

Life Healing Handbook

Companion to

Overcoming Lyme Disease

By Jennifer Heath

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This book is in dedication to my friend, mentor, nutritionist, health coach, and mom-like-figure, the late Virginia Jenkins Easterling.



VIRGINIA EASTERLING *A PIONEER FOR PURITY*

Decades before organic and all natural goods rose in popularity, Virginia Easterling taught skin condition sufferers that living healthy could begin by living naturally; but it was only after years of seeing the damage of toxicity and the results of its removal from everyday products that Virginia decided to take a stand. Armed with a biochemistry background, a love for natural ingredients and a desire to replace toxic products with all-natural equivalents, Virginia Easterling set out to launch Real Purity.

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Introduction

“Hope deferred make the heart sick, but a longing fulfilled is a tree of life.”

- Proverbs 13:12

What do you believe? What do you focus on? What is your sense of deserving? Do you believe you deserve to be sick, left for dead, and abandoned by loved ones? Or, do you believe you deserve good things, like good health, generosity of another person, and unconditional love?

Paying attention to what we are focusing on makes a huge difference in everything we do in life. Hardships and bad things happen to every single one of us. We need to learn how to ask ourselves, “What is the learning lesson in this situation?” Learn how to be grateful in our circumstances and not for our circumstances; there is a huge difference.

“Your life is a result of the choices you make. If you don’t like your life, it’s time to start making different choices.”

- Zig Ziglar

Being healthy is a mindset. It takes determination and a plan. It isn’t just hoping one day you will feel better, taking vitamins now and then, or eating healthy for a day. It is a lifestyle! A decision you make daily! You must decide and believe that you can get better and focus on the positive things that can get you there and keep you there.

You must decide you want to get well and then learn from the top holistic doctors who know how the body works and how to heal it. Never stop learning! Create your own dream team of holistic doctors who care about you getting better and whose mission in life is to help others. Educate yourself and understand why you

are doing what you are doing. You must know enough to believe you will get better. Knowledge is Power!

This is where I am blessed to have been on my health journey for 30+ years. I have worked with, been the patient of, and have had the guidance of some of the top holistic healers of our time. They are: Virginia Jenkins, Dr. Rich Easterling, Dr. George Koffeman, Dr. James Koffeman, Dr. David Nebbeling, Dr. Benn Rocco, Dr. Natalie Horn, and Dr. Christopher Hussar.

Each one of these caring individuals didn't go into holistic medicine in order to make a ton of money (not that money is bad). They got in because they wanted to help others get better and teach them ways to stay well in this toxic world. The latent word for doctor means "to teach." Basically, they wanted to go back to the original reasons why one becomes a doctor; they want to teach their patients or clients how to get and stay well.

We are all being exposed daily to toxins via chemical-based skincare, make-up, lotions, toxic nail polish and products, cleaning products, fertilizers, pesticides, GMO, fluoride, toxins in our water bottles, EMF from cell phones and laptops, moldy homes, vaccines, and pharmaceutical drugs; the list goes on. Our immune systems are overtaxed and burdened by these toxins.

Not only are our immune systems under attack by the things we do or use daily, but we now have this biological germ weapon to contest with. As mentioned in my book, Lyme is not a normal bacteria; it is a parasitic spirochete that sheds fungal antigens, which shuts down our immune systems. When our immune systems aren't working, dormant viruses like Epstein-Barr or herpes can attack our bodies, causing all types of disabilities, including chronic fatigue.

Lyme is never just Lyme. It should be called Lymes because of the multiple co-infections that ride along with it, like Mycoplasma, Babesia, and Bartonella. These co-infections cause autoimmune diseases, such as MS, Lupus, and Fibromyalgia.

Thanks to the Center for Disease Control (CDC) and American Medical Association (AMA), most doctors don't think parasites are in our country. They think that they need a Visa to get in! However, when you ask the DNR or your pets veterinarians, they say parasites and Lyme disease are in the USA and they want you to keep your pets on a parasite program and vaccinate your pet for Lyme disease. This is why medical doctors should talk with their local DNR or veterinarian to discover the truth that Lyme is in the area.

"All cure starts from within out and from the head down and in reverse order as the symptoms have appeared."

- Hering's Law of Cure

Hippocrates, the Father of Medicine, was correct in saying that, "If you are not your own doctor, you are a fool!" You must take control of your health if you are going to heal. A lot of people won't do what they need to do to get well. It takes a decision on your part, with lots of discipline, to follow through, to get the results that you want. It is a journey! A way of life!

Set Yourself Up for Success

It takes time to stay well, so develop good time management skills. Carve time out of your schedule to take care of yourself.

Some people like being the victim, sick, or living in chaos. When positive things happen or truth presents itself, they cannot accept it. They are stuck and don't want to change because change is scary and unfamiliar to the world they have created. Instead of taking up the mindset of a survivor, they revert back to a victim of the circumstances. Instead of believing they can heal, they claim their disease or sickness. Instead of living life in love, joy, peace and harmony, they choose chaos because it is their known safe place. It takes courage to change. Courage to do things in fear. Courage to believe in a better, healthier life. It is a decision one needs to make and usually, it comes from a tragedy or bad situation that pulls them forward to change.

Step 1: Decide you want to get better and know that you can.

Step 2: Order supplies that will set you up for success.

Here are some of the supplies that I introduce in this book. You may find others that you like, but these are the supplies, websites, and companies that I turn to.

