

BIOMEDIC

- HEALTH REJUVENATION PROGRAMME - Part II.

Biomedic Health Rejuvenation can be summarised as the therapeutic process that aims to achieve rehydration, re-mineralisation, detoxification, re-energisation, structural and postural restoration, spiritual nourishment and improvement in cognitive functioning and emotional self-management of the individual. Before being nurtured and detoxified, the bodymind first needs to be properly re-hydrated. **Remember the following formula: first re-hydrate, then re-mineralise and then detoxify your body.**

DEMINERALISATION AND GENERAL REMINERALISATION

The normal human genetic potential for longevity is between 120 and 140 years. To achieve longevity and maintain your optimal Health, your body needs the intake of over 90 different nutrients daily: 60 minerals, 16 vitamins, 12 amino acids and 3 essential fatty acids. If this natural law is not respected, deficiency syndrome sets in and a disease appears.

CRAVINGS

A body in need of nutrients usually lets us know about it sooner or later. Paying attention to the nutritional warning signs is the best and the cheapest Health insurance. Paying more attention to cravings, for example, might give us an important insight, since no matter what we crave, in biochemical language, it always means only one thing - **nutritional deficiency**. Craving bananas could be because your body needs potassium or if you crave cheese, the chances are good that your real hunger is for calcium and phosphorus. People who are nutty for nuts, could use more protein and vitamin B; while heavy drinkers and anyone with a hungry sweet tooth should be aware that their potassium levels are probably low. Equally, people with an under active thyroid gland are often the first to reach for olives, while craving spicy food can indicate problems in the sinuses or lungs. These are only a few common warning signs that you might be ignoring – and shouldn't.

BODY LANGUAGE: SYMPTOMS AND SIGNS

Your body is always communicating to your mind. Instead of sounds and words, it uses symptoms and signs. Bad breath may inform you about Vitamin B3 deficiency; loss of sense of smell and taste and white spots on the nails are often an early sign of Zinc deficiency; Tin deficiency can cause male pattern baldness; menopausal problems are often caused by Boron deficiency; insomnia, muscle cramps and twitches by Calcium deficiency; constipation by Magnesium deficiency; dizziness and tinnitus by Manganese deficiency; memory loss by vitamin B1 deficiency; menstrual problems by vitamin B6 deficiency; slow healing wounds by vitamin C deficiency; grey hair and skin wrinkles by Copper deficiency etc. Stop suppressing symptoms and signs with pharmacological drugs! Instead, learn your body language and then restore the existing imbalance. With today's decadent and failing medical system in charge of your Health, there is only one way to maintain it and prevent the manifestation of deficiency disease: **educate yourself!**

DEFICIENCY DISEASES

There are 147 diseases known by medical science that can be induced, triggered, aggravated or caused only by Calcium deficiency. Osteoporosis, hypertension, arthritis, Bell's palsy, kidney stones, lumbago, colorectal cancer, Premenstrual Syndrome, gingivitis and receding gums are just a few of them. Ruptured aneurysm, and varicose veins can be caused by Copper deficiency; Cardiomyopathy and heart attack by Selenium deficiency; Diabetes by Chromium and Vanadium deficiency; Alzheimer's disease by vitamin E deficiency etc. Without daily effort to additionally re-mineralise your body by means of organic eating, juicing and food supplementation, it is impossible to achieve and maintain the optimal Health.

THE IMPORTANCE OF ORGANIC EATING, REGULAR JUICING AND SUPPLEMENTATION

Due to the heavy pollution and devitalisation of the soil, water and air, what is today considered as being organic food is just less toxic and less nutritionally deficient than the ordinary, non-organic food. Since pollution and demineralisation is such a global phenomenon, particularly in the western world, even with organic eating and regular juicing, it is no longer possible to achieve the optimal nutritional requirements for our bodies. The truth is, that given such an unnatural environment, the human race is rapidly degenerating, which is a single and the most important cause behind the exponential growth in a number of chronic, degenerative and malignant diseases.

The modern true Health devotee strives to eat exclusively organic produce, while maximally utilising additional nutritional measures in the form of regular juicing and specific food supplementation. Alternatively, a regular intake of **VIBRACELL**, an organic juice that contains all the vitamins, minerals and trace elements your body daily needs is a practical and therapeutically effective alternative to regular home juicing and routine daily supplementations.

