



Doctors Beyond Medicine

5-TRACK PLAN

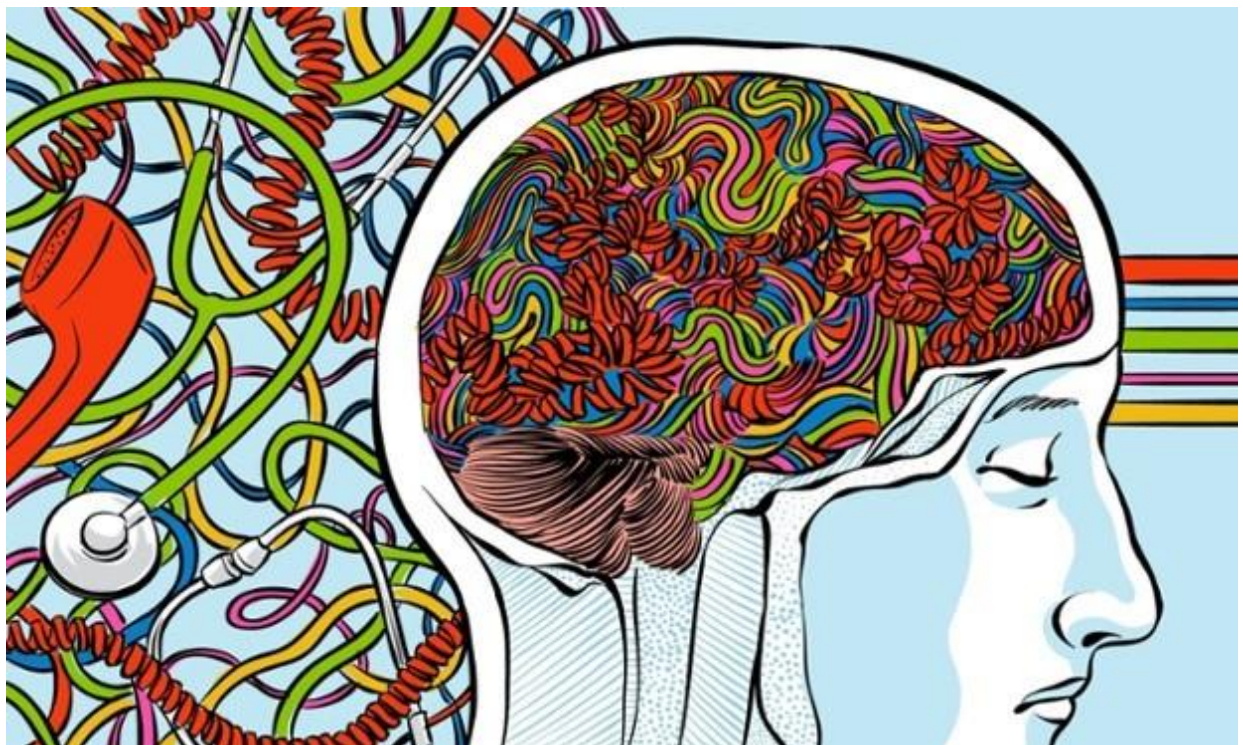
1. ENVIRONMENT MANAGEMENT PLAN

Doctors Beyond Medicine's Combined Health Plan consists of 5 individual health plans in which the Environment Management Plan is the first to be considered before any other plan. This plan serves to promote Brain function and decision making.



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|----|-------------------------------|------|
| 1. | Environment Management | Plan |
| 2. | Breathing and Visualisation | Plan |
| 3. | Organ Cleansing and Hydration | Plan |
| 4. | ImmunoClean Application | Plan |
| 5. | Nutritional Options | Plan |

The Alternative Physicians, Ethno-Medical Professionals, Psychologists and Medical Scientists of **DBM** specialise in advising how to bring the inner and outer world mechanics into balance to achieve better overall health. Our environment is a combination of our inner personal world and our outer material world, it is important to understand that to achieve good health. The environment of these two worlds - mental, spiritual and physical worlds, must continually be brought back into balance.



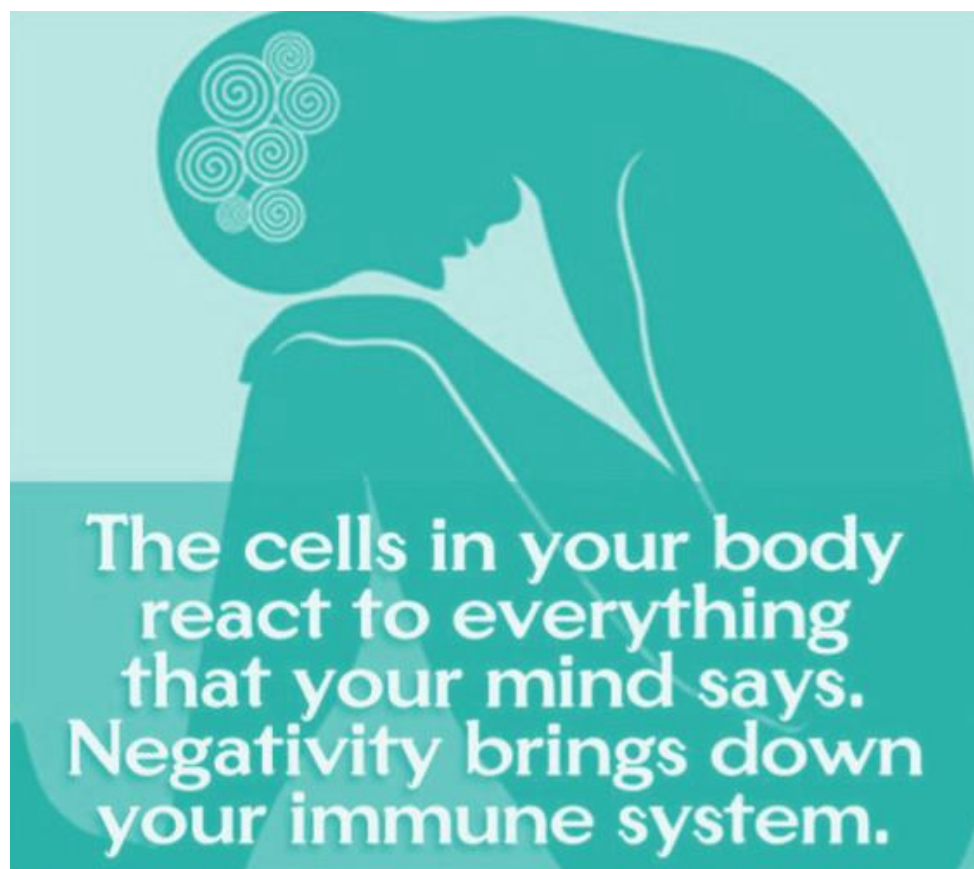
POWERFUL MIND CREATES THE ENVIRONMENT

The human brain is the pinnacle of creation and creative power in addition to controlling the physical body systems. It is the most complex organ in the human body.

The mind is a set of cognitive faculties including consciousness, perception, thinking, judgement and memory. The mind is the faculty of a human being's reasoning and thoughts. It holds the power of imagination, recognition and appreciation, and is responsible for processing feelings and emotions, resulting in attitudes and actions.

This command centre of the central nervous system, serves human beings with physical and cognitive abilities mainly based upon *perceptions* of the reality which affect how we manage, create and control the environment we live in.

The most important part of healing is investigating our perceptions and programming and harnessing the brain's capacity to change and create the environment inside and outside to create a state of health.



ENVIRONMENT & INNER TERRAIN CLEANSING



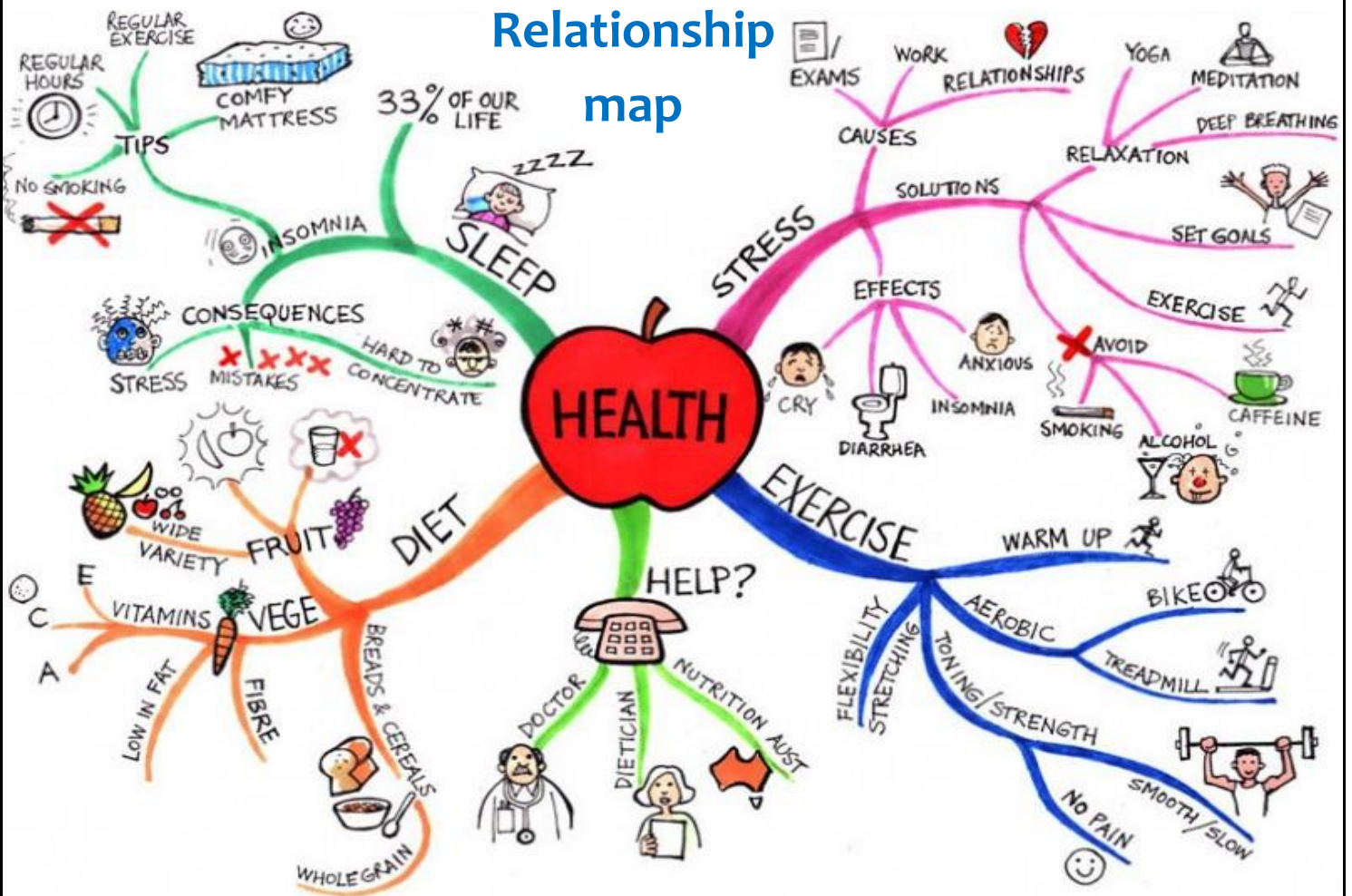
The environment plan focuses on cleaning and improving relationships between the inner (psychological and physical) and outer (material) worlds.

Multiple relationships exist that impact your Health.



- Relationship with yourself
- With family members
- With work colleagues in the work environment (Stress induced relationships?),
- With the food in your diet,
- With your biological clock defined by your sleeping patterns and conditions
- With your physique defined by your exercise and physical activity.

Relationship map



- identify all these relationships.
- Then map them and clean it up given the brain power you possess.
- Write down 10 things that give you pleasure for example: massage, meditation, sauna, exercises etc. and do at least 1 every day.

SOUL CLEANSING

Soul cleansing recognizes our self-deception and the impact of self-examination in ridding ourselves of the spiritual toxins that invade our souls. Is your life polluted with anger, apathy, laziness, rage, hate, greed, harshness, forgiveness, bitterness, worry, anxiousness, depression, joylessness, distrust, etc.? These are toxins infecting your soul. Dealing with these endotoxins is vital to recovering from life threatening conditions.



- Write down what causes you these emotions and who.
- Identification is the start to addressing and change.



HEALTHY CLEAN RELATIONSHIPS

Restoring neglected inner, external personal and professional relationships are clinically proven to have a profound impact on recovering from life threatening conditions. Of the biggest causes for cancer is loneliness.



