



# Pura Vida Health & Wellness Centers Worldwide

Dr. Ava Perez - Foodologist - NP MD PhD  
Ensenada | Baja California | Mexico | Costa Rica

## HOW TO DETOX FROM THE JAB AND SHEDDING

in 4 easy steps

### DETOX

- ✓ 1 Day Liver Detox: day 1 starts with a one day liver, kidney, bladder and gallbladder detox and flush
- ✓ 5 Week Turpentine Therapy Protocol (before beginning MMS)
- ✓ Activated Charcoal: 4 capsules per day for 14 days
- ✓ Flax Seeds: 2 tablespoons per day for 14 days
- ✓ Turmeric / Curcumin: 10,400mg per day with food for 5 weeks
- ✓ Stimulate Lymphatic System: deep diaphragm breathing, light jumping on a trampoline, [Biophoton Light](#), etc. everyday for 10 – 20 minutes
- ✓ Rewire Your Brain and start your Gratitude Journal today: ONLY 5 minutes everyday
- ✓ Detox Tea: 1 cup 3x day for 14 days (fennel, star anise, citrus rind, peppermint, garlic & ginger reduced in half then sweetened with raw honey)
- ✓ **Foodology**: making food your medicine with a focus on foods that detox, breakup heavy metals, chelate, boost immune systems, boost neural activity and boost cellular regeneration

### NEUTRALIZE

- ✓ MMS 1x per week (on your MMS day abstain from all other supplements and antioxidant foods)
- ✓ C60: dropper full 1x per day
- ✓ Magnesium: 1000mg per day before bed
- ✓ B6: 50mg per day drank with pineapple juice; best when taken with your Magnesium
- ✓ 35% Food Grade Safe Hydrogen Peroxide diluted in all drinking water\*
- ✓ **Foodology**: making food your medicine with a focus on high omega-3 foods with zero carcinogens

### BLOCK

- ✓ Dandelion Tea: 1 cup 3x day and add dandelion flowers to salads, pastas and wraps
- ✓ MSG: 1/4 teaspoon added to food everyday
- ✓ Neem Oil: dropper full 1x day
- ✓ NAC: 2,000mg per day for 14 days then reduce to 1,000+ per day
- ✓ **Foodology**: making food your medicine with a focus on lacto-fermented foods

### REBUILD

- ✓ Zinc Gluconate: 200mg with food 2x day for 14 days then reduce to 50mg with food 2x day
- ✓ Papaya Enzymes: 4-6 chewable tablets before every meal
- ✓ Lacto-Fermented Foods: 2 tablespoons 2x day
- ✓ Pura Vida 20 Minute Daily Yoga
- ✓ **Eat more dark chocolate**
- ✓ **Have more sex**
- ✓ **Smoke more weed**
- ✓ You Time: 20 minutes a day that's just for you with zero electronics and zero interruptions. Invest this time in nurturing something you are passionate about
- ✓ **Foodology**: making food your medicine with a focus on mineral rich foods that boost cellular growth and cellular regeneration
- ✓ **Avoid** Gluten
- ✓ **Avoid** Meat, Poultry, most Fish
- ✓ **Avoid** highly processed foods
- ✓ **Avoid** pasteurized and ultra-pasteurized foods

Email us today for additional information

*May your life be full of great joy with the health and abundance to enjoy it.*

*Dr. Ava Perez*



## Pura Vida Health & Wellness Centers Worldwide

Dr. Ava Perez - Foodologist - NP MD PhD  
Ensenada | Baja California | Mexico | Costa Rica

### HOW TO DETOX FROM THE JAB AND SHEDDING

#### Additional Information

#### EVERYDAY CARE

- ✓ C60: dropper full 1x per day
- ✓ Magnesium: 1000mg per day before bed
- ✓ B6: 50mg per day drank with pineapple juice; best when taken with your Magnesium
- ✓ MSG: 1/4 teaspoon added to food everyday
- ✓ Neem Oil: dropper full 1x day
- ✓ NAC: 1,000 – 2,000mg per day (depends how much exposure you experience)
- ✓ Zinc Gluconate: 50mg with food 2x day
- ✓ Papaya Enzymes: 4-6 chewable tablets before every meal
- ✓ Lacto-Fermented Foods: 2 tablespoons 2x day
- ✓ Pura Vida 20 Minute Daily Yoga
- ✓ Eat more dark chocolate
- ✓ Have more sex
- ✓ Smoke more weed
- ✓ Avoid Gluten
- ✓ Avoid Meat, Poultry, most Fish
- ✓ Avoid highly processed foods
- ✓ Avoid pasteurized and ultra-pasteurized foods
- ✓ You Time: 20 minutes a day that's just for you with zero electronics and zero interruptions. Invest this time in nurturing something you are passionate about
- ✓ Foodology: making food your medicine with a focus on mineral rich foods that boost cellular growth and cellular regeneration 35% Food Grade Safe Hydrogen Peroxide diluted in all drinking water\*
- ✓ Stimulate Lymphatic System: deep diaphragm breathing, light jumping on a trampoline, [Biophoton Light](#), etc. everyday for 10 – 20 minutes
- ✓ Rewire Your Brain and start your Gratitude Journal today: ONLY 5 minutes everyday

#### INTRODUCTION

If you have been jabbed, are experiencing symptoms, have yet to exhibit symptoms and/or want to protect yourself from biological shedding, you've come to the right place. Our proven method is based on the basic biology of how your body works and how dis-ease is formed. It is 100% effective when followed in its entirety and it is very simple broken up into 4 easy steps.

