

# Better Health Protocols

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**Disease is a nutritional deficiency.**

Slurry is a thick vegetable juice that addresses all nutrients (except some minerals) and cleanses the body.

## Slurry Ingredients (Quantity for 2-3 days)

### First Container

- 1 x Bunch Curly Leaf Parsley
- 1 x Bunch Flat Leaf Parsley
- 1 x Bunch Mint
- 1 x Bunch Dill
- 1 x Bunch Basil
- 2 x Large Red Pepper
- Half Bunch x Kale
- 1 x Broccoli
- Half x Cauliflower
- Half x Red Cabbage
- 1 x Bunch of Coriander

### Second Container

- 5 x Carrots(Grated)
- 1 x Bunch Radish
- 4 x Large Beetroot (Grated)

### Carrot Juice

- 2kg x Carrots (Juiced daily for Slurry)

### Preparation

Chop the vegetables and herbs into chunky pieces. (Do not wash the herbs or inside of Red Pepper)

In a large Tupperware container start layering the herbs and vegetables as per the order above.

Place a paper towel on top of vegetables and place lid on top.

## Further Ingredients for Slurry

### In separate container:-

1. Grate 5 large carrots
2. Chop up a bunch of radish (wash well and cut off fine root and leave 5mm of hard shoot on top of radish)
3. Grate 4 Large beetroot (Make sure beetroot is washed well, chop root, top off, removing top circle of hard skin.) Layer these into container and cover with paper towel. Keep both containers in the fridge.

## How To Make Slurry

2-3 litres of Slurry must be consumed daily for optimum results. Use Ninja Bullet 1500.

Use 1 litre Ninja container and using tongs take some carrot, radish and beetroot from your second container. Then add vegetable mix, filling container to three quarter mark. Compress the vegetables down to get as much in as possible. (Do not blend yet as carrot juice is required.)

- 2 x litres of Carrot juice by using a Breville Juicer (fast/easy juicer).
- Pour carrot juice into vegetables in Ninja just to cover them.
- Pulse 3 times with Ninja (15secs) on high.
- It will come out fairly thick and this is good.
- Make 2-3 litres for the day. At lunch time drink at least 1 litre and store surplus in fridge for dinner.

## Daily Protocol

### Breakfast

- Pre-soaked prunes (soaked for two days)
- 1 tbsp x Pre-soaked Goji Berries (soaked overnight)
- 1 x Apple (eat Apple before Paw Paw)
- Half Large x Red Paw Paw
- (No citrus fruits in morning)

**If still hungry.**

Avocado and tomato on spelt.

### Lunch

Always start with at least 1 litre of Slurry (Add 1 heaped tsp of Calcium to Slurry and stir in)

2 x Fresh fruit can be eaten after slurry (no more than 2 fruits)

### Dinner

Consume unfinished Slurry (Add 1 heaped tsp of calcium and stir)

Boiled Potatoes with garlic (Mash, add good quality butter and raw onion.) (Garlic & Onion King and Queen of the vegetable family. Make sure you have one onion a day and 1-2 cloves garlic. )

## Other Snack/Food Options

- Hommus - use organic chickpeas and make yourself
- Avocado Dip - Avocadoes, garlic, lemon juice and Celtic or Himalayan salt
- Nuts – mix together in container raw Brazil, Macadamia, Walnuts, Pecans (If you are having more than 12 nuts per day soak overnight with a cup of water and 1 x tsp of Celtic Sea Salt. Next day drain and dry before eating. This removes the enzyme inhibitors in the nuts.
- Fresh Dates
- Spelt Toast/Bread drizzled with extra virgin cold pressed olive oil and Celtic or Himalyan Salt.

# Dr Budwig's Protocol – Cottage Cheese & Flaxseed Oil

## Necessary protein for patient.

Make your own cottage cheese, recipe below.

### Cottage Cheese Recipe

#### Ingredients

2 x litres 97% fat free milk (if underweight use Full Fat Milk)

1 x litre tub of Low fat Greek Yoghurt (Farmers Union)

#### Method

- Bring 2 litres of fat free milk to boil on low heat.
- Let it rise up a little before taking it off the hot plate.
- Add third of the 1 litre tub of yoghurt and stir. (Do this in two stages, add a little and stir gently, then add the rest of the yoghurt and keep stirring gently with a spoon until it breaks and goes to a clear liquid. If it doesn't break you can add an extra tablespoon of yoghurt to get it to break.)

Leave for 10 mins.

Strain and cool for a further 30 mins. Place in glass bowl with lid in fridge.

#### How to Eat

Take half of Cottage Cheese from bowl and add 3 tabs of Flaxseed Oil.

Place in bowl and use stick blender to mix for 1 minute. (Flaxseed Oil will disappear)

Once made you can add 1 or 2 fresh fruits (not frozen berries, melons or citrus)

1 x teaspoon Pure Organic Honey sourced from Beekeeper. (Optional)

**Eat straight away – never store.**

## The Do's and Don'ts for Better Health

### DO

- Drink good water (e.g. Box of Pureau Water available Supermarket).
- Make own fresh carrot juice for slurry.
- Always carry water bottle and drink small amounts frequently (Dehydration of the organs can cause cellular damage or infection).
- Organic Pure Honey Only (Purchase from direct from Bee Suppliers).
- Make sure consume 1 x onion and 2 x garlic cloves daily.
- Only fruit juice to be consumed is oranges or lemons put thru a slow citric juicer or squeezed by hand.
- Eat good quality butter.

### DON'TS

- Never juice or blend fruit.
- Never use water to pour into the slurry.

- No eggs or animal products.
- No margarine.
- No frozen food.
- No sugar.
- No cooking with oil.
- No processed food.
- No strawberries unless they are pesticide free.
- Never mix citrus fruit with other fruits.
- Never buy anything from the Supermarket **EXCEPT** Milk for Cottage Cheese, Prunes (Verity Brand which are Preservative Free), Good Quality Butter, Goji Berries, Pureau Water and Raw Nuts (Brazil, Macadamia, Walnuts, Pecans).

**Remember this Protocol is to improve your health and life. Enjoy!**