



Photograph by Sharyn Abbott

EATING FOR A HEALTHIER LIFE

This calendar is designed to help you discover how to revitalize the health of your organs. Most people avoid detoxifying because they believe it is time consuming and hard to fit into busy schedules. These techniques take one to two days. By delegating one weekend per month to decongest each organ, you will find that you will have more energy, less aches and pains and increase the ability for each organ to perform the way it was originally intended.

Do you remember how vital you felt energetically when you were 18? There is no reason why you can't rejuvenate your body to feel that same level of physical stamina.

The body is so miraculous it knows how to heal a wound, create healthy cells where disease was once dominant, but occasionally, it needs a little extra help in the form of vitamins, extra rest, exercise and detoxifying.

They say that the average life expectancy is now 120 years old, do you intend to live it like a 120 year old or like a 50 year old? To your good health,

Sharyn



SKIN DECONGESTION: Make yourself 6 oz of fresh orange juice 10 times daily. Add 2 oz of distilled water and drink slowly. Drink a hot tea made from wood sanicle and peppermint 3 times daily, morning, noon and night. Do not consume any food.

After 2 to 3 days, your skin will look and feel different. The calcium deposits in your body will be lessened due to the lime in the oranges. You may continue the orange juice another 3 days but eat apples, pears, berries and cottage cheese.

Epson Salt baths are great at this time as it will enhance the detoxifying of your skin.

Also make sure to drink as much water as you possibly can.

Photograph by Sharyn Abbott

JANUARY 2007

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 New Year's Day	2	3	4	5	6
7	8	9	10	11	12	13
14	15 Martin Luther King Day	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			



BLOOD DECONGESTION: Cut onion into pieces. Add to water and simmer to make onion water. White and red onions together have more anticoagulin power.

Drink 1/2 cup onion water 5 times daily and take 50 mg B6 with each 1/2 cup of onion water. Bananas and tomatoes, rice and millet are allowed. Do this for 2 days in a row. Then pick up a good healthy diet but continue with B6.

Red clover leaf tea is recommended. Clean arteries with Herbal Chelation and aloe vera gel.

Chlorella is a whole food source provides over 19 amino acids including all 8 essential, plus beta-carotene, potassium and other valuable vitamins and minerals, and enzymes. It contains natural antioxidant phytonutrient source, also a great detoxifier, cell enhancer, and blood cleansers.

Photograph by Sharyn Abbott

FEBRUARY 2007

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	
4	5	6	7	8	9 Groundhog Day	10
11	12	13	14	15	16	17
18	19 Lincoln's Birthday	20	21	22 Valentine's Day	23	24
25	26 President's Day	27	28	29 Washington's Birthday		



LYMPHATIC SYSTEM DECONGESTION: Combine 1 pint white grapefruit juice; 1 pint freshly squeezed orange juice; 1 pint grape juice; 1 pint water with the juice of 3 limes; 1 pint water with the juice of 2 lemons; 1 pint frozen pineapple juice, diluted; 1 pint papaya juice, diluted; 12 whole eggs; 6 egg yolks; frozen raspberries or strawberries for flavor. Beat eggs and mix into fruit juice mixture.

This is 1 day's supply. If you are hungry, add one kind of fresh fruit. Have a green salad and/or sprouts with raw almond dressing for lunch.

For supper have a green salad and/or sprouts with raw almond dressing (blend 1 cup almonds until milky, add 1/4 cup fresh squeezed lemon juice) and vegetable.

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MARCH 2007

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
Daylight's Savings Time						L St. Patrick's Day
18	19	20	21	22	23	24
25	26	27	28	29	30	31



LIVER DECONGESTION: This should be done any-time you experience body ache without reason or your collarbone is sensitive to the touch.

Prepare fresh stewed tomatoes or use canned stewed tomatoes. Eat as much as you can and drink the juice.

No other food allowed for the day.

At bedtime of the second day mix 3 oz olive oil; 2 oz castor oil and 3 oz whip cream.

Stir and drink before bed when you are ready for sleep and relaxed. You may chew little pieces of lemon afterwards just for taste. It is easier than it sounds.

In the morning have any breakfast you desire.

Milk thistle contains silymarin, which not only protects the liver, but actually helps it to regenerate itself.