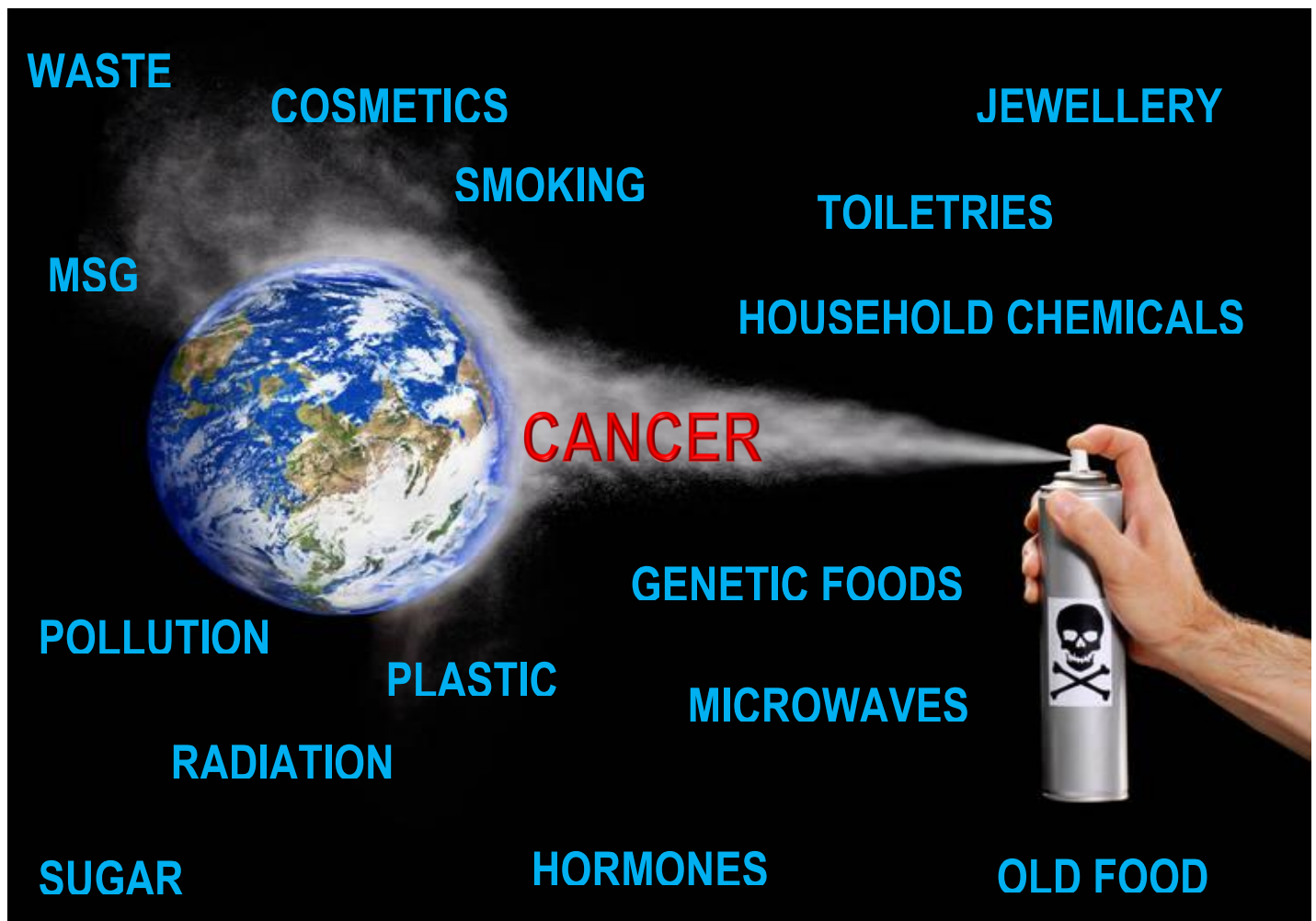
- DBM Practitioners are trained in Emotional Healing and Psychological Counselling.



CLEAN YOUR PHYSICAL ENVIRONMENT

Our lives are saturated with consumer items to the point where we are almost imprisoned by them. We are often unaware of how toxic many of these daily consumables are and what devastating effects they have on our own health and the environment.

From toothpaste, shampoos, make-up, toiletries, cleaning materials and chemicals we use in and around the house, to the jewellery we wear; our microwaves, the left-overs and old food kept in the fridge, the food we eat, the sugar and artificial compounds in foods we consume all have a toxic effect on our health. Add to this the mercury in our dental fillings, the antibiotics we take, the genetically enhanced and pesticide-laden crops, the fast nutritionally-deficient foods we eat, the hormones in animal products and chronic stress all continue to add fuel to the fire. There is an endless list of things that are toxic and detrimental to our health and the environment, so one could say that by our own hands we are creating cancer in our bodies.



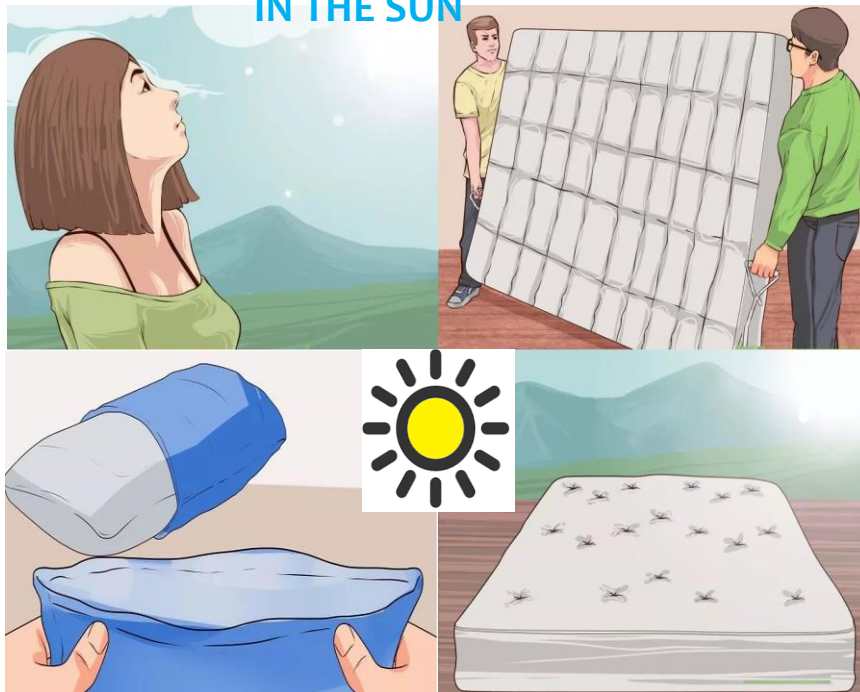
AIRING THE MATTRESS AND PILLOWS IN THE SUN REGULARLY

Airing the mattress and pillows by putting them out into the sun regularly is a crucial but often neglected aspect of home care. Mattresses and pillows which are aired regularly directly in the sun have fewer allergens and germs than those which are not aired.



- Pillows must be vacuumed or beaten without the pillow case on, to remove dust.
- Place them in the sun for 1-2 hours, twice a week.
- Change the linen on your bed once a week.
- Leave the mattress in the sun for about 6 hours, once a month.

IN THE SUN



AIRING MATTRESS AND PILLOW AND PILLOW CASE



WASH AND CLEAN LINEN AND CLOTHING EVERY WEEK

The human body carries 72 million bacteria per square inch on the skin, especially beneficial and protective bacteria. In addition to the 100 trillion human cells, both bacteria and human cells live and die in cycles and the dead matter ends up on your linen and clothing. Regular bi-weekly washing of linen and clothing is important to remove dead organic matter to maintain a clean living environment and optimum health.

Friendly Bacteria & Dead Cells



AIRING CLOTHES AND LINEN WEEKLY



HYDRATION

It is so important to stay hydrated. Your body depends on water to survive. Every cell, tissue, and organ in your body needs water to work correctly. For example, your body uses water to maintain its temperature, remove waste, and lubricate joints. It also helps transport nutrients to give you energy and keep you healthy. If you're not properly hydrated, your body can't perform at its highest level.

Every cell in the human body requires water. Hydration is central to the most basic physiological functions such as regulating blood pressure and body temperature, hydration and digestion.

Some of the most remarkable benefits of hydration are listed below:

- **Brain**
Adequate hydration is important for proper functioning of the brain. When we are well hydrated, brain cells are better supplied with fresh, oxygen-laden blood, and the brain remains alert. Mild dehydration, a 1% to 2% loss in body weight, can impair the ability to concentrate. Loss of more than 2% body weight due to dehydration can affect the brain's processing abilities and impair short-term memory.
- **Cells**
Hydration in the body is important for transporting carbohydrates, vitamins, minerals and other important nutrients and oxygen to the cells. The cells then produce energy for the body to function. Furthermore, hydration facilitates disposal of the waste products of metabolism, enabling the right cellular chemical function.
- **Digestive Tract**
Hydration plays an important role in the digestion of food and the absorption of nutrients from the digestive tract. Water is required to dissolve nutrients so that they may be absorbed into the bloodstream and delivered to the cells. Insufficient hydration will slow the digestive process and chronic poor hydration can lead to constipation.
- **Heart**
Fluids are important for healthy heart function and the correct regulation of water balance is essential to keep blood pressure within the healthy range. Dehydration decreases cardiac output which may lead to increases in heart rate and a fall in blood pressure. The circulatory system delivers a constant supply of oxygen to the brain, muscles and to all other tissues.
- **Kidneys**
An adequate water intake is essential to keep the kidneys working well, helping them to remove waste products and excess nutrients mainly via urine. The kidneys regulate the body's water levels by increasing or decreasing the flow of urine. The kidneys also work to control normal levels of sodium and other electrolytes. A well-hydrated healthy person's kidneys filter approximately 180 litres of water each day: clearly most of this must be reabsorbed to prevent excessive losses from the body.

- **Muscles and Joints**

Water acts as a lubricant for muscles and joints; it helps cushion joints and keeps muscles working properly. Muscles and joints, in addition to the bones, are necessary for us to stand, sit, move and carry out all daily activities. Approximately 70 to 75 percent of the muscle is made up of water. Maintaining the right water balance is essential for optimum muscle function.

- **Skin**

The skin constitutes a defence against pathogenic agents and contributes to preventing the development of infectious and allergic processes. Some people believe that good hydration helps to moisten body tissues and preserve the skin's elasticity, softness and colouring though this has not been researched adequately.

- **Temperature**

The body water has an important role as a thermos-regulator, regulating the overall body temperature by helping dissipate heat. If the body becomes too hot, water is lost through sweat and the evaporation of this sweat from the skin surface removes heat from the body. Sweating is the most effective way that the body prevents itself from overheating.



- **Drink a glass of water with fresh lemon juice early morning after waking up on an empty stomach.**
- **Continue drinking at least 2 litres of electrolyte, mineral rich water throughout the day.**



WHOLE ALIVE FOODS

Eating a wide variety of wholesome, life-filled, fresh and colourful fruits and vegetables is crucial for changing the body's internal terrain. Nutrient-dense and naturally detoxing and revitalising foods in their most whole and natural form is crucial to good health.

Starting one's own herb or leafy greens garden offers the most nutrient, energy and electron-filled nutrition possible.



- Growing fresh sprouts as part of your lifestyle overcomes many of the nutrient deficient challenges from the commercially bought foods.



EXERCISE

The benefits of exercising are well known. Walking as a family or with friends as well as eating together as a family matters. This also provides a platform to clean up and strengthen relationships. Studies have shown that people with close family bonds live longer than those without it.



- Regular exercise like walking for 20-minutes minimum 3 x times per week, is recommended under this health plan

FAMILY EXERCISE



FAMILY MEALS WITH WHOLESOME FRESH FOODS



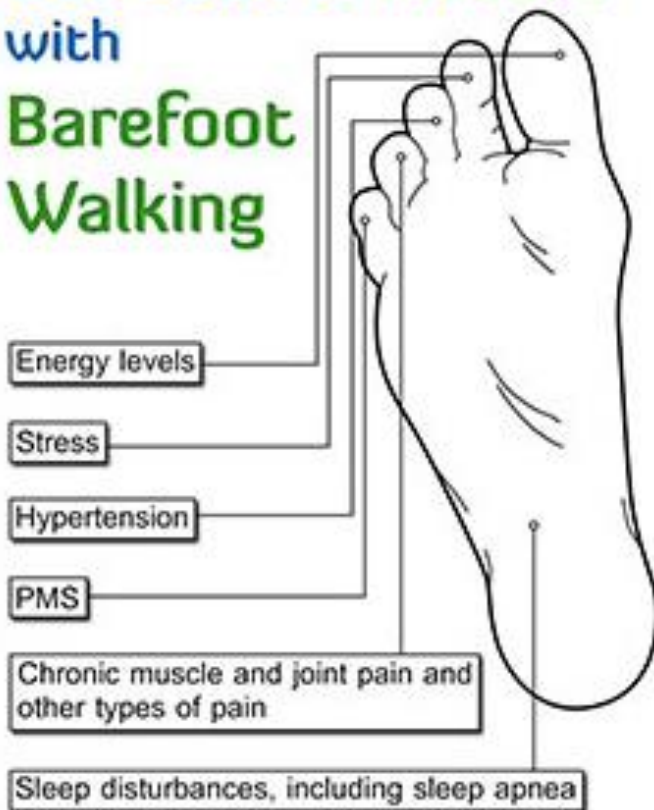
WALKING BAREFOOT AND EARTHING

As children, we had freedom and we lived barefoot in the way nature intended for us to walk. As we grow older we lose that sense of freedom and get trapped in a man-made society dictated by false fashion standards and eventually imprison ourselves as we lose our natural identity. Our feet and the skin under it are the gateways to wellbeing. By walking bare feet, we discharge an overload of harmful trapped electrical currents that flow through our bodies. It continues to harm our body when we close these gateways by always wearing shoes.

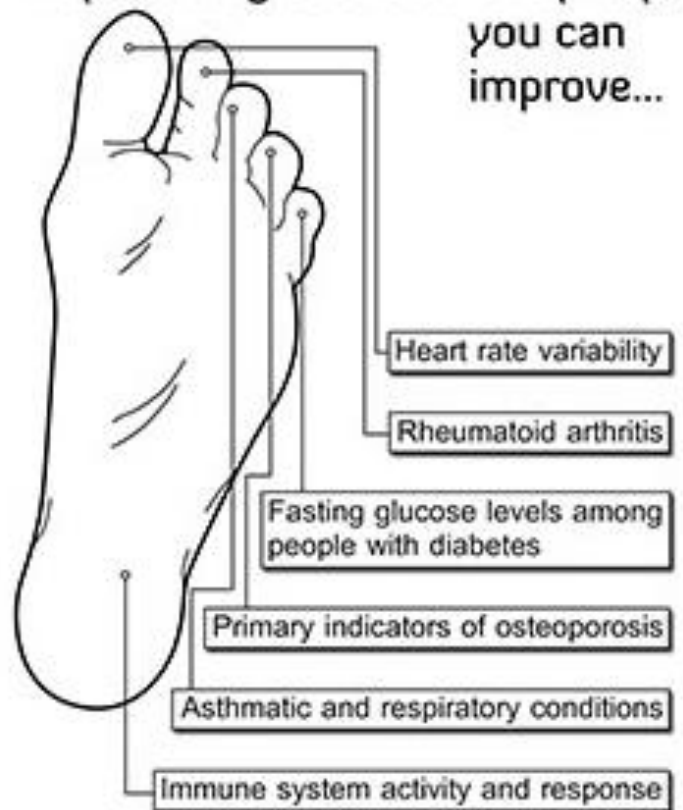


- Spend at least 15-20 minutes a day walking bare foot, if you are unable to go barefoot the entire day, due to work or other obligations.
- Do this first thing in the morning when you have 'quiet' time, as a form of meditation.
- Make a point of removing your shoes immediately you have returned home.

