

Body Balance

The Five Element Shake
and pH Balance for Optimum Health



THE CHRONIC LYME DISEASE SERIES

Jenna S. Smith

Contents

Disclaimer	2
Introduction	3
1. Five Elements	7
2. PH Balance	11
3. “Chi” Balance	19
4. The Shake	23
5. Healthy Blend	29
6. Himalayan Salt	35
7. Coral Calcium	43
8. Flax Liquid Gold	47
9. Quantum Greens	50
10. Body Balance	53
Sources and References	55
Disclaimer	56

PLEASE READ: Always consult your physician before embarking on any new health and fitness plan.

Body Balance: Five Element Shake

IMPORTANT NOTE:

Don't proceed with any treatment protocol without the full support of your Lyme disease specialist. If you don't have one, please find one as soon as possible.

It is vitally important that you find and work with a Lyme disease specialist who can:

- Try different treatment protocols, and monitor which works best;
- Give support through potentially severe Herxheimer reactions (that means your treatment is working);
- Manage various symptoms that persist during treatment;
- Evaluate whether parasites or co-infections are complicating your disease;
- Help you keep your sanity with emotional comfort and support;
- Present the most promising of emerging treatment protocols;
- Monitor and protect the healthy function of your primary organs through recovery;
- Provide appropriate diet, exercise and supplements for total recovery.

The author of this book is not a medical specialist or a doctor, and is writing this information from research and personal experience.

*

NOTE: I apologize from the bottom of my heart for any spelling or grammatical errors – they are all mine.

Body Balance: Five Element Shake

"There are only two ways to live your life.

One is as though there are no miracles.

The other is as though everything is a miracle."

Albert Einstein

Introduction

If you are healthy, you are probably reading this eBook because deep down in your heart, you feel that things are not quite right. You want better health, more energy and you don't want to pay a fortune in supplements each month to achieve those goals.

If you are diseased, you are probably reading this eBook because you are desperate for recovery and renewal. Especially if you are ill with a chronic disease like Lyme, (which I have), or a co-infection like CNP, Babesia, Bartonella or another of the many tick-borne diseases, then those goals become imperative.

Am I right?

Body Balance: Five Element Shake

The other possible reason you are reading this eBook is that you are curious about eastern health practices. Certainly western medicine does not offer much hope for vibrant and healthy natural living.

Chemicals (medicine) created by the very wealthy pharmaceutical companies are doled out to the tune of millions of dollars each year, and the frightening fact is that these medicines can cause more damage than the underlying health problem. (See [Consumer Reports](#))

It seems as though most doctors are in business to keep us all coming back. The more dependent we are on them, the more money they make.

Please don't think that I am vilifying all doctors, I am exaggerating to make a point. I believe that most doctors are sincere and compassionate, and with respect to Lyme disease, they are just as frustrated as their patients over the limited options currently available.

But you don't have to look very hard to realize that western medicine has only 2 tools for healing: ***surgery and drugs.***

Body Balance: Five Element Shake

On the other hand, Eastern Medicine employs four basic techniques which are acupuncture, bodywork, energy-work, and herbal medicine.

These techniques have been used for thousands of years to help heal diseases of the mind, body and spirit. And now, more than ever, there is a demand in our western culture for effective alternatives ***that are natural***.

In addition to the medical techniques and theories, eastern philosophy and tradition provides us with many opportunities for self-healing. Through theories related to diet, exercise, and mental development people can strengthen their energy, heal disease and improve their vitality.

Practices for body work and energy work include the many forms of tai chi and qi gong, along with numerous meditation techniques. These practices have been shown over time and through modern research to improve immunity, balance our emotions and strengthen our bodies.

This eBook has been written with respect to the traditional body balance as defined by oriental teachings.

Body Balance: Five Element Shake

For more thorough understanding I recommend an excellent book to compliment the ***Five Element Shake***: [The Healing Promise of Qi](#).

So, it doesn't matter why you are reading this eBook, your body's balance is the ultimate goal for making the Five Element Shake a part of your daily health regimen.

And if you don't have a daily regimen, now is the time to start.

Chapter One – Five Elements

Chinese medicine describes life force (or chi) as going through five phases (wu xing) in our bodies. Indeed, all life force is balanced with equal parts yin and yang and is composed of the “five elements” (wood, earth, fire, water, metal). These five elements constantly regenerate in the following way: wood feeds fire, fire creates earth (ash), earth bears metal, metal collects water and water nourishes wood.

These elements are in constant movement and change.

Moreover, the complex connections between material objects are explained through their relationship and the mutual restraint that governs the five elements.

The ancient physicians used the Five Elements theory to extensively study the connections between the physiology and pathology of the organs, body tissue and the natural environment.

Body Balance: Five Element Shake

The Five Elements theory assigns each of the five elements a series of generalizations and then applies them to the classification of all phenomena.

For instance; fire involves the aspects of heat and flaring; earth involves the aspects of growing, nourishing, and changing; metal is associated with cleaning up, killing, strength, and firmness; and water is associated with cold, moisture, and downward flowing.

The basic idea is that everything is made up of some combination of these elements, and therefore expresses the traits or tendencies of that element.

It is a way of understanding and explaining the substance of everything: the seasons, foods, personality and body types, colors, sounds, smells, and everything else that you can think of.

Another example can be found in color. Fire is red, earth is golden-brown, metal is white, water is blue-black, and wood is green.

In the body, fire is the heart and small intestine, earth is the spleen and stomach, metal is the lungs and large intestine, water is the kidneys, urinary tract and bladder, and wood is the liver and gall bladder.

Body Balance: Five Element Shake

Problems occur when elements lose their balance for some reason. For instance, when the qi of one of the five elements becomes **excessive**, it will overturn the correct order of things and overcome the element that should overcome it.