- Tissue Cleansing Kit:
www.bernardjensen.com/Tissue-Cleansing-Kit--Standard_p_57.html
- Whole Body Cleansing Through Bowel Management Seminar - DVD Set:
www.bernardjensen.com/Whole-Body-Cleansing-Through-Bowel-Management-Seminar--DVD-Set_p_320.html
- Colema boards: www.bernardjensen.com/Cleansing-Boards_c_22.html
- Slant Board: www.colonhealthinfo.com/equipment/slant_board.htm

- Complete Enema Kit with Organic Coffee:
http://store.gerson.org/enema-bucket-with-gerson-coffee.html?gclid=CjwKEAiAkuLDBRCRguCgvITww0YSJAAHrpf-W5Z8LPZWXaw3TuqKeGkruFXoxoYX50uWlyCe0Bu8KBoC7Tbw_wcB
- Essiac Tea Herbs: www.herbalhealer.com/essiac.html
- Real Purity: www.realpurity.com, 812-473-0800
- Organic Oat Straw Tea, Chamomile, Flax, Fennel, Comfrey Root
- Bentonite Clay
- Juicer
- Strainer
- 2-gallon stainless steel pot
- Stainless steel or glass teapot
- Tea Pot to boil water
- 13 Gallons of Distilled Water or Reversed Osmosis water a day (10 Gallons for your 2 colemas a day. 1 gallon to drink, 1 gallon for teas and broth, 1 gallon for coffee enemas, if you need extra detoxing for any pain)
- Loose cotton clothing and underwear so your skin can breath
- Oil of Cajeput
- Peppermint Oil
- Lavender Oil
- Frankincense Oil

Tips for a Healthy Life

1. Start the day with meditation, prayer, reading a Bible verse, or something else that is positive. Decide to make it a great day!
2. First thing in the morning or 20-30 minutes before you eat breakfast, take your probiotic (good bacteria) with a glass of room temperature water.
3. Squeeze the juice of a lemon into a glass of warm water and drink it. If you are under 150 lbs., use only ½ of a lemon. This helps detox your liver and it helps balance your stomach acid.
4. Drink 8 glasses of filtered water a day. Easier said than done. You may want to set aside a 64-oz glass jug with that amount to drink during the day to guarantee you are consuming that much.
5. Rest is just as important as diet and exercise. 7 hours of sleep is crucial for a healthy life.
6. Take daily supplements for your body. To find out what you need, see a knowledgeable Naturopath Doctor, Chiropractor, D.O., or anyone trained in nutrition and enzymes. They can determine what you need via blood tests, applied kinesiology, hair analysis, 24-hour urine analysis, iridology, etc. I highly recommend hair tissue mineral analysis.
7. Use a Biological Dentist who knows how to remove mercury fillings and infected root canals. Stop using fluoride toothpaste.
8. Having your thyroid, adrenals and hormones balanced is crucial to your healing. Tell your doctor that you want to use Armor, a raw thyroid instead of synthetic brands. Of course, don't forget to use iodine to help detoxify your thyroid and help balance your hormones. My latest great find is the Global Healing Center's

iodine supplement, Detoxadine. Bio-identical hormones are the fountain of youth and help prevent certain cancers. The best way to get the hormones you need is via a troche.

After blood work testing your hormone levels, a holistic doctor can determine what your body is lacking and have a troche, small lozenge or tablet, made up with hormones for your body.

When using a troche, place it under your upper front mouth, between your gum and cheek. This allows for your body to absorb the hormones into your bloodstream and deliver it quickly to where they are needed. It also helps protect your liver.

9. Get regular Chiropractic adjustments. It is important to have all of our body systems working.

10. Do Lymphatic Breast Massages a few times a week. It only takes 5 minutes. (See Breast Lymphatic massage on my blog - <https://jenniferdarr.wordpress.com/2015/01/>)

11. Avoid vaccines. They are loaded with toxins, heavy metals that are neurotoxins, and possible unknown fungal or bacterial antigens.

12. When need be, the use of oxygen therapies works better than any man-made vaccines or antibiotics. Use IV oxygen therapies or other great herbal natural antibiotics. Oxygen therapies, like IV H₂O₂, IV vitamin C, IV UVBI, and hyperbaric chambers. Natural oral antibiotics: olive leaf, oregano, and so on. This is done under the guidance of a trained health professional.

13. Enzymes, Enzymes, Enzymes! The key to life!

14. When you are really sick, had surgery, or a traumatic experience, use Neurotherapy or Prolotherapy.

15. Your skin is your third kidney. What you put on it is crucial. Use Real Purity! Go to www.realpurity.com for more information about their skin care products.

16. Dry skin brush before one of these baths: Epsom salt baths, apple cider vinegar bath, ginger bath, baking soda bath, H2O2 bath, and add essential oils.

For an excellent detox bath or if you are chilled to the bone, do a ginger bath. It will heat up your body fast, making you sweat more. Follow by a warm shower to rinse off the toxins and residue of the ginger.

I like to buy organic powdered ginger. Sprinkle $\frac{1}{4}$ cup of ginger powder in bath tub water to avoid clumping.

17. Far Infrared Sauna! Drink coconut water during it or a little of orange juice with Himalayan salt for extra electrolytes, so you don't dehydrate.

18. Twice a year, do a parasite cleanse and then stay on a maintenance program.

19. Hire a life or health coach to help you stay on course with your healing. Another good idea is to hire someone that is trained in NET to help you deal with emotional damage from your past. Like I mentioned in my book, our thoughts influence 95% of our body's cells in a good or bad way. The choice is yours if you want to continue to live in a disease state of mind or if you want to be healthy.

