashews
- ½ tsp kosher salt

Preparation:

1. Place peanuts, cashews and salt on a cookie sheet.
2. Bake for 5-10 minutes at 350 degrees.
3. Remove tray from oven and allow to cool for 15 minutes.

Mix with raisins.
Makes many servings.

Minerals			%RDI
Calcium	188mg		19%
Iron	17.9mg		100%
Phosphorus	1511mg		151%
Potassium	2912mg		83%
Zinc	13.3mg		89%
Magnesium	749mg		187%
Copper	5.2mg		259%
Chromium	32.8mcg		93%
Manganese	5.3mg		265%
Molybdenum	278.4mcg		618%
Selenium	27.9mcg		40%
Iodine	8.5mcg		5%

enzyme booster



Easy
5 minutes

- Rich in phosphorus, calcium, magnesium, copper, manganese & selenium
- Lowers stomach acidity
- Enriches the stomach

Ingredients:

- 1 cup plain sugar-free yogurt
- 1 tbsp Chyawanprash

or

- 1 raw apple

and:

- ¼ tsp brown sugar
- ¼ cup brazil nuts
- ¼ cup cashews
- ¼ cup peanuts



Preparation:

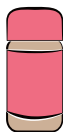
1. In a blender at high speed, mix all ingredients together for 30 seconds or until frothy.

Makes 1 serving.

Serve cold with a spoon.

Minerals		%RDI
Calcium	334mg	33%
Iron	1.7mg	9%
Phosphorus	442mg	44%
Potassium	738mg	21%
Zinc	3mg	20%
Magnesium	133mg	33%
Copper	0.6mg	32%
Chromium	63.2mcg	180%
Manganese	0.6mg	31%
Molybdenum	79mcg	175%
Selenium	199mcg	284%
Iodine	75.3mcg	50%

bodygarage Recipes – Drinks



These simple combinations can bring a great amount of relief to headaches and indigestion, and help purify the blood and stomach by promoting regularity. Excess gas, bloating, or general physical discomfort due to food intake can be remedied by only drinking spicemilk until the stomach and elimination channels are entirely empty.



A **thermos** is best used to extract the volatile compounds from spices

chai spicemilk



Easy
10 minutes

- Rich in Vitamin D, Vitamin B2, phosphorus, calcium & manganese
- Good for the stomach & nerves
- Nutritious and tasty



Ingredients:

- $\frac{3}{4}$ tsp ground cardamom
- $\frac{3}{4}$ cup organic cow milk
- $\frac{1}{4}$ tsp ground cinnamon
- $\frac{3}{4}$ tsp condensed milk
- $1\frac{1}{4}$ cup distilled water
- 1 tsp ground ginger
- $\frac{1}{4}$ tsp ground anise
- $\frac{1}{4}$ tsp ground clove
- $\frac{3}{4}$ tsp pepper mix*

* See compounds section




This recipe is often known as Chai tea, although it does not actually contain any tea.

Preparation:

1. In a small saucepan on high heat, bring the water and spices to a boil for 10 minutes.
2. Add the milk. When milk scalds, remove from heat. Add condensed milk to taste.

Steep for a few minutes, then strain and serve.
Makes 1 serving.
Drink hot.

Minerals			%RDI
Calcium	256mg		26%
Iron	1.2mg		7%
Phosphorus	189mg		19%
Potassium	353mg		10%
Zinc	1.1mg		7%
Magnesium	34.6mg		9%
Copper	0.1mg		4%
Chromium	6.8mcg		19%
Manganese	1.2mg		62%
Molybdenum	8.7mcg		19%
Selenium	8.2mcg		12%
Iodine	26.1mcg		17%

detox spicemilk



Easy
10 minutes

- A good source of Vitamin D, Vitamin B2, phosphorus, calcium & manganese
- Tasty

Ingredients:

- ¼ tsp dry coriander leaves
- ¾ tsp ground cardamom
- 1 cup organic cow milk
- ¼ tsp ground clove
- ⅛ tsp cinnamon
- ⅛ tsp turmeric
- 1 tsp trikatu*
- 1 tsp ghee

* See compounds section


Preparation:

1. In a small saucepan, add all the ingredients and apply medium heat until the milk scalds, then remove from heat.

Steep for a few minutes, then strain and serve.

Makes 1 serving.

Drink hot.

Minerals			%RDI
Calcium	303mg		30%
Iron	1.1mg		6%
Phosphorus	232mg		23%
Potassium	419mg		12%
Zinc	1.2mg		8%
Magnesium	33.9mg		8%
Copper	0.1mg		3%
Chromium	6.2mcg		17%
Manganese	1mg		51%
Molybdenum	10.6mcg		23%
Selenium	9.4mcg		13%
Iodine	33.9mcg		22%

far east immunity tea



Easy
10 minutes

- Rich in Vitamin K
- Good for the liver
- Tasty

Ingredients:


- 5-6 dried chrysanthemums
- 2 cups distilled water
- 4-5 gogi berries
- 1 tsp dried mint



Preparation:

1. In a medium saucepan on medium/high heat, bring the water, chrysanthemum flowers, mint and gogi berries to boil, then remove from heat.

