

## AIDS

*Commit to this program for 120 days and then reevaluate to see if it needs to be continued in such large amounts.*

**Diet** - This diet will speed the healing and can be followed throughout your lifetime.

- Raw vegetables and Fruits,
- Whole grains
- NO processed white sugar
- NO processed grains or foods
- NO meat or dairy
- Drink water only and plenty of it.

### Supplements

*Multiple Digestive Enzymes* - 100-500 a day on empty stomach or 25-100 Vitalase. With meals, take 5 Multiple Digestive Enzymes.

*Probiotic Blend*: Taking the powder at night - 24-50 scoops right before bedtime.

*Oxygen*: 20 capsules a day or 10 liquid drops in water three times a day.

*Herbal Blood Cleanser*: use as directed.

*Vita C* - 1000 ml three times a day

**Nancy's Smoothie**: You can mix the following together in water, fresh juice, milk substitute or your favorite fruit smoothie. Take twice a day (can be used as a meal replacement).

*Nutritional Essentials*: 6 Tablespoons a day

*Barleylife or Whole Foods*: 3 Teaspoons a day

*Mega Omega*: 2 Tablespoons a day Green Product (Whole Food of Barleylife): 1 tablespoon

*For quicker results add: Rectal implants - 3 scoops Probiotic Blend in cold distilled water. Do this at night before going to bed.*