20. Most importantly, pay attention to your thoughts and trust that God is in the healing business.

Dr. Christopher Hussar's LYME SYMPTOM CHECKLIST

(This is not meant to be used as a diagnostic tool, but is provided to streamline the office interview)

NAME:

DATE: _____

RISK PROFILE: (please check)

Tick Infested Area _____ Frequent Outdoor Activities _____ Hiking _____

Fishing _____ Camping _____ Gardening _____ Hunting _____ Ticks Noted on
Pets _____

Do you remember being bitten by a tick? No _____ Yes _____

When? _____

Do you remember having a "bulls-eye rash"? No _____ Yes _____

Any other rash? No _____ Yes _____

Have you ever received the Lymerix vaccine? No _____ Yes _____

If so, when? _____

Have you had any of the following? CIRCLE ALL "YES" ANSWERS

1. Unexplained fevers, sweats, chills, or flushing
2. Unexplained weight change... loss or gain
3. Fatigue, tiredness
4. Unexplained hair loss
5. Swollen glands
6. Sore throat
7. Testicular pain / pelvic pain
8. Unexplained milk production; breast pain
9. Unexplained menstrual irregularity
10. Irritable bladder or bladder dysfunction
11. Sexual dysfunction or loss of libido
12. Upset stomach

13. Change in bowel function... constipation or diarrhea
14. Chest pain or rib soreness
15. Shortness of breath, cough
16. Heart palpitations, pulse skips, heart block
17. Any history of a: heart murmur_____ or valve prolapse_____
18. Joint pain or swelling List joints:_____
19. Stiffness of the joints, neck or back
20. Muscle pain or cramps
21. Twitching of the face or other muscles
22. Headaches
23. Neck cracks; neck stiffness
24. Tingling, numbness, burning or stabbing sensations
25. Facial paralysis (Bell's Palsy)
26. Eyes/Vision: double, blurry
27. Ears/Hearing: buzzing, ringing, ear pain
28. Increased motion sickness, vertigo
29. Lightheadedness, wooziness, poor balance, difficulty walking
30. Tremor
31. Confusion, difficulty thinking
32. Difficulty with concentration or reading
33. Forgetfulness, poor short term memory
34. Disorientation: getting lost, going to wrong places
35. Difficulty with speech or writing
36. Mood swings, irritability, depression
37. Disturbed sleep... too much_____ too little_____ early awakening_____
38. Exaggerated symptoms or worse hangover from alcohol

Tips for Healthy Home Environment

Limiting our toxic exposure in our home environment is crucial to our healing process. Continuing the use of toxic cleaning chemicals is like throwing gasoline on a fire; it feeds the disease. Be aware and control the toxins that you allow in or on your body. It is very important to reduce your exposure to EMF radiation and minimize your exposure to mold.

The good news is it is not only healthier for you to use organic substances, it is a lot cheaper and inexpensive. Here are some things I like to use to keep my environment safe and healthy for me and others:

- Place one drop of oil of Cajeput in an air humidifier or oil diffuser to help neutralize the fungi or bacteria in the air.
- Use warm water and Murphy's Oil Soap for cleaning woodwork, like tables, chairs, and cabinets.
- In an empty spray bottle, mix $\frac{1}{8}$ food grade hydrogen peroxide with $\frac{2}{3}$ distilled water to clean fruits and vegetables.
- Use 3% hydrogen peroxide to sanitize toilets, sinks, door knobs, etc. Spray and leave on for 30 seconds to a minute before drying or rinsing off.
- Use baking soda and some white distilled vinegar for cleaning your toilet bowl. You can also use this for cleaning sinks, showers, and bathtubs. Follow by spraying with hydrogen peroxide for killing any remaining organisms.
- In an empty spray bottle, mix $\frac{1}{8}$ distilled vinegar to $\frac{2}{3}$ part of distilled water. Use on windows, mirrors, and counters.
- Fertilize your houseplants using Epsom salts and water 3 times a year.

Bowel Health

According to my knowledgeable holistic doctor, Richard Easterling ND, Ph.D., the ancient healers believed that there are two reasons why we have diseases: autointoxication and circulation. In the light of Lyme disease, let's talk about these two, shall we?

Autointoxication starts with intestinal constipation. Your body keeps re-absorbing all of the toxic build-up via the blood capillaries in the colon, which leads to cellular constipation. Because the bowels are not eliminating properly, it increases the workload on your liver, lungs, kidneys, skin, and lymphatic system.

When you have poor circulation, the bowels are not moving properly and your lymph nodes are stagnant. It is like when our city's sewer system is broken. When there is a blockage in the pipes, the city sewer backs up in your home. If you live in Michigan, that would mean your basement would flood with sewer waste. Sewer waste is not only toxic, it is also very deadly.

Our bodies operate the same way. We need a good working sewer system to get rid of these deadly toxins. Creating a healthy sewer system in your body should be the #1 priority in all of our lives. Learn how to do deep tissue cleanses, use enemas, live in a grateful mindset, and develop healthy eating habits to keep your bowels clean. In doing so, you will be able to enjoy life, instead of suffering in sickness and in a constant diseased state.

By the way, having proper sanitation in place is one of the reasons the spread of disease is lower now than in the past when people used to urinate and defecate into the streets. Washing hands and cleaning surgical instruments, along with fortifying some of our food with nutrition and being able to buy fruits and vegetables all year round, reduced the spread of disease; it isn't from man-made vaccines.

There are several things you can do now to get your bowels moving before learning the deep tissue cleanse or how to do an enema. There are five simple things you can do from home to get your bowels moving and to stop constipation.

5 Simple Steps To Stop Constipation!

Did you know that your bowels should move 24 hours after each meal? Unfortunately, in today's world, we eat too much processed foods and not enough raw, organic fiber-filled foods that help regulate our bowels.

Here is a simple, inexpensive, non-toxic recipe and action steps I learned from a world renowned nutritionist, Virginia Jenkins, to help regulate and give you energy.

Supplies:

- Organic Flax Seed

- Reverse Osmosis or Distilled, Water

- 1 Organic Lemon

(Use organic and unsulphured of the following dried fruits)

- Large Prunes

- Large Raisins

- Mission Figs

- Dates

- Apricots

- 1 Small Stainless Steel Pan with Lid

- Tea Pot and Stainless Steel Tea Pouch

- Food Processor, Blender or Bullet

- 1 Small Glass Container With Lid

- A good bacteria or probiotic

Step #1: Make a batch of Breakfast Dried Fruit Mixture and a glass of Flax Seed Tea.