HOW TO TAKE YOUR NUTRITIONAL SUPPLEMENTS

The type and quantity of the food supplements needed to restore your specific nutritional deficiency are determined during your Biomedic treatment, **on the basis of general Health assessments and the results of laboratory analysis for deficiency and toxicity** of your body. Unless specified, take your supplements after a meal or snack. Swallow them down with water or fruit juice and never tea or coffee. Take Iron with fruit juice or a piece of fruit as they increase its absorption.

Supplements rarely produce side effects but it can happen! Very strong vitamins and Zinc can cause stomach irritation and if this happens take them after food. Magnesium, if taken to excess, can cause diarrhoea, which will reduce its absorption and that of other nutrients. High strength vitamin B complex might cause insomnia if taken last thing at night. Vitamin B6 in doses well in excess of 300 mg per day might cause numbness and tingling in the hands or feet. Vitamin B3 as niacin, at doses above 50 mg can cause facial flushing. All strong multivitamins/vitamin B complex will colour urine yellow due to vitamin B2 – riboflavin washing through.

If a significant adverse reaction is suspected, then the suspected supplement(s) should be stopped. After several days they should be reintroduced, if necessary one by one. If you are taking a large number of supplements then divide them up, to be taken on three or four

occasions during the day. If you are taking anticoagulants, anti-cancer drugs or a large number of any pharmacological drugs, then detailed professional advice is needed before taking supplements or making changes to your existing regime.

Supplements are **usually reduced after 6 to 12 months of initial treatment**, but some people may be better off taking supplements on a long-term basis, especially if they have to follow a restricted diet, have complicated Health problems, are elderly or have digestive impairment. It is necessary for those people to undergo a regular assessment of their nutritional status and to review their dietary needs accordingly.

VITAMINS AND MINERALS

VITAMIN A (Beta-Carotene)

- ✓ **Best fruits:** Apricot, Mango, Melon (orange flesh), Nectarine, Orange, Peach, Tangerine.
- ✓ **Best vegetables:** Broccoli, Cabbage, Carrot, Kale, Lettuce, Spinach, Watercress, Wheatgrass.

VITAMIN B1 (Thiamine)

- ✓ **Best fruits:** Orange, Pineapple, Plum, Tangerine.
- ✓ **Best vegetables:** Cauliflower, Garlic, Kale, Leek, Mangetout (snow pea), Parsley.

VITAMIN B2 (Riboflavin)

- ✓ **Best fruits:** Apricot, Blackcurrant, Cherry, Kiwi fruit, Peach.
- ✓ **Best vegetables:** Bean Sprout, Broccoli, Kale, Mangetout (snow pea), Parsley, Red (bell) Pepper, Spinach, Watercress.

VITAMIN B3 (Niacin)

- ✓ **Best fruits:** Grape, Grapefruit, Guava, Passion fruit, Peach, Strawberry.
- ✓ **Best vegetables:** Bean sprout, Carrot, Cauliflower, Kale, Parsley, Potato, Red (bell) Pepper.

VITAMIN B5 (Pantothenic Acid)

- ✓ **Best fruits:** Blackberry, Lemon, Raspberry, Strawberry, Watermelon.
- ✓ **Best vegetables:** Broccoli, Cauliflower, Celery, Sweet Potato.

VITAMIN B6 (Pyridoxine)

- ✓ **Best fruits:** Blackcurrant, Banana, Raspberry, Watermelon.
- ✓ **Best vegetables:** Brussels sprout, Kale, Leek, Green (bell) Pepper, Sweet Potato.

FOLIC ACID

- ✓ **Best fruits:** Melon, Orange, Pineapple, Strawberry, Tangerine.
- ✓ **Best vegetables:** Beetroot, Broccoli, Brussels Sprout, Cabbage (winter), Cauliflower, Lettuce (round), Parsnip.

BIOTIN, CHOLINE, INOSITOL

- ✓ They can be found in very small quantities in green, leafy vegetables.

