



This is an opinion post by Sue Visser, health researcher and product developer for Nature Fresh Health Products. The views expressed here are not generally endorsed by the mainstream scientific community, but do represent an alternative voice to stimulate debate.

Disclaimer: This information is not intended as a substitute for any doctor's medication or treatment for their patients. Consult a healthcare professional who is familiar with integrative medicine if you wish to review your prescriptions. Natural ingredients may compete with medications, especially those that can thin blood, lower blood sugar, kill parasites, viruses and bacteria and help to alleviate anxiety and depression. Caution: ginger, chillies and Omega 3 oil and pineapple are as effective as anticoagulant drugs. (Review your meds as they will compete with them and may cause excessive bleeding.) Magnesium is a calcium channel blocker and dandelions are diuretics.

- Fresh fruits and vegetables that contain soluble fermentable fibre are sources of butyrate, a short-chain fatty acid that addresses food allergies, inflammation and leaky gut issues. Butyrate regulates appetite to control food intake. Cold rice and potatoes are also good sources of resistant starch. Chew them slowly.
- Plant protein and fibre are linked to a more diverse and balanced microbiome whereas animal protein and omega 6 fats limit the strains. Trans-fatty acids (deep frying) and arachidonic acid cause inflammation.
- Glutathione combats free radicals in the body, helps to detoxify heavy metals and boost T-cell and natural killer activity. As an antioxidant glutathione is made by the body out of 3 amino acids. Fermented milk products are rich in glycine and cysteine. We can add glutamate, the third amino acid from MSG (cheap) or glutamine supplements (expensive) to provide an ongoing source of glutathione that helps to recycle vitamin C by constantly removing its free radical load. [MSG](#) is not a harmful chemical, it is a precursor to glutamate.

Make your own Homemade Cheeses from Fermented Milk.

Use either full cream, or low fat Amasi or buttermilk to make these different cheeses. Fermented milk products are usually suitable for lactose intolerant people as the milk sugar converts to lactic acid. For extra benefits, mix the contents of a probiotic capsule or a liquid mixture of strains into your yoghurt and add them to the buttermilk or fermented milk when you make these cheeses. Allowing the mixture to culture at room temperature will result in abundant doses of probiotics that keep on multiplying and will not be destroyed by digestion. Lactic acid bacteria also play a role in the synthesis of B vitamins, folic acid, vitamin K and help to metabolize fats and bile acids.



Basic. Pour 2 cups (1/2 litre) of buttermilk into a cloth draped inside a sieve, placed over a bowl. Stir in 5ml salt and 5ml MSG. Cover with a plate and drip overnight.

This makes a soft cottage cheese. Transfer it to a plastic tub or use it as a base for making some other cheeses. Use the whey liquid residue for baking, soups or stews. Rich in oral probiotics and makes a good mouthwash.

Budwig protocol mixture. Joanna Budwig made this cancer-healing, anti-inflammatory blend using fat free buttermilk cottage cheese and flaxseed oil. Add 1 – 2 tablespoons of the oil to a cup of cottage cheese and mix it very

well. It is delicious, even as a substitute for butter or have it with vegetables and salads - a tablespoon a day! Add a blob to your smoothies. Mix in some nutritional yeast flakes and ground-up flaxseeds for even more health benefits.

Creamy cheese spread. Stir in a few tablespoons of whey protein and a shake of MSG to make a smooth, shiny spread. Keep it in a tub in the fridge. It can also be flavoured with Marmite. Use this instead of butter. Delicious!



Paneer style cubes. For a medium textured cheese, fold cottage cheese into a cloth, like a parcel. Wrap a dishtowel around it to absorb more water. Place a brick or heavy weight on top and leave for a day or two. Add the cut pieces to Indian spinach or tomato paneer.

Labneh, a Middle Eastern cheese. Rub hands with oil, form the medium cheese into balls and keep them in a tub of olive oil or brine.

Kurt Hard. dried curd balls from Central Asia. Dry out the Labneh balls. They keep for years and can be sucked for endurance plus to introduce beneficial probiotics to the oral biome. (Fluoride and antibiotics kill them.)

“Camembert” Use a knife to knead the lump of medium cheese with a tablespoon of whey powder, some salt and MSG. Wrap in a thin cloth for a few days. Keep it longer for a stronger flavour.

Parmesan for grating or shaving. Use a knife to knead medium cheese with more salt and a little MSG into a thinner slab. Wrap in a thin cloth and let it air dry in the fridge for a few weeks until it gets hard.