Photograph by Sharyn Abbott

APRIL 2007

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Palm Sunday	2	3	4	5	6 Good Friday	7
8	9	10	11	12	13	14
15 O Easter Sunday	16	17	18	19	20	21
22	23	24	25	26	27	28
29 Earth Day	30					First Day of Spring



LUNGS, BRONCHIAL TUBES AND

SINUSES DECONGESTION: Accumulated glue-like sludge can be loosened and eliminated with the following 1 to 2-day process. Take a glass of warm water, squeeze the juice of 1 lemon into it, add a little honey and drink this slowly. Drink at least ten glasses throughout the day.

This will decongest your bronchi, sinuses and lungs.

Try Black Cohosh tonic to calm the central nervous system.

It also loosens and expels mucous of the bronchial tubes, stimulates secretions of the lymphatic system, liver and kidneys. It also neutralized poisons in the bloodstream and equalizes blood circulation

Photograph by Sharyn Abbott

MAY 2007

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
U Mother's Day						Armed Forces Day
20	21	22	23	24	25	26
27	28	29	30	31		
Memorial Day Observed			Memorial Day			



KIDNEY DECONGESTION: Prepare 8 ounces of raw beet juice, taking 1 tsp at a time all day long, making the 8 oz last all day with eating nothing else that day.

The urine turns red as the system absorbs the beet juice drop by drop. A day of this every 6 months is truly a healthy way to keep your kidneys functioning,

The right kidney filters inorganic substances. When overloaded, this organ does not hurt but becomes cold to the touch.

The left kidney is sensitive to infections.

Hydrangea root (*Hydrangea arborescens*) and gravel root or Joe pye weed (*Eupatorium purpureum*) can help to prevent, dissolve, and expel crystals and stones in the kidneys and bladder. Both herbs contribute to the overall health of the urinary system.

Photograph by Sharyn Abbott

JULY 2007

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11 <small>Independence Day</small>	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



SPLEEN DECONGESTION: The spleen is the reservoir that stores electricity in the body. If the spleen is not in order the brain takes over this job. However, it has one drawback, people become egocentric and their skin tone becomes yellowish when the spleen is not functioning properly.

Okra and red beets are revitalizing foods for the spleen and should be eaten regularly.

Recipe: 2 qts Concord grape juice; juice of 6 oranges and juice of 3 lemon

Cut the white of the lemon into small pieces. Boil this in a little water for 10 minutes. Add water to the drink. Then take distilled water and fill the liquid mixture to 1 gallon. This is 1 day's supply of your food-drink intake. Just 2 days of this will cleanse your spleen.

Photograph by Sharyn Abbott

AUGUST 2007

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	



BLADDER DECONGESTION: Cranberries have been known to restore health to a bladder since early on in the twentieth century. Scientific studies have generally found that regular consumption of cranberries do indeed help to prevent or alleviate urinary tract infections and discomfort.

Hydrangea root (*Hydrangea arborescens*) and gravel root or Joe pye weed (*Eupatorium purpureum*) can help to prevent, dissolve, and expel crystals and stones in the kidneys and bladder. Both herbs contribute to the overall health of the urinary system. Juniper berries (*Juniperus communis*) strengthen and detoxify the kidneys, bladder, and urinary tract. While juniper is excellent for cleansing purposes, long-term use is not recommended as it can overtax the kidneys.

Photograph by Sharyn Abbott

SEPTEMBER 2007

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6	7	8
	Labor Day					
9	10	11	12	13	14	15
Grandparents' Day				Rosh Hashanah		
16	17	18	19	20	21	22
					First Day of Autumn	Yom Kippur
23	24	25	26	27	28	29
30						



LIVER AND PANCREAS DECONGESTION: Take an herbal laxative in the evening.

Soak 1 lb. dried apricots in pineapple juice overnight. Next morning blend it and add fresh pineapple pieces and juice so that it becomes thick enough to spoon it.

Divide the mixture into 4 portions and eat it morning, noon, night and bedtime, preferably not eating anything else that day.

Do not use if you are a diabetic.

For a more gentle cleanse, which takes a little longer, but is still very efficient, use Bluepleurum manufactured by Planetary Formulas. This gentle liver cleanse strengthens the

liver as it cleans the system.

Maintaining a properly functioning liver should be a prerequisite to any health maintenance program.

Photograph by Sharyn Abbott

OCTOBER 2007

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	Columbus Day Observed 15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31 b Halloween			



COLON DECONGESTION: Always drink plenty of pur water. Fresh fruits and vegetables are very important because of roughage. Stewed vegetables and dried fruits are also helpful.

