

Medicine Cabinet Makeover



VS





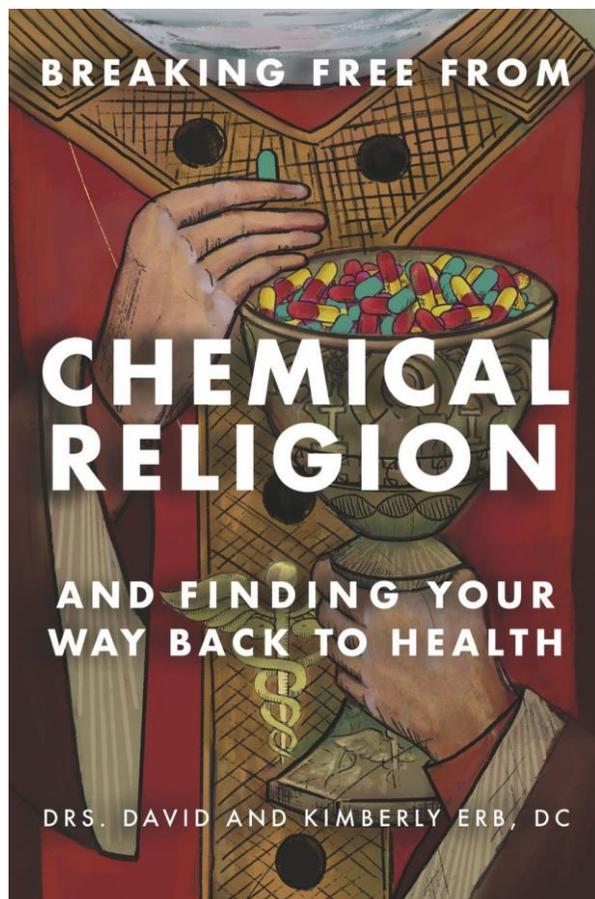
ERB HEALING FOUNDATION

We are leading a rebellion that resists pharmaceutical [pharmakeia] symptom and fear-based healthcare to offer one that empowers patients with hope, education and healing at the **cause** of the symptoms.



BREAKING FREE FROM CHEMICAL RELIGION & FINDING YOUR WAY BACK TO HEALTH

CLICK HERE TO BUY ↓



ALL BOOK PROCEEDS BENEFIT:



STAND FOR HEALTH
FREEDOM



JUSTICE REFORM



ERB HEALING
FOUNDATION

There are affiliate links at the store for all the products mentioned [throughout the book](#).

You can find healthy recipes at Erb Family Foods [HERE](#)



ADVANCED PLAN

5 Essentials

Max Mind
Max Nerve Supply
Max Nutrition
Max Oxygen and Lean Muscle
Minimize Toxins

Why eat this way:

Healthy
Lean and Muscular
Stabilizes Mood
Improves Sleep
Improves Focus

Your body uses two and only two things for energy
SUGAR or FAT – your hormones determine which one.

Traits of a SUGAR BURNER

Unable to lose weight even with exercise
Unstable sleeping patterns
Mood Swings
Fatigue and energy crashes
Sugar or Simple Carb cravings
Unable to Focus
Chronic infections and other signs of lower immunity

How do you MASTER LEPTIN:

1. Eliminate Sugar
2. Cut out grains
3. Remove bad fats, add good fats
4. Eat very little fruit
5. Avoid toxins

10 Superfoods to start with: Coconut oil, olive oil, avocado, leafy greens, grass fed beef, wild caught fish, nuts/seeds, broccoli, berries, and cage free eggs. Bonus: full fat Greek yogurt/kefir

Buy all Grass Fed, Certified Organic & Non-GMO foods

ADVANCED PLAN SHOPPING LIST

Protein Choices

Cold water fish
Small fish
Eggs
Raw cheese
beef
Chicken
Turkey
Whey protein supplement (grass fed concentrate, no isolate)
Egg Protein
Shelled hemp seeds

Fat Choices

Raw nuts and seeds
Olive oil, olives, grape seed oil
Coconut oil, flakes, flour, butter, milk
Flax seeds, flax seed meal
Flax seed oil, cod liver oil, hemp seed oil
Fish oil supplement
Nut butter (not roasted)
Tahini
Yogurt (full fat, not low fat or non-fat)
Butter

Vegetables

Any vegetables except potatoes, carrots, and corn

Fruit

Avocados and berries (grapefruit and granny apples in extreme moderation)

Sweeteners and Seasoning

Stevia, Xylitol, liquid aminos, apple cider vinegar, balsamic vinegar, sea salt, Vegemise (grape seed oil)

ADVANCED PLAN FAQ's

COMMONLY ASKED FOOD QUESTIONS...IS IT ALLOWED ON THE ADVANCED PLAN?

Quinoa – no. Quinoa is technically a seed and high in protein, but it does carry a glycemic load and will spike blood sugar. Quinoa is a good option for the core plan.

Sweet potatoes – no. Sweet potatoes are tubers and are very starchy which carry a considerable glycemic load.

Carrots – no. For a vegetable, carrots contain a higher amount of sugar than others. The Advanced plan works so well by eliminating sugar and anything that turns to sugar. (Note: you will find carrots in the ingredients in the new Advanced Plan Plant Protein but in that case, the sugar has been extracted and only the nutrients from the carrots remain.)

Honey – no. While honey comes from a natural source, it is made up of mostly fructose and spikes blood sugar considerably. Even if used on the core plan, honey should be used in extreme moderation.

Agave – no. Agave Nectar is not acceptable for the Core or Advanced Plans. It is highly processed, can contain toxic elements and is high in fructose, causing large spikes in blood sugar.

Yogurt – qualified yes. Yogurt is acceptable on the Advanced Plan but is not necessary. For people who are dairy

Medicine Cabinet Makeover



intolerant or need or want to eliminate dairy, other options are available. Yogurt should be full fat, preferably from grass-fed cows, and unsweetened.

Cheese – qualified yes. Cheese should be organic, raw and preferably from grass-fed cows or goats.

Alcohol- no. Alcohol has an effect on blood sugar and your liver and is not Advanced Plan approved.

Ezekiel Bread – no. Although sprouted grains are much desired to processed grains and acceptable on the Core Plan, it should be eliminated on the Advanced Plan.