Breakfast Dried Fruit Mixture

- 6 Large Prunes
- 8 Large Raisins
- 4 Mission Figs
- 6 Dates
- 4 Apricots

Directions: Before bed, place the above fruit in a small stainless steel pot. Pour “Pure” boiling water over it and bring the mixture back to a rolling boil. Boil for two more minutes. Cover and let set overnight. In the morning, blend this mixture with a juice of a fresh lemon in a blender until smooth. Put in a glass container and store in your refrigerator.

Flaxseed Tea

Boil distilled water in a stainless steel 1-2 quart sauce pan. For one glass, bring 8 oz of water to a boil and 1 Tablespoon whole organic Flaxseed. Remove from heat and cover and let steep for at least 2 hours. Strain into a cup and discard flaxseed. Drink the tea as recommended.

Step #2: Before bed, drink a large glass of room temperature Flaxseed Tea.

Step #3: Upon arising each morning, drink 8-oz of room temperature reverse osmosis water. TIP: Before bed, pour a glass of water, and set next to your bed. Make sure you cover the glass with a lid or a non-bleach coffee filter to keep toxins from the air entering into your water during the night.

Step #4: Mix 1 tsp of good bacteria or probiotic in a glass of room temperature pure water and drink. There are some very good probiotic products in your local health food store in the refrigeration section.

Step #5: Wait 20 minutes and then eat 2-3 Tablespoons of Breakfast Dried Fruit Mixture.

Make sure you are close to a bathroom throughout the day. Also, make sure when you feel the need to go #2, you go and do not hold it. This is a huge problem with our society; we don't listen to our bowels and empty them when the need arises.

Additionally, 1TB of Cod liver at bedtime helps with bowel movements and parasites.

Enemas

“Grandmother used enemas to take care of the bowel for the same reason that people in early culture used herbs. They didn’t have any scientific reason for using herbs, but experience showed they worked.”

- Dr. Bernard Jensen

“This town needs an enema!” I guess the Joker was onto something...

When detoxing, do daily coffee enemas.

JEN’S COFFEE ENEMA 101!

SUPPLIES:

- 1 Large Stainless Steel Pot
- 4 One quart canning jars with lids
- 1 Stainless Steel small hole mesh strainer
- 1 Enema Kit
- Organic Coffee
- Distilled Water
- Coconut Oil or Vitamin E Oil
- 3% hydrogen peroxide Spray Bottle
- 1 Clock or Timer
- 1 Old coffee cup to soak enema tip
- Paper towels
- Trash Can

Tip: You can buy a douche/enema bag at your local pharmacy. If you are allergic to Latex, order The Gerson Therapy Coffee Enema Kit, which includes organic coffee, online at Amazon. You can buy your organic coffee at your local health

food store or your local grocery store that has an organic section. Buy several gallons of distilled water, and a spray bottle for hydrogen peroxide.

COMFORT SUPPLIES TO USE DURING ENEMA:

- 1 Old beach towel
- 1 Pillow
- 1 Old blanket, to use if you get cold.
- 1 Shower curtain liner, if you are doing an enema on your bed.
- A device that plays Spa music, audio Meditation, Worship music, or anything that lifts your spirit and makes you feel good.
- Candles or soft light
- Fresh air or at least some essential oil to breathe in, like peppermint oil.
- Use Distilled Water Only!

RECIPE FOR 4 COFFEE ENEMAS:

Step 1: In a stainless steel pot, do NOT use an aluminum pan, bring one gallon of distilled water to a boil.

Step 2: Add 8 tablespoons of organic coffee. Boil for 5 minutes. Turn the burner to low and continue to simmer for a few minutes longer.

Step 3: While boiling the coffee, sanitize 4, one-quart, pre-washed canning jars and their lids with boiling hot water.

Step 4: Pull the coffee off the stove and strain it into an 8-cup glass bowl with a small, hole mesh strainer. (Best done over the sink)

Step 5: Pour the strained coffee into each of the 1-quart canning jars.

Step 6: Cool to body temperature.

Step 7: Seal the remaining 2 quarts of coffee in the canning jars and refrigerate for later or for the next morning. Depending on your level of pain or herxing/die-off symptoms, you may want to repeat the “back to back” coffee enemas in 3-4 hours or later that night. When re-heating the refrigerated coffee, place the sealed mason jars in a sink filled with hot water; it usually takes 20-30 minutes to warm up this way.

HOW TO DO A COFFEE ENEMA:

Step 1: Sanitize your enema kit with warm soapy water, followed by hydrogen peroxide. Rinse well and dry.

Note: when sanitizing or cleaning tubing, always run water through the top of the tube where it attaches to bag or stainless steel can down to the bottom of the tubing, near where the shut-off valve is. The bottom of the tube is where the enema tip connects to the tubing.

Step 2: Set up a comfortable spot. If you are well enough to get up and down off the floor, place a beach towel on your bathroom floor. Put the pillow at the end that you are going to rest your head. If you are too ill to get up and down, spread out a shower curtain liner on your bed. Cover with a beach towel so you don't stick to the plastic. (Make sure you are close to somewhere you can hang your enema bag on or a place to set your enema can on. You will want your bag or can 1 ½ feet above where you are lying).

Step 3: Bring 2 1-quart jars of coffee to body temperature. (Directions above)

Step 4: Turn on your music or meditation. If you are able to have fresh air and sunlight in your bathroom, then do so. If not, dim lights and light a candle. Basically, do whatever relaxes you and puts you in your happy place.

Step 5: Undress from waist down. Feel free to leave socks on if your feet are cold.

