

Seven-Day Brown Rice Regime + Rectally Injected and Retained Kefir-Grain Implants

A Natural Protocol for Correcting Irritable Bowel Disease

A simple, natural and very effective protocol for correcting Gastro Intestinal Inflammation due to Irritable Bowel Disease [IBD], or Irritable Bowel Syndrome [IBS], Ulcerative Colitis [UC] and Crohn's Disease [CD].

Symptoms may include abdominal discomfort, a feeling of bloating, fecal mucus discharge and diarrhoea, with or without blood in the stools and or bowel evacuated mucous. Too frequent bowel movements each day. UC and CD can be a pre-condition to bowel cancer, so it is imperative to correct these conditions as soon as possible. And now it is very possible for you to do just that, with the following protocol, which has been used and proved successful by the author including many other individuals who have been under the guidance of this information since its introduction in 1999.

The author and designer of this protocol, was diagnosed with UC by two independent Gastroenterologists in 1999. After three months of enduring an unsuccessful cortisone treatment but instead a progressive deterioration of his condition, the author decided to try an alternative approach [and he went against the wish of his Gastroenterologist to whom he explained the protocol]. He devised and commenced implementing the following protocol with great success and satisfaction, as one could imagine. Inflammation of the sigmoid colon due to UC was reduced by 80% at 2 weeks of the protocol, and another 2 weeks later he was asymptomatic [showed no symptoms]. He has been asymptomatic to this day [2009]. A last review with another Gastroenterologist in 2003, the Dr suggested that the author may have originally been misdiagnosed, for there was no evidence of a pre-condition of UC through colonoscopy examination. This must mean that either-

1. two independent GE had originally misdiagnosed the author [which is highly unlikely that a **second opinion** was ALSO wrong!].
2. there was an actual **cure**, which goes against current medical school-of-thought. Current orthodox medicine states that UC goes into remission, and is never cured! They rather put the patient on a maintenance regime usually prescribing strong anti-inflammatory drugs and immune suppressants such as cortisone or chemotherapy for the rest of the patient's life. All these drugs have severe side effects! This is what Drs are taught under the current medical curriculum, so what else can one expect?

For interest, the success of the author's treatment raised interest to perform research by Prof. Schneedorf Jose Maurizio, *et al* at the University of Alfenas, Brazil. A research paper with their finding was published in 2003.^[1] The author co-authored a branch-off of this particular research, published in a chapter of the book ***Fitoterapicos Anti-inflamatorios***. This book is published in Portuguese dedicated to phyto-therapy and anti-inflammatory property of specific herbs. The team of researches and authors decided to include a chapter on the anti-inflammatory property of kefir-grains [Chapter 33], because of the outstanding effect that the grains had as a systemic anti-inflammatory in their research.^[2] The former research found that trials with rats induced

with **granuloma** by laboratory means that were fed on kefir extracts and kefir grains, responded very similar as did the author [Dom, myself], in regards to anti-inflammatory effect of milk kefir-grains ingested and rectally injected and retained for a given period to correct Ulcerative Colitis [1999]. As it stands, I, the author here, was the **first laboratory rat** to experience the well-welcomed discovery of the systemic anti-inflammatory benefit of ingesting, and importantly, rectal retained implants of milk kefir-grains.

The treatment can consist of two steps, or two stages. The first stage is in the event that the individual has diarrhoea. If this is were case, diarrhoea prevents rectal injection of milk kefir-grains, because the grains can not be rectally retained successfully for the required period. So Stage 1 the first step, is to correct or minimise diarrhoea. Note that the author did not need to implement stage 1 at all, for he did not suffer diarrhoea to the point that the rectal injections of milk kefir-grains could not be retained for 24 hours. The author's condition was successfully corrected solely with suppositories of milk kefir-grains taken daily over a 2 week period. Specific herbs, both in fresh and dry form were blended with the fresh milk kefir-grains to a smooth consistancy for daily suppositories. Herbs were included as part of the corrective protocol as a combination therapy in order to attack the condition from as many angles as possible.

Following is a description of the 2 stage protocol--

Stage 1. Eating almost nothing but cooked brown rice for seven days. In extreme cases it may be necessary to extend the regime to 10 days.