Corn- no. Corn is high in sugar and should be eliminated on the Advanced Plan. Caution should be used even on the Core Plan because so much of the corn in the U.S. is genetically modified.

Peas – no. Peas are high in sugar and should be eliminated on the Advanced Plan

Apples – it depends. The only apples acceptable on the Advanced Plan are Granny Smith apples because of their very low sugar content. All other types of apples are very high in sugar and should be avoided.

Pork – no. Pork is not recommended for the Core or Advanced Plans. Pork is highly toxic, highly acidic and highly inflammatory.

Shellfish – no. Shellfish is not recommended for the Core or Advanced Plans. Shellfish are highly toxic, highly acidic, and highly inflammatory.

Lemons/limes – yes. Lemon and limes, like grapefruits have a low glycemic index and therefore will not spike blood sugar.

Coffee – qualified yes. It really depends on what you do to it. Ideally you want to use organic coffee beans (to avoid pesticides) and avoid sugar, conventional dairy, and creamers. It is ideal to use coconut oil, butter, coconut milk and/or stevia in coffee.

OTHER QUESTIONS

What should portion size be– Typical portion sizes for proteins are approximately the size of a fist. Vegetables can be larger portions because they don't have negative effects on the body.

What are the best oils to cook with- Coconut oil, by far and away, is the best oil for cooking. It can withstand very high heat and will not break down or become denatured. Butter would be another good option, but you never want to let it brown. Olive oil should never be heated to its smoking point.

What are the best alternatives for flour? – Almond flour is a great option because it tastes great, is easy to work with, and is a 1:1 substitution with processed flours. Coconut flour is a very healthy option, but it is a little harder to work with. It is highly absorbent so requires either less of the coconut flour or the addition of more liquid (eggs, water, etc.). Garbanzo bean flour and flax seed meal are great options for breads and pizza crusts. It is also a good idea to combine the flours listed above when using in recipes.

What is a good alternative for a thickening agent for sauces/soups? Arrowroot powder is a great alternative. Simply mix with a small bit of liquid before adding to the pot. Xanthan gum is another healthy alternative but tends to be very sticky.

What is a good replacement for rice or potatoes? - Cauliflower = the ultimate replacement. Cauliflower can be used in place of potatoes, rice, and even used to make breads and crusts. It is the most versatile advanced plan vegetable.

Why can't I eat fruit? – While fruit does have a high nutritional profile, most fruits are very high in sugar. In order to eliminate all sugars, it is necessary to limit fruits to grapefruits, lemons/limes, berries and granny smith apples.

What about snacking on the Advanced Plan? - When first changing your diet to the Advanced Plan, snacking may help in making the transition. However, to truly get hormones like leptin and ghrelin in check, snacking should be eliminated.

What if I'm doing the Advanced plan but I'm not losing weight?- There are a number of factors that can contribute to a lack of weight loss when following the advanced plan. The most common are: 1) too much snacking (see above), 2) too much protein – when you consume more protein than your body needs, it is converted to sugar. It is important to moderate protein intake on the Advanced Plan, 3) toxicity issues – it may be necessary to address toxins that may be preventing weight loss.

How do I know how to read meat labels?

Beef-

No specific label = conventional beef – Animals raised in a CAFO (Concentrated Animal Feeding Operation) and likely fed genetically modified, pesticide sprayed grains, by-products and other food waste, given large amounts of vaccines, antibiotics and hormones. Conventional beef could also be irradiated without any labeling.

Organic- According to the USDA, to hold the organic claim, the animal must be raised on organic land, must be fed organic feed, no antibiotics or added growth hormones are allowed, and the animal must have outdoor access. NOTE: Organic does not mean grass-fed therefore, the omega ratios in organic meat more resembles that of conventional beef than grass fed beef and the nutritional value is inferior to grass fed beef.

Grass Fed- According to the USDA website, a grass-fed marketing claim requires, “that animals be fed only grass and forage, with the exception of milk consumed prior to weaning. Animals certified under this program cannot be fed grain or grain byproducts and must have continuous access to pasture during the growing season.” Unfortunately, because there isn't stringent policing, many producers will label beef as grass-fed when it is not 100% grass fed and finished or when the animal has been confined and fed hay for a period of time. It is best to know where your beef is coming from and confirm that it is 100% grass fed and grass finished. There are even some organizations like the Food Alliance that take the certification a step further by requiring that the animal be born and raised on American family farms in order to carry its official stamp. NOTE: On January 12th, 2016, the USDA revoked the current grass-fed beef labeling standard. The previous requirement that the animals, “be fed only grass and forage, with the exception of milk consumed prior to weaning. Animals certified under this program cannot be fed grain or grain byproducts and must have continuous access to pasture during the growing season.” Was deemed “confusing for farmers and consumers.” Rescinding this standard now means that consumers will be in the dark about meat they are purchasing. This leaves the door open for manufacturers to put a grass-fed label on meat that is not 100% grass fed and for there to be even more confusion. This should be alarming and should prompt consumers to start asking more questions and being their own best advocate.