Step 6: Add the tip to the enema hose, at bottom of tubing, near the shut off valve. Close the valve. Pour 1 quart of the body temperature coffee into the enema bag. Put the hose on the bag and run enough coffee through the tube until no air comes out, only coffee. Hang enema bag on a doorknob, cabinet knobs, or your bathtub faucet. If you are using the stainless steel can kit, place it on the toilet lid or a footstool.

Step 7: Put a clean bag in your trash can so you can put drain hose into it when you are done. Place it near the base of the kit.

Step 8: Put organic coconut oil or vitamin E oil on the enema tip.

Step 9: Laying on right side, insert tip slowly to about an inch. Turn on the valve and breathe. Think happy thoughts. Listen to music. Pray. Meditate. Visualize your body healing, with your cells regenerating into healthy cells.

Step 10: Shut off tube before air bubbles enter you or when the bag is empty. Hold the coffee in for 10-15 minutes, laying on your right side with your knees bent. Note: At first you may not be able to do the 10-15 minutes, and that is okay. Get up and go the bathroom and start 2nd quart of body temperature coffee.

Step 11: After 10-15 minutes, go to the bathroom.

Step 12: Repeat.

Note: Rinse the enema tip with hot water and spray it with hydrogen peroxide. Wait 30 seconds, rinse with hot water and add new oil before second enema

Step 13: Sanitize the kit.

NOTE: If need be, you could use a clean fresh coffee maker to make the coffee for your enemas. Make sure you use brown, unbleached coffee filters instead of white, bleached coffee ones. Of course, use organic coffee and distilled water. Make sure it is body temperature before you use it.

Coffee enemas can be done every 2-3 hours for acute symptoms. In the book *Mum's Not Having Chemo*, Dr. Gary Gordon recommends to do two coffee enemas, back to back, in the morning and the other two in the afternoon for a heavy detox.¹

Do not do your coffee enema first thing in the morning. Do your morning routine, juice or eat something healthy first. If you can, go #2 before your enema.

For better detox, dry skin brush and take an Epsom salt/baking soda bath after your enema. If in a hurry, dry skin brush and shower.

WARNING: Chemo patients, or if you are not a chemo patient but have diarrhea or are bleeding rectally, use organic chamomile instead.

Other Enemas

Directions on how to make Organic German Chamomile Tea for an enema: Bring 1 gallon of distilled water to a boil. Add 1/4 cup of chamomile. Boil for 5 minutes, then simmer for a few more. Strain. Use it when it is at the heat of your body, like a coffee enema, but only hold it in for 5 minutes. You can make additional tea to

¹ Bond, Laura. *Mum's NOT Having Chemo: Cutting-edge Therapies, Real-life Stories - a Road-map to Healing from Cancer*. London: Piatkus, 2013. Print.

drink throughout the day if you have stomach aches, insomnia, a sore throat or cramps. It is smart to keep a supply of chamomile flowers on hand.

Warning: Chamomile has been known to cause allergic reactions in people who are allergic to ragweed or other members of the daisy family. If you have such an allergy, you should avoid using this medicinal herb. It is best to get your herbs from a trusted source to avoid this reaction.

I learned about two other fantastic enemas in Dr. Jensen's book *Tissue Cleansing Through Bowel Management*.² You can also do Flaxseed enemas for colitis if you are bleeding rectally or have inflammation of the bowels.

Directions:

In a 2-quart stainless steel pan, bring 1-2 quarts of distilled water to boil. Add ¼ cup Flaxseed. Reduce heat and simmer for 30 minutes. Turn off the stove and steep for 8 hours. Strain and use at body temperature. You can also add a couple of tablespoons of liquid chlorophyll to the enema for healing. Follow the directions above and do the enema like the Chamomile Tea enema.

Garlic Enema is great for parasites or for infections: Take 2 cloves of garlic unpeeled. Spray with hydrogen peroxide. Rinse and place in blender with 1 cup of distilled water. Blend and strain. Add enough warm distilled water to equal a quart. Continue like the Chamomile enema.

Bentonite or Clay Water Enema will absorb and remove toxins from the bowel. Sprinkle a couple of tablespoons of Bentonite into body temperature distilled water. You could also add liquid chlorophyll if you are bleeding. Continue like the Chamomile enema.

² Jensen, Bernard, and Sylvia Bell. *Tissue Cleansing through Bowel Management: From the Simple to the Ultimate*. Escondido, CA: Bernard Jensen, 1981. Print.

Tip: Add a drop of Oil of Cajeput to your enema to help with fungi, parasites, and infection.

To help restore healthy bacteria in the gut, you can do good bacteria implants with Acidophilus or other probiotics you have. Use a baby ear syringe that is sanitized. Follow enema sanitizing directions above. Use 1 cup of room temperature distilled water to mix with the good bacteria. Use vitamin E or coconut oil on the end of the tip of the syringe. Insert the tip of the syringe and squeeze fluid into your rectum. Go to bed. Keep in as long as you can. If you need to go the bathroom, then do so. Add a tablespoon of liquid chlorophyll for better results.

With a glass of purified water, drink your good bacteria or probiotics first thing in the am and before you go to bed to help remove toxins and rebuild friendly bacteria in your gut.

Castor Oil Packs to Help With Pain

Another thing for back pain or any pain in your body is the use of pure castor oil (health store or online). Soak a flannel cloth in it. Place on your tailbone, layer with a plastic baggie, old towel, and then heating pad for at least two hours. This is awesome to use for other areas of your body causing pain, like kidneys, liver, or breasts.

Deep Tissue Cleanse

To start and create healing in your body, do a deep tissue cleanse. Of course, if there was a magic pill you could take to heal the body, I'd suggest taking it because learning how to do a deep tissue cleanse and following through is not simple, but it is very rewarding. A deep tissue cleanse cleans out not only the colon, setting the best pathway to your healing, but it is also an excellent detox for all of your organs and body tissues. The cleanse is healing the body at the same time by giving it the God-given nutrition it needs.