Get Back to Nature with Barefoot Walking



...by walking barefoot every day,
you can
improve...



SUFFICIENT SLEEP

A major cause of poor sleeping is due to an imbalance in the gut bacteria inhibiting the conversion of serotonin into melatonin and thus corrupting the biological rhythm of sleep and depriving the body from opportunity to recover and regenerate at night. Irregular and bad sleeping patterns are restored under the DBM Protocols.



- 8 Hours sleep every night is important to provide the human body opportunity for restoration.

WHAT TOO LITTLE SLEEP DOES TO YOUR BODY



Colds.

A study of 164 healthy people found that those who slept <5 hours per night were **more likely** to get a cold compared to those who slept 7+ hours, regardless of demographics and weight.



Tummy troubles.

Not sleeping can make the symptoms of **Inflammatory Bowel Disease** and acid reflux worse and may put you more at risk of developing IBD and **inflammatory bowel syndrome**.



Difficulty learning.

Sleep deprivation **interferes** with our ability to **remember and process** new information. Researchers recommend **pushing back** early work and school start times to help ensure we get **enough sleep**.



Irritability and mood swings.

Researchers found that interruptions and disturbances tend to **bother us more** when we haven't slept.



Headaches and migraines.

Research links **poor sleep quality** to migraines and sleep apnea to headaches.



Depleted sex drive.

Getting enough sleep is important for promoting **healthy sexual desire and genital response**. It also appears to play a role in **how often** we engage in sexual activity with our partners.



Poor vision.

Sleep deprivation is linked with **tunnel vision, double vision, and dimness**. The longer you're awake, the more **visual errors** you'll see and the more likely you are to **hallucinate**.



Weight gain.

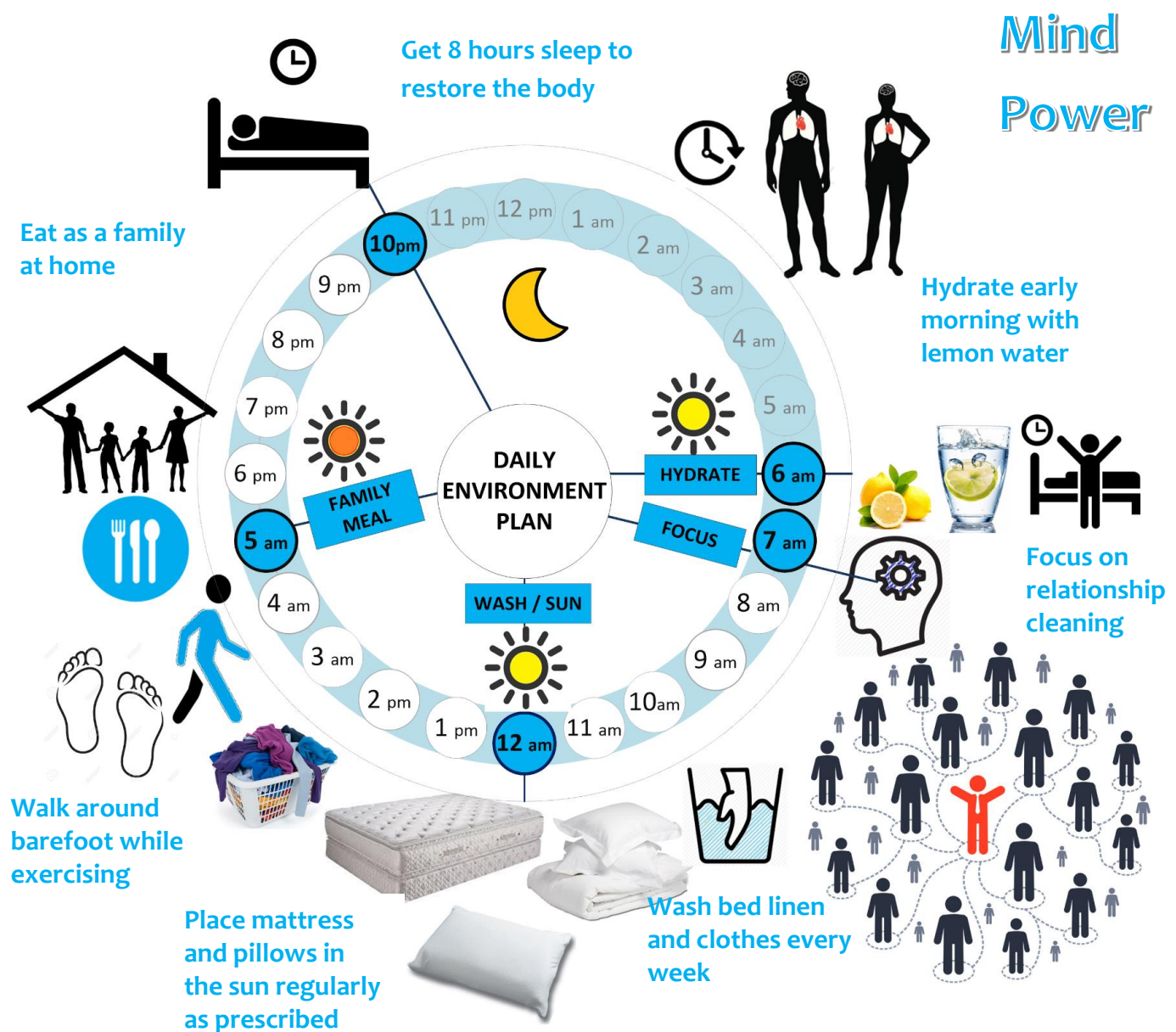
When we don't get enough shut-eye, researchers found, we also tend to snack more and pick **calorie-rich foods** over lighter ones—especially for kids.

WEEKLY / DAILY ENVIRONMENTAL PLAN

The human brain has a tremendous capacity to understand, manage and influence its environment. Taking responsibility for choices is primary in affecting all relationships whether it is health, personal, business or any other. We start in early morning by hydrating our cells to give our system a cleansing boost before focusing in silent breathing and reflection on the dynamic relationships we wish to unfold into for the rest of the day.



- Following the below prescribed basic rules will go a long way in bringing balance to inner and outer worlds of our lives and lead to improved well-being



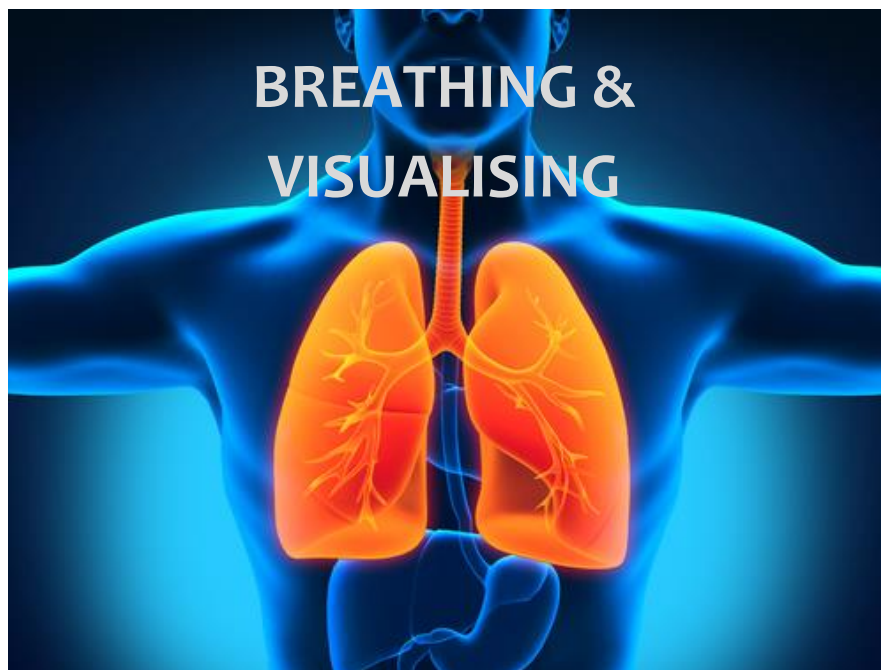
2. BREATHING AND VISUALISATION PLAN

Doctors Beyond Medicine's Combined Health Plan consists of 5 individual health plans in which the Breathing and Visualisation is the 2nd Plan and serves the Mind, Lungs, Lymphatic and Vascular Systems and overall health.



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The first rule of life is breath. We can go without food for days, we can go without water for days, but we cannot go without breath and oxygen for longer than a few minutes.



All life forms are composed of trillions of tiny living units called cells, each requiring a continuous source of energy. Our body's tissues and organs are composed of these cells and they must function properly to keep us alive. The nutrients supplied by the food we eat act as fuel but food must be converted into a form that these individual cells can use or we would die. Thus, the process of respiration occurs within the cell mitochondria where nutrient fuel is burned with oxygen to release energy.

The nose, trachea (windpipe), lungs, circulatory system, and attending muscles all act to transport oxygen from the air we breathe to make it continually available to individual cells. It stands to reason, that an insufficient supply of oxygen to meet the body's energy demands would result in a reduction of cellular functioning or even death.

RELEARN HOW TO BREATHE

One breathing cycle is about 30 seconds long and consists of the following 4 steps



1. Inhale deeply for up to seven (7) seconds.
2. Hold that inhaled breath for seven (7) seconds.
3. Exhale through the mouth for seven (7) seconds
4. Hold that the exhaled breath for seven (7) seconds.
5. Repeat steps 1 – 4 seven times per session and at least five times during the day.

STEP 1

Inhale deeply and slowly for a count of 7-seconds.

STEP 2

Hold inhaled breath for a count of 7-seconds.

STEP 3

Exhale breath slowly and for a count of 7-seconds.

STEP 4

Hold exhaled breath for a count of 7-seconds.

STEP 5

Repeat steps 1 to 4 three to seven times per session.



Shallow breathing prevents the body from getting enough oxygen. Many people fail to **breathe** in deeply when they feel tense, which is one reason they may feel tired at the end of a stress-filled day. The general principles of correct breathing are to make it deeper, slower, quieter, more regular.

Benefits of Effective Breathing



- strengthens the immune system,
- reduces heart rate and cardiovascular risk,
- lowers blood pressure
- improves circulation,
- reduces anxiety and depression,
- helps with weight loss
- improves digestion,
- improves concentration and memory,
- reduces pain and headaches,
- ultimately ensuring more energy delivery throughout the body.



Breathe in



Breathe out

HOW TO TEST YOUR OWN BREATHING TECHNIQUE

How to check one's predominant automatic breathing technique? Do you usually breathe using the belly and diaphragm or chest at rest?

Self-test or simple breathing exercise.



- Put one hand on your stomach (or abdomen) and the other one on your upper chest (see the picture on the right).
- Relax completely so that your breathing dynamic has little changes. (We want to know more about your usual unconscious breathing.)
- Pay attention to your breathing for about 20-30 seconds.
- Take 2-3 very slow but deep breaths to feel your breathing in more detail.



Now you know about your usual breathing technique. To be certain, you can ask other people to observe how you breathe when you do not pay attention to your breathing (e.g., during sleep, while reading, studying, etc.).



Exercise 1. Diaphragmatic breathing exercise to check your ability to move the diaphragm

Diaphragmatic breathing exercise 1: Check your ability to move the diaphragm. Put your hands on your body as in the picture above. Try to push out your lower hand (which is on the belly button or navel) with your abdominal muscles. Can you breathe using your belly only so that your rib cage and upper hand do not move?

Warning. It is vital for your health, abdominal breathing, good blood oxygenation, and respiratory and GI health to have a straight spine 24/7. Correct posture encourages abdominal breathing, while slouching prevents belly breathing.



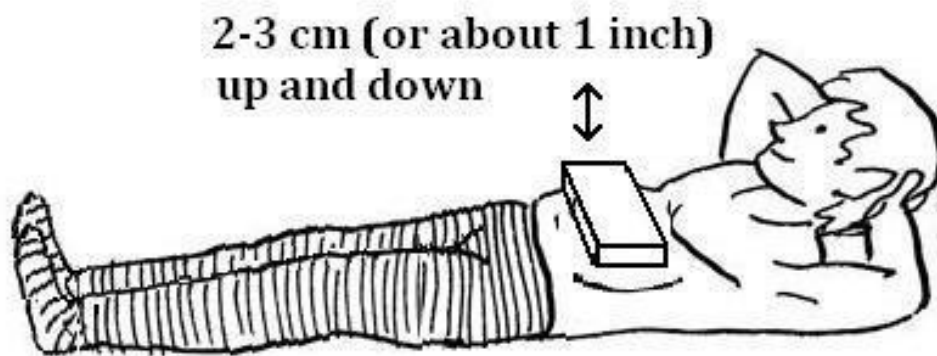
Exercise 2. Abdominal respiratory exercises with books

Take 2-3 medium weight books or one large phone book and lie down on your back with the books on your tummy. Focus on your breathing and change the way you breathe so that 1) you can lift the books up about 2-3 cm (1 inch) with each inhalation and then relax to exhale (the books will go down when you relax to exhale) 2) your rib cage does not expand during inhalations.

Repeat this diaphragmatic breathing exercise for about 3-5 minutes before your main breathing exercises to reconnect your conscious brain with the diaphragm. You can practice this exercise for some days until you are sure that diaphragmatic breathing is the usual way to breathe during the breathing sessions.

For some people with persistently tense diaphragms, who in addition have problems with slouching and constipation, magnesium can be an additional assisting factor. (A lack of magnesium leads to spasm and tension in body muscles.)

If the diaphragm is still not the main muscle for your automatic breathing, and/or you have doubts about your ability to keep your chest relaxed during breathing exercises, apply this ultimate solution.



www.NormalBreathing.com

VISUALISATION AND BRAIN PROGRAMMING

It takes practicing something for 5 consecutive days to form a new neuronet, 28 days to cement the pathway and 6 months to make it second nature, on average. As the brain creates the messages the cells and the organs will correspond. Our thoughts are not abstract fictional files that appear out of nowhere and disappear into the unknown.

