



# David Wolfe Nutrition Certification Notes

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Certified Nutritionist by David Wolfe and the MindBodyInstitute

# My Story

- In 2012 I embarked on a journey with David Wolfe through his [nutrition certification](#) with the [BodyMindInstitute](#) that completely changed my perspective on nutrition, well being and health.
  - This course allowed me to finally stop feeling sick and tired all the time to living life filled with a sense of vitality, endurance and focus. David Wolfe goes beyond nutrition and into how food can enhance your capacity to deal with stress and help you thrive as a human being. His approach to nutrition has a holistic effect on all levels: physical, emotional, mental and even spiritual.
- You are what you eat and when you eat the best foods available on the planet you will be your best. The best part is that some of these superfoods and herbs are wild, that means you can forage them wherever you live or you can even grow them yourself. If you prefer to purchase any of the superfoods and herbs listed in this Ebook I have included links to the ones I personally use and recommend.
- In this Ebook you'll find my own personal notes from David Wolfe's raw nutrition certification. This Ebook can never replace the value, wisdom and expertise that David Wolfe shares himself through his raw nutrition certification or any of his [books](#). If you want to go deeper I highly recommend you check out David Wolfe free online course by clicking [HERE](#)



# Legal Disclaimer

- This Ebook is an educational product.
  - It's not intended to diagnose, treat or cure any disease and is not a replacement for professional medical treatment or advise.
- The information contain in this Ebook is meant to increase your overall state of well being, balance and harmony.
- The author of this Ebook is not responsible for the use, misuse or non-use of the information found on this Ebook.
- Always consult a medical doctor before making changes to your lifestyle and diet.

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# Index

- Metabolism Health
- Bioavailable Protein
- Carbohydrates

# Food Allergies

- Food allergies can influence human behavior, psychology and immune system.
  - People are chemically addicted to the foods they are allergic to.
- Food allergies can affect our midbrain
  - Regulates our sleep, energy and concentration.

# Intuition

- There is a connection between our intuition and raw food
  - Intuition is essential for healing yourself
  - Intuition allows you to discern what foods are best for you.
- Being 100% raw is not for everyone
  - Adding raw foods and superfoods to our diet, in whatever percentage, is beneficial to everyone



# Upgrade Your Choices

- From conventional “food like” products you can upgrade to:
  - Organic
  - To raw
  - To wild foods
- You can also upgrade your water from:
  - Bottled water
  - To filtered water
  - To spring water

# Upgrade Your Choices

- When we upgrade our food choices we begin to discover that we are alive in our bodies
- Your intuition comes alive, you become alive in your body
- Steps to intuition:
  - Raw food cleanse and detox
  - Sense of absolute relief
  - Increasing energy, completeness of sleep
  - Enhanced immunity
    - Herbs and medicinal mushrooms



# Accelerated Learning

- Thoughts that are released by drinking and eating raw live foods are very different from the thoughts that are released from drinking sodas.
- Because of the lightness of raw foods:
  - We are able to easily release karmic patterns
  - Experience an emotional and physical detox
- It's easier to DETOXIFY than it is to become toxic
  - It can take you two and half years to fully detoxify
  - Your body is very forgiving

# How Much Raw Food

- EVERYONE can benefit from a raw food cleanse
  - A year on raw foods will do wonders to clean up the body
  - Many people will not be able to maintain themselves through a 100% raw food diet.
- We have to find the balance ourselves (intuition)
- 100% raw is not right for everybody
  - Different body types, psychological dispositions and spiritual quandaries.



# How Much Raw Food

- Start with a raw food cleanse
  - Then make raw food as your basis and your medicine for healing
  - Incorporate herbs and superfoods (superior quality)
    - More specifics of what herbs and superfoods later on
- David Wolfe is into tools not rules
- Raw foods sometimes cannot heal a condition
  - Spirituality and peace of mind are essential and can reconnect you to what is truly valuable.

# Juicing Vs. Blending

- Blending take everything: pulp, fiber and nutrients
  - We want the fiber on the beginning
  - Advanced blending incorporates superfoods
- Juicers take the fiber out
  - Digestion requires energy, when you juice you get all the energy and vitality
    - The body absorbs nutrients within 15 seconds
  - Juicing is great for beginners



# Juicing Vs. Blending

- Juicing should be primarily from vegetables and leafy greens which contain CLOROPHYLL
  - Chlorophyll is a detoxifier, inner deodorant, healer of inner and topical wounds and inflammations
  - Chlorophyll is very similar to hemoglobin
- Spinning juicers cause oxidation and the nutrients in the juice won't last for more than 40 minutes
- Trituration or centrifugal juicers takes the pulp through a press can last up to 3 days if refrigerated

# Juicing and Blending

- Juicing is an invigoration of life force energy
  - Toxins are thrown out when in illness through bowel movements and the liver
  - Chlorophyll is a neutralizer of toxins
- Blending is a way to get the intelligence of superfoods
  - Goji berries are mythologically known to teach you the entire Chinese medicine system.

# Recommended Types of Juicers\*

- Spinning Juicers:
  - [Breville Juice Fountain Plus](#)
  - [Hamilton Beach Juice Extractor](#)
- Low Speed/Trituration Juicers:
  - [Omega J8006 Nutrition Center Juice](#)
  - [Omega VRT350 Heavy Duty Dual-Stage Vertical Single Auger Low Speed Juicer Silver](#)

\*These are my recommendations based on my own personal research and use. These are not recommended in the David Wolfe Nutrition Certification



# Recommended Blenders\*

- Vitamix
- Blendtec
- Nutribullet

\*These are my recommendations based on my own personal research and use. These are not recommended in the David Wolfe Nutrition Certification

# Nuts and Seeds

- Nut butters are one of the best ways to consume nuts because the nuts have been opened up (grounded), the oils have been squeezed and cover all the molecules
  - Makes it easier to digest
- Nuts are a good source of fat
  - Very thin and nervous people need oil and salt to ground the. Oils coat the nervous system.
  - Brings energy down and is centering.
  - Your brain is the fattest organ and may consist of at least 60% fat
- People who are overweight are already insulated
  - Keep away from nuts. Start with raw foods and the bring back nuts and seeds.

