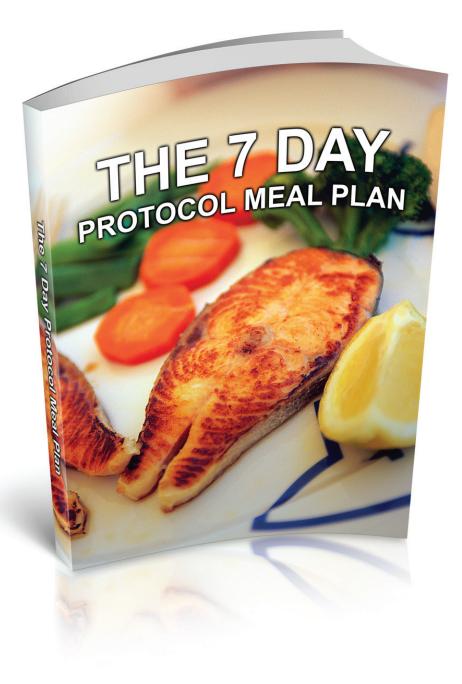
THE 7 DAY ALKALINE MEAL PLAN



FOR THE 7 DAY HERPES PROTOCOL

THE 7 DAY HERPES PROTOCOL MEAL PLAN

IMPORTANT....READ EVERYTHING!!! DO NOT SHARE THIS WITH ANYONE!

This is aggressive oxygen therapy and you must follow directions exactly. This therapy is not harmful, but be aware of the positive effects that may take place in your body.

Required Alkaline Meal Plan To Rebuild and Strengthen Immune System

"Disease is anaerobic it can only thrive in a acidic environment"

DO NOT Consume:



No usage of microwaves is permitted. No FAST FOOD!

- * Sugars (High-fructose corn syrup, refined white sugar, all artificial sweeteners)
- * NO "sugar free" or "fat-free" products
- * Dairy Products (Margarine, Milk, Cheese, Milk Chocolate)
- * Nothing hydrogenated, or partially hydrogenated (shorting, or cooking oils)
- * No Nuts of any kind (includes peanut butter)
- * No White or Wheat Flour (Breads, Pasta, or any other pasta made products)
- * No Protein shakes of any kind
- * No Tomatoes
- * No Table Salt
- * No Tomatoes or Corn
- * NO ARGININE FOODS OF ANY KIND

DO Consume:



- * Consume very little natural cane sugar if any
- * Lemon juice, or olive oil on salads
- * Eat as much organic fruits and raw green vegetables daily but be careful not to consume to a lot of natural fruit sugars
- * Consume alkaline, low-GI fruits
- * Use organic cane sugar in organic tea
- * Prepare meals on the stove, grill, or oven

Remember to chew foods thoroughly. Food becomes more alkaline the longer you chew it.

Menus Options



- 4 pieces of turkey bacon or turkey links
- Bowl of hot grits plain, 2 gluten free waffles with fruit on top
- 1 glass of spinach and apple beverage made in the blender
- 1st dosage of Gentiana Complex Vitamins
- 1st dosage of D3 capsules
- 1/2 Bottle of Monatomic Silver

Note: You only have one breakfast options here. Eat this every morning!

Snack Foods

- Popcorn made with coconut oil in a skillet
- Apples
- Watermelon
- Grapefruit
- Strawberries
- Pears

LUNCH & DINNER

Option 1

- 2-3 Grilled skinless chicken breast
- A raw spinach, and broccoli salad no condiments
- Baked sweet potato plain no condiments
- 2nd Dosage Complex Vitamins

Option 2

- 2-3 Grilled Tilapia fish
- A raw spinach, and broccoli salad no condiments
- Corn on the Cob no butter, or condiments
- 2nd Dosage Complex Gentiana Complex Vitamins

Option 3

- 2-3 Grilled Salmon
- A raw spinach, and broccoli salad no condiments
- Baked sweet potato plain no condiments
- 2nd Dosage Complex Complex Vitamins

Note: Consume the other half of the silver from the morning dosage at dinner after dinner meal.





Note: Choose from the 3 lunch and dinner options. Prepare your foods on a George Forman grill, stove, or oven. The only seasoning you are allowed to use are garlic powder, lemon pepper, thyme, oregano, and basil, and sea salt or pink hyminalin sea salt. Don't use anything spicy, hot, or sweet to seasoning your protein. You must take Gentiana complex 3 times day, so your last time should be at bed time. Coconut oil is the preferred oil to cook your foods with.

Drinking Water

Alkaline Only! Alkaline water contains an abundance of alkaline elements such as magnesium, calcium,



potassium, and sodium that the body needs. You will not find these elements in bottled water, or tap water. These waters are considered dead!

You can make your own alkaline water by adding fresh lemon juice to your water, using an ionizer, or purchasing Kangen water machine.

Contact Us at: www.theundergroundcure.com to purchase a Kangen Water Alkaline machine.

Consumption Ratio

You should consume a eating regime that's 80% alkaline 20% percent acidic to prevent diseases, and viruses. The Hunza people do not experience disease. They have never had one case of cancer, heart disease, arthritis, diabetes, tuberculosis, high blood pressure, asthma, multiple sclerosis, autoimmune disease, liver disease, acne, cavities, or polio- conditions that plague the Western world. There are no hospitals, jails, drug stores, alcohol, tobacco, or police. At the age of 120 the Hunzakut's still play water polo.

<u>Research</u>

Take time to research Ed Mccabe he's responsible for spreading the good news about Oxygen Therapy in the 80's which is the suppressed cure for all diseases, viruses, and pathogens. This information has been kept a secret by the FDA, Government, and the entire medical community for over 100 years! His book entitled "Flood The Body With Oxygen revealed these natural healing secrets big "Pharma" don't want you to know about. Then you'll clearly understand everything about this eating regime, and more.

If you have any questions or concerns please contact us at

undergroundcure@gmail.com or visit us at www.theundergroundcure.com