So, if a fire element was problematic, it would overcome water which is not the natural balance or order of life.

Moreover, according to the Five Elements theory, each element has its own repertory of relationships among the objects that compose the physical world.

To simplify, the theory of Five Elements is the theoretical basis of the **unique bond between man and nature**.

The ancient Taoists felt that we, as humans, were unique in that **our need and potential was to create a balance of all five elements in order to achieve maximal health**.

Through diet, attunement to our environment, and movement practice, one has the opportunity to access these energies.

Body Balance: Five Element Shake

In Traditional Chinese Medicine a doctor both diagnoses and treats a patient in respect to the model of the Five Elements.

Through listening to the pulses, determining one's constitutional elemental type (one is understood to be predominately either fire, earth, metal, water, or wood), and observing physiognomy (facial diagnosis), a doctor determines if there are imbalances within the patient in respect to the Five Elements; too much fire, too little water, and so on.

The treatment, either through acupuncture, acupressure, herbs, or movement practice is intended to support a process of allowing the individual to return to a state of energetic elemental balance. (Surgery is applied in extreme cases without anesthesia – using acupuncture to eliminate pain.)

So, the objective behind the ***“Five Element Shake”*** is to naturally align and balance our body in order to restore healthy vitality.

Chapter Two – PH Balance

The body is like a fish tank. Imagine what happens when the filter stops working after a week, or a month. Now try to imagine that fish tank after not being filtered for years. This scenario is similar to what happens to our blood when the pH isn't balanced. The fish in our "body" tank are our cells and the fish water is our body fluids, which transport food and remove wastes.

Is it any wonder that destructive yeast, parasites and bacteria thrive in such a murky environment?

Basically, this is a small example of what we are doing to our internal fluids every day if we don't eat properly. We are fouling them with pollution, smoking, alcohol, drugs, excessive intake of food, over-consumption of acid-forming foods, and any number of transgressions which compromise the delicate balance of our internal fluids.

Body Balance: Five Element Shake

A body with balanced pH is neither too acidic, or too alkaline too much alkaline can cause terrible health consequences. However, most of us are extremely acidic due to our diet and lifestyle.

Some of us have fish tanks (bodies) that are barely able to support life, yet we somehow manage to struggle from day to day, building more severe imbalances until there is the inevitable crash and debilitating chronic, disturbing and disorganizing symptoms to deal with.

The pH level (the acid-alkaline measurement) of our internal fluids affects every cell in our bodies. Extended acid imbalances of any kind are not well tolerated by the body. In fact, the entire metabolic process depends on a balanced internal pH.

A chronically over-acidic pH corrodes body tissue, slowly eating into the 60,000 miles of veins and arteries like acid eating into marble. If left unchecked, it will interrupt all cellular activities and functions, from the beating of your heart to the neural firing of your brain.

Dr. Robert O. Young states in his book ["Sick & Tired"](#) that **the over-acidification of the body is the single underlying cause of all disease.**

Body Balance: Five Element Shake

In summary, acid terrains in our bodies either cause or at the very least feed all health problems such as:

Weight problems

Perhaps one of Dr. Young's most well known discoveries is his theory regarding the cause of too much weight and/or obesity. He has shown that fat is actually an over-acidification problem.

How can that be?

The body creates fat cells to carry acids away from your vital organs, so these acids literally don't choke your organs to death. ***Fat is saving your life!*** Fat is actually a response from the body to an alarming over-acidic condition.

For more information read Dr. Young's book, ["PH Balance for Weight Loss"](#) .

Healthy bodies are not overweight or underweight . A healthy body naturally maintains its own ideal weight.

Body Balance: Five Element Shake

As alkalizing and oxygenation begins to take place, the body naturally begins to seek its own ideal weight, excepting emotional or psychological causes.

Allergies

The toxins produced within an overly acidic, oxygen deprived body may contribute significantly to what are often called the symptoms of allergy. In addition, the absorption of undigested proteins is a major cause of allergy conditions. The digestive system is weakened, which prevents the total breakdown of amino acids - often causing food allergies. This alone may produce a wide spectrum of severe allergic reactions.

Fatigue

Fatigue is probably the major symptom or complaint of an overly acidic body.

The toxins produced in an acidic body environment reduce the absorption of protein and minerals, which in turn weakens the body's ability to produce enzymes and hormones.

Body Balance: Five Element Shake

This also interferes with the reconstruction of cells and other necessary components of energy production. The result is fatigue, poor endurance, an inability to add muscle tone, and general weakness.

Most of all western medicine focuses on the germ, not the terrain, in spite of the evidence that has been discovered by hundreds of scientists in addition to Dr. Young. Study after study agrees with patient testimonials from Dr. Young and others that when the body is in healthy alkaline balance, germs are unable to get a foothold.

How do we balance our body's pH?

The first important consideration in correcting our body's pH balance is water.

Like the earth on which we live, our bodies are 70% water. Food cravings are often the body's cry for water. You can test this by tossing down a glass of water the next time you feel hunger pains between planned meals. Conversely, you will notice that hunger pains taper off when your body is properly hydrated.

Obviously diet is a big part of balancing our pH. According to Dr. Young the more green vegetables you can eat the better – six to eight servings per day. Of

Body Balance: Five Element Shake

course they must be organic and free of any possible toxins, and they need to be absolutely fresh.

This presents an enormous problem for those of us with Lyme disease:

- Effort involved in going to the market frequently.
- Financial burden of purchasing vast quantities of organic produce.
- Effort preparing vegetables.

I solve all of these problems with [Quantum Greens](#).

One serving of [Quantum Greens](#) can replace required servings of fruit and vegetables; bringing you vital nutrient elements and easily digested protein. Read more about [Quantum Greens](#) in Chapter Nine.