Different Pickles. How and when to use salt, MSG, prebiotics, herbs, spices, lactic acid and vinegar

Pesticides? Various strains of lactic acid bacteria consume organophosphate pesticides and can biodegrade them. Lactic acid is a strong sterilizing compound and suppresses harmful microorganisms. It breaks down and ferments organic matter such as lignin and cellulose. They also produce antibacterial compounds that are known as bacteriocins. Bacteriocins "punch" holes through the membrane that surrounds the pathogenic bacteria and work like natural antibiotics but they do not harm the good guys! Lactobacilli and bifido bacteria help to inhibit E.coli or Clostridium perfringens. They help to prevent diarrhoea caused by rota virus or salmonella. They help to reduce the proliferation of candida that causes dysbiosis. They assist in bulking the stool and help to speed up the elimination of toxic waste in the bowel. The heavy metal load is reduced and hormones like strong cell proliferating oestrogens can be broken down into weaker and more beneficial forms. Your thyroid will give a sigh of relief and bad moods and headaches will just blow away. (You still need to control blood sugar and do a heavy metal detox from time to time.) Candida will once again become the natural food of beneficial gut flora. Progesterone and vitamin B5 (pantothenic acid) will no longer be consumed by candidiasis. Pathogenic mycotoxins will no longer emerge and gang up against you to promote cancer. Biofilms within the gut lining will also be eliminated by gut flora. (Also take Parasite Remedy.)



Simple Sauerkraut to make and enjoy as a versatile probiotic. It produces a vegan probiotic called Lactobacillus plantarum and helps to improve stomach acid balance to prevent GERD or acid reflux. Sauerkraut helps to care for our natural gut biome as beneficial species consume candida (yeast cells). Prevents their

overgrowth and progression into pathogenic forms of microbes (candidiasis, such as moulds and fungi). A tablespoon a day can be added to food or juices to improve digestion, help assimilate micronutrients, produce antioxidants, heal the gut, boost immunity, relieve heartburn.

Yield: 1 litre sauerkraut : **Wilting time:** 2-6 hours in the sun : **Waiting time** 2-4 weeks depending on the taste.

Ingredients: 1kg (about 2 litres) of shredded cabbage, 15ml iodated sea salt or Himalayan salt

Shred the cabbage. Measure out 2 litres of it slightly piled up. Place cabbage into a large bowl with the salt. Mix it all in and leave the cabbage to wilt for a few hours in the sun or in a warm room. When liquid begins to form and the cabbage is reduced in volume, compress it into a 1 litre sealable container, such as a plastic yoghurt tub. Make sure that all the cabbage is pressed down, so it is covered in liquid. Close the lid and press down firmly in the centre to form a vacuum. (If oxygen is present, it goes mouldy.)

Put the sealed tub into a plastic bag, twist and tie it closed in case the sauerkraut leaks over and out. Leave to stand at room temperature for 2 weeks. It becomes more acidic the longer you wait. Keep it in the fridge and have at least 1 tablespoon per day. Mix in 1/3 yoghurt or cottage cheese.

Kimchi contains lactic acid-based bacteria similar to sauerkraut. A typical mixture would include shredded Chinese cabbage (or use normal cabbage) as the main ingredient with sliced up carrots, garlic (but it is optional), ginger, onion and for the brave - chilli peppers! You can also include sliced yellow, red and green peppers, turnips or leeks. Sprinkle 1-2 teaspoons of salt over 1 litre of chopped vegetables and let it soak for a few hours in the sun. This softens them and releases the juice. Compress the mixture into a jar so that there is some liquid on top. Seal it up and make it airtight. Leave containers to ferment for 1 – 2 weeks. After 7 days it will whoosh when you open it. Kimchi tastes sour, yet pungent. The vegetables become soft and juicy. Serve it with Chinese rice, tofu, dumplings and stir fries.



Basic pickling involves the use of salt and vinegar, in endless variations.



Pickled onions are the most popular. Small, peeled onions or slices are sprinkled in salt and left to release moisture in a warm place for a day or two. Vinegar is heated up and spices and sugar can be added if liked. Vinegar is poured into the jar to cover them. It takes a week or two. Other raw vegetables can be combined. Try sliced carrots, turnips, strips of cabbage, red, yellow and green peppers, sliced celery and sprigs of cauliflower. I like to microwave the mixture for a minute to soften slightly, but keep them crisp. Caucasians have them with their home made cheeses, salad, soup and bread.

Using Citrus Fruit – plus Skins to make Lemon pickle, Limonene and Cakes

Raw salted lemon pickle has a unique flavour and is good for the liver. Traditional recipes pickle a whole lemon and it takes months before they are soft enough to eat. It is quicker to slice up a few lemons into thin slivers, sprinkle them with salt and allow the mixture to sweat in the sun for a day or two in a covered glass dish. Then pack it into a jar, keeping it closed for a few days until the white parts become saturated and clear. It can now be eaten but keep it in the refrigerator.