RECIPES FOR A DEEP TISSUE CLEANSE:

Herbal Colemas

1/4 cup cut comfrey root
1/2 cup fennel seed
1/4 cup chamomile
1/4 cup flaxseed

Cover above with 3-4 quarts of boiling water. Let steep for 10 min. Boil for 2 minutes & strain into colema bucket, adding sufficient hot water to fill 5-gallon bucket to body temp.

After straining, add 1 teaspoon of goldenseal powder & add to colema bucket.

POTASSIUM BROTH

6 medium potatoes, scrubbed and peels cut ½ inch thick
4 ribs green celery
8 medium carrots
1 medium beets and tops
4 cloves fresh garlic (more if so desired)
2 large handfuls of fresh parsley

Directions: Place potato peels and other vegetables in a large stainless steel pot. Pour 1 ½-2 quarts of “pure” water over it. Bring to a boil and simmer for 20-25 minutes. Strain and drink 1 quart of broth every day during the cleanse.

During a deep tissue cleanse, alternate every hour juice and potassium broth/or herbal teas.

When breaking a fast or cleanse, you need to do it slowly. You can't rush into eating meat and potatoes.

Doing a deep tissue cleanse is not easy and requires coaching. If you want to learn how, contact me at www.overcominglymedisease.com and sign up for coaching.

Juice Cleanse

Drink organic apple/carrot/celery juice after your morning tea. It is loaded with lots of nutrients. When drinking your fresh juice, make sure you chew, even though there is nothing to chew. Chewing produces enzymes, which are the most important nutrient we need.

Different Juice Combinations for a Cleanse

- 1 large bag of organic carrots
- 1 bag of organic red delicious or golden delicious apples
- 1 Ginger root

Juice the above and store in glass jars in the fridge up to two days. Make sure you separate fruit and vegetable juices when storing. The enzymes in each break down the other juice. To drink, combine ½ cup of apple with ½ cup of carrot and add a teaspoon of ginger.

Here is another juice combination to drink:

- 2 oz of Lettuce (Kale, Romaine, Bib Lettuce or any green lettuce)
- 2 oz of Celery
- 2 oz of Cucumber
- 2 oz of Pineapple juice

You can not go wrong with any juice combination when you are drinking organic fresh vegetable and fruit juices.

Go to my blog <https://jenniferdarr.wordpress.com/2014/12/> and read “The Green Drink” by Dr. Easterling.

Tea

Essiac Tea is a great tea that helps with Cancer, AIDS, Lyme, Diabetes, and more. Order from Herbalhealer.com and take as recommended. Drink two ounces of Essiac tea with two ounces of hot water added 3 times a day a half an hour before your meal. If you have Lyme, you can add 3 drops of Oil of Cajeput to your am and pm cup. Go to my blog for more information about Essiac Tea:

<https://jenniferdarr.wordpress.com/2015/09/>

There are many additional teas that can improve your health. The following tea tips include quotes from the book *Prescription for Nutritional Healing* by Phyllis A Balch.³

Drink Green tea 3 times daily with 1- 2 Tablespoon of Bragg's Organic Raw-Unfiltered Apple Cider Vinegar.

Green tea acts as an antioxidant and helps to protect against cancer. Lowers cholesterol levels, reduces the clotting tendency of the blood, stimulates the immune system, fights tooth decay, helps regulate blood sugar and insulin levels, combats mental fatigue, and may delay the onset of atherosclerosis. Good for asthma. Studies show promise as a weight-loss aid, but the green tea must not be decaffeinated. May help prevent enlarged prostate.

Herbal teas are wonderful for getting extra vitamins and minerals. "Flaxseed tea is one of the best for a healthy colon, inflammation, female disorders, and it promotes strong bones, nails, and teeth, as well as healthy skin."

Use organic flaxseed and grind them. Steep in boiling distilled or reverse osmosis water for at least 20 minutes. For a more potent tea, steep for 8 hours or

³ Balch, Phyllis A. *Prescription for Nutritional Healing: A Practical A-to-Z Reference to Drug-free Remedies Using Vitamins, Minerals, Herbs & Food Supplements*. London: Penguin, 2011. Print.

overnight. Flaxseed is great to drink anytime during the day, but is great right before bedtime.