Steep for a few minutes, then strain and serve.
Makes 2 servings.
Drink hot.

Minerals			%RDI
Calcium	49.9mg		5%
Iron	2.4mg		13%
Phosphorus	4.1mg		0%
Potassium	206mg		6%
Zinc	0.5mg		3%
Magnesium	9.4mg		2%
Copper	0.1mg		3%
Chromium	0mcg		0%
Manganese	0.1mg		5%
Molybdenum	0mcg		0%
Selenium	10mcg		14%
Iodine	0.4mcg		0%

fats fixer tea



Easy
5 minutes

- Rich in chromium
- Promotes digestion
- Good for headache relief

Ingredients:

- 1 cup hot distilled water
- ½ tsp pepper mix*

* See compounds section




Preparation:

1. Place hot water and pepper mix in a cup.

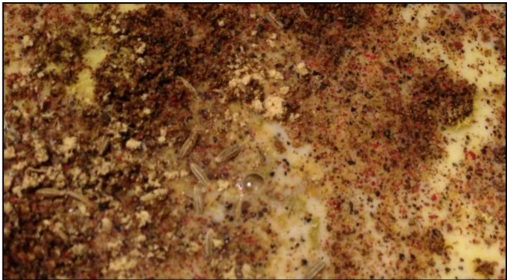
Steep for a few minutes, then strain and serve.

Makes 1 serving.

Drink hot.

Minerals			%RDI
Calcium	11.5mg		1%
Iron	0.3mg		2%
Phosphorus	1.7mg		0%
Potassium	12.6mg		0%
Zinc	0mg		0%
Magnesium	4.3mg		1%
Copper	0mg		2%
Chromium	0.7mcg		2%
Manganese	0.1mg		3%
Molybdenum	0.3mcg		0%
Selenium	0mcg		0%
Iodine	0.1mcg		0%

stomach distress tea



Easy
10 minutes

- Rich in Vitamin D, B2, B12, phosphorus, calcium, chromium & manganese
- Settles over-eating & excess gas
- Quickly promotes digestion

Ingredients:

- 1/8 tsp hing
- 1/4 tsp cumin seed
- 3/4 tsp pepper mix*
- 1/2 tsp ground ginger
- 1 cup organic cow milk
- 3/4 tsp ground cardamom

* See compounds section

Preparation:

1. In a small saucepan, add all the ingredients and heat until the milk scalds, then remove from heat.

Steep for a few minutes, then strain and serve.
Makes 1 serving.
Drink hot.

Minerals		Mineral Icon	%RDI
Calcium	294mg		29%
Iron	1.1mg		6%
Phosphorus	231mg		23%
Potassium	405mg		12%
Zinc	1.2mg		8%
Magnesium	34.2mg		9%
Copper	0.1mg		3%
Chromium	11.8mcg		33%
Manganese	0.8mg		38%
Molybdenum	10.2mcg		22%
Selenium	9.4mcg		13%
Iodine	33.5mcg		22%

coffee upgrade



Easy
5 minutes

- Rich in Vitamin B2, B5 & manganese
- Greatly helps digestion
- Tasty

Ingredients:


- ¾ tsp ground cardamom
- 1 cup coffee

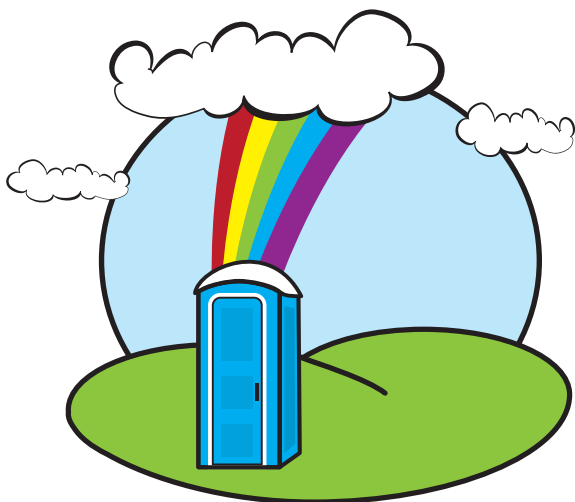


Preparation:

1. Place the cardamom in your favorite coffee and stir.

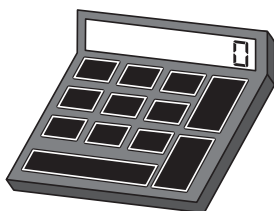
Steep for a few minutes, then strain and serve.
Makes 1 serving.
Drink hot.

