

**Jubbs Cell Rejuvenation** REJUVENATION

Liver/Gallbladder/Pancreas/Brunner Gland Cleanse

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# Jubbs Cell Rejuvenation

For cleaning out the pantry and putting something new and improved in

## Introduction

Most people have gallbladder and liver stones mainly due to a diet high in insoluble fats and animal fats, indigestible proteins, refined sugars and refined carbohydrates combined with lack of adequate insoluble dietary fiber.



The liver and the gall bladder would normally be able to break down these acid-forming foods but due to their overconsumption the bile in the liver and gallbladder becomes supersaturated and insoluble and "stones" are created as these fats and cholesterols solidify. These stones can also become hard as sometimes they are encased in calcium and other minerals.

Taking in olive oil and lemon juice on the fourth day of this cleanse creates a flushing effect in the liver and gallbladder and the stones are passed easily in the stool. They may come out as a green, slimy mass or actual stones ranging in size from small to medium-sized pellets; sometimes larger. Their color also varies, ranging from brown to dark green, bright green, black or muddy white. Their odor is usually quite strong.

Passing stones is only one element of success of this program; it **optimizes liver function**, and **improves bile flow** and is designed to help cleansing to be increased some 400% over what might ordinarily be occurring. It is the foundation of cell rejuvenation and along with Lifefood nutrition, which is rich in food-based minerals, enzymes, vitamins and soluble and insoluble fiber, allows the body to maintain bile flow in the liver and gallbladder.

**21 DAY LIFEFOOD NUTRITIONAL CLEANSE**

## 21 days of cleansing during which you're fasting from five things:

1. Cooked dead food
2. Starch
3. Solid food (all food thoroughly chewed and broken down mixed with saliva)
4. Flesh
5. Break-fast

I talk about this being a fast, yet this is actually a cellular feast. During this time you have 5 "flush" days: the 4th day, the 8th day, the 12<sup>th</sup> day, the 16<sup>th</sup> day, and the 21st day. Mark these days on your calendar and be certain that you can arrange to rest. More so, on those days, do what you can to keep your schedule free after 1pm. Time your cleanse to meet what works most easily for you.

*There are just a few things that you might find new on this cleanse which we will explain here. All of these things work together synergistically to maximize your success and all are learned easily. These are time-tested methods, and can be applied during any cleansing time. They can be put into a few categories:*

### Evacuation

Keeping the bowels clear and moving is deeply beneficial during a cleanse. It encourages an invigorating of the eliminative organs and assists you to pass the old waste material and make room for a new you. **Evacu-Ease** is recommended for various reasons listed below. Jubbs Blue Manna, Jubbs Lifecolloid Probiotic, Epsom Salt, and Castor Oil (internally) are also applied to assist encourage regular bowel movements.

### Stone Softening and pH Adjustment

In order to pass stones out of your body, we first loosen and soften them with herbs, light-acids (like raw apple cider vinegar, citric, malic, and orthophosphoric acid), Castor oil packs and physical stimulation. On the cleanse one normalizes pH which reduces inflammation, fat, stress, and averse thinking pattern.

### Inflammation Reduction

Reducing **silent inflammation** and/or **primary inflammation** in the intestinal tract increases cell nutrient and waste transportation. This also normalizes body pH, reduces fat, and abdominal water retention.

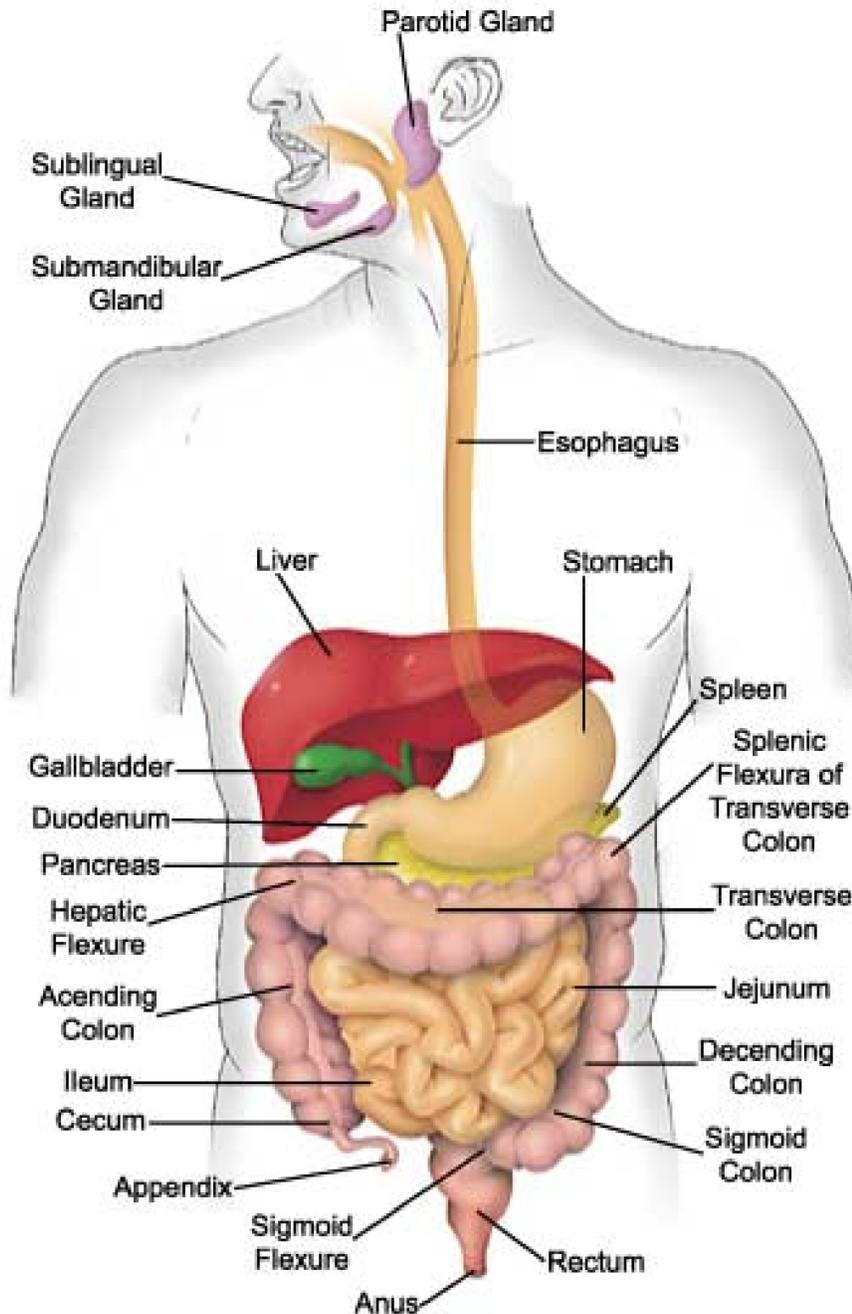
### Maintaining Muscle/Reducing Fat

The LifeFood Nutritional Cleanse guards against prophylactic shock; by, maintaining optimal mineral level, so the blood remains hydrated and provides fat and protein to manage blood sugar at 85mg/dl. The Lifefood nutritional fast encourages muscle to have remained, while clearing away what is other than you.

### Flushing

Flushing the gall bladder and liver is accomplished by encouraging both a maximized bile flow for a brief period of time, and a dilation of the sphincter of Oddi (the bile duct). This cleanse is primarily emptying of the liver, so that body debris can be processed. The non-surgical removal of gallstones is a by-product of this process, yet other than the primary reason for this cleanse. Eating lifefood alone other than accomplishes this. Flushing is the most direct way of reestablishing optimal bio-terrain, vitality and health as it addresses the source of bio-balance.

Resting as much as one can is a central component in any healing. This offers your body the resource to maximize its rejuvenation.