Enjoy the lemon pickle with just about any meal. It goes well with spinach, dhal, fish, curries and cheese. It is great in a sandwich and with snacks or even in a smoothie with banana and juice or yoghurt. Lemon skin is very good for bile stimulation and will thus help with the alkalinity of the small intestine. It is good with greasy food and it sweeps the palate. According to some naturopaths, a tablespoon of lemon pickle a day helps with liver problems, arthritis and skin disorders.

Grapefruit, orange, lime, nartjie and lemon peel contain naringenin, that stimulates the liver to burn excess fat and reduce blood sugar, triglycerides, and cholesterol and it is a powerful antioxidant as is hesperidin. D-limonene has the citrusy fragrance and fights cancer, high cholesterol, and indigestion from stomach acid. The peel has twice as much vitamin C and three times as much fiber than the fruit. Citrus contains vitamins A, C, B6 and B5; calcium; riboflavin; thiamin; niacin; and folate. The white pith of citrus fruit contains a phytochemical called diosmin that helps to revive the flow of lymph in sluggish systems and eating it



makes food linger longer in the stomach. All citrus flavonoids improve insulin sensitivity. They can inhibit starch digestion and lower hepatic gluconeogenesis. Grapefruit is contra-indicated when taking some medications. Evidently this fruit intensifies and prolongs their effects, which is beneficial; but they amplify all the drugs' adverse effects! That is why I now eat grapefruit with my supplements, especially after fish oils to enhance their efficacy!



Limonene from citrus peel, cookies from the pulp Remove citrus skins using a potato peeler and place them in a glass jar. Cover with white vinegar and the oil will seep into the vinegar. It has a pleasant fragrance and can be used as a room spray or kitchen disinfectant. If you add cinnamon and clove powder to the soak, it is glass cleaner and is good for granite kitchen tops, making them shine. Cloves and cinnamon repel ants. Citrus

peel soaked in vodka is used for flavouring. Remove it and remove fruit segments from the skins and chop the pulp into pieces. Place them in a blender goblet with water, spices, a little brown sugar, and brine from your cheese making projects. Process it into a pulp and work it into a low-carb dough for for the ultimate slimming, but filling cookies. Add olive oil and thicken it with flaxseed powder, pea powder, whey protein and rice flour or oats with some baking powder. Experiment with this mixture. I make a flat disc on a saucer and microwave it for a minute. Try a silicone cookie cup, to test the texture. Microwave it for a minute.



Lentil sprouts are the cheapest, most nutritious and the easiest to make.



Sprouts are very cheap and boost the nutritional value of all your meal. They are very low in kilojoules. Growing a regular supply of lentil sprouts will cost the average family about R10 per week for daily vitamins, minerals and fresh enzymes that are of more value to the body than expensive synthetic vitamins. For instance, half a cup of soya bean sprouts contain more vitamin C than 6 glasses of orange juice. Lentil sprouts are very rich in

B vitamins, especially vitamin B6, so essential to control water retention.

Mix sprouts with sauerkraut every day to control acid reflux. Enjoy 1 or 2 tablespoons with yoghurt and chopped apple or banana for a slimmer's meal. Have a thick layer of sprouts on a slice of bread or toast or a rice cake spread with cottage cheese. Season with herb salt and a sprinkling of olive oil. Also nice for in between snacks. Blend sprouts into any type of salads, soups, stews or stir fries. Also chew them on their own. For breakfast or light meals: fry a few tablespoons of sprouts in the pan before making an omelette or frying mashed potato. Top with grated cheese and finish off under the grill. Chopped onions and sprouts fried in a pan make a good filling for samosas, a base for a curry sauce, a starting point for soups or it can be eaten as a side dish. The seasoning is up to you: use herbs, tomato puree, garlic, chilli, spices or just olive oil, herb salt and lemon juice.

How to Extract Calcium, Minerals and Joint Supplements from Eggshells



Eggshells are made out of 19 minerals. The most abundant is calcium and it is easy to extract a good bone and joint supplement from them. Three eggshells will deliver enough calcium to meet your daily requirements for a week. On average about 7 x 250mg of elemental calcium. It will also provide other

minerals that are present in our bones and teeth such as magnesium, boron, copper, manganese, molybdenum, sulphur, silicon and zinc. The eggshell membrane is made out of collagen for connective tissue support and sagging skin, glucosamine and chondroitin to build cartilage in joints and hyaluronic acid – a substance that draws moisture into the joints and skin. Hyaluronic acid and collagen are present in expensive skin creams.

Leech Calcium from Eggshells With Vinegar. Place one or two hard boiled eggs in a jar of white vinegar for a day and the calcium carbonate will dissolve off the shell and into the vinegar, along with many of the trace elements. It is best to use a boiled egg because cooking will kill off any bacteria that may be present. You can also peel the eggs and then place the shells in the vinegar. A creamy white and quite sour solution will be the result after a day or two. Strain it off and keep it in the fridge. Drink some before your main meals. This provides a substantial source of calcium as well as other minerals and trace elements. When calcium is delivered in an acidic carrier it is easier to assimilate. Some people object to the taste, so they may prefer the second method, using citric acid. With this technique you can also get eggshell membrane extracts. It is a very effective cure for GERD acid reflux and oxalic acid.