In addition, the following diet guidelines should be followed.

Acid forming foods to avoid:

- ❖ Meats especially processed meats
- ❖ All refined packaged foods
- ❖ All ready-made meals including “fat-free”, “organic” and “all natural”
- ❖ Carbonated sodas

Body Balance: Five Element Shake

- ❖ Cow's milk
- ❖ Breads and pastas made from white flour
- ❖ All products made with white flour and sugar
- ❖ Pre-packaged fruit juices

Alkaline forming foods to enjoy:

- ❖ Vegetables
- ❖ Whole grains especially sprouted
- ❖ Fresh fruit (just ripe, not overly ripe)
- ❖ Cottage Cheese
- ❖ Nuts and beans
- ❖ Fish and lean white meats

Don't wait until the frightening symptoms of sickness begin to shadow your steps.

Instead nurture your health and take proactive steps to provide your body with the essential nutrients, along with natural energy-enhancers to give you abounding energy from the moment you wake up to the instant you drift off to sleep.

Body Balance: Five Element Shake

Balance your pH with [Quantum Greens](#) and enjoy the exhilaration and vibrant health you will feel with ***“Five Element Shake”!***

Chapter Three - “Chi” Balance

“Chi” is the Chinese word meaning life force.

When we become ill, it is not just our body engaged in a battle of bacteria and antioxidants. No, disease encompasses our entire body, our “chi”, and we won’t begin to heal until we put ourselves back in balance.

The Five Element Shake will help our complex internal composition, but we need to do even more to gently ease our bodies back into a healthy state of balance.

One of the best places to find that balance is with the ancient Chinese martial art of tai chi. Traditionally done outdoors in large groups, this “soft-style” martial art has been practiced in China by people of all ages for more than 1,000 years.

The art has been passed down through generations, and now master teachers are spreading throughout the globe offering its benefits to anyone with an adventurous spirit and a willingness to learn. But it doesn’t require a master-

Body Balance: Five Element Shake

teacher. You can also practice in your own home with one of the following dvd presentations:

- [Sunrise T'ai Chi](#) by Ranel Rones
- [Gentle T'ai Chi](#) by Dian Ramirez
- [T'ai Chi Exercise for Lifelong Health](#) by Tricia Yu

Researchers from the University of Michigan Health System and the Veterans Affairs Ann Arbor Healthcare Systems have released a report that shows concrete evidence that T'ai Chi, consisting of slow, rotational movements and weight-shifting – offers many benefits for older people with balance and movement problems.

Research from the British Medical Journal shows proof that the gentle techniques and deep breathing required in T'ai Chi gave relief to those suffering with CFS (Chronic Fatigue Syndrome).

In fact medical reports from around the world show relief of physical or neurological symptoms and provide peace and harmony to those who are distraught from disease or environmental problems.

Body Balance: Five Element Shake

The slow, flowing movements are a graceful way to increase muscle strength, maintain balance, and keep the joints flexible.

Medical studies have shown tai chi to be an effective way of managing osteoarthritis. As a weight-bearing exercise, it can help keep your bones healthy and strong. But even with such important health benefits, for most people it's an enjoyable way to undo the effects of day-to-day stress on the body.

For those of us who suffer from Lyme disease, we can almost envision ourselves doing the mild movements for short periods of time.

This is what we need to do.

Start with five minutes of practice and work up to ten. We should never push ourselves to more than we feel comfortable with, but accomplishing even five minutes will give us a sense of achievement.

On the good days we may accomplish more, and on bad days we may not be able to get out of bed. But we are following a plan that will bring us body balance.

Body Balance: Five Element Shake

Physical gains aren't the only reason to do T'ai Chi. While we all like to improve our bodies; the motivation to continue with tai chi is usually more esoteric.

As a result of their superior state of health, long-term practitioners commonly boast of increased self-confidence and a sharp mental focus.

Progressing in our practice, we hope to learn to synchronize our breath with the movements to enliven the life force energy (or chi) that runs through our body.

So eventually, by working on our physical performance, we achieve a more balanced state of being overall. Tai chi becomes less of an exercise class and more of a meditation in motion.

Chapter Four - The Shake

Note: Refer to following chapters for more information about each ingredient.

[NOTE: If you travel or need a light and compact blender that packs and cleans easily, [check out the Magic Bullet Blender here](#). The lid of this unique and powerful blender is actually the bullet-shaped container you drink your shake out of.]

SHAKE INGREDIENTS FOR ONE PERSON

Add to a blender in the following order:

1 Lemon: You will need a juicer to fresh-squeeze a large lemon for each shake.

The sour taste activates the **wood element** and the corresponding organs: **liver and gall bladder**. Western herbalists also recognize the great value of lemon in fighting germs and cleansing the body. Lemons are also a great source of trace elements. They alkalize the body, despite their taste, and are the most electrically charged of all fruits. **Don't buy juice in a bottle or any seedless varieties**. The seeds from fresh lemons give the lemon juice a much higher life force (chi). Believe it or not, the lemon gives your shake a unique flavor that you will love!

Body Balance: Five Element Shake

8 oz Water: Bottled water should specify “distilled,” “ionized” or “spring.”

Many bottled water companies simply filter tap water. Be careful to check the label! You may prefer spring water, which has natural energy and is high in life force (chi). This is another **water element**. *Never use tap water.*

1 Banana: The sweet taste activates the **earth element** and the corresponding organs: **stomach and pancreas**. Less-ripe bananas are not as sweet, but they are less acidic. As bananas ripen, their sugar content creates acid-causing agents that are undesirable. So try to use barely-ripe bananas.

¼ tsp Himalayan Salt: Do not substitute sea salt or any other “healthy” salt.