# Cleansing Diet Vs. Maintenance Diet

- Raw foods are definitely cleansing
  - Most people can't live on a 100% raw food diet forever
  - Eventually you have to transition into a maintenance diet
    - Enough calories and fat.
- Seeds and nuts are great maintenance and weight gaining foods
  - Not too much seeds and nuts, people will eat many seeds and nuts because of food addictions.



# Cleansing Diet Vs. Maintenance Diet

- Cleansing helps us:
  - Get rid of calcification and heart conditions
  - Getting the sludge out from our organs
  - Detoxification diet
  - No sugar and no fat
  - Calorie burning
  - Once we have burned through the junk, we need to get back to a calorie source we can depend on.

# How Long Should You Cleanse

- Depends how you were brought up and what you have eaten
  - If you have been on a toxic diet/environment it can take anywhere from 18 months to 2 years to detoxify.
  - If you have been eating healthy (organic) then the detoxification can take around 3 months
- Best place to start is:
  - Take massive action by incorporating as much raw foods as you can
    - Add juices, smoothies and salads

# Raw Basics

- Principles of raw food diet:
  - Ahimsa (non violence)
  - Don't eat something that is from an undisclosed source
  - More nutrition and less killing in the world
- Wild food is better
  - More nutrient dense
- Foods rich in polysaccharides are:
  - Anti viral, anti fungal, anti microbial



# Raw Sprouts and Grasses

- Sprouts and grasses are an amazing source of complete protein
  - They rejuvenate
  - We get the chlorophyll
  - Sprouts are usually rich in Silica and Calcium
  - David's favorite are sunflower sprouts
- Wheatgrass and other wild grasses are great for juicing

# Juicing Sprouts and Grasses

- When we first start to juice sprouts and grasses they will drive all the low energy toxic debris, emotional toxins and metaphysical toxins out of our system
- They can heal you at a very deep level
- Best food for our teeth and gums, juicing and chewing

# Morning Recommendation

- Start by drinking a lot of water
- Eat a few nuts
  - This will help your body overproduce enzymes
    - Trypsin and chymotrypsin
      - They pulverize everything: protein, fiber, fat
    - Anti inflammatory



# The Importance of Silica

- We need certain types of minerals more than others, one of them being silica.
  - Great sources of silica are boneset, horsetail and nettle
- Silica is transmuted into calcium inside your body
  - Magnesium is also converted into calcium
- We need silica, magnesium and phosphorus
- Calcium that is store bought or added to food is bad calcium

# Bad Calcium

- We need to get rid off calcium supplements and into natural substances as these are not only rich in calcium but more importantly silica which re-mineralizes bones.
- The body doesn't recognize calcium that has been dug out of the earth.
- Creates calcification
  - Arthritis, heart disease and cancer
  - Decreases bone density

# Tonic Herbs Vs. Non Tonic Herbs

- Tonic herbs
  - You can take them everyday, they are like food
    - that way you don't need medicinal herbs later on
  - Examples: horsetail, nettle, cats claw, pau d'arco
- Non-tonic herbs
  - Should not be consumed daily, mostly when you are sick or once in a while
  - Examples: root of garlic and Echinacea



# Spring Water

- Spring water is the best water you can get.
  - Visit <http://www.findaspring.com/> to find a spring near you.
- Tannins on the dead leaves
  - Tannic acid is a neutralizer of most animal toxins, parasites
  - It gets into the spring water homeopathically and neutralizes all toxins
- You get the levity when you eat products at the top of the mountain from the spring o Longevity and youthfulness by drinking spring water at the source

# David Wolfe's Garden

- Contain the archetype of the prince, the nobility associated with the wine/ vineyard/ cultivars
- Intention and aspiration
- Raisins
  - 6x more potassium than the original grape  
Violates the Law of Conservation of Matter  
The grape and the raisin has different minerals
  - Life forms change minerals, alchemy and transmutation
- Fresh grapes
  - Great for hydration
  - Antioxidants: anthocyanin, resveratrol
  - Cooling food in the summer/fall. Grow on top of springs for that noble essence
  - They contain gold

# David Wolfe's Garden

- Mugwort
  - Associated by protection in America, Europe, Asia
  - The energy of the plant speaks to us
  - You can eat the plant, buds and flowers can be dried and put in pillows to help sleep
    - They would made pillows of it
- Put it around the home to protect
- Salads, teas, burn it as incense, for bathtubs
- Chaos gardening: plant it anywhere and watch it grow



# David Wolfe's Garden

- Coltsfoot
  - Grows in the temperate regions (4 seasons)
  - You can eat it, powder it, tea
  - It's the symbol of herbalism
  - Grows as a creeper
  - It will flower first on the spring and then the leaves (reverse)

# David Wolfe's Garden

- Poppy seed
  - Excellent source of zinc, inspiration and creative ideas
  - Brings us medicine, heroine, morphine, pain relievers
- Mugwort
  - Patron of all travelers for protection
  - Tibetan mythology and shamanism
  - Spiritual, energetic, metaphysical protection from negative energies
- Echinacea
  - The root can be done for 3 weeks and then you need to get off
  - The cone flowers can be put into the tea and have the magic of Echinacea
  - Can have a cycle of 3 yrs.