When addressing any imbalances or disharmony in the body we ALWAYS take a 4 Step Approach. First, we **DETOX** any and all toxins, foreign antigens, negative energies, parasites, harmful bacterias, destructive behaviors and patterns. After we've detoxed everything that harms us, we **NEUTRALIZE** any and all toxins and foreign antigens while **BLOCK**ing any new foreign antigens before we begin to **REBUILD** our cells, cellular patterns, organs, immune systems, vagus nerve, Holy 9 Bacterial Strains and microglia



## Pura Vida Health & Wellness Centers Worldwide

Dr. Ava Perez - Foodologist - NP MD PhD  
Ensenada | Baja California | Mexico | Costa Rica

cell production as well as learn new behaviors and patterns. After we learn how to **REBUILD**, we want to continue **EVERYDAY CARE** giving your body the *right tools* so you can continue to enjoy good health and all your abundance in a poisoned environment. You nourish your body with **EVERYDAY CARE** by giving your body the *right tools* to support ALL of your biological systems that includes essential trace minerals, vitamins and enzymes that are being leached from your body as well as delicious and healthy foods, lymphatic stimulation, you time, movement and adopting an attitude of gratitude. If you interact with or are around other humans it is important to hug as many of them as you can every single day. Hug them with loving intent and keep yourself healthy with our easy **EVERYDAY CARE** protocol.

First, you want to **DETOX** any and all toxins and foreign antigens accumulated over the course of your life including: graphene oxide, spike proteins, heavy metals, parasites and carcinogen toxins particles. Depending on severity of symptoms we don't want to **DETOX** too fast as this can overload your body. We **DETOX** in ratio of accumulated toxins to metabolic rate and we ALWAYS **DETOX** in combination with lymphatic stimulation as well as decreasing your cortisol and your sympathetic nervous system response while simultaneously increasing your anandamide production.

Second, you want to **NEUTRALIZE**, disable and disconnect any and all of the graphene oxide that has already bonded with your cells. Additionally, you want to breakup any and ALL metal structures and tubes the graphene oxide is forming and/or has formed. In this second stage we also want to **NEUTRALIZE** any additional toxins and foreign antigens you come in contact with through everyday living.

Third, you want to **BLOCK** any and all foreign antigens, graphene oxide, spike proteins, parasites, heavy metals, carcinogens and toxins from bonding to any of your cells. When you **BLOCK** these dangerous foreign antigens from bonding to your cells you also **BLOCK** these foreign antigens from hijacking your cellular function, **BLOCK** them from transporting code back to your t-cells and **BLOCK** them from reprogramming your t-cells to reproduce more graphene oxide. You want to **BLOCK** any toxins that are already in your body accumulated over your life as well as **BLOCK** any toxins you come in contact with through everyday living.

Fourth, you want to **REBUILD** your immune system, repopulate your digestive system with beneficial bacteria i.e. The Holy 9 Beneficial Bacteria Strains, rewire your brain, replace lost minerals and boost cellular growth and regeneration. You **REBUILD** with **Foodology**, movement, intent, Adopting an Attitude of Gratitude, supplements to aide cellular genesis and DNA re-patterning, lowering your cortisol, adrenaline and other stress hormones to get out of flight, fight or freeze while simultaneously increasing your anandamide, dopamine, serotonin and other feel good hormones.

### CONTINUED EVERYDAY CARE

After you **DETOX** accumulated toxins, **NEUTRALIZE** any foreign antigens, **BLOCK** any foreign antigens from bonding to your cells and **REBUILD** your cellular and genetic networks you need a plan for continued **EVERYDAY CARE**. Continue to give your body the



## **Pura Vida Health & Wellness Centers Worldwide**

Dr. Ava Perez - Foodologist - NP MD PhD  
Ensenada | Baja California | Mexico | Costa Rica

*right tools* with our simple **EVERDAY CARE** plan to maintain good health while protecting yourself and others from biological shedding.

The *right tools* are clean air, clean water, clean earth, clean food, clean structures and clean technology. Yes, it is that simple. When you are in balance supported with the *right tools* you and your body are capable of miracles. With the *right tools* in our **EVERDAY CARE** plan you protect yourself from dis-ease by creating an environment where “viruses,” bacteria, fungi, mold, parasites, graphene oxide, spike proteins, heavy metals, radiation and other toxins are unable to bond to your cells, duplicate, hijack your cellular functions or accumulate in your body causing dis-ease. Your body doesn't create an immunity; your body is just immune.