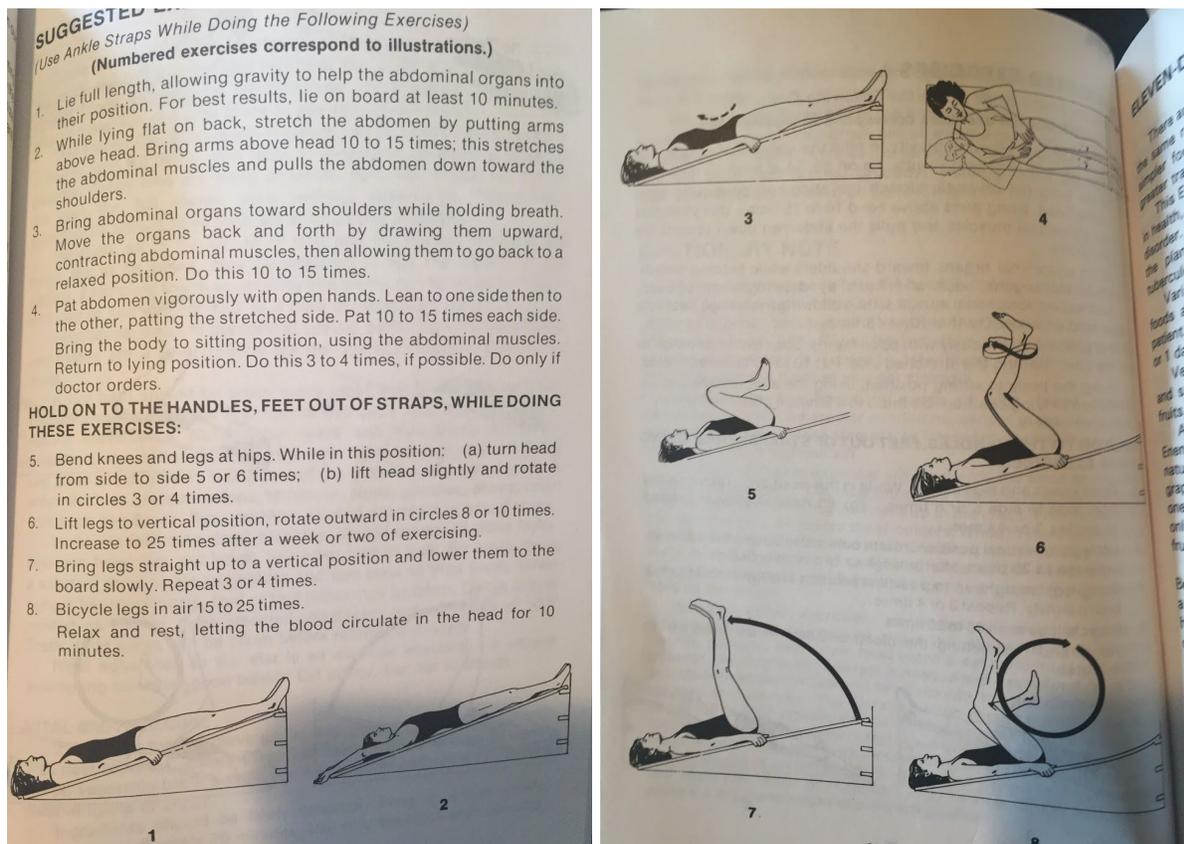
I like to combine it with Organic oatstraw tea and chamomile tea for evening or when I have had a stressful day. "Oatstraw acts as an antidepressant and restorative nerve tonic. Increases perspiration. Helps to ease insomnia. Good for bed-wetting, depression, stress, and skin disorders."

Organic Chamomile reduces inflammation, stimulates the appetite, and aids digestion and sleep. Acts as a diuretic and nerve tonic. Helpful for colitis, diverticulosis, fever, headaches, and pain. Good for menstrual cramps. A traditional remedy for stress and anxiety, indigestion, and insomnia. Useful for a mouthwash for minor mouth and gum infections.

Exercise

Exercise for at least 30 minutes a day, 5-6 days a week. If you are too sick to exercise, start with deep breathing with essential oils like, peppermint or lavender. Place a couple drops of oil on the palm of your hand. Rub together with other palm. Make a tepee with your hands and place over your nose and mouth. Take a deep breath through your nose, expanding your diaphragm and stomach. Hold in for a few seconds, remove hands from your face and then exhale out through your mouth, releasing the air from your diaphragm and stomach. Your stomach should be flat or close to it. Repeat this exercise for at least 5 times.

If you have a slant board, lay on it with your legs up. Do these exercises that Dr. Jensen introduced in his book *A New Slant on Health and Beauty*.⁴ Learn more about these exercises from Bernard Jensen International at www.bernardjensen.com.



⁴Jensen, Bernard. *A New Slant on Health and Beauty: (slant Board)*. Los Angeles, CA: Dr. Bernard Jensen Enterprises. Print.

Do this before bed. The slant board helps put your organs back where they belong, like your intestines, bladder, and uterus.

If you live someplace warm, go outside and walk barefoot on the grass, dirt, concrete or on a sandy beach for 15 minutes and practice the deep breathing technique. This is called grounding or Earthing. Dr. Mercola clearly explains the benefits on his website:

Your immune system functions optimally when your body has an adequate supply of electrons, which are easily and naturally obtained by barefoot contact with the Earth.

Research indicates that electrons from the Earth have antioxidant effects that can protect your body from inflammation and its many well-documented health consequences. For most of our evolutionary history, humans have had continuous contact with the Earth.⁵

Work up to walking 15-30 min a day. Rebounding is another fabulous exercise that helps drain your lymphatic system. As you jump on a mini-trampoline, it helps warm up the toxic fluid in your lymph nodes so it circulates back into your bloodstream and your body can get rid of it. (Daily Coffee Enemas help immensely with this.)

Implement in your daily life grounding, rebounding, deep breathing and other forms of exercise.

Post-Workout Protein Drink

After your morning workout, drink a protein drink for breakfast. Pea Protein is a good choice because it doesn't have dairy. Make sure it is low in sugar, like 1 gram.

⁵ "How Does Grounding or Earthing Impact Your Health?" *Mercola.com*. Web.

In a blender or a bullet, use 8 oz of organic Flax, Cashew or Almond Milk. Add a scoop of protein with 1-2 Tablespoon of ground flaxseed, chia seed, organic and Non-GMO, 1 Tablespoon of unsalted, raw Sesame Tahini butter and a teaspoon of the herb called MACA. You can add a banana, blueberries or strawberries, once you have addressed any major health issue. Sugar feeds cancer, Lyme, arthritis, parasites, candida, and every disease. Therefore, a diet low in sugar is important. Natural sugars are just as dangerous as man-made sugars when you are fighting disease.

Nutrition

No one in a hospital should ever be allowed to leave until they are given a full day of instruction on how to manage their kitchens at home, how to feed their families and how to prevent recurrence of the trouble that brought them there. Otherwise, they will soon be back in the hospital. You may think I'm a little harsh in this, but every doctor says that one operation leads to another. Do you know why? Because nothing was done to deal with the original cause which led to the first operation.

- Dr. Bernard Jensen

It is important that you follow the Gerson Diet that calls for daily coffee enemas, drinking raw organic juice, eating organic vegetarian diet and taking supplements that are right for your body. Learn more about the Gerson Diet at <http://gerson.org/gerpress/the-gerson-therapy/>.