# David Wolfe's Garden

- Gingsen
  - Eat the berries
  - Its cycle can be for hundreds of years
  - Is an adaptogen, associated with endurance
  - Contains long chain polysaccharides, brain food
- Tomatoes
  - Depth of flavor when you grow your own
  - The tomatoes looks like the heart, it picks up your love



# Superfoods for Smoothies

- Starting with a base – tea, spring water or orange juice
- Coconut oil
  - Light on the liver
  - Anti-bacterial, anti-fungal, anti-microbial
  - Great skin care
- Cashews
  - Added for body....nothing in excess
- Sweetener
  - Raw unpasteurized honey
  - Could be berries, frozen or fresh

# Superfoods for Smoothies

- Hot pepper (no seeds)
  - Sulphur helps cut the fat
  - Great to get you going in the morning
- Raw Cacao Powder
  - Nutrient reasons: magnesium, iron, phosphorous, copper, manganese, zinc
  - Phenylethylamine which is the feel good characteristics LOVE CHEMICALS
  - Theobromine dilates the cardiovascular system to allow all these benefits to come in

# Superfoods for Smoothies

- Phycocyanin (Blue green algae)
  - Blue-green pigment of algae
  - Gets into our bones and produces more stem cells
- Vanilla powder
  - Has the materials that levitate
- Goji berries
  - Adds bulkiness but no weight gain
    - No. 1 in Chinese medicine



# Superfoods for Smoothies

- Tribulus
  - Testosterone
  - Needed by both men and women
- Mucuna
  - L-Dopa effect
  - Complete neurotransmitter restorative tonic
  - L-Dopamine problems
- Chlorella
  - Amazing heavy metal chelator
  - High in protein
  - 10% chlorophyll
- Shilajit
  - No. 1 in Ayurvedic system of medicine
  - Destroyer of weakness
  - Over 80 minerals

# Superfoods for Smoothies

- Marine phytoplankton
  - High grade Omega 3
  - Susceptible to oxidation o Phospholipids and EPA's
  - Co factors for neurological and eye health
- When taking cofactors you must add potentiators like Megahydrate from Dr. Flanagan
  - Shields from oxidation
  - Hydrogen delivers the Omegas directly to the cell without oxidation

# Superfoods for Smoothies

- Powdered reishi
  - Host defense by new chapter has 15 mushrooms
  - Brain food, can improve memory
- Fresh bee pollen
  - Excellent brain food
  - 8-10% oils
- Camu Camu berry powder
  - High vitamin c botanical
  - Great for Parkinson's, depression, memory loss o Very potent
- Sulfur oils from cayenne
  - Delivers nutrients to cells
  - Cleanser
  - Great for to counteract the carbon/tart and avoid cancer



# Superfoods for Smoothies

- Sea salt
  - Ocean energy
  - Brings elements together
- Phycocianin
  - Blue color
  - Good for depression
- Schizandra berries
  - Great for the liver
  - Benefits ALL organs
- Maca
  - Great with the omega 3 combo
  - Ramps up your adrenal system, pituitary, hypothalamus, thyroid, pineal gland
  - Decalcifies your body
    - Sulphur rich food
    - Detoxifies the brain and allows it to breath
  - Excellent adaptogen to combat all types of stress

# Walking Barefoot

- Barefoot
  - Free source of electrons coming out of the Earth
  - We don't know what the Earth is
  - Indicates that there are antioxidant, free radicals, fighting electrons right on the surface of the earth
    - The atmosphere is charged with radiation from the Sun and stars o The Earth needs to protect itself
    - Shoes block all the natural stuff
- Being barefoot you are part of the surface of the Earth, you are connected to all that IS
  - Isolation consciousness because we wear shoes
  - The energy of the Earth (electrons) fills you up and you are grounded

# Body and Mind Conditions

- Brain problems
  - Demineralization of the soil
  - Epidemic of neurological disorders
    - We need mineral rich foods to be neurologically balanced
    - We can get a lot of benefit from putting our head on the ground. This can help heal neurological disorders
      - The head is the most susceptible to atmosphere oxidation
      - We can recharge our brain with the negative electrons from the Earth



# Brain Health

- Brain operates
  - Glucose, magnesium and fatty acids
  - Omega 3 fatty acids (long chain, DHEA <eyes and brain>, EPA) ■
    - few plants have omega 3
      - Garlic
      - roots have an effect on our brains
    - Maca, onions, burdock root
      - maca with long chain omega 3 fatty acids can help balance chemical depression
- Purslane – herb called brahmi on ayurvedic o
  - Weed can be found almost everywhere
  - Contains EPA

# Brain Health

- Hemp seeds, flax seeds, chia seeds and lots of leaves
  - Contain ALA which is more common, medium chain
    - For our body to take ALA to the brain it will have to convert it to DHEA and EPA
- Some people cannot convert it at all, they need:
  - Algae oil contain EPA and DHEA
  - AFA blue green algae contains DHEA
- · Fish oil is out of the game, too polluted

# Brain Health

- Eating lower on the chain is an upgrade
  - Cleaner source of long chain omega 3 fatty acids
    - Marine phytoplankton contains all the phospholipids co factors
    - Get a better blast of DHEA and EPA
- Krill is a very small shrimp, more abundant than ants
  - Krill oil with phytoplankton for serious neurological disorders
  - With maca. Wow!
- ADD and ADHD
  - Magnesium deficiency
  - Chlorophyll high in magnesium
  - Cacao high in magnesium and iron



# Brain Health

- Superfoods in general are excellent for the brain o They generally have more minerals
  - Spirulina, chlorella, Blue green algae, marine phytoplankton
  - Bee pollen great brain food
  - Royal jelly, maca, goji berries, noni, aloe vera
    - Will supply with complete protein and richer in minerals and polysaccharides
- Complete protein sources
  - We need them to run the brain's neurotransmitter system
    - To get the dopamine, serotonin, adrenalin, noradrenalin
    - What makes us so different is that we walk upright
    - We need a lot of adrenaline to stay upright, just standing up causes our body to adrenalize
    - That is why we like to invert ourselves to turn off the adrenaline system, we allow the body, the adrenals and the brain to recharge and reset that neurotransmitter system

# Brain Health

- Berries have the pigments of color
  - Protect our brain from oxidation (Parkinson)
- Protect our eyes
- We see in color therefore we need to eat rich in color to see better
- Seaweeds
  - Nori is a brain food
    - Rich in magnesium, calcium, selenium
    - Best for neurological health and balance disorders



