



自然療法關懷中心

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[] **Liver Flush** - by Jack Schwartz

Every ____ year ____ month once.

Ingredient:

Warm water	½ cup
Lemon juice	1 lemon
Organic Blackstrap Molasses	1 tbsp
Extra Virgin Cool Press Olive oil	1 tsp
Cayenne pepper	a dash

Method:

Drink the mixture of the above ingredients in the morning empty stomach for 10 days.

Notes:

- During liver flush, some people may have symptoms of headache, tiredness, body and intestinal discomfort, this are all good signs of detoxification. Usually this symptom will be over soon and will feel better than before.
- If one feel very discomfort, may temporarily discard the cayenne pepper for this process,
- One should drink more water together with Dr. ROS edible enzyme and rest well.
- One can also us Dr. ROS Enzyme mouth wash to do Oral Detox

[] **Removing Gallstones Naturally**

– Dr. Chiu-Nan Lai, PhD []

Every ____ year ____ month once.

Method:

Day 1 to Day 5

1. Take four glasses of **green apple** juice (3 apples for each glass) or eat five **green apples** daily. Choose whichever way that suits you. Apple juice can soften the Gallstones. Maintain light diet.

Day 6

2. On the sixth day, breakfast and lunch as usual including apple juice, after lunch start fasting.
3. At 6 PM, drink the mixture of a teaspoon of **Epsom salt** (magnesium sulphate) with a glass of warm water.
4. At 8 PM, repeat the same thing. Magnesium sulphate can open up the gallbladder ducts.
5. At 10 PM, take ½ cup (125ml) **Extra Virgin Cold Press Olive oil** with half cup fresh lemon juice. Mix it well and drink it. The oil lubricates the stones to ease their passage.

Day 7

6. The next morning, you will find green stones in your stools (usually they float - Chiu Nan notes).

Note:

After the entire process, only take light food to avoid discomfort of the stomach. During pass motion, you might not see stone but only green liquid form that means the stone have been dissolve.

One of the symptoms of gallstones is a feeling of bloated after a heavy meal. You feel like you can't digest the food. If it gets more serious, you feel pain in the liver area.' So if you think you have gallstones, you may use the following method to remove them naturally.

The treatment is also good for those with a weak liver, because the liver and gallbladder are closely linked.

[] **Kidney Detox**

Every ____ year ____ month once.

Method:

Consume 12 lemon juices daily for 5 days.

[] **For monthly maintenance**

1. Consume 1 cup of Chinese celery tea for 10 days by boiling a bunch of Chinese celery with a pot of plain water.
2. The balance celery tea shall be kept in fridge.
3. Make warm before consume.

[] **Enema**

____ times/s a day Morning [] Night []

[] **Probiotic**

Consume ____ packets a day by dissolving with drinking water or fruit juice.

Morning [] Afternoon [] Night []

[] **FOS**

Consume ____ tsp ____ tbsp a day by dissolving with a cup of drinking water or fruit juice.

Morning [] Afternoon [] Night []

[] **Consume Enzyme**

Add 1~2 tbsp of Dr. ROS edible enzyme into 1 litre of drinking water.

For better pass motion:

Morning : consume 500ml of water by adding 2 tbsp of Dr. ROS edible enzyme.

At night : consume 250ml of water by adding 2 tbsp of Dr. ROS edible enzyme.

[] **Remedy for Hepatitis B**

Ingredient:

1. Underleaf pearl extracts 1 tsp
2. Fresh goats milk (warm) 250ml

Method:

1. Defrost goat's milk in hot water.
2. Add in the underleaf pearl extract.
3. Consume this remedy for 3 months.

[] **Psyllium Husk / Fibre**

Method:

Add 1 tbsp of Psyllium husk and 1 tbsp Dr. ROS edible enzyme into a mug of drinking water.

Morning [] Afternoon [] Night []

[] **Flaxseed Oil**

_____ times/s a day by adding 1 tsp of flaxseed oil to fruit juice or as bread dipping.

[] **Organic Blackstrap Molasses**

Add 1 tbsp of organic blackstrap molasses to a cup of warm water and consume _____ time/s daily.

Oral Detoxify

[] **Enzyme Mouth Wash**

Add 1 tbsp (30ml) of **Enzyme Mouth Wash** into 250ml water and gargle in the mouth.

Effect:

- Disinfecting bacteria and remove bad breath.
- Reduce gums bleeding problem.
- Anti-septic for sore throat.
- Flush out toxin from the mouth (MSG, preservative, colouring and artificial additive).
- Increase the saliva which can improve digestion.
- Activating lymphatic system in the mouth area.

[] **Sunflower Seed Oil Pulling**

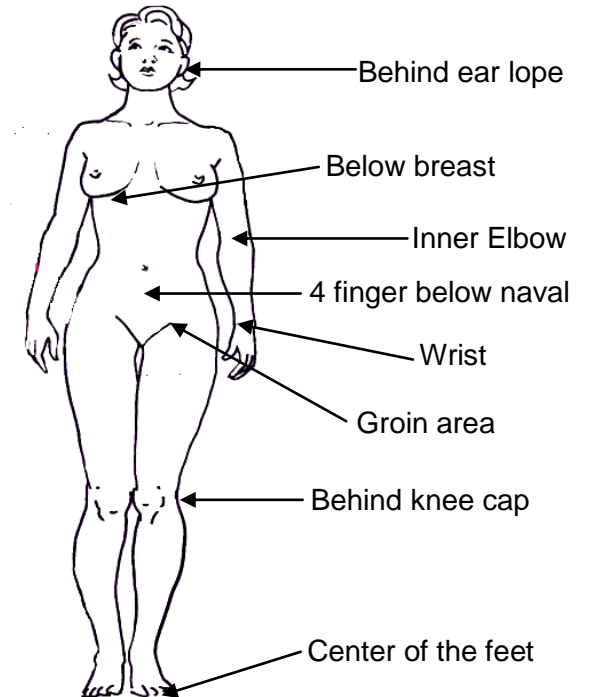
Method:

1. Put about 1 tablespoon of sunflower oil in your mouth.
2. Start sucking, pulling, swishing and chomping the oil through your teeth about 10 to 15 minutes until the oil becomes thin.
3. After completing the process, gargle with Dr ROS enzyme mouthwash

Notes:

1. The best time to perform the technique is in the morning before you brush your teeth, drink water or eat your breakfast.
2. Make sure that you do not swallow the oil because it is already filled with bacteria and other harmful organisms.
3. Repeat for at least 2-4 weeks to get some results.
4. You should take a break from this procedure after doing 2 month.

[] **Happy PMS Cream**



- Start applying the cream from the 12th day of menses until the 26th day. Each time use about ¼ tea spoon (7g). For the first month apply twice a day.
- After 2nd month apply only once a day.

* After applying do not expose to water.

After menopause and menses had stop

Apply 3 weeks continuously and stop for 1 week.

[] **Adam's Equalizers Cream**

Apply twice daily for 3 weeks each month at these areas:

- Wrist
- Groin area
- Scrotum
- Inner ankles

After applying do not expose to water.