## CLEANSE **Cleanse Elemental** CLEANSE

The following is a brief description of the nutritive and cleansing elements of the Lifefood Nutritional Cleanse

## Lifefood

While on the 21 day nutritional cleanse you will be enjoying lifefood, the original food of our specie of wo/man. Lifefood is eaten more so as nature provides it, organic and uncooked. It encompasses mostly fruit, botanically defined as the watery body emanating from a flower. This includes: cucumber, pepper, avocado, nuts, zucchini, melon, and squash. Sea vegetable, herbs, algae, tree honey, faro, quinoa, millet, cauliflower, seeds, and many other foods still retain much of their wild nature and are also considered lifefood.



We are designed more as a frugivore. Lifefood, simply, is food which retains a semblance of its ancient ancestor and correlates more directly to our physiology. There is an enormous variety of delicious food which can be eaten on this cellular feast. Explore the natural bounty of the earth, share and enjoy.

Lifefood is **other than** cooked or processed food, meat, dairy and animal product; Lifefood is **other than** refined sugar in excess, com, rice, wheat and most grain. Lifefood is **other than all** soy product, canola oil and other poor quality oils.

# JUBB'S



Lifefood is other than potato, beet, carrot, yam, banana, pineapple, date, cashew, peanut and *all* non-organic product. Those substances, in their modern form, are human advents and other than support the balance of that part of us which is Nature. For a more in-depth clarification of the distinctions of lifefood, see **The LifeFood Recipe Book** by the Jubbs.

### Blue Manna

This, researcher has observed remarkable healing property of Blue Manna with monatomic White Gold - clinical studies clearly show a positive enhancement of brain function; monotomic gold, operates magnetically to harmonize the brain's two hemispheres; this, action helps increase beta and alpha waves;

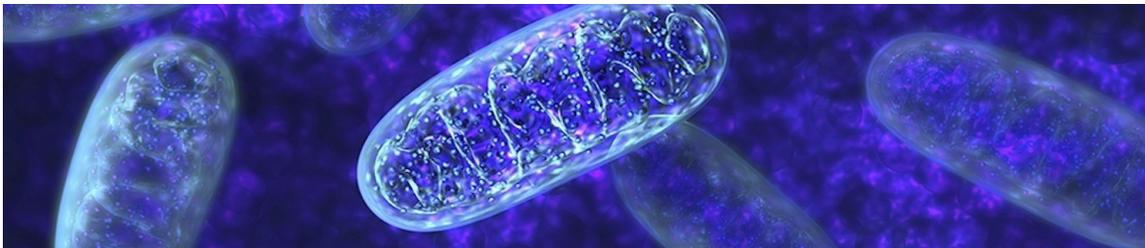
Monatomic Gold, is well suited to individuals beginning to cleanse body tissue and organ from debris and phosphate; and, clear away excess deposit in the intestine; to, assist you maintain regular and healthy bowel movements;

Blue Manna, is a natural whole food product unique from other forms of magnesium; for, you should know all mineral should be in an elemental form as found in vegetation and life; and, being found with it's protein colloidal chaperone; in, its natural state which is enzymatically active; for, what you have done of dead food can have robbed magnesium from your body perpetually; because,

Magnesium is involved in 200 detox pathways and some more than 300 enzyme systems in the body; you, can only have proper digestion and self cleansing; and, vital mitochondrial energy to have good brain function and proper nerve force; as, you have elemental magnesium:

- BLUE MANNA assist to dissolve kidney stones over eight weeks;
- Regulating, blood sugar; nourishment, for your immune system; assisting, to de-calcify calcium phosphate from spongiform tissue; including, the brain
- Relief from cramps, helps heal from neoplastic condition; restores, proper cardiovascular function; decreases inflammation associated with many health conditions; and, assists for your blood pressure to be normal; and many more health benefits...
- Magnesium, is most likely deficient from severe dead food consumption; your age, state of connective tissue; pancreas, and kidneys will suffer from calcium and phosphate buildup
- Phosphatase is an enzyme present in Blue Manna which assists you dissolve calcium phosphate deposit in the body

During this cleanse you are taking Blue Manna daily to assist as an evacuative and keep the bowels moving four times a day; dosage during the cleanse **is one (1) teaspoon Blue Manna dissolved in 4-6 oz. juice or sweetened nut milk**; this is done **twice a day** during preparation day and added dosages on flushing day; also can be taken as an effervescent culinary beverage; which amplifies the enjoyment you have and effect of the magnesium; see recipe for Jubb's Blue Manna-Colada below.



### **Jubb's 4NR**

Organic natural pacifarin for neoplastic remission; neoplasm, (dysbiotic tissue) is an imperfectness with red blood corpuscle being able to magnetically flow freely; and, have a static field in the matrix of your body; such preparation as Jubbs **4NR** supplies the body with an ammonia and a nitrate; that, strips the protective covering of neoplasm; and, inhibits co-carcinogenic K factor [C K F]; that, can have been protecting those cells from immune recognition;

When, blood was ever shifted from its seven point three (7.3) pH range; dysbiotic, lifecolloid can be seen to have arisen; and, as this is adjusted back; via **4NR**; and, Jubb's Cell Rejuvenation;

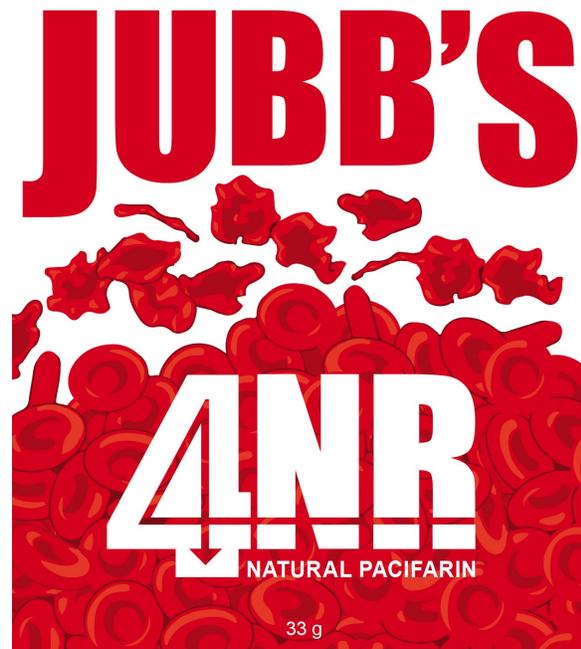
forms, of dysbiotic tissue; via, aggregation; fusion; and, differentiation; return, back to a virulent form; as, a “colloid of life” level in the blood again as this is in health; now,

Most, you'd agree, are following a pseudoscience of fixed monomorphic insight; that, is of a paradigm paralysis; discredited, by live blood cell microscopic analysis today; and, such analysis also de-bunk the genetic theory of mitotic cell division; necessary, by imagination only apparently; for, lifecolloid multiply as is seen clearly via twenty thousand (20,000X) magnification; lifecolloid, can be seen to spontaneously retro-differentiate via AFD (aggregation, fusion and differentiation) process;

This, researcher was involved in the development of Colloidal extracts; and, whole food vita-mineral complex; and, deep insight into grown nutrient; natural, complex vitamin; versus, synthetic analogs which are often poisonous; natural, nutrient as **Jubb's 4NR** promotes extremely important surfactant; this, researcher begin to study intermediary surfactant [between] molecule and blood borne inhibitor;

Membrane, permeability surfactant enhancement insight was developed; and, much pleomorphism; as, microc-himerism was observed; during, this period of time; a, red blood corpuscle was observed differentiating into a white blood cell; you, can read more about this in **Jubb's Cell Rejuvenation**; with, this insight; this, researcher developed Lifehydrate; while, investigating renal and pulmonary surfactant and hematopoiesis; which, is the study of blood formation as is formed in the intestine; under, certain nutritional conditions of low caloric intake; blood, is reverse differentiated from a fat cell;

**Jubb's 4NR**, comes to be from a cross-diciplinary background; as, you can see; this, researcher developed **4NR** natural remedy for neoplasm in the late 70s; and, assisted put together a



taxonomy of abiotic substance; led, into research that related to mummification; and, plant materials used for such; because, tissue of the body was noted could have broken down into fermentative dysbiotic lifecolloid by AFD; and, that on one hand; dysbiotic, tissue require three types of foreign protein: chitin, resilin and scleritin; and, on the other hand; the, body in good health produces enzyme to dissolve foreign protein [as, you have proper lifecolloid probiotic in the intestine]; chitinase, resilinase and scleritinase; transform, dysbiotic tissue back into blood;