Stage 2. Rectal injection and retention of 1 to 2 Tbs milk kefir-grains. The inclusion of specific herbs such as neem leaf, chamomile, calendula and red clover flowers, linseed [flaxseed] meal including other herbs blended together with fresh kefir grains for rectal retained injections amplifies the anti-inflammatory effect. The ingestion of 1/4 cup milk kefir grains where possible, further amplifies the effect and is highly recommended if a sufficient amount of fresh kefir grains are available. However, retained enemas of kefir grains along with the 7-day brown rice regime where persistent diarrhoea exists, is usually adequate.

Stage 1 can correct diarrhoea, bleeding from the bowel, and bowel inflammation. If there is existing diarrhoea and it is not corrected, then stage 2 can not be implemented sufficiently, for the rectal injection of milk kefir-grains can not be retained for the required 12 to 24 hour period.

In a majority of cases, irritable bowel disease has been corrected with stage 1 alone, i.e. just the 7-day brown rice regime can be sufficient to correct UC or IBD, without having to implement stage 2. However, there may be cases where although 80% to 90% inflammation is corrected with stage 1 alone, further treatment [or a dual treatment] to include rectal retained implants of milk kefir-grains with or without the ingestion of milk kefir-grains is necessary to correct the remaining 10% to 20% inflammation. The latter may be evident as a mild prolapsed anus, or the anus area has many folds which is hard to clean after a bowel movement, due to existing inflammation of the far end of the sigmoid colon. This is what the author experienced. However, symptoms may vary with individuals. In most cases as such, the use of just 1 to 3 days of implementing stage 2 [rectal retained injections of kefir-grains] has been sufficient to correct this condition. Although this is only the last remaining 10% to 20% of the original inflammation, which

in the author's case had moved outwardly from the original location of the sigmoid colon [from the upper area of the sigmoid moving to the end of the sigmoid colon], it may in fact be the more persistent and difficult to correct. However, this can be successfully corrected with rectal injection of milk kefir-grains, and the ingestion of milk kefir-grains where possible.

Stage 2 [rectal retained injection of milk kefir-grains] can be introduced from the beginning of stage 1, or part way through stage 1 [the 7-day brown rice regime]. This is determined by observing signs of pre-existing diarrhoea. If there is diarrhoea, then as soon as diarrhoea is corrected with stage 1, one may commence with stage 2 during any point of stage 1. This is so that the rectal implants can be retained for the required time without premature evacuation of the bowel.

A NOTE TO THOSE ON A LOW CARBOHYDRATE DIET CONCERNED ABOUT EATING BROWN RICE FOR 7 DAYS

Individuals devoted to a low carbohydrate diet, may have concern about eating brown rice for 7 days, due to the carbohydrate content of rice, or the bad reputation given to rice by such diet-makers in general. Well let's clear this up. Including rice in the diet is one thing, and eating nothing but brown rice for a short period is another matter. These situations are not the same. In fact, eating nothing but brown rice for 7 days places the body in a similar state to fasting on just water. This is because most individuals today, are unable to digest **JUST** brown rice well, due to digestive and GI microfloral insufficiency. Most westerners especially, can only digest a very small amount of brown rice while on a mono diet consisting of brown rice alone. There is insufficient protein and fat in cooked brown rice, which is also responsible for forcing the body to go in to fasting mode.

Rice is an effective **drawing agent**, which can help to ride the body of unwanted compounds. It is well understood that in the event of **radiation fallout**, the food on top of the list that should be avoided, is rice. This is because rice has the best ability to retain [or absorb?] radiation out of all the edible foods. This very property however, is advantageous on a mono diet consisting of brown rice, and which reinforces the above statement in regards to the ability of rice to draw toxins out from the body. If we image that the whole digestive tract is filled with cooked brown rice-- this is acting as a continual large **internal poultice**, continually drawing toxins to itself, which are eliminated with each bowel movement. Also, because the rice is not well digested, this has a beneficial effect on the microflora of the GI tract. This huge poultice eliminates inflammation, while drawing out toxins and at the same time, **resets** the microflora of the GI tract, beginning in the mouth to the rectum, in fact.