VITAMIN C

- ✓ **Best fruits:** Blackberry, Blackcurrant, Blueberry, Gooseberry, Grapefruit, Guava, Kiwi fruit, Lemon, Lime, Mango, Melon, Orange, Papaya, Pineapple, Raspberry, Strawberry, Tangerine.
- ✓ **Best vegetables:** Broccoli, Brussels Sprout, Cabbage, Cauliflower, Fennel, Parsley, Green (bell) Pepper, Watercress.

VITAMIN E

- ✓ **Best fruits:** Blackberry, Blackcurrant, Gooseberry, Grapefruit, Grape (white), Greengage, Plum, Raspberry.
- ✓ **Best vegetables:** Brussels Sprout, Cabbage, Carrot, Celery, Leek, Lettuce, Parsnip, Green (bell) Pepper, Sweet Potato, Spinach, Tomato, Watercress.

CALCIUM

- ✓ **Best fruit juices:** Blackberry, Blackcurrant, Gooseberry, Grape, Guava, Kiwi fruit, Papaya, Raspberry, Strawberry.
- ✓ **Best vegetable juices:** Broccoli, Cabbage (red, Savoy, spring, white, winter), Carrot, Celery, Fennel, Kale, Mangetout (snow pea), Parsnip, Green (bell) Pepper, Spinach, Watercress.

CHLORINE

- ✓ **Best fruits:** Blackberry, Blackcurrant, Melon (honeydew and cantaloupe), Passion fruit, Raspberry, Strawberry.
- ✓ **Best vegetables:** Brussels Sprout, Carrot, Celery, Leek, Lettuce (round), Sweet Potato, Watercress.

IRON

- ✓ **Best fruits:** Blackberry, Blackcurrant, Cranberry, Passion fruit, Raspberry.
- ✓ **Best vegetables:** Kale, Leek, Lettuce (cos), Mangetout (snow pea), Parsley, Radish, Spinach, Sweet Potato, Watercress.

MAGNESIUM

- ✓ **Best fruits:** Blackberry, Blackcurrant, Grape, Grapefruit, Guava, Kiwi, Lemon, Melon, Passion fruit, Raspberry, Strawberry.
- ✓ **Best vegetables:** Beetroot, Broccoli, Brussels Sprout, Cabbage, Celeriac, Mangetout (snow pea), Turnip, Parsnip.

PHOSPHORUS

- ✓ **Best fruits:** Blackcurrant, Grape, Guava, Kiwi fruit, Melon, Passion fruit, Raspberry, Strawberry.
- ✓ **Best vegetables:** Alfalfa sprout, Broccoli, Celeriac, Kale, Parsnip.

POTASSIUM

- ✓ **Best fruits:** Apricot, Blackcurrant, Cherry, Grape, Greengage, Guava, Kiwi, Melon, Papaya, Passion fruit, Peach, Raspberry.
- ✓ **Best vegetables:** Beetroot, Broccoli, Brussels Sprout, Cabbage, Cauliflower, Celeriac, Celery, Fennel, Kale, Leek, Lettuce, Parsnip, Radish, Spinach, Tomato, Watercress.

SODIUM

- ✓ **Best fruits:** Blackberry, Blackcurrant, Cherry, Kiwi fruit, Lemon, Melon, Passion fruit.

- ✓ **Best vegetables:** Beetroot, Broccoli, Cabbage, Carrot, Celeriac, Celery, Kale, Radish, Spinach, Watercress.

SULPHUR

- ✓ **Best fruits:** Blackcurrant, Gooseberry, Grape (white), Melon, Passion fruit, Raspberry, Strawberry.
- ✓ **Best vegetables:** Carrot, Celery, Cucumber, Onion, Parsnip, Radish, Sweet Potato, Tomato, Watercress.

ZINC

- ✓ **Best fruits:** Guava, Raspberry.
- ✓ **Best vegetables:** Pumpkin seeds, Broccoli, Brussels Sprout, Tomato, Watercress.

CHROMIUM, COBALT, COPPER, FLUORINE, IODINE, MANGANESE, SELENIUM

- ✓ These minerals are found in very small quantities in most fresh fruits, but only in leafy green vegetables. They can be found in abundance in organ meats, seafood, nuts and wholegrains.

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