# Brain Health

- Blood sugar
  - Up and down with sugar you can't think straight
  - Even levels of blood sugar allows us to think straight
  - We want foods rich in polysaccharides A
    - Aloe vera, noni, mushrooms
      - Convert as a fuel into many hours
      - Also seaweeds contain long chain polysaccharides
    - Keep our sugar levels stable
- Fruit
  - Generally low in minerals
  - Too much fruit (fruitarian) can lead to an exacerbation of neurological conditions



# Nervous System

- Nervous system disorders and nerve damage
  - Caused by toxins the most common of course is MERCURY
  - Mercury filings being very close to our brain
    - Cause de-myelinization, de-sheaths the nervous system
  - Sulphur rich roots get rid of mercury
    - Garlic, onion, radish
    - Sulphur and mercury are opposites
    - MSM is a liberated form of sulphur

# Nervous System

- Vitamin B3 pathway
  - Fighting back nervous system disorders, specially schizophrenia
  - Jungle peanuts contain Vitamin B3
  - Vitamin B3 has a flushing reaction...it heats you up
  - Nicotine is very similar to Vitamin B3, nicotine molecules get into the V B3 receptors
- ADD and ADHD
  - Magnesium deficiency
  - Chlorophyll high in magnesium
  - Cacao high in magnesium and iron

# Eye Health

- The eyes are made out of DHA
  - Algae, marine phytoplankton, krill oil
  - People with eye glasses may be caused by alcoholism and drug use with the parents, it's a genetic issue
- Topical issue in the eye
  - 20 parts per million of colloidal silver right in the eye
  - Liquid eye drop propolis for people with contact lenses issues
  - Ormus gold as well
- Pigments of the berries, superfoods, herbs and mushrooms
  - Spirulina, goji, blueberries, chlorella, raspberries, chaga



# Teeth Health

- Teeth
  - Teeth are our oral bones
  - Mineral deficiency can cause teeth problems
    - Nettle, powder nettle, nettle tea
    - Horsetail extract, tea and powder
    - Comfrey for bone density
    - Grasses great for teeth, chewing grass, grass juices
    - Brush with colloidal silver
    - Whitening – food grade hydrogen peroxide
    - Essential oils – neem, hemp, eucalyptus, oregano oil
    - Flossing – more important than brushing
    - Scraping tongue- mucus and candida in the gut
    - NUMBER ONE DISEASE IS GUM DISEASES – NEEM OIL KILLS IT.

# Ears Health

- Ears
  - 20 parts per million of colloidal silver in the ear
    - Kills fungus, virus, bacteria
    - Grabs all the junk and draws it out
    - Ear candeling doesn't work
  - Excessive ear wax production is caused by food allergies
    - Nuts, milk, sugar, high fructose corn syrup, soybean oil, gluten
  - MSM supersaturated in water
    - Great for softening calcium formations in the ear (causes tinnitus)

# Throat Health

- Great part of our immune system is located on our throat
  - We have lymph nodes on our neck
  - Most people never stretch the neck properly and have a lot of tension accumulated in this area.
    - Swelling, pain, hardening
    - Behind the tension is where the toxicity is
- Foods to clear the throat
  - Garlic
  - Hot peppers
  - Onions
  - Pineapple and grapefruit juice
    - Contains bromelain, excellent anti-inflammatory for the throat
  - Raw honey, lemon and ginger with a bit of water



# Lungs Health

- Our lungs are the spring, where all the action takes place
  - Our hearts actually can't pump anything
  - The only way the heart can work is through suction, it regulates the suction that is all that it does
- The lymphatic system creates the demand for oxygen
  - The lymphatic system is drawing the oxygen in and it goes to the lung
  - The leaves from trees and the lungs are identical in how they interact with the atmosphere

# Lungs Health

- Lungs are fed by leaves. Green leafy vegetables.
  - Kale
  - Buck choi
  - Collard greens
  - Lettuces
  - Leaves of trees
  - Green juice
    - Great for lungs and cardio vascular system
  - Pine needles, Chaga, ginseng root, ginko
- Sulphur cleans all the garbage from the lungs
  - Garlic, onions, hot pepper and ginger



# Heart Health

- The great regulator, the center of the system
  - Connection with the love with have with Mother Earth and the heart
  - Liver is father, mother is heart
- Calcification to coronary artery, closing our heart to love
  - Heart runs on potassium and all raw foods are rich in potassium
  - Sprouts and sprout juices are great for the heart
  - Roots for the heart: sulphur in ginger, radish, onions, garlic, peppers
- Raw Cacao
  - Heart blood by the Aztecs
  - Cacao cleans the coronary arteries, keeps the heart regulating properly, cardiovascular system free of disease
  - Magnesium ion for the heart
    - Deficiency of potassium or magnesium causes heart problems



# Heart Health

- Chlorophyll is rich in magnesium
  - Green for the heart chakra
- The heart is about feeling
  - Reconnection with intuition through the heart
- Cardio vascular disorders
  - Eliminate high iodized salt
    - Contaminated with bromine – worst contaminant, it's a halogen that acts like fluoride which is a carcinogen
    - Makes the blood real “soupy”, thick blood, too much salt in the blood
      - Eliminate salt for 3 months, get hydrated
      - Detoxify the salt from the bad salt
      - Then bring them back up with good salts
- Low blood pressure
  - Thinning of the blood
  - Increase good quality salt in our diet
- High blood pressure
  - Garlic and [reishi mushroom](#) to alleviate

# Thyroid Health

- The thyroid is a sac, in that sac are needle point sized glands
  - These little glands that are producing thyroxin and all the thyroid hormones.
  - These glands can become damaged due to the presence of a high amount of carcinogens and toxic, positively charged molecules in our body.
  - Our negative charge pull is in our thyroid
    - The most positive point is near the belly bottom
    - The thyroid attracts plastics, petrochemicals, heavy metals
      - All the positively charged free radical type molecules
      - The thyroid is extremely sensitive and delicate.