### **SUMMARY**

After completing our Pura Vida Jab / Shedding Protocol we recommend our **EVERDAY CARE** plan for continued health management to protect yourself against repeated everyday exposure to graphene oxide, heavy metals and carcinogen toxins.

Until we detox and rehabilitate our soil, fresh water tables, oceans, air, structures and technologies we are living in a realm where we are under constant attack. Even if you've never received any vaccination ever in your life, we've been poisoned with a steady diet of graphene oxide in our air, in and on your fruits, vegetables and grains, in our cellphones, computers, clothing, bottled water, masks, packaging, etc. etc. for at least 20 years that we know about.

We are past questioning whether or not you've been exposed to graphene oxide. You have, we all have and unless we take responsibility for our health and decide to be the masters / architects of your own destinies the graphene oxide will murder most of us. This is not my opinion. This is a statement made by Dr. Candelaria, the doctor who holds the patent for graphene oxide as a biological weapon.

The allopathic medical cartel wants you to believe there is no cure, nothing you can do but continue to spin on **THEIR** hamster wheel till you die. That is a LIE to scare you into keeping your sympathetic nervous system triggered so you continue producing high amounts of cortisol, causing inflammation throughout ALL systems of your body robbing your body of essential amino acids, minerals, vitamins and vital neurochemicals as well as lowering your blood oxygen levels, biophotons and PH causing ALL dis-ease while simultaneously blocking your body's ability to heal itself. Let go of the lie. You are the cure.

Yes, you are the cure you've been waiting for and the only one with the power to heal your body, rewire your brain, repattern your DNA and live forever. We know you're tired and everything hurts. We all are because YOU are under attack and it's time to fight back.

Refuse to comply with being poisoned and experimented on. Remember: YOU have all the power in your choices. Refuse to participate in a system designed to keep you enslaved in debt. Reclaim your food and start a garden. If you already have a garden help someone start theirs. If you live an apartment, rental, ranch, estate or Honda Accord there are



## **Pura Vida Health & Wellness Centers Worldwide**

Dr. Ava Perez - Foodologist - NP MD PhD  
Ensenada | Baja California | Mexico | Costa Rica

options to grow your own healthy foods. No excuses. You are your only obstacle. The wealthiest sentient conscious beings have land, seeds and water and when you have land, seeds and water you are a self-sufficient king. Be a king.

There are several protocols for detoxing from “the jab” and/or other “vaccines” floating around the internet and you'll notice some crossover recommendations because we are basing our recommendations off most of the same available information. When creating our Jab / Shedding Protocol and Everyday Care plan we think about tracing the roots and prevention as opposed to creating patches in a failed system. Anyone offering a one pill solution is lying, misinformed or trying to sell you something. Because if you continue with the habits and patterns that created dis-ease in you in the first place you are going to create dis-ease again and again until you CHANGE your habits and patterns.

Of course this sounds simple as a theory and in actuality changing your reality is a challenge because you have to let go of your ego's constructed narrative. This requires practice, repetition, dedication, patience and choosing to be the conscious architect of your life. Everyday you wake up, open your eyes and have life you have the gift of choosing who you want to be and then be that person. That's god-power.

We have ZERO interest in selling you a bandaid for a bullet wound solution. There is no one pill, one size fits all, lazy-man's solution. Instead, we're giving you the basic information on how to live healthy and abundant for over a thousand years regardless of “jabs,” “vaccines,” shedding, microwave technologies and pHARMaceutical “food” products. We want to give you the basic information about how your body works so you can make informed choices. Share it with your family, share it with your friends, share it with strangers in the grocery store.

Are our protocols a bit more detailed? Absolutely because our protocols give you the *right tools* to get healthy and create an environment where you NEVER get sick. Get started today. This is your birthright. Below you will find further information regarding our Liver Detox, Turpentine Therapy, MMS Protocol, Adopting an Attitude of Gratitude and our proven 20 Minute Daily Yoga. For recipes and more information about **Foodology** please check out our website and if you have questions email us or reach out on Telegram or Element. The only stupid questions are the ones you don't ask. Our Pura Vida doctors, shamans, nutritionists and health guides are part of your support team to help you create a healthier reality.



## **Pura Vida Health & Wellness Centers Worldwide**

Dr. Ava Perez - *Foodologist* - NP MD PhD  
Ensenada | Baja California | Mexico | Costa Rica

### **ONE DAY LIVER FLUSH**

**DO NOT EAT OR DRINK ANYTHING 4 HOURS PRIOR TO STARTING THIS LIVER FLUSH**

#### **PREPARATION / DAY BEFORE LIVER FLUSH**

- 1) Purchase / Gather:
  - Cold Pressed Organic Extra Virgin Olive Oil (1 cup)
  - 2 Grapefruits Large
  - Epsom Salts (4 tbsp)
  - Extra Toilet Paper and Wet Wipes
  
- 2) Avoid ALL Medications, Vitamins or Pills you can do without. They could prevent success.
  
