



Table Food Basics That Heal and Nourish

Other Basic Information is included in the CLIENT HANDBOOK

Salt Sodium Chloride, like Morton's, has been used as salt for human consumptions only since the early 20th Century (less than 100 years) and does adversely affect blood pressure, fluid retention, etc. However, the human body requires pure sodium in specific amounts in ratio to other synergetic minerals for healthy biological function, e.g., electrolyte function. Pure Sea Salt does not adversely affect the human body in any way. Water follows salt. Therefore, for your daily water intake to be directed to, permeate and hydrate (nourish) the cells and tissue where they are required, salt is their guide.

What is the best sea salt available today? Pink Salt. Our Pink Salt is a blend of two untreated, unheated, solar-dried sea salts from the Mediterranean and Alaea Hawaiian Islands. It is natural sodium (salt) so it contains its synergetic minerals and delivers critical trace elements with piezoelectric and quantum nutrient effects. Your body requires 1-3 teaspoons daily. More in the summer months or when perspiring. For example, you may take 1-2 teaspoons before and after exercise in room temperature, reverse osmosis purified water. Avoid cold and hot water as often as possible, drink room temperature for daily drinking water and lukewarm for teas. To understand piezoelectric effects, go to: <http://en.wikipedia.org/wiki/Piezoelectricity>

Fats/Oils: Refer to "How To Purchase Healthy Oils and the Better Butter Recipe" in Section #4 of your PEP Binder.

DIGESTION – RESTORE AND MAINTAIN HEALTHY FUNCTION:

If we had to pick only one area of the body to heal and we could not choose any other, the Digestive System is the most important – its function or dysfunction affects every cell, tissue, organ, gland and body system, e.g. it affects the brain and nerves, heart and circulatory system, positively or negatively, depending upon your daily choices. Therefore **Begin the following as soon as possible. These will help your diet support and maintain healthy Digestive Function once your therapeutic supplements have assisted your body in its healing and repair. It also minimizes and/or eliminates further digestive injury and counters occasional future diet discretions. Daily intake is best.** Being consistent with these two each day (missing only occasionally) may reduce the long-term need for or the dosage of therapeutic supplements for digestion and hydrochloric acid (HCL).

GINGER ROOT Slice fresh ginger root and use 1 teaspoon mixed in food at every meal. You may also use the Ginger Water Recipe in your Client Handbook. Fresh ginger root tea is also good for variety or you may use ginger root tea bags, when time is limited. May also be added to Apple Cider Vinegar Drink. Daily dosage is 3 teaspoons of Ginger Root, fresh and/or as tea.

APPLE CIDER VINEGAR (ACV) DRINK – In 4 ounces of warm (not hot) reverse osmosis purified water, add 1 Teaspoon to 1 Tablespoon of Braggs or Heinz 100% Pure Apple Cider Vinegar or Flavored ACV. (Braggs is best). Boil water not ACV. You may also add a few drops of Stevia, if too bitter, and drink this 30-45 minutes before each meal. IF you skip a meal, drink it anyway. You need 3 cups of Apple Cider Vinegar Drink daily, This works best for healing and maintenance when SIPPED 30 minutes after each meal, not drank or gulped.

CLIENT HANDBOOK

Other Basic Table Food Information Is Included In The CLIENT HANDBOOK, such as Sweeteners, Preparing Foods, etc. Dr. Smith wrote the **Client Handbook** for her clients because she could not find any one book that gave them, **The Basics**. A high percentage of nutrition and health books sold to the public are written by ghost writers or have only a few basic principles, yet the rest of the book often misleads and confuses the public.

So you would have to read many, many books and have a nutritional biochemistry background and/or divine guidance to get this information as concise and practically presented as in our **Client Handbook**. Also, it includes information from Dr. Smith's clinical experience assisting her clients in successfully healing their body. The information is required to improve and maintain health. **Ordering and Reading the Client Handbook:** At this writing the cost is \$26. Read Chapters 9 to 15, 20 and then return to front of Handbook and read the other chapters in order presented. Chapters 9-15 will help you understand how your body heals, what to expect in this healing process, etc. Important to read this as soon as possible.