

Premier Research Labs

Premier Menu Ideas



Premier Menu Ideas

Table of Contents

Super Food Drinks and Recipes

Super Foods

Super Food Nutrition

Premier Menu Ideas

Premier Recipes

Buckwheat for Dinner

Delicious Rice Dish

Quick and Easy Millet

Tasty Cooked Quinoa

Homemade Oatmeal

Instant Tomato Soup

Hot Raw Soup

Flat Bread

Hearty Flatbread (without oil)

Homemade Salsa

Homemade Guacamole

Sunflower Seed Yogurt/Cheese

Rejuvex

Flaxseed Cheese

Nut Milk

Teas: Flax Seed Tea, Pumpkin Seed Tea, Green Tea

Salad Dressings with Zest

Beans and Peas for Long Life

Easy to Digest Menu

Organic Desserts

- Coco-Berry Whey Nuggets

- Nut Berry Nuggets

- Instant Strawberry Refresher

Rejuvenate Plan: The 80/20 Healthy Eating Plan

Eating Out: Making Better Choices

Fermented Foods

Kefir: How to Make it at Home

Kefir Drinks - Favorite Recipes

Cheese: Recommended Cheeses

Sour Cream: How to Make It at Home

Wine List: Recommended Wines

Vintage Vinegar

Super Food Drinks and Recipes

Super Food Drinks (smoothies) are a great way to start the day, as a delicious, drinkable, super-healthy breakfast, including for children. They are also great as a pre- and post-workout drinks. They are an effective source of quality protein and broad spectrum nutrients to boost immune function* and antioxidant protection. Super Food Drinks are packed with naturally occurring vitamins, minerals, enzymes, complete amino acid profile, immunoglobulins, chlorophyll, antioxidants, phosphatides and much more.

Quick and easy to make, simply add to a blender some ripened bananas and pears, or bananas and mango, or strawberries, or blueberries, etc. in purified water as a base, and 2 to 3 tablespoons of each of the following products, or any combination of them. The three key Super Foods recommended are: **Quantum Greens Mix**, **Quantum Colostrum** and **Tocotriene Complex**. For the ultimate **Super Food Drink**, also include **Lean-Body Whey™ Protein Blend**, **Quantum Whey Protein Powder** and **Quantum Lecithin Powder**.

All ingredients in each of these products are quantum-state quality, non-irradiated, low-temperature air-dried, pesticide/insecticide-free and do not contain hydrogenated oils, toxic bulking agents, artificial sweeteners, preservatives or chemicals. Enjoy the delightful taste of super nutrition.



All Six Super Food products ready to be mixed into a Super Smoothie



Delicious, nutritious banana/pear Super Food Smoothie with all 6 Super Foods listed below

The Top Six Products to add to make Super Food Drinks (Smoothies):

- **Quantum Greens Mix** - concentrated, quantum-state greens and grasses formula; a quantum break through in intracellular nourishment and DNA rejuvenation*
- **Quantum Colostrum Powder** - delivers the full spectrum of human-active immune fractions for superior immune support; delivers a rich, creamy taste to smoothies*
- **Tocotriene Complex** - antioxidant superfood: over 100 naturally occurring different antioxidants from super stabilized rice bran including tocotrienols
- **Lean-Body Whey™ Protein Blend** - promotes the lean body effect, high energy, anti-aging, immune boosting*
- **Quantum Whey Protein** - fully active, non-toxic whey protein produced by ion exchange at very low temperatures to preserve the delicate immune-boosting glycomacropetptides; no kidney stress*
- **Quantum Lecithin Powder** - A whopping 97% phosphatides with all four phosphatidyl complexes: phosphatidylcholine, phosphatidylinositol, phosphatidylserine and phosphatidylethanolamine. A super liver cleanser and blood purifier.*

Super Food Powder Drinks (Smoothies)

Ingredients to Choose From:

Quantum Greens Mix	1-2 tablespoons
Lean-Body Whey™ Protein Blend	2-4 tablespoons
Medi-Aminos (Rice) (powder)	1-2 tablespoons
Quantum Colostrum Powder	1-2 teaspoons or more for special cases
Quantum Lecithin Powder	1-2 tablespoons
Tocotriene Complex	1-2 tablespoons
Quantum Whey Protein	1-2 tablespoons

Directions: Mix the powders listed above (or selected ones) in a blender with 1 cup of homemade kefir, about a cup or more of purified water and 1 or 2 organic bananas. Add 1-2 teaspoons of **Premier Wild Honey** (wild, raw, unheated honey) and 1 tablespoon of **Premier Coconut Oil**. Blend with ice if you prefer. Add more water if needed.

Tasty Nutritional Additions

Goes Great with Vegetables, Rice/beans, Cooked Buckwheat, Baked Potatoes, Salads, Whole Wheat Pasta, and Curry Dishes

To maximize flavor and quantum-state nutrition, sprinkle all of the following (or selected ones) into any of the dishes listed above.

Quantum Tomato Concentrate	1-2 tablespoons
Quantum Nutritional Flakes	2-4 tablespoons
Quantum Turmeric	1-3 Vcaps (open capsules)
Quantum Allicidin™ Complex (garlic)	1-3 Vcaps (open capsules)
Premier Pink Salt	to taste

Hearty Warm Soup

Ingredients:

Medi-Aminos (Rice)(powder)	1-2 tablespoons
Medi-Aminos (Bean/Grain)(powder)	1-2 tablespoons
Quantum Nutritional Flakes	1-2 tablespoons
Quantum Tomato Concentrate	1-2 tablespoons
Quantum Turmeric	1-3 Vcaps
Quantum Allicidin™ Complex (garlic)	1-3 Vcaps
Premier Pink Salt	to taste

Directions: Gently heat 2 to 3 cups purified water until hot (but not boiling). Then simply mix in all ingredients for a great tasting soup. To take it with you to work, place hot water and all ingredients in a mug. Tighten lid on mug and consume for lunch or a midafternoon snack.



Quality Protein Sources

The following products contain easy-to-digest, low acid, high quality protein which create no kidney stress (as compared to red meat and other protein powders that are typically highly heated). One to two tablespoons of any of the following can be added to salads, main dishes, etc. to ensure **high quality protein** as well as nutrient-rich complexes.

Quantum Greens Mix
Lean Body Whey™ Protein Blend
Medi-Aminos (Rice or Bean/Grain)
Quantum Colostrum Powder
Tocotriene Complex
Quantum Nutritional Flakes
Quantum Whey Powder

For additional high quality protein sources, also consider portabello, maitake, shitake and trumpet mushrooms. Avoid cooking portobellos to prevent the formation of glutamates (i.e. damaging excitotoxins). Other mushrooms may be sauteed in oil or cooked in water.

Great for daily use

Super Foods

The Way to Super Health*

Quantum Quality Complexes
Capable of Achieving the Quantum Effect



Lean-Body Whey™ Protein Blend

Delicious Advanced Meal Supplement



- Features pure, Pesticide-Free Whey Protein: produced using ion exchange yielding high amounts of glycomacropeptides (25-28%) that support key hormonal, immune and neurologic functions; great, full-bodied taste*
- European, Blueberry Fruit: low-temperature, air-dried, pesticide-free; delivers maximum ORAC, the most potent free radical fighting ability
- Himalayan Pine Pollen: quantum-state, chemical-free; helps boost oxygen capacity, increase energy, maintain healthy blood lipids levels*
- Calcium Pyruvate: best pyruvate form; proven in weight loss studies*

Super Nano-Green Tea™

Highly Bioavailable Immune and Anti-Aging Support*



- “Nanized” Green Tea: a revolutionary, highly absorbable extract so you can receive all of green tea’s benefits
- Promotes healthy immune system function*
- Supports healthy blood pressure, blood sugar, fat levels and cholesterol already within the normal range*
- Remarkable antioxidant; helps prevent AGEs (Advanced Glycation End Products)
- Advanced support for healthy connective tissue and joint flexibility*

Coral Legend

Quantum-State Minerals



- 100% pure marine coral powder (no fillers), delivering highly ionized calcium, magnesium and trace elements for superb mineral transport and absorption (guaranteed lead-free)
- Ionized coral minerals deliver what other minerals can't: an alkaline pH*

Quantum EFA Oil Blend

Balanced Essential Fatty Acid Formula



- Clinically proven, life-essential fatty acids for a super healthy brain and body*
- Ideal ratios of GLA (gamma linolenic acid), Omega 3, 6 and 9 essential fatty acids
- Delicious, full-bodied gourmet taste: mix in salads, soups, entrees and beverages

Quantum Colostrum Powder

Broad Spectrum Immune and Whole Body Support*



- Contains human-active immunoglobulins for immune support*
- From organically fed, happy cows that have never been ill
- Absolutely no fillers, binders, sweeteners, pesticides or toxic solvents

Quantum Greens Mix

Quantum-State Greens For Optimal Health*



- Quantum breakthrough in intra-cellular nourishment and DNA rejuvenation*
- Low-temperature, air-dried, organically grown, nonhybrid, pristine greens from the best sources worldwide
- 100% pure vegetable capsules
No toxic tablets, glues, or fillers

Lean-Body Whey™ Protein Blend

Why Another Protein Drink? **Lean-Body Whey™ Protein Blend** is *not* just another protein drink. It is a one-of-a-kind, quantum-state quality, advanced protein drink – that delivers a comprehensive array of immune-boosting nutrients without toxic tag-alongs. Finally, a great protein drink for the whole family that is 100% health-promoting (no compromises), and tastes luscious.

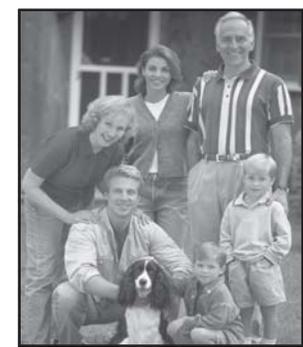
What's Wrong With Other Protein Drinks? In the past, we searched for a really good protein/sports workout drink – but totally in vain. What we found were powder drinks based on soy protein (typically made from American soy – often poorly grown, genetically modified, pesticided – and very hard to digest) or whey protein (typically from commercial cows – full of pesticide and antibiotic residues – and processed with high heat which crosslinks the protein). Drinks based on egg protein were equally poor (made from commercial eggs – laced with pesticide/antibiotic/chemical residues). No thanks!

It Gets Worse

The protein drinks out there also had other “I can’t believe it” ingredients as well. Would you give your son a drink that caused potential brain damage? Of course not, you say, but many protein drinks contain MSG, monosodium glutamate, a known brain neurotoxin (called an excitotoxin), which can literally *excite brain and nerve cells to death*. Look on the label for the term, “natural flavors” – that’s code for MSG. MSG is often used to cover up the “off” tastes of inferior ingredients.

Centuries of Use

Green tea has graduated from the teapot to stellar status as science has shown its wide-reaching beneficial effects for the whole body. Research conducted in the last 20 years has confirmed that green tea, known primarily as a pleasant beverage around the world, contains an impressive, health-promoting potential that traditional healers have been tapping into for centuries.



tapping into for centuries.

Super Nano-Green Tea™ is the natural next step, unleashing all of green tea’s powerful benefits not just for those with good digestion and absorption, but literally everyone. It is the first nutraceutical preparation designed to assure absorption of the full spectrum of green tea’s awesome polyphenols. Using only quantum-state quality green tea that has been “nanized” (i.e. pre-digested into extremely small particles), **Super Nano-Green Tea™** is rapidly absorbed into the blood stream where it immediately goes to work. Even those with poor digestion can enjoy the full benefits of **Super Nano-Green Tea™**’s highly bio-available nutrients. No other form of green tea can offer such a quantum boost in phytonutrient bioavailability and quality.

Look on the ingredient list of a protein drink. Do you see: high-fructose syrup, sucrose or corn syrup? These are all fancy names for refined sugar, a proven agent that can upset the body’s immune and hormonal systems as well as promote weight gain. American refined sugar is processed with 2, 4, 5-T, a dioxin derivative, one of the most toxic chemicals known.

Protein drinks often contain artificial sweeteners, such as aspartame, which are cumulatively toxic. Aspartame is partially metabolized to formaldehyde in the body, a toxic byproduct that can damage liver and brain cells, creating whole-body toxicity.

Green Tea vs. Black Tea

The Super Star of Protein Drinks Now you can get the super star of protein drinks, **Lean-Body Whey™ Protein Blend**: a delicious, creamy blend with high quality, non-toxic whey protein (pesticide-free) with quantum-state quality botanical synergists. For peak performance when you exercise or workout, our Lean-Body drink delivers every nutrient essential for life and in its most bio-available form producing “The Quantum Nutrition Effect.”

The **Lean-Body Whey™ Protein** drink supports 5 key nutrient categories: 1) a broad range of quantum-state antioxidants, 2) easy-to-digest nontoxic whey protein, 3) complex carbohydrates, 4) essential fatty acids and 5) state-of-the-art immune-boosting fiber.*

Start out your day with a **Lean-Body** drink to help enhance strength, boost the immune response, protect cells, minimize the aging process and promote a wonderful sense of well-being.* It’s great for every member of the whole family — just add water or juice and stir. Take with you on trips. And to get that winning edge, take a **Lean-Body** drink an hour or so before exercise or competition meets.

Super Nano-Green Tea™

Green Tea's Secret

What’s the difference between green tea and black tea? Although both teas come from the same plant (*Camellia sinensis*), it is the processing that makes the key difference. Green tea leaves (harvested as young, healthy, dark green leaves) are steamed to prevent them from fermenting, keeping their green color and potent phytochemicals intact. In contrast, black tea is really green tea that has been over-fermented, thus changing the color from green to black but also destroying beneficial phytochemicals.

Green Tea's Secret

The key phytochemicals in green tea, called polyphenols, have captured the attention of many scientific studies. They give **Super Nano-Green Tea™** its special attributes.

Green Tea's Secret

Dr. Yuhiko Hara, noted researcher and a world authority on green tea, has found that its polyphenols help promote healthy blood sugar, blood lipids, fat levels and blood pressure already within the normal range. Polyphenols have also been shown to protect DNA from free radicals, even radiation. Green tea’s polyphenols are also extremely effective as antioxidants capable of promoting a healthy immune system as well as providing extraordinary protection for the heart, kidneys and the skin.

Super Foods Nutrition

*Add Super Foods to your diet often
for maximum super nutrition*



*Super Food Nutrition
for the Whole Family*

Quantum Nutritional Flakes

A Delicious Super Food For Daily Use

*Naturally Rich in B Vitamins, Protein (Amino Acids),
Beta-1, 3 Glucans, Glutathione and Immune Boosters*



- Rich in B vitamins, beta-1, 3 glucans and glutathione
- A good source of high quality bioavailable protein (50% protein by weight), both essential and non-essential amino acids
- Primary, pure strains of *Saccharomyces cerevisiae*, specially grown on molasses, *not* petrochemical sludge or refined sugar
- Does not encourage candida or other yeast growth
- Add 1 or 2 tbsp to foods often for super nutrition

Suggested Use. Adults or children (age 1 and up): Take 2 teaspoons daily with each meal. Enjoy its pleasant-tasting, nutty flavor by mixing it into drinks or food, such as soup, grain dishes, salads, vegetable juice or sprinkle over popcorn.

Quantum Tomato Concentrate

Super Food "Ready in an Instant"
*Unparalleled Tomato Nutrition Peak Ripeness
and Exquisite Taste*



- Rich in natural lycopene, an immune-boosting antioxidant*
- 100% pure, nonhybrid, quantum-state tomato concentrate from South America
- A functional super food in a category by itself: tomatoes from South America where no chemicals have ever been used
- Low-temperature air-dried process: preserves up to 90% of the enzymes in their raw state
- Rich in lycopene, a proven antioxidant (270 mg/tbsp.); also rich in potassium (450mg/tbsp.)
- Free of pesticides, genetic tampering, fillers, sweeteners or artificial flavor enhancers

Premier Pink Salt

Premium Sea Salt Blend



- Blend of two superior, raw, unprocessed, solar-dried sea salts (solar-dried Mediterranean sea salt and pink Alaea Hawaiian sea salt)
- No "flow" or "anti-clump" additives
- Rich in trace minerals and electrolytes

Recommended Use. Use Premier Pink Salt daily in place of regular salt, to add flavor to foods or drinks for the whole family.

Quantum Whey Protein Powder

Full-Bodied Protein Supplement

100% Premier Quality, Pesticide-Free Whey Protein



- Fully active, nontoxic whey protein, produced by ion exchange at very low temperatures to preserve the delicate, immune-boosting glycomacropptides*
- Promotes lean body weight; high energy, immune strength, anti-aging, and muscle building*
- Unmatched quality: guaranteed 25% (or more) glycomacropptides (Other whey products often have none.)*

Not highly heated; not toxic to the kidneys

- Unmatched purity: guaranteed pesticide-free
- Great taste: the perfect protein for your daily shake
- Readily mixes with liquids to make great smoothies

Recommended Use. Adults or children (age 4 up): Take 2 tablespoons, 1 to 2 times daily blended in 6 - 8 oz. of water, juice or mix with homemade kefir (our favorite). For special programs, up to 12 tbsp. can be taken daily. May also be blended in cereal, sprinkled on desserts, etc.

Premier Coconut Oil

Premier Quality, Virgin, Raw, Unprocessed Coconut Oil

*Promotes Healthy Brain Chemistry & Metabolism**



- 100% raw, unrefined, non-GMO coconut oil from Kerala, India
Not refined, bleached, deodorized or hydrogenated coconut oil as commonly available which is damaged and toxic
- Easy digestibility and absorbability; luscious, full coconut flavor and aroma

- First-class oil for a healthy brain and body; an ideal oil for baby foods*
- Rich source of medium chain fatty acids, shown to enhance immune response*; inhibits many dangerous chemical reactors
- Rich in lauric acid, the source of immuno-protective monolaurin*
- Helps balance cholesterol already within the normal range by promoting its conversion to pregnenolone; increases HDL (*good cholesterol*); decreases triglycerides as shown by research at the University of Kerala, India*
- Helps naturally increase metabolism as much as 25% (*great for those with weight concerns*)*

Quantum Medi-Aminos

(Rice or Bean/Grain Source)

Great-Tasting, Highly Soluble Amino Acids



- A functional super food in a category by itself: quantum-state whole food sources from the Far East where no chemicals have ever been used
- Rich source of free-form amino acids and a vast array of highly bio-available phytonutrients
- Revolutionary, proprietary process: preserves to 90% of the enzymes in their raw state; liberates over 95% of the amino acids to their free form
- Ideal nutritional support for peak endurance and performance as well as for those who are highly allergic, chemically sensitive, digestively compromised, cachexic or present "failure to thrive"*

Recommended Use. Adults or children (age 1 and up): Mix 3 teaspoons of Medi-Aminos in food daily. Take 1 to 3 times daily. For best results, take daily for at least 4 to 8 weeks.

Premier Olive Oil

Extra Virgin, Cold Pressed Unsurpassed Quality



- Simply the best olive oil we've ever tested: delicious, full-bodied gourmet taste
- Excellent for cooking or sautéing; ideal for salads, pastas, sauces, grain dishes, etc.
- Rich in naturally-occurring mono-unsaturated fatty acids (*the highest level we've ever measured*)
- Our 100% olive oil is not blended with inferior oils, such as canola or cottonseed oil (*a common practice to cut costs but never disclosed on the label*).

Premier Sesame Oil

Quantum-State, Delicious Sesame Oil

The Super Healthy Salad and Cooking Oil



- Excellent for cooking or sautéing; ideal for salads, pastas, sauces, grain dishes, etc.
- 100% pure: not blended with inferior oils, such as canola or cottonseed; no residues from pesticides, solvents or harmful processing chemicals
- For centuries, sesame oil has been the oil of choice in Ayurveda and Chinese medicine
- Rich in fatty acids, vitamins, minerals, lecithin and a special protective antioxidant called sesamol
- Taken internally, it supports healthy brain function, weight, energy, eyes, agility and increased lifespan*
- Used as a massage oil, it supports healthy muscles, joints and flexibility*

Quantum-State Fruit Treats

Quantum-State Super Food Fruits

The Perfect Energizing Snack

- Luscious-tasting, certified organic fruit from Central America grown in mineral-rich soil with out pesticides/chemicals
- Fully ripened, then low-temperature, air-dried
Not picked green or gas-ripened; not irradiated
- No preservatives (*No sulphur dioxide or toxic chemicals*)
- Choose from pineapple slices, mango slices, papaya slices, pear halves, whole bananas or banana slices





"Nutrition That Really Works"™

Premier Menu Ideas

Delicious Ideas For Healthy Meals

Breakfast

Ideas To Choose From

1. Homemade Kefir. Enjoy homemade kefir made using the **Kefir Starter Kit**. Use only whole cow's milk (not skim milk). If possible, use organic raw milk (nonhomogenized) which comes with the cream on top. If using commercial milk, avoid milk which is ultra-pasteurized or which contains antibiotic/hormone residues (from BST-treated cows).

For a high-performance breakfast of **Lean Body Whey™ Protein Blend**, kefir and the fruit of your choice.

An excellent combination is 1/2 to 1 cup homemade kefir with 2 to 3 tablespoons of our **Organic Mediterranean Preserves** or pureed organic apple or banana.

2. Fresh Fruit. Enjoy in-season fruit, such as oranges, blueberries, bananas, etc. An excellent breakfast is fresh berries or sweet fruit (such as bananas or figs) combined with several Tbsp. of **Homemade Sour Cream** (*see recipe*) or combined with 1/2 cup finely powdered raw organic nuts, such as almonds, brazil nuts, walnuts, pine nuts, cashews, pecans, etc. (*See recipes.*) (Avoid roasted nuts.)

3. Nuts/Seeds. Add a few organic nuts or seeds to your meal, such as the raw organic nuts listed above or raw, organic sunflower seeds, sesame seeds, pumpkin seeds or flax seeds, soaked first or finely powdered using an **Ultimate Chopper**.

An excellent combination is 1/2 cup powdered nuts (such as 1/4 cup walnuts and 1/4 cup pecans) with 2 to 3 tablespoons of our **Organic Mediterranean Preserves** or a fresh pureed organic apple. An absolutely delicious treat with high quality protein and easy digestibility - with a "feeling full" quality.

4. Grains. Best choice: organic whole grains such as buckwheat, brown basmati rice, quinoa, millet, oats, etc. (*See recipes, including our flatbread recipe.*)

Also use **Medi-Aminos** (Rice Source) for a quick, easy to make delicious grain dish or as a soup. (Add 1 cup hot water to 2 tbsp of **Medi-Aminos** Powder.)

5. Veggies. Best choice: organic, raw or steamed veggies (homegrown or from your local farmer's market). You may combine them with grains for a hearty breakfast.

Lunch/Dinner

Ideas To Choose From

1. Salad. Best choice: fresh salad made of organic greens from your local farmers' markets, especially romaine lettuce, carrots, onions, Roma tomatoes (or tomatoes that test "on" to all four polarities), celery, garlic, etc. Avoid head lettuce.

2. Vegetables. Best choice: organic, steamed vegetables (best is home grown) such as broccoli, carrots, green beans, zucchini, bell peppers, squash, etc.

3. Fermented Foods. One to two tablespoons of fermented foods are an excellent addition to any meal, such as fermented vegetables (*see recipes*) or homemade sour cream (*see recipes*).

4. Grains. Best choice: organic grains such as buckwheat, brown basmati rice, millet, quinoa, oats, etc. (*See recipes, including our flatbread recipe.*)

5. Tubers. Organic Russet potatoes (Russet variety only; other types usually do not have all 4 polarities on) or yams may be baked, mashed, or steamed. Use homegrown or farmer's market tubers; avoid store-bought (*usually highly pesticide*).

6. Pasta. Enjoy our excellent, Italian nonhybrid, whole wheat pasta, grown in Italy on fertile volcanic soil; fast and easy to prepare -- a great hit with everyone in the family.

7. Mushrooms. A delicious, overlooked, rich protein source. Use mushrooms such as portabello, shitake, maitake, trumpet or oyster mushrooms; all high in easy-to-digest protein. Portobellos and shitakes are delicious eaten raw (just cut up and put in a salad or use as a side dish). Avoid cooking Portobellos. Shitake, maitake, trumpet and oyster mushrooms may be cooked in soups or saute'ed in 50/50 **Premier Olive Oil** (or **Premier Sesame Oil**) and water.

8. Beans. Best choice: organic beans such as lentils, black beans, aduki, anasazi, pinto, garbanzo, split peas. (*See recipes.*)

9. Soup. Best choice: homemade soups, such as vegetable soup, potato soup, etc. (*See Soup recipes.*) Also enjoy **Yamabuki Miso Soup** - just add 1 - 2 tsp. to 1 cup hot water and stir - an excellent probiotic soup.

10. Seaweed. Organic brands of untoasted Nori or raw Dulse can be a delicious addition to any meal.

11. Cheese. Use most cheese sparingly. (*See Cheese list for acceptable brands.*) You may eat 2 - 3 tbsp. of soft cheese several times per week with meals. Eat hard cheeses less often (once a week). If possible, find raw organic cheese providers (local farmers) in your area.

Drinks

(Best before or in-between meals)

1) **Water.** Drink purified water from your own in-home Water Factory Water purifier or bottled water from acceptable sources are Arrowhead Spring Water and Ozarka. Some ozonated brands are O.K.

2) **Blended Vegetable Puree Drink.** Make your own organic blended vegetable drink from whole organic veggies using whole vegetables -- using the whole vegetable, not just juice.

Avoid most health food store juices which typically use commercial, pesticide-laced produce to make their juice. A 6 oz. glass of blended raw vegetables, such as a mixture of raw carrot, tomato and celery is excellent in the morning (add a little **Premier Pink Salt** and **Quantum Turmeric** to taste).

3) **Tea.** Enjoy hot herbal tea made from **Quantum Noni**, **Quantum Reishi Complex** or **Premier Green Tea**. Avoid store-bought herb tea, even if it's organic - if it contains "natural flavors" (a disguised term for MSG).

4) **Homemade Nut Milk.** (*See recipes.*) Drink nut milk alone or use as a milk replacement on cereal, or (if allowed) blend it with a small amount of raw, unheated honey such as **Premier Wild Honey** or **Premier Natural Sugar Granules** (whole, unrefined brown sugar cane) for a creamy, sweet-tasting nut shake.

5) **Lemon Drink.** Lemon is one of the most powerful liver cleansers. To make a delicious drink, squeeze the juice of 1/2 fresh lemon into 8 oz. purified water. Add 1 tsp. brown sugar (**Premier Natural Sugar Granules**) to balance the lemon's acidity. Drink 1 to 3 times daily.

Recommended Condiments

- To season grains, vegetables or to make salad dressings, use **Premier Pink Sea Salt** (an excellent organic sea salt blend), **Premier Olive Oil**, **Premier Vintage Vinegar**, **Premier Coconut Oil**, **Premier Sesame Oil** and **Quantum Flax Seed Oil**, organic herbs, such as turmeric (open 1-2 capsules of **Quantum Turmeric** into salads or grain dishes) or dulse, nori, cayenne, garlic, onion, oregano and other seasonings. (See delicious recipes for easy, homemade salad dressings.)
- Ghee (clarified butter) is an excellent fat, especially for Pitta body types (**Amul Brand** tests very good). Organic butter is acceptable occasionally. Avoid margarine (all types).
- Avoid commercial vinegar, commercial salt and commercial butter.

Food Preparation Tips

- 1) Enjoy making food "from scratch." **Make it a daily habit!**
- 2) When you prepare grain recipes (such as flatbread), make an extra batch and freeze in individual portion freezer bags, for quick use later (a toaster oven reheats them quickly).
- 3) Avoid buying premade food from commercial stores or restaurants. Premade food is commonly contaminated with pesticide residues, chemicals, preservatives, food additives, MSG and more.
- 4) Do not eat cooked food that has been kept in the refrigerator over 48 hours; discard it (molds and bacteria begin to grow on it). Be sure to reheat it until it is very hot (to kill any undesirable bacteria).

Premier Recipes

Buckwheat For Dinner

Enjoy a new tasty dinnertime addition-- buckwheat! It's easy to make and "sticks to your ribs"! Buckwheat goes well with vegetables to round out a delicious dinner. Buckwheat is rich in sulfur-based amino acids, unlike any other grain. This means that its sulfur donor groups can help detoxify aromatic petrochemicals and other toxic chemicals which may have accumulated in your body. In addition to being a tasty treat, buckwheat helps keep you detoxified!

Ingredients

1/3 cup **Premier Buckwheat Groats** (per person)
1 cup purified water (per person)
Premier Pink Salt to taste



Our favorite additions: 1/3 cup chopped raw onions;

1 tbsp. Indian ghee (clarified butter) or **Premier Sesame Oil** or **Premier Olive Oil**,

2 capsules **Quantum Turmeric** (open capsules into buckwheat after cooking)

Other Options: add a bit of raw dulse or nori, fresh oregano, etc.

Directions

Bring the water to a boil. Place the buckwheat groats in the water and cook on medium heat for exactly 5 minutes. Stir the buckwheat once or twice during this time. After 5 minutes, turn the heat off, but keep the buckwheat covered in the pan for another 8 minutes (this allows time for the buckwheat to fully "open up" into small rounded "pearls" with minimum heating.) After 8 minutes, stir in the chopped onions, 2 capsules of turmeric (open capsules) and ghee - or use other condiments as desired). Add **Premier Pink Salt** to taste. Enjoy!

Additions

For extra flavor, add a tablespoon of **Homemade Sour Cream** (*see recipe*) or organic butter, or a bit of organic feta cheese.

How to Get the Best Quality Buckwheat

Our source of **Premier Buckwheat** was selected by using QRA™ testing. Unfortunately, we found many sources of buckwheat (even some organic ones) tested poorly. However, with QRA™ testing, we were able to select the best possible source of buckwheat.

So what is QRA™ testing?

QRA™ stands for Quantum Reflex Analysis. QRA™ is a unique, highly effective, precise system of testing the body's key organ and glands – but can also be used to test the biofield health status of any food, such as grains. QRA™ features a university-proven muscle testing technique to determine if a food tests strong or weak. If a food tests **weak**, then this test correlates with poor health status of the food (whether it has been "organically grown" or not). Conversely, a **strong** test correlates with a well-grown, healthy food.



Delicious Rice Dish

Ingredients

1 cup **Premier Brown Basmati Rice**
2 to 3 cups purified water

1/8 to 1/4 teaspoon natural, unheated sea salt (**Premier Pink Salt**)

Optional: **Quantum Turmeric** (open 1 or 2 capsules) or other organic herbs

Directions

For best results, soak the rice overnight (4 to 8 hours) in purified water. Throw out the soak water. Place the soaked rice and new water together in a pan. Cook (with the lid on) over low heat for approximately 10 minutes only, stirring occasionally so the rice will not stick to the bottom of the pan. Then turn the heat off, but allow the rice to remain in the pan covered. (This allows rice to further absorb the water, while retaining its healthy factors.) After 10 minutes, remove the rice from the pan and serve. Goes great with steamed veggies, Indian ghee or **Premier Sesame Oil** or **Premier Olive Oil**. Add **Premier Pink Salt** to taste.

Note: Soaking the rice in purified water (for a few hours or overnight) neutralizes the enzyme inhibitors (helping to eliminate digestive problems) and also cuts the cooking time in half.

Premier Recipes

Quick And Easy Millet



Ingredients (For 2 people)

1 cup organic millet, soaked
2 1/2 to 3 cups purified water
Premier Pink Salt -- to taste

Optional: **Quantum Turmeric** (open 2 capsules) or other herbs such as oregano, dulse, etc.

Directions: Rinse the millet in a strainer. Then place the millet and purified water in a covered pan. Bring to a boil, then reduce heat to low. Simmer 20 to 40 minutes until fluffy and well cooked.

To season: Add a pinch of **Premier Pink Salt**, raw butter or **Premier Flax Oil**. Other seasonings to try: **Quantum Turmeric** (open 2 Vcaps and stir in contents into millet). For softer millet, add more water.

For best results: Soak the millet in purified water in a covered glass dish overnight. Throw away the “soak” water and add fresh water before cooking. Soaking initiates the germinating process, encouraging large increases in the millet’s enzyme and mineral content. Soaking also cuts down the cooking time.

Goes Great With Beans: The light, fluffy texture of millet is a perfect nest for adding cooked beans and veggies on top. One of our favorite combos is millet with lentils mixed with steamed veggies and a dash of **Premier Pink Salt**.



Tasty Cooked Quinoa

Ingredients (For 2 people)

1 cup organic quinoa
2 cups purified water
Premier Pink Salt -- to taste

Optional: **Quantum Turmeric** (open a capsule and mix into quinoa)
or other organic herbs such as oregano, garlic, etc.

Directions:

1. Rinse the quinoa thoroughly in a strainer or by running water over it in a pan and then draining the water. Rinsing is recommended to wash away the naturally occurring, bitter-tasting saponins* on the grain.
2. Place the quinoa and water in a covered pan. Bring to a boil, then reduce heat to low. Simmer until tender and the water is absorbed (about 15 to 30 minutes.) When done, the grains look translucent and the outer germ ring will separate.

**Saponins are soap-like resins that naturally occur on the outer quinoa grain; the bitter taste helps deter insects and birds.*

To season: Add a pinch of **Premier Pink Salt**, a bit of raw butter or **Premier Flax Oil**. Other seasonings to use: **Quantum Turmeric** (open one or two Vcaps and stir into food).

For best results: Before soaking, rinse the quinoa well several times to clear the bitter saponins on the surface. Then place the quinoa in purified water in a covered glass dish overnight. Throw away the soak water and add fresh water before cooking. Soaking initiates the germinating process, encouraging large increases in the quinoa’s enzyme and mineral content. Soaking also cuts down cooking time.

Goes Great With Beans: Quinoa is a perfect mate with cooked beans and steamed veggies. Try organic quinoa with different combinations of organic beans (all heirloom quality): such as lentils, black turtle beans, aduki, anazasi, pinto, garbanzo, black-eyed peas and green split peas. Avoid hybrid grains and beans (including organic).

Premier Recipes

Homemade Oatmeal *Hearty Oat Groat Breakfast*



Ingredients (Per person)

- 1/3 cup organic whole oat groats
- 1 1/3 cups purified water (or raw, organic whole cow's milk)
- Premier Pink Salt** -- to taste

This delicious hearty breakfast is easy to make and takes under 10 minutes to prepare, start to finish. Once the oat kernel (called an oat groat) is smashed, the natural oils contained in the groat immediately begin to oxidize.

Examples of these pre-smashed oat groats are rolled oats, stone-ground oats and steel-cut oats. Therefore, regardless of the method used to make oatmeal, by the time you buy it, it is an inferior product because of the oxidation process. Avoid consuming these rancid oils. Refrain from buying pre-smashed oats or other grains.

It is easy and nutritionally superior to grind the oats right before you use them (either as an oatmeal breakfast or for use in other recipes). A **TurboBlend** (a heavy-duty super blender/grinder) or **Ultimate Chopper** can be used to grind the oats.

Directions

1. Grind the 1/3 cup of oat groats in a **TurboBlend** or high-speed blender for about 40 seconds or until the oat groats become flour. For creamy oatmeal, grind the oats until they are well-powdered. For chunky or "steel cut"- type of oatmeal, grind the oats for a slightly lesser amount of time (so that they are still a little grainy). Experiment with this a few times and you will get the consistency which you most prefer for your oatmeal.
2. Place 1 1/3 cups purified water (or milk) in a nontoxic sauce pan (such as **Premier Waterless Cookware**) and add the powdered oat groats. Turn on medium heat and stir fairly consistently for approximately three to five minutes, until the oats become like a thickened oatmeal. If you prefer a thinner consistency for your oatmeal, add more water.
3. Serve with butter and salt to taste. We recommend only raw unsalted butter and natural, sun-dried sea salt called **Premier Pink Salt**.

If desired, sprinkle on some raw, unprocessed brown sugar such as **Premier Natural Sugar Granules**. Bon appetit! This is one of our favorite, easy-to-make recipes. Enjoy it often This is a wonderful way to start out your day.

Instant Tomato Soup

Ingredients:

- 2 tablespoons -- **Q. Tomato Concentrate**
- 1 cup -- Warm water (purified)
- Premier Pink Salt** -- to taste
- Optional: 1 tsp. -- **Premier Olive Oil** and/or **Q. Colostrum Powder**

Directions: Simply stir the **Tomato Concentrate** and salt into warm water for delicious instant tomato soup.

Premier Recipes



Hot (Raw) Soup

Raw Pureed Veggies In Hot Soup

Quick, Easy and Delicious!

Ingredients

- 1 cup organic tomato juice (made from **Quantum Tomato Powder**) or fresh tomatoes
- 1/4 cup purified water
- 1 cup of organic raw vegetables (such as broccoli, zucchini, celery, etc.)
- Natural sea salt to taste (**Premier Pink Salt**)
- Optional: organic herbs such as **Quantum Turmeric** (open 1 or 2 capsules) or other herbs

Directions

Mix the tomato juice and water together in a sauce pan and bring to a high simmer or low boil (must be piping hot). Then simply pour the liquid into a **TurboBlend 4500** (a super heavy-duty blender/grinder). Next, add the cup of vegetables to the **TurboBlend**. Blend the liquid and vegetables together until it is a creamy mixture (approximately 30 seconds).

The **TurboBlend** will completely pulverize the vegetables into a thick consistency -- which blends perfectly with the tomato juice. No kids (or adults) will complain about "broccoli"! Pour into individual soup bowls for a great treat. Voila! You have one of the best-tasting hot soups in town! Plus the healthy benefits of raw veggies. You may add a dash of raw garlic, fresh herbs, powdered herbs or additional natural sea salt (**Premier Pink Salt**).

Drink Your Salad

This HOT SOUP recipe is a perfect dish to precede your main dish or as a snack. It is very quick to make and amazingly good-tasting. Another big plus is that it is the perfect way to include raw vegetables into a meal -- that's right, raw vegetables! The raw vegetables are ground right into the soup for a full-bodied flavor. We've never had a complaint -- even for those who don't like raw salads or vegetables -- because your taste buds can't tell that it's raw!

More and more research is emphasizing the need for the intact, rich, raw enzymes in our diets which are contained **ONLY** in raw food. Raw food such as raw vegetables are full of vital, living vitamins and minerals that are destroyed with heat. HOT SOUP is a great way to "sip" your vegetables.

Variations

One of our favorites is adding 1 medium-sized zucchini to make the HOT SOUP. (We don't even bother to cut the zucchini up, since the **TurboBlend** will quickly pulverize it into HOT SOUP.) Other possibilities are fresh, raw cabbage, broccoli, carrots, onion, or rapini (the flowering tops of broccoli which have a delicious spicy taste).

Be creative with different combinations. Experiment by adding a little more tomato juice to give your soup a thinner consistency -- or add less water for an even thicker soup. Instead of tomato juice as the base of the soup, **try steamed potatoes** (which become creamy when blended). Remember, use Russet potatoes only (which are on to all four polarities).

Special Notes

1. If you do not have a **TurboBlend**, you may try using a regular blender. However, only a **TurboBlend** will give you a finely blended, creamy consistency for your soups. **We consider a TurboBlend to be "standard operating equipment" for your kitchen because of its many versatile uses.** It's easy and quick to use, saving you a lot of time every day.

2. We do not recommend most store-bought produce (which is typically highly saturated with pesticides/chemical residues, storage sprays, in-store cleaner residues, and then dowsed with tap water when on display).

We recommend home-grown produce (from your own natural backyard garden) or produce from your local farmers' markets (which is often fresher, grown with fewer or no sprays, no in-store storage sprays, and has a higher nutrient value). Unfortunately, much of the "certified organic" produce tends to *test very poorly* (due to cultivation on mineral-poor soil, transport/storage chemicals and toxic, in-store cleaning procedures).

Premier Recipes

Flat Bread



Ingredients

- 1 cup organic whole wheat flour (soaked overnight, then freshly ground)
- 1 cup purified water
- 2 tablespoons **Premier Olive Oil**
- Optional: 2 teaspoons baking powder (Rumford's)
- 1/4 teaspoon **Premier Pink Salt** -- or to taste
- Optional: fresh chopped herbs, chopped onion,
- 1 or 2 capsules of **Quantum Turmeric** (open capsules), etc.
- Optional Topping: 1-2 tablespoons -- **Mediterranean Organic Strawberry Preserves**

Flat bread is not only easy to make, but is a delicious addition to almost any meal. We also recommend it as a good-tasting, satisfying snack. We use a **TurboBlend 4500**, a special high-speed heavy-duty blender, to grind the grain first and then blend in the rest of the ingredients. From start to finish will take you only a few minutes! And of course, you can feel really good knowing that you are making “healthy food” for yourself and your family.

The pre-ground whole wheat flours that we have tested from various stores and companies *all tested rancid*. Once you split the kernel, the oxidation of the wheat germ begins. When you buy pre-ground flours, it has typically been at least several weeks that it has been ground.

Once you grind your own flour, you must use it within 24 hours or it, too, will slowly become rancid. Your best bet is to grind

what you will use for that day only. Then you will have 100% fresh, non-oxidized, delicious whole wheat flour! So-called “allergic” reactions to wheat may often be nothing more than your body negatively reacting to oxidized, rancid wheat.

Try fresh-ground wheat and you won't want to change! In addition, it is important to soak the wheat (for a few hours or overnight in purified water) to neutralize the naturally present enzyme inhibitors.

Why is it called “Flat Bread”?

We do not recommend the use of yeast in your diet. Therefore, we call this “flat bread” because it does not rise, as bread does with the use of yeast. We do add baking powder so that the bread does rise a little but not as much as regular bread. Once you try this recipe, we think it will become one of your favorites.

Directions

Grind the whole wheat berries in your **TurboBlend** for one to two minutes on “High” speed, until they are finely powdered into flour. One cup of wheat berries will yield approximately 1 1/3 cups of flour. Measure out 1 cup of flour and put back into blender. Add water, olive oil, salt and any optional ingredients. Blend all the ingredients together in your **TurboBlend** until you have a smooth consistency.

Pour some of the batter on a low or medium-heat frying pan and cook until done (a minute or two), much like cooking pancakes. You may use a small amount of olive oil to lubricate the pan. For thinner pieces of flat bread, roll the batter around on the frying pan to spread out further while cooking. That's it! You're finished!

Eat your flat bread plain, with a slice of ghee or butter, some **Homemade Sour Cream** (see recipe) or roll one of them up with some fresh fruit. You'll really enjoy a dollop or two of our exquisite Mediterranean preserves, such as **Mediterranean Organic Strawberry** or **Organic Black Cherry Preserves**. You may also use it like regular bread -- for example, wrap up a vegetable salad in it for lunch. Enjoy!

Premier Recipes



Hearty Flatbread

Oil and Dairy-Free

Ingredients

- 2 1/2 cups --dry organic grain* (such as organic whole wheat berries or brown rice)
 - 3 1/2 cups --purified water
 - 1 teaspoon --**Premier Pink Salt**
- Optional: Organic herbs to taste (such as opening 1 or 2 Vcaps of **Quantum Turmeric**, etc.)

Special Kitchen Tools

1. To convert your kitchen into a quick and perfect food preparation place, we consider the **TurboBlend** unequalled. It is a special, high-speed, heavy-duty 3-in-one blender (liquifier/grinder/juicer) which has many time-saving features. It can grind grain into flour within 2 minutes; in a flash, it can pulverize vegetables or fruits into delicious sauces, soups, smoothies or drinks. It is one of the handiest, consistently used kitchen aids that you can use.

2. Use non-toxic cookware such as **Premier Waterless Cookware**. Avoid highly heating oils or fats when cooking. High temperatures produce high amounts of free radicals in the oil. Fried oils are not part of a healthy diet.

Directions:

- 1. Rinse the Grains.** First, place the grain in a strainer and rinse once or twice with purified water.
- 2. Soak overnight.** Next, place the grain in a glass bowl and add enough water so that there is about one inch of water above the level of the grain. (The extra water is needed as the grain drinks in the water and slowly expands.) Cover the bowl and let it stand at room temperature for 12 to 24 hours. You may want to rinse the grain once or twice more during this time.
- 3. Rinse and blend.** After 12 to 24 hours, rinse the grain again. Place the soaked grain in a TurboBlend or a regular blender. Add 3 1/2 cups of water, 1 tsp. natural sea salt and herbs (if desired). Blend all the ingredients together for 2 or 3 minutes until the batter is thin and creamy.
- 4. Heat the batter.** Pour pancake-sized amounts of batter on a skillet. Use a small amount of olive oil to lubricate the pan. Heat at medium temperature (flip once or twice) until the batter is well-cooked.
- 5. Congratulations!** You've just made delicious, hearty, organic flatbread.

Healthy Tips

Pick one day a week to make a big batch of flatbread. Divide them up in a several freezer bags (a few per bag) and freeze them. When needed later during the week (for snacks or meals), take out a bag of frozen flatbread. Heat a few of the flatbreads in a toaster oven until toasty warm. From its frozen state to piping hot just takes 2 or 3 minutes.

Toxic "Organic" Grains

We have been disappointed to find that many so-called "organic grains" are routinely contaminated after harvest by many factors: chemical sprays during transport and storage; in-storage cleansing agents, preservatives or unlisted additives to retard insect or bacterial spoilage. These **contaminants are rarely listed on the label** of the grains. Many of the storage sprays contain **mercury**, a known toxic poison. After much research, we can no longer recommend many "organic" grains.

Of course, we definitely do not recommend most commercially grown grains either. Many are typically poorly grown with synthetic fertilizers, pesticides, herbicides and other chemicals, then frequently contaminated post-harvest with retardant sprays and additives.

Instead go for grade 10 -- and eliminate chemical cuisine from your life.

What is QRA™ testing?

QRA™ stands for Quantum Reflex Analysis. QRA™ is a unique, highly effective, precise system of testing the body's key organ and glands – but can also be used to test the biofield health status of any food, such as grains.

QRA™ features a university-proven muscle testing technique to determine if a food tests strong or weak. If a food tests **weak**, then this test correlates with poor health status of the food (whether it has been "organically grown" or not). Conversely, a **strong** test correlates with a well-grown, healthy food.

Do You Like Chips?

Make flatbread chips! You can make the flatbread thinner (by adding a bit more water to the batter) before you cook it. This will make the flatbread cook quicker and become crispier. To cook frozen flatbread, leave it

Avoid commercial corn chips or potato chips. They are fried in oil which is hydrogenated and often rancid. They are typically made from commercial, pesticide-tainted grain, complete with toxic preservatives such as BHT. A liver/ gallbladder wipe-out. No thanks!

Why Do You Soak The Grains?

When grains are soaked overnight, the kernels begin to sprout. The nutritional content of the kernels sky-rockets; nutritious enzymes rapidly increase and become more bioavailable; the kernels become much easier to digest. The kernels in their dry state are considered to be “grains”; when soaked in water, the grains are slowly converted to “sprouts”, a far more nutritious form of grain. In addition, soaking the grains neutralizes the naturally present enzyme inhibitors in the grain which can stress digestion.

Convert your grains into super-sprouts. (Note: if the grains are soaked too long without rinsing, they can mildew. If they are sprouted for too many days, they become too woody or fibrous to eat.) For people who have trouble with dry grain products, many are easily able to digest the grains after they are soaked. (As the grains transform into sprouts, the gluten content is converted.)

Digestive Stress

Swiss researchers in the 1930's found that after eating food cooked above its critical temperature, a well-known phenomenon occurred called “digestive leukocytosis.” This means that after eating food, there was a rise in the number of leukocytes (or white blood cells).

This response, the temporary rise in the number of white cells after eating, puzzled the researchers since this appeared to be a toxic stress response, typically seen only when the body is reacting to infection, trauma or toxic chemicals. They later discovered that the body was reacting to how highly the food had been heated. When raw food was eaten, this response did not occur.

The Critical Temperature

Researchers have discovered that each food, including every grain, has a “critical temperature.” (For example, the critical temperature of a potato is 200° F; a fig is 206° F.; whole wheat is 192° F.) If a food is eaten raw or if it is not cooked over its critical temperature, then there is no toxic reaction in the blood.

Thermotoxins

But if a food is heated over its critical temperature, “thermotoxins” are created in the blood of the person eating it. For example, a baked potato which has been cooked at 350° F. will elicit a toxic reaction in the blood of the eater. The same potato, if slow-baked at 200° F.

for a longer time, will create no toxic reaction when eaten. The higher a food is heated over its critical temperature, the greater and more violent the thermotoxic reaction takes place in the blood. Of course, this is not a reaction that you may feel immediately after consuming highly heated foods.

Wrong With Eating Regular Bread?

Regular bread is baked in ovens at high temperatures. These high temperatures are from 150° to 250° degrees higher than the “critical temperatures” of grains. Average baking temperatures are from 350 to 450° F. Because regular bread is heated so highly, it elicits a toxic blood reaction after it's eaten.

Even well grown grains (such as grade 10) will cause this toxic reaction if highly heated. No wonder so many natural doctors have declared, “You can't be well if you eat bread.”

Healthy, Low-heated Food

The researchers found that the critical temperature of most foods ranged around 200° F. So the bottom line is, if you eat food that is raw or that has been low-heated (to boiling temperature, 212° F., or less), then little or no disturbing blood reaction will occur -- and the healthiest digestive response can take place. **The higher the temperature of the food, the more violently your white cells will react;** the more immune stress is occurring.

Regular bread, baked at high temperatures, produces violent reactions in the blood after it's eaten. Avoid eating bread. Be kind to your immune system: enjoy making low-heated, delicious, sprouted flatbread or grain dishes heated only to boiling temperature or less.

How To Make Fresh-Cooked, Low-Heated Grains

To make a tasty grain dish with your meals, follow this formula: Use 1/2 cup of dry grain per person. Add 3 to 4 times the amount of purified water. For example, for one person, use 1/2 cup of grain and 1 1/2 to 2 cups of water. For two people, use 1 cup of grain and 3 to 4 cups of water.

Directions

Simmer the grain and water in a sauce pan (covered) on low heat for 20 to 30 minutes. Occasionally stir. That's it -- very easy! Optional: After cooking, add a bit of cheese melted into the cooked grain and/or stir in fresh-steamed vegetables. Season with natural sea salt (Premier Pink Salt) and any tasty grade 10 spices: cayenne, turmeric, etc.

Healthy Tip

For the best nutrition, soak the grain overnight in purified water. Rinse and discard the soak water before cooking.

Premier Recipes

Homemade Salsa

(Makes About 5 Cups)

Ingredients:

- 6 ripe organic tomatoes
- 1 medium organic onion
- 2 medium organic garlic cloves, finely chopped
- 1 small fresh organic, nonwaxed jalapeno pepper, finely chopped
- 1 tablespoon fresh cilantro leaves, finely chopped
- 3 tablespoons fresh-squeezed organic lemon juice
- 1/2 tsp. (or to taste) **Premier Pink Salt**
- Pinch (or more) of cayenne pepper (non-irradiated)

Directions:

Core tomatoes and rough-chop the tomatoes in your **Ultimate Chopper** or **TurboBlend 4500** until they form a chunky puree. Add the rest of the ingredients and stir together. Let stand for a few minutes to allow the flavors to blend together. Serve with flat bread (*see recipe*) or with raw vegetables as a dip. Makes a great garnish for enchiladas or burritos. If the recipe is too hot, remove the seeds from the jalapeno pepper or omit the cayenne pepper.

Homemade Guacamole

(Makes About 3 Cups)

Ingredients:

- 2 medium ripe organic avocados, pitted and peeled
- 2 medium ripe organic tomatoes, cored and diced
- 6 organic scallions, white parts, thin sliced
- 1 small fresh organic, nonwaxed jalapeno pepper, minced
(remove seeds to make it less spicy)
- 2 tablespoons fresh-squeezed lemon juice
- Pinch or to taste -- **Premier Pink Salt**



Directions:

Mash the avocado meat to a creamy consistency. Stir in the other ingredients. Add salt to taste. Serve immediately or refrigerate up to two hours.

Is “Organic” Good Enough?

Unfortunately, “organically grown” foods can often be contaminated after harvest by many factors: chemical sprays used during transport or storage; in-store cleansing agents, preservatives and tap water saturation when on display. Although these woeful practices were not the intent of organic growers, we can no longer recommend certain types of organic produce due to these frequent toxic procedures. However, with simple but accurate **QRA™ testing**, you can easily test the best sources of grains, vegetables and other foods. Ask for information on **QRA™ testing**.

Premier Recipes



Sunflower Seed Yogurt/ Cheese

Delicious, Enzyme-rich Gourmet Seed Dish

The Perfect Appetizer

Seed yogurt is made by fermenting a blended sprouted seed sauce for 6 to 8 hours. It is easy and fun to make and can be made into many appetizing flavors.

It is a delicious addition to any meal as the perfect appetizer, a dressing for salads, a side garnish for grain dishes, a creamy sauce or dip for vegetables, as a separate dish, or it can be used as a hearty afternoon snack with sprouted wheat chips.

A Storehouse of Delicious, Living Nutrients

Once the sprouted seed sauce has been set out and the fermentation process proceeds, beneficial bacteria (naturally contained in the seed coat of the seeds) begin producing health-promoting lactic acid as they predigest the protein, fats and complex carbohydrates contained in the seeds. This process yields easy-to-absorb amino acids and other nutrients as well as abundant live enzymes and the beneficial bacteria themselves (great for improving intestinal health). The bacteria also produce natural vitamin B12.

If you add various herbs (fresh or dried) to the seed sauce before fermentation, the fermentation process breaks down the components of the herbs as well, making their healthy phytochemicals easy to absorb as well as imparting a delicious herbal flavor throughout the seed yogurt.

Making Seed Cheese

To make seed cheese, first make the seed yogurt, then drain the watery liquid (called whey) by putting the seed yogurt into a cheese cloth or strainer for 1 or 2 hours to drain. This gives a firmer texture and body which can then be formed into different shapes, such as a cheese log or mound. Cut the seed cheese into slices to serve with meals.

Ingredients

2 cups purified water

1 cup raw sunflower seeds (without hulls)

Optional herbs:

1-2 capsules **Quantum Turmeric** (open capsules)

1/8 tsp. oregano

1/8 tsp. ginger powder or 2 tablespoons of raw ginger root

1/8 tsp. dill

Optional vegetables:

1/4 cup grated beets

Directions

1. Place one cup of raw hulled sunflower seeds overnight (about 12 hours) in a bowl (preferably glass, avoid metal). Cover with 2 cups of purified water (so the water level is above the seeds). Cover the top of the container.
2. In the morning, strain the water off the soaked seeds.
3. Place the soaked seeds and 1 cup of the soaked water (which is now full of rich, raw enzymes) in an **Ultimate Chopper** or **TurboBlend**. (Note: The TurboBlend 4500 is a super-strength, heavy duty blender/mixer which can pulverize ingredients to an ultra-smooth, creamy consistency for perfect seed sauce. The TurboBlend creates the best blend, but a regular blender, although not as powerful, can be used.) Don't throw out the left-over, second cup of soak water — use this healthy, enzyme-rich liquid to water your house plants or garden.
4. Next add any optional ingredients, such as herbs or vegetables, into the TurboBlend.
5. Blend on high speed for 1 or 2 minutes or until the mixture turns into a creamy, well-blended sauce.
6. Next, place the seed sauce in an open glass container. Cover loosely with a cotton cheese cloth or other cloth so the mixture can still breathe but also keep out small airborne particles or insects.
7. It takes about 4 to 6 hours for the seed yogurt to “ripen”. It will look a little bubbly, with small air pockets, usually with a darker crust on top (which is fine to eat). The seed yogurt will usually have a watery liquid (called “whey”) that has begun to separate out, especially on the bottom of the container. It is best to drain off the whey, by straining the seed yogurt in a strainer for a short time. Then you may eat the seed yogurt as is, or add a little natural sea salt, such as Premier Pink Salt, to taste or any other seasonings. Or put it in the refrigerator to stop the ripening process and eat it later.
8. If you allow the seed yogurt to continue to ripen beyond 6 hours (for example, another 12 hours), it will become even more tangy in taste. You may then refrigerate it at this point. Some prefer a more tangy taste. However, if you let it ferment too long and molds grow on top, it is spoiled and is best to throw it out. Experiment to find how long to ferment the seed yogurt for the taste you like best.
9. Because the seed yogurt is a living food with live enzymes, it is best to eat it within 2 to 3 days. Then enjoy making your next batch.

Enjoy the healthy benefits of your delicious, totally alive seed yogurt/cheese.

Premier Recipes

Rejuvex

Rejuvex is a raw, homemade cultured liquid, extremely rich in enzymes with a high biological activity. It is the result of the natural fermentation from organic wheat sprouts. This liquid can be drunk alone or used in other recipes to aid in fermenting other nuts and seeds into a delicious cheese. We call it “high cheese” because it is full of life-giving enzymes, giving the eater of the cheese “high” energy.

Ingredients

Small Recipe

¼ cup dry organic wheat berries
1 cup purified water

Large Recipe

1 cup dry organic whole wheat berries
1 ½ cup purified water

1. **Soaking the wheat berries.** Rinse the wheat berries in a strainer, then place in a covered, non-metallic dish (such as glass) and soak for 12 hours in purified water.
2. **Sprouting the berries.** Next, drain off the water. Rinse well, then place in a glass quart jar turned with the mouth downwards at a 45° angle for another 12 hours, rinsing once or twice during that time. Cover the mouth of the jar with cheesecloth (or a thin cotton washcloth) secured by a rubber band. (This drains the wheat without letting the wheat out.)
3. **Grinding the sprouts.** After 12 hours, the wheat berries should have small sprouts starting at their tips. (If you use wheat that does not sprout it may be damaged or irradiated. Do not use.) Grind the sprouts in a TurboBlend 4500, a super blender/grinder (or in a regular blender).
4. **Setting Out the Jars To Ferment.** Put 4 rounded teaspoons of the ground sprouts per quart jar. Fill each quart jar with lukewarm, purified water. Cover each upright jar with a cheesecloth or thin washcloth, secured by a rubber band. Allow to stand at room temperature (72° to 74°) for three days. On the fourth day, the Rejuvex is ready for drinking or making nut or seed cheese. (We make Rejuvex in 24 hours by setting it on a warming plate with a 90° temperature.)
5. **Making Refills.** After you pour the liquid off (to drink or for use in other recipes), you may fill the wheat jar again with lukewarm, purified water, then set aside for another 24 hours. Pour the liquid off again for use. You may repeat the process one more time.

Note: The pure starch (broken down from the sprouts) left over from the Rejuvex may also be used in soups, creamy salad dressings or dips. It is quite nutritious and easy to digest.

Flaxseed Cheese

Ingredients

3 cups **Premier Flax Seed** meal (made from grinding 2 cups of flax seeds)
1 ½ cups Rejuvex (Add more to make the cheese softer)
2 teaspoons organic kelp or **Premier Pink Salt**

Directions:

1. Mix all ingredients together. Next knead and mash into a glass dish to a height of about 1 to 2 inches high. Then cover dish with a loose top.
2. Set aside at room temperature for 24 to 48 hours. (We keep ours on our warming plate for 24 hours for rapid ripening.) (You may let it ferment a bit longer for a more tangy taste, but if you keep it out too long, it turns bitter.) Then refrigerate to stop the fermentation process.
3. Slice for serving. Makes a great hearty breakfast or a wonderful bread-like cheese to go with dinner. Drizzle with organic date syrup for a sweet treat. Goes well with dates and figs.

Note: Flaxseed cheese will keep up to 3 weeks, even out of refrigeration if kept tightly rolled in plastic in temperatures under 80°.

Premier Recipes

Nut Milk

A Delicious, Healthy Alternative to Pasteurized Cow's Milk



- *A healthy, tasty drink by itself*
- *Use on cereal as a milk substitute*
- *Easy to make*

Almond Milk

1 c. raw organic whole almonds
1 qt. purified water

Optional: 1 tbsp. **Premier Flax Oil**

Optional 1-2 tbsp. **Mediterranean Organic Strawberry Preserves**

Soak the almonds overnight (8 to 12 hours) in purified water. In the morning, blend the ingredients in a TurboBlend 4500, a super heavy-duty blender/grinder, until the mixture is smooth (about 3 minutes). Strain if desired. (It is fine to blend in the outer brown jackets of the almonds - they are excellent fiber and also immune-boosting.) Or the almonds may ground to a fine powder in an **Ultimate Chopper** first, then blended in water.

Almond Coconut Milk

Use equal parts (1/2 cup each) of raw organic almonds and raw, unsulphured, flaked coconut. Follow the same directions for Almond Milk.

Almond-Pecan Milk

Use equal parts of (1/2 cup each) of raw organic almonds and raw organic pecans. Follow the same directions for Almond Milk.

Coconut Milk

1 c. raw, unsulphured, flaked coconut
1 c. purified water

Mix the ingredients in a **TurboBlend** until they are well pulverized, creating a smooth, creamy liquid. Strain if desired. Use the Coconut Milk as is or add it to other nut milks.

Premier Recipes

Flax Seed Tea

This is a simple, yet very effective, good tasting tea used by folk healers in Israel for generations. They used it for many ailments such as lung and throat disturbances (especially with accumulated mucus or inflammation present), to clear hacking coughs and for urinary tract inflammation.

Flax seed tea was also used for any type of joint pain, such as low back pain, including debilitating sciatica. In the latter case, drink 1 cup of *warm* tea every 3 or 4 hours on an empty stomach until pain subsides. The boiled seeds (still warm) and soft from the boiling, can be placed in a cloth bag and applied as a poultice to the low back, as hot as the person can stand it, where the pain is the greatest and then kept in place until the heat subsides. To hold the heat in, a heavy towel can be placed over the cloth bag.

Flax seed tea was also considered a prime remedy to evacuate gallbladder or kidney stones when used in the following manner: one tablespoon of pure olive oil (solvent-free) taken *before and after* 1½ cups of warm flax seed tea is taken.

The following tea is a good basic flax seed tea to help promote general health and detoxification.

Ingredients

2 tablespoons **Premier Flax Seeds** (or other organic whole, unground flax seeds)
2 cups purified water

Directions

1. Bring the water to a boil in a sauce pan.
2. Add flax seeds and simmer for 7 minutes
3. Turn off the heat; take the pan off the heat and let steep (covered for 30 minutes).
4. Let tea cool, and then drink.



Pumpkin Seed Tea

Pumpkin seed tea has been used for centuries as a folk medicine to help clear many debilitating conditions such as joint pain and soreness, painful gout, internal parasites, immune system problems, lack of energy and much more. A tea is made to release the potent, immune-boosting phytochemicals contained in raw pumpkin seeds so that the body can easily absorb them to gently but powerfully detoxify itself.

Ingredients

5 cups purified water
1½ cups raw, whole organic pumpkin seeds (*not* salted or roasted)

Directions

1. Bring the water to a boil in a saucepan.
2. Add the pumpkin seeds. Turn the heat down to a simmer (a low, slightly bubbly boil) and simmer for 15 minutes with the pan uncovered.
3. Strain the liquid through a strainer. The tea may be saved in the refrigerator to drink at a later time, but it is best to drink it warm.

Note: Do not save the spent pumpkin seeds. Throw them out. Use fresh seeds to make your next batch.

Green Tea

Ingredients

1 tablespoon of **Premier Green Tea**
2 cups purified water

Directions

1. Bring water to a boil in a nontoxic pan.
2. After the water comes to a boil, add the green tea. Cover and simmer for 5 minutes,
3. After 5 minutes, pour the tea into a nontoxic cup (especially good are glass or nontoxic ceramic). Let cool, then drink. (You may throw the cooked tea leaves away.)

Premier Recipes

Salad Dressings With Zest!



Simple Flax Oil Dressing For One Person

Ingredients:

2 tablespoons **Premier Flax Oil**
2 tsp. fresh-squeezed lemon juice
1 medium garlic clove, minced
A pinch of natural sea salt to taste
(**Premier Pink Salt**)

Creamy Flax Oil Dressing For One Person

Ingredients:

1/2 cup homemade yogurt (see recipe)
2 tbsp. **Premier Flax Oil**
2 tsp. fresh-squeezed lemon juice
(juice from about 1/2 medium lemon)
1 medium garlic clove, minced
1/4 tsp. natural sea salt (or to taste)
(**Premier Pink Salt**)
Optional: open 1 to 2 Vcaps of **Quantum Turmeric** and stir into oil

Tangy Tomato/Olive Oil Dressing For One Person

Ingredients:

1/2 cup organic tomato juice (made from **Quantum Tomato Concentrate**)
2 tbsp. **Premier Olive Oil**
2 tbsp. organic feta cheese
2 tsp. fresh-squeezed lemon juice
(juice from about 1/2 medium lemon)
1/4 tsp. sea salt taste - **Premier Pink Salt**
Optional: open 1 to 2 Vcaps of **Quantum Turmeric** and stir into oil

Directions: Mix the ingredients together, then stir into salad fixings.

Each recipe makes a tasty salad dressing for a medium salad for one person. To make dressing for larger salads, simply multiply the ingredient amounts by the number of people.

1. Premier Olive Oil is extra-virgin, pesticide-free, solvent-free olive oil, the purest quality available. Use this delicious, nontoxic olive oil for all your food and recipes. Because of their far cheaper cost, toxic solvents are routinely used in processing many olive oil products.

Although the solvent is supposed to be cleared from the product after processing, residues left behind are common. Although many brands of olive oil tested well in past years, we can no longer recommend them because of newer, more toxic processing methods.

Avoid Using Oils In Toxic Plastic Bottles

Oils are usually packaged in toxic plastic bottles. Toxic plastic particles can migrate into the oil. Clear plastic is a poor barrier against rancidity. Buy oils only in nontoxic, dark plastic (PET #1 or #2) or in glass; avoid clear or toxic plastic bottles such as #3, #4, #6, or #7. These numbers are indicated in triangles on the bottom of the bottle.

2. Premier Flax Oil is rich in Omega-3 essential fatty acids (“the good oils”), which the body can use to make needed end-chain oil molecules, necessary to sustain life. Our flax seed oil is pressed at 98 degrees F. (or lower) to retain the life-giving, healing free “P” electron of the oil, as discovered and publicized many years ago by Dr. Joanna Budwig, a famous doctor in Germany.

Premier Flax Oil is packaged in dark nontoxic plastic. Avoid buying flax oil in toxic plastic due to toxic plastic migration into the oil.

3. Premier Pink Salt is a natural, sun-dried sea salt which contains unheated trace minerals in addition to unheated sodium chloride. These minerals, undamaged by heat, retain their high-energy, unaltered molecular structure which are ideal for helping to maintain the extracellular and intracellular fluid balance in the body.

Commercial salt is typically heated to extremely high temperatures, over 1,000⁰ F., to super-dry the salt so that it will pour easily and not clump (a dubious advantage). This super-heating deranges the molecular configurations of the minerals in the salt.

Many researchers point out the toxic reaction of the body to commercial, highly heated salt. In contrast, natural unheated sea salt reacts favorably in the body, delivering many minerals. In place of regular table salt, use **Premier Pink Salt** for all your food and cooking needs.

Premier Recipes

Beans and Peas For Long Life

In Oriental Medicine, legumes such as beans and peas are highly recommended foods to help strengthen the adrenals and kidneys. When combined with grains, legumes provide complete protein. They are not only high in protein, but also rich in minerals and B vitamins. Recent research indicates that legumes contain several anti-cancer agents. All contain both omega-3 and omega-6 fatty acids.

Beans: The World's Favorite

Many cultures all over the world use beans as a main staple of their cuisine, preparing them with great care. It is best to soak beans well before they are cooked. This promotes faster cooking times and improved digestibility because the gas-causing enzymes and trisaccharides are released into the soak water which is later discarded.

Cooking Beans Correctly

Soak the beans for 12 to 24 hours, in four parts of water to one part beans. For best results, change the water once or twice during the soaking time. Smaller beans (such as adukis or lentils) require a shorter soaking time while larger beans (such as garbanzos) require a longer time. After soaking the beans, pour off the soak water and rinse the beans. After bringing the beans to a boil, scoop off and discard the foam that rises to the top of the cooking water. Then turn the heat down and continue to simmer the beans (see chart for cooking times). You may want to replace water midway during the cooking process if too much water has boiled off. This careful preparation ensures that the beans will be thoroughly digestible and well assimilated.

Adding Culinary Herbs

Key Benefits of Beans

Aduki Beans: These delicious, small red beans are famous in Oriental Medicine as a kidney/adrenal tonic as well as removing internal heat conditions (often seen in infection), detoxifying the body, reducing excess water retention and clearing stagnant blood (as seen in menstrual problems). They are easy to digest and can be eaten regularly.

Anasazi Beans: These striking maroon-and-white beans are sweet and delicious. In Navajo, anasazi means "ancient one." This unhybridized bean has been cultivated since 1100 A.D. It is considered the easiest bean to digest, having 75% fewer gas-causing saccharides than other beans. Since they are easy to digest, they can be eaten often.

Black Turtle Beans: This bean is native to Mexico and helps build kidneys and reproductive function.

Garbanzo Beans (Chick-peas): This bean has a sweet flavor and is beneficial to the pancreas, stomach and heart. It is also high in iron. Requires a longer cooking time.

French Lentils: Lentils were one of the first cultivated crops on earth; they are grown and eaten all over the planet. They help to stimulate the kidney/adrenal system. They make a delicious soup with grains and vegetables. They cook more quickly than other beans. They are easy to digest and can be eaten regularly.

Lima Beans: This starchy, full flavored bean is beneficial to the liver and lungs, helps to beautify the skin and helps neutralize acid tissues.

Mung Beans: This bean, originally from India, is a favorite in many cultures. It is beneficial to the liver and gall bladder, helps cleanse the heart and vascular system, helps clear fluid retention and helps detoxify the body.

Peas: These help to tonify the spleen-pancreas meridians and stomach, harmonize digestion and reduce the effects of an overworked liver. Requires a longer cooking time.



Premier Recipes

Easy-to-Digest Menu

For Special Cases Where Low Digestive Stress is Necessary

Breakfast

1 cup homemade Kefir

½ cup purified water

¼ tsp. **Premier Pink Salt** (or to taste)

Blend all ingredients together in a blender. Drink slowly.

Lunch

2 rounded tbsp. **Medi-Aminos (Rice)**

2 rounded tbsp. **Medi-Aminos (Grain/Bean)**

1½ cup purified water

Organic vegetables (cut in very small pieces or blended):

½ c. celery

1 c. zucchini

Seasonings: (add after simmering the above)

1/8 tsp. cardamom (if desired)



Blend the first 2 ingredients with the water in a blender until well blended. Then add the vegetables and place all in a pan. Bring up to a simmer (small rolling bubbles) while stirring and then heat for 3 minutes. Take off heat, add cardamom, stir in and let sit for 3 more minutes. Let cool a bit more, then enjoy while still warm. Add **Premier Pink Salt** to taste (if desired). No oils.

If still hungry, make more of the above dish.

Dinner

Vegetable Soup

Organic vegetables (3 cups total): broccoli, tomatoes, button mushrooms (large, white; Texas Pride brand only). Add 1½ cup water. Chop up vegetables and add to boiling water. Boil on low for 8 to 10 minutes until tender (can easily stick a fork through the vegetables). Take off heat, drain water and eat while still warm. Add 1 tbsp. organic butter or ghee. Add **Premier Pink Salt** to taste (if desired).

BEST AMA (Accumulated Toxins) CLEARANCE TIME: 10 PM to 2 AM. Therefore, best bedtime is 10 PM or before.

Premier Recipes



Super Treats For the Whole Family

You'll make a hit with the whole family every time you make it . . .

Coco-Berry Whey Nuggets

- *Quick and Easy; Absolutely Delicious*
- *Quality Protein, Antioxidants & Fruits*
- *Only takes about 3 minutes to make*

Ingredients

- 10 tablespoons — **Quantum Whey Protein Powder**
- 3 tablespoons – **Tocotriene Complex**
- 6 tablespoons – **Mediterranean Organic Strawberry Preserves** (or try Raspberry, Black Cherry, Orange Marmalade)
- 3 tablespoons – **Premier Natural Sugar Granules**
- 1 tablespoon – **Premier Coconut Oil**

Directions: Mix all ingredients together in a bowl. Form into small balls and serve.

Optional: Since the balls are slightly sticky, you can roll them in a small amount of **Tocotriene** powder so they are not sticky to pick up. Also, the fine powder coating gives the balls a festive holiday look.

Voila! You're done!



Nut-Berry Nuggets

Delicious; High in Protein, Easy to Make

Ingredients

- 1/3 cup -- raw organic nuts (such as almonds, cashews, Brazil nuts, etc.)
- 2 heaping tablespoons -- **Mediterranean Organic Strawberry Preserves** (or try Raspberry, Black Cherry, Orange Marmalade)

Directions:

1. Grind the raw nuts in an **Ultimate Chopper** until they are a fine powder (about 1-2 minutes).
2. Mix in a bowl with the strawberry preserves.
3. Form into small balls and serve. Enjoy!

Instant Strawberry Refresher

Excellent as a wake-up drink on your way out the door, or as a mid-afternoon pick-me-up. Or serve in fancy glasses as a pre-dinner drink for your guests. Great for kids when they come home after school instead of soft drinks. (They can make it themselves.)

Ingredients

- 1 tablespoon -- **Mediterranean Organic Strawberry Preserves** (or try Raspberry, Black Cherry, Orange Marmalade)
- 8 oz. -- Purified Water

Directions:

Simply mix the strawberry preserves into the water for a refreshing, sweet-tasting, healthy drink.

Another Idea: Blend in 1 tbsp. of **Q. Colostrum** powder to this drink for a delicious, creamy taste.

Premier Coffee Enema Procedure

Ingredients Needed:

Typical Foundation Formula

1/2 quart (about 16 oz or 2 cups) - Purified water (*not tap water*) - for heating

1/2 quart (about 16 oz) - Purified water - for cooling the heated water

2 Tablespoons - Organic Coffee (whole coffee beans) (tested by QRA™ for toxicity)

2 capsules - InfectoStat™

4 drops - Allicidin™ Liquid (optional)

Also add: 2 capsules of a formula specific to your needs

Other Items

Enema bag

Lubricant (for insertion of tube into rectum): a few drops of Premier Olive Oil or Sesame Oil (Avoid petroleum jellies such as KY or Vaseline)

Old towels (to use when kneeling/laying on the floor); do not use good towels (since any coffee drops will permanently stain the towels)

Added Options

For the most rapid, deep-seated results, you may add up to 6 Vcaps total (of any formula) per enema

Excellent anti-infective formula choices

2 capsules - ParaStat™

2 capsules - Paracidin™

2 capsules - Q. Cat's Claw Complex 2 capsules - Q. Hyssop Complex

2 capsules - Q. Wild Yew Complex

2 capsules - Q. Noni

Excellent hormone balance formula choices

2 capsules - Q. Fem Balance

2 capsules - Q. Fem-PMS

Instructions

1. **Grind Coffee Beans.** Fresh-grind the coffee beans to a fine powder. (Do not do this ahead of time so you will get the freshest, most active phytonutrients from the coffee). Pre-ground coffee beans are partially oxidized & should not be used.
2. **Simmer Ground Coffee Beans for 5 Minutes.** Add the freshly ground coffee bean powder to 1/2 quart of water and bring to a simmer (small, rolling bubbles) for about 5 minutes. Turn off the heat.
3. **Let Sit for 5 minutes.** Next add InfectoStat™ (empty the capsule contents into the water) and any other capsules into the hot water. Let sit uncovered for 5 to 10 minutes. (The soak time helps release of the phytonutrients into the water.)
4. **Strain Mixture.** Strain the coffee-herbal mixture with a fine metal strainer to remove any large particles that could clog the enema tube. (Or you can pour off the liquid into another bowl, being careful not to pour out the dregs in the bottom.)
5. **Add Cool Water to Mixture.** Add about 1/2 quart of room-temperature water (cool or room temperature) to the hot coffee-herbal liquid mixture - then pour into the enema bag. The idea is to cool the hot coffee mixture to a warm temperature (so it is not too hot when inserting the fluid into the rectum). The final mixture should be warm to the touch (not too hot and not too cool) - about 100° F. Note: If the temperature is too hot, it can cause damage to the anus or intestines; if it is too cool, it may cramp the intestines and toxic waste elimination may be poor. However, too cool is better than too hot.
6. **Add Allicidin™ Drops (optional).** Add the Allicidin™ drops to the mixture.
7. **Take Enema.** Take an enema as follows. (Although not necessary, an excellent time to take an enema is after a bowel elimination.) Keep in mind, coffee may leave permanent stains. You may want to wear old clothes -- and use old towels (or paper towels).

Apply a small amount of oil (such as Olive Oil) to the anal area (for ease of insertion of the enema nozzle). An excellent position to do the enema is on a rug on the floor (near a toilet) on your knees with your head down near the floor. The enema bag should be hung on a towel rack (or shower curtain rod) - elevating the liquid is necessary to have enough pressure for the fluid to flow into the colon.

While leaning on one hand on the floor, with the other hand, gently insert the enema nozzle into the rectum. Be sure the nozzle is inserted fully. (Be sure to put your head down near the floor so gravity will help the fluid flow downwards into the colon.) Slowly release the hose clamp to allow the liquid to begin to flow into the colon. (Often you will have the sensation of warm liquid gurgling or flowing into the colon.)

If the flow seems too fast, close the hose clamp; wait for a minute or two, then open the clamp again. Try to take about

half of the liquid (about 1/2 quart) into the bowels; then hold for 10 minutes before expelling. (During this time, you may close the clamp, remove the nozzle from the rectum; then lay on your right side during the 10 minutes - or lay on your back with legs and pelvis elevated on a pillow - if possible. If desired, you may lay in a bathtub during this time - for easier clean-up.)

This a great time for reading. After 10 minutes, expel the fluid. Then take in the second 1/2 quart and hold for another 10 minutes. Then expel. You're done!

Often, if some fecal matter is lower in the rectal tract, you may want to take in about 1/8 or 1/4 of the liquid -- just enough to expel the fecal matter in the lower tract (in this case, it is not necessary to hold the liquid for any period of time). Then divide the remaining liquid approximately in half (mentally) -- and hold each portion for 10 minutes -- to allow adequate soaking time to cleanse hardened fecal material, infectious organisms, other toxins, etc. in the lower rectal tract.

After taking in the liquid and nature calls (i.e. you feel a strong urge to expel the liquid) - even after a minute or two, do not resist -- go ahead and expel it. At first, it may be hard to hold the liquid for the full 10 minutes (or even a few minutes). Later, after several enemas (and thus a certain amount of toxic elimination), it will be much easier for the bowels to hold the liquid for the full 10 minutes.

Best enema time: during the day before 8 pm. Give yourself some time to rest after the enema (20 to 30 minutes). For about 1/2 hour after your enema, remain at home or near a toilet. This helps ensure that you will be near a toilet if another small amount of enema liquid needs to come out that was not expelled earlier. (Sometimes, if the enema liquid reaches higher in the colon tract, it may take longer to move down into the lower bowel to be expelled. So don't be surprised if you need to expel another small amount of liquid.)

8. After the Enema. Drink 1/2 cup Quantum Aloe Drink mixed with 1/2 cup purified water. (If the somewhat sour taste is objectionable [as with Vata body types], then add 1 - 2 tsp. of organic Italian Strawberry or Black Cherry Preserves.) The aloe dramatically promotes elimination of released toxins and helps prevent reabsorption.

Special Notes

Regarding Nausea during the Enema. During your first few enemas, you may experience some nausea during or after the enema process. This is often due to the release of internal stagnant, putrefied toxins. Do not let this deter you from continuing with a series of coffee enemas. Over time, most people will find that the nausea clears within in a short time. If you do experience nausea, you may want to follow the enema with a warm cup of tea (such as green tea or hyssop tea).

Recommended Number of Coffee Enemas. The condition of the colon (and its relationship with the liver/gallbladder) of an average American adult contains high levels of toxic, stagnant waste. Therefore, we typically recommend a series of coffee enemas as follows: one coffee enema per week for 4 weeks; then 2 coffee enemas per week for 4 weeks. After completing this series, we recommend a "maintenance" coffee enema once every 60 days. This is a magnificent, highly efficient procedure to eliminate ongoing, but still bio-accumulating toxic residues from exposure to dietary (especially restaurant eating) and environmental toxins.

*****Currently, we can recommend the following coffee brand for use with coffee enemas:**

Allegro Kenya Grand Cru Coffee (PLU 356) (Available from Whole Foods)

Plastic Enema Bucket - Key Features

- 1 1/2 quart size – easily accommodates the amount of fluid needed for an enema
- Durable construction – will last indefinitely
- Open bucket top – allows for easy pouring of enema fluids into the bucket (such as coffee, herbal teas, etc.)
- Easy to clean – just clean with soap and water
- See-through bucket sides – allows for easy viewing of liquid levels while taking an enema
- Nontoxic polyethylene tubing (*not toxic polyvinylchloride tubing*)
- Easy to use clamp to gently regulate fluid flowing through the tubing



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PR Labs

Making Better Choices When Eating Out



Fresh Foods. When choosing a restaurant, ask if they prepare most of their food from scratch (as opposed to using pre-made foods). Using whole fresh ingredients made from scratch has greater food value and helps to avoid the many food chemicals and preservatives found in canned or boxed pre-made foods. Avoid restaurants that sell irradiated food (such as Dairy Queen). Irradiation of food produces carcinogenic chemicals.

Food Oils. Ask your waiter what kinds of oils are used in the food. Avoid eating food which contains **margarine** (as found in mayonnaise, cream sauces, imitation butter pats), **canola oil** (often found in “health foods” such as bakery items and soups, often used as a cheap but toxic substitute for olive oil) and hydrogenated oils (found in fried foods, white bread, buns, pizza crust, white noodles, etc.) Eating hydrogenated oil is linked to brain degeneration, memory problems, accelerated aging and cancer. (Hydrogenated oil is illegal in Europe – but common in the US diet.) The best oils to use are **organic olive oil, organic sesame oil, organic, nonhydrogenated coconut oil** (all three available from PRL) and **real butter** or **Indian ghee** (clarified butter).

Commercial Meat. Commercial red meat (steaks, hamburgers, etc.) is best avoided in restaurants since commercially produced meat is saturated with artificial hormones (which interferes with the normal hormone balance of both men and women) and is extremely high in pesticides, antibiotics and toxic chemical residues. In addition, commercial beef is mostly grain-fed (instead of grass-fed) which is high in the wrong kind of fat with imbalanced omega ratios which promotes toxic weight gain.

Best Food Choices

Drinks. Do not drink the water served at the table. (Tap water contains hundreds of known toxic chemicals.) Instead, order purified water, either plain or sparkling. Good choices: Perrier, Sole, San Pelligrino. Avoid commercial milk (high in pesticide/chemical residues, pus levels, promotes weight gain). Avoid coffee.

Salad. Order your salad without dressing (commercial dressings are literally guaranteed to contain toxic oils and food chemicals). Ask for olive oil and lemon on the side. Drizzle these over your salad for a delicious, non-toxic tangy dressing. Avoid ice berg lettuce. Avoid croutons or crunchies on top of the salad (these typically contain refined white flour, bad oils and toxic chemical flavorings).

Soup. Soup served in restaurants is usually a poor choice since it usually contains tap water and is often made from pre-made soup mixes. Even restaurants that advertise “homemade” soup often use a vegetable or meat stock that is pre-made (usually full of food chemicals such as MSG, toxic preservatives and hydrogenated oil.)

Breads and buns. Avoid eating bread or buns served with the meal. They are typically made of refined white flour with added synthetic iron, a known free radical inducer (which encourages poor bowel elimination, weight gain, fatigue and increased neurodegeneration). If the item is a sandwich made with white bread or a bun, you can eat the insides and leave the bread. If you do choose to eat bread or buns, eat only a small amount and request real butter, not margarine. Strictly avoid mayonnaise (which most certainly will contain hydrogenated oil).

Creamy Sauces. Avoid main dishes with creamy sauces, since these sauces typically contain bad oils (such as margarine, canola or hydrogenated oils) and are mostly high in food chemicals (MSG, toxic preservatives, etc.) Also avoid food condiments such as ketchup and other sauces (usually full of MSG, artificial flavors).

Pasta and Noodles. Avoid pasta or noodles (such as lasagna) since they are typically refined white flour (which encourages sluggish bowels, insulin resistance, weight gain, accelerated aging, increased infection).

Fried Food. Avoid eating fried foods (such as fried chicken, French fries, etc.) Eating fried foods stresses the liver and stagnates bile, eventually leading to the formation of gallstones, impaired vision, stiff joints, etc.

Good Choices for Starches. A good starch is baked potatoes or rice (even though most rice is usually refined, at least it will not contain all the synthetic chemicals as found in white bread and buns). Ask your waiter if organic whole brown rice is available.

Good Choices for Main Dishes: Fresh-baked fish, vegetable and grain dishes. Main dishes with animal protein (meat, poultry or fish) are best eaten at the lunch meal, not at the evening meal. Strive to avoid eating animal protein at the evening meal. Instead, enjoy delicious vegetable-based main dishes. (Eating animal protein in the evening does not allow enough time to properly digest the protein before sleep. Thus, for most people, this encourages weight gain, poor sleep and waking up tired.)

Desserts. Desserts are best avoided in most restaurants. Most desserts will contain white sugar (a known toxic substance and immune suppressor) as well as many toxic food chemicals. In addition, eating sugar after consuming meat and starch is guaranteed to cause intestinal stagnation and gas. If a dessert is desired, take everyone home with you to enjoy an organic, raw **Omega-3 Food Bar** or enjoy preparing a simple but delicious dessert using **Lean Body Whey™ Protein Blend** as the base of the drink.

Highly Heated Food or Microwaved Food. Ask if a microwave oven will be used to prepare your food. If so, request that your food be oven-baked instead (even though it will take longer). Avoid eating any food that has been highly heated (i.e. heated over 250 degrees F). Research now proves that highly heated food or food heated in a microwave oven contains unique, carcinogenic (cancer-causing), unusually toxic food chemicals.

Digestive Enzymes. After every meal that contains cooked food, be sure to take 2 capsules of **Quantum Digest** (plantbased enzymes) to assist your digestion and to lessen the digestive stress of eating cooked food. (You may want to carry a bottle of Quantum Digest with you.)

Protect Your Brain. After every meal eaten in a restaurant, take 1 to 2 capsules of **Quantum Brain Food Complex**, to help protect your brain and nervous system from toxic oils and hidden food chemicals as well as to deliver quantum quality brain and body nutrients.

A Few Acceptable Restaurants

In the rare event that we go out to eat, several of the better restaurants we have found are:

a) **Bucca Di Peppo**, an Italian restaurant, which has chains in many cities in the US (including Los Angeles, Las Vegas, Austin, etc). They offer home-made dishes with many ingredients imported from Italy (which means fewer food chemicals as typically found in American restaurants). They use exclusively olive oil and butter (which allows you to avoid many dangerous oils as found in most American restaurants). However, like most restaurants, they use white flour in many dishes (i.e. pasta, pizza, etc.) which is best avoided. Some of the better choices: tomato-basil-onion salad, greens salad, baked eggplant, garlic mashed potatoes (with butter), green beans.

b) **Kerby Lane** (several locations in Austin, Texas). They use pesticide-free produce grown by local farmers and prepare many dishes from scratch daily. However, they do use white sugar in their desserts (best avoided). Acceptable choices: many enchilada choices on menu.

c) **Z Tejas Restaurant** (a restaurant chain in Texas and a few other states). Our favorite: a delicious, reasonably nontoxic dish: wild mushroom enchiladas; also great fresh guacamole and salsa.

d) **Mother's Market** (several locations in Los Angeles): a natural foods market with fresh vegetarian entrees prepared daily. Good choices: fresh juices, homemade vegetable soup, brown rice, enchiladas, tacos.

e) **Whole Foods Market** (locations throughout the US): natural foods market chain, but many food items contain unacceptable oils and food chemicals (be sure to read labels). Good choices: salad bar, fresh humus, tabouli, fresh juice, baked potato, some soups (beware – **avoid canola oil**, a toxic, brain-damaging oil).

f) **Outback Steakhouse** (fresh made; no microwaves) Good choices: baked potato with real butter, steamed broccoli, butter-sauteed mushrooms

KEFIR - Instructions

An extraordinary whole living food for the entire family



Kefir is a milk culture that originated in the Northern Caucasus Mountains hundreds of years ago. Kefir is similar to yoghurt in that it is a cultured milk but the kefir curd is much smaller, so it can cover a larger area of the intestines, and the strains of beneficial micro-organisms present are different from yoghurt. Kefir will recolonize the bowel with friendly intestinal bacteria whereas yoghurt is not able to do this.

Typical strains of probiotic microorganisms found in yoghurt are *Lactobacillus Acidophilus*, *Bulgaricus* and perhaps either *Bifido* or *Longum*. Common strains found in kefir are: *Sacc.cerevisiae*, *Sacc. delbreuckii*, *Sacc. exiguous*, *Sacc. florenti nus*, *Sacc. Globosus*, *Sacc. Kefir*, *Sacc. Unisporus* and *Saccharomyces spp.*, *Kluyveromyces bulgaricus*, *Kl.fragilis*, *Kl. Marxianus ssp. Bulgaricus ssp. Marxianus*, *Totulaspora delbreuckii*, *Candida kefir*, *Candida (Torula) kefir*, *C. pseudotropicalis var. lactosa*, *Candida spp.*, *Cryptococcus kefir*, *Mycotorula kefir*, *My. Lactis*, *My. Lactosa*, *Torulopsis bolmii*, *Tp. Kefyr* and *Torula kefir*. As you can see, kefir has several friendly bacteria. In Russia all babies are fed kefir from the age of six months. It is important to note that *Lactobacillus Acidophilus* is only developed in the human digestive tract at around age 5 or 5½ years. Feeding yoghurt to a young child therefore would be difficult to digest and mucous forming. Kefir, however, does not contain *Lac. Acidophilus* at all and is highly recommended for young children.

Bifidobacteria, the friendly bacteria of the large intestine in adult humans, decline with age or chronic conditions. This is a good reason to regularly provide the system with friendly bacteria. Other culprits that cause a decline are: steroids, disturbed gastric function, disturbed digestive tract motility (diarrhea, constipation), suffering from altered acidity due to aging, pernicious anemia, diverticulosis, regional enteritis (or Crohn's), x-rays, other radiation exposure, cirrhosis of the liver, immune deficiencies and other chronic disease states. Factors that can cause a decline in bifidos in children, include sudden dietary changes, the use of antibiotics, infections, vaccinations and even sudden weather changes.

A healthy bifido presence can be supported by eating more vegetables and less meat as the consumption of much meat tends to depopulate the bifidos. Drinking and eating all kinds of lactic acid-fermented foods, milk products (kefir), vegetables (e.g. sauerkraut), teas (e.g. kombucha) etc. help to reestablish the bifidos. The total weight of the many billions of bacteria living in our intestines is 3½ lbs.

How to make kefir?

You could make kefir by using some ready made kefir as a starter or you can buy kefir grains and activate them to culture milk to a nice thick consistency. The temperature at which kefir is cultured will change the taste and texture. Whilst it is written that kefir will culture at temperatures as low as 21°, you will get a more full-bodied, less tart-tasting kefir using a temperature around 80°.

First, we'll talk about preparing the milk. You can use raw whole milk, pasteurized whole milk or homogenized whole milk – not ultra pasteurized milk. At low heat, bring the milk to almost boiling (starting to bubble), stirring occasionally. Remove from the heat and cool till the milk is hot to the touch but does not burn your hand. The reason for heating the milk is to eliminate the competing microorganisms.

If you have some home-made kefir to use as a starter, simply put the kefir (½ to 1 cup) into a wide-mouth glass mason jar, add the warm milk, stir, seal the jar by screwing on the lid, wrap tightly in towels, covering the top and sides of the jar and preferably place it on the bottom shelf of a cupboard in the kitchen above a counter. On the counter beneath the shelf have a regular lamp burning for twelve hours to keep the kefir at a "cozy" temperature. It usually takes no longer than 12 hours under these conditions to make thick, tasty kefir.

If you use kefir grains, place the grains into a cloth teabag (which you need to make) or other suitable non-metallic "floater" that will enable the grains to be suspended in the milk with little holes small enough so the milk will reach the grains but the grains will not be lost in the milk. The kefir grains are in 'sleep mode'. They need to be re-activated.

On the 1st day, using 1 cup of milk, suspend the grains in the milk for 24 hours. On the 2nd day, discard the milk and suspend the grains in a fresh cup of milk. On the 3rd day, repeat the procedure. After the 3rd or 4th day, the milk will be properly cultured. You may now eat your kefir. From this point forward, as the grains become more and more activated, each time that you make kefir, increase the amount of milk, e.g. from 250 ml to 400 ml, to 600 ml, to 800 ml, then a quart. One sachet of kefir grains will ultimately make 1 quart of kefir. After you've been making kefir for a few months and your culture is matured, you may choose to seal your kefir grains and store them in the freezer. Now use some of your ready made kefir as a starter for future batches of kefir, as explained above. ENJOY!

Premier Recipes

Kefir Drinks - Favorite Recipes

*A Delicious Morning Drink
To Start Your Day Out Right*

A Secret Health Drink of Ancient Cultures

A delicious, traditional morning drink in many countries such as India is lassi, a simple drink made with fresh yogurt, water and spices. Often fruit may be blended in, such as one of India's national favorites, mango lassi. This favored drink is so common you can order it in almost any restaurant in India.

This same drink can be made with homemade kefir, instead of yogurt. Kefir is preferred since its unique Bulgarian bacterial culture is able to more completely digest the lactose in the milk. (Lactose is indigestible by most Afro-Americans and many other nationalities.) Most lactose-intolerant individuals are able to easily digest fresh kefir. In addition, the kefir molecules are much smaller and therefore, easier to absorb. Kefir also provides large amounts of natural highly active, probiotic "good" bacteria for the intestines – an important nutrient for daily immune protection in today's infection-rampant society.

Quick and Easy

You can easily and quickly make kefir drinks or shakes (only takes just a couple of minutes) – and you can make unlimited variations – use your imagination! Kefir drinks can be made with a sweet taste or with a salty (non-sweet) taste. Add fruit for a sweet taste or add sea salt and spices for a non-sweet drink (a more common version in Persian countries).

Kefir drinks provide highly absorbable calcium, highly absorbable protein, excellent amounts of probiotic bacteria and are famous for helping to protect the body's bones, teeth and gums and to invigorate the body's overall health. Kefir drinks help keep the body's temperature cool and well-adjusted in hot weather and strong in cold weather. Kefir drinks are excellent for children as well as adults. They can be a "meal in themselves" in the morning. Kefir drinks are especially recommended for the elderly because their nutrients are so easy to absorb and help prevent muscle wasting. You can also use the Kefir drink in place of regular milk to use over cereal (hot or cold). (Note: avoid most commercial milk – typically high in toxic pesticides and artificial hormones).

Make Your Own Kefir

It is essential that you make your own kefir (or yogurt) for use in kefir drinks. It is fun and easy to make your own kefir. Be sure to use organic, nontoxic milk. Request our Kefir Kit or obtain a fresh yogurt-like culture (called laban) from a local middle eastern restaurant that makes fresh fermented milk drinks (called Aryan). Ask for a sample without salt. The key to making great fermented drinks is a good quality, fresh, live culture.

It's also much cheaper to make your own kefir than buying commercial, premade sources. You can make a big batch of homemade kefir and keep it in the refrigerator, using a portion at a time. One batch is good for about 10 to 14 days (in average refrigerator cold temperatures). When your supply gets low, just make another batch. Children love lassi drinks for snacks or for extra energy when tired. Lassi drinks are also easy to transport (just place in a glass jar with a screw-top lid).

Warning: Avoid using store-bought kefir or yogurt (even "health food" varieties). Research shows that most, if not all, of these products have been pasteurized (highly heated) before being sent to market. This means that usually NO beneficial bacteria are present (the heat has killed them). It ranks as a dead, lifeless product.

In addition, many have been made from commercial milk (high in pus cells, pesticides and artificial hormones) and typically, toxic chemicals have often been added such as sucrose, fructose, corn syrup, "natural flavors" (a deceptive name for the neurotoxic chemical, MSG - monosodium glutamate), etc.

Premier Recipes

Favorite Kefir Recipes

Note: The following recipes are for one person. For two people, just double the recipe.

Lean-Body Kefir Shake (*Sweet Taste*)

Ingredients:

½ cup homemade kefir

½ cup purified water (for a thicker shake, add less water or leave it out)

2 tablespoons **Lean-Body Whey™ Protein Blend**

½ teaspoon **Quantum EFA Oil Blend**

½ teaspoon **Quantum Greens Mix**

Optional: ½ cup fresh blueberries or 1 fresh banana (or other fruit in season)



Other healthy additions (optional):

1 tablespoon **Quantum Colostrum Powder**

1 teaspoon **Quantum Lecithin Powder**

1 tablespoon raw, unheated honey such as **Premier Wild Honey**
or 2 to 3 teaspoons of **Premier Natural Sugar Granules**

Directions: Place all ingredients in a **TurboBlend** blender and blend until the liquid has a smooth texture (10 seconds or so). Voila! You're done. Enjoy this delicious drink!

Good Morning Kefir (*Non-Sweet, Creamy-Nutty Taste*)

Ingredients:

½ cup homemade kefir

½ cup purified water

½ teaspoon **Quantum EFA Oil Blend**

¼ teaspoon **Premier Pink Salt** (or to taste)

1 teaspoon **Quantum Nutritional Flakes**

Optional: 1-2 capsules **Quantum Turmeric** (open capsules) or a pinch of other organic spices: oregano, black pepper, etc.

Directions: Place all ingredients in a **TurboBlend** blender and blend (about 10 seconds) until the liquid has a smooth texture. Voila! You're done. Enjoy!

Experiment: Enjoy adding different combinations of spices to make your favorite drink



Mango Lassi (*Sweet Taste*)

Ingredients:

½ cup homemade kefir

½ cup purified water

½ cup fresh mango or dried mango pieces such as **Premier Mango Slices** (soak in water for ½ hour before use)

Directions: Place all ingredients in a **TurboBlend** blender and blend (about 10 to 20 seconds) until the liquid has a smooth, creamy texture. Voila! You're done. Enjoy!

Variations. Vary the recipe to suit your tastes. For example, add different types of fruits, vary the amount of kefir or water.

Recommended Cheeses

Because cheese is a concentration of milk, the quality of the milk is critical. In the U.S., most commercial milk unfortunately contains high levels of pesticides, antibiotics, artificial hormones and other chemical toxins. When commercial milk is made into cheese, these toxic agents are concentrated to much higher levels (up to tenfold). When cheese is consumed, these toxic agents are stored in your body fat, adding to increased levels of whole-body toxic burden. This can later play a role in chronic ill health. Therefore, it is best to select your cheeses wisely.

The true cheese-aging process requires at least 90 days for hard cheeses. However, to ensure that all lactose in the milk has been converted, the best hard cheeses are aged over 100 days. Many so-called hard cheeses are made in only one day or a few days, leaving high levels of lactose unconverted, so that eating these cheeses can produce many symptoms: high levels of intestinal congestion, digestive difficulty, weight gain, food reactivity, sneezing and increased mucus production.

In the making of **soft cheeses** (such as paneer or feta cheese), the culture to ferment the milk is critical as well as the quality of the starting milk. Soft cheeses typically require short aging periods.

If the following list seems small, it is because many cheeses that we tested were too contaminated/ irradiated to recommend. (We have tested hundreds of types of cheeses and continue to test new ones as they come on the market.) As more and more cheeses (even high quality cheeses from Europe) are irradiated (rarely if ever listed on the label), you will need to test all cheeses using the QRA™ (Quantum Reflex Analysis) 1-second toxicity test. Ideally, you should test the cheeses you buy at each purchase – as new, potentially processes and food handling procedures could be a factor in illness for you and your family.

* = Available at Whole Foods Market (various states)

+ = Available at Central Market (Texas)

Recommended Cheeses:

1. Bulgarian Feta Cheese (+, *)
2. Vintage Irish Cheddar (+)
 - . Product of Ireland
 - . Aged for over one year
3. Natural and Kosher™ Cheese: Swiss
4. Les Petites Fermieres™ Cheddar, Muenster, Monterey Jack
 - . Made by Anderson International Foods, Inc, Los Angeles, Ca 90203
 - . Made from BST hormone-free, jersey milk
 - . Low temperature processing
5. Raw Organic Homemade Cheeses (ask for local listings of farmer's markets in your area that provide homemade cheeses)
6. Legendary Farmstead Raw Gouda (*)
7. Asturiana Blue Cabarles (Blue Cheese) (*)
8. Chiantino Semi-Soft Cheese (Germany) (*)
9. Murcia Curado Do (Hard Cheese) (*)
10. Danish Saga Blue (Blue Cheese - Denmark) (*)
11. California Gold Provolone (*)
12. Fanny Mason Swiss Cheese (*)
13. San Simon Da Costa Semi-Soft Cheese (Spain) (*)
14. Mozzarella Di Bufala Campana (Italy) (*)



Premier Recipes

Sour Cream

How to Make Real Sour Cream

A Traditional Fermented Food



Q. What is sour cream?

A. Sour cream is a delicious, traditionally fermented raw food used by many cultures for centuries. Sour cream contains enormous amounts of live cultures of beneficial probiotic bacteria (such as acidophilus and bifidus). These live cultures help improve the microbial balance of the entire gastrointestinal tract. Improved microbial balance leads to improvements in lactose intolerance symptoms as well as improved gastrointestinal health.

For centuries, sour cream has been a traditional ingredient in Russian, Eastern European and German cuisine, and has gained popularity in the rest of Europe, North America, and other parts of the world for over the past 50 years. Sour cream is **traditionally made by letting fresh raw cream sour naturally** (by leaving it out at room temperature) — the acids and bacteria present produce a typically consistent flavor and thick texture that goes well with both sweet and savory dishes.

Today, sour cream is commercially produced by inoculating pasteurized light cream with bacteria cultures, then letting the bacteria grow until the cream is both soured and thick, and then **re-pasteurizing** it to stop the process. Due to the re-pasteurizing process (i.e. killing the beneficial bacteria), commercial sour cream does not have the excellent health benefits of homemade sour cream (where no pasteurization is done). In addition, artificial thickeners may be used to make the sour cream appear thicker and toxic preservatives are often used. To get the best taste and beneficial effects of sour cream, it is best to make your own.

Sour cream **cannot be made at home with pasteurized cream**; the lack of beneficial bacteria in the cream will cause the cream to spoil instead of sour (i.e. ferment).

Q. How can I make my own sour cream?

A. Making your own sour cream is incredibly easy. If you have access to **unpasteurized, raw cream**, mix **1 Tablespoon of Premier Vintage Vinegar** (or other genuine vinegar source) into **2 cups of raw cream** in a ceramic (or nonmetallic) bowl. Let the mixture stand out at room temperature for 4 to 5 hours until soured. During this time, cover the bowl with cheesecloth or other natural porous material (place a rubber band around the edges) to keep dust/insects out but to still allow breathability for the beneficial bacteria.

We often set our raw cream and vinegar mixture out at night before bed and then wake up to find delicious sour cream. (Although it sits out a little longer than necessary – 7 to 8 hours – it is still perfectly fine.) If you let the cream/vinegar combo set out too long (over 10+ hours), it will eventually degrade and become unsuitable for consumption. After the souring process is finished, place the sour cream in the refrigerator for later use. It is good for about 2 weeks.

Even if you have some raw cream that tastes like it is starting to go bad, just add the vinegar (according to the directions above) – and you will be able to turn it into delicious, healthy sour cream – instead of throwing out the cream.

Homemade sour cream may be somewhat less thick than commercial sour cream because no added thickeners have been used (such as gelatin).

Q. How do you use sour cream?

Sour cream goes with just about anything. A favorite of ours is about 2 tbsp. of sour cream mixed with ½ cup fresh blueberries – quite delicious for breakfast in the morning! Sour cream can also be mixed with other berries or fruits. It also goes great in a morning smoothie drink with **Lean Body Whey Protein Blend™**.

Or use 2 to 3 tbsp. as the base for a salad dressing (then add a bit of **Premier Pink Salt**, open a capsule or two of **Quantum Turmeric** and add fresh chopped herbs if available). Sour cream also goes great as a side dish with any grain dish or add a dollop or two to a baked potato or mashed potatoes.

Q. Where can I get raw cream to make sour cream?

In commercial grocery stores, all the cream has been pasteurized (often ultra-pasteurized at high temperatures), and cannot be used to make sour cream at home. Often, if you can ask at your local healthfood store, you may be able to find a Milk Club in your area. If there is a local Milk Club, you can usually join for a small fee and then order raw dairy products such as raw cream produced by local farmers who live and farm within a few hours of a major city. Locally produced dairy products from small farmers is usually much higher quality than commercially produced dairy products – since the small farmers are often dedicated individuals who do not use antibiotics or toxic feeds for their animals.

Of course, another option is for you to raise your own milk cow (or goat) if you have enough acreage. This is an excellent option since even one cow can provide you (and a whole family) with top quality milk products if you are able to feed your animal quality-grown grasses and feeds.

Q. Can you freeze sour cream?

Yes, you can freeze sour cream and then re-use it when it thaws, but you just may not like it when it thaws. Sour cream separates when frozen and then thawed. Although you can stir it back together for better consistency, it still won't have the creamy texture you'd like for a dollop on your baked potato. However, you could use it in a salad dressing or dip (when thicker consistency is not needed).

Recommended Wine List

Health Benefits of Genuine Wine. Truly genuine wines, free of added chemicals (such as chemical-source sulfites), made from top quality grapes grown without pesticides in fertile soil, then fermented using time-honored traditional methods, offer many excellent health benefits, especially for the gastrointestinal tract. Although top quality wines may be rich in various health-promoting nutrients such as resveratrol and bioflavonoids, their greatest benefit may actually be due to their fermented nature – brimming with natural health-promoting bacteria and their fermented, easily absorbable nutrients – which help tonify digestion, detoxify the liver and gallbladder and keep the digestive tract free of pathogens. But remember, if wine is overconsumed (*even good wine*), it can be hurtful to the body.

From ancient times, numerous countries to this day (such as France) routinely have a glass of wine at lunch and dinner. (*To determine the best type of wine and optimal amount for yourself, please request a test from a QRA™ practitioner.*) Recent research done by the University of Pennsylvania now confirms that *over 9,000 years ago*, fermented drinks were being made in China, the Middle East and other cultures.

Beware of your wine sources! Today's wine buyer must beware! The overwhelming majority of wine which we QRA™-tested at various stores did NOT test well and thus, cannot be recommended. Various reasons may be responsible for poor wine ratings, such as simply poor quality grapes (due to insufficient mineralization of the soil from overworked vineyards), toxic bacterial contamination of the wine during fermentation, insufficient fermentation time, addition of chemical-source sulfites or other toxic additives, irradiation of the final product, etc. To determine the best wine sources (and to avoid the poor ones), we recommend that you learn how to do the simple QRA™ O-Ring test to test wine (as well as all foods that you eat). Remember, a bottle with a great looking label can still contain very poor wine. Also, a particular wine may test well from a certain company – but not other wines from the same company. Below is a list of wines that we found typically tested very well:

Cabernet Sauvignon (*this sweetish red wine tests well in general for Vata body types*)

*Bolla Cabernet Sauvignon delle Venezie (2004) Product of Italy (alc 12.5% by vol.)

*Note: One of our top choices, especially for Vata body types; full, velvety, sweetish taste; reasonable cost

Luis Felipe Edwards Cabernet Sauvignon (2004) Product of Chile (alc 14% by vol.)

Santa Carolina Cabernet Sauvignon (2001) Product of Chile

St. Genevieve Cabernet Sauvignon (no year) Texas, USA (alc 12% by vol.)

Chianti (*this dry [less sweet] red wine tests well in general for Pitta body types*)

*Ruffino Chianti (*not Classico*) (2004) Product of Italy (alc 12.5% by vol.)

*Note: one of our top Chianti choices; great taste and reasonable cost

Straccali Chianti (*red label only*) (2004) Product of Italy (alc 12.5% by vol.)

Palagetto Chianti Colli Senesi (2003) Product of Italy (alc 14% by vol.)

Merlot (*this type of wine tests well in general for Pitta body types*)

Ecco Domani Merlot (2004) Product of Italy (alc 12.5% by vol.)

Pinot Grigio (*white wine*)

Lagaria Pinot Grigio (2003) Product of Italy (alc 12% by vol.)

Misc. Wines

Frei Brothers Chardonnay (2004) California, USA

Ruffino Orvieto Classico (2004) Product of Italy (alc 12% by vol.)

Conde de Valdemar Crianza Rioja (2001) Product of Spain (alc 13% by vol.)

Di Leonardo Refosco Dal Vigneto Vigne Da Lis Maris (red wine) (2004) Product of Italy (alc 13% by vol.)

Dievole Dievolino Rosso de Sangiovese Toscana (2002) Product of Italy (alc 12.5% by vol.)

Dievole Broccato Toscana (1999) Product of Italy (alc 13% by vol.)

Carparzo Sangiovese Toscana (2003) Product of Italy (alc 13% by vol.)

Santa Carolina Carmenere (2004) Product of Chile



Rev 6-06

Real, Old-Style Gourmet Vinegar



Premier Vintage Vinegar

Gourmet Vinegar For Daily Use



Exquisite Gourmet Vinegar

But Moderately Priced
For Everyday Use

Genuine Vinegar

- Real gourmet european vinegar
Not commercial, "so-called" vinegar made from chemically based acetic acid
- Aged in traditional oak barrels using the centuries-old solera system
- Excellent quality from traditional cultures
Not petrochemically derived with a toxic signature
- Great price – so it can be used everyday, not just special occasions
- Goes great on salads, dips, sauces, grain dishes or as a daily health tonic*

Enjoy the distinctive, sourly sweet flavor of **Premier Vintage Vinegar** along with our premium-grade olive oil: **Premier Olive Oil**, a first-class, extra virgin gourmet olive oil from Europe.

Classic, Premium-Aged Vinegar

Premier Vintage Vinegar is an exquisite, gourmet vinegar from Europe with an unforgettable, rich flavor. Our premium vinegar is aged in oaken barrels, using the traditional solera system. This system of aging vinegar was developed by Europeans to provide vinegar of consistently high quality year after year.

Each year as the aging vinegar is drawn from the oldest barrels, they are topped with the next oldest vinegar and so forth. The solera (or mother culture) that gave birth to this vinegar was established many years ago, possibly centuries old.

- **Real Vinegar and Extra Virgin Olive Oil:** The Perfect Partners. Combine **Premier Vintage Vinegar** with **Premier Olive Oil** to make a delicious, tasty salad dressing or simply add your favorite spices to our vinegar to create a crisp, herbal vinaigrette garnish to enhance the flavor of any main dish.
- **Daily Health Tonic.** For an excellent, daily pH-balancing tonic, add ½ tsp. of **Premier Vintage Vinegar** and ½ tsp. **Coral Legend** powder (a natural calcium-rich mineral powder) to a glass of water. The vinegar acts to allow maximum uptake of the minerals. Enjoy this simple but highly nourishing health drink every day.



Tangy Vinaigrette

- 1 tbsp. **Premier Vintage Vinegar**
- 3 tbsp. **Premier Olive Oil**
- 1 tsp. organic mustard

Directions. Mix all ingredients together to create a delicious, tangy salad dressing.