- 3) Plan to spend most of your time with you back propped up at 30 to 45 degrees with your feet up. Relax on the couch under a warm blanket with a good book or binge Netflix.
  
- 4) The day before you plan to do the One Day Liver Flush prepare the Epsom Salts:
  - Mix 4 tbsp Epsom Salts in 4 cups Whole Food Living Water and pour into glass jar with a lid
  - This make 4 servings: 1 cup each
  - Set the jar in refrigerator to get it nice and cold
  - On day of Flush prepare Olive Oil and Grapefruit Juice mixture

#### **DAY OF THE LIVER FLUSH**

##### **6:00 AM to 8:00 AM**

- Pour 1 cup of Cold Pressed Extra Virgin Olive Oil into a pint size jar or bottle with a lid
- Squeeze 1 or 2 Grapefruits by hand into a bowl or cup
- Remove pulp with folk or strainer
- You should have about 3/4 cup of juice
- Add this to the Olive Oil
- Close the jar or bottle tightly with the lid and shake hard until watery
- Only fresh grapefruit juice will work
- This mixture is kept warm. Do NOT refrigerate it

**8:00 AM** Drink one serving (1 cup) of the ice cold Epsom Salts Water

**10:00 AM** Repeat by drinking another 1 cup of Epsom Salts Water

**12:00 PM** Drink the Olive Oil and Grapefruit Juice potion you have mixed up. Take it to your resting and reclining location like your couch or bed and drink it down within 5 minutes.

**LIE DOWN IMMEDIATELY.** You might fail to get the stones out if you don't. The sooner you lie down, the more stones you will get out. Be ready ahead of time, get help and don't clean up the kitchen. Don't stress. Use your helper to do that or wait until after you're done.

As soon as the Olive Oil / Juice Mix is down, lie down at a 45 degree angle and think about what is happening in your liver. Keep perfectly still for at least 20 minutes. Do some deep breathing and massage your abdomen. You may feel stones traveling along the bile ducts like marbles.



## **Pura Vida Health & Wellness Centers Worldwide**

Dr. Ava Perez - *Foodologist* - NP MD PhD  
Ensenada | Baja California | Mexico | Costa Rica

However, you will experience zero pain because your bile ducts and valves are open thanks to the Epsom Salts. Lie down for at least 20 minutes or more before you go to the bathroom. After 20 minutes visit the bathroom when you feel the urge.

### **INSPECT YOUR BOWL MOVEMENTS**

- Use a flashlight to look for gallstones in the toilet after your bowel movement
- Green stones are genuine gallstones not food residue
- Only bile from the liver is pea green
- Your bowel movement will sink but the gallstones will float because of cholesterol inside
- COUNT ALL STONES: A rough estimate is fine; include both tan and green stones
- You will need a total of 2,000 stones before your liver is clean enough to PERMANENTLY rid you of allergies, bursitis or upper back pains
- The first cleanse may rid you of stones for a few days
- As stones from the rear travel forward you may experience symptoms again
- You may repeat this cleanse at 2 week intervals
- Never cleanse when you have an infection, cold or flu

### **ADDITIONAL INFORMATION ABOUT YOUR ONE DAY LIVER CLEANSE**

Sometimes your bile ducts are full of cholesterol crystals that did not fully form into round stones. These cholesterol crystals appear as "chaff" floating on top of the water in the toilet bowl. The "chaff" may be tan colored with millions of tiny white crystals and cleansing this "chaff" is just as important as purging stones.

After you experience a major release of fecal matter, toxins and stones: take 1/2 cup of Epsom Salts mixed with Whole Food Living Water in a 12oz glass. Continue to drink this mixture after each major trip to the toilet until your Epsom Salts are used up. This will keep the bile ducts open so larger stones can pass without getting stuck and purge the body of toxins and excess salts so you complete the flush faster passing more stones. You may see some stones as large as your thumb followed by 1,000s of smaller stones and crystals called "chaff."

If 2 hours pass without a major bowel movement take another cup of Epsom Salts mixed with Whole Food Living Water.

After you've drank all the Epsom Salts, had at least one major bowel movement and ZERO trips to the bathroom for at least 2 hours you may start to eat food again. Start with a whole fruit smoothie then 30 minutes later have a little raw whole fruit. One hour later you may resume eating Sustainable Healing Foods particularly lacto-fermented foods like miso, tofu, kefir, kombucha, soy sauce, pickled vegetables and yogurt with active live cultures. By dinner you should be fully recovered and continue to avoid gluten, meat, sugar, pasteurized and ultra-pasteurized foods as well as highly processed foods. We recommend avoiding YEAST and excessive GRAINS for at least a few days or you may end up with a yeast infection.