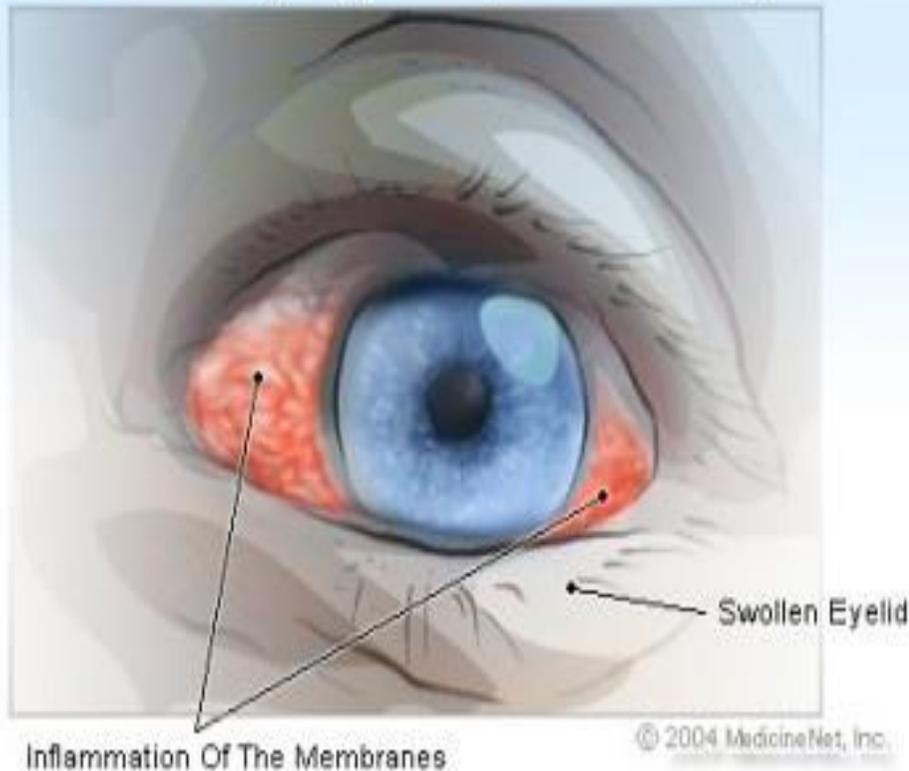
Poultry- You want to look for Organic, Pasture Raised poultry. Cage-free simply means that the animals are not in cages, but they can still never see grass or sunlight and may be in very crowded conditions.

Fish- You want to source wild caught fish, preferably smaller fish from cold waters, like Pacific ocean, to avoid potential toxins.

PROTOCOLS

PINK EYE PROTOCOL

Pink Eye (Conjunctivitis)



Vit D (follow mega dosage)

- Spray eyes with **Purified Silver Spray**
- **Whey from kefir (or Breast Milk)** add to eyes and keep eye closed for probiotic cultures.
- **Organic black tea bags** soak in hot water, remove and let cool and then place warm on eyes while closed for up to 20 minutes.
- It's ok if it gets in the eyes.
- Put towel on tea bags to hold in place.
- Apply this protocol every couple hours for 1 day

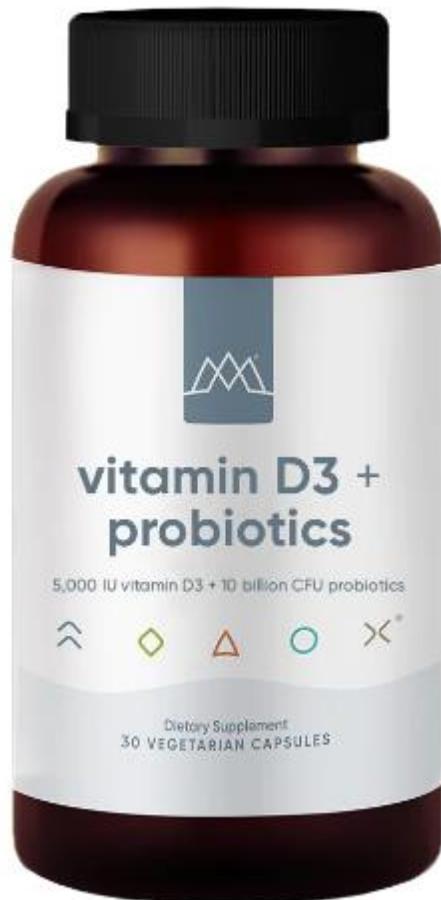
CHARCOAL PROTOCOL

- **Food Poisoning**
 - **Stomach virus**
 - **Severe diarrhea**
 - **Alcohol overdose**
-
- Start with 1-2 capsules every 30 min (even if they were vomited out).
 - As soon as the body will start to hold BIND increase to 4 caps/30-60 min for 6-8 hours or when symptoms will subside.





VITAMIN D3 MEGA-DOSAGE



HOW-TO-USE:

1,000 iu per pound of body weight for 3 days ONLY.

Example:

150 lbs. = $150 \times 1,000 \text{ IU} = 150,000 = 30 \text{ capsules daily for 3 days ONLY}$
Each capsule is 5,000 IU

Then continue maintenance dosage:

Spring / Summer - 5,000 IU (1 capsule daily)

Fall / Winter - 10,000 IU (2 capsules daily)

COUGH PROTOCOL

- Repeat below protocol 5 times per day until symptoms disappear (not longer than 6 days)
- Hi-Po Emulsi-A - 3 drops (15,000 IU)
- Mixture of coconut oil with 1-3 drops of peppermint oil, apply on chest and under the nose to breathe in while sipping and breathing in warm chamomile tea.
- Diffuse essential oils. (peppermint, lavender, eucalyptus)



“AFTER DENTAL WORK” PROTOCOL



Purified Silver Spray



Thieves Spray



Clove Oil

Apply all three remedies on and around the tooth and surrounding gums multiple times per day.

Medicine Cabinet Makeover

URINARY TRACT INFECTION

FOR ONE WEEK:

- Urinary Tract Support (4x dosage)
- No sugar
- No juice (Cranberry Juice- no sugar)
- Lots of water
- Get adjusted



VAGINAL DRYNESS



YEAST INFECTION PROTOCOL

- GI Replenish (make paste with water & Insert vaginally)
- No sugar
- Advanced plan diet
- Get Adjusted



LIBIDO PROTOCOL

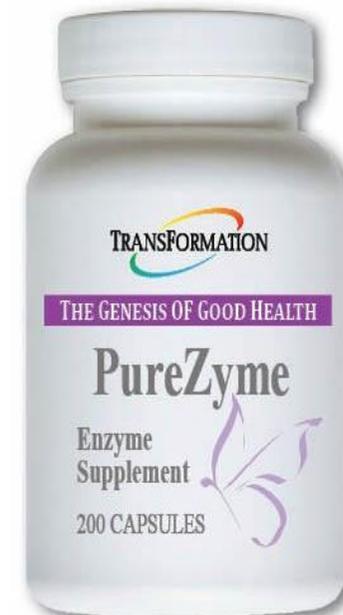


- **Follow directions on the bottle**
Red Rooster for Men
Lady Passion for Women



BLOATING

- GI Replace take 1 capsule 3 times per day 15 minutes before each meal.
- GI Remove take 2 capsules 3 times a day with meals.
- Purezyme take 3 capsules one hour after each meal.