HOW TO OBTAIN SUFFICIENT KEFIR GRAINS TO IMPLEMENT STAGE 2

A sufficient quantity of fresh milk kefir-grains to perform this regime is required. For the home kefir-maker who already has milk kefir-grains, to accumulate enough grains, simply remove **excess** grains as they increase during your kefir making over time. As a general guide, in most cases one can remove 1 Tbs of milk kefir-grains from the same batch of kefir you make, once or twice week, depending on how many grains and how much milk you use. A spare 1 to 2 Tbs amounts of rinsed milk kefir-grains may be

frozen in separate ziploc plastic bags. When at least 10 such bags are accumulated frozen, one can commence at least stage 2 of the regime. However, if an insufficient amount of kefir grains required are unavailable, and the given case is urgent, then it may be wise not to hesitate but to begin with stage 1, i.e. the 7-day brown rice regime. Experience has shown that the 7-day brown rice regime alone, can be sufficient to correct IBD [UC and CD]. However, the inclusion of rectal retained injection of milk kefir-grains in stage 2, does provide a definite positive response or an improved response, for either the ingestion of, and or the rectal retain injections of milk kefir-grains does amplify the anti-inflammatory effect. Stage 2 can always be implemented at a latter stage, though, i.e. when a sufficient amount of frozen milk kefir-grains are available, while one is more able to enjoy a better life till then, due to implementing stage 1.

Sugary Kefir-Grains Vs Milk Kefir-Grains For Stage 2

Sugary kefir-grains [SKG] or water kefir-grains can substitute milk kefir-grains for use in stage 2. However, there may be a lesser response with SKG compared to milk kefir-grains. Since the author has discovered a means of increasing the growth of SKG so that each batch of water kefir will provide on an average of 1-cup of spare SKG, then this will provide a sufficient amount of fresh culture for stage 2 in a very short time. This is advantageous if one does not have any, or insufficient milk kefir-grains. Or, whether one prefers a non-dairy source of culture due to following veganism etc. In this case, one may consume say, 3/4 cup of SKG over the period of a day while taking 1/4 cup SKG as a rectal retained implant each day. This can be performed during the 7-day brown rice regime, as directed above.

If SKG rectal implants can not be retained due to diarrhoea, then it is recommendable to start the ingestion of SKG during stage 1, taking up to 2 Tbs SKG with each cooked brown rice meal until diarrhoea is corrected. After this point one can commence with rectal injection of 2 Tbs SKG each day.

HOW or WHEN TO IMPLEMENT STAGE 2

Stage 2 can be implemented alone without the 7-day brown rice regime if there is no diarrhoea. However, if there is diarrhoea, then first commence with the 7-day brown rice regime, and commence stage 2 as soon as symptoms of diarrhoea have subsided. This may happen within the first 3 to 4 days of the brown rice regime, so you can commence with stage 2 from there.

Preparing Kefir-Grains for Rectal Retained Injection

What You Need

- 1 tsp Slippery Elm bark powder (*Ulmus fulva*). Optional but highly recommended.
- 1 to 2 Tbs fresh Kefir-Grains [strained from kefir and rinsed with cold fresh water to remove any milk protein deposit from the surface of the grains].
- 1/4 cup warm freshly prepared Chamomile tea, or Neem leaf tea. Or 1/4 cup fresh Aloe Vera gel prepared by removing the outer green skin with a potato peeler or filleting knife. You want just the clear inner gel portion of the Aloe leaf without any brown gel found just beneath the out dark green skin of the leaf. Do not use any preserved Aloe

Vera, it must be freshly harvested.

■ 100 to 250ml [1/2 to 1-cup] Douching bottle or 25 to 50ml syringe for rectal injections. Available from most pharmacies or drug stores. In some countries or states of, free syringes are available from "Needle Exchange Centres" or "North American Syringe Exchange Network" or similar usually run by state or Federal Government or Covert programs designed to curb HIV and Hepatitis C among Injection Drug Users [IDUs], such as most states in Australia. [See links below].

If you have frozen milk kefir-grains, thaw by placing a bag of frozen culture in 1 cup fresh water for 10 minutes. Remove kefir grains from the bag when ready to use and keep in a clean cup.

Blend kefir grains with warm tea or Aloe Vera gel and slippery elm bark powder to mix well and form a thick emulsion or gel, but not so thick that the food blender can not process it. If too thick, add a little warm herbal tea and blend at low speed to soften. It should have the consistency of fresh egg white.