Such, enzymes break up the foreign protein from the blood; which, always forms the extraskelatal structure of pleomorphic parasite [see **Jubb's Cell Rejuvenation**]; and, this was discovered; that, if you gave a substance; like, nitrogen; which, such neoplastic parasite is excited by; and, draws into itself; and, along with this nitrogen; a, terpenated nine carbon atom is mixed; so, you've got a nitrogenated terpenated compound that is drawn in perfectly; melting, all mucus along the way; and, once it gets into the parasitic lifecolloid; it, doesn't allow that lifecolloid "protein scaffold" to be able to exist any more; chitin, resilin and scleritin can't exist in such environment; and, thus **4NR** was developed; anyway, on another note

All, must support a tight junction fit in the intestine; this, seals the intestine from foreign protein having entered into the body and blood wrongfully; such, protein (gliadin glutenin, casein and gluten) is commonly known allergen supposed to be easily be defecated out; as, there is lifecolloid like L. Salavarius and L. Planetarium; which, love oxygen; and, exist in an anaerobic and aerobic state; this, probiotic is found in **Jubb's LifeColloid** and **Jubb's FloraGrow**;

Can, you appreciate how important having good digestive function is? And, proper liver; and, pancreatic bi-carbonate; is, in having good blood borne inhibitor; that, block the expression of the double-spore neoplasm; from, becoming a building block of a dysbiotic parasitical lifecolloid within the body matrix; ok?

In, colloidal biology blood is known to form in the intestinal villi deep sub mucosa; large, cell lamina propria; via, AFD process; and, under a state of autolysis; is, reverse differentiated from adipose tissue back into a red blood corpuscle; and, as such differentiate continuously; depending, upon its bio terrain found; so, where blood borne inhibitor is existed; as, delivered to you in **Jubb's 4NR**; parasitic, tissue can other than form; because, such require(s) chitin resilin and scleritin to be able to form; thus

Darwin, had a wrong idea [that pleomorphism wasn't considered as truth]; that, life such was in a fixed form; and, "un-changed;" was, wrong! And, such evidence supporting colloidal biology is amassed; that, such is of live blood cell analysis today; and it is shown that, terpene; ester; phenol; were, found as natural pacifarin; in food eaten; from nature; yet, not much today in a dead food diet; and dysbiotic infection can have incurred in the pancreas, brunner gland; bile, bladder; and intestinal tract; in, the mesentery region of the body;



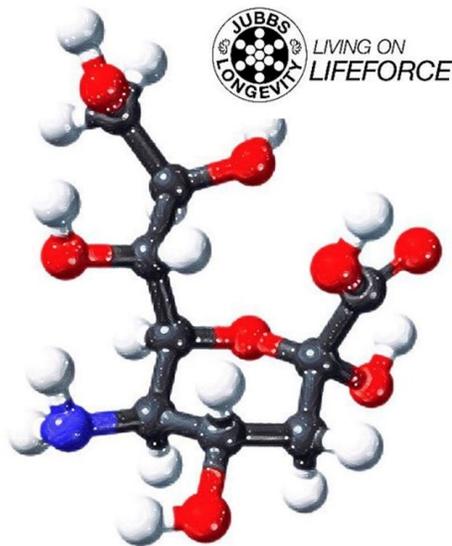
Dosage during the cleanse is  $\frac{1}{4}$  tsp. **twice a day** on preparation days and three times during the flush day; see cleanse schedule below.

## LifeHydrate

**LifeHydrate**, is a membrane permeability surfactant enhancement nutrient condiment; **LifeHydrate**, (made with Monatomic White Gold) repairs and maintains DNA; and, assists to hydrate the entire body; you, keep your body and mind hydrated, plump and youthful;



What if you had a product that was created with monatomic White Gold and other amazing nutritive substances that could heal your body inside and out of a myriad problems? These molecules that have been brought down from the nano level by one million, two hundred thousand times; to, the infinitesimally small Coto level (fractals to infinity); and have the ability to magnetically drive natural elements into your tissue and DNA; soaking, in; hydrating, restoring and repairing; **LifeHydrate**:



### Coto level

- Assists to hydrate the entire body; as hydration is Youth and de-hydration is old age
  - Cleans your Water as it neutralizes;
  - Assists balance pH, is hypoallergenic, assist at a very deep level;
  - Provides protection for your teeth; strong healthy bones
  - Creates a wetting, slipperiness, moisture and repair for your body as drying out is the beginning of old age;
  - Has one of the smallest and most powerful anti-oxidant in nature; enhancement, for permeability of connective tissue
- Is applied by the body to resuscitate from hemorrhage; and, reduce inflammation.
  - Is supportive of gastro-intestinal, lungs, kidney, aids in slipperiness and wetness and blood, flows smoothly
  - Assists with renal; cardio-vascular; anti-inflammatory process

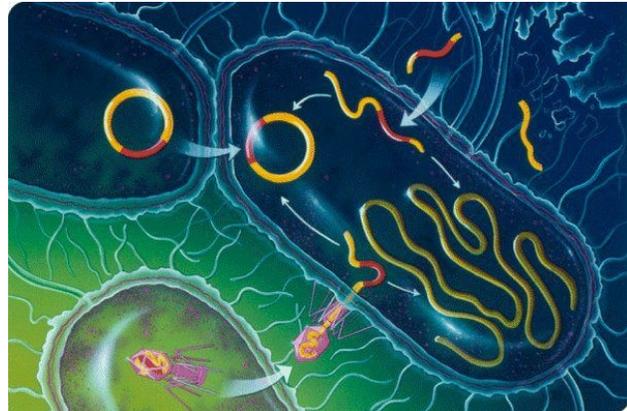
LifeHydrate is a lifefood surfactant made with White Gold; whole, food vitamin-mineral complex to help hydrate your body; most, water is inferior to achieve hydration; adaptogenic formula brings

body into balance; enjoy a pinch in your water or tea all throughout the day; ingredients include: pure silica, aspen bark, ganoderma, polypore, juniper berry and bear root; white gold hydride;

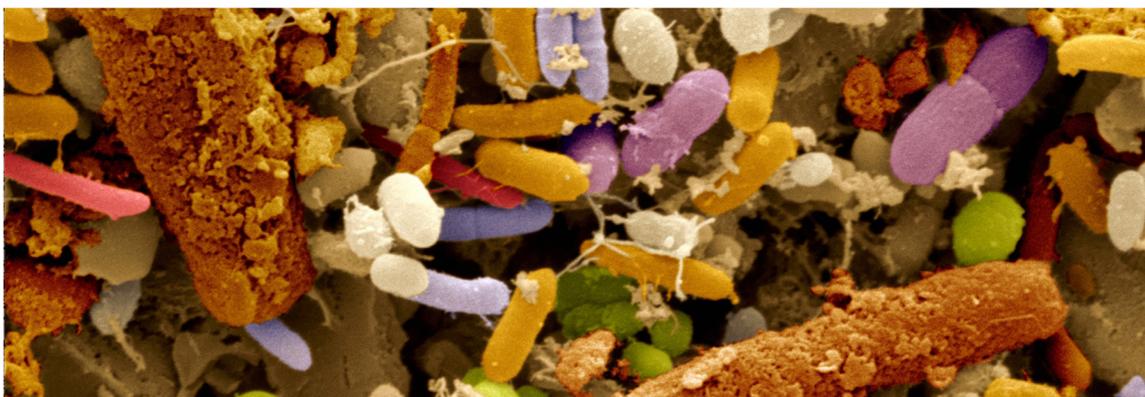
### Jubb's LifeColloid Probiotic

**Jubb's LifeColloid** probiotic is full of natural bio-surfactant; clinical, observation indicates surfactant dysfunction in all pathology. From cell respiratory distress; and from the first breath to the last surfactant vitality is of distinct import. LifeColloid probiotic provides an enormous array of bio surfactant; such as phospholipid; glycolipid; lipopeptide; lipoprotein; and others; all, assist vitality by valuably being able to adjust the surface membrane of body tissue; and, for all cell functioning;