Go on an organic, non-GMO diet that cuts out sugar, gluten, and dairy. GMO foods cause “leaky gut.”

Find a healthcare provider who knows nutrition and is able to recommend special supplements that are right for your body, which consists of the use of daily enzymes and probiotics.

Healthy fats are crucial to a healthy life! This is when you take your D3 supplement. You need healthy fat for vitamin D to work in your body. Your vitamin D should contain vitamin K and Magnesium to work.

Nutrition Tips from Virginia:

- Drink room temperature, purified water; 8 cups a day.
- Drink a glass of room temperature, purified water ½ hour before your meals.

- Never drink liquids with meal, especially liquids with ice. Ice cold water delays food digestion.
- No fruit after 3 pm.
- No meat with a starch.
- Eat meat and vegetables together.
- If you have bread, you must eat lots of vegetables with it.
- All refined flours, like processed breads, cakes, pies, pastries should be eliminated from your diet.
- Use God-given Organic Millet, Rye, Yellow Cornmeal, and Rice instead.

FOODS HIGH IN SUPPORTIVE IMMUNE NUTRIENTS

by Virginia Easterling/Jenkins

(Use organic and Non-GMO fruits, veggies and grains)

BETA CAROTENE: APRICOTS, BROCCOLI, CANTALOUPE, CARROTS, MANGOS, PARSLEY, ROMAINE LETTUCE AND SPINACH.

VITAMIN B-6: BANANAS, BARLEY, CANTALOUPE, LENTILS, LIMA, NAVY, & PINTO BEANS, RED CABBAGE, SPINACH, TUNA, WHOLE-GRAIN RICE, & WHEAT.

VITAMIN B-12: TUNA, YOGURT, FLOUNDER, HALIBUT, MILK, CHEESE, & EGGS.

FOLIC ACID: APRICOTS, ASPARAGUS, BEANS, BROCCOLI, BRUSSEL SPROUTS, CANTALOUPE, CARROTS, CAULIFLOWER, OKRA, PECANS, & SPINACH.

VITAMIN C: BROCCOLI, BRUSSEL SPROUTS, CABBAGE, CANTALOUPE, CRANBERRIES, GRAPEFRUIT, OKRA, PARSLEY, RASPBERRIES, & SPINACH.

VITAMIN E: BROCCOLI, GREEN BEANS, GREEN LEAFY VEGETABLES, LEAN MEAT, NUTS, PEAS, TOMATOES, & WHOLE GRAINS.

ZINC: BUCKWHEAT, CARROTS, CHICKEN, CORN, GREEN PEAS, LIMA BEANS, SPLIT PEAS, TUNA, WHOLE-GRAIN OATS, & WHEAT.

SELENIUM: BARLEY, CABBAGE, CARROTS, CHICKEN, GARLIC, GREEN BEANS, MUSHROOMS, ONIONS, ORANGES, RADISHES, TURNIPS, WHOLE-GRAIN OATS, RICE, & WHEAT.

Postpartum & Baby Health

“Colostrum - your child’s first and only needed vaccine.”

- Jennifer Darr

One of the best things you can do for your newborn is to breastfeed, especially the first couple of days after delivery. In new moms, the body produces a God-given vaccine that boosts their baby’s immune system, called Colostrum. It is a clear fluid that their mammary glands produce before their true milk appears. Colostrum contains antibodies from the mom that help protect the newborn against viruses, bacteria and various kinds of disease.

Baby Enema 101

Use a baby ear syringe. Sanitize like enema kit. Use 1 cup of body temperature distilled water and the oil from a garlic oil capsule or make your own by combining in a blender, 1 small garlic bulb to 8 oz of distilled water. Blend and strain. Suction up the water and use coconut oil for lubricant. Insert, squeeze slowly. Usually within a few minutes, there will be a bowel movement. If not, wait 15 min and do again! This is a natural way to get the colon working.

Ear Pain

Warm a clove of garlic in microwave, not too hot to the touch. When warm, insert it in the ear, not too far. Cover with a cloth and use a heating blanket to keep it warm and or a blow dryer.

Another option, place a drop of Oil of Cajeput on a q-tip and gently clean ear. You can also put a drop of Oil of Cajeput on a piece of cotton ball and place in the ear.

Teething Pain

Rob a drop of Oil of Cajeput on the inflamed part of the baby's gum.

POSTPARTUM HERBAL BATH

by Pat Kramer, Nurse Midwife

Herbal ingredients for the postpartum herbal bath:

- 1 Cup of Shepherd's Purse
- 1 Cup of Comfrey Leaves
- 1 Cup of Uva Ursi
- 1 bulb of fresh garlic
- 3 pounds of sea salt

One handful of each herb will make one bath. You may want to take up to 5 or more baths postpartum. Because the herbs have astringent and antiseptic properties, they are soothing and healing to sore bottoms, will help dry up the baby's cord stump, and prevent infections.

Directions for making herbal bath:

Place one handful of each herb in a one-quart mason jar or in a ceramic bowl or pot. Chop up 8-10 cloves of fresh garlic and add them to the herbs. Boil some water and pour it over the herbs and garlic. Put cover on jar or pot and let steep for at least ½ hour (up to 24 hours). Strain into warm bath. Add ½ cup of sea salt directly to bath.

Make this up during early labor, so it will be a stronger brew.

Conclusion

It is never too late to take action on your health. God made our bodies to heal themselves when given the environment and the things they need. Visit my website www.OvercomingLymeDisease.com to stay up to date with the latest discoveries and information on how to stay healthy in this sick world, along with excellent resources on finding a team of knowledgeable holistic doctors. For extra support, I offer personalized coaching to guide you through a cleanse or to help you find a doctor.