Fill a douche bottle with the kefir grain gel. Or fill a syringe with the kefir grain gel and then insert the plunger into the barrel of the syringe. Tap the handle end of the plunger onto a table top to force the gel down the piston of the syringe, so that there is an air gap at the needle-end of the syringe. Then press the plunger to bring the gel right up to the end of the syringe, ready for injection. **NOTE** that the syringe **MUST NOT** have a needle attached!

Lubricate the tip of the douche bottle or syringe with a suitable edible oil. Also apply a little oil directly onto the anus. Lay down comfortably on one side with knees slightly raised to your chest. Place the tip of the douche bottle or syringe into the anus by no more than 1cm [1/2 inch], and then gently squeeze the bottle or push the plunger to inject the kefir grain gel into the bowel. Remove the injecting implement and if there is more gel left over, repeat by refilling the injecting apparatus and injecting the remaining gel.

When all the gel is injected, lay on your back with both knees raised and begin taking slow, deep breaths while relaxed. Twitch the anus muscle quickly 3 times, one after another while taking slow deep breaths [twitching uses the same muscles to stop the flow of urine, so do this even though you are not urinating]. Then take another 3 deep breaths and repeat the anal muscle-twitching and relaxing 2 more times. This is to prevent bowel evacuation, so that the implant is easily retained. Now, clean the anus area to remove any oil or mess, and clean the injecting apparatus with hot water and detergent for next use. [However, it is best to purchase enough new syringes so you can dispose each one after each use and use a new syringe each time]. Either go ahead with your daily routine, or go to sleep if the implant is done at night.

The implant is done once a day, preferably after a bowel movement in the morning, or just prior retiring to bed. If you have not been able to have a natural bowel movement, but the kefir grain implant induces a bowel movement within an hour of implementing it, then after the bowel evacuation, repeat the kefir grain implant. This is where it is better to take an enema first thing in the morning right before the rectal implant, so you can avoid having to repeat the implant if you have a premature bowel evacuation, unnecessarily wasting good ingredients [fresh kefir grains]. However, you should find

that if you previously had diarrhoea, then by the 3rd to 4th day on the brown rice regime, diarrhoea should be cleared up, and you should begin to have normal bowel movements in no time. But do not worry if you do not have a natural bowel movement while on the 7-day rice regime, for if this is the case, then your body **needs** to do this, and the brown rice is drawing toxins to itself, to be eliminated when you do have your next bowel movement [while on the 7-day brown rice regime].

STAGE 1 THE 7-DAY BROWN RICE REGIME

METHOD for COOKING BROWN RICE

Cook 2-cups well washed organic or bio-dynamic brown rice with 5 cups water, with a lid on the pan. Slowly boil until the water is reduced and only cooked rice remains with no water in the pan. This takes about 45 to 50 minutes. Use short grain brown rice in winter and long grain brown rice in summer.

This amount should suffice one day's worth of cooked brown rice. You may prepare this at night one day prior for use on the following day.

HOW MUCH RICE TO EAT

You can eat a small bowl of cooked brown rice beginning at 8:30 AM to 7:00 PM each day, having a small bowl every 3 hours. Do not eat or drink anything else but what is explained here, and wait 3 hours between each meal. Avoid overeating.

EATING RAW BROWN RICE

For best effect, soak 2 Tbs raw, uncooked brown rice the night before in 1 cup water. If you prepare water kefir, then soak the raw rice in 1 cup of strained ready-to-drink water kefir. Soak overnight.

The ingestion of raw rice can remove intestinal parasites, including encouraging specific friendly organisms in the Gastro Intestinal [GI] tract, due to the bran of uncooked brown rice. This can ensure that when you begin eating normally again, you can better tolerate cereal grains that may have been problematic for you in the past. It conditions the GI track to perform in better condition.

What Can be Included with Each Cooked Brown Rice Meal Over the 7-Day Period

1-tsp natural, non-pasteurised soy sauce

Common naturally produced commercial soy sauce is pasteurised, which destroys the essential enzymes that makes soy sauce what it truly is meant to be. Non-pasteurised soy-sauce is available, but it can be difficult to find and comes at a hefty price. The company **Spiral Foods** in Australia import such a product from Japan, sold in Australia through some health food outlets. For further information of interest please review the following web page-

users.sa.chariot.net.au/~dna/koji.html#Soy-sauce

1-tsp non-pasteurised miso.

