



We are making truly healthy eating easy and affordable for everyone.
Our mission is to change the face, the depth and breadth, of 'fast food'
published by: Joulia Kallah
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green2go Showcases How to Build Your Immune System

Smoothie Recipes to Build Immune System

Citrus Rush

Vitamin C is in abundance in the citrus family. Only 500 mg is needed to help prevent respiratory infections. If you already have a cold, halve the suffering time by taking this immune-boosting smoothie. Also a great drink to rid that sore throat.

- 1/2 cup orange juice*
- 1/2 pink grapefruit, peeled and seeded*
- 1/2 lemon or 2 limes, peeled and seeded*
- 1 or 2 inches fresh young ginger, skin scraped off*
- 1/2 cup nonfat yogurt, vanilla flavor*
- 2 teaspoon raw honey*

Blend all ingredients together.

Kick The Blues

Blueberries are rich with antiviral and antibiotic compounds that you so need during this time. Together with the rich beta carotene from the mango, your immune system is well protected from the free radicals attack.

- 1 cup of fresh/frozen blueberries*
- 1/2 banana that is just almost ripe (less calories)*
- 1/2 cup mango slices*
- 1/2 cup milk of choice*
- 1 tablespoon of any kind of ground nuts (optional)*
- 1 teaspoon chlorella/spirulina powder*

Blend all ingredients together.

Orange Power

This smoothie recipe is rich with beta carotene and bioflavonoid that are great immune boosters, topped with anti-inflammatory enzyme papain. Definitely easy on an irritated stomach.

- 1/2 cup fresh carrot juice*
- 1 cup ripe papaya, seeded and sliced*
- 1/2 cup oranges, peeled and seeded*
- 1 tbsp brewer's yeast or chlorella/spirulina powder*

Blend all ingredients together.

Strawberry-Pumpkin Shake

This is a very delicious and thick smoothie which can be rather filling. Add some ginger (optional) for its sweet and spicy taste. Cut up a small slice of pumpkin into cubes and then steam it for 15 minutes, and leave to cool for this recipe.

- 1/2 cup orange juice*
 - 1/2 cup frozen/fresh strawberries*
 - 1/2 cup steamed pumpkin*
 - 1 or 2 inches fresh young ginger, skin scraped off*
 - 1 teaspoon of chlorella/spirulina (optional)*
- Blend all ingredients together.

The Melon Sisters

The Melon Sisters is a refreshing smoothie recipe that not only boost your immune system, but is an awesome drink on a hot summer day. Use only frozen yogurt for this recipe so that your smoothie turns out nicely thick and creamy.

- 1 cup of fresh/frozen watermelon, seeded and cubed*
- 1/2 cup of honey melon, seeded and cubed*
- 1/2 cup frozen non-fat yogurt with flavor of choice*
- 500 mg vitamin C powder*

Blend all ingredients together.

IMMUNE SYSTEM BOOSTER DIET (By Rose Kalajian)

Used by Dr. Wayne Garland in treating his patients.....

A high resistance, immune-building diet is primary to success in treating any Autoimmune or Immune System Dysfunction.

The intestinal environment must be changed to re-create a holistic site for the pathogenic bacteria (a protocol also effective against Candida Albicans and some types of Cancer).

The suggested step-by-step program outlined here is a modified, enhanced Macrobiotic Diet, emphasizing more fresh than cooked foods, and mixing in acidophilus powder with foods that may be cooked to convert them to living nourishment with friendly flora.

The following liquid and fresh foods diet is for the ill person who needs drastic measures—a great deal of concentrated defense strength in a short time.

This represents the first "crash-course stage" of the change from cooked to living foods. It has been extremely helpful in keeping all viral infection conditions free of symptoms and in overall symptom regression. Optimal diet improvement also helps prevent other attendant diseases associated with immune deficiencies.

All immune suppressing viral diseases live on dead and waste matter. For several months at least, the diet should be vegetarian, no dairy of any kind—no milk, cheese, ice cream or butter, low in yeast containing breads and saturated fats.



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Meats, fried foods, coffee, alcohol, salty, sugary foods and all refined foods must be eliminated.

Of course, all recreational drugs should be also eliminated.

The ultra purity of this diet controls the multiple allergies and sensitivities that occur in the auto-immune state, yet still supplies the needs of a body that is suffering primary, nutrient deprivation.

For most people, this way of eating is a radical change, with major limitations, but the health improvement is invariably spectacular and nearly immediate.

