

Mini Beet Protocol (MBP)

The MBP is pretty simple...

Beets not only remove heavy metals, but they also reverse tie removing wrinkles, lines and fat from body, most especially removal of fat from strange places on body like around side of lips and under and over eyes and under cheeks and right under your chin!!! Not to mention estrogen rich love handles! Woo hoo!

Beets will restore your methyl levels back to decades earlier...Methyl groups are like a yard stick of how long you will live, you use them up every time you don't get in enough nutrients from the food you ate during that meal or for the all the meals for the day. For example, not any methyl or enzymes or enough vitamins and minerals in your meal, then body will age you (use up methyl groups) to make up for it, hence aging and lines and wrinkles occur!

Beets are also an amazing tissue builder and DNA.

But it doesn't end there, Beets remove scars too....along with parasites

[Caution: not for those with anemia or for the weak]

PROTOCOL (there's another way to take this I've recently discovered via one client who experimented with it more and it WORKS! See Second protocol below - the first one is a major keeper though nevertheless)

1. Take one shot glass of cinnamon - say 2 or more tbs of water mixed with a fork in 1 tsp of cinnamon - stir for 2 mins - if you do not stir well enough it will not mix well and will be an amazing annoyance on the back of your throat while trying to drink it down... right after drinking it you are to swallow little water to wash your throat of the residue of the cinnamon. Let's say this another way... you are to have 2 glasses in front of you. One glass is a stirred up cinnamon shot, and the second glass has a decent amount of water in it only, say 1 cup of water. Drink the cinnamon shot, then drink the glass with water in it only to wash throat of the residue of the cinnamon and to make sure you do not burn your throat from cinnamon heat.

Now you can start juicing below... it will be about 15 mins til get everything juiced and to start drinking, so this will give time for the cinnamon to do its work, about 15 mins in fact?

2. The exact ratio of beet to asparagus juice combo is 60% beet to 40% asparagus, (ie, as an example in amounts: that would be exactly 3 cups beets juiced and 2 cups of asparagus juiced) but I have seen plenty make it into 50/50, (ie, equal amounts of each) ...

Start out small please: work your way up to taking a full 1 cup of beet juice and $\frac{3}{4}$ cups asparagus juice (that is the goal of the mini beet protocol... 1 cup beet juice and $\frac{3}{4}$ cup asparagus juice, mixed and drunk)... but for the moment you must start out with lesser amount and work way up to that over say one week...start with $\frac{1}{4}$ cup beet juice to $\frac{1}{4}$ cup of asparagus juice, first juice the asparagus, take that juice away from under the juicer and measure it out perfectly and if there is any froth from the asparagus juicing, well, I measure ONLY the juice, NONE of the froth! Simple... do the same

thing with the beets that you did with the asparagus - measuring it out separately. Now combine beet and asparagus juices, mix and drink right then. [the 100% purpose of separating them out is so that you measure them correctly that's all]

Again, you can do this for a week every day, then thereafter do the next step up - ½ cup beet to almost ½ cup asparagus juiced, then next week step it up again and - do the full 1 cup beet to ¾ cup asparagus juice... this is the MBP not the Major Beet Protocol... the Major is just plain scary not only in the amount of beets/asparagus you are consuming but in it's amazing affects on the human body, WOW! WOW! WOW! Very GOOD! 4 days of the Major and it will feel like someone lifted an anvil off of your kidneys, I kid you not...even if your kidneys function like perfection already!

3. Now lastly is to eat one apple or two apples or three apples: one apple (if amount of mixed juice had in it a total of ½ cup of beet juice), or 2 apples (if amount of beets in the mix was ¾ cups beet juice) or 3 apples or more (if amount of beets IN THAT MIX as 1 full cup of beet juice) - we're talking ONLY about the beet juice portion of this mix - the beet portion is the only reason we're eating these apples, so only measure the beet portion to know how much apples to take in - Next eat one or two carrots after the apples, I don't care if it takes you 2 hours to get down 2 or 3 apples then eat 1-2 carrots as long as you get them down and in THAT ORDER (apples first then carrots) ... you have to start with eating of apples right after the juice even if it takes you two hours to finish, just so long as you start Right After the juicing ok? if you did this correctly you should notice total perfection - not a drop or hint of side effects, fevers, chills, nausea, headaches, etc! ok? Eat those apples and then carrots to remove any drop of detoxing side effects.

Mini Beet Alternative:

This below is an alternative way to get beets in you, I have found it amazingly powerful and useful! So here it goes, and also it has less side effects b/c it's in whole form... anytime you eat a beet instead of juice it - it has 5X less side effects, but slower working of its magic - but they WILL have side effects still - it just may take a week or two to come up - So eat your apples ok?? So.. here's the 2nd recipe, the Mini Beet Alternative...

In a vitamix you are to put 4 bananas and 20-30 green grapes if have green (otherwise red or whatever will have to do) and one medium size beet (there are 3 sizes, gigantic (softball), medium (baseball) and baby (golf ball)) - if they are organic bananas, then put in the peel from half of one of them ok? Now - whatever height in the vitamix (or other super blender you have) the bananas and beets go heights go, ie however much space in the blender that they take, you are to add water at least ½ that height after the ingredients are in, then blend and drink...you are to eat one apple and one carrot afterward IN THAT ORDER AGAIN! Just like above... it must be eaten in that order, please. I love this recipe b/c it's also like a happiness formula but it will NOT accomplish same thing as the protocol above, that is, like decalcification would take a LOTT longer with this...

As for this mini beet alternative: Tell me if you do not have a noticeable turnaround in any problem you have starting in 3 to 5 days... not to mention that wonderful feeling in the brain that comes with that combo all by itself... don't know how to explain that one! Lol This blended drink - it's my 2nd most powerful version of a happy pill! Yes I have one better... saved for another time.

One warning though, if you are not eating enough apples and asparagus or you leave out the carrots/celery or you are significantly deficient in Magnesium you might get kidney stones (2 to 4 months later of doing this faithfully) so supplementation may be required.