The mineral-rich crystal salt activates the **water element** and the corresponding organs: **kidney and bladder**.

2 Tbsp Flax Liquid Gold: The warm taste of the flax seed oil activates the **fire element** and the corresponding **organs: heart and small intestine**. *Note: Flax Oil must be kept refrigerated!*

1 scoop of Protein Powder: This item provides extra steady fuel to take you through the day. Protein powder will satisfy your hunger pains and will give you energy to exercise. It will also support your basic health and well-being. The

Body Balance: Five Element Shake

bitter taste activates the **fire element**. Protein powders with dairy products of any kind are discouraged, as dairy is acid-producing.

2 Tbsp of Liquid Coral Calcium (from Okinawa): Calcium is one of the most important minerals in your body and is required for every cell to function. This dry-harvested calcium from Okinawa contains the perfect biological ratio of calcium to magnesium (2:1). It also has every other mineral required by your body, and it has them in approximately the same balance as your body. The bitter taste activates the **fire element**.

2 Tbsp of Healthy Blend: This is a critical part of the shake. A powerful antioxidant, the sweet taste of the different berries activates the **earth element**. Healthy Blend contains Acai, Mangosteen, Pomegranate, Goji (Wolfberry), Cranberry, Raspberry, Blueberry, Black Cherry, Elderberry, Noni, Camu Camu, and Aloe Vera. It is proven to destroy free-radicals and maintain proper cholesterol levels.

Generous dash of cayenne pepper: The spicy taste of cayenne pepper activates the **metal element** and the corresponding **organs: lungs and large intestine**. *Experiment at first to see how much of this fiery spice you prefer.*

Body Balance: Five Element Shake

SHAKE INSTRUCTIONS:

Cut lemon in half and use the juicer to squeeze all the juice out of the lemon. Pour the lemon juice in the blender and then fill blender with 8 ounces of water (spring or distilled), then mix all the rest of the ingredients in a blender leaving the banana until last. Break the banana into smaller pieces before blending the whole mixture on high. If it is too thick, you can add more water, but drink it quickly before the ingredients begin to separate.

NOTE: If you are just beginning your recovery from illness or if you feel sluggish throughout the day, I recommend you begin your renewal with a week-long cleanse to rest your digestive system while allowing your body to detoxify.

The importance of the liquid diet cannot be over-emphasized! This time allows your digestive system a short break so that it can focus on cleansing itself. You will need to drink lots of extra water to support your kidneys.

Breakfast and dinner will consist of a “***Five Element Shake***” and for the rest of the day you can drink as much [Quantum Greens](#) as you want.

I fill a 32 ounce jug every morning and take it with me all day long. If I finish by lunchtime I fix another 32 ounces. I loved the taste right away – it reminds me of

Body Balance: Five Element Shake

swimming in the cool mountain lakes of Maine – fresh water with a hint of summer greenery. It is not bitter or salty but some people just need some time to get used to the color.

You should purchase [pH testing strips](#) to track your body's pH level. A blood test is the most accurate, but saliva and urine are very close to the level in your blood (assuming that you test your saliva 30 minutes before eating or drinking anything, or your urine one hour before a meal or two hours after a meal).

[Test your pH](#) every two days and keep a record of your improvement. The test strips in your kit have a chart which shows the desired pH level throughout the day, so make sure you note the time of day, as well. It is very exciting to feel your health improve, as you watch your pH level rise!

A word of caution to those of you who are physically active: If you are a strong athlete, or accustomed to major aerobics on a regular basis, you will need to stop your work-outs during the detox time to let your body focus on getting the poisons and toxins out of your body. Take a two week break from any intense training or sport activity and let your body heal. You will feel much better and stronger when you start up again.

Body Balance: Five Element Shake

If you absolutely can't cut back on your physical activity for professional reasons, then make sure that you drink lots of water (32 ounces in addition to your core greens), and supplement your liquid meal plan with extra protein shakes (and perhaps some carbohydrates) – not too much, but just enough to keep your energy level stable.

In any case, if you ever feel exceptionally weak or hungry, prepare a protein shake immediately and drink another 8 – 12 ounces of water. Also remember that you can drink as much [Quantum Greens](#) as you would like, and in addition to satisfying your hunger, it is a wonderful energy booster.

Also remember to discuss this plan with your doctor.

Don't worry if you can't continue for a whole week. If you only make it for several days, then you can plan to try it again for a week or for three days each month. The important part is that your body is getting rid of toxins and thriving on powerful nutrients that will change your life!

But at the end of the day, it is up to you. No excuses and no blame...if you want to make a change in your life, any kind of change, only YOU can do it!

Chapter Five – Healthy Blend

The Five Element Shake relies on [“Healthy Blend”](#) to provide fiber and anti-oxidants. However, this juice is not like any you have ever tasted. [Healthy Blend](#) includes Acai, Mangosteen, Pomegranate, Goji (Wolfberry), Cranberry, Raspberry, Blueberry, Black Cherry, Elderberry, Noni, Camu Camu, and Aloe Vera.

Several of these deserve special mention because of their unique properties.

First is Acai.

The indigenous peoples of the Amazon call Acai the “Tree of Life” and for centuries have used the tall, slender plant as a food and a comforting balm for many health conditions.

Amazonian warriors reputedly drank the juice before battle to increase their stamina and strength. Local legends claim the juice has magical potency to enhance sexual desire. No other fruit can claim its extraordinary combination of antioxidants, amino acids, anthocyanins and essential fatty acids.

The second special fruit is Mangosteen.

Body Balance: Five Element Shake

For centuries, the people of Southeast Asia have treasured the Mangosteen fruit for its many life-sustaining benefits.