Each thought is carefully constructed and will have a destination address and an action associated to it. If you consciously use your brain to instruct your cells to be positive or healthy it will correspond. The brain sends messages in images. Focusing on the images you want in your mind's eye, helps to reprogram and reform the body. Eventually our thoughts transcend to reality as the cells become in concert to the instructions and transforms the internal and external environment to match the message from the brain. The mind is a very powerful mechanism to use in the treatment of life threatening diseases to overcome medical boundaries but the opposite is also true if programmed negatively.



- **STAY FOCUSED ON HEALTHY BODY IMAGE IN MIND FOR 2-3 MINUTES at a time several times per day, especially as you wake up and just before you go to sleep.**



DAILY BREATHING AND VISUALISATION PLAN

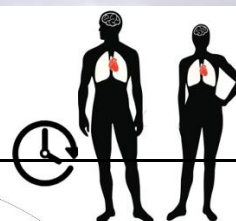
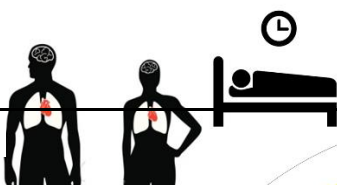
Daily routine is a combination of breathing exercises and mental visualisation and prayers. The routine starts at 6 am in the morning and continues until 8 pm in the evening. Exercises can be alternated from said methods, but repeat a set / type of exercise at least 28 consecutive days.



1. Inhale a deep and slow diaphragm breath for 7 seconds and visualise a desired life condition in the form of a picture.
2. Hold the inhaled breath for 7 seconds and keep the holographic picture in focus.
3. Exhale the breath fully and slowly for 7 second count and keep the desired picture in your mind's eye
4. Hold the exhaled breath for 7 seconds and reaffirm the mental picture of your focus in your mind's eye.
5. Repeat at 6 am (as you wake up and are still in bed), 10 am, 2pm, 6pm and 8-10 pm (as you lie down to sleep to program you dream state with desired functions the brain and body will perform as you rest.



Repeat Breathing
and Mindful
Focus Exercise



Repeat Breathing
and Mindful
Focus Exercise

3. ORGAN CLEANSING AND HYDRATION PLAN

Doctors Beyond Medicine's Combined Health Combined Health Plan consisting of 5 individual health plans. Organ Cleansing and Hydration is the 3rd plan and serves to clean the Liver, Kidneys and Gut Environment.

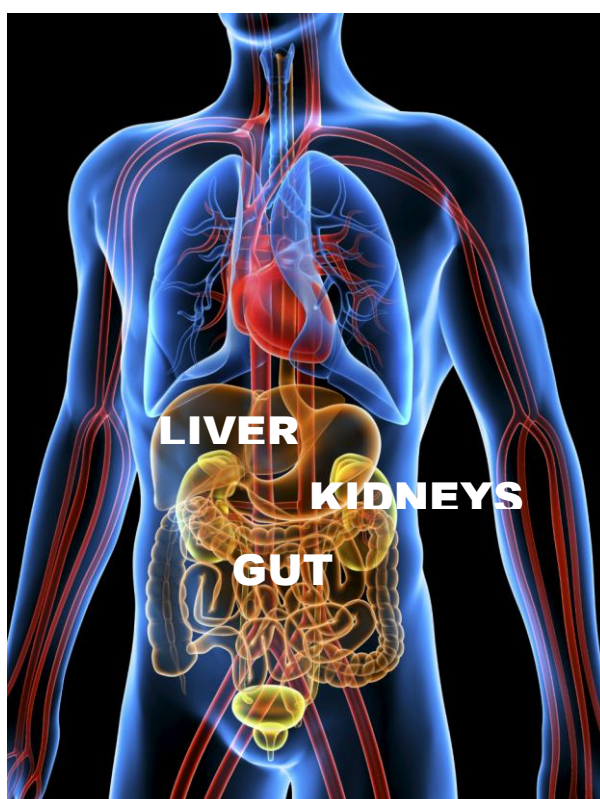


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LIVER, KIDNEYS, LYMPH AND GUT

Vital organs such as the Liver and Kidneys are critical for filtering and removing toxins from the body. The Liver is an incredible machine that filters 7 litres of blood every minute and the gut processes close to 1 ton of food every year. It is not surprising that this amount of food traffic and dirty blood creates large deposits of toxic waste along this filtering system.

To support these organs in their natural functions and to aid in the removal of excessive toxins from today's lifestyle and exposure, the following protocols form the basis of the cleaning and hydration plan.



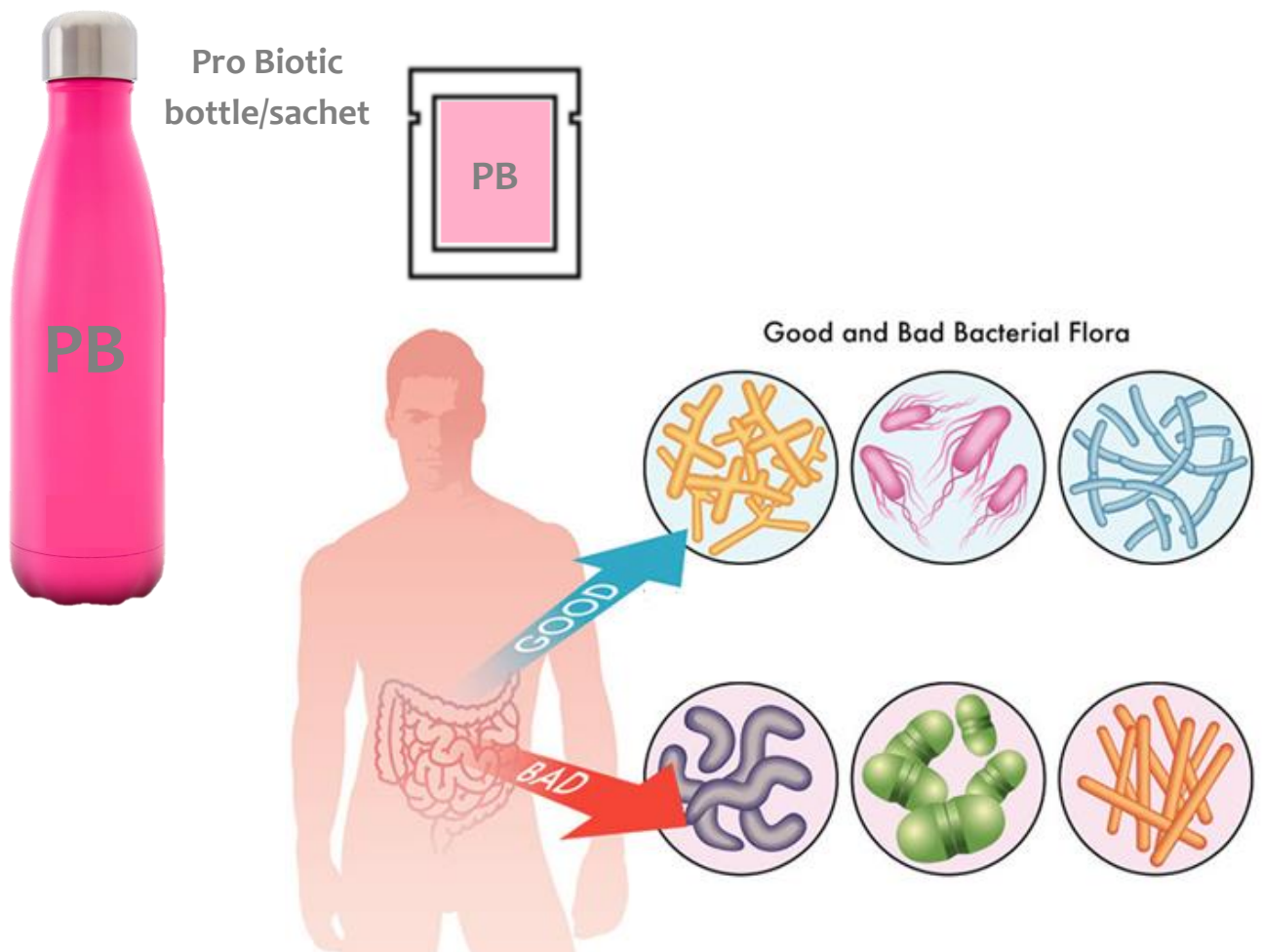
INNOVATIVE CLEANING AND HYDRATION PLAN STEPS



- Innovative colon and liver cleansing
- Hydration techniques
- Addition of Pro Biotic
- Breathing and exercise that falls under the environment plan (lymph cleansing)

PROBIOTIC

A healthy human gut carries around 4kg of tiny living organisms called bacteria that balances the gut environment. An unbalanced state in the gut occurs when good bacteria is depleted or the gut becomes toxic due to a dominance of bad bacteria. DBM developed a liquid packed in sachets that replaces the depleted good bacteria to and balance the gut environment that in turn ensures a strong immune system.



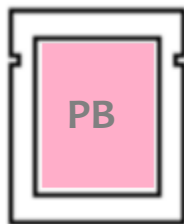
HYDRATION OPTIONS

Cellular Hydration's critical role is multifunctional. It acts as the body's premiere source of oxygen to every cell in our body while supporting bio-energy transfer between cells and serving to detox and flush the cells from free radicals and harmful toxins.

DBM suggests a routine of hydration techniques that includes



- Mix a half ($\frac{1}{2}$) teaspoon of coarse Pink Himalayan salt into a glass bottle filled with 2L water to be consumed daily.
- Continue daily with the liquid Pro Biotic
- Homemade herbal teas are prescribed as it is a highly effective hydrating and cleansing medium.
- The Daily Cleansing and Hydration plan must be consulted for the appropriate times of drinking each of the mentioned.



Pro Biotic Bottle/sachet



Salted Water

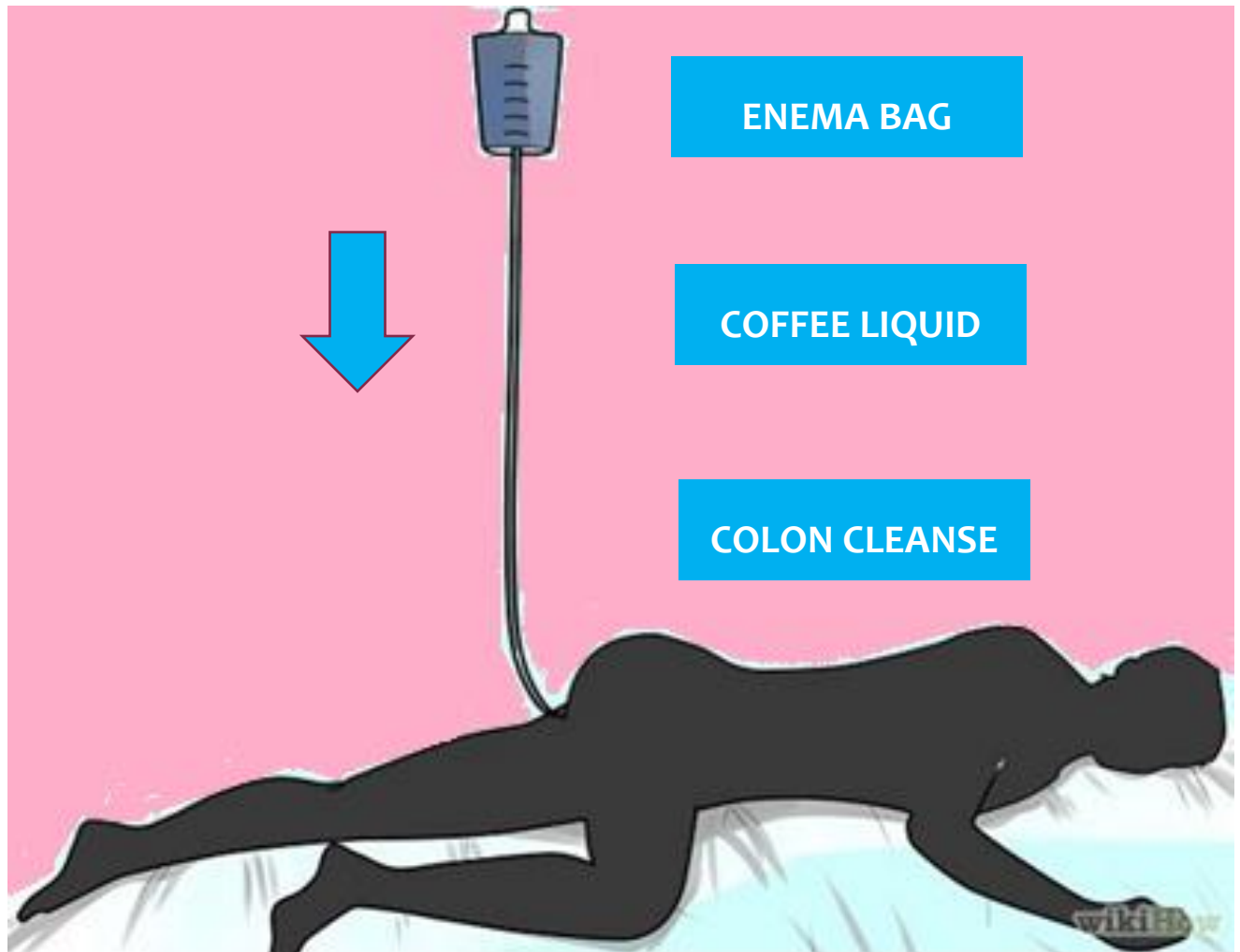


Herbal Teas

COLON CLEANSE

This highly effective routine is done by connecting a suspended container filled with coffee through a tube into a patient's anal opening.