# Thyroid Health

- Thyroid healing
  - We need to detoxify from heavy metals
    - Sulfur – Raw cacao
    - Shilajit
      - FULVIC acid
- EDTA intravenous or suppositories
  - With garlic
- Calcium formations (lumps)
  - Layered in mercury, LED, heavy metals, perhaps depleted uranium
  - Calcium organisms shield themselves with those heavy toxins so that the body can't get them



# Stomach Health

- The stomach is coated with a skin like our outer skin. Made up of epithelial cells.
  - That skin can become callused, damaged, torn, inflamed and even become scabbed up.
  - ■Herbs and superfoods that are soft and gelatinous can help heal this.
  - ■It runs all the way through the intestines.
- Demulcents – plants, herbs and superfoods that are soft and gelatinous which help the epithelial cells heal, bring the inflammation down and digestive problems down.
  - Aloe vera – amazing at healing old scar tissue, damaged skin, eczema and psoriasis
  - Noni – can cure athlete’s foot by soaking it an hour a day for at least 6 weeks (fresh aloe works too).
    - Rubbing vs. soaking
      - When you leave noni and aloe its much more powerful than rubbing it
  - Chia seeds – amazing carrier of Omega 3 fatty acids, fiber and complete protein.
  - Slippery elm bark – open up 8 capsules with chia seeds
  - Irish moss
  - Kelp powder – anti-inflammatory ant viral
  - Raw Honey
  - Wild malva – leaves, flowers, root. Marsh mallow root. Most nutritious green food you can find.

# Candida – Stomach Health

- Horsetail, Pau d'Arco and Reishi for candida
  - Reishi is at the top of fungus kingdom (noble mushroom) so it has to fight lower ones like Candida
- Friendly Bacteria
  - 50% of the picture regarding your health is gut health (friendly bacteria)
  - Acidophilis, befitis, mertafolis, planterium
  - Huge part of who we are, there is more DNA in them
    - 5 kilos of weight in the avg. person o They convert the food
  - Replenish friendly bacteria to solve digestive system problems
  - From capsules to creating our own cultures
    - Coconut water, 8-10 capsules of probiotics, put a mesh on top, stir and let sit for 24 hrs.
    - They are going to eat up the sugars and end up as a fizzy drink
    - You will flush by taking billions
  - Make your own Sauerkraut
- Upper gut needs acidophilis
  - Lower gut needs bifidus infantus
  - After a colonic you want to do an enema with bifidus bacteria to replenish



# Kidneys Health

- Organ that are deeply related to our adrenals
  - Filter all of our fluids out of our bodies
  - Very intolerant to heavy amounts of cooked protein
    - Can have a massive effect of clogging up the filters in our kidneys
  - Raw plant based protein does not have an effect on the liver
- Kidneys are related to fear, anxiety (adrenal kidney meridian)
- We should be urinating every 3 hours
  - Indicates salt and water balance
  - Less than that can indicate dehydration



# Kidneys Health

- Kidneys who are over excreting something unusual
  - We can re-introduce it back into our bodies
- Kidneys are producing a vaccine for you
  - Spin the urine in a centrifuge
  - Take out the top liquid part with a syringe 10 cc and inject in the butt (fat tissue)
- Kidney disease, cancers, viral diseases
  - Re-code themselves every week
  - The urine injection once a week allows your immune system to track the foreigner and deal with it before it can re-code itself

# Kidneys Health

- Chanca piedra – breaks kidney stones
  - So effective that will not only break the calcifications and it will dilate the uretra so it can come out
  - Noni root/ merinda- lower back kidney energy
  - Mucuna- restorative of the adrenal/kidney energy.
    - Building enough neurotransmitters to push the defense stress shield out, not in the body
    - Alleviates fear, drives it out
  - Reishi – supports kidney health
  - Romania
  - Deer antler
    - Very important kidney food
    - Deer and moose loose the antlers every year and squirrels eat them
    - Cut it, doesn't hurt the animal, grows back
    - Contains 23 growth factors, lysine, increase dopamine, complete protein source
    - Not good when there is cancer or other hyper growth maladies

# Reproductive Organs

- Jing insufficiency, no adrenal or kidney energy
  - This can carry over the reproductive organs creating cysts and cervical cancer
- Rejuvenating reproductive organs
  - Balance jing energies with:
    - Maca – take it with cistanche or cnedium to make it more powerful
    - Yohimbe



# Reproductive Organs

- The reproductive organs are very sensitive to carcinogens like mercury, petrochemicals and most of all...pesticides.
- We need to detoxify of pesticides through
  - Juicing
  - Cleansing
  - Herbal intestinal programs
  - Focus on zeolites, fulvic acids, MSM, shilajit (chelator)
- Pesticides interfere with reproductive organs

# Cysts and Uterine Cancers

- Get a clove of garlic, peel it, and insert it close to the cervix
  - Great for cervical viruses
  - Anti herpes, anti viral, anti HPV
  - Cover it with neem and coconut oil
- For excessive growths
  - Bring in enzymes like protease and lipase to be able to pulverize and disintegrate excessive growth and tissue
- If we have too much growth we need forces that are catabolic, like enzymes, that bring things down

# Cysts and Uterine Cancers

- The power of enzymes is universal across the entire board of all body processes. We don't really know clearly how the enzymes are working actually. They seem to help facilitate a deeper enzyme cascade of reactions in our overall metabolism.
- There are 10K enzymes in our metabolism that we know of.



