



Healing Foods

(May 2013)

Black Mission Figs: dried, eat 2 x2/day with food

Sweet Potatoes: cleanse colon, help heal and get rid of parasites (1/2 C x3-4 times a week)

Greens: (includes kale, bok choy, collard) help balance hormones (x1-2 times a week)

Green Beans: kill parasites (1/2 C any form every day for 3 weeks)·

FYI: Chemo kills parasites, but they come back again

Green Olives: 4-5 every day kill pin worms, eventually cut down

Amaranth + kills all detrimental problems getting rid of a variety of

Millet health concerns + it's healing (1/2 C once a day or find it puffed or in cake form)

Hemp Seed Nuts: 1-2 Tsp per day, sprinkle on salads, drinks, etc·

FYI: When there's a shock to your system (bee sting, spider bite, cancer, etc·) your spirit energy gets thrown out· The following prayer will help bring the energy back and help make you stronger, more powerful and increase your will-power·)

“Dear Devine, Mend, Correct, Heal, Repair & bring back into me any separated or missing parts of my spirit and broken heart and bless them now· “Thank you”

From: Faith Parrish (618) 876-1771, Medical Energy Reader, she “tailor-makes” health protocols for anyone interested in complete healing @ \$1/min on phone·