

# Recommended Usage

## Nutritional Conditioning Platform

1. Talk to your medical doctor about the fact that you are going to start taking whole food concentrates to complement your present treatment. Show your doctor the assays, product data sheets, which will be provided to you. We would be happy to talk to your physician to answer any questions and provide research data.
2. Take 1 heaping teaspoon of Manna 4 to 6 times a day with a little sip of water. Take CeaZyme Caps. with each meal and ProBee Caps. away from food 3 to 4 times a day.
3. Take morning and evening:
  - a. Place in a 18 - 20 oz. sport bottle:

3 scoops NanaCea 24/7™  
1 scoop NanaCea™ Manna™
  - b. Add:

6 oz. liquid, such as organic milk, rice milk, almond milk or water. You may use any liquid you prefer, but do not use soy milk, or anything sweetened with aspartame (NutraSweet or Equal) or sucralose (Splenda).
  - b. Shake to blend mixture. Add ice cubes (if available). Tighten lid. Shake vigorously.
4. Take:

3 NanaFlex™ Capsules	2 times a day
3 LiverCea™ Capsules	2 times a day
1 CeaZyme™ Capsule	3 times a day with meals
1 ProBee™ Probiotic Caps.	3 times a day (away from food)
6 drops of Quantum Minerals	2 times a day (in mouth)
3 drops of SilverCea	3 times a day (especially after brushing your teeth). Also, spray your toothbrush to keep it free of germs. It is recommended that you take ProBee 30+ minutes after using the SilverCea.

**Do Not Use Microwave Ovens for Heating Food or Water!**  
**It Changes the Spin Initiating Auto-Immune Response!**

**Water:** Drink as much as you desire. Do not force yourself to drink unless you are thirsty. Most people become thirsty as the body will begin exchanging the hyper-dimensional water for the stale water at the cellular level. Do not be disturbed if you find yourself more thirsty than normal. This is a good thing.

Add the following to a gallon of purified water:

3 drops	Quantum H <sub>2</sub> O
1 dropper	Q-SuperOxy Drops
1 dropper	Quantum Minerals

**Please Note:**

**If you start to get a sore throat, immediately use SilverCea ( 3 drops under your tongue) and do this 4 to 6 times a day.**

**Also, as soon as possible, place 18 drops of Q-SuperOxy Drops into a small glass, add ¼ teaspoon of white vinegar. Allow to stand for approximately 4 minutes add a splash of water and then drink. Repeat this again in 12 hours. This is a powerful treatment for many things, even malaria.**

4. You should notice an immediate increase in your energy and a sense of well being. After several weeks, you will notice that you start craving strange and unusual foods. Typically, it is romaine lettuce with lemon juice, raw vegetables, etc. Once you achieve a super-nourished state, you will be able to eat the foods you crave which will further accelerate your return to good health.

Empower your body to take responsibility for the repair and maintenance of your body. Provide it with the nutrient tools it needs to do those tasks.

5. NanaCea 24/7™ is made from NanaCea Manna™ and NanaCea FiberCea™, predigested whole foods from the brown part of rice that is removed during the milling process. It is really a concentrated form of brown rice, has a G.R.A.S. (Generally Recognized As Safe) from the FDA. As a food, it is not regulated. It has been processed in a non-chemical way to pre-digest the nutrients which makes them more bio-available. FiberCea is a nutritionally dense fiber product which does not produce methane gas and bloating. It is also a food.

- 6. It is recommended that you eliminate as many toxins from your environment as possible, including chlorine from tap and shower water using a simple charcoal filter, fluorine from drinking water and toothpaste, pesticides, aspartame, antiperspirants, all products containing mono-sodium glutamate (MSG), all products containing aluminum.**
- 7. It is highly recommended that you begin using Rice Bran Oil as your cooking and salad oil. It is delicious. We will soon be selling it on our web site.**
- 8. Eliminate all hydrogenated or partially hydrogenated fats from your diet. Eliminate margarine and all processed baked products which contain trans-fatty acids. Eat a little butter every day. One of the side effects of using these products is that in most people they lower cholesterol and triglyceride levels, inflammatory markers such as C-Reactive Protein and Homocysteine Levels, thereby enabling many people to consume more of the good fats so important to the health of the body.**
- 9. When you return to a super-nourished state through a program we call "Nutritional Conditioning™", your body will be able to eat some fruits and drink fruit juices again without sending your blood glucose levels through the roof. Eat raw vegetables and salads, whenever possible, which will help nourish your body back to health.**