Again, look for the Spiral Foods brand or similar brand if you are in Australia. You can use any type of non-pasteurised miso, but either **Hatcho miso** or **brown rice miso** is the better option. For further information please review the following--

users.sa.chariot.net.au/~dna/koji.html#Miso

1/2 cube sufu.

Sufu is a common name which is actually sold as **Preserved Bean Curd** at most Asian Grocery outlets in Chinatown etc. It comes as a jar filled with about 1.5cm [~1"] cubes of tofu, which is fermented with a special mold and aged in a salt brine. It may include a little rice wine, depending on type and brand. The tofu is rendered highly digestible, like soft butter in consistency. Sufu is not pasteurised before sale, so it contains active enzymes. Sufu has a strong aroma and flavour, similar to blue vein cheese or Parmesan cheese. It is very inexpensive compared to non-pasteurised soy sauce or miso, so it may be a better option. Sufu comes in a few flavours, but I suggest to use the plain type, and not the red type or sesame oil and chili flavour type. To purchase sufu, go to the following link and print off the image. Take the print to an Asian grocery store, so the shop personnel knows what you want--

users.sa.chariot.net.au/~dna/images/red-chili-sufu.jpg

Note that the picture above shows two types of sufu, the one on the left is chili and sesame seed, and the one on the right is a red fermented rice type. I suggest to purchase a plain, non-flavoured brand. It may take a little getting used to the taste of sufu, but it is well worth it. Taken in small quantity is very healthy, providing a cooked meal with essential enzymes for easier digestion. But more importantly for the essential peptides [amino acids], which recent studies shows are very beneficial to health, and keeping blood pressure in a good range.

THE REGIME

8:00 AM Chew well and then swallow 2 Tbs uncooked overnight-soaked brown rice. If you have difficulty chewing soaked raw rice due to poor teeth or dentures, pound the soaked raw brown rice in a mortar and pestle with 2 Tbs of water, or blend in a food processor with 1/2 cup water for 1 minute and take it like this. Make sure to squish the pounded rice in the mouth well, to excite saliva production before swallowing. This breaks down the uncooked starch of raw rice.

8:30 AM Enjoy a small bowl or well cooked brown rice porridge [see recipe below] with 1 cup green tea, or a herbal tea such as alfa-alfa leaf or red clover flower and leaf etc.

11:30 AM - 12.00 Noon Enjoy a small bowl or well cooked brown rice, with 1/2 cube of sufu or 1 tsp non-pasteurised soy sauce or miso. Take 1 cup green tea or a different herbal tea to the morning meal tea.

3:30 - 4:00 PM Enjoy a small bowl or well cooked brown rice, with 1/2 cube of sufu or 1 tsp soy sauce or miso. Take 1 cup green tea or different herbal tea to the lunch meal tea.

6:30 - 7:00PM Enjoy a small bowl or well cooked brown rice or brown rice porridge with

1/2 cube of sufu or 1tsp soy sauce or miso. Take 1 cup green tea or herbal tea.

Do not over drink liquids while on the regime. Drink 1/2 cup of green tea with each meal. Drink 1 cup water between meals if you have a genuine thirst.

The idea behind not drinking in excess is to eliminate stagnate fluid reserves retained in the body, and to better reduce Gastro inflammation-- for a good diuretic action.

Avoid dehydration. Pinch the skin on top of your hand. If the skin flexes back very quickly after you release it, then your body is well hydrated. However, if the skin returns slowly back to normal or it remains lifted after pinching and lifting it, then your body is already dehydrated and it is important to drink 3 cups of fresh water each hour until the skin is supple again. Note that the elderly may have skin that is not supple and returns back quickly after it is raised with 2 fingers, without being dehydrated.

Do not add any sweetener to green tea or herbal tea, drink it plain and unsweetened.

You can include a herbal tea of choice taken at a different time of day to green tea. Teas such as chamomile, alfa-alfa [Lucerne] leaf, red clover flower and leaf, Burdock root, Chinese Angelica root or Dong Quai, dandelion root, chrysanthemum flower, dry parsley leaf, mint leaf and fennel seed are all good. These may be taken singularly or as a combination.