# Fertility and Contraception

- The best superfoods to enhance fertility are:
  - Bee pollen
  - Maca – the best
- As a reasonable contraceptive
  - Neem and coconut oil
    - Pull out to be safe ☺
  - Don't add coconut oil to latex condoms, must be polyurethane

# Lymphatic Purification

- Spleen
  - Purifies blood and helps the immune system
- Appendix
  - The appendix is a lymphatic repository where the immune system can help keep things at bay in the colon so we don't get aggressive growth of bacteria, parasites
  - Immune system disorders in the colon
    - Ulcers
    - Inflammation
    - Blood in the stool
    - Colitis
    - Diverticulitis
- When the appendix is removed the colon is more susceptible to harmful bacteria and digestion is inhibited to some degree

# Lymphatic Purification

- Tonsils
  - Meeting with the food that comes in contact with the immune system so we have some defense
  - Swollen tonsils, immune system is on red alert all the time
  - By the time kids are 5 yrs. old it becomes chronic by producing a lot of enzymes, tonsils are chronically inflamed
    - We can bring the inflammation down by using demulcents like aloe vera
- Bromelain and other enzymes
- Raw living foods are anti-inflammatory



# Lymphatic Purification

- Superherbs
  - Horsetail, nettle, astragalus, pau d'arco, cats claw
  - We are able to give some support to the immune system so that the spleen, tonsils and appendix are working properly
- The spleen requires high doses of vitamin C to burn off the wetness
  - Damp wet spleen (if you eat too much fruit and vegetables)
  - Hot and dry
    - Cayenne pepper
    - Vitamin C

# Pancreas

- Can be contaminated with viruses that can cause type 1 diabetes (dairy products)
  - Introduced through contaminated dairy products, even pasteurized
  - Contain pus – viruses present
  - We don't need dairy products, we can get the calcium from veggies and leafy greens
  - If you are going to have it, then you need to culture it.
- Susceptible when we are younger
  - 5-8 yrs of ages and 14-21 when we can go into type 1 diabetes



# Pancreas

- Type 2 diabetes
  - The pancreas is producing insulin and glucagon
  - Insulin is able to suck up the sugar and deliver it to the cells
  - Glucagon pushes the sugar out
  - This insulin and glucagon dynamic is related to MINERALS
    - Sulfur
    - Zinc
    - Manganese
    - Copper
    - Major minerals involved in the pancreas
  - This diabetes type 2 is a mineral deficiency syndrome coupled with a toxicity syndrome
- All diabetes type 2 symptoms disappear in a raw foods and superfoods, superherbs, seaweeds, sprouts
  - Symptoms can disappear as fast as in 2 days.



# Skin Health

- Skin disorders
  - The best for this is urine
  - We used to live in an atmosphere loaded with cyanide, the oceans with uric acid
  - Hydrocyanic acid is what is in the womb, basically urine
  - Ammonia has a strong affinity to the skin
  - Urine great for the scalp

# Foraging Mushrooms

- The Ganoderma polypore spores sit underneath. It is from this area of the polypore that it sporulates out from.
  - We want to expose the spores, which is a calcium compound, in direct sunlight for a couple days to convert the ergosterols in the spores into Vitamin D2. This will preserve the polypore all winter long.
  - Dry in direct sunlight for a couple of days, will last all winter w/o going bad
  - Similar properties as reishi, good immune system formula
- Coriolis, known as Trametes Versicolor, is one of the most common mushrooms in the world.
  - It makes for a very powerful anti-cancer mushroom, polysaccharide.
  - You can eat them.



# Foraging Mushrooms

- Generally all mushrooms that grow on trees, that decay wood, are good for you. The tree mushroom that glows in the dark, called Jack-O-Lantern is poisonous; however, they are extremely rare.
  - Mushrooms that grow on the ground are different.
- Fomes Fomentarius, known as the Horse Hoof mushroom, is one of the most prolific mushrooms in the world.
  - At the base of the mushroom is tinder, which is deeply rooted in the discovery of fire. This tinder will stay dry all year long. This mushroom is very valuable for male reproductive health and virility.
  - This is the pawn of the forest, Chaga is the king.



# Foraging Mushrooms

- Unlike other tree mushrooms, Reishi dies back every year.
  - The mycelium of the Reishi is inside the dead tree, and every year it puts out fruits. Those fruits rot and then the next year they'll grow out again.
  - Reishi likes to live on the old growth hemlock and old growth hardwoods, like oak, plum trees.
- Tree mushrooms exist in the karma-free zone of the world. They don't kill anything...they recycle and they make dead material prepared for living materials.
- Research has shown that mushrooms have neurotransmitters, much like those in our brains.
- Does this mean that mushrooms can think?
  - "Mushrooms live forever in their own imagination."
- Reishi likes a lot the old hard wood trees.
  - The mushrooms concentrates all minerals and releases to the atmosphere in spores.

# Foraging Mushrooms

- Chaga Mushroom
  - Chaga is considered the King of the mushrooms according to the Siberian shamans.
  - Chaga contains a very high concentration of betulinic acid, the highest anti-oxidant food substance in that eco system.
  - Super immunity, super energy, great flavor when you make a tea out of it
    - Tastes like vanilla and has maple texture
  - Chaga actually becomes a symbiotic organism living with the birch tree. It is part of the tree and its root system.
  - The mycelium stretches into the soil around tree, it is part of the tree.
    - It can maneuver with intelligence



# Foraging Mushrooms

- Chaga grows in living trees which is rare for a tree mushroom. It grows within the tree for years before it begins to show itself. It absorbs all the energies throughout the cycles of seasons. There is nothing like Chaga in the world.
- One decent Chaga mushroom can last for years
  - You can powder it, make teas, eat it as it is
    - It allows you consume large quantities
    - Effective against H1N1 Virus
- It absorbs energy from the cosmos
  - The chaga mushrooms explodes in all directions



# Chaga and Reishi



# Creating Your Ultimate Tea

- Spring water or purified water
- Bark from birch tree
- Reishi
- Chaga
- Maitake
- Nettle and horsetail
- Oatstraw
- Rhodiola
- Vanilla bean and goji berries
- Sea Salt

## Tips:

1- David Wolfe recommends not boiling the water.

2- Dry your mushrooms with the lower part exposed to sunlight for 2 days.