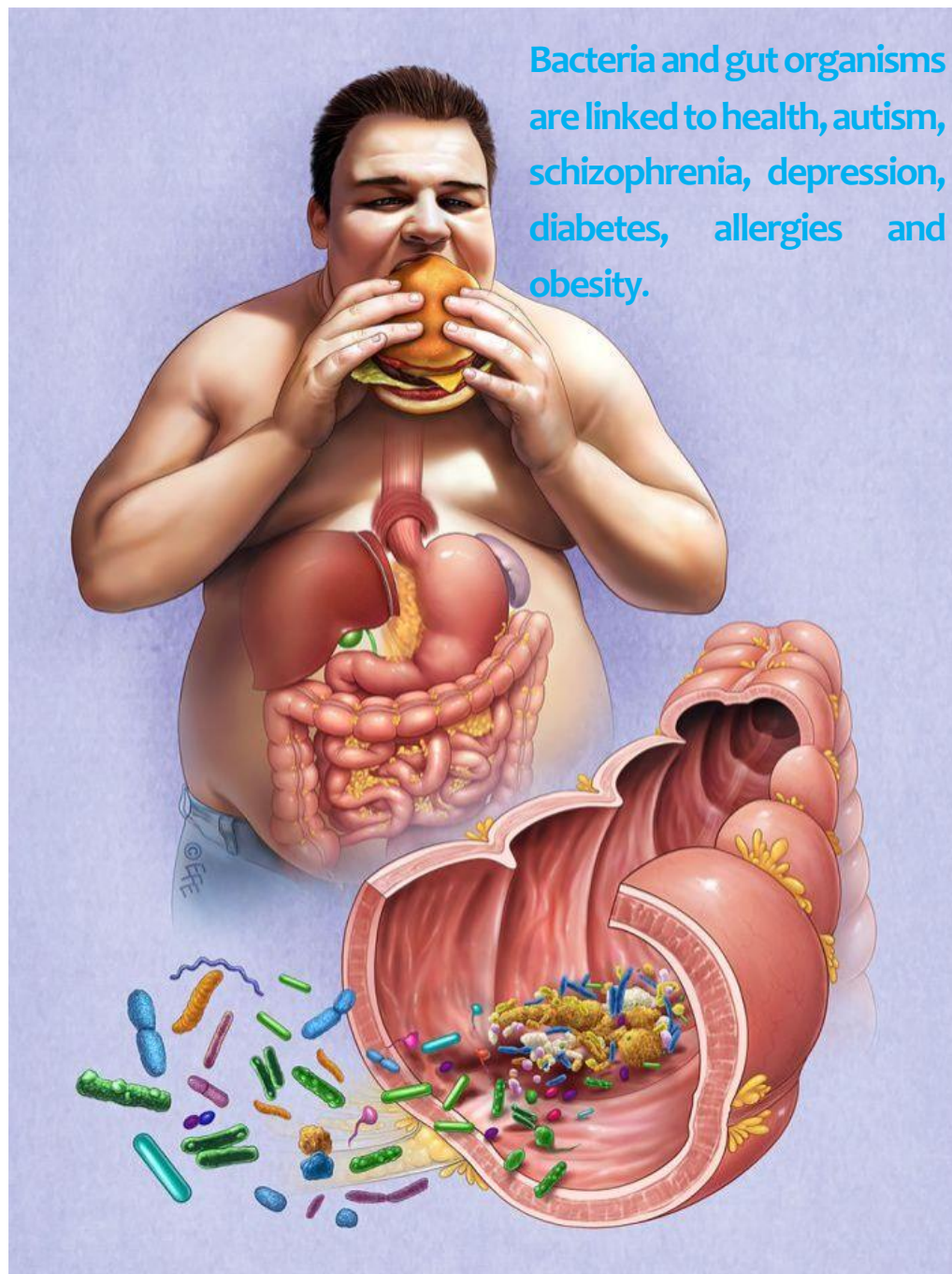
The coffee entering the colon will trigger a liver response and exit toxins as well as blocked material in the colon. The result ensures a Liver/Kidney and Gut cleanse. For full details on the Colon Cleanse see this brochure: Coffee Enema Instructions in the [Liver Cleanse Section on Page 50](#) of this booklet.



WHY WE GET SICK

Bacteria and gut organisms are linked to health, autism, schizophrenia, depression, diabetes, allergies and obesity. They outnumber us 100 trillion to one. The number of bacteria and other organisms in the human gut, known collectively as microbiota, are thought to be approximately 10 times more numerous than the entire number of cells in the body.

They have been described as an organ of the body and could hold the key to preventing or treating obesity, asthma, diabetes, autism or schizophrenia. While bacteria have evolved to live in humans, the human body has also evolved to cater to the bacteria and other organisms living within us.



Bacteria and gut organisms are linked to health, autism, schizophrenia, depression, diabetes, allergies and obesity.

Daily routine is a combination of liquid hydration techniques including DBM Pro Biotics, 2L Salted Water and Homemade Herbal Teas at regular intervals. The routine starts at 6 am in the morning and continues until 9 pm in the evening. The colon cleanse coffee enema is administered early morning around 9 am. Enema bags can be purchased through DBM.

**Drink a teaspoon
of ProBiotic
before Meals**

Allow the body/colon to recover overnight

ORGAN CLEANSE & HYDRATION



4. IMMUNOCLEAN APPLICATION PLAN

Doctors Beyond Medicine's Combined Health Plan consisting of 5 individual health plans. The ImmunoClean Application is the 4th plan and serves to support the immune system and clean the blood. ImmunoClean is the foundation of all the programs run by DBM Practitioners and a vital aspect of regaining health.



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IMMUNE SYSTEM SUPPORT AND BLOOD CLEANSING

Overall, your immune system does a remarkable job of defending you against disease-causing microorganisms. But sometimes it fails: A germ invades successfully and makes you sick. Is it possible to intervene in this process and make your immune system stronger? What if you improve your diet? Make other lifestyle changes in the hope of producing a near-perfect immune response?

By following the **5-Step Plan**, cleansing the body, providing it with good nutrition, ensuring your gut is healthy and that you remain well hydrated – this vital step ImmunoClean **Application Plan** will ensure your immune system receives support throughout the process of regaining your health.

ADOPT HEALTHY-LIVING STRATEGIES

Your first line of defense is to choose a healthy lifestyle. Following general good-health guidelines is the single best step you can take toward keeping your immune system strong and healthy. Every part of your body, including your immune system, functions better when protected from environmental assaults and bolstered by healthy-living strategies such as the 5-Step Plan. Additional reminders for a healthy lifestyle are:



- Don't smoke.
- Eat a diet high in fruits, vegetables, and whole grains, and low in saturated fat.
- Exercise regularly.
- Maintain a healthy weight, by choosing the correct foods.
- Control your blood pressure by eating the correct foods and remaining hydrated.
- Do not drink alcohol
- Get adequate sleep.

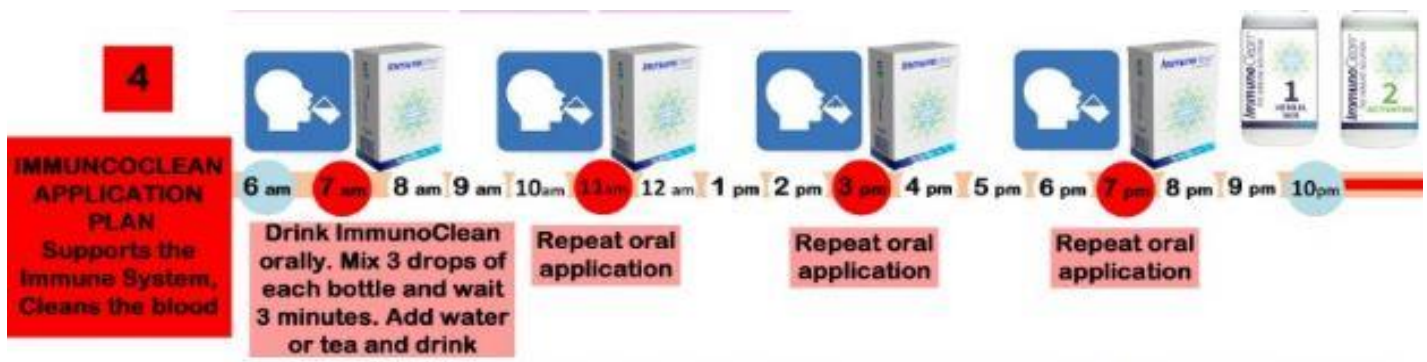
THE DAILY IMMUNOCLEAN APPLICATION PLAN

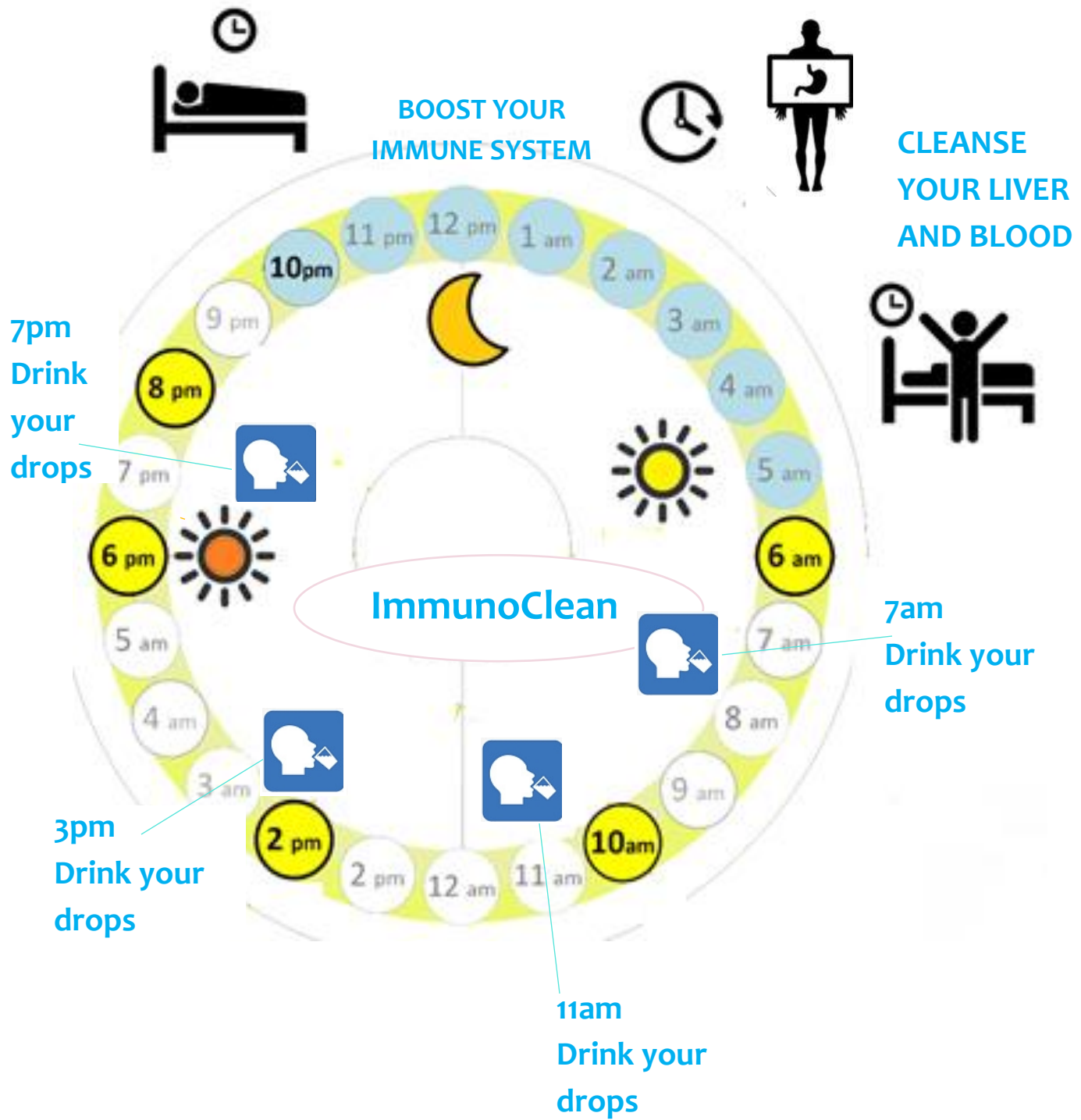
Daily routine is a combination of liquid hydration techniques including DBM Pro Biotics, 2L Salted Water and Homemade Herbal Teas at regular intervals. The routine starts at 6 am in the morning and continues until 9 pm in the evening. The colon cleanse coffee enema is administered early morning around 9 am. Enema bags can be purchased through DBM.

Drink your drops as prescribed by your Health Practitioner. A Standard daily dose would be 3 to 4 times daily as follows:



- 7am drink your 1st dose of ImmunoClean
- 11am drink your 2nd dose of ImmunoClean
- 3pm drink your 3rd dose of ImmunoClean
- 7pm drink your 4th dose of ImmunoClean





5 NUTRITIONAL OPTIONS PLAN

Doctors Beyond Medicine's Combined Health Plan consists of 5 individual health plans. Nutritional Options is the 5th plan and equally as important as plans 1 to 4. It serves to provide the body with all the essential nutrients it needs to function at optimal levels.



- | | |
|----------------------------------|------|
| 1. Environment Management | Plan |
| 2. Breathing and Visualisation | Plan |
| 3. Organ Cleansing and Hydration | Plan |
| 4. ImmunoClean Application | Plan |
| 5. Nutritional Options | Plan |

For thousands of years, humankind has relied on nature (God's kitchen) to provide itself with food and medicines derived directly from plants to sustain life and health. But over the past 100 years, humans have dangerously interfered in the genetic coding of nature by creating synthetic medicines and genetically modified, toxic and processed foods under rogue controlling monopolies over these industries.

The most powerful cures for disease are not created in a lab but by nature and can even be the common cabbage that is available at your local vegetable store for very little expense.