Surfactant, in the pulmonary system work to both reduce and increase surface tension to control internal and external plasma condition; and, information molecule and bio-phonic induction reception and transition of intelligence; the, surface tension of normal blood falls between fifty two and forty eight dyne; water, from a tap has about a seventy two dyne measurement; a, lower number is a smaller molecule cluster and a larger surface area exists in such; otherwise, if surface tension is dysbiotic it interferes with cell respiration; and, all manner of substance cannot be kept off electroplating body cells like calcium phosphate; that, is body cement;



Lifefood, is gourmet because it's made with food factor of complex molecule that assist the body with digestion and assimilation of nutrient in a deficient world; factor x and Tamashoyu and kinoji nut cheese; fermented beverages; and, I. salivarius and I planaterium are primary lifecolloid applied in all sour and slow and quick ferment condiment; the, author has a magnesium flourine and iodine tritium called Jubbs 4MA formula; if, you consider surface factor important then start to bring in more fermented food;



Synthetic, nu toxin contaminant derived from petroleum; as, surfactant; and, wood alcohol surfactant free radical is rife in the modern chemicalized diet; such, synthetic chemical instigates havoc on surface membranes; **Jubb's LifeColloid** probiotic engages bioremediation of such contaminant; that, all know such synthetic contaminant is dangerous; it, is found in most

packaged food and synthetic drug applied by the big agri-pharma; such, contaminant is not being remediated in the modern beloved

**LifeColloid**, probiotic has natural non toxic surfactant in abundance; and, also life food condiment as slow sour fermented food; you, can only clean your brain with natural such bio-detergent; it, can have released synthetic solvent like Toulon; benzene; and, polysorbate like molecule;

Life food, condiment as is factor x; tamashoyu; kinoji; FloraGrow; all, have powerful surfactant and intrinsic factor that is of complex gourmet savory culinary excellence; and, powerful natural surfactant abounds in such; and, it controls for nut fat agglomeration and stabilizes aeration in life food confection and beverage such as red gold probiotic drink;

You, can clear away synthetic toxin with **Jubb's LifeColloid** probiotic; and, it also has natural pacifaran substance to eco-sterilize all; and, is a rich cache of valuable surfactant nutrient element; enterochromaffin cells, produce hydroxy-tryptophan the precursor of serotonin; excessive, tannin consumption along with diatomic mineral is not nutritive; yet, in small amount for a moment can act on the body but it's very slight; only, about three percent effective; and, you and i we can only have element that has passed through lithophilic life colloid; **Jubb's LifeColloid** probiotic is only of monatomic state material;

A, stunning transmission of body natural radiant energy passes over the DNA in symbiotic probiotic life colloid; and, the body makes use of such nascent information; and, blood plasma with such information; as, nascent informed plasma can then be combined with DNA precursor material; that, such specialized protein is made by DNA combination from life colloid probiotic broadcast from inside your intestinal garden and plasma of blood; via, life colloid broadcast effect; much, nutrient does also broadcast effect on the body from a distance;



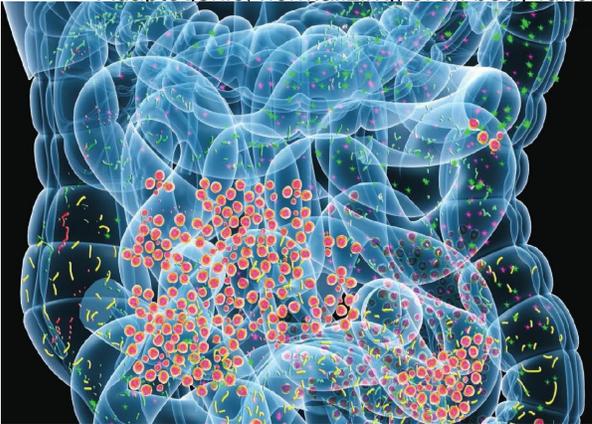
Surfactants, are rife in the food and body care industry; it's, in cheese; and, milk product; bakery; drink; vaccine; polysorbate 20, is a tumorigen and also reproductive effector; a, sorbitol molecule treated with ethylene oxide; and, by dioxin and also heavy metal;

Biology, is made up of bi-layer membrane having a hydrophilic head and a hydronic tail; a, phospholipid arranges itself into a natural bi layer that keeps what needs to be together and not a diffused mess; such, holy soil as **Jubb's LifeColloid** probiotic for it has natural surfactant the body requires to have proper vitality;

**Jubb's LifeColloid** pro-biotic is a boon for health; it, is a true super vitalizer in its own right; fusom, is a medium weight fulvic acid found in the fat comprising **Jubb's LifeColloid** probiotic and as carrier agents in the soil; and, also one's internal garden you are wrapped around; mineral, chelated element is a dynamic vitalizer for calcium absorbed;

**Jubb's LifeColloid** probiotic is a **super vitalizer**:

- The, greatest detoxificant; the most of any kind of all detoxificant as a probiotic on the earth
- A, true re-mineralizer; a, restorative of all necessary trace element; you, get a veritable software program for re-programming mineral starved cells; as, you get this lithophilic rock eating lifecolloid
- A, cell electric restorer; you, get the most power packed supplement that generates electricity inside a cell; weak, organic acid dissolves cell rigidity caused by calcium phosphate; calculi, is dissolved; inflammation, is reduced; and, cells can become again hydrated; and, provides a body with its paramagnetics
- Anti-neoplastic, immune enhancer; anti-mold, and fungus and yeast: bio-terrain, restorative of pH; conductivity; and, antioxidant de-fibrinogen enzyme
- Adaptogenic; normalizing, of all body function; a, healthy intestinal tract can have about



80,000 species of lifecolloid [a library of DNA and RNA]; dis-ease, is a drastic reduction in species of lifecolloid! You, can bring some 50,000 specie in to assist

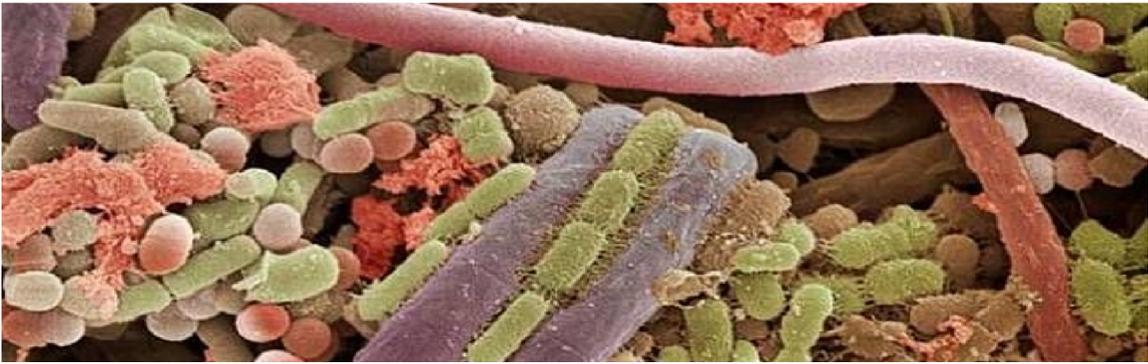
By consuming **Jubb's LifeColloid** probiotic; you, have a metabolic nootropic vitalizer; neurological, brain supportive trace element normalizing neurotransmitter abound; such, as glutathione peroxidase and magnesium calcium silica and carbon; gut, health is

assisted and brain health too; eco-sterilization, of mold fungus and yeast occurs; and, mycotoxin is eliminated with its neuro-toxic devastation; **Jubb's LifeColloid** is a true vitalizer;