# Immune System Intelligence

- The immune system has an intelligence, its constantly deciding what to attack, help, cleanse “that’s foreign, that’s domestic, we have to build these weapons”
  - It constantly weights, measures and balances
  - We need to empower our immune system with nutrition in order for it to do a better job.
- Polysaccharides to boost your immune system intelligence
  - Goji berries
  - Medicinal mushrooms
  - Astralagus
  - Noni
  - Aloe vera
  - Bee pollen, royal jelly, honey (BITTER FLAVOR- long chain sugars)
- When we get these minerals we are able to become more intelligent, produce more immune system weapons and react appropriately
  - Overreacting – allergies, asthma, autoimmune diseases
  - Underreacting – everything is hitting us



# Stress Defense Shield

- The ability to disconnect our immune system from the stress of the world.
- Stopping the stress before it reaches the body
  - Stress defense shield is build up by proper production of:
    - Serotonin, adrenaline, noradrenalin and dopamine
- We have to have enough TRYTOPHAN and PHENYLETHYLAMINES in our diet which create those noradrenaline and adrenaline compounds, and then we need dopamine.

# Stress Defense Shield

- Superfoods play an enormous role in keeping the stress levels away from our body because they are such rich sources of protein.
- From the protein we can create the neurotransmitters, the phenylethylamines, the noradrenalin, the adrenalin, the dopamine and the serotonin.
- Goji berries, maca (17 of 18 amino acids), marine phytoplankton, chlorella, spirulina, bee pollen, royal jelly and medicinal mushrooms. All of these are complete proteins except maca.



# Maximum Immunity

- The Stress Defense Shield is a mechanism to drive stress out of our bodies so that we can avoid the negative side effects of stress.

“The stress defense shield drives the stress off of us so we don’t actually feel it in our neck, in our jaw, in our stomach, or wherever it is that we carry the stress (migraines, headaches).” – David Wolfe



# Maximum Immunity

- There are three primary neurotransmitters that comprise the stress defense shield: serotonin, phenylethylamines, and dopamine.
  1. Serotonin – the higher the levels of serotonin in our bodies, the greater our defenses against stress and our ability to push out the stress out of our bodies.
  2. Phenylethylamines – includes hormones and neurotransmitters such as adrenaline and nor adrenaline. The more capable the production of these neurotransmitters by our hypothalamus and pituitary glands the more likely we will be able to keep the stress out.
  3. Dopamine – allows us to focus and work, as well as increase testosterone levels and other hormones. Dopamine is human growth hormone so it will also help to keep us young.
- To keep our Stress Defense Shield strong, we need to build it up through substances we ingest.

# Maximum Immunity

- Serotonin –foods that have tryptophan or as supplement. Tryptophan is a precursor to serotonin. To keep our serotonin levels elevated we can:
- Consume foods (superfoods) that contain tryptophan which is found in protein.
  - Goji berries, maca, spirulina, chlorella, marine phytoplankton, bee pollen, royal jelly, hemp seeds
  - Superfoods have the ability to change the neurotransmitter production
  - We feel different because of the neurotransmitters
  - Colloidal gold or ormus gold has an effect on serotonin
  - Sun has an effect on serotonin, connection with D3 10,000 IU and serotonin
- Consume tryptophan supplements – 1,500mg will give significant effects.
  - Consume 5-HTP supplements – metabolite of tryptophan, not as powerful as tryptophan



# Maximum Immunity

- Phenylethylamines – derived from foods that are rich in phenylalanine, tyrosine, and other amino acids that are related to those. Similar to serotonin, that is all complete protein foods, especially cacao and blue green algae.
  - Cacao is very rich in both phenylethylamines and serotonin (tryptophan), a bit of dopamine
  - Similar to cannabinoids
- Derived out of high protein foods, complete protein foods
  - Cacao and blue green algae.
  - Help us produce noradrenaline – ability to focus and get work done.
  - We are oceans standing up, we need the adrenaline to stand up right
- If we invert our bodies we turn off the adrenaline.



# Maximum Immunity

- Dopamine - Whenever we have been hit by stimulants, it wipes out our defense shield
  - Coffee, energy drinks, cigarettes
  - Can makes us slightly paranoid
- Mucuna- small legume its almost homeopathic energy
  - Best natural precursor for dopamine
  - Contains L-DOPA which is hard to find a reliable source
    - L-dopa can reverse Parkinson
    - Parkinson is a stress defense shield that has been shattered
- Mucuna is a great Jing herb
  - Works on the adrenals
  - Reproductive organs
  - Core energy
  - Rejuvenates our digestive track and wipes out unwanted gas
  - Very rich in triptomines (tryptophan like chemicals) that help us produce serotonin

# Maximum Immunity

- Deer antler – great precursor for dopamine
  - Has to do with will power and the desire to go out into the world
  - Dopamine deficiency manifest as lack of will, not wanting to do anything
  - ALCOHOL EXTRACT – more bio available, orally available
  - Can help us reverse
    - Long standing adrenal wipe out
    - Long standing ganja wipe out and lethargy



# How To Get The Stress Out of Our Immune System

- Build up on dopamine, serotonin and Phenylethylamines
  - We got to get our immune system up
- Transfer factors – information from immunity
  - Immune info that is passed from the mother to the child
  - This transfer is very small
  - Transfer factor products or a powder colostrum
  - OUR OWN URINE contains transfer factors
    - Centrifuge it and pull the top material, inject it once a week
    - Every week the viral coding components of cancer change around
- Mushroom kingdom
- Potentiators
  - Vitamin C botanicals
    - Triples the efficacy of medicinal mushrooms
    - Camu camu berry, amla berry, acerola and powdered rose hips
  - Phycocyanin and blue pigments of algae
    - Similar to what noni does
      - Help us produce stem cells
  - With mushrooms and vitamin C botanicals it triples the efficacy (3x3x3)
  - 10K milligrams of Lysine to stop the metastasis immediately