DIGESTION ISSUES

4R's Gut Healing Protocol: Remove, Repair, Replace, Replenish

Phases	Month 1	Month 2	Month 3	Month 4
Remove	 GI Remove 2 capsules 3x per day with meals +  Microbiome Support 1 capsule per day at night			
Repair	 GI Repair 1 scoop 3x per day between meals			
Replace	 GI Replace 1 capsule 3x per day 15min before meals			
Replenish	 GI Replenish 1 capsule once per day with breakfast			

Diet is critical to healing the gut. Speak with your health care practitioner about specific diet recommendations.

ALLERGIES/HIVES

LOVING ENERGY:

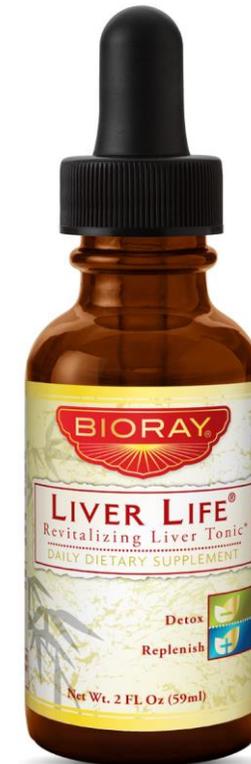
- 1-3 droppers full, 3-5 times per day
- Reduces Histamine levels

LIVER LIFE:

- Intake by body weight daily
- Follow instructions



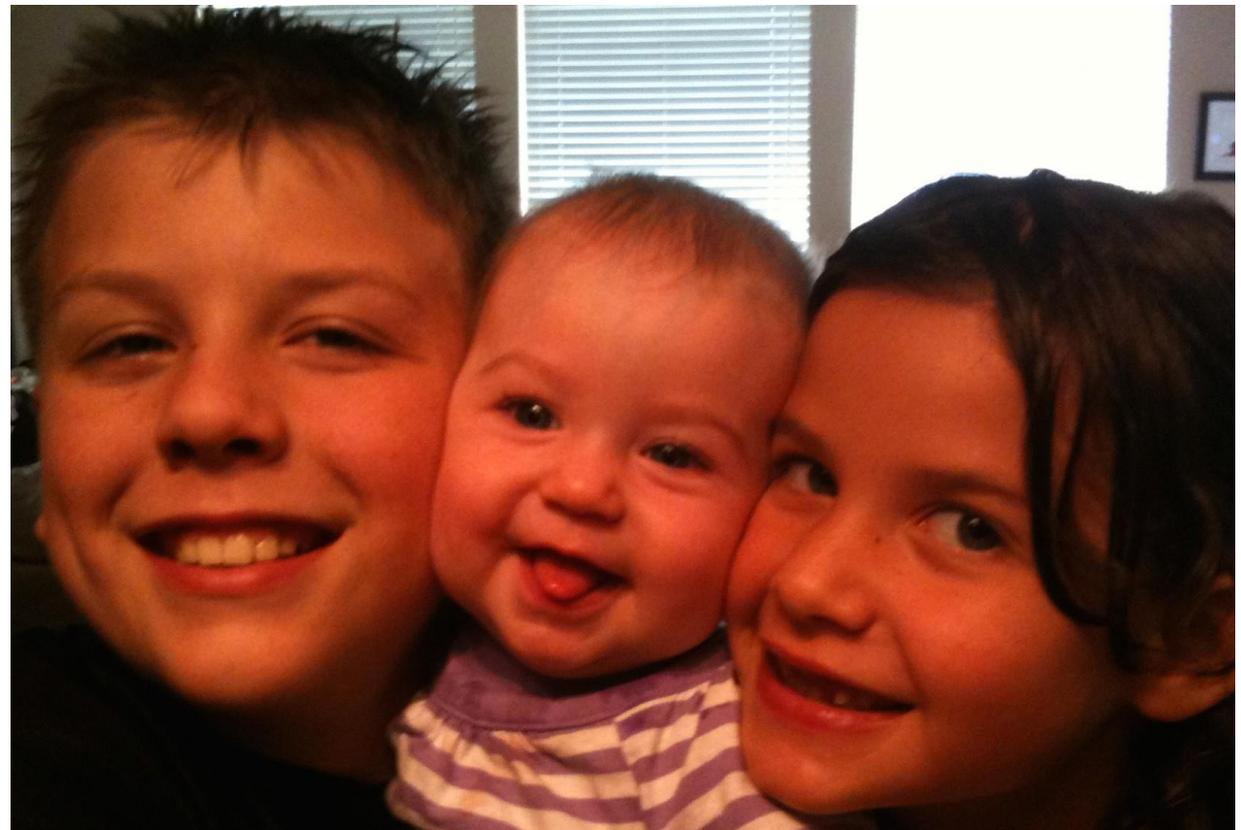
Acute



Chronic

BURNS PROTOCOL

Olive oil / coconut oil / lavender oil + aloe + Vitamin E



SKIN RASH PROTOCOL



**Purified Silver Spray + Coconut Oil + Olive oil +Lavender
+ Frankincense, Bathing in epson salt**

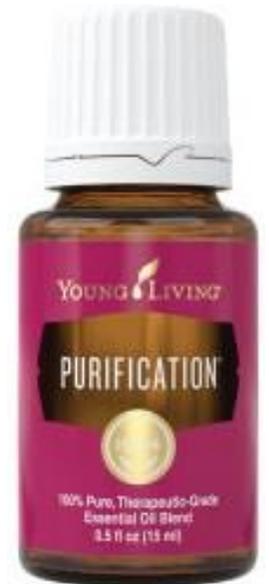
SORE THROAT/ STREP THROAT PROTOCOL

Salt water + Apple Cidar Vinegar + Purified Silver Spray+ Vit-A + Vit-D3



SPIDER BITE PROTOCOL

Thieves spray from Young Living
Purification Oil Blend



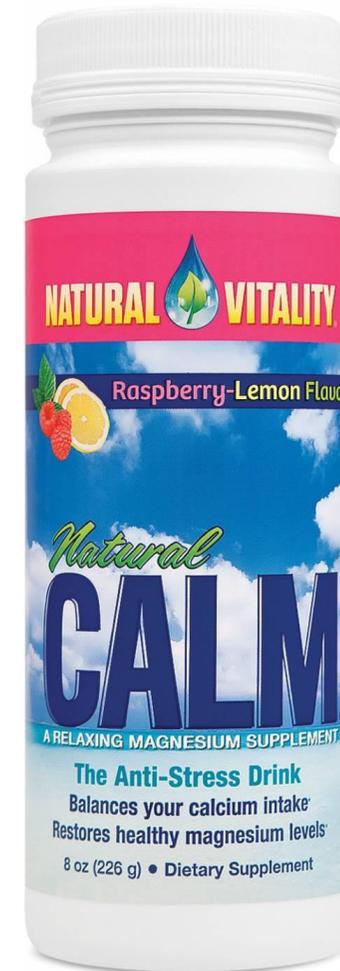
HEADACHE PROTOCOL

- Peppermint Oil: nostrils and temples
 - Don't get in your eyes
- Hot or cold pack
- Use oil diffuser
- Get adjusted



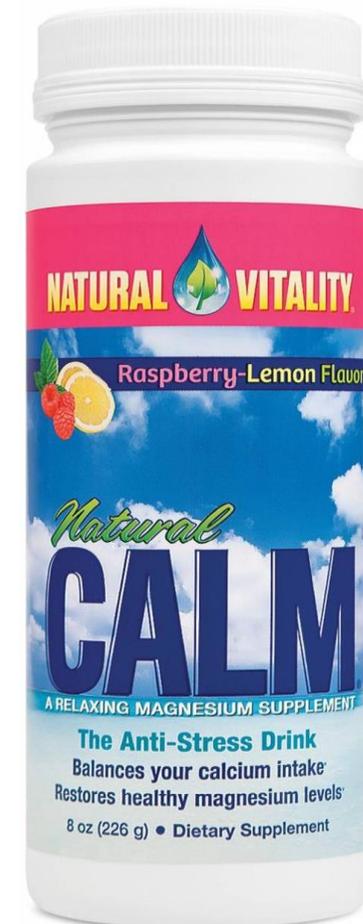
RESTLESS LEG/ NIGHT MUSCLE CRAMPS

- CALM Magnesium Supplement
1-3 tsps per day (up to bowel tolerance)
- Complete Mineral Complex
- E-Lyte



MUSCLE SPASM PROTOCOL

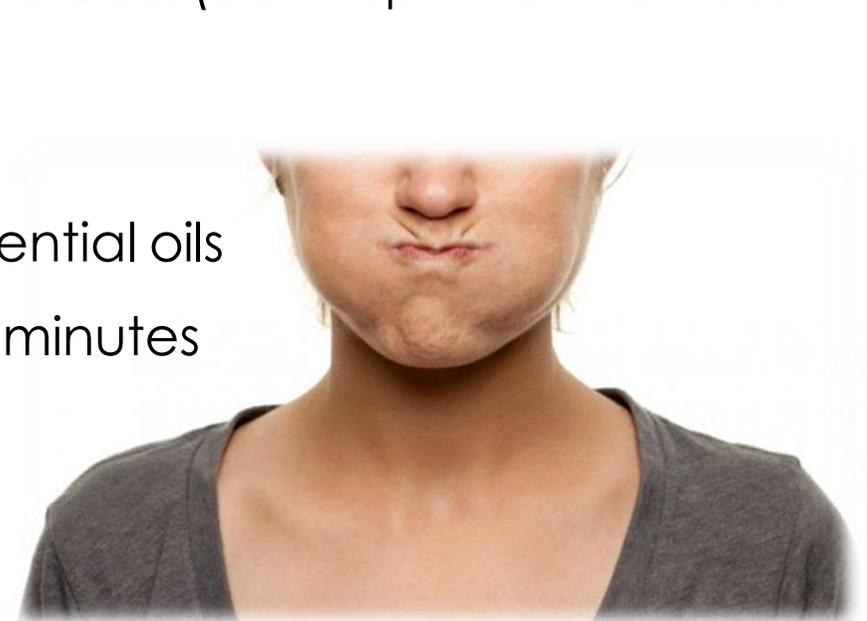
- Relaxa
- CALM Magnesium Drink



TEETHING / TEETH PAIN / CAVITY FIGHTING / WHITENING



- Clove oil...
- Arnica
- Oil pulling protocol (don't spit in sink or toilet or shower)
- Coconut oil
- Favorite essential oils
- Swish for 20 minutes



TEETHING PROTOCOL

1. Boil for 5 minutes:
 - 3 cups of water
 - 1 cup of organic apple juice
 - 5 whole cloves
 2. Add 5-10 small infant wash cloths with knot tied in the middle
 3. Allow to cool to room temperature gently wring cloths
 4. Freeze in Ziploc bag
 5. Allow child to chew on cloth
- Icy clothes soothes gums, clove numbs, texture of cloth help tooth break through, and apple juice keeps child chewing and sucking on cloth



LYMPHATIC CONGESTION PROTOCOL

- Essiac Tea (2oz per day)
- Lymph 3 Chronic (2 droppers full 5x per day)
- Lymphatic massage
- Infrared Sauna
- Rebounding
- Skin brushing



EAR INFECTION PROTOCOL

- Apple cider Vinegar and Rubbing Alcohol, 1:1 ratio
 - In a dropper
 - 1-3 drops per ear, 1-3 times per day or as needed
- Also, a good preventative for children after swimming
- Garlic oil drops & Purified Silver spray