In fact, the Mangosteen fruit is considered the "*Queen of Fruits*". Recent scientific findings support the wisdom of these traditional healers.

Recent scientific inquiry has revealed the extraordinary benefits of the Mangosteen and its rich supply of antioxidants called **Xanthones**.

Studies have identified approximately 200 different types of Xanthones, and the Mangosteen fruit contains an amazing 43 of them! The antioxidant Xanthones found in the juice of the Mangosteen fruit have powerful antioxidant properties. Antioxidants help to neutralize and eliminate free radicals, and may help combat age-related degeneration of cells and body tissue.

Some commonly reported benefits of Mangosteen Juice include:

- Prevention of premature aging
- Facilitates weight loss and increased energy levels
- Increased flexibility in joints
- Reduced pain associated with common ailments

Body Balance: Five Element Shake

Aloe Vera Juice:

The Aloe Vera plant has been renowned for centuries for its health, beauty, and medicinal properties. Taken internally, there are a wide range of benefits, particularly to the gastrointestinal and musculoskeletal systems. When applied externally, the Aloe Vera plant and juice are a defense against minor skin irritations, can expedite healing of burns and wounds, and acts as a natural moisturizer.

Other fruits in [Healthy Blend](#) include:

Organic Pomegranate Juice Concentrate:

Can help maintain a strong, healthy heart
Helps maintain healthy cholesterol levels
Can help maintain healthy blood pressure levels
Combats free radical damage due to high antioxidant content
Defends against symptoms associated with menopause

Organic Black Cherry Juice Concentrate:

Helps to relieve bone and joint pain
Maintains healthy kidneys, gallbladder and teeth
Helps maintain healthy cholesterol levels

Body Balance: Five Element Shake

Organic Cranberry Juice Concentrate:

Helps to support urinary tract health

A member of the same family as blueberries and bilberries, contains powerful antioxidant compounds

Organic Raspberry Juice Concentrate:

Helps to rid the body of phlegm

Strengthens and vitalizes blood circulation

Natural source of elegendic acid which can help protect against cell damage

Raspberries are rich in antioxidants; both phytonutrients and vitamin compounds

Elderberry Juice Concentrate:

Helps maintain immune system function

Helps maintain a healthy respiratory system

Can help alleviate occasional headaches and symptoms associated with migraines

Helps maintain healthy blood sugar levels

Can help ease the discomfort of occasional constipation, diarrhea, and hemorrhoids

Blueberry Juice Concentrate :

Helps maintain eye and vision health

Contains powerful, active antioxidant compounds which combat free radicals and help protect against cell damage.

Body Balance: Five Element Shake

Goji Juice (Wolfberry) Concentrate:

Rich in naturally occurring minerals (Zinc, Calcium, Germanium, Selenium, Phosphorus, Copper and Iron)

Contains important amino acids (Isoleucine & Methionine)

Powerful antioxidant vitamins

Contains four unique Polysaccharides and Phytonutrient compounds.

Noni Juice:

Powerful detoxification properties

Traditionally used to purify the body

Anti-viral, anti-bacterial

Aids the digestion

Heals abrasions

Reduces swelling, inflammation and pain.

Camu-Camu Juice:

Contains more vitamin C than any known plant (30 to 60 times more than oranges)

Strengthens the immune system.

Body Balance: Five Element Shake

Here are more of the powerful benefits of [“Healthy Blend”](#):

- It reverses age-related neurological deficits.
- It protects the central nervous system with anthocyanins.
- It reduces blood glucose levels induced by stress.
- It maintains a healthy prostate and may even prevent prostate cancer.
- It supports brain function, especially from oxidization damage.
- It improves circulation and vascular function, especially eyesight.
- It is strong antioxidant, which protects vascular function.
- It is an effective aid against diabetic complications.
- As an antioxidant, it is four times more powerful than vitamin E.

In addition to the powerful antioxidants, [Healthy Blend](#) also contains fiber, essential fatty acids, amino acids and plant sterols, which are compounds that resemble cholesterol. Sterols help maintain proper cholesterol levels that are already in the normal range. They are also useful in maintaining a healthy prostate and in aiding the immune system.

[Healthy Blend](#) captures this mystical energy in a high-powered fruit blend that fortifies your body with essential life-giving nutrients.

Chapter Six - The Miracle Salt of the Himalayas

Sodium Chloride

Most people think of salt as being “bad.” It causes high blood-pressure and a long list of other health complications, from bloating to heart disease. But what most people do not know is that the salt being tested and vilified is regular table salt.

The salt on most every American table is actually a result of industrial production. About 93 percent of salt production worldwide is used directly for industrial purposes. It is an essential ingredient to make many detergents, varnishes, plastics and other products. For these industrial uses, chemical processes require pure sodium chloride. To obtain sodium chloride, all the essential minerals and trace elements are removed from natural salt and discarded as impurities.

The remaining sodium chloride is used to preserve foods inexpensively, which is why so many ready-to-eat food products are heavily "salted" with sodium

Body Balance: Five Element Shake

chloride. The sodium chloride inhibits the natural breakdown of the food, increasing its shelf-life. Without it, foods would naturally spoil very quickly. Since foods break down in our bodies with the same processes nature uses to break down foods outside of our bodies, sodium chloride in food products also makes them more difficult to digest.

Sodium chloride is fine for factories, but it doesn't belong in our bodies! It is an unnatural, isolated substance that is nothing like the living salt found in nature.

Because our bodies need natural salt, when we eat less than 0.007 ounces of natural salt per day, a salt craving kicks in. When we eat sodium chloride, it contains none of the nutrients our bodies need. Craving the nutrients found in natural salt, we eat more and more sodium chloride and set up a vicious cycle that produces more and more cravings.