Do not concern yourself if you do not have a bowel movement each day. It is common for folks not to have a bowel movement if there is no pre-existing diarrhoea. Think, that the ingestion of just brown rice is like having a rice poultice, one that is as long as your GI tract by the third day. This poultice is drawing toxins from deep within your body, and the brown rice is retaining those toxins, for this is a property of brown rice. So in effect, not having a bowel movement tells you that your body needs to go through this, as your body is learning how to rid itself of unwanted toxins with the help of brown rice. Raw rice with cooked brown rice in the GI tract is now beginning to adjust the microflora of the GI tract. You can tell that the bad bugs are reducing in numbers, as soon as you have your first bowel movement. You should notice that the aroma of faecal material is not offensive. You may also note that the colour of the stools are light, and not dark. This is because most folks can not fully digest just brown rice, and the effect of this is similar to fasting on water. In fact, the body goes through a similar process as if you are fasting on just water. Most westerners do not have the required microflora in the GI tract to be able to sufficiently break down just brown rice, but over the 7-day regime, the GI tract will be refurnished with a better, more efficient microflora.

You will lose weight while on the 7-day regime. Just how much weight loss varies from individual to individual. But you can expect to lose at least 4 kilo grams or about 8.5 pounds. If you are already underweight, then please do not be concerned. If you found it difficult to gain weight, then after you break the 7-day regime, you should begin to gain weight well, and end up weighing more than you did before you began the regime within a few weeks. This is because your metabolism has slowed down and your body can better assimilate food. Look at it like this, you are taking 3 steps backward in order to get 4 steps forward, ending up 1 step ahead in the process.

VARIATION to make things more interesting

Brown Rice Porridge

Dry toast 1/2 cup raw brown rice in a pre heated cast iron skillet, or a thick bottomed stainless steel pan. The pan must be very hot before adding the raw brown rice. Stir rice at all times, until rice toasts a golden colour. Note that some rice grains will pop similar to tinny pop corn. Pour toasted rice in a cold dish to cease further toasting. Cool rice, grind to a course meal with a mortar and pestle, coffee grinder, flour mill or food processor.

Cook 1 part toasted rice meal with 4 to 5 parts water, stirring at all times to prevent lumps forming. Cook for 3 minutes, until thick.

Enjoy toasted brown rice porridge for breakfast with 1 tsp soy-sauce, or 1/2 cube sufu. Or a mixture of 1/2 tsp miso or 1/2 cube sufu with 1/2 to 1 tsp soy sauce.

There are many varieties of rice, and if one can purchase red rice, then this is also an option to make the 7-day regime more interesting. Asian or Indian grocery stores sell a variety of different types of rice, including black varieties, glutinous and non-glutinous. However, brown or red rice varieties are the better choice, and red rice is the most easiest rice to digest. In rice eating countries, red rice is used when an individual is ill or convalescing. Take care though, for importers or such exotic varieties may have used a heavy dose of fumigation for export, so either try to locate an organic source, or soak the rice overnight after washing it with water several times, and discard the soaking water.

BREAKING THE 7-DAY BROWN RICE REGIME

Day 8

Begin to break the regime. Have the raw rice followed by a cooked rice meal for breakfast 1/2 hour later as normal. Include 1/2 cup milk kefir and a small raw carrot with your lunch rice meal, making sure to chew the raw carrot well. However, if you have kefirkraut ready made, which is by far superior to any fresh vegetable for breaking a fast, then include 3 or so Tbs of kefirkraut instead of the raw carrot. See my [kefirkraut](#) web page for the recipe.

Include 1/2 cup milk kefir and a different raw vegetable with your evening rice meal, such a celery, or green fresh lettuce of the European or Asian variety of lettuce [not the ice burg type]. The slightly bitter lettuce types are recommended, and you may include a small amount of rice vinegar, apple cider vinegar or wine vinegar as a dressing with a small amount of extra virgin olive oil or cold pressed coconut oil.

Day 9

Again begin the morning meal with raw rice taken 1/2 hour before a cooked rice meal of choice. For lunch include an equal portion of cooked Quinoa grain [available at health food stores] or cooked red Adzuki bean and cooked rice. Do the same for tea, but include a root vegetable broth, such as turnip, parsnip, carrot, and especially yam [available fresh at an Asian grocery store in a Chinatown]. If you eat meat you may include a little meat on bones in the preparation of the both. For variation try a cooked brown rice meal with a different legume, such as well cooked kidney beans or navy beans, with 1/2 cup kefir and a raw vegetable. Include an amount of non-pasteurised soy sauce, miso or sufu to provide enzymes to the cooked food, to assist digestion and

provide health promoting amino acids or peptides.