Natures Kitchen



cabbage farm

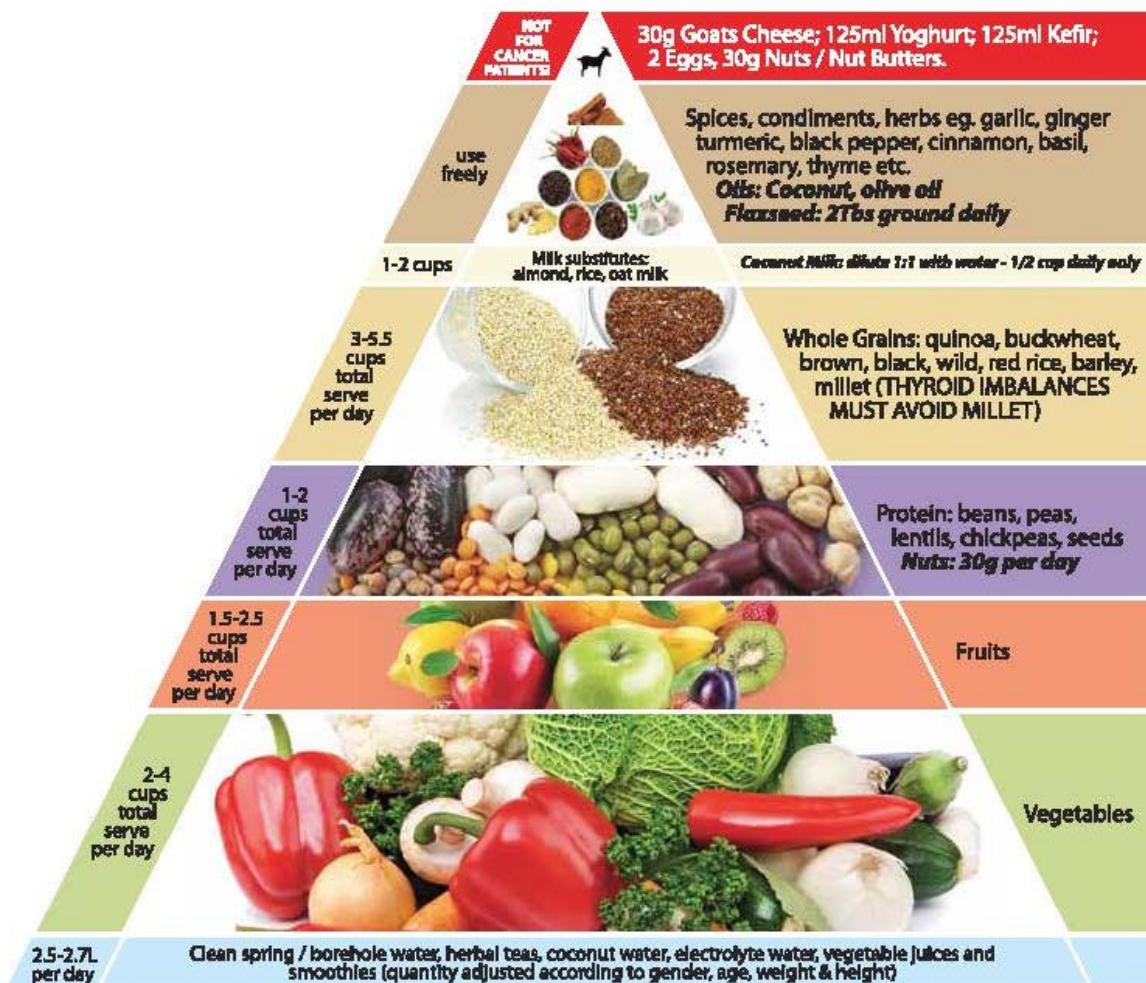
FUNCTIONAL FOOD PYRAMID

DBM has a fundamental philosophy of harnessing the power of nature's original nutrient recipes. Nature has provided us with an abundance of natural foods to support our health. A Food Pyramid with some of Nature's best foods is presented to ensure a healthy and balanced life.



- Take note that no meat products of any kind are included, that is NO beef/lamb/chicken or fish.
- The pyramid consists of the following: Cold Pressed Oils, honey, Legumes & Plant Proteins, Night Shades and entire spectrum of Non-GMO Vegetables, Herbs and Spices, Goat Dairy Products, Fresh & Whole Fruits, Nuts/Seeds/Sprouts and Eggs.

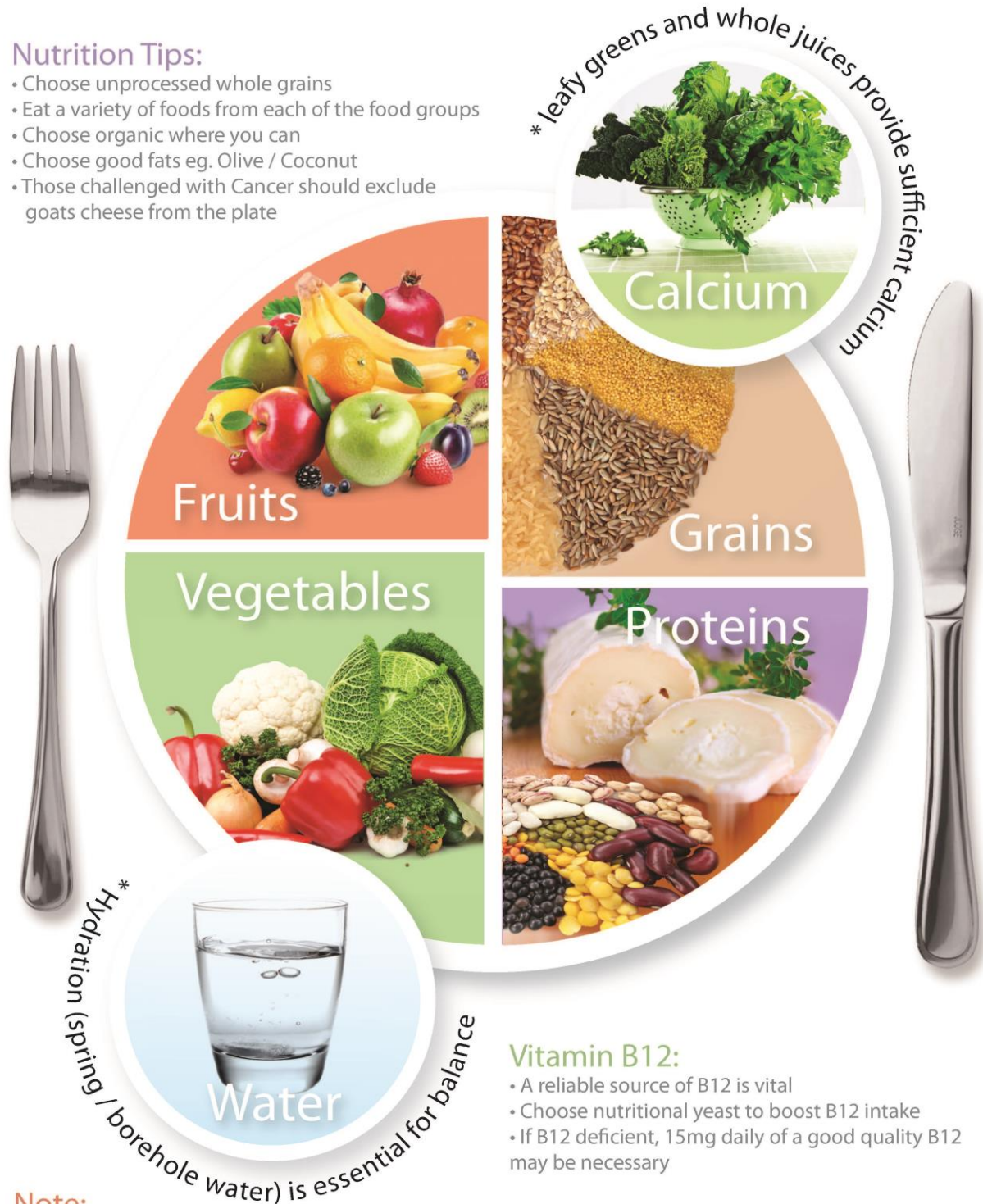
The Food-Pyramid



The Plant-based-Plate

Nutrition Tips:

- Choose unprocessed whole grains
- Eat a variety of foods from each of the food groups
- Choose organic where you can
- Choose good fats eg. Olive / Coconut
- Those challenged with Cancer should exclude goats cheese from the plate



Vitamin B12:

- A reliable source of B12 is vital
- Choose nutritional yeast to boost B12 intake
- If B12 deficient, 15mg daily of a good quality B12 may be necessary

Note:

As with all food plans, this plate is a general guide for adults. It can be modified according to practitioners advice or personal requirements. Individuals with special health concerns must consult a healthcare practitioner with knowledge in whole food plant based diets.

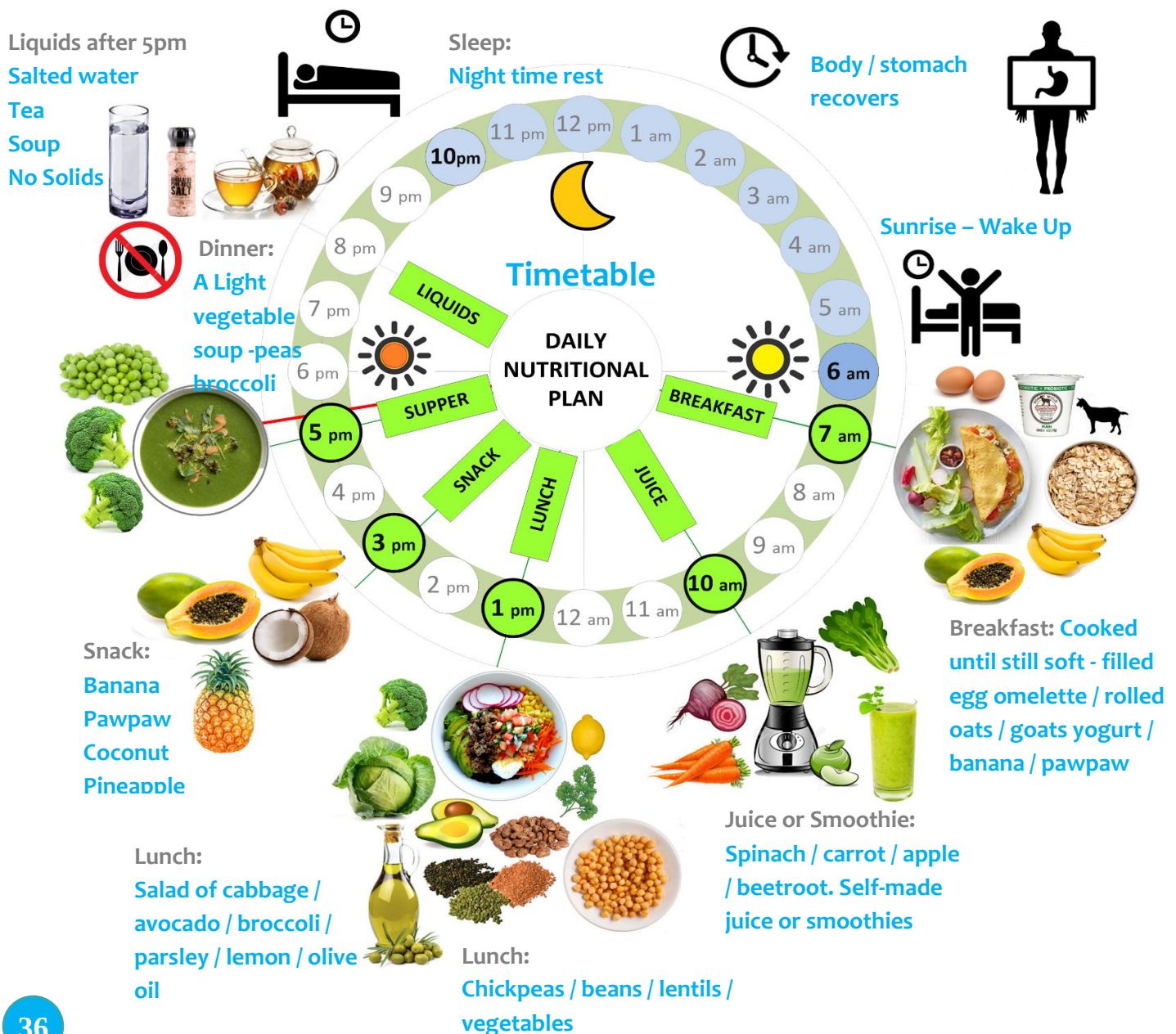
DAILY NUTRITION PLAN

The Nutritional Plan is designed to clean the 9-meter-long digestive tract of the human body. The following three (3) time intervals are advised for a 24-hour day/night cycle.



- Day time: Sunrise - Sunset [6 am – 5 pm]
- Night time: Sunset - Sunrise [5 pm – 6 am]
- Rest time: [10 pm – 6am]

Food combinations taken from the Food Pyramid is consumed during Daytime [green cycle] and at the recommended times as indicated. This allows the body to work and absorb nutrients from the food and then restore itself more efficiently during Night time [blue cycle]. No food intake is advised after 5pm in the evening except for teas/soups/salted water/liquids.



FILLED EGG OMELETTE FOR BREAKFAST

Eggs are a major part of the daily food plan and food pyramid. Free Range Eggs prepared in any style is good for breakfast. Try a filled omelet cooked with some coconut oil with raw vegetables and goats cheese. DO NOT overcook the omelet, it must still be relatively soft when you fold it over. Overcooked eggs increase your levels of inflammation. The best way to eat eggs are soft-boiled or 'sunny-side up'. Filled omelets although offer us a means of creating exciting meals, take care not to overcook the eggs.



MAKING SAUERKRAUT (NIGHTSHADE VEGETABLE FAMILY)

Eating fermented foods is a must if you want to optimally digest and absorb everything you eat and to replenish the 80% of your immune system which lives in the gut. Our ancestors ate cultured and fermented foods continually. Nowadays these traditional foods have mostly fallen by the wayside, along with their plentiful benefits. Commercially manufactured sauerkraut is available in some stores, but it does not have the benefit of the probiotic bacteria, as all goods commercially sold must be homogenized. Sauerkraut is a natural form of probiotic and everyone should eat it but even more so, if you suffer from chronic health issues.



- Sauerkraut is the best and most sustainable Probiotic in the world.

Making Sauerkraut



LIQUID NUTRITION

The Human body consists of billions of living cells that require constant hydration to function. Throughout Daytime (especially) and early Night time liquid nutrition rich in minerals and electrolytes, is essential for intake. The following options are the bare minimum that must be consumed. Refer to the Daily Nutritional Plan for scheduled times of liquid nutrition intake.