Add unprocessed wheat bran and/or unprocessed wheat germ to your daily diet to normalize and regulate bowel function.

Brewer's yeast is effective for most.

Avoid excessive milk drinking

Daily morning or afternoon exercise (yoga, walking in fresh air, etc.).

Reflex massage stimulates the circulation.

Body massage and natural therapy improves circulation, digestion, respiration, organs of elimination and brain and nervous system.

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NOVEMBER 2007

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5	6	7	8	9	10
Daylight Saving Time ends		Election Day				
11	12	13	14	15	16	17
Veterans Day						
18	19	20	21	22	23	24
				k Thanksgiving Day		
25	26	27	28	29	30	



JOINT DECONGESTION: When arthritis sets in one must adjust their life-style. Change to a half cooked and a half raw diet. Leave out sugar, cakes, cookies, potato chips and heavy meals. Exercise by swinging arms and legs. Bend your knees, twist and stretch.

Dr. Douglas Backer from England discovered that arthritis, osteoarthritis and rheumatism have a hidden virus. Use yucca, black walnut leaves, yellow dock, wormwood and fenugreek seed. Use one tbsp cod-liver oil in orange juice before bed and one tbsp almond oil in cherry juice upon rising.

Take 5 - 7 alfalfa juice tables with each meal to reduce stiffness and two glasses of cherry juice or a saucer full of cherries daily to counteract uric acid.

DECEMBER 2007

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6	7	8
9	10	11	p Hanukkah	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	First Day of Winter 28	29
30	31	y Christmas Day				

More Healthy Tips:

WHOLE BODY DETOX: Take 64 oz of water, 1/2 c to 1 c of grade B Maple Syrup; 6 lemons and 3 tbsp cayenne pepper. Do not consume any food. Carlos Castaneda used this to purify his system. Two to three days is recommended, especially if you are suffering from allergies.

ARTERY DETOX: On the first day, grind up 1 almond, add a cup of water and drink; the second day use 2 almonds; on the third day three almonds and increase by one almond through day 15, then decrease one almond each day until you are back to one almond. Do once a year to cleanse arteries and minimize cancer risk.

INTESTINE DETOX: Gently simmer flax seed 1/2 hour, let stand 1 hour keeping hot. Put 2 tbsp in 2 cup boiling water, boil down to 1 cup. Add sugar to taste. Add lemon for taste. Drink 1 cup at bedtime.

Response:

I was introduced to using foods to reverse adverse physical effects when I was told that I had breast cancer in 1998. I had just overcome Epstein Bar Virus (EBV) and a battery of repercussions which drastically compromised my immune system. I was told that I could not survive the chemotherapy treatments and that same day I found myself in a room with a healer that studied with Hanna Kroeger. Hanna passed away in her sleep at 85 years young, the evening after she delivered a keynote speech to the American Medical Association in New York in 1998. She was an amazing testimonial to her work. You can learn more about her through this website: http://www.wisdomstore.com/wisdomstore/biography.asp?author_id=887.

Throughout the years I have been blessed with the arrival of individuals who I bumped into like Janedare Winston, the first to teach nutrition in our California schools; Ted Jones, an American Indian Shaman who reversed the muscular dystrophy caused by the EBV; Dr. David Olkkola, D.C. who uses applied kinesiology with an Anti-Sabotage technique that reverses the ill effects of our environment; and Meta Holtz who introduced me to Hanna Kroeger's work. I am one of the most fortunate people I know.

I would appreciate any feed back you have from using this process to revitalize your organs. It is due to my desire for you to live a healthier more vibrant life that I have created this calendar. Please use it, in good health.

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More Herbs that Detox

Alfalfa: Alfalfa the richest land source of trace minerals. A builder, cleaner, infection fighter. Breaks down poisonous carbon dioxide.

Black cohosh: Black Cohosh tonic for the central nervous system. It also loosens and expels mucous of the bronchial tubes, stimulates secretions of the lymphatic system, liver and kidneys. Neutralized poisons in the bloodstream. Equalizes blood circulation.

Black walnut: Black Walnut oxygenates the blood to kill parasites. It is used to help balance sugar levels. It also is able to burn up excessive toxins and fatty materials.

Burdock root : Burdock Root one of the best blood purifiers. Used to reduce swelling around joints, rid calcification deposits, clears blood of harmful acids.

