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## LEARNING GUIDE SUMMARY:

### Q & A PART 3 : 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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## NATURE FRESH HEALTH PRODUCTS: HOLISTIC PROTOCOLS AND PRODUCT INSIGHTS

### Executive Summary

This briefing document synthesizes the health philosophies, product applications, and research findings of Nature Fresh Health Products, primarily featuring the work of health researcher Sue Visser. The core approach centers on the identification of underlying nutritional deficiencies—most notably magnesium—and the use of natural precursors to restore hormonal and systemic balance. Key takeaways include:

- \* **Nutritional Foundations:** A significant portion of modern chronic ailments, including hypertension, Type 2 diabetes, and osteoporosis, are attributed to widespread magnesium deficiency.
- \* **Hormonal Support:** The use of “precursor” molecules, specifically from red-skinned sweet potatoes and Agnus Castus (chasteberry), is emphasized for managing PCOS, fertility, and menopausal symptoms.
- \* **Probiotic Synergy:** The “Probiotic-15” formulation focuses on a diversity of 15 strains (lactobacillus, phototropic probiotics, and beneficial yeasts) to manage gut health, candidiasis, and immunity.
- \* **Formulation Philosophy:** Products are designed to be pH-balanced, fluoride-free, and SLES-free, often doubling as safe treatments for infants and pets.
- \* **DIY Advocacy:** There is a strong emphasis on empowering consumers through DIY protocols, such as making fermented foods (Kimchi) and bio-enzyme household cleaners.

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### 1. Chronic Disease and Nutrient Deficiency

Nature Fresh posits that many chronic conditions are symptoms of underlying mineral deficiencies rather than isolated diseases requiring pharmaceutical intervention.

#### *The Role of Magnesium*

Research suggests that approximately 80% of the population is magnesium deficient. This deficiency is linked to a cascade of health issues:

- \* **Diabetes:** Magnesium is essential for processing glucose; deficiency impairs insulin sensitivity.
- \* **Cardiovascular Health:** Deficiency is linked to high blood pressure and heart disease. Magnesium helps relax blood vessels.
- \* **Digestive Issues:** Low magnesium and Vitamin C are primary drivers of chronic constipation.
- \* **Bone Health:** Calcium alone is insufficient; magnesium and proper stomach acidity (pH 2) are required for effective mineral absorption.

#### *Hypertension Management Protocol*

The suggested natural approach to lowering blood pressure includes:

1. Blackstrap Molasses: For potassium, calcium, and magnesium.
2. Olive Leaf Tablets: Used as a natural anti-coagulant and to replace medication gradually (under supervision).

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3. Calcium Complex: Taken at bedtime to relax blood vessels.
  4. Essential Fatty Acids: Daily intake of cod liver oil, flaxseed oil, or cold-pressed oils.
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## 2. Hormonal Health and Reproductive Support

Nature Fresh utilizes botanical precursors to help the body “manufacture” its own hormones rather than providing synthetic replacements.

### ***The Sweet Potato Method***

Used for delaying menstrual cycles, relieving hot flashes, and aiding conception.

\* Mechanism: Red-skinned sweet potato (*Ipomea Batatis*) provides a precursor molecule nearly identical to progesterone.

\* Method: Chewing a golf-ball-sized piece of raw, peeled sweet potato for 15 minutes allows the juice to be absorbed sublingually.

\* Applications: Has been used to help prevent pregnancy failure in women with low progesterone, provided they do not stop the intake abruptly.

### ***Agnus Castus (Chasteberry)***

\* PCOS Management: Recommended for Polycystic Ovarian Syndrome to manage symptoms like weight gain, facial hair, and aggression.

\* Pregnancy Caution: Women using *Agnus Castus* to conceive are advised to continue use into the first trimester. Sudden cessation can cause a drop in progesterone, potentially leading to pregnancy loss.

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## 3. Digestive Health and Probiotics

The “Probiotic-15” liquid concentrate is a cornerstone of the Nature Fresh protocol, focusing on microbial variety rather than high colony counts of a single strain.

### ***Probiotic-15 Characteristics***

Feature	Detail
Strains	15 species including <i>Lactobacillus</i> , phototropic probiotics, and beneficial yeasts.
Action	Beneficial microbes consume <i>Candida</i> ; they do not cause candidiasis.
Longevity exposure.	Minerals in the mix last indefinitely; water-soluble vitamins (C, B6) lose potency after 3 hours of air exposure.
Selenium	Provides 200mcg of selenium, often deficient in South African soil, to support immunity.

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## DIY Fermentation (Kimchi)

**Sue Visser advocates for affordable probiotics via fermented cabbage.**

- \* Nutritional Benefit: Provides Lactobacillus plantarum.
  - \* Mechanism: Lactic acid acts as a sterilizing compound, suppressing harmful microbes and breaking down fiber (lignin/cellulose).
  - \* Toxin Removal: Probiotics help neutralize toxins, remove heavy metals, and balance oestrogen levels.
- 

## 4. Personal and Oral Hygiene

**Formulations prioritize pH balance and the exclusion of common irritants like fluoride and SLS.**

### Oral Care Philosophy

- \* Citric Acid: Used in toothpaste as a pH balancer to match slightly acidic saliva. It is not present in concentrations high enough to strip enamel.
- \* Fluoride-Free: Excluded because it can attack gum tissue and contribute to bad breath.
- \* Sodium Saccharin: Defended as a necessary salivary stimulant. Maintaining saliva flow is critical for preventing decay.
- \* Junior Toothpaste: Formulated with aniseed oil to soothe gums during teething; safe if swallowed.

