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with

NATURE FRESH

Natural Solutions to Health Questions



## LEARNING GUIDE SUMMARY:

### Q & A PART 1 : THE “TREAT THE CAUSE” PHILOSOPHY & NATURAL HEALTH PROTOCOLS

**Official DISCLAIMER:** *This unregistered medicine has not been evaluated by the SAHPRA for its efficacy, quality, safety or intended use. The products discussed are not intended to diagnose, cure, or prevent any form of disease. At Nature Fresh, we believe in the gentle, safe, and least toxic alternatives to help you stay healthy.*

#### YOUR RESPONSIBILITY

The information shared here is for educational purposes and reflects the lifelong research of Sue Visser. It is not intended for self-diagnosis or self-medication. Because natural substances can duplicate the effects of pharmaceutical drugs, it is essential that you share this information with the medical professional or therapist managing your health. Cleansing protocols, dietary shifts, and targeted supplementation can significantly alter how medications behave in your body. You alone are responsible for your journey to wellbeing; we are here to provide the map.

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## Core Philosophy: Treating the Cause, Not the Symptom

**Our approach is anchored in a single, powerful truth: “No illness is due to a deficiency of a pharmaceutical drug.”**

Q: What is the goal of the “Treat the Cause” philosophy? A: Most conventional treatments focus on suppressing symptoms, but true health is found by rooting out the underlying triggers. We look at the body holistically, identifying causes such as parasite infestations, heavy metal toxicity, and nutritional deficiencies. By addressing these, we empower the body to restore its own natural balance and vitality.

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## Q&A: Parasites, Microbes, and the Probiotic Solution

Q: What exactly are we targeting with a parasite cleanse? A: We target a broad spectrum of organisms that compromise our health, including common worms, various organ flukes (liver, intestinal, and pancreatic), Bilharzia, Malaria (protozoa), and microscopic invaders like Giardia and Candida.

Q: Why choose Probiotic-15 over high-CFU capsules? A: Health is about diversity, not just high numbers. Probiotic-15 is a liquid concentrate featuring 15 microbial strains from three essential families:

- \* Lactic Acid Bacteria: Including Lactobacillus and Bifidobacterium strains.
- \* Phototropic Bacteria: These are similar to blue-green algae (Rhodospseudomonas palustris).
- \* Beneficial Yeasts: Strains like Saccharomyces cerevisiae that actually consume troublesome Candida rather than causing it. Instead of hoping a capsule survives stomach acid, we “seed” the gut with a variety of strains that interact synergistically to establish a healthy, living population.

Q: What is the difference between the concentrate and the probiotic spray regarding colloidal silver? A: This is a common point of confusion. The standard Probiotic-15 Liquid Concentrate does not contain colloidal silver. However, our Probiotic Spray version contains 10% colloidal silver. This concentration is high enough to fight infection and sanitize surfaces or food (like restaurant salads), yet it is balanced so that it does not harm the beneficial probiotic strains in the bottle.

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## Protocol: The Parasite Cleanse & Frequency Therapy

Parasites are a part of life, but they don't have to be a part of you. Sue recommends a multi-faceted approach to clear the “bus” (the large parasite) and its “passengers” (viruses and bacteria).

### Herbal Protocol

- \* Parasite Remedy: Use Nature Fresh tincture or capsules.
- \* Schedule: One week per month for the entire household, including pets.
- \* Children: Twice a day for one week, followed by once a day for two weeks as a periodic treatment.
- \* The Clove Trick: Herbs kill the adults, but clove powder (mixed with honey for children) is essential for the three weeks between herbal treatments to kill hatching eggs.

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## Frequency Therapy (Zapping)

**Using the Hulda Clark method, a zapper uses electrical frequencies to eliminate parasites.**

1. The Method: 10 minutes on, 20 minutes rest. Repeat this for three full cycles.
2. The Justification: Zapping is wonderful, but it only reaches the intestinal and stomach walls. This is why you must take the Parasite Remedy (30ml in 30ml water) simultaneously; the herbs treat the contents of the digestive system while the zapper treats the walls.

### The “Kill All” Intense Combination

For a potent anti-bacterial and anti-parasitic “chaser” (effective for viruses, fungus, and yeast):

- \* 10ml Nature Fresh Parasite Remedy
- \* 20 drops Propolis tincture
- \* 6 drops Lugol’s Iodine
- \* Instructions: Mix with  $\frac{1}{4}$  glass of water. Repeat the dose after 4 hours.
- \* The Probiotic Chaser: Because this combination is intensely anti-bacterial, always follow up with Probiotic-15 to put back the “good guys” and restore gut flora.

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### Protocol: The Liver and Gallbladder Flush

This is one of Sue’s most beloved protocols. She often noted that “hundreds of people get rid of gallstones up to 3cm long without pain or surgery” using this simple method twice a year.

- \* Preparation: Use Epsom salts (1–2 teaspoons in water) to stimulate the bowel and, crucially, to relax the bile ducts to allow stones to pass easily.
- \* The Bedtime Dose: Combine olive oil (approx. 125ml) with fresh citrus juice (lemon or grapefruit).
- \* The Procedure: Drink the mixture at bedtime and lie down immediately.
- \* Expectations: The stones leave the gallbladder and move through the intestines with your food. They are eliminated via a normal bowel movement, usually by the next morning or lunchtime.
- \* Maintenance: Since stones often return if trigger foods (like wheat) are still in the diet, perform this flush twice a year.