Whether or not we are aware of the dangers of sodium chloride, our bodies recognize sodium chloride as an unnatural substance, a poison, and try to eliminate it as quickly as possible. The problem is that we eat more salt than our bodies can process out. Here in the United States, our average daily consumption

Body Balance: Five Element Shake

of table salt is between 0.4 ounces and 0.7 ounces. Our bodies are only able to excrete 0.17 ounces to 0.25 ounces a day through our kidneys, depending on our age, constitution and sex.

Our bodies then try to neutralize whatever sodium chloride is left in the body by surrounding it with water molecules in order to break it down into sodium and chloride. For this process, our bodies take water from our cells. Without water, our body cells die. The result is edema, excess fluid in the body tissue. This is why doctors tell us to avoid salt.

If there is more sodium chloride in a body than it can neutralize by pulling water out of cells, the body get rids of the excess sodium chloride by binding it with uric acid to form new crystals. These crystals are deposited directly into the bones and joints, producing arthritis, gout, kidney stones and gall bladder stones.

Sea Salt

Today there are millions of consumers who have been sold on sea salt as a healthy alternative to table salt. This couldn't be further from the truth.

Body Balance: Five Element Shake

Unrefined sea salt is perhaps the most dangerous type of salt because it is impossible to determine without evaluating each grain, the amount of toxins and chemical poisons that have been absorbed.

In addition to undisclosed volumes of toxic waste being dumped in our oceans, an estimated 60 million gallons of oil enter the oceans every year (according to the Smithsonian Institute); approximately 37 million from tanker accidents and the rest from a variety of man-made and natural occurring events.

But more alarming are the vast amounts of invisible chemical contaminants such as pesticides like DDT, and many other toxic chemicals that wash into our rivers and then into the ocean. Even the melting glaciers contribute to this toxic “cocktail, infected by the atmosphere and now adding to our global crisis. [See Jean-Michel Cousteau’s [“Oceans Futures Society”](#) for more information.]

Refined sea salt is less dangerous than un-refined, but the health concern about refined sea salt is the lack of iodine. According to Wikipedia:

“...sea salt generally lacks high concentrations of iodine, an element essential for human health... Iodized forms of sea salt are now marketed to address this concern...”

Body Balance: Five Element Shake

Again, the problem is that as consumers, we cannot be certain about the ratio and quantities of minerals or metals which should be present in only trace amounts. We can also not be certain about the possibility for invisible toxic chemicals from one brand to another.

Historically, before man polluted the oceans, salt water was very close to the composition of the human body. The ratio of water, minerals and trace elements were reflected in our body's optimal condition. However, with the gradual stripping away of minerals from the earth, and our reliance on packaged foods, our society now suffers from many illnesses and diseases that stem from the resulting imbalances.

Mercury provides a perfect example of this fact.

Our bodies require a small amount of mercury for optimum health, but too much is lethal.

And, what about the *chloride* in "sodium chloride?" "Clorox" illustrates exactly what happens with too much chloride (the same as chlorine); it becomes an acid, which is definitely ***not good*** for our health.

Body Balance: Five Element Shake

Even worse are the heavy metals inherent in sea water. These elements are naturally occurring in sea salt but in very small amounts. Depending on the area, massive amounts of heavy metals can be polluting the salt. Human ingestion of higher concentration of these metals can cause terrible health consequences, especially mercury.

[Himalayan Crystal Salt](#)

The best salt is [Himalayan Crystal Salt](#). It is not just a salt substitute, but is also a vital health supplement.

Himalayan crystal salt is over 200 million years old and has been protected by Mother Earth, deep in the ground. It is best known by the “Hunzas”, a legendary group of people from Northern Pakistan. The Hunzas are some of the most long-lived, disease-free people on the planet, with a significant number living well up to 135 years! The Hunzas drink 30 cups of tea daily, in which they place a chunk of crystallized rock salt. It is believed that their health is derived from the massive amounts of minerals contained in the salt they ingest (their water supply is also filtered naturally through the great salt deposits).

Body Balance: Five Element Shake

Himalayan crystal salt is the purest salt available and due to its composition, it is easily absorbed into the body. Some of Himalayan crystal salt's benefits are as follows:

- regulates the water content throughout your body
- normalizes blood-pressure (raising low pressure and reducing high pressure)
- balances excess acidity from your cells, particularly brain cells
- balances your blood sugar levels and helps reduce your aging rate
- generates hydroelectric energy in your cells
- helps with food absorption in your intestinal tract
- regulates your sleep – it's a natural hypnotic
- helps clear mucus and phlegm from your lungs
- acts as a strong antihistamine and helps clear up sinus congestion
- helps prevent muscle cramps
- helps prevent osteoporosis by firming bone structure
- maintains libido
- prevents varicose and spider veins on your legs and thighs
- stabilizes irregular heartbeats
- destroys a wide range of potentially harmful microbes, bacteria, protozoan, and parasites

Body Balance: Five Element Shake

It is well known among holistic practitioners that while vitamins can be easily supplied via supplements and a natural whole-food diet, mineral deficiencies are common, even among people on high quality diets. Mineral depletion of our top soil and the hybridization of our plant foods cause commercial produce to be extremely low in minerals.

Because natural salt provides all the elements the body needs, the body no longer craves salt and the natural balance of salt intake and elimination is re-established. Ills caused by excessive intake of sodium chloride disappear. You can enjoy the enhanced flavor of foods with salt that will add to your good health, naturally.

Of the 84 elements found in the human body, 72 are believed to be essential ingredients of a healthy diet. [Himalayan crystal salt](#) contains all of these essential ingredients.

Chapter Seven - Coral Calcium

Most people know that calcium is important for healthy bones. However, what most people *don't* know is that calcium is important for the health of every cell in our body.