### Intimate and Body Cleansers

- \* pH Level: Maintained at approximately 3.5 (acidic) to prevent the growth of pathogenic microbes and odors.
  - \* Multi-use: Safe for infants with eczema, pets, and even as a biodegradable “grey water” safe car wash.
  - \* Variants: Rooibos (sensitive skin) and Tea Tree (antimicrobial).
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## 5. Systemic Infections and Immunity

### Parasite and Viral Support

Nature Fresh provides a “Parasite Remedy” (liquid or capsules) which anecdotal evidence suggests has helped individuals improve their CD4 counts and viral loads.

- \* Healing Crisis: Users may experience a temporary “healing crisis” or illness as parasites are expelled.
- \* Dietary Synergy: Success is heavily dependent on a “clean” diet (removing wheat, gluten, and sugar) and detoxification.

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## **Sinusitis and Respiratory Health**

Chronic sinus infections are often viewed as an “over-boosted” immune system reacting to pollutants.

\* Triggers: Wheat, gluten, and dairy (specifically for Blood Group A) provoke mucus.

\* Remedies: Xylitol nasal rinses (kills bacteria without burning) and tissue salts like Calc Phos for post-nasal drip.

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## **6. Environmental and Ethical Standards**

\* Biodegradability: Products are formulated to be biodegradable; grey water from baths or laundry using these products is safe for gardens.

\* Packaging: 100% recyclable thermoplastics.

\* Vegan Status: Most products are vegan (fermented from cabbage), with exceptions being Bee Balm (beeswax) and Propolis-based toothpaste.

\* Animal Welfare: Nature Fresh does not test on animals. Rather than purchasing endorsements, the company supports “Operation Smile” and “St Luke’s Hospice.”

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## **7. Diagnostic and Practical Methodologies**

### **Applied Kinesiology (Muscle Testing)**

#### ***A recommended self-test for allergies or product compatibility:***

1. Hold the substance against the chest.
2. Extend the other arm and have a second person try to push it down.
3. If the arm weakens and sinks, the body is indicating a negative reaction to the substance.

### **Blood Group Diet**

The company supports the “Eat Right 4 Your Type” philosophy.

\* Type A: Often benefits from a vegetarian diet and should avoid dairy to reduce mucus.

\* Secretor Status: While specialized salivary tests are rare in South Africa, food tolerance patterns can help determine status.

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## 8. DIY Bio-Enzyme Cleaner Recipe

A cost-effective, non-toxic alternative for household cleaning:

- \* Ingredients: Citrus peels (zest), sugar/molasses, and water.
  - \* Process: Ferment for three months to create "Biozyme."
  - \* Applications:
    - \* Drains: "Eats" organic goo and blockages.
    - \* Odors: Sprayed neat to neutralize pet accidents or incontinence odors.
    - \* Detergent: Mix with a small amount of dish liquid and borax for a general cleaning spray.
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## 9. Product Safety and Regulatory Disclaimer

The information provided by Nature Fresh is for educational purposes only.

- \* Not Medical Advice: Only qualified health practitioners can diagnose or treat medical conditions.
- \* SAHPRA Status: Nature Fresh products are classified as food supplements and have not been evaluated by the South African Health Products Regulatory Authority (SAHPRA) for efficacy or safety.
- \* Medication Interaction: Consumers are cautioned not to take supplements like Calcium Complex at the same time as other medications. Dietary changes and weaning off medications should be done under medical supervision.

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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:

- Vitamin D3: The Sunshine Hormone An analysis of why Vitamin D3 is considered a pro-hormone essential for calcium absorption, bone density, and immune system regulation.  
Link: <https://www.naturefresh.co.za/Article/338>
- Vitamin K2: The Calcium Director Exploring the synergistic relationship between Vitamin K2 and D3, specifically how K2 ensures calcium is deposited in the bones and teeth rather than the arteries.  
Link: <https://www.naturefresh.co.za/Article/339>
- Chromium: Blood Sugar and Insulin Sensitivity A deep dive into how the trace mineral chromium assists insulin in transporting glucose into cells, helping to stabilize energy levels and reduce sugar cravings.  
Link: <https://www.naturefresh.co.za/Article/340>
- Potassium: The Essential Electrolyte Understanding the role of potassium in maintaining fluid balance, nerve signals, and muscle contractions, with a focus on its impact on heart health.  
Link: <https://www.naturefresh.co.za/Article/341>
- Iron and Oxygen Transport A guide to the importance of iron in the production of hemoglobin and the various factors that influence its absorption and utilization in the body.  
Link: <https://www.naturefresh.co.za/Article/342>

## Download full product catalogue here:

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