**Introduction Article About The Seven Angels Nutrition System**

**Complete Recovery Of The Human Organism By The Application Of The Seven Angels Nutrition System.**

**Introduction Chapter**

Food is the factual fuel on which our body works, what we eat and drink defines our health state.

Bringing our body into an orderly functioning without using artificial substances is not such a hard task. The only thing that will be needed for achieving the results that you desire is to put effort and carefully observe the seven angels nutrition system. The seven angels nutrition system is based on basic human principles of being – on the seven energetical centers that some people call “the chakras”.

**The Purpose Of The Seven Angels**

The human body is a biological instrument that functions on electrical currents. Every living cell consists of molecules that in their order consist of electrons and atoms.

In its basic state the human body consists of energy that has certain parameters. Healthy cells work on specific frequencies, every group of cells within the human body has its own referential frequencies. The interrelation of human cells with foreign organisms (viruses, funguses, parasites) interferes with these natural frequencies, it changes their basic characteristics. During the process of resistance to infections the cell loses its energy. These changes are accompanied by electrical impulses which are actually programs which transmit to the center of operation, the brain, signals of malfunctioning. That is how the feeling of being sick originates or the symptoms of the disease come about.

*The main purpose of the seven angels nutritional system is to recover the energetical potential of the seven life supporting systems of the human body (i.e. the seven chakras)*

**The Basic Algorithms Of Creation**

All the objects of the mineral, floral, animal kingdoms, and this includes human beings are energetical constructs.

It is important to note that the number “seven” is related to a lot of things in our life. To list just a few examples – there are seven days in a week, there are seven rainbow colors, astrology recognizes seven planets, there are seven notes in any melody. All of these concordances are not by chance. Those are the seven basic algorithms that were constructed by the creator of life, the architecture of the universe or if you would like the programmer of creation. The total number of the basic life algorithms is nine, this corresponds to the amount of regular numbers, all other values consist out of them.

All of the observed objects in our life that have their form, size, color, density, temperature and condition are being defined by mathematical algorithms within the unified field of energy. The universe and all of the objects that are contained therein are an ocean of energy.

The arrangement of our phenomenal world can be understood on the basis of just one example, the example of a computer. The computer processor contains only energy, the visible forms are the codes of the programmer, these codes are manifested on the “screen” of our consciousness in the form of a 3D image.

People are part of the universal field of energy and are completely subordinated to its basic algorithms which in their turn define all of the laws of the material world. The architect has programmed a lot of other energetical objects that have their intended purpose. In computer games besides the main hero there are other characters and objects that have their distinct purposes.

In order to understand that easily we will use accepted conceptions. We will take into consideration the influence of the seven main planets, this includes their influence within astrology. The life of a human being is an illusion but we are left with nothing but to accept the world as we perceive it.

**The Principle Of Healing Through Nutrition**

Every planet has its own frequency characteristic, this is the same as every one of the seven bundles (i.e. chakras, processors). Every mineral, animal extract or plant has its own frequency too. The matching of the frequencies between them and the body organs determines the effectiveness of the healing process.

**Healing** is the attunement of groups of cells into a harmonically and energetically stable state, these groups of cells were brought out of the given frequency range.

When we consume certain types of food we fill all of those cell groups with the corresponding energy of these specific food types. In time of ailment cells need additional source of energy. Any disease is very similar to a computer virus that infects the operating systems and changes the given working parameters. The system redirects its vital elements to the places of infection from other places in the body. This explains why during time of illness people are drawn to sleep. The disruption of regular work and “repair” requires the lowering to a minimum the expenditure of energy, this results in the “disconnection” of the body.

When we consume on each and every week day specific nutritional products and drinks it is possible to completely restore each and everyone of the seven feeding systems to their normal frequency range. Of course that this can happen if irreversible processes haven’t happened, like the amputation of organs or tissue necrosis for example. Some herbal products might be required in order to hasten the process of healing.

**The Basic Guidelines Of The Nutrition System**

There is an important aspect to this system of nutrition and it is in accordance with specific food types to certain days of the week. A small digression from this scheme and the expected result won’t be achieved, it doesn’t matter the size of the piece of sausage that went into your mouth, the only thing that matters is that it is a morsel which has a different frequency characteristic. Therefore, in your effort to remain healthy please think carefully if you are ready to give up those certain food types that brought you to your current health condition. If there is a strong will to improve your condition it is going to work even for people of old age.

Whenever there are difficult cases in which the body is infected with multiple diseases in conjunction a correction and a personal approach is required. In order to treat that an appointment with a specialist has to be scheduled, you can do it by following this link.

\* For those of you who suffer from diabetes it is important to avoid honey, dates, and foods that are high in sugar.

\* For those of you who have symptoms of allergic reaction it is important to exclude all of the foods that might cause it.

\* You can also exclude foods that are not to your liking or which “your body rejects”.

**Attention!** If you exclude a certain food type it doesn’t mean that you can replace it with a substitute that you like, it means **excluding without replacing**.

It is important to observe the order of the food types consumption and not changing it in any situation.

The basic ingredients of the nutrition system are plant-based foods, fishes, sea foods, some types of animal food. It is possible to change the quantity of the food without changing its