Right, off the cuff having **Jubb's Lifecolloid** probiotic is you dissolving acid deposit; detoxification, you would agree, is a necessity in today's world; Jubb's, soil born lifecolloid is the first and only fresh lifecolloid probiotic in the world; it, is a 100% vitality restorative; and, the most essential successful bio-terrain restorative; and heavy metal and chemical detoxification product on the market; effective, enough to facilitate the dissolving of calcium phosphate [the silent killer]! Daily, application in combination with adopting principles in Jubb's Cell Rejuvenation can erase body fat, wrinkles, restore blood sugar, and clear away disease;

Until you've actually used **Jubb's Lifecolloid** probiotic it can be not easy to imagine how powerful this can cause such spontaneous remission; numerous, users claim it powerfully does; people, of all ages using Jubb's Lifecolloid Pro-biotic receive immediate and noticeable result daily that are cumulative, compounding, and synergistic; with miraculous result that can be seen within a few weeks of continued use;

Can you save time? Can you time travel at the 22nd century innovation's speed? Today, you can make a choice; or, be stuck with yesterday's solution; in, this story you journey into capturing cosmic energy as a black hole and also a supernova; as, a veil of illusion is being lifted for you about health; and, a twilight zone of unseen dimension is given to you here exclusively to benefit you now;



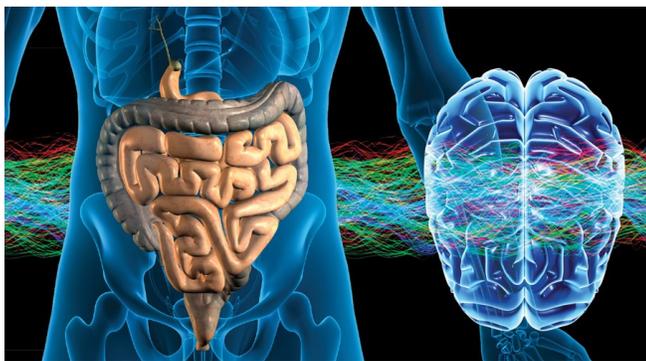
Apply, **Jubb's LifeColloid** probiotic as you are caring to get concentrated, bio-active, rich, cleansing, and restorative vital nutrient ingredient; in, merely a pinch of **Jubb's LifeColloid** billions of such lifecolloid abound; this, is lithophilic [rock eating] lifecolloid that can transform insecticide, pesticide, petroleum, and heavy metal; and, provide a powerful persistent activity against parasites;

You can heal the polluted water of your blood by chelative and clathrative element; and, dissolve calcium phosphate deposit [a silent killer] through learned daily application of **Jubb's LifeColloid** probiotic; this, substance can be described as the most concentrated heterogeneous matrix of lifecolloid communities in the world; it, is full of dynamic, auto poetic [self regulating] processes in chaotic space and time; your, intestine requires such an ideal bioremediation lifecolloid inoculant; dosage, is **½ tsp. twice a day** mixed with honey to coat the intestinal tract; can also be taken with food, dissolved in drink, or eaten alone;

### **Jubb's FloraGrow**

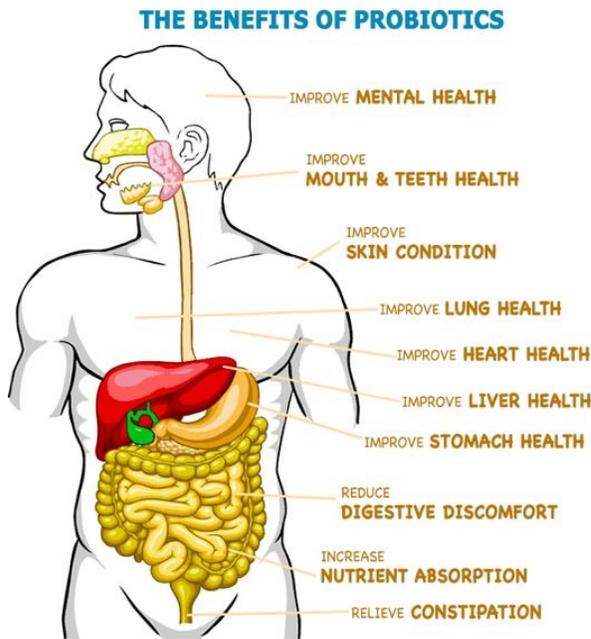
Lifecolloid, probiotic cultured on almond and apple as implantable specie *I. salivarius* and *I. planetarium*; assist, to restore your intestinal garden; as, you are consuming lifefood; this, breaks down into symbiotic lifecolloid; as, *acidophilus* exists within your intestinal garden; no, dysbiotic bacteria exist much; even, when someone died, *rigamortis* didn't set in;

Jubb David is giving the world a new food condiment; which, is cultured with lifecolloid; which, actually implant in your intestine; **Jubb's FloraGrow**, is cultured with *I. salivarius* and *I. planetarium*; this, is the culture that can be implanted in you; this, is the lifecolloid that can cause you to even be able to digest cardboard;



No, one can deny most people they observe; can, have ended up other than flexible and supple; and, everybody can have observed as the body is flexible; the, mind is also; the, body is the mind's experience of itself; everything, that you perceive; you, perceive through your body; you, have to feel light; to, see in the mind's eye; mother's, milk is the perfect ratio of everything that you need; everything, in nature self medicates; when, you take a drink; what, you drink can cause saliva to come into your mouth; or, not;

Lifefood, causes moisture; and, saliva to come; just, as you think of eating a lemon and tasting the lemon; feeling, saliva come into your mouth; something, has wet you; some, things hydrate; and, much is the opposite; but, how can a tiny seed the tinniest in the world; float; so, beautifully up in the heavens; and, survive such radiation? and, it does this; perfectly; it's, complete; it's, efficient to withstand such energy that would ordinarily be other than hydrating; no, one can deny we live in a world that has become radioactive; and, a state of the art of nutrition; is, simply fried sticky fingers in the lobby of the hospital;



Modern, medicine is the art of keeping beloved mused; while, nature takes its course and possible; more, than likely and actual interferedness; but, god doesn't intervene; a, true healing therapeutic is you having changed your ways; and, not something from a cabinet; we, live what we speak and speak what we live next; and, every single word has a physiology; and, to be in the quick; to, be in uptime; to, be noticed; and, observed; of, a pattern of our time; but, how could you be in the quick; unless, we can become aware more of what can sustain us and is sustainable?

Lifefood, condiment; such, as **Jubb's FloraGrow** is one such probiotic food; it's, low phosphorus; to, calcium; it's, a high

calcium to phosphorus ratio; perfect, ratio of five parts calcium and two parts phosphate; and, this is what you need to survive; if, you have had bean and grain, milk, flesh, and other non lifefood; i, care so much you can deem what is said here; you, can highlight this; excess, phosphate; in, the beloved's body; wreaks, havoc on all systems and is called silent inflammation;

If, you want to be hydrated; you, need the surfactants; that, Lifecolloid and intestinal tract produce; only, lungs can remain wet and functioning with such surfactants; Lifefood, is free of excess tannin, indigestible protein; excess gluten, glutenin; casein, and lectin, are only just some of the indigestible element which causes phosphate to have become stored; however, if you eat lifefood; there's, no consequence of calcium phosphate build up in your body; your, intestinal garden is pristine; you, primarily have *I. salivarius* and *I. planetarium* in your intestine; which, produce lactic acid; it's, possible to live more like a saint;

**Jubb's FloraGrow** is cultured from almond and other lifefood seed, and is lifefood; **Jubb's FloraGrow**, is the slow souring cultured food condiment; and, contains numerous enzymes and specie of lifecolloid not found in any other probiotic on the market; during the cleanse **take ¼ tsp. three times a day**; maintenance dose after cleanse is **¼ tsp. twice a day**; take, for five days and take two days off; repeat this for three weeks and take the fourth week off; repeat cycle;

### Evacu-Ease

This is an herbal powder containing several unique plants, combined in ratios which work synergistically. **Evacu-Ease** reduces inflammation, rebuilds the intestinal wall, fortifies nutrient

brought in, and has an excellent evacuative effect. This encourages normalization of transit time of food through the intestine. **Evacu-Ease** is an **evacuative**, other than a laxative and can even be taken during pregnancy, whereas all laxatives are poison, being how they operate.