Minerals			%RDI
Calcium	10.5mg		1%
Iron	0.2mg		1%
Phosphorus	9.8mg		1%
Potassium	133mg		4%
Zinc	0.2mg		1%
Magnesium	10.5mg		3%
Copper	0mg		1%
Chromium	0.6mcg		1%
Manganese	0.5mg		24%
Molybdenum	7.8mcg		17%
Selenium	0mcg		0%
Iodine	5.4mcg		3%



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APPENDICES



Appendix A: Daily Record Form



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daily record

month_____/day_____/year_____

Breakfast

- ☐ usual
☐ custom

Notes:

Minerals & B-Vitamins

Lunch

- ☐ usual
☐ custom

Notes:

Minerals & B-Vitamins

Dinner

- ☐ usual
☐ custom

Notes:

Minerals & B-Vitamins

Rating is 1-10 (1=feel worst, 10=feel best)

Physical Feeling		Headaches:
Time	Rating	
AM		Notes:
PM		

overall rating for this day: _____

Appendix B: My Case Study Form



bodygarage

my case study

month_____/day_____/year_____

conditions: (check all that apply)

- | | |
|--|--|
| <input type="checkbox"/> memory / concentration problems | <input type="checkbox"/> discolorations or marks on feet |
| <input type="checkbox"/> headache / migraine headache | <input type="checkbox"/> high fish / seafood diet |
| <input type="checkbox"/> digestive problems | <input type="checkbox"/> metal dental fillings |
| <input type="checkbox"/> physical tension | <input type="checkbox"/> high sugar diet |
| <input type="checkbox"/> vision problems | <input type="checkbox"/> high fat diet |
| <input type="checkbox"/> depression | <input type="checkbox"/> other _____ |

medications / supplements:

name	dosage (mg/day)

immunizations/vaccines/transfusions (last 5 years)

type	date

rating is 1-10 (1=feel worst, 10=feel best)

overall rating at start : _____ average headaches/week: _____

day #1 metals test

test color:	
pH (optional):	

day #22 metals test

test color:	
pH (optional):	

overall rating at end #22 : _____ average headaches/week: _____

THIS IS YOUR TUNE-UP RECORD FOR DAYS #1 AND #22

Appendix B: My Case Study & Form

CONTRIBUTING TO THIS BOOK

I intend to update *bodygarage* with case studies submitted by users.

If your results could be of use to others, please submit your data in the following format:

1. *My Case Study* form in .jpg or .gif formats. Clear digital camera images are accepted.
2. *Daily Reports* forms for all detox days in .jpg or .gif formats
3. *myMinerals* data files (m1.dat – m9.dat) in .zip or .rar formats

Provide all of these files in a .zip file.

Specify your name in the filename, eg: 'johndoe.zip'

Submit the data to: jory@joryanick.com with the subject header of "*bodygarage* Data"

Many thanks for your consideration.

Appendix C: Products & Suppliers



Heavy Metals Urine Test Kit
<http://www.osumex.com>



Mineral Test Kit (MTK)
<http://www.bodybio.com>



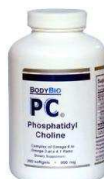
Mineral Tablets
<http://www.nowfoods.com>



Mini 2 Home Water Distiller
<http://www.purewaterinc.com>



Liquid Minerals
<http://www.bodybio.com>



Phosphatidyl Choline
<http://www.bodybio.com>



Polar Bear Water Distiller
<http://www.polarbearwater.com>

Appendix D: Shopping List

HEAVY METALS BLOOD DETOXIFICATION



- ☐ Cilantro 600mg
- ☐ Kyolic Garlic 600mg
- ☐ Osumex heavy metals toxicity test



ADDITIONAL SUPPLEMENTATION



- ☐ BodyBio Liquid Minerals Mineral Test Kit #1-9 & Liquid Minerals Set #1-9
- ☐ Multi-Vitamins or combinations of vitamins to deliver the suggested amounts on page 15, "Daily Supplements."
- ☐ Evening primrose oil (typically softgels, 500mg each)
- ☐ Now Products Full Spectrum Mineral tablets
- ☐ Organic cold-pressed sunflower oil
- ☐ Organic cold-pressed flax seed oil
- ☐ BodyBio Phosphatidyl Choline

STOMACH RESTORATION, ENZYMES AND FLORA



- ☐ CoEnzyme Q10 100mg
- ☐ Dabur Chyawanprash
- ☐ Bio-K probiotic

FOOD



- ☐ **Grains & Legumes:** green mung beans, split yellow mung beans, green split peas, black beans, kidney beans, pinto beans, fava beans, dupuy lentils, brown lentils, basmati rice, peanuts, cashews, almonds, brazil nuts, black sesame seed, white sesame seed, sunflower seed, pumpkin seed