We recommend chewable Papaya Enzymes with Chlorophyll at every meal and at least 2 tablespoons of lacto-fermented foods per day after doing our One Day Liver Flush.



## **Pura Vida Health & Wellness Centers Worldwide**

Dr. Ava Perez - *Foodologist* - NP MD PhD  
Ensenada | Baja California | Mexico | Costa Rica

Some people have passed stones as large as golf balls with only a little discomfort though not everyone passes stones this large. The majority of stones come from your liver which can hold hundreds of stones whereas your gallbladder only holds a maximum of fifteen stones. It is common to pass hundreds of stones and even feel like there are "too many to count." Some stones may be as big as quarters and some will be as small as tiny crystals.

### **TESTIMONIALS**

"In three different people, we have seen stones as large as golf balls come out. A friend of mine's own mother passed one this size. His mother had this terrible gallbladder attack. It almost killed her. She was scheduled for emergency surgery. He said, "No, you're not." he flew down to Florida right away and gave his mother this same program here."

"She passed a stone as large as a golf ball. She heard it fall in the toilet. Her son scooped it out with rubber gloves and dissected it. It was covered with dark green. He cut into it with a knife. The inside was like white plaster. He peeled that off. Inside it was hard and white, the size of a nickel. His mother avoided surgery. Today, she is fine."

"Another woman I know was close to eighty. She too was scheduled for surgery. She followed this same advice. She avoided the surgery."

"Let me say this final thing about the gallbladder. Those who have their gallbladder taken out, get diabetes twenty years earlier. The gallbladder gives off enzymes, different from the pancreas. When the gallbladder is taken out, the pancreas is overworked. It eventually shuts down. If you get your gallbladder taken out at 40, by 50 you will have diabetes."

"A lot of people have their gallbladder taken out. They don't know that most of the stones are in the liver. But with the Liver Flush, you can get those out." "The liver is usually layered with hundreds of stones."

"I used to see a phone number once and remember it forever. But that changed. I was remembering less and less. I would see a phone number and then forget it. My memory was fading. Same thing used to happen with hearing someone's name for the first time and then forgetting it right away. I went on the Liver Flush. Immediately, my memory came back. It was like the old days. I would see a number and not forget it. I can also recall a name easily. The day after the Liver Flush, I worked all day. It was the best I felt in the last ten years. My mind was so sharp, it was hard to believe. I go on the Liver Flush and my mind gets sharper and sharper."

### **FREQUENTLY ASKED QUESTIONS (FAQs)**

**QUESTION:** Does the flush clean out the gallbladder or the liver?

**ANSWER:** Both.

**QUESTION:** How does this Liver Flush clean the liver?

**ANSWER:** This One Day Liver Flush softens the stones in the bile ducts. If your bile ducts are blocked they are unable to carry digestive juices out of the liver. When you drink the





## **Pura Vida Health & Wellness Centers Worldwide**

Dr. Ava Perez - *Foodologist* - NP MD PhD  
Ensenada | Baja California | Mexico | Costa Rica

Olive Oil it causes your liver and gallbladder to spasm enabling any stones to pop out.

**QUESTION:** Where do most of the stones come from?

**ANSWER:** Your gallbladder can hold a maximum of only fifteen stones and your liver can hold hundreds of stones. You will pass stones from your gallbladder and your liver though the majority of the stones you pass will come from your liver. Some stones are even a beautiful bright green and occasionally they are coated with baize cholesterol.

**QUESTION:** Does everyone pass stones?

**ANSWER:** Every liver has stones. Everyone who does this flush passes stones.

**QUESTION:** What type of Olive Oil should I buy buy?

**ANSWER:** You ALWAYS want to select Cold Pressed Organic Extra Virgin Olive Oil

**QUESTION:** Do I need to do a colonic after the One Day Liver Flush?

**ANSWER:** Your liver is detoxifying for months after the One Day Liver Flush and a colonic can aide getting those acids out of your colon, however, a colonic isn't necessary.

**QUESTION:** Do you feel the spasm in the gallbladder and liver?

**ANSWER:** You don't feel the spasm at all. It is an immediate involuntary reaction your body has as soon as you drink the Olive Oil.

**QUESTION:** Is there anyone who should not do the One Day Liver Flush?

**ANSWER:** This One Day Liver Flush is for everyone, however, we recommend anyone who is elderly or has a health issue have someone with them through the whole process to assist them as needed.

**QUESTION:** What will I notice after my One Day Liver Flush?

**ANSWER:** Everyone reports feeling better with a clearer mind as well as feeling more alert and energetic. This One Day Liver Flush has had some dramatic results because it cleans your liver and a clean liver purifies your blood faster. Many people have reported extreme improvement in their memory following this flush.

**QUESTION:** How fast does the One Day Liver Flush work?

**ANSWER:** It works within hours. People usually start to feel better about two hours after the One Day Liver Flush. Anyone who has pain in their body has toxins. That's why cancer patients have so much pain because they are so toxic. When you release toxins you release pain because what caused the pain has been removed from your body.