Calcium does not work alone, however. In fact, there are 84 other essential nutrients, including vitamins, minerals (major, electrolyte and trace), enzymes and amino acids. Each of these elements works together, in a harmonic ratio that promotes excellent health and prevents disease.

More amazing benefits of coral calcium are as follows:

- prevents osteoporosis
- regulates cells for optimum performance
- helps the body with muscle contraction and hormone secretion
- cleanses arterial walls of plaques
- regulates nerve signals
- helps with DNA synthesis and cell division
- fights acidic terrain and balances your pH

Body Balance: Five Element Shake

Mineral depletion of our top soil and the hybridization of our plant foods cause commercial produce to be extremely low in minerals. Unfortunately, the soils used for commercial produce are no longer capable of transferring any nutritious value to the harvest, and this problem becomes life-threatening as we become older and need these nutrients to survive.

Society is bombarded by competing supplement manufacturers who with every good intention have made matters worse. People are so confused by the endless commercials, often with conflicting claims, that many people avoid nutritional supplements all together.

Even the most conscientious supplement consumer is fooled into pouring money down the drain. It is not the quantity of vitamins or minerals that you ingest, but the quality and ratio that reaches your cells that matters!

Coral calcium contains every mineral required by your body, and it has them in approximately the same ratio as your body naturally maintains.

The importance of choosing your calcium source from Okinawa corral fossils is especially important because it is “bio-available” which means that it instantly dissolves and absorbs into your body, even before it reaches your digestive tract.

Body Balance: Five Element Shake

And what's more, the people who live on Okinawa are incredibly long-lived, and scientists believe it is because of the mega doses of coral calcium their people ingest on a daily basis. The data from studying the Okinawa culture show a population who ages slowly, heals quickly and are resistant to disease.

Also, it has been discovered that taking coral calcium actually promotes healing. So, if you're deficient in calcium, any wound internally or externally will take a lot longer to heal if you don't have enough calcium in your body.

Another potential benefit for those of us with Lyme disease is that coral calcium appears to **help relieve MS symptoms**. It may also be an effective alternative to antidepressants for women (without the side effects).

Keeping your body working properly, helping prevent certain diseases, and speeding the healing and digestive processes -- calcium is vitally important to many parts of your health.

Another benefit of [coral calcium from Okinawa](#), is that it helps your body fluids pH to become balanced.

So when we look at all the benefits of coral calcium, it is clear why we include it in the Five Element Shake.

Chapter Eight – Flax Liquid Gold

Flax has been used for thousands of years for food, clothing, and linen but only recently have studies uncovered the nutritional benefits of Flax that has high levels of Omega-3 Fatty Acids, lignans (phytoestrogens), and fiber.

[Flax Liquid Gold](#) provides nutritional benefits that are important to overall health as well as being nature's most potent source of Omega-3 EFA. Studies show that Omega-3 EFAs support cardiovascular health and joint flexibility.*

When looking at flax products, it is important to recognize the nutritional differences found in various flax products, be it Flax Oil, or Flax Fiber.

Health benefits of [Flax Liquid Gold](#) are as follows:

Increase energy, performance, and stamina. EFAs enhance thermogenesis, help build muscle, prevent muscle break down and speed recovery from fatigue.

Body Balance: Five Element Shake

Strengthen the immune system. EFAs make hormone-like eicosanoids that regulate immune and inflammatory responses. N-3s (an EFA) have anti-inflammatory properties and can slow auto-immune damage.

Lower most risk factors for cardiovascular disease. EFAs (especially n-3s) lower abnormally high blood pressure levels, triglycerides, Lp(a), fibrinogen, tendency to form clots and inflammation.

Improve brain function (mood, intelligence, behavior and vision). Our brain is composed of over 60% fat. In various studies, depression and other brain diseases show decreased levels of n-3. EFAs are important components of the entire nervous system and are necessary to make the neurotransmitter, serotonin.

Aids weight reduction. EFAs help keep mood and energy levels up and suppress the appetite, thereby aiding in weight loss. More recently, EFAs have been found to block the genes that produce fat in the body (saturated and trans-fat do not have this same effect) and increase thermogenesis.

Body Balance: Five Element Shake

Regulate organs and glands. EFAs are needed for the liver, kidneys, adrenal gland and thyroid gland to work properly. EFAs are also needed for the production of male and female hormones.

Speed recovery and healing. EFAs are necessary for cell growth and division. They form all cell membranes and regulate vital cell activity.

Support healthy child development. For nervous system development, a growing fetus needs optimum EFAs from the mother's body. Mothers become depleted of EFAs during pregnancy, so they need optimal EFA intake for their own health, as well as for the health and development of their child.

Improve digestion. Poorly digested foods tie up the immune system and can cause gut inflammation, leaky gut and food allergies. N-3s improve gut integrity. They decrease inflammation and "leaky gut."

Decrease infection. EFAs have anti-fungal, anti-yeast and anti-microbial properties, helping to protect against infections.

Keep bones strong. EFAs aid in the transport of minerals that keep bones and teeth strong, helping to prevent osteoporosis.

Body Balance: Five Element Shake

Protect genetic material. EFAs regulate gene expression and n-3s inhibit tumor growth.

Ease symptoms of PMS. Studies indicate that n-6 (GLA) intake was voted by women among the top three most effective PMS treatments. N-3s may be even more effective in easing PMS symptoms.

Produce beautiful skin, hair and nails. Some of the first signs of EFA deficiency are dry, flaky skin, dull hair and brittle nails. N-3s can help skin conditions, such as eczema, psoriasis and acne. Also, GLA (n-6 derivative) administration is useful in combating atopic eczema.