**EvacuEase** has health benefit and actually strengthens the system. With **Evacu-Ease** we are managing

4 loose or liquid stools a day, (clear liquid is fine as well). If having more than 4 bowel movements, reduce doses a bit; if less than 4, bowel movements, then increase number of doses per day.

**Dosage is 1/3 of a tsp.**, the approximate equivalent to 1 gram or one capsule of powdered herb. During the cleanse it is taken 4 times per day taken near food time but can be taken up to 7 times per day if needed to achieve 3-4 bowel movements per day. It is taken sprinkled on a slice of fruit and thoroughly chewed or carefully placed on the **tongue and chewed in order to be taken more as a food and thoroughly mixed with the parotid hormone in the saliva**. Its taste is bitter, yet manageable. In a day or two, it will feel just like home.

All the herbal formulas in this cleanse, except for the teas, are chewed and wet by the saliva in the mouth and then swallowed. Mixing them with water and then taking will prevent their effectiveness.

### **Digest Aid / Wild Zymes**

**Digest Aid** is a true **digestive tonic**, causing all digestive juices to flow. As well, it powerfully assists with softening of the stones, dissolving arteriosclerotic plaque, and increasing the blood's fat-manipulative force. **Wild Zymes** is a plant-based product that has all of its metabolic and enzymatic force and is other than in a fermentative state. As well as *its* enzymatic capacity, **Wild Zymes** is a powerful anti-inflammatory and can reduce cortisol in the intestinal tract. It also contains **tri-methylglycine**, which assists in building hydrochloric acid and neurotransmitters; it is a gut wall thickener and chelates heavy metal and solvent from the body.

**Dosage is 1/3 of a tsp.**, and taken in the same manner as **Evacu-Ease**: chewed alone or with a piece of fruit to thoroughly wet with the saliva. **Wait at least 5 minutes in between any herbal formula**

### **Apple Cider Vinegar**

This is the only **alkalizing** vinegar, and should be uncooked, and cloudy at the bottom; this substance, as well as managing pH, softens and loosens bile stones, preparing them for flushing out;

During the cleanse one can take **1-2 oz. Raw Apple Cider Vinegar diluted in 4 oz. water**, 4 times a day, (even with a tad of honey to taste); after taking acids, such as this or lemon, always rinse your mouth to protect teeth;

Raw Apple Cider Vinegar can be effectively and directly replaced by **Digest Aid**; to, make this shift, take **1/3 tsp. Digest Aid** at the same times in the day as you would apple cider vinegar, and remove it from meal times;

### **Whole Food Plant Based Supplements**

During the cleanse one may opt for maximizing their cellular feast and detox with additional foods in the concentrated forms of **whole-food** vitamin/mineral complex and herbal, plant-based

supplements. Some common supplements include Folate, B vitamins, Zinc, and various other vitamins in their whole food form can be added. Plant-based supplements, such as those already listed above, are standard fare on the cleanse.

Additionally, one may wish to bring in formulas such as **Alpha & Omega**. These two formulas are blood and lymph cleansers and herbal antibiotics, which can address internal mold, fungus and yeast. They also act as parasite eliminators and *anti-neoplasm* for cancerous and tumorous conditions. **Alpha & Omega** are taken internally, can be used as externally applied compounds and also come as suppositories. All these supplements assist to specifically potentiate your cleanse. There is wide range of supplemental substances available in Nature, which one can also apply. A full range of Jubbs herbal formula is listed at the back of this program.

## Oil Flush

The presence of lipid (fat/oil) in the duodenum is the primary stimulus for the liver to empty itself and to release bile. This stimulus reactivates the liver's capacity to absorb and manage debris in your body. One can consider the liver to be like a kitchen sponge, which when saturated, less than really can mop anything up. A liver flush very simply squeezes out the sponge, and as it spring back, it again can pull waste out of the system. A by-product of this liver flushing is the removal of gallstones.

As you have loosened and softened stones, as well as stimulated the liver/gall bladder through massage and percussion, they dislodge and become ready for evacuation. Ingesting a quantity of **organic olive oil** on the Rush Day stimulates a torrent of bile which flushes



the loosened stones out of bile ducts and the gall bladder, which are further evacuated in the cathartic release provided by the coffee enema. 6- 10 oz. of olive oil will flush the gall bladder and liver. A lesser amount, 4-6 oz. , will flush the liver alone.

Large amounts of olive oil can often result in queasiness. To manage that, go easy on yourself when deciding how much oil you will drink, especially for your first time 6 ounces is an adequate amount. It is suggested to take **Wild Zymes** or extra digestive enzymes containing **lipase** prior to and after drinking any oil. Rest, and refrain from much movement of the body or eyes to ease any challenge one might experience.

**Organic olive oil**, still retaining its Lipase is optimal, though uncommon. Even cold-pressed oils can have encountered heat during processing. If the oil lasts a long time without deteriorating; one will recognize it to be without its own enzyme. In general, it is wise to eat a living fat, retaining its Lipase, such as avocado, or nuts, if you eat Lipase deficient oil. Look for a recent "pressed on" date and a dark bottle. Poly-unsaturated oils such as flax, become rancid in

the body far too quickly for large doses. Suitable brands of olive oil can be found through Jubbs Longevity.

## Blood Circulators and Sugar Regulators

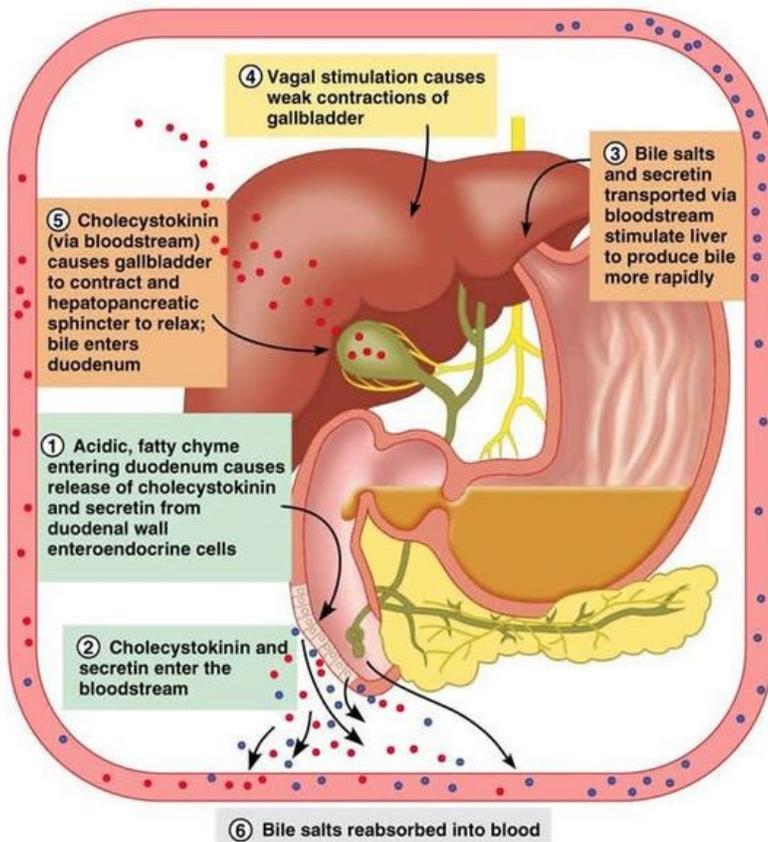
Vitamin B3 affects blood sugar regulation and has been shown to be involved in insulin metabolism and blood sugar regulation. Vitamin B3, in the form of **Niacin** is a **vasodilator**, opens circulatory pathways and encourages flow of blood to the capillaries and can give the sensation of a hot flush on the skin and having got a bit of sun. It is a precursor for NADH, involved in the body's energy cycles. The flush reaction can be achieved by taking powdered cayenne, wasabi or horseradish (great food sources of Vitamin B3) in 1-3 veggie caps. The flush reaction is corollary to having other than sufficient vitamin B3 and lessens with repeated use as you are replenished.

