

Tina van der Maas Basic Wellness Program

This basic Wellness Program can be used when suffering from any (chronic) disease as it detoxifies the body and restores the biochemistry of the body, so the body has the tools to repair itself. It can also be used to maintain health and well being.

Key to the Wellness Program is the lemon and olive oil mixture, which detoxifies the body, assists the liver to function properly, and helps to get the ph of the body back to normal in the shortest of time. People who are not well have usually an acid body, which means the ph of the urine is below 7. For optimal health a healthy person's ph should be between 7.1 and 7.3. When you have cancer, your ph should be 7.5 or above, as then any cancer stops growing, which gives you time to get rid of the cancer. You can buy urine strips to test your urine yourself in SA at Dischem or any good pharmacy.

To make 1 portion of the lemon / olive oil mixture:

1. Soak the lemon for about 10 minutes in water with some vinegar added
2. Cut the lemon in pieces and put it in the blender
3. Add 1 tablespoon of Extra Virgin Olive oil and 1 cup of water
4. Blend
5. If you do not have a blender, soak the lemon as above, grate the lemon and put it in a container, and add the water and the Extra Virgin Olive oil
6. So you are using the WHOLE lemon, the peel, the white, the flesh, the juice and the pips!

When you are sick, you drink 3 portions per day – which means 3 lemons, 3 tablespoons of extra virgin olive oil and 3 cups of water till you are completely symptom free. You can make for 5 days at a time – which means 15 lemons, 15 tablespoons of extra virgin olive oil and 15 cups of water. Keep the mixture in the fridge

Following are the other ingredients you need to take or what to avoid:

Garlic	3 Tablespoons per day: 1 in the morning, 1 in the afternoon, 1 in the evening
Ginger	As above
Beetroot	2 large beets or 4 small beets
Brazil nuts	Eat 2 per day at least, 4 or more if you are sick
Pumpkin seeds	At least 1 tablespoon per day
Lemon / olive oil mixture	3 portions per day: 1 in the morning, 1 in the afternoon, 1 in the evening
Multivitamin	Make sure they are real vitamins, not chemical vitamins. In SA, a good one to use is the multivitamin from Foodstate available at Dischem and Health shops. In the rest of the world, Dr Mercola (USA), Jon Barron (USA), Take twice the recommended dosage when very sick
Fruit and vegetables	As much as you want, especially what is in season in your country
Eggs	When ph is in the normal range, 1 soft boiled egg per day
Chicken or fish	Only when your ph is in the normal range, or if you have cancer, when your ph is above 7.5

Exercise, fresh air and sunshine	Do some fun exercise like dancing or brisk walking at least 4 x per week. Keep your windows open, even at night when it is cold. Spend at least ½ hour per day in the sun. If living in a climate where the sun “disappears” during winter, take 1 tablespoon of Cod-liver oil per day
Water	2 liters of water per day. For people with arthritis this is very important. As the acid leaves the joints, you don't want this acid to form kidney stones
Tea	Herbal teas like Green tea or Rooibos tea
Brown rice	Only once ph is right

Do not have the following until your are symptom free:

Beverages	No “normal” tea, no coffee (instant or bean), no alcohol, no juices (even the “natural” ones or the no sugar added ones), no fizzy or gassy drinks, no diet drinks, no milk or yoghurt or any other animal products
Starches	No sugar, no refined foods, no bread, no wheat products, no pasta, no flour, no potatoes, obviously no cakes etc., no diet products
Other food	No red meat till you are healthy, and than you can eat occasionally “green” meat (from cattle raised organically). Stay away from all processed meats including sausages, and also meat from pork like bacon and ham etc.
Artificial sweeteners	Do not use any of these. They were designed to kill ants, so if you want to get rid of your ants in your garden or house, just sprinkle artificial sweetener powder and the ants will die
Fried Food	Heating oil and frying food make the food and the oil toxic. Avoid especially when sick

This Basic Wellness Program works for most chronic diseases like Diabetes, High Blood Pressure, High Cholesterol, Arthritis, AIDS, Asthma, Epilepsy, stomach ulcers etc. It also helps you to loose weight easily, or in the case of AIDS and some cancer patients to pick up the weight – whatever is needed.

Some diseases need extra things either to do or to take:

Diabetes	If you really crave sugar, add Chromium (which is a supplement) for a month or so
Epilepsy	Add 2 to 3 tablespoons of Hemp oil or Udo's oil to your lemon / olive oil mixture every day
Arthritis	Do not forget to drink your 2 liters of water per day
Asthma	Take extra ginger when you feel short of breath. It works as an anti-inflammatory! Do the following breathing exercise a couple of times per day: Breath out, till all is out (bending even over). Breath in on the count of 8, hold your breath for the count of 8, and breath out again, bending over. Singing songs where you have to use up your air is also a good way to do this exercise

NEVER stop your medication on your own – this is dangerous and stupid. Have yourself monitored every week by a doctor (or a registered nurse who is allowed to adjust your medication) for insulin, high blood pressure medication and cholesterol medication. You will need less medication as you stay on the program till all medication may be stopped. You can reduce medication like painkillers and anti-inflammatory drugs yourself, but for example cortisone or steroids (often prescribed for arthritis and asthma are drugs you have to be weaned of, depending how long you have been on it. Although you will not need your asthma pump anymore, keep it with you till you know for sure you will not need it anymore. Don't just throw it out when you have not used it for a week or two.

Once you are well, you can reduce everything to twice per day. Keep on monitoring your ph so it stays in the normal range, and than you can reduce everything to once per day. You will notice that when for example you have eaten many things you should normally avoid, like cakes, puddings and meat, your ph may drop and you may feel sluggish the next day. Just for one or two days take again 3 portions of everything, so you can get all the junk quickly out of your body. Do not see this as a diet but a lifestyle change. The saying "You are what you eat" is so true. You eat junk, you become diseased!

The Wellness program will bring your body back to balance. When you have eaten something that makes you feel nauseas, or causes you to vomit or have diarrhea just take 2 tablespoons of activated charcoal every 2 hours till it has stopped. You can also grind some burned wood or plain charcoal into a powder and take that.

Many people develop shingles when they are sick. To get rid of the pain shingles (herpes) or chickenpox cause mix the following: 1 Tablespoon of Aquas cream, 1 tablespoon of lemon juice and 1 Disprin or Asprin. If the area is big, mix more accordingly. Apply thickly on the affected area with cotton wool (never touch oozing blisters with your bare hands) and only put clothes back on when it has been absorbed. Wear cotton clothes as synthetic material can irritate the skin. Apply again 4 hours later, and again the next day. With chickenpox apply as needed for a couple of days. The pain is usually gone within a couple of hours. When you had shingles and the blisters have disappeared, but the pain is still there, the cream mixture will take a bit longer to work – usually about 24 hours. Avoid peanuts or peanut butter as they can trigger shingles. Go on the Wellness Program as above. The reason you got shingles is because your body is taking strain, just like you can get fever blisters when you have the flu or a cold. The Wellness program will bring your body back to balance.

When you have eaten something that makes you feel nauseas, or causes you to vomit or have diarrhea just take 2 tablespoons of activated charcoal every 2 hours till it has stopped. You can also grind some burned wood or plain charcoal into a powder and take that.

We advise on many other diseases like Lupus, cancers, autism, strokes, heart, emphysema, etc. The basic Wellness Program is than still used but with other things added. You can e-mail me to find out what to add. If there is a big demand for this information, we may also put this on the website.

You can contact me at tinevandermaas@gmail.com

May the Spirit that is Love be with you and protect you

Tina