Cayenne: Cayenne called the "supreme and harmless internal disinfectant." Rebuilds tissue in the stomach and helps heal stomach and intestinal ulcers. Known as the purest and best stimulant. Works as a catalyst, carrying all the other herbs quickly to the part of the body where they are needed most.

Chlorella: Chlorella is an power-packed whole food source provides over 19 amino acids including all 8 essential, plus beta-carotene, potassium and other valuable vitamins and minerals, and enzymes. Contains natural antioxidant phytonutrient source, also a great detoxifier, cell enhancer, and blood cleansers. Liquid is popular as an internal deodorant to reduce body odors originating in the digestive tract. Also useful as a refreshing mouthwash

Cascara sagrada: Cascara Sagrada rich in oils which promote peristaltic action (the movement that cause us to eliminate) in the intestinal tract. Increases the secretions of the stomach, liver, pancreas and has been effective in helping gallstones and hemorrhoids.

Chickweed: Chickweed helps to heal stomach ulcers and inflamed bowels. Helps to dissolve plaque and fatty substances in the system. It strengthens the stomach and bowels.

Cranberry: Cranberry has been traditionally used to treat bacterial bladder infections.

Dandelion: Dandelion one of the greatest liver herbs known. It stimulates the liver to detoxify poisons. Promotes healthy circulation, strengthens weak arteries.

Echinacea : Echinacea excellent immune-system-building herb. It stimulates the immune response, especially the production of white blood cells, increasing the body's ability to resist infections. Improves lymphatic drainage, removes toxins from the blood.

Fennel seed: Fennel Seed used for colic, gas and intestinal problems. Helps stabilize the nervous system, improves digestion, and has a diuretic effect.

Fenugreek: Fenugreek has the ability to soften and dissolve hardened masses of accumulated mucous. Helps to expel toxic waste through the lymphatic system and mucous, phlegm and infections from the lungs.

More Herbs that Detox

Ginger root: Ginger Root excellent for the respiratory system. Very good for fighting off colds and flu. Ginger has been shown effective as a natural alternative for morning and motion sickness. Also used as a cleansing agent to the bowels, kidneys and skin.

Guar gum: Guar Gum an herbal product that provides soluble digestive fiber and absorbs undesirable intestinal substances. Used therapeutically to lower cholesterol. It is known to have a laxative effect on the body, and also curbs the appetite.

Hawthorn berries: Hawthorn Berries an overall health support herb. Has been used for centuries for heart ailments. It is believed that regular use strengthens the heart muscles.

Horsetail: Horsetail used in urinary tract disorders. Horsetail tones organs of the urinary tract and soothes the bladder. Has a diuretic effect upon the body. It is high in silicon, which directly aids and supports the skin and hair.

Marshmallow: Marshmallow another mucilage herb which helps remove the hardened phlegm in the intestinal tract as well as the lungs and other parts of the body. A great healing herb.

Milk thistle : Milk Thistle is one of the most potent liver-protecting herbs known. Prevents liver destruction and enhances liver function by inhibiting free radicals and leukotrienes. It stimulates liver protein synthesis and is an all-around liver support.

Papaya: Papaya is wonderful in the aid of digestion. It contains papain, an enzyme that breaks down protein. Very soothing to the stomach and digestive tract.

Peppermint: Peppermint is used for many ailments, the oil brings oxygen into the bloodstream. It cleans and strengthens the entire body, especially the bowels.

Psyllium husk: Psyllium Husk is used worldwide and is matched by no other to cleanse and lubricate the intestines and colon. It is said to be very good for auto-intoxication, by cleansing the intestines and removing the toxins. Used for all intestinal troubles.

Red clover : Red Clover a very strong blood purifier. It is used as a tonic for the nerves and as a sedative for nervous exhaustion.

Slippery elm: Slippery Elm is used to neutralize stomach acidity and absorbs foul gases and toxins. It draws out impurities and heals and soothes all parts of the body. Especially the mucous membranes, adrenal glands, stomach, bowels, lungs.

Yarrow: Yarrow acts as a blood cleanser, opens the pores to permit free perspiration for elimination of waste, relieving the kidneys. It also helps to regulate the function of the liver, tones the mucous membranes of the stomach and bowel, heals the glandular system.

Yellow dock: Yellow Dock one of the best blood builders. Stimulates elimination.

Note: These natural health concepts are not intended to prescribe or be used to diagnose medical diseases in any way. These natural concepts are for your information to use as a guide only.