- 2 Litres salted water (add 1/4 - 1/2 tsp pink Himalayan salt)
- Home-made herbal teas
- Home-made vegetable juices and smoothies
- Coconut water
- Organic Cacao (raw) drink
- Probiotics



We advise against commercial fruit juices, as the breakdown of enzymes leave juices very high in sugar that no longer serve the body with nutritional value. Often sugars and preserving chemicals are also added to commercial juices which are additionally harmful. Make your own fresh veggie juices at home.

PROHIBITED FOODS AND DRINKS

Consumption of over-processed, genetically modified, hormone and antibiotic-fed and nutrient deficient foods from over-use of pesticides and fertilisers in the soil as well as poorly combined foods have added to the severe increase in cellular toxicity, chronic inflammation, obesity and chronic life threatening diseases. Add to that artificially sweetened and sugary beverages and artificial flavourings as well as over use of synthetic medicines and the tremendous increase in global disease can be correlated to a large part to what we are ingesting. The following foods and fluids should be avoided.



Sugar, MSG, Any Preservatives, Aspartame, Fructose, Corn Syrup, Soya, Alcohol, White processed flour products/commercial bread, Non-organic potatoes, Vegetable oils, Sodas and energy drinks, Factory meats / Beef / Pork / Chicken / Processed foods, Processed Sweets, Cow dairy products (replace with goat dairy).



GROW YOUR OWN VEGETABLES AND NIGHTSHADES



- **Protect Future Generations**

The average child receives four times more exposure than an adult to at least eight widely used cancer-causing pesticides in food. Food choices you make now will impact your child's future health. "We have not inherited the Earth from our fathers, we are borrowing it from our children."



- **Protect Water Quality**

Water makes up two-thirds of our body mass and covers three-fourths of the planet. It is estimated that pesticides - many cancer causing - contaminates the groundwater in large parts of the world, polluting the primary source of drinking water of the human population.



- **Keep Chemicals Off Your Plate**

Many pesticides approved for use were registered long before extensive research linking these chemicals to cancer and other diseases had been established. The bottom line is that pesticides are poisons designed to kill living organisms and can also harm humans. In addition to cancer, pesticides are implicated in birth defects, nerve damage and genetic mutations.

Plant your own vegetables





FRESH WHOLE FRUIT, NUTS, SEEDS & SPROUTS

Fruits are an important part of the DBM daily food plan. We recommend that they be eaten whole and fresh or made into fresh smoothies (not juice except citrus and apples). Fruit should be bought that is grown in local agricultural area. Fruit that is packed on shelves in shops are no longer fresh and chances are that it is imported and expensive. Buy that is locally produced or better still even home grown.



- Buy locally grown fruit and vegetables
- Make sure they are organically grown

EAT A WIDE VARIETY OF FRESH FRUITS, NUTS, SEEDS & SPROUTS



Brazil Nuts



Pumpkin seeds



Unsalted Almonds



HERBS AND SPICES

Herbs and spices are an essential part of the food pyramid and in preparation of the meals on the daily food plan. Learn to embrace these gifts from nature. Not only do they add flavour to meals but the herbs, spices and Himalayan Salt are medicinal in nature.



COLD PRESSED OILS

These oils are anti-inflammatory and provide healing and soothing benefits to potentially cancerous or inflamed cells in the body. They are also anti-bacterial that can help to patients with decreased immune function.



Olive oil



Coconut oil



Avocado oil

PLANT PROTEIN

Legumes and plant protein are an essential part of the food pyramid and in preparation of main meals on the daily food plan. Replacing meat can be challenge for many people but embracing these protein-rich food types will result in a healthy meat-free lifestyle.



LEGUMES AND PULSES – ANOTHER SOURCE OF PROTEIN

Protein is abundant in all legumes.

Legumes encompass a variety of foods in pods including beans, lentils and peas. They all contain protein as well as fibre, complex carbohydrates, healthy fats, folate, potassium, iron and magnesium. Protein content differs between types of legumes, but each kind offers its own unique nutritional profile, so try to eat a variety. Include in this variety of beans, lentils and peas, some chickpeas. Chickpeas are prized for their high protein and fibre content and contain several key vitamins and minerals beneficial to health.



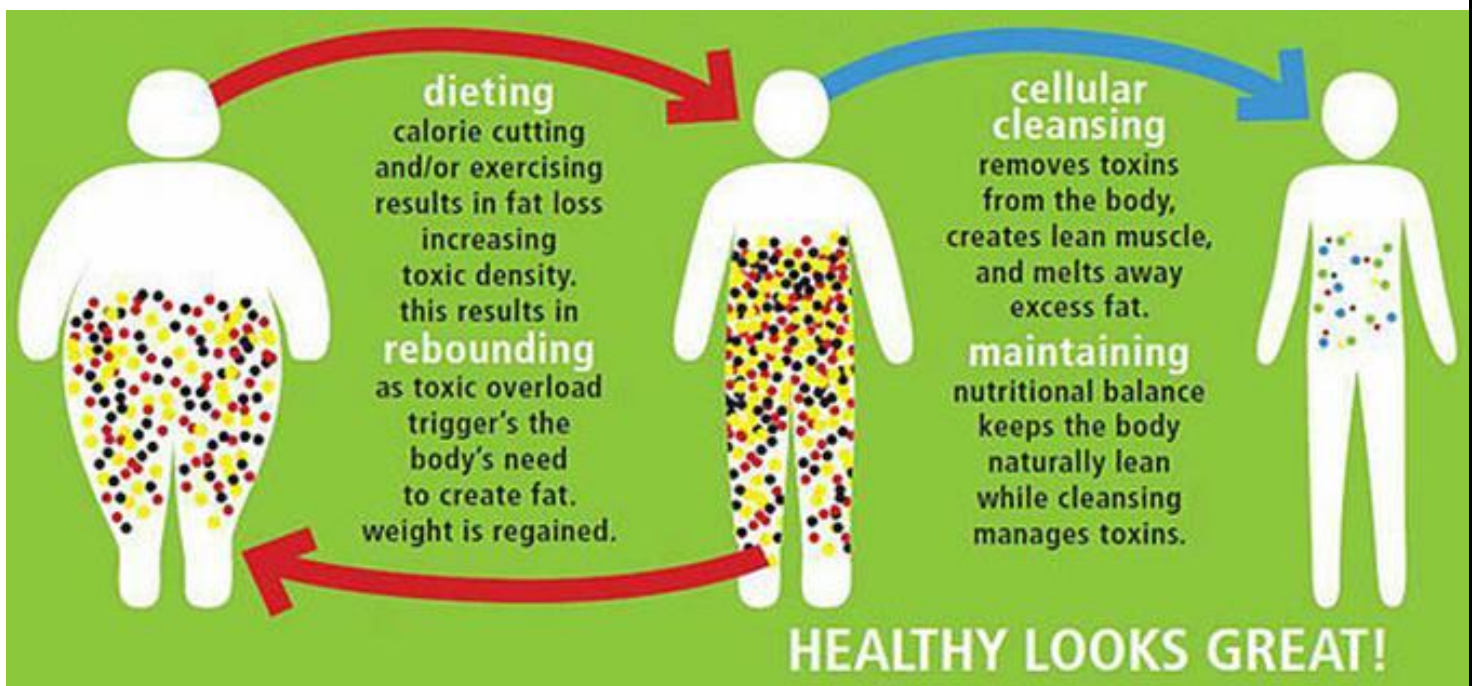
Chickpeas

CELLULAR CLEANSING AND THE TRUTH ABOUT WEIGHT LOSS

Dieting and cutting calories and/or exercising results only in temporary weight loss. Fat in fat cells protect the body and what is left in the cell is a high density of toxins. The body will respond naturally by generating more fat to protect against this new toxic overload.

No weight loss will ever be successful unless the cells are cleaned properly and allow the toxins to exit. This is done by maintaining a nutritional balance to keep the body naturally lean and manage cleansing toxins. **As many cancers start from the toxins in the fat cells this fundamental truth will save lives.**

Cellular Cleansing



CELLULAR CLEANSING AND THE TRUTH ABOUT WEIGHT LOSS

Sugar is one of the biggest contributors to cancer and health problems. Sugar is disguised in many names as Aspartame, Fructose or Corn Syrup and should be avoided. Nature has provided us with a natural product called honey and is best for drinking in teas and coffee or over rolled oats for breakfast or in preparation of other foods and drinks. A bee produces **ONLY 1 x tea spoon of honey** throughout its lifetime so use honey sparingly!



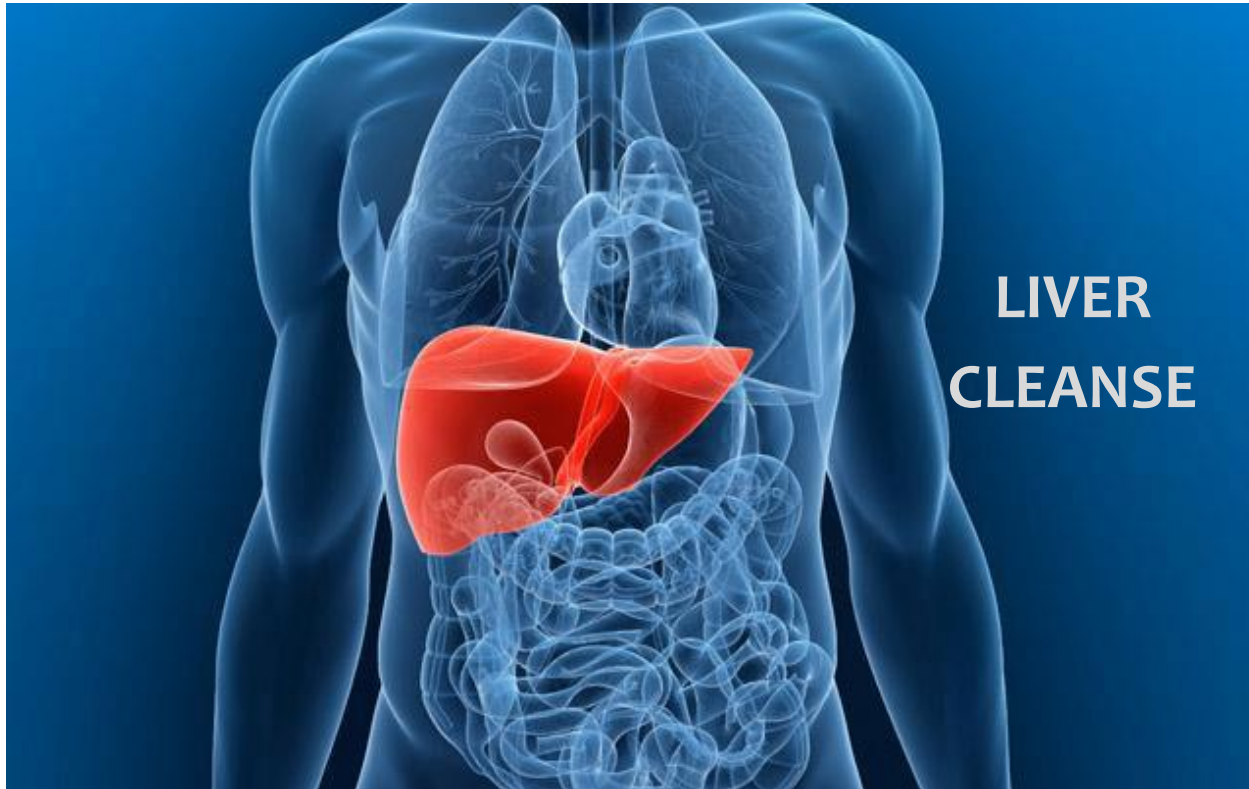
HONEY FOR LIFE

5-Step Plan Additional Information

LIVER CLEANSE

An enema is the injection of liquid through the anus to motivate evacuation. Enemas are a valuable tool for cleansing your Liver and Colon and provide many additional benefits. But how can you perform an enema at home? Realistically, they are safe and easy when done correctly. If you want a quick, simple, and effective way of cleansing your liver.

This brochure will show you how to perform a cleansing retention enema.



The Liver and Colon is a part of the digestive system and are responsible for extracting the water and salt to maintain body's electrolyte balance, from waste, prior to release. The colon can be clogged due to waste clinging to its walls. This can cause: headaches, low energy level, vomiting, weight gain, skin allergies, constipation, joint pains, indigestion, fatigue, diarrhoea, vision problems, loss of memory, stress, bloating, etc. It can also lead to various diseases such as heart problems, asthma, gall bladder stones, skin allergies, kidney and liver ailments as well as cancer.

BENEFITS OF THE COFFEE ENEMA

The major benefit of the coffee enema is to enhance elimination of toxins through the liver. Indeed, endoscopic studies confirm they increase bile output. A patient was given a coffee enema while an endoscope monitored the entrance to the common bile duct. Within minutes of administering the enema, bile flow increased.

Other benefits are:

- Increased bile flow alkalizes the small intestine and promotes improved digestion.
- Coffee acts as an astringent in the large intestine, helping clean the colon walls. A common contributor to ill health is the production and absorption of toxins within the small and large intestines. If food is not digested properly, sugars ferment and protein putrefies or rots. Both processes generate toxic chemicals which are then absorbed into the liver.
- By stimulating the large and small intestines somewhat, coffee enemas help enhance liver activity. This is a process understood in acupuncture. Technically, introducing water and coffee into the colon weakens the large intestine meridian somewhat. This is usually helpful, as this meridian is often overstimulated by the presence of toxins in the large bowel. Even if it is not overstimulated, the effect in terms of acupuncture meridians is to enhance the energy of the liver/gall bladder meridian to some degree.
- Coffee contains some selenium, a mineral needed by most people. Taking the selenium by rectum apparently works better than taking it by mouth.
- Coffee also contains some toxic metals such as lead and cadmium. However, it appears from our experience that when taken by rectum, these are not absorbed nearly as much as they are when coffee is taken through the mouth.
- Retaining the enema for 15 minutes or so forces one to move one's attention downward toward the pelvic area. This may have a subtle and powerful healing effect.
- Coffee enemas cause relaxation of the sympathetic nervous system. This may seem odd, since they contain caffeine which is a stimulant. Possible reasons for relaxation of the sympathetic nervous system include: 1) they affect two important parasympathetic organs, the liver and the large intestine, 2) they remove irritating toxins from the body rapidly and thoroughly, 3) more subtle mechanisms that affect the nerve feedback in a way that inhibits sympathetic nerves.
- The compounds kahweol and cafestol found in coffee enhance glutathione S-transferase activity in the liver. This enzyme assists liver detoxification that neutralizes and helps remove a large variety of toxic compounds.