## Coffee Enema

Many substances in coffee; not, simply caffeine; encourage the sphincter of Oddi to dilate and the liver to empty itself, allowing the passage of larger stones. The sphincter of Oddi is the muscular valve surrounding the exit of the bile duct and pancreatic duct into the duodenum. The sphincter is normally closed, opening only in response to a meal so that digestive juices can enter the duodenum and mix with the food for digestion.

An **enema** is an effective technique for flushing out internal debris quickly and efficiently. Prior to the 1950's it was quite common for an enema to be administered to any patient arriving at a hospital, as it sets the foundation for rejuvenation by removing toxic debris. You should consider it normal; it is just not fashionable today.

An enema is more enjoyable with dim light or other stimuli, such as pleasant scent or sound, which encourage ease. On flush days it is beneficial to have things set up in advance with your oil and lemon poured and a nice place to rest and wrap up, ready for the next steps. This can be a time of ease and a gift to oneself



Use **2 tablespoons of ground organic coffee** (decaf or regular) in **2 quarts of filtered water**, steeped since the previous night, not brewed. Ideal temperature of the coffee is 97°

Fill an enema bag with the coffee and take in the liquid **slowly and gently**, pausing as you require, relaxing your abdomen in order to avoid having to quickly expel the liquid. **Hold 12-15 minutes** if possible, less if you were very sensitive to coffee. Keep your hips higher than your upper body to help keep the liquid in, laying on your back or getting on all fours. Assist coffee to reach celiac area by

massaging fluid counter-clockwise, from bottom-left sigmoid area, up to upper left quadrant of abdomen, left to right along transverse colon, then down ascending colon on right side. Simply circle up the left and down the right. Alternatively, one could start with one quart of the solution if there is difficulty holding in a larger amount. Hold for 12-15 minutes and, if desired, repeat with the second quart of coffee.

### **Percussion and Massage**

Percussion alone increases liver, pancreas, and thymus force about 30%. Even if you were doing nothing other than this, it would assist you a great deal. Slow, deep massaging underneath the gall bladder loosens stones and encourages stone evacuation and an emptying of the liver. The gall bladder is a pear-sized organ folded under the liver, beneath the floating ribs on the right side. Making percussion and massage a habit throughout the cleanse encourages more success.

To do **percussion**, place your open left hand flat over the liver. Make a fist with the right hand and gently pummel the back of your left. Increase intensity to dislodge material, improve liver function, and help flush stones. Percussion can be done at any time; the more the better.

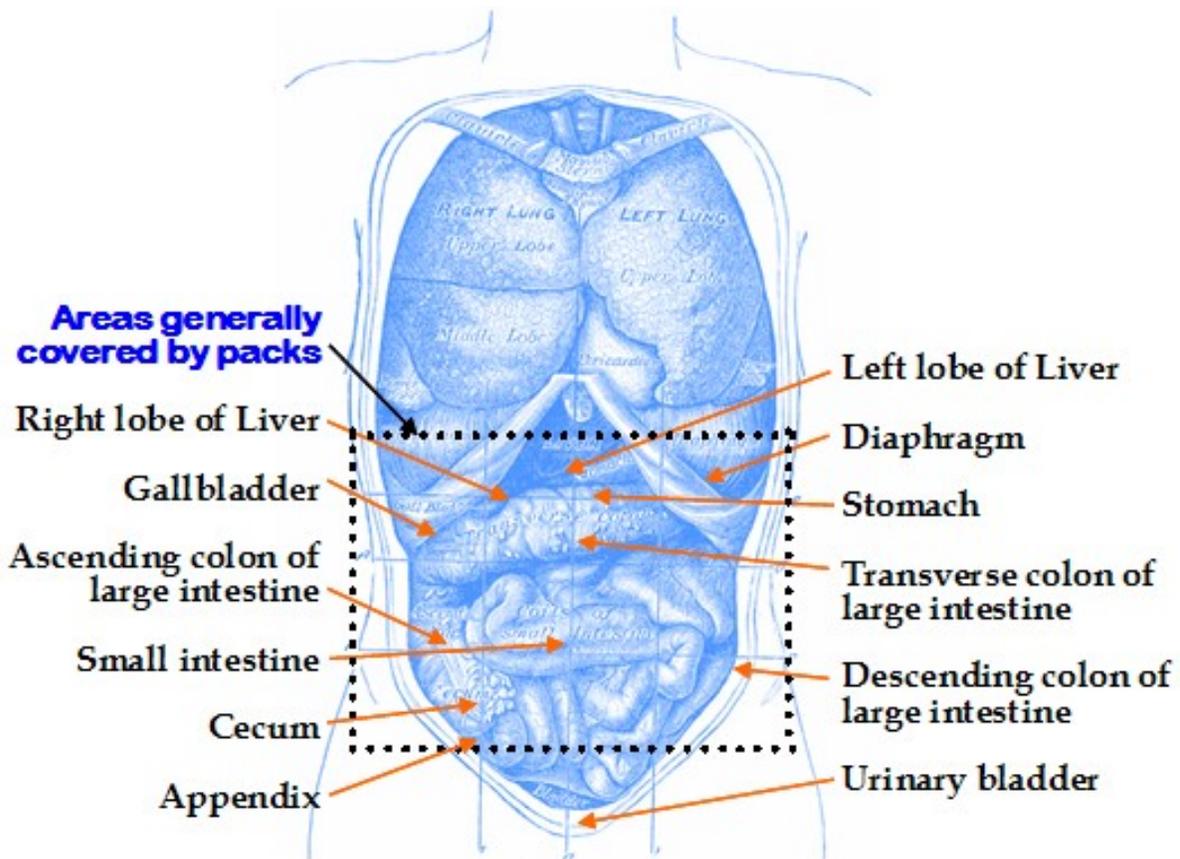
To do **massage** on the gall bladder, begin by finding the bottom of the ribs on your right side. With relaxed breathing, gently curl your fingers under the ribs to reach behind them as you massage upward, following the shape of the ribs (diagonally) toward the solar plexus, Then push straight down toward the belly button in a circular motion, coming up on the right side, and coming down on the left. Remember to breathe deeply and repeat.

### **Castor Oil and Packs**

Castor Oil has the ability to absorb 3 inches into the body and saturate tissues, easing inflammation. To make a castor oil pack, fold non-dyed wool flannel into about a 4"x5" square. Pour oil into a zip-lock bag and place the flannel inside, moving it until it is completely saturated with the oil. This bag can be used to store your flannel between castor pack times. Place wool flannel over the liver and gall bladder on the right side, or other area desired and wrap your torso like a mummy with a plastic wrap to keep it in place.

Castor oil can be messy (other than ideal for your favorite shirt or bed sheets); you'll find what works best for you. Place hot water bottle over the pack and rest. Packs can be worn without the hot water bottle even when walking or at work if you have a good wrapping technique; no one needs to know.

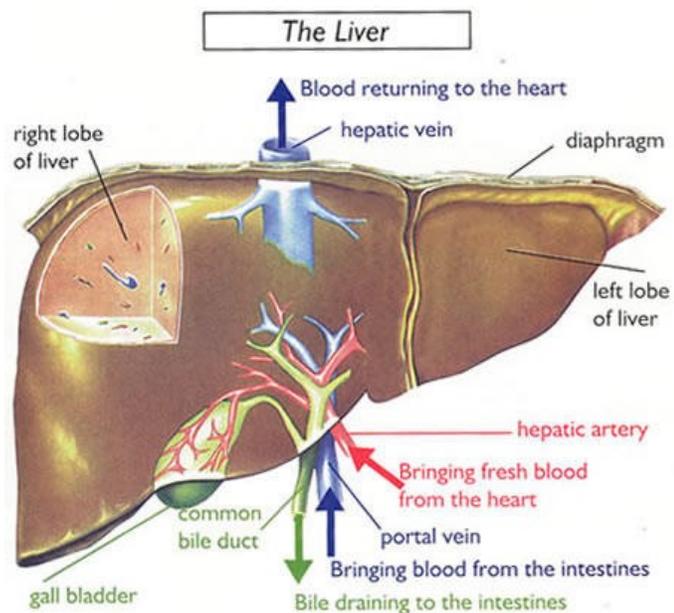
Castor packs are used 2-4 times a day on the cleanse, 60 min. each. Alternate placement of the pack is to the four corners of your abdomen, as well as the liver area. Castor packs account for much of your success on the cleanse.