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UPON ARISING "take 3 tablespoons cranberry concentrate in 8ozs purified water with 1/2 teaspoon Vitamin C crystals with bioflavonoids and 1/2 teaspoon NATREN brand BIFIDO FACTORS. Take 1/2 teaspoon Rose Kalajian's Garlic Honey Antibiotic Syrup (recipe supplied).

Take your morning 45 minute walk or light jog. Get 15 minutes of early morning sunshine on the naked body for Vitamin D production. (sitting in a window with full sunlight will work, in cold weather)

BREAKFAST—have a glass of fresh carrot and beet/cucumber juice with Barlean's Flax Seed Oil added and 1/2 teaspoon Life Transfusion Liquid Mineral Complex and 1 teaspoon psyllium fiber stirred thoroughly into the drink.

Have two whole grain muffins or three rice cakes with tahini topping. Or three slices of Ezekiel whole grain bread toasted with tomato, onion and avocado spread on top. Have a small bowl soy yogurt with 1/2 teaspoon NATREN brand BIFIDO FACTORS added. Take 4 capsules Master Formulas Protein Plus Chromium Chelavite Formula.

MIDMORNING—take weekly colonic and coffee enema. Have a big bowl of Miracle Potassium Broth with 1 tablespoon Bragg's Liquid Aminos added; 1 tablespoon Barlean's Flax Seed Oil and 1/2 teaspoon Vitamin C crystals.

LUNCH—have a fresh green salad with Barlean's Flax Seed Oil and lemon dressing. Crush a clove of garlic into the dressing. Add avocado, shredded ginger to taste and crumbled dry sea vegetables and alfalfa or broccoli sprouts. Or have an open faced pita bread wrap/sandwich with humus, crushed garlic and a bowl of miso soup with Barlean's Flax Seed Oil to taste. Or some sliced, steamed tofu with millet or brown rice and Bragg's Liquid Aminos for seasoning. Have 1/2 teaspoon Rose Kalajian's Garlic Honey Antibiotic.

MIDAFTERNOON—have another carrot/beet/cucumber juice with one tablespoon Barlean's Flax Seed Oil and 1/2 teaspoon Life Transfusion Liquid Mineral Complex with added 1 teaspoon psyllium fiber stirred thoroughly into the drink. Or have a large glass of GREEN MAGMA powder mixed with purified water and the Barleans Flax oil, Life Transfusion and Psyllium added.

DINNER—have a baked red potato with Bragg's Liquid Aminos, soy cheese melted on top with chopped cilantro and a chopped spinach salad with crushed garlic and Barlean's Flax Seed Oil and lemon dressing. Or a big bowl of lentil soup with 1/2 teaspoon NATREN BIFIDO FACTORS added. Or the Shittake/Miso Soup, two bowls at least, (recipe supplied). Or a big bowl of steamed, organic greens like artichokes, asparagus, string beans with shredded ginger and a bowl of brown rice. Or an Oriental stir fry with bok choy, shiitake mushrooms, crushed garlic, shredded ginger, chopped shallots and steamed brown rice.

BEFORE BED—take a glass of aloe vera juice with 1/2 teaspoon ascorbate Vitamin C crystals added and 1/2 teaspoon NATREN BIFIDO FACTORS and a fresh glass of papaya juice or mango juice. On alternate nights, have one teaspoon Rose Kalajejan's Garlic Honey Antibiotic in hot soy milk or Amazake brand rice milk. Stir thoroughly.

Do not deviate from this diet and the recommendations for one month. Then call 928-636-9425 or email health@antibiotic-alternatives.com for the next stage of the *Immune Diet appropriate to your condition.*

If you are fighting an extreme immune system dysfunction-disease such as cancer, AIDS, Lupus, MS or Lou Gehrig's Disease/Muscular Dystrophy it will be necessary to increase dosages of the Rose Kalajian Garlic Honey Antibiotic Syrup to full dosage levels of 1 teaspoons 9 times per day, or more.

INCREDIBLY HIGH-CALCIUM RICH SOUP

2 Quarts soy milk

1 Standard package of watercress or one large bunch

1 Large red potato with skin

3 Small chopped shallot onions

1 Tablespoon extra virgin olive oil

6 Vegetarian bouillon cubes

1 Clove garlic, crushed

Mince and saute the shallots in the olive oil in a large pot to caramelize. Add soy milk and bring to simmer, light boil. Slice the potato and course chop the watercress. Add the bouillon cubes. Add potato and watercress, simmer for 15 minutes. Puree the mixture through a food processor or blender. Add salt, pepper and Bragg's Liquid Aminos to taste.