**QUESTION:** Has anything besides stones come out?

**ANSWER:** Your liver is often loaded with fungus, molds and yeast. Sometimes the stones are so coated with it you can barely see the green of the stones.



## **Pura Vida Health & Wellness Centers Worldwide**

Dr. Ava Perez - *Foodologist* - NP MD PhD  
Ensenada | Baja California | Mexico | Costa Rica

### **TURPENTINE THERAPY**

First, not all turpentine is the same. One is pure Organic essential oil from pine trees with ZERO other ingredients and some have additives or are made from petroleum also known as mineral turpentine. When we are talking about the medical benefits of turpentine we are talking about pure Organic undiluted turpentine from pine trees. We use and recommend [Diamond G Forest Products](#).

Turpentine is an essential oil from the pine tree made by steam distilling hand harvested pine resin. This natural pine tree turpentine is full of terpenes. Terpenes are small molecules that are easily absorbed by your blood stream through your nose, lungs or intestinal tract. The biosynthetic modular building blocks in these terpenes can be separated and recombined in different patterns by your body and are so small they can easily cross the blood brain barrier having a direct effect on your brain.

Turpentine is made up alpha and beta pinenes terpenes that have vitamins and provitamins like b-carotene, coenzyme Q10 and Vitamins A, E and K. Regardless of what you may have read on the internet, turpentine is so safe it is classified by the FDA as a food additive and is an ingredient in several over-the-counter medicines. Turpentine is safe to ingest at a ratio of 5.76 grams of turpentine per 1 kg of body weight for humans and all living creatures. To give you an idea, this mean someone who weighs 120 pounds can safely drink 1.2 cups of turpentine, a 200 pound person can safely drink up to 2 cups and a 20 pound toddler can safely drink up to 2 tablespoons. A teaspoon feels like a lot when I'm drinking it and still makes me gag a little. An entire cup of turpentine seems unfathomable.

Turpentine (also known as pine resin, pine needle tea, pine tree essential oil, gum turpentine and pine gum) has been used for millions years by our hominid ancestors as part of a normal healthy diet to neutralize and eliminate parasites, molds, fungus and harmful bacterias. Analysis of thousands of ancient hominid teeth from all over the realm conclusively demonstrate our ancient ancestors ate a plant-based diet rich in pine resin. Turpentine has been a staple in every medical bag from the Neanderthals to your grandma and used to treat everyone from emperors to livestock.

Up until 1989 turpentine was commonly prescribed to treat a wide variety of ailments and considered part of regular health maintenance. In 1989 the FDA started heavily restricting the use of turpentine in medicines and health products banning 415 over-the-counter products. These products were banned because new studies on the medicinal effectiveness of turpentine had not been submitted to the them since 1962 even though zero changes had been made to the products. Then in 2017 the FDA re-approves the medicinal use of turpentine for a wide variety of ailments ranging from probiotics to insect bites. Turpentine is so common even Vicks VapoRub has turpentine in it though it also contains petroleum so we do NOT recommend this product.

Turpentine can be taken orally as well as used topically and as an inhalant. Often called the real fountain of youth, turpentine is an analgesic rich in antioxidants also anti-inflammatory, antibacterial, anti-fungal, antimicrobial, anti-parasitic and anti-aging. With



## **Pura Vida Health & Wellness Centers Worldwide**

Dr. Ava Perez - *Foodologist* - NP MD PhD  
Ensenada | Baja California | Mexico | Costa Rica

health benefits ranging from reversing gray hair to curing ALL cancers and dis-ease it is no wonder why healers have considered turpentine a health essential. Turpentine first works by killing and expelling parasites, molds, fungus, harmful bacterias and other accumulated toxins. After passing these harmful micro-organisms and toxins you're inflammation reduces and your circulation and blood oxygen levels increase.

You will experience this as reduced pain in your muscles, teeth, joints, nerves and all over your body. You'll also feel more energized with better eyesight and remember things you haven't thought about in years. With more long term regular use turpentine increases your flexibility, strengthens your hair and nails, boosts collagen eliminating the appearance of wrinkles and fines lines, heals adrenal fatigue and digestive issues as well as increasing cognitive ability and memory. Turpentine is a strong muscle relaxer that can also be used to boost your metabolism, treat arthritis, rheumatic conditions, restless leg syndrome, pancreas, liver, gallbladder, autism, lice, gout, infections in the sinuses, lungs, urinary tract and bladder as well as erectile dysfunction and chronic migraines.

Like all medicinal treatments doses and frequency vary depending on ailment, age, gender, health history, current medications, health supplements, actual nutrition and overall health. Dosages range from 1 drop to a tablespoon and frequency ranges from consecutive days with intermediate breaks to every 30 days, however, 1 teaspoon once a week to once a month is the most common. We recommend 1 teaspoon with raw honey or castor oil once a month for health maintenance after expelling accumulated toxins. Turpentine is sometimes taken on its own or with a sugar cube, honey or castor oil.