## Rebuilding

You may continue to do 1-2 liver flushes per week. The average person needs to do 6-14 sets of 14-day nutritional cleanses to rebuild the liver to its full force and empty the gall bladder sufficiently. This is a slight amount of time to override what can have been long-term habits.

As you have completed much of this, you are in a fine position to move to an intestinal cleanse; to, more directly address and remove intestinal mucoid debris and toxin, through the 21 Day Lifefood Nutritional Cleanse is, in itself, a potent, inflammation-reducing bowel cleanser. It is appropriate to manage the liver and bile occlusion prior to engaging the intestine directly, as it sets the foundation for maintaining any advances made. Consider your liver as your ally in all healing.



## Preparation Days on the Cleanse

Days 1-3, 5-7, 9-11, 13-15, 17-19

- 8 am** Hydrate blood with herbal tea or black tea  
Castor Pack for 1 hour
- 9 am** 1 tsp. Blue Manna (see instructions on packet or above); 1/4 tsp. 4NR, 1/2 tsp. FloraGrow, 10-15 drops Jubb's Euphoria; taken at least five minutes apart; remember to chew them alone or with a piece of food or honey to mix with saliva;  
1 Tbs. castor oil taken with 1/2 Tbs. honey  
1 Tbs. Epsom salt dissolved in 4 oz apple juice or apple cider vinegar
- 10 am** 2-4 Tbs Apple Cider Vinegar diluted in 4 oz. water; sweeten with honey to taste
- 12-1 pm** Castor pack (one hour); Nourishment begins: soup, electrolyte lemonade, smoothie, cracker;  
1 Tbs. castor oil taken with 1/2 Tbs. honey  
1 Tbs. Epsom salt dissolved in 4 oz apple juice or apple cider vinegar
- 2 pm** 2-4 Tbs Apple Cider Vinegar diluted in 4 oz. water; sweeten with honey to taste
- 3 pm** Electrolyte Lemonade, Soup, Juice, Nourishment  
1 Tbs. castor oil taken with 1/2 Tbs. honey  
1 Tbs. Epsom salt dissolved in 4 oz apple juice or apple cider vinegar
- 5-6 pm** Castor pack (one hour); Nourishment: soup, sorbet, ground crackers  
1/4 tsp. Jubb's Flora Grow
- 7 pm** 2-4 Tbs Apple Cider Vinegar diluted in 4 oz. water; sweeten with honey to taste
- 8 pm** Nourishment: Lifefood meal  
Optional blended melatonin boosting prune beverage;
- Bedtime** Castor pack (one hour)  
1 tsp. Blue Manna (see instructions on packet or above); 1/4 tsp. 4NR, 1/2 tsp. FloraGrow, 10-15 drops Jubb's Euphoria; taken at least five minutes apart; remember to chew them alone or with a piece of food or honey to mix with saliva;

1 Tbs. castor oil taken with with ½ Tbs. honey  
1 Tbs. Epsom salt dissolved in 4 oz apple juice or apple cider vinegar

## FLUSHING DAYS ON THE CLEANSE

Days 4, 8, 12, 16, 20

- Awaken** Castor Pack for one hour;  
Hydrate blood with tea (senna, herbal, black, green); and/or fresh urine
- 8 am** 1 tsp. Blue Manna (see instructions on packet or above); 1/4 tsp. 4NR, ½ tsp. FloraGrow, 10-15 drops Jubb's Euphoria; taken at least five minutes apart; remember to chew them alone or with a piece of food or honey to mix with saliva;  
1 Tbs. castor oil taken with ½ Tbs. honey  
1 Tbs. Epsom salt dissolved in 4 oz apple juice or apple cider vinegar
- 9 am** 2-4 Tbs Apple Cider Vinegar diluted in 4 oz. water; sweeten with honey to taste
- 10 am** Hydrate with tea or warm water with lemon, honey and sea salt
- 12 pm** Castor pack (one hour)  
Blue Manna-Colada beverage (see recipe below); Light nourishment (optional):  
electrolyte lemonade with ginger or cayenne; 100-500 mg niacin
- 12:30 pm** ¼ tsp. Jubb's Flora Grow
- 2 pm** Drink olive oil: approx. 8 oz. for gallbladder flush (day 4, 16) and approx.. 6 oz. for liver flush (day 8, 12, 20); alternatively sip on 4-6 oz lemon juice or 2 tsp. citric acid dissolved in 4 oz water
- 2-3 pm** After olive oil/lemon juice, lie comfortably on your right side with three pillows under your right hip; cover up with a blanket and keep warm, with a slight sweat; putting cayenne in your socks increases circulation; Castor pack over liver area (one hour); percussion on liver
- 3 pm** Coffee enema; visualize passing all stones; most stones pass during this excellent state of cathartic release
- 4 pm** 1 tsp. Blue Manna (see instructions on packet or above); 1/4 tsp. 4NR, ½ tsp. FloraGrow, 10-15 drops Jubb's Euphoria; taken at least five minutes apart;

remember to chew them alone or with a piece of food or honey to mix with saliva;  
Castor pack (one hour); massage and percussion on gallbladder/liver

**7-8 pm** Nourishment: Soup, Lemonade, light life food meal

**8 pm** Castor pack (one hour); 1 tsp. Blue Manna (see instructions on packet or above);  
1/4 tsp. 4NR, 1/2 tsp. FloraGrow, 10-15 drops Jubb's Euphoria; taken at least five  
minutes apart; remember to chew them alone or with a piece of food or honey to  
mix with saliva;

### **Electrolyte Lemonade**

3 organic lemons (remove yellow skin and leave some white pith)  
3 tablespoons oil: flax, olive, coconut, palm, or cocoa  
1 organic apple or pear (remove core)  
1 teaspoon sun dried sea salt  
6 cups pure water  
6 tablespoons unheated honey or sweetener of choice  
optional: 1-2" chunk of ginger (peeled) or 1/8 tsp cayenne powder

Blend all ingredients in blender; makes one pitcher; keep refrigerated;

A, healing and remarkably refreshing beverage; the, lemon and oil will detoxify while boosting the  
immune system; citrus, pectin restores absorption of fats; add, other fruits to enhance flavor;  
such, as peach, cherries, or berries; an, excellent beverage for keeping the bowels moving....

### **Citrus Mix for Lemon Bi-Carb Shots**

6 lemons peeled  
1 lime peeled  
1 small peeled orange or 4 strawberries  
5-6 tablespoons xylitol, honey, or other sweetener to taste  
3 teaspoons citric acid  
Equal part water

Mix all ingredients in blender and serve cold with ice

Take a wine glass, put one inch of juice in glass and add 1/3 teaspoon of baking soda; swirl until  
it bubbles then drink it straight down.....(belch)

### **Blue Manna Colada**

2-3 oz. fresh nut milk  
1/2 tsp. **Jubb's Blue Manna**  
1/4 tsp. sodium bicarbonate  
2-3 oz. lemon juice or citric acid mix (see recipe above or citric acid brew recipe below)  
Ice

Pour milk in a tall glass; add Blue Manna and sodium bicarbonate to milk and mix well to thoroughly dissolve; add two to three ice cubes to glass of milk; now add lemon juice or citric acid brew to milk and drink as it foams up and effervesces....

Read the **“Lifefood Recipe Book”** by Annie & David Jubb and **“Jubb’s Cell Rejuvenation”** by Dr. David Jubb to learn more about lifefood, neurobehavioral physiology, and cellular rejuvenation; discover recipes, health tips tricks and more.



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