Day 10

You can stop taking the raw rice in the morning and begin to eat normally, but include cooked brown rice for at least 2 meals each day for another week. Try to include 1/2 to 1 cup milk kefir with each meal, or at least with 2 meals each day. You may enjoy 1 cup kefir between meals. Include some fresh fruit, and a variety of root and leafy green vegetables. Seeds and nuts eaten regularly but in moderation is also recommended.

For a high quality protein, take 2 parts cooked cereal grain such as rice, millet or buckwheat with 1 part cooked legume of choice, such as red Adzuki bean, mung bean, Harriot or navy bean, kidney bean or black eye bean, or lentils etc. Include a little sesame seed or peanut with this meal to make a good combination. Such a combination is similar to eating a piece of steak. You may eat fish, or organic free range chicken 2 to 3 times a week. Or red organic free range meat 2 times a week. If you enjoy the vegetable combination above, you only need to have a small portion of meat or fish on the side. Include 2 organic eggs per week.

When you eat a large portion of fish or meat of any type, take this with a fresh green salad or kefirkraut [see following].

I highly recommend one meal per day to include kefirkraut prepared as explained at my kefirkraut web page [see link below]. This can be prepared with freshly shredded cabbage including slices of other fresh root vegetables and leafy greens. Kefirkraut is my own creation, it is a healthier version of conventional sauerkraut, and it only takes a few days to ferment, instead of 2 to 3 weeks as is the case with common sauerkraut. Kefirkraut is really delicious and easy to make. I prefer using spare water kefir-grains to speed up the fermentation process, and I use little to no salt as apposed to 2% to 3% salt with common sauerkraut. But a very good kefirkraut can also be prepared with spare milk kefir-grains. For recipe details please review the following web page--

users.sa.chariot.net.au/~dna/kefirkraut.html

WHAT TO AVOID

Avoid eating any processed food and gluten containing cereals or food. These are foods prepared with the addition of wheat, oats, barley, rye and Triticale based products, including most bread and rolled oats. Substitute these with organic rice, amaranth, corn, millet, buckwheat or Quinoa for any gluten cereal you used to eat. Most folks have issues with gluten which they may not be aware of. So try your best to avoid gluten containing food, and substitute those with the above. If let's say you feel healthy with a gluten free diet over a 3 month period, you can try including a little organic low gluten cereals such as organic spelt or kumut. If you find that you still feel healthy after a week of eating foods that contain these each day or regularly, then you can keep including these two grains in your diet. But if you experience diminished health in any way, including lethargy, abdominal discomfort or bloating, then it is quite likely that you do not tolerate gluten very well, and you should avoid gluten-containing foods. Avoid overeating. It is preferable to have small regular meals than fewer large meals.

WHAT TO INCLUDE

Include 1 to 4 cups milk kefir each day, taking 1/2 to 1 cup kefir with meals or in between meals. It is best to make your own kefir with kefir grains, made with good quality organic fresh whole milk. You can obtain quality kefir grains from the author [Dom]. Just send an email or phone me. [See [details](#) below]

Include at least one meal of kefir kraut per day, especially with starchy foods such as cooked root vegetables or high protein and high fat content meals such as fatty meat. You may even enjoy cooked kefir kraut, cooked with home made sausages, either the Italian, German or Polish variety as prepared Traditionally.

Include a variety of seed and nuts, such as sesame, pumpkin sunflower seeds, walnut, almond, Brazil, and cashew nuts. Except cashew, always purchase nuts in the shell, so they are fresh. Seeds and nuts are concentrated foods, so do not consume too much of these for a little goes a long way.

Enjoy 1 to 3 cups of herbal tea each day. Herbal tea prepared with herbs mentioned above, are good general tonics and provide many essential micro nutrients, including phyto active agents that aid health. Try to use a different herbs each day or change to a different herb on a regular basis rather than over indulge on one particular herb only.

Try to exercise a one day per week water fast, where you abstain from eating any food but drink lots of fresh water for one day each week.

Enjoy regular exercise each day. A 30 minute walk or bike riding or swimming are good exercises.

Do some relaxation with deep breathing exercises and positive visualization or meditation. Prayer is encouraged, it can lift burdens and cleanse the soul.

Brew-well Be-well wishes from Adelaide, South Australia,
Dominic N Anfiteatro

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