For our Turpentine Therapy we want to start with the lowest dose which will not be the most effective dose for everyone. We do this because without effective lab work and a full consultation, your specific and unique health history and biochemistry is a mystery. If you release toxins too quickly you can damage your health and cause more problems than you solve. For a health plan tailored specifically to you go to our website to schedule your consultation today.

Our Turpentine Therapy is only a 5 week program that takes only a few minutes once a week. We recommend anyone over the age of 10 complete our Turpentine Therapy and everyone continue to use turpentine for health management. We recommend children start taking 1/4 teaspoon turpentine with castor oil once a month once they reach 30 pounds. This will prevent candida, yeast, mold, bacteria, parasites, chronic inflammation, infection, cancer and and ALL dis-ease.

For this protocol to work the best we recommend taking your turpentine before meals. First thing in the morning when you wake drink at least 8oz of ice cold Whole Food Living Water before you even get out of bed or sit up. Once you are out of bed it is important to prepare your body for the turpentine then continue to drink lots of Whole Food Living Water throughout the day. It is common to for your breath and burps to smell and taste like pine. These releases of gas occur as the parasites and harmful micro-organisms and bacterias in your body die. Celebrate every pine-y burp because that's the turpentine working.



## Pura Vida Health & Wellness Centers Worldwide

Dr. Ava Perez - Foodologist - NP MD PhD  
Ensenada | Baja California | Mexico | Costa Rica

### TURPENTINE PROTOCOLS

#### INGREDIENTS

1 tbsp Organic Apple Cider Vinegar  
4oz of Whole Food Living Water (room temperature)  
8oz of Whole Food Living Water (ice cold)  
Sugar Cube  
Turpentine by Diamond G Forest Products

#### UTENSILS

Water Glass  
Tablespoon  
Eye Dropper  
Stirrer

#### PREPARATION

- 1) Drink 8oz ice cold Whole Food Living Water before sitting up or getting out of bed
- 2) Get out of bed
- 3) Mix 1 tbsp of Apple Cider Vinegar into 4oz of Whole Food Living Water
- 4) Drink it all down
- 5) Wait 30 minutes
- 6) Use your Eye Dropper to drop 9 drops of turpentine onto your Sugar Cube (drop amounts change week to week)
- 7) Put Sugar Cube in your mouth and let it dissolve
- 8) When you feel hungry start by eating at least 2 tablespoons of lacto-fermented foods like miso, tofu, tempe, kombucha, kefir, pickles, kimchi, sour kraut, yogurt with live cultures and certain cheeses then resume your normal Foodology recipes

#### DOSAGE GUIDE:

**Week One:** 9 drops of turpentine on 1 Sugar Cube  
**Week Two:** 16 drops of turpentine on 1 Sugar Cube  
**Week Three:** 23 drops of turpentine on 1 Sugar Cube  
**Week Four:** 44 drops of turpentine on 1 Sugar Cube  
**Week Five:** 44 drops of turpentine on 1 Sugar Cube

If you experience any symptoms of nausea, vomiting, diarrhea, exhaustion, dizziness, fainting, dehydration, fever, sweating or intestinal cramping you are detoxing **too fast**. This means the dose you took is a little high for the amount of toxins you have in your body.

First, take a deep breath because you are going to be ok. This will pass in about 12 hours, your body already knows what to do and all they can do at a hospital is monitor your vitals and give you saline. So, take another deep breath, drink lots of Whole Food Living Water, get comfortable and be patient. You've got this. Thank your body for releasing the toxins you have been holding on to, thank your body for being strong and resilient and thank your body for how miraculous it is. Contact us with any questions or concerns.



## Pura Vida Health & Wellness Centers Worldwide

Dr. Ava Perez - Foodologist - NP MD PhD  
Ensenada | Baja California | Mexico | Costa Rica

### ADOPTING AN ATTITUDE OF GRATITUDE

Depressed? Anxious? Insomnia? Pessimistic? Negative Thoughts? Stuck in the Past? Stuck in a Rut? Suicidal Thoughts? Persistent Sadness? Persistent “Empty” Feeling? Hopelessness? Loss of Feelings of Guilt? Worthlessness? Helplessness? Overwhelmed? Stuck on the Hamster Wheel? Restless? Decreased Interest in Pleasure, Hobbies and Sex? Decreased Energy, Fatigue, Feeling “Slowed Down?” Ready to throw in the towel? Just need something to give?