# Metabolism

- Quality vs. quantity
  - Quality increases our efficiency of metabolism
  - Transform ourselves at the cellular level
  - Go back to the basics
    - Diet and exercise at an upgraded level of operating system
    - More effects with less work
- Foods with higher quality and more bio available:
  - Nutrients
  - Minerals
    - Polysaccharides ▪ Carbohydrates ▪ Sugars

# Metabolism

- Our metabolism fine tunes, we end up losing weight because we are not eating as much
  - We get more from what we eat
  - Everything burns up more cleanly
- Throw diets out the window
  - Add the best of the best as we can and where we are
  - Quantity and quality of nutrients
  - Raw fresh foods, herbs, superfoods, fruits
  - Decreases our appetite and increases our metabolism
- People who are overweight are hungry (deprived from nutrients)
  - We add in instead of taking away
  - Diets are all about “you can’t eat that”



# Metabolism

- Vegetables help us lose weight
  - No calories, lots of nutrients and lots of quality
  - Kale, lettuce, bok choy
  - Garlic, onion
  - Radishes
    - Sulphur and vitamin C that transform our skin, hair and nails
- Raw organic leafy greens, vegetables, fruits, sprouts, algae, superfoods, superherbs
- You can eat salads all day and not gain weight
  - IF YOU EAT A SALAD WITH ANYTHING ELSE (even potato chips) it increases the efficiency of metabolism and digestion
- Keep eating what you like, just add this new stuff and automatically it will draw it out of your lifestyle
  - Change what you desire
  - We have to decide WE ARE WORTH IT



# Protein

- Each person's need for protein is different and it can change throughout life
  - If someone is pregnant their protein needs are going to increase
  - 70 years old and not worried about the 6 pack we can cut down from 50 to 20 g o Max Planck Institute did a study
    - "Research shows that if we cook our protein, i.e., fish, turkey, chicken, we lose 50% of the protein immediately. The remaining protein is not 100% bio- available...perhaps only 40%.
- For example, we're probably only getting 8 grams of protein out of the 40 grams that we actually ate when we finally get it down to the cells.

# Bioavailable Protein

- 100% bioavailable protein
  - Bee pollen make sure you are not allergic
    - Might be the best protein source, best essential fatty acid source, the best DNA and RNA source and perhaps the best NEUROTRANSMITTER PRECURSOR of any single food
  - Raw hemp protein
  - Raw rice protein
    - Really good for young children, elderly and people who have autoimmune conditions and/or allergy and asthma conditions
    - Hypo allergenic rice protein excellent to avoid malnutrition for children who are allergic to everything. 80-90% absorption.



# Bioavailable Protein

- MACA
  - Hormone component that helps us preload our hormones
  - Excellent protein source, not complete as it contains 17 of 18 amino acids
- GOJI BERRY
  - Great for everybody
  - Taste and flavor is a huge component of nutrition
  - Complete protein
  - Ranked #1 superfood in Chinese system
- ALGAES AND MICROALGAES
  - Phytoplankton, spirulina, chlorella, bluegreen algae
    - Excellent sources of chlorophyll, protein, minerals, pycocyanin
    - Complete protein sources and highly bioavailable

# Bioavailable Protein

- WE NEED PROTEIN, FATS AND OILS AND CARBOHYDRATES
  - · The ratio of those things is different for each person
  - · And can change during life
  - · Go to the simple: spirulina, hemp, rice
- We need protein to build muscle, for our brain to function properly
  - #1 symptom of protein deficiency is the BRAIN IS NOT WORKING PROPERLY
- Protein for repair
  - The higher our hormone levels the quicker we repair
  - Sunlight component
  - Exercise component that makes our body absorb the protein and make it absorbable
- MEDICINAL MUSHROOMS are very rich in protein
  - Chaga contains a lot of protein



# Carbohydrates

- Some people have a higher tolerance

"The carbohydrate in a potato or a piece of bread is very different from a carbohydrate in a blueberry. The blueberry is a simple sugar but is in balance because it has natural mineral content and natural antioxidant content. Therefore the body knows what to do with it and it has less of a glycemic spike. If we take the potato there a much stronger glycemic punch and we get a jolt. If we drink a soda pop with the high fructose corn syrup we get a shocking jolt. This jolt not only causes our body to produce a massive amount of insulin to try to collect the sugar and bring it into metabolism, but it also cause a demineralization syndrome."

# Carbohydrates

- Partially hydrogenated cotton oil, soy oil, rancid canola oil, poor low quality olive oil
  - The insulin level is really disturbed b/c the insulin is trying to respond to the sugar and with these fats and oils the sugar is held in the blood for an excessive period of time.
  - The insulin levels must go even higher to deal with the amount of sugar because it is not going away quickly.
  - Hemp seed oil will connect with the water in contrast with a poor oil that cannot merge with the water.



# Carbohydrates

- Our pancreas is a very delicate and sensitive organ, after years of massive toxic exposure from the environment, gmo's, meat, pesticides, herbicides, hormones, processed foods, high levels of sugar, etc.
  - The pancreas produces secretion to help us digest and identify the foods we are eating becomes disturbed
  - Diabetes type II is very easy to deal with raw foods as long as we don't go crazy on the sugars and fats
  - Dairy products, even raw, are very implicated in causing diabetic symptoms o We go to the nuts, seeds, avocados, hemp seed oil, chia seeds, olive oil

# Carbohydrates

- We keep that blood sugar balanced throughout the day by:
  - Right types of protein
  - Fats
  - Right type carbohydrate -> the poly saccharide
    - Noni - noni powder
    - Aloe vera
    - Medicinal mushrooms
    - Goji berry
    - Seaweeds
- Number ONE cause of depression, schizophrenia, mood disorders
  - Sugar problems
  - Moodiness, frustration, maniac
- Careful with carbo coma
  - Cooked starchy foods
  - Cooked rice
  - Potatoes
  - Bread
  - We are going to increase our sugar levels
    - Move to polysaccharides



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