- ☐ **Herbs & Spices:** kosher salt, black pepper, pippali (long pepper), green peppercorns, red peppercorns, white peppercorns, cardamom seed, coriander seed, cumin seed, fennel seed, black mustard seed, yellow mustard seed, fenugreek seed, fresh garlic, dry ginger, dry turmeric, hing (asafoetida), chili pepper, dry basil, dried seaweed sheets (nori), cinnamon, clove, anise



- ☐ **Vegetables:** carrots, potatoes, onions, tomatoes, cucumbers, white mushrooms, brown mushrooms, button mushrooms, shitake mushrooms, maitake mushrooms, peas, corn
- ☐ **Other food items:**
 - ☐ Raw unsalted butter for making ghee (clarified cow butter)
 - ☐ Organic honey, molasses, jaggery or brown sugar
 - ☐ Raisins, gogi berries, cashews, peanuts
 - ☐ Organic cow milk, full fat or 3.25%
 - ☐ Organic cold-pressed sesame oil
 - ☐ Plain organic yogurt
 - ☐ Raw uncooked oats

RECOMMENDED TOOLS



- ☐ Home water distiller, the larger the boiling/storage capacity the less refilling needed
- ☐ 2 medium saucepans (no non-stick coatings)
- ☐ 2 medium size mixing bowls
- ☐ Measuring spoons
- ☐ Vegetable peeler
- ☐ Mortar & pestle
- ☐ Garlic crusher
- ☐ Cheesecloth
- ☐ Soup ladle
- ☐ Sushi mat
- ☐ Thermos

Appendix E: To-Do List

1. Test yourself for heavy metals blood toxicity every six months.

If you test positive, treat yourself using the included regimens.

2. **Learn your minerals.** Invest in a Liquid Minerals Test Kit (MTK) and Liquid Mineral set (minerals #1-#9). Use the free *myMinerals* software to see and manage deficiencies. Mineral levels greatly affect well-being and these are tools to observe and manage this.

3. Apply your knowledge of minerals to food and headaches.

When you have a headache, test and supplement your minerals using the Liquid Minerals Test Kit or take a full-spectrum mineral tablet and wait an hour to see if the headache is actually a deficiency calling for attention. The soup and main dish recipes in this book can be considered remedial for such cases - there is great nutrition in legumes and spices.

4. **Install a water distiller in your home for drinking, cooking and sinus cleansing use.** Drain the boiler regularly, and give it a good cleaning every six months.

5. Test your cooking salt for heavy metals toxicity.

Until a manufacturer certification process exists, it is a worthy investment.

6. **Visit your nearby Indian or Pakistani grocery store** and bring the shopping list on the previous page. Go with the intent of stocking up. At the least, you should **bring home whole green mung beans, yellow split mung beans, hing, cumin seed, mustard seed, coriander seed, fennel seed, cardamom pods, pippali (long pepper), turmeric, dry minced garlic, dry ginger, chili peppers, clove and cinnamon.** These items will provide a solid base to build nutritious and tasty meals.

7. **Build the compounds in the recipes section** and use them.

8. **Learn to cook by example.** Invest in the right tools to make it enjoyable.

9. **Invest in a bread machine.** Make a loaf or two per week, then slice and freeze.

10. **Make every meal nutritious and restorative,** use the food data sheets for reference.

Final Reminders

1. Boost your blood stores of minerals and B-Vitamins. Eat iron rich foods.

These habits will increase the amount of oxygen in your blood.

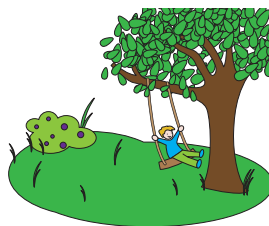
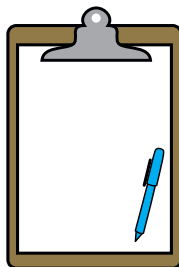
2. **Supplement your blood fats with the 4:1 oil compound** in the recipes section.

3. **Regularly consume garlic and cilantro,** they progressively clean your blood.

4. **Cardamom and hing** are excellent digestive stimulants.

5. **Ginger, pepper mix and cardamom** steeped in scalded milk can be a very enjoyable meal.

6. **Milk** is the ultimate food, drink more and eat less for some digestive rest.



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ADDENDUM

Second Edition, Summer 2014

- Minerals in Spices is missing a few molybdenum and iodine sources.
- Minerals in Legumes is missing a few molybdenum and iodine sources.
- Minerals in Vegetables is missing a few molybdenum and iodine sources.
- Recipes food data is missing a few chromium, molybdenum and iodine sources.

This is a work in progress.

#

Bug Bounty:

Please submit typos or grammatical errors to jory@joryanick.com