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## Dietary Adjustments: Gluten-Free and Blood Type Foundations

**Diet is often the primary “cause” we must treat.**

### The Truth About Gluten

Wheat, rye, barley, and oats contain gluten, a major trigger for chronic inflammation. Wheat is particularly troublesome because it contains substances that actively destroy glucosamine, your joints’ natural protector. While many turn to expensive supplements, Sue’s philosophy is to stop the destruction first. Furthermore, whole wheat is often worse for bone health, as the fiber can rob the bones of calcium.

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## Blood Type Diet Summary

### Blood Type : Key Dietary Concerns & Tendencies

**Type O** Often “non-secretors” who must limit carbs and wheat. High Blood Pressure is frequently the first sign of insulin resistance caused by carbohydrates.

**Type A** Thrives on vegetarian-leaning diets. A2 (non-secretors) must avoid wheat to prevent “wasting,” leaky gut, and weight loss.

**Type B** Generally balanced, but should monitor reactions to specific lectins.

**Type AB** Generally tolerates wheat and soya, but should check secretor status to determine specific fish and spice tolerances.

Note: Knowing your Secretor Status is vital, as it determines how your body reacts to food lectins. For example, wheat is a major inflammatory trigger for Type O non-secretors but may be tolerated by Type A secretors.

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### The “Treat the Cause” Quick Reference Guide

#### Ailment - Primary Protocol / Remedy : Why It Works

##### **Arthritis - Avoid all gluten/wheat; use Calmag + Boron.**

Wheat destroys glucosamine; whole wheat fiber robs calcium.

##### **Candidiasis - Olive Leaf tablets; use Probiotic-15.**

Olive leaf kills yeast/mould without harming good gut flora.

##### **PCOS - Progesterone boosters (Sweet Potato tincture); Low-carb diet.**

Balances oestrogen dominance and addresses insulin resistance.

##### **Tinnitus - Olive Leaf tablets; check BP meds.**

Improves microcirculation in the ear (similar to ginkgo biloba).

##### **Halitosis - Gargle Probiotic-15; use fluoride-free toothpaste.**

Deals with the cause: fluoride, which kills mouth cells and creates odor.

##### **Morning Sickness - Salty foods (biltong), sour fruits (pineapple/pawpaw).**

These provide enzymes and nutrients to counteract oily ketones.

##### **Globus Sensation - Potentized Kali Mur (Potassium Chloride).**

Addresses “cell clumping” caused by food allergies (often wheat).

##### **Vaginal Burning - Vitamin B complex; Rooibos Vaginal Cleanser.**

Deficiency in B vitamins and wheat intolerance are primary causes.

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## Sue's Practical Tips for Self-Sufficiency

\* "Grow" Your Own Probiotics: You can multiply Probiotic-15 at home! Add 5ml to a glass of water and let it stand at room temperature. The Total Microbial Action (TMA) will actually double within a few days. You can also "seed" it into yogurt or kitchen fruit offcuts to create a potent fermented tonic.

\* Teeth Remineralization: For sensitive teeth and weak enamel, mix Xylitol and Diatomaceous Earth (1:1 ratio). Brushing with this or even sucking on the mixture after brushing helps rescue weak patches.

\* The Globus "Potentizing" Method: If you have a persistent lump in your throat, mix 1ml of Potassium Chloride (Kali Mur) in 500ml of water. Sip it until half is gone, then refill the bottle with fresh water. Repeat this throughout the day. This "Successive Dilution" turns the salt into a homeopathic remedy.

\* Sweet Dreams for Baby: If your infant is an "early bird," check their cot orientation. Aligning the cot on a North-South axis (rather than East-West) often improves sleep quality significantly.

## OFFICIAL MEDICAL DISCLAIMER

**BEFORE YOU BEGIN: A WORD OF CAUTION:** This information is not intended as medical diagnosis or treatment. Please consult an appropriate health practitioner for advice if you have a medical problem, as we are not in a position to do so. We merely provide nutritional guidelines that you can learn to establish a suitable eating plan for good results.

It is your responsibility to let your doctor know if you wish to adjust your current medications. Please check up on any potential drug reactions and intolerance you may have to any of the herbs and spices and fresh fruit and vegetables. It is best to consult a health professional that can help you monitor your progress, should you need allergy testing, your blood group identified or advice on supplementation, herbal & homeopathic remedies or medications.

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## Source References:

The Power of Olive Leaf Extract An in-depth look at how olive leaf acts as a potent natural antimicrobial and its role in supporting the immune system against viral and bacterial threats.

Link: <https://www.naturefresh.co.za/Article/331>

Vitamin C: The Essential Multi-Tasker Exploring the diverse roles of Vitamin C beyond just immune support, including collagen synthesis, antioxidant protection, and cardiovascular health.

Link: <https://www.naturefresh.co.za/Article/335>

MSM (Methylsulfonylmethane) and Sulfur Health Understanding the importance of organic sulfur for joint health, detoxification, and the structural integrity of skin, hair, and nails.

Link: <https://www.naturefresh.co.za/Article/332>

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**Selenium: The Master Antioxidant Trace Mineral** A guide to how selenium protects cells from oxidative stress and its critical partnership with Vitamin E for thyroid and heart health.

Link: <https://www.naturefresh.co.za/Article/334>

**Vitamin E: The Guardian of the Cell** Discussing the lipid-soluble antioxidant properties of Vitamin E and its role in protecting cell membranes from free radical damage.

Link: <https://www.naturefresh.co.za/Article/336>

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