In this day and age most of us are mentally and emotionally conditioned to prioritize negative memories and experiences in our memory storage and reconstruction capabilities. This is a harmful practice most of us learned at a young age. There's the good news that you can actually rewire your brain to prioritize storing and reconstructing memories and experiences that release dopamine, anandamide and other feel-good neurochemicals and hormones and finally reclaim your intellectual sovereignty and sanity in these insane times. You can do this in less than 5 minutes a day for the cost of a notebook and a blue or red ink ballpoint pen. Before adding another pHARMaceutical to your routine or reaching for a coping aide like alcohol, drugs or harmful “food” products, dare to take the 30-Day Challenge and adopt “An Attitude of Gratitude”. In just 30-Days you *too* can rewire your entire brain with this simple practice.

Imagine waking up everyday energized, ready to jump out of bed and start co-creating in god's paradise. Imagine feeling pure love, peace and total acceptance from deep inside your soul emanating out of you like a bright light expanding exponentially throughout infinity. Imagine feeling blessed everyday with so many *gratitudes* it actually feels impossible to pick just three or four you are most *grateful* for. Imagine feeling a strong sense of calm deep within the core of your being. Remember you are made perfect from the light of god. Give yourself permission to manifest paradise for all of creation.

Let's get started! Adopt an Attitude of *Gratitude* today and rewire your brain! You'll Adopt an Attitude of *Gratitude* in one easy daily practice that takes less than 5 minutes a day! After gathering your two initial \*supplies you only have two easy, scientifically proven steps to repeat every night before bed to rewire your brain into a happier, more positive, optimistic you. Just give yourself 30 days to change your life for the better. What are you waiting for?

#### \*SUPPLIES:

1. Dedicated Notebook: This means a Notebook which is only used to write your daily gratitudes in. The style, layout, size and design are your choice. *Yes, it is that simple.*
2. Blue or Red ballpoint or gel-ink Pen (a Pen is permanent and shows your commitment to your higher self).



## Pura Vida Health & Wellness Centers Worldwide

Dr. Ava Perez - Foodologist - NP MD PhD  
Ensenada | Baja California | Mexico | Costa Rica

### WHEN:

Every night before bed take just 5 minutes to reflect on your day's many blessings and choose *no less than 3* and *no more than 4* experiences you are most *grateful* for that day.

### WHAT TO WRITE:

1. Name your Gratitude Journal “ (your name) 's Gratitude Journal” on the cover and inside cover of your Gratitude Journal.
2. Each night at the top of each page write out the day of the week followed by the month, day of the week and year.
3. Write out your numbered *Gratitudes*. No less than 3 and no more than 4 things/experiences you are most *grateful* for that day.

And yes, the color of the ink of the pen you use, how many *gratitudes* you write out, how you head your page with the day and the date and the physical act of writing by hand are important and based in decades of scientific research and study. Whether your notebook is artisanal paper you made yourself and stitched together with upcycled thread or a spiral notebook you picked up for eighty-seven cents at Walmart is your choice. Just pick a notebook or journal that has nothing else in or on it and dedicate it to rewiring your brain by Adopting an Attitude of *Gratitude*.

### SAMPLE:

Tuesday, May 7th, 2019

- 1) my dog
- 2) cheese
- 3) not dead yet
- 4) ...

### OR:

Friday, August 9th, 2019

- 1) My partner is so loving and supportive, had my back and really stood up for me which makes me so valued.
- 2) At lunch our server remembered us and the order we've made the last two times we've been in. He called it "our usual" then brought us a drink while we waited and it felt special to feel remembered plus our order is kind of complicated so definite kudos to our server of remembering all of it.
- 3) We picked our first crop of tomatoes and they are so perfect just juicy and flavorful. I can't wait to go play in the kitchen making bruschetta, salsa, marinera and tomato bisque...
- 4) I'm so grateful that cop I didn't see did not pull me over when I accidentally ran that stop sign earlier and I am even more grateful I didn't unintentionally hurt someone else, myself and/or my vehicle.



## **Pura Vida Health & Wellness Centers Worldwide**

Dr. Ava Perez - *Foodologist* - NP MD PhD  
Ensenada | Baja California | Mexico | Costa Rica

That's it. *Yes, it is that simple.*

How much or how little you write is a personal choice. Most people who adopt this simple daily practice have been suffering from depression for years and are exhausted with all the medications, meditations, affirmations, biurnal beats, self-help guru's and New Age blah blah promoting the invalidating mantra of "just get over it." These are clearly the moronic musings of someone who's never spent more than a week in bed with unwashed hair in the same pair of dirty sweatpants.

If you are writing each *gratitude* as one word, one page or both, you are doing it RIGHT! As long as you continue writing 3 to 4 experiences you are MOST *grateful* for that day you are doing it RIGHT! By just the act of doing it, you are doing it RIGHT!

At first you may tell yourself "it can't be this easy" because you've literally tried everything. Here's the deal, do this for 30 days as you've already tried everything else and this doesn't cost anything but a minor effort on your part. What do you have to loose? Are you ready to be a co-creator in your own life?

Grab a notebook and a blue or red pen! Your 30-Day Challenge begins tonight!

*May your life be full of great joy with the health and abundance to enjoy it.*

*Dr. Ava Perez*