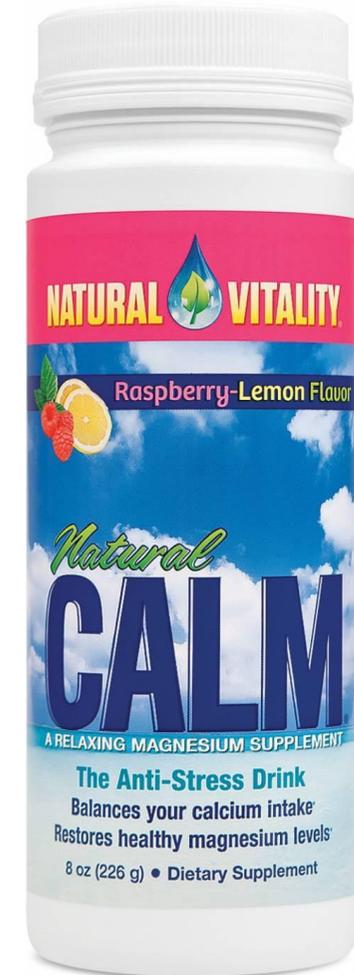
POISON IVY PROTOCOL

- **Geranium, Rose, and Lavender oil** can improve rashes by lowering inflammation. Simply add three drops of oil to a compress and apply to the area 3x's daily. If you have sensitive skin, you can mix three drops with a half teaspoon of coconut oil to further dilute it and reduce its strength.
- **Colloidal oatmeal bath**, (or regular organic oatmeal)



CONSTIPATION PROTOCOL

- 1-3 teaspoons (up to bowel tolerance) of Magnesium CALM
- Increase fluids (water=body weight/2=oz per day)
- Adjustments
- Repeat until resolved



LICE PROTOCOL

1. Mix together one-fourth cup of **Sesame seed oil**, one-eighth cup of neem oil, one teaspoon of **tea tree oil**, one-half teaspoon of **eucalyptus and rosemary essential oils**, and about 10 drops of **lavender essential oil**.

2. Rinse your hair with **apple cider vinegar** and allow it to dry.

3. Apply the oil solution to the hair and scalp, cover with a shower cap or towel and leave it on overnight.

4. In the morning, comb your hair thoroughly to remove the dead lice. Then shampoo normally.

5. Repeat this treatment daily for one or two weeks.

6. Treat and clean whole house



ANEMIA PROTOCOL

- Juice Beets
- Eat liver
- Greens First



COLD SORE PROTOCOL

- L-Lysine
- Vitamin D MEGA DOSE
- Decrease Stress
- Max Mind
- Immune support



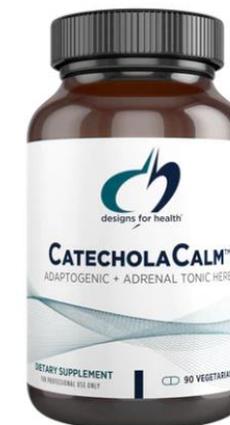
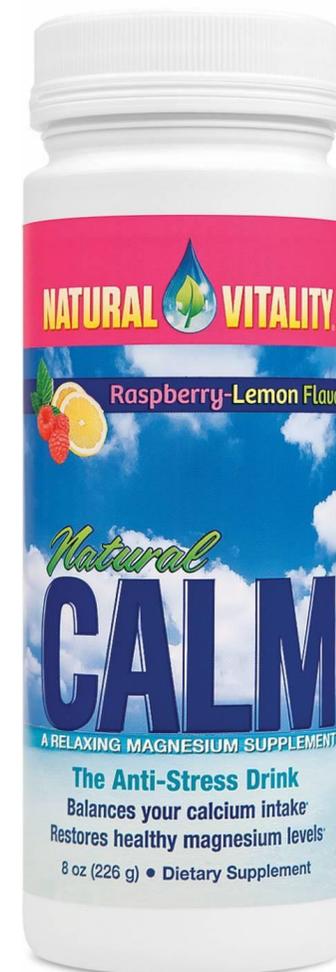
LOW ENERGY PROTOCOL

- Adrenal Balance
 - take 3 capsules in the morning with your first meal
- NO Caffeine
- NO Sugar
- NO Grains
- Correct Sleep Issues
- Max T3



SLEEP PROTOCOL

- Adrenal Balance
- Sleep & Mood
- CatecholaCalm – P.M.
- CALM magnesium drink
- RelaxMax – P.M.
- Max T3



HEMORRHOIDS PROTOCOL

A COCONUT OIL MIXTURE OF:

Frankincense Oil

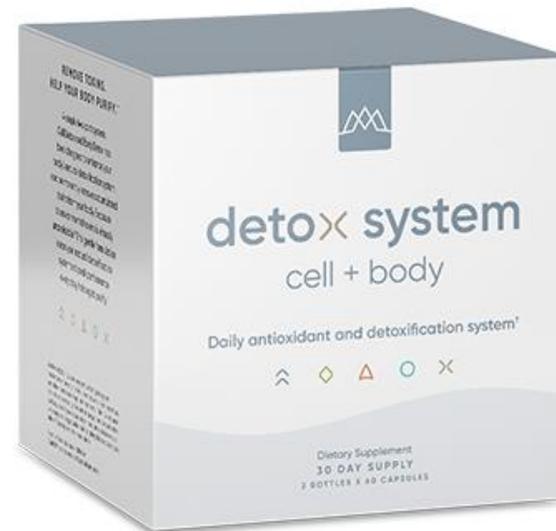
Tea Tree Oil

Cypress Oil



PAINT FUMES /MOLD/ CHEMICAL SMELLS

- Ozonator
- G-CEL & Detox System
- Biotoxic protocol (Detox System, Gb, Activator, Complete Mineral Complex)- See protocol sheet



BIOTOXIC (MOLD) PROTOCOL

Mold (Biotoxic) Detoxification Package

30 days | 2 Packages Detox System

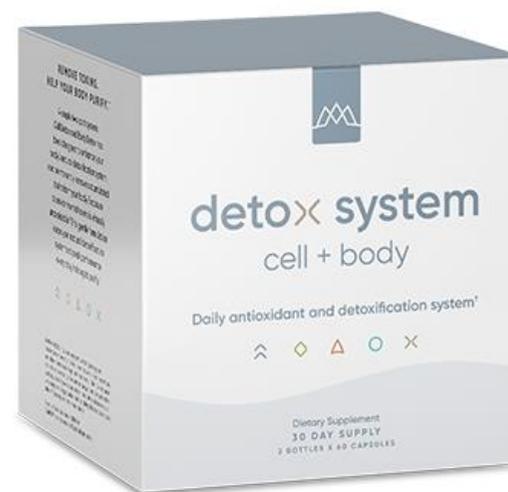
Purpose: This package provides you with the supplements to:

1. Pull biotoxins out of your body via charcoal adhering to your gastrointestinal tract,
2. Support your pituitary gland and hypothalamus to produce more MSH,
3. Heal leptin receptors on the hypothalamus (when leptin is elevated),
4. Provide mineral support to replace minerals lost during the detox.