Extract Calcium from Eggshells With Citric Acid This method produces a creamy, bland tasting liquid, rich in extracts from the shell as well as membrane. Three eggshells provide a week's supply of calcium citrate – plus all the extra minerals that may be assimilable at this pH. Boil the eggshells you collect for about a week. Smash them with a pestle and pace in a jar with citric acid and water. After a few days you will see the calcium residue. Sieve it with a cloth. The liquid can be added to your cottage cheese or smoothies or taken as is. The gritty residue after filtration makes an excellent skin exfoliator and rejuvenating face pack. It works miracles for the tired, patchy skin on your face and hands. After you rinse it off you will understand what I mean about the “secret” ingredients in the membrane!

Salt enrichers

Magnesium is a natural calcium channel blocker. It relaxes tense muscles, lowers blood pressure, prevents insulin resistance and kidney stones. Magnesium carbonate is added to table salt to make it flow freely. Potassium chloride is called “No salt” and is used as a sodium free salt substitute. **Self help:** For a first aid NAT MUR treatment free of lactose or sugar, add a pinch of common salt to a litre of water in a bottle. Shake it vigorously. Pour out half the water and replace it with fresh water and shake again. Do this 3x. Sip the treated water throughout the day. When the bottle is halfway down, add more water and shake it up again and this will increase the therapeutic effect. Continue for the next day or two, until your water balance has been restored. Replace table salt with a natural form of salt.

Acid reflux and heartburn – salt and pickles. [Weak stomach acid](#) (above the optimal pH of 2) causes the upper stomach valve to stay open and we experience [acid reflux](#). Food cannot be properly digested, so more of this weak acid is produced and it leaks up the oesophagus. A pinch of salt before and after a meal helps to increase chloride levels, to correct the pH and the valve will then close. Eating a pickle for heartburn, acidifies stomach acid and closes the valve. Cabbage is the best acid enhancer, especially sauerkraut. Having a tot of the vinegar that leeches the calcium from hard boiled eggs is also a quick fix for acid reflux. A pleasant health drink: Mix a teaspoon of honey with a tablespoon of vinegar in a cup of hot or cold water with a pinch of salt. We can thus enjoy all the top 4 condiments together!

Honey, spices and sweeteners

Honey is a complex combination of enzymes, organic acids, esters, antibiotic agents, trace minerals and vitamins. It is still used in some hospitals to heal incurable skin lesions and treat biofilms. Biofilms are formed by strands of fibrin and masses of calcium and debris to protect the pathogens that inhabit them. You can mix honey with healing spices

such as cinnamon, to improve insulin sensitivity, cloves to kill worm eggs, ginger as a blood anti-coagulant and especially propolis. Bee propolis kills many types of parasites, especially *Helicobacter pylori*, associated with stomach ulcers. Mix 1 teaspoon of propolis into 1 tablespoon of honey. Delicious on bread and butter. Take small amounts to treat a cough or sore throat or a tooth problem. Dental plaque is also a biofilm, containing acid-forming bacteria that erode the teeth.

Xylitol does not acidify the mouth, attract bacteria or feed plaque as do regular starches and sugars. Xylitol tricks the plaque into thinking it is food, yet it starves it to death, neutralises acidity and encourages saliva – the best mouthwash we have. Propolis is also a valuable tooth protector and helps to reduce pain and inflammation. Sucking a sugar free propolis cough sweet, for instance is a very delicious way to treat tooth and gum infections.

Stevia spray. Dissolve stevia powder in water and use it as an instant sweetener for fruit salad, cereals and especially grapefruit, oranges or papaya instead of sprinkling on the usual sugar.

Juicing kitchen offcuts for their medicinal effects



Harness the healing effects of what people toss into the dustbin or compost heap, at best. Keep a container for offcuts of broccoli, lemon peels, celery stumps, apple cores, ginger peels, and especially fresh dandelions. Called a garden weed, dandelions belong in the medicine chest as a diuretic and one of the most powerful Covid-busters – 2x more powerful than hydroxychloroquine! Add these to a container of water and add a teaspoon of probiotic liquid. Once a week, blend it into a pulp and sieve it. We all this Jungle Juice and thrive on it. Process on high for about a minute. Strain the mixture through a stocking, stretched over a jug and squeeze out the remaining juice. You can add other supplements, such as extra vitamin C. MSM or multi vitamins, l-lysine and so on. Stockings tend to break after frequent use, so rather make a special straining bag out of a piece of petticoat material or fine net curtaining.