People who choose to use coffee enemas to enhance liver detoxification and/or reduce pain should take the same precautions as in any enema: use an enema bag with appropriate lubricated nozzle to avoid damaging the rectum or bowel; thoroughly clean the equipment after each enema to avoid reintroducing pathogens to the colon; and do not perform too many enemas within a short time.

STEP 1

Gather your supplies. Spurring an evacuation with the help of an enema is easy, yet you will need a few essential supplies:



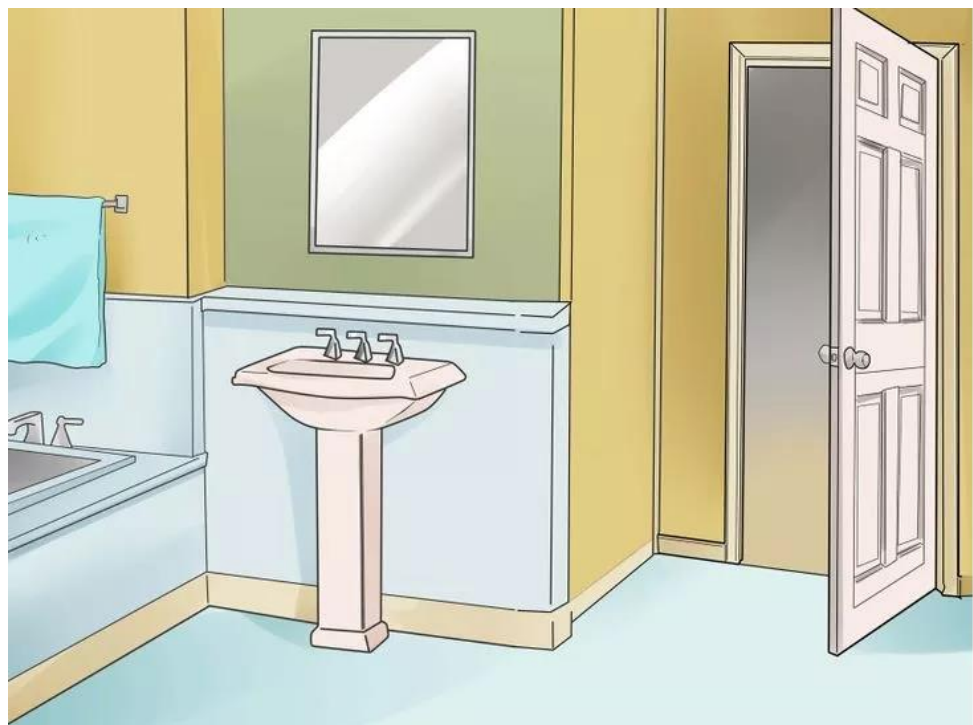
- A couple of large, old towels
- A teaspoon of organic almond oil, olive oil, or coconut oil for lubrication
- One liter boiled spring water which will be cooled down to body temperature once coffee steeped
- A clean enema kit. Various types of enema kits exist on the market.



STEP 2



- A private bathroom is the best location to perform this activity.
- There should be a place for your enema bag or bucket to sit or hang from. It should be connected about 1.5 meter above the floor while you are lying down on the ground.
- Make sure your resting area is close to the toilet.
- Once you injected the enema content, you may only have a few moments before the body needs to evacuate.
- Being near the toilet, keeps you comfortable.



STEP 3

Assemble the enema kit you as per the instructions included with the kit. An enema kit usually comes with:



- A bag for the liquid
- A hook to hang the bag up
- A hose
- A plug
- A rectal tip

ENEMA KIT



STEP 4

Fold any towels on the bathroom floor close to the toilet to lie on. **Make it a comfortable experience.**



MAKE YOURSELF COMFORTABLE



STEP 5

Use some coconut or olive oil to lubricate your anus as well as the insertion tip on the end of the enema tube.



LUBRICATE



STEP 6

Understand what a cleansing enema is. A cleansing enema is what most people think of when they hear the word "enema": designed to be quick and easy, this enema is supposed to cause quick evacuation and help clean the colon. There are several different kinds of cleansing enemas.



- Salted water
- Chamomile tea. Very soothing and effective
- DBM prefer to use the Coffee enema.

PREPARE COFFEE



STEP 7

Allow the coffee to stand for a while to cool, then:



- Fill your bucket or bag with a liter of filtered coffee.
- The coffee temperature should be just above body temperature point - lukewarm. It should not burn your fingers when testing it.
- Hold the insertion end of the tube over the bathtub or toilet.
- Open the clamp to let the liquid travel through the tube until it comes out steadily.
- Be sure that there aren't any air pockets in the tube.
- Once you are sure of this, clamp the tube to stop the flow.

POUR IN COFFEE



STEP 8

Lie on your back, with your knees drawn towards your chest. Depending on your comfort level or size, it is advantageous to lie down on your left side with your knees drawn so that your upper legs form a 90° angle with your body; some people find it easier to take in more liquid while resting on their side.



**LHS IS MORE
ADVANTAGEOUS**

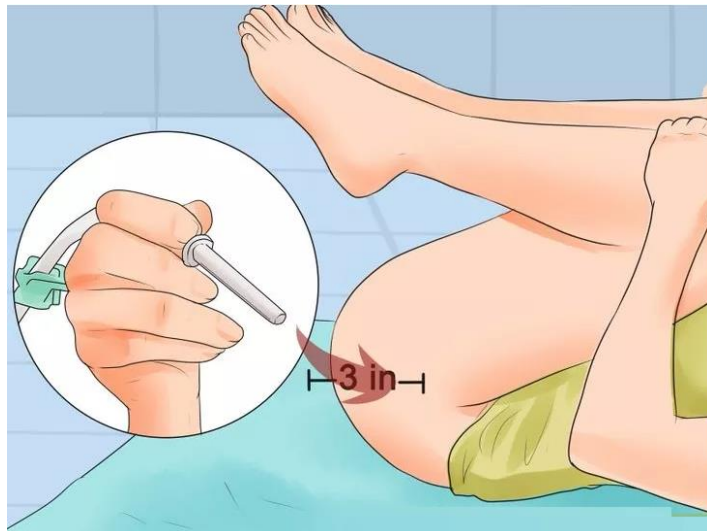


STEP 9

After you are comfortable, insert the nozzle about 5-7 cm into the rectum. Stop if you feel any resistance and adjust the angle slightly until you can easily insert the tube.



INSERT TUBE RECTALLY



STEP 10

Slowly release the clamp OR open the tap OR squirt in the liquid depending on the equipment to start the flow of coffee. Go slowly, as going too quickly can create the need to evacuate immediately. The key to a successful enema is to take in and hold in the liquid until the body's natural peristaltic movements begin. If you experience cramping, clamp the tube and take a deep breath before continuing. Lightly massaging the abdomen will also help.



RELEASE COFFEE



STEP 11

After you have taken as at least 250ml but preferably 500ml coffee, gently remove the nozzle. You can put in up to 1 litre at a time (if your bowel has moved prior to doing the enema. Continue lying on the floor on your left side. Work your way up to retaining the enema for 15 minutes, lying first on your left side for 5 minutes, then 5 minutes on your back, then 5 minutes on your right side before evacuating into the toilet. Having a bowel movement prior to doing the enema (like in the mornings), will enable you to easier hold the fluid and allow you to take in the whole litre at once.



REMOVE THE NOZZLE



STEP 12

Understand what a retention enema is.



- Retention enemas are exactly what the name suggests they are: Instead of introducing the fluid and quickly expelling it and any other waste matter, you're supposed to hold it in for anywhere from 5 to 15 minutes.
- Coffee enemas are reputed to stimulate the colon and the gallbladder.
- Choose an organic medium roast brand.

**HOLD IT IN FOR UP TO
15 MINUTES**



STEP 13

After you have retained the liquid for several minutes, sit on the toilet and relax. Wait until you can expel all that you are urged to release.



EXPEL INTO THE TOILET



STEP 14

You're done! Repeat this process as many times as recommended by your practitioner.



- Clean your equipment by rinsing with warm water and white vinegar
- Allow it to air-dry before storing.



- Wash your hands well after you have finished.



SUMMARY OF COFFEE ENEMA

STEP 1 Gather your supplies

STEP 2 Private bathroom to perform this activity

STEP 3 Private bathroom to perform this activity

STEP 4 Assemble the enema kit

STEP 5 Lubricate the nozzle tip

STEP 6 Prepare coffee for enema liquid

STEP 7 Pour luke warm coffee into enema bag

STEP 8 Position yourself

STEP 9 Insert the nozzle tip anally

STEP 10 Open and let the coffee liquid run in

STEP 11 Let the coffee run in completely

STEP 12 Wait a few minutes

STEP 13 Expel into the toilet

STEP 14 Clean equipment

CLEANSE YOUR LIVER



1 Remove Toxic Foods
from Your Diet



2 Drink Raw
Vegetable Juices



3 Eat Potassium-Rich
Foods



4 Do Coffee Enemas
Regularly



5 Drink Your ImmunoClean
Drops Daily as Prescribed

SAUERKRAUT AND FERMENTED FOODS

Eating fermented foods is a must if you want to optimally digest and absorb everything you eat. Our ancestors ate cultured and fermented foods constantly, so they had a steady stream of friendly bacteria coming into their system. Nowadays these traditional foods have mostly fallen by the wayside, along with their plentiful benefits. Sauerkraut is a natural form of probiotic and everyone should eat it but particularly if you suffer from any sort of chronic health issues.



GATHER YOUR INGREDIENTS AND EQUIPMENT



- 1 x Cabbage (any size and type will do, organic is best)
- 1 x Clean knife and big chopping board
- 1 x Large mixing bowl
- 1 x Large glass jar (On average a medium-size cabbage and a 2L jar)
- 1 x Salt (Pink Himalayan Salt is best, but Sea salt is better than table salt)

HOW TO MAKE SAUERKRAUT

STEP 1 – Slice and Chop



- Shred the cabbage:
- Remove any outer leaves that are brown or damaged. **DON'T** wash the cabbage -- you'll want the natural bacteria on the leaves. They're what causes the fermentation to occur that turns cabbage into sauerkraut.
- Weigh the cabbage head. You can do this at the store before bringing it home, since many supermarkets have scales.
- Cut the head into quarters, so that the core (stem) is cut into quarters.
- De-core by slicing away the thick stem.
- With the quarter-head on a cutting board, carefully slice the cabbage into shreds about 2mm thick. Some people shred them more thickly; it is a matter of personal taste.



STEP 2 – Salt



- Place the cabbage pieces into your bowl.
- Then sprinkle 1 big tablespoon of salt over the cabbage pieces.



STEP 3 – Knead and Pack



- Spend about 10 minutes or so kneading and squeezing your cabbage pieces to get as much juice into the bowl as possible.
- This is to break down cell walls and encourage the release of water.
- The goal is to get enough juice from the cabbage to then cover the cabbage completely once it goes in the jar.





- Pack the cabbage pieces and juice (brine) into the jar as tightly as you can, pushing it down to remove all air pockets.
- At this point see how much liquid you have – you might need to top up with a little more water.
- The liquid should be 1-2 cm above the top of the packed cabbage surface. (no air contact allowed!)
- Make salted water by adding 1tsp salt to 1 cup of water and pour into bottle, to ensure the cabbage is covered



HOW TO MAKE SURE YOUR SAUERKRAUT IS READY

Now place the Jar with the lid in place in a cool place out of the way somewhere. Wait for 5 days to eat. You must keep checking that the cabbage is under the water. Press it down daily with a clean spoon, as it may push up above the water through the fermentation process. You can also wait 3-6 weeks for it to mature. It's always safe to taste, if there is no mould. You'll know it's ready when it starts to taste a bit sour, has stopped fizzing, and is less salty.

A FEW TIPS



- Keep checking it to make sure everything is below the liquid. Press it down 2x per day if required in warmer climates or find a stone that fits through your jar opening to put on top of the cabbage after cleansing it well before use.
- As a rule, if there's no mould and it hasn't discoloured to a strange colour from where you started (other than becoming more see-through) it's safe to eat.
- Mould is a risky area and if in doubt, just get rid of it and start again. Next time make sure you pack the cabbage down well, put enough liquid in, and keep everything consistently below the liquid level.
- A handy trick to keep the cabbage submerged beneath the liquid whilst you ferment it is to place a large dinner plate over the top of the cabbage. Then fill a large heavy duty plastic bag with water – tie a knot in the bag and use the bag to weigh down the plate – forcing the cabbage beneath the liquid. Works every time.

A FEW CHANGES YOU CAN MAKE

- Once you have perfected the art of the plain sauerkraut, to add additional flavour try adding some spices such as garlic - finely slice/chop the garlic and mix into the cabbage as you knead it.
- You can use a mixture of cabbages – green and red or just one or the other.
- Another variation is to add some green onions, cilantro, jalapeno, ½ teaspoon of cumin – either all together or try each additional ingredient until you find your favourite flavour.
- Adding beetroot will also give the sauerkraut some additional zest – grate one or two raw beetroots into the shredded cabbage – mix in as knead the cabbage with the salt.

Nutrition Facts



Amount Per 100 grams of Sauerkraut			
Calories 19			
% Daily Value*			
Total Fat 0,1 g		0%	
Saturated fat 0 g		0%	
Polyunsaturated fat 0,1 g			
Monounsaturated fat 0 g			
Cholesterol 0 mg		0%	
Sodium 661 mg		27%	
Potassium 170 mg		4%	
Total Carbohydrate 4,3 g		1%	
Dietary fibre 2,9 g		11%	
Sugar 1,8 g			
Protein 0,9 g		1%	
Vitamin A	0%	Vitamin C	24%
Calcium	3%	Iron	8%
Vitamin D	0%	Vitamin B-6	5%
Vitamin B-12	0%	Magnesium	3%

*Per cent Daily Values are based on a 2,000-calorie diet. Your daily values may be higher or lower depending on your calorie needs.