What is included? How often should I take them?

3 kits of **Detox System** (3 boxes-30 days)

- take Cell Detox 3 capsules 2 times daily (1 hour before meal or 1 hour after meal.)
- take Body Detox (6 capsules at night before bed, min 1 hour after dinner)



***** OTHER SUPPLEMENTS CAN BE TAKEN DURING THIS PROTOCOL, JUST NEVER AT THE SAME TIME AS YOUR DETOX CAPSULES – BE SURE THERE IS 1 HOUR BEFORE AND/OR AFTER THEN TAKE YOUR VITAMIN CAPSULES*****

When you are done with Detox System:

- 1 bottle of **Pituitary Gb** (take 1 capsules 2x daily with food.)
- 1 bottle of **#1 Activator**-Hypothalamus Support (1 capsule daily with food.)
- 1 bottle of **Complete Mineral Complex** (take 3 capsules 2x daily with food.)

How long does it take to clear Biotoxins?

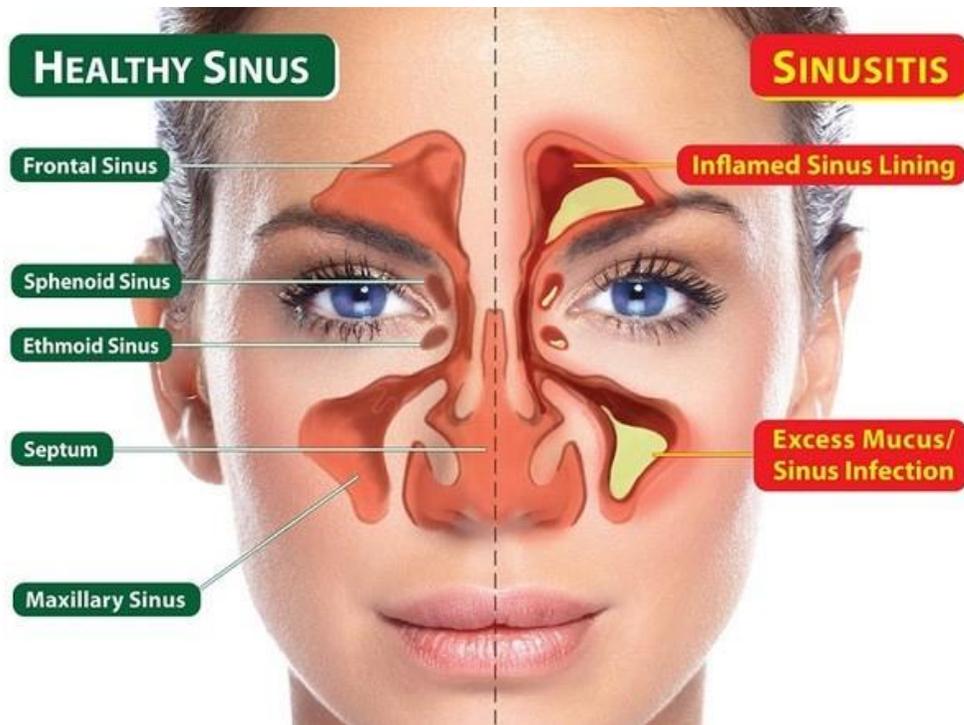
Usually it takes 1-3 rounds to clear them out.

How do I know if I'm done?

You need to have a special test called a VCS (Visual Contrast Screening) to determine if you are done and/or consultation with Dr Kimberly.



SINUS PROTOCOL

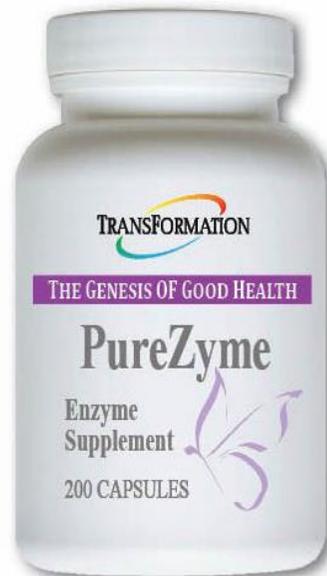
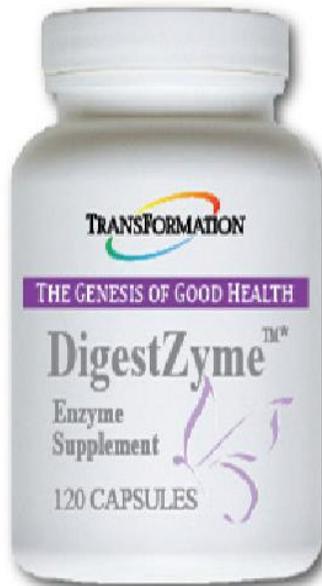


- Neti pot
- Xlear sinus spray + Oregano Oil



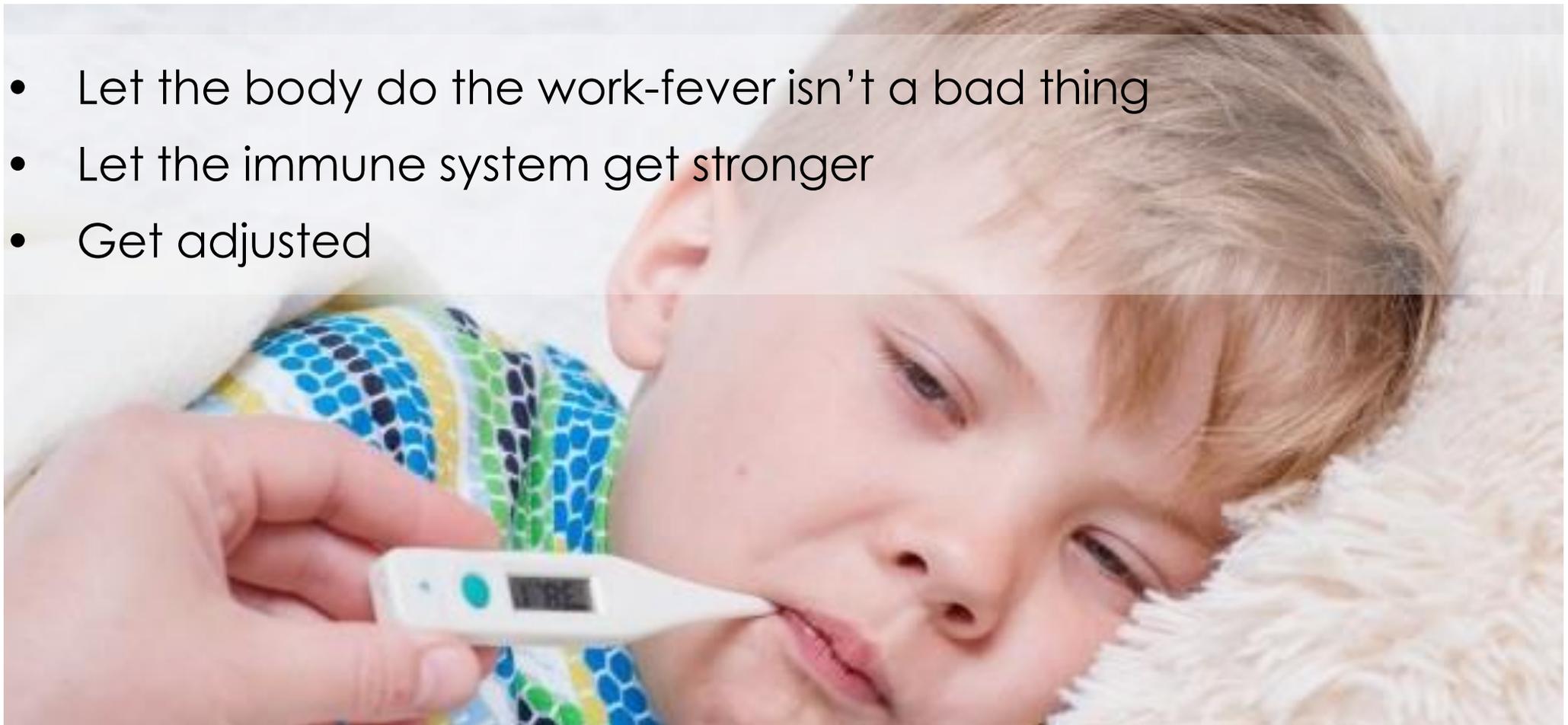
HEARTBURN PROTOCOL

- Remove foods that cause
- Digestzyme with meals
- Purezyme 1 hour after meals
- Cap of Apple Cider Vinegar



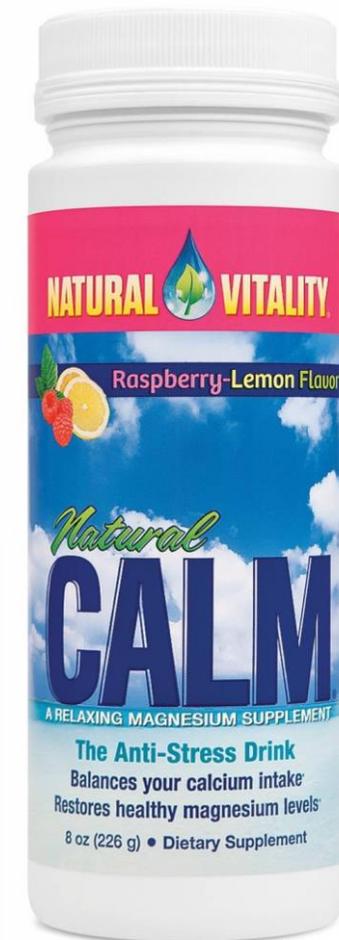
FEVER

- Let the body do the work-fever isn't a bad thing
- Let the immune system get stronger
- Get adjusted



ANXIETY PROTOCOL

- Remove sugars
- Increase good fats
- Magnesium Calm
- RelaxMax



HOT FLASHES

- Complete Mineral Complex
- Diffuser with:
 - Clary Sage Oil
 - Peppermint Oil



YOUNG LIVING ESSENTIAL OILS & DIFFUSER

Order form for special offers

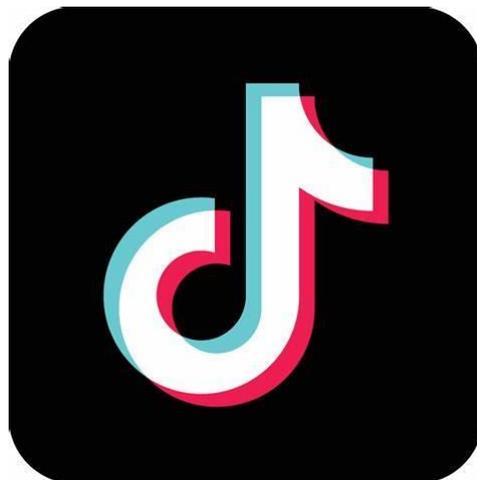
Go to www.youngliving.com and use **membership #950691**

PREMIUM STARTER KIT



FOLLOWS US

Click the below Icons



DISCLAIMER NOTE

In view of the complex, individual nature of health and fitness problems, this book and the ideas, programs, procedures, and suggestions in it are not intended to replace the advice of trained medical professionals. All matters regarding one's health require medical supervision. The authors disclaim any liability arising directly or indirectly from the use of this book. This book is not intended to make recommendations related to getting on or off prescription or over-the-counter medication. If you face any current health concerns, or are taking medication, it's always recommended to seek the advice of your physician before starting a new health care program. Only your medical doctor can prescribe drugs or tell you to get off of drugs. Our role is to make you aware of the hazards of poor lifestyle decisions while helping you to create optimum function and healing in your body. In time, you must begin to judge for yourself whether your medications are keeping you alive, merely palliating symptoms of an unhealthy body, or actually causing some of the ailments you suffer from. With the guidance of your prescribing physician, you need to make your own best decisions on medications. As you heal, work with your medical doctors to help you reduce or eliminate the drugs you're on.

The information in this book is intended to be educational and should not replace consultation with a competent health care professional. This book is intended to be used as an adjunct to a responsible health care supervised by a healthcare professional. The authors and Erb Family Wellness are not liable for any misuse of the material contained in this book.