NOTE: [Flax Liquid Gold](#) needs to be refrigerated along with your [Quantum Greens](#).

Chapter Nine – Quantum Greens

Doctors and nutritionists alike unanimously proclaim the importance of large amounts of fruits and vegetables in a healthy diet. However, finding the time to eat the recommended five to nine servings a day can be a daunting task.

[Quantum Greens](#), “the super liquid salad” contains every vitamin, mineral, and enzyme needed to sustain life. It has also been enhanced with adaptogenic herbs, cracked cell chlorella, 1000 mg spirulina, as well as fibers, Noni fruit and a variety of nutrient rich super foods.

In fact, cereal grasses contain every known vitamin, mineral, amino acid and enzymes to sustain life! The grasses are easily digested and guaranteed pesticide free and gluten free with all natural flavors.

Making [Quantum Greens](#) a daily habit will help you save money on fresh produce that rots before you can get to it, and on supplements that are included in [Quantum Greens](#), and provide the protection your body needs for optimal health and continual vitality.

Here are some of the health benefits of [Quantum Greens](#):

Body Balance: Five Element Shake

- Flavonoids are anti-inflammatory and anti-carcinogenic.
- Antioxidants combat free radicals and help counter cell damage.
- Chlorophyll (whole broken cell wall) enhances immunity and protects cells.
- It brings the “raw energy” of photosynthesis in an easily digestible form.
- Its alkalizing formula hydrates and detoxifies the body.
- It is easily digested, which preserves energy.
- It is completely absorbed, which enhances natural energy.
- It is a concentrated formula that super-charges the immune system.
- Phyto-nutrients release protective enzymes that help repair DNA.

[Quantum Greens](#) is formulated to bring you vital nutrient elements and easily digested protein. This alkalizing, energizing, and nourishing formula begins oxygenating your body.

[Quantum Greens](#) has four times the power of ordinary green powders with Barley grass concentrate (hordeum leporinum), oat grass concentrate (avena sativa), wheat grass concentrate (hordeum lep.), chlorella (whole; broken cell

Body Balance: Five Element Shake

wall) (*C. pyrenoidosa*), noni (fruit, seed) (*Morinda citrifolia*), coriander (leaf) (*Coriandrum sat.*), blue green algae (whole) (*Aphanizomenon flos-aquae*).

So this one product, [Quantum Greens](#) will provide all of the nutrients that your body requires (but rarely receives without processing toxins and preservatives added), while balancing your body's ecosystem to make it more difficult for Lyme and/or co-infections to grow.

The other benefit you will receive by adding Quantum Greens to your daily protocol is that you will require pure spring water or distilled water (64 ounces are ideal but 32 ounces is the minimum requirement).

So, in one quart (32 ounces) of water and one scoop of Quantum Greens satisfies your minimum water requirement. I mix two 32 ounce water jugs with Quantum Greens Mix – one for morning and one for afternoon to give my body extra power to fight Lyme disease!

It is easiest to prepare your [Quantum Greens](#) in advance in a water bottle so you can shake it up to keep the greens well mixed, and so you don't forget to drink it during the day at work or at home.

Chapter Ten – Body Balance

The “**Five Element Shake**” helps our body maintain its natural way of being.

Body balance is a requirement, now more than ever, for functioning in this dynamic and stressful world that we live in – without developing disease or illness.

Another aspect of body balance requires the understanding of the power of yin and yang.

The concept of two opposing yet complimentary forces is woven into the very fabric of traditional Chinese medicine.

Yin represents cold, slow or passive aspects of a person, while yang represents hot, excited and active aspects.

The theory is that total health is achieved by balancing yin and yang. In fact disease is actually caused by an imbalance between yin and yang which causes blockage in the flow of qi.

In Chinese philosophy, yin and yang are two principles or elements that make up the universe and everything in it.

Body Balance: Five Element Shake

Yin is believed to have the qualities of water--such as coolness, darkness, stillness, and inward and downward directions--and to be feminine in character.

Yang is believed to have the qualities of fire--such as heat, light, action, and upward and outward movement--and to be masculine.

In this belief system, people's yin and yang need to be in balance in order for them to be healthy, and tai chi is a practice that supports this balance.

In conclusion, we need to be aware of the forces of life that flows through us and use meditation or T'ai Chi to manipulate the flow of healing forces in our body while nourishing our bodies utilizing the powerful five elements, and packed full of every vitamin and mineral our bodies need to recover.

It is vitally important to make the practice of moving meditation a daily habit along with the "Five Element Shake" and Quantum Greens. This will support and improve our health, while giving us mental stability and emotional peace.

For information on the "Deluxe Five Element Shake" go to www.LymeDiseaseResorce.com/Deluxe_Kits.html .

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Disclaimer

The author of this book is not a health professional, nor is she licensed to practice medicine. This book is her opinion based on her research and personal experience.

The information contained herein is not intended to replace a one-on-one relationship with a qualified health-care professional and is not intended as medical advice. Always consult your physician before undertaking a new diet or exercise program.

No part of this book is intended to replace the advice or instructions of a licensed physician.

Don't proceed with any treatment protocol without the full support of your Lyme disease specialist. If you don't have one, please find one as soon as possible.

It is vitally important that you find and work with a Lyme disease specialist who can:

Body Balance: Five Element Shake

- Try different treatment protocols, and monitor which works best;
- Support you through potentially severe Herxheimer reactions;
- Manage various symptoms that persist during treatment;
- Evaluate whether parasites or co-infections are complicating your disease;
- Help you keep your sanity with emotional comfort and support;
- Present the most promising of emerging treatment protocols;
- Monitor and protect the function of your primary organs through recovery;
- Provide appropriate diet, exercise and supplements for total recovery.

For more information go to www.LymeDiseaseResource.com