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SHIITAKE MUSHROOM MISO SOUP

According to Joseph Forest, food consultant and editor of Cooking Vegetarian, the following soup is "packed with therapeutic action from the olive oil, onions, garlic, miso and most notably, the shiitake mushrooms." These meaty, woody flavored mushrooms have long been recognized for their immunity boosting and strong antiviral and anti-tumor properties.

1/2 lb fresh shiitake mushrooms (12 medium sized)

1/2 tablespoon extra virgin olive oil

2 small onions, diced

4 cloves garlic, crushed

1/2 teaspoon dried thyme

1/2 teaspoon dried marjoram

4 cups purified/filtered water

1 cube vegetable bouillon

4 tablespoons miso paste

1/2 cup chopped fresh parsley

Remove stems from the mushrooms and clean caps with damp cloth. (Keep the stems for stock). Cut mushroom caps in half, and then cut into thin strips. Sauté the mushrooms, onions, garlic, thyme and marjoram in oil over medium heat for 5 minutes, stir frequently. Add the water and vegetable bouillon, bring to a light boil. Cover, reduce heat and lightly simmer for 12 minutes. Place miso in small bowl. Add a 1/2 cup of soup liquid and stir until smooth. Take pot off heat and stir in the miso. Add parsley and adjust seasoning. Heat on low/medium heat for 3 minutes. Pour into bowls and serve.

Have this at least 3 times a week. Flavor with Bragg's Liquid Aminos if necessary.

SPECIAL "HIGH HEALING" JOOK-CONGEE PORRIDGE/SOUP FROM CHINA

In China, they would have this for breakfast and even for lunch. It has great recovery powers, spiritually and emotionally apart from physically. Nutritionally, this simple rice porridge/soup strengthens the spleen-pancreas and digestive centers, tonifies the blood, balances "Chi" or "Qi" energy and cools the body. Not only that, it's extremely beneficial for nursing mothers as it will not only nourish them, but increase their milk supply. All this with a little rice and water and some of Mother Nature's best herbs and onions!!!

1 large cup Basmati rice. (Must be Basmati rice for the high Curcumin content.)

6 large cups of pure water (not tap water, "pure" purified/filtered water.)

One large clove organic garlic, crushed.

One teaspoon finely crushed/minced ginger or one dessertspoon fresh grated ginger.

Finely chopped shallot onions.

Sprig of Rosemary. (Optional).

Rinse the rice under cold running, filtered water, place in saucepan or crockpot, add water, and bring to a slow boil. Turn heat as low as possible cover the pot, and simmer from 1-4 hours, depending on the consistency desired. Jook is often cooked until it's of a porridge consistency, so add more water if you like along the way. Half way through the boiling exercise, stir in the crushed garlic and the ginger. Just before serving, stir in the finely chopped shallot onions and crumbed Rosemary herb (Optional).

You can add some steamed yams and chopped Bok Choy on occasions, or stemmed and chopped Broccoli at the same time as adding the crushed Garlic

ROSE KALAJIAN'S NATURAL HONEY ANTIBIOTIC SYRUP RECIPE

Rose Kalajian is a master herbalist, animal rights advocate and natural therapies healer. Her practice is in Wesley Chapel, Florida on a seven acre organic herb farm. She is highly skilled in the knowledge and uses of herbal medicine.

Her website is chock full of herbal information. Visit her website and sign up for her newsletters, they are wonderful. www.imherbalist.com is the address.

This is her very potent, natural antibiotic syrup which everyone should take each day.

1 bulb of fresh garlic, peeled and then crushed.

1 cup of organic black honey. (Other honey can be used.)

1 fresh lemon, quartered, with skin.

Place the crushed garlic, honey and the lemon in a blender. Blend the contents until smooth. Pour into a glass jar with a good lid.

DOSAGES:

1. Immune System: to give strength to the immune system consume by mouth, 1 1/2 teaspoon per day and drink an 8-ounce glass of water immediately after.
2. Lower Cholesterol: follow the above dosage.
3. To Lower Blood Pressure: follow the above dosage along with the *immune diet*
4. If you are fighting a severe cold, have symptoms of SARS, AIDS/HIV or any of the illnesses listed below, the dosage should be higher. For an adult, consume 1 teaspoon 3 times per day. Followed by a glass of water.

This is delicious served in a hot cup of soy, rice, millet or cashew milk. Heat the milk until about to boil. Turn off heat and place Syrup in the milk and stir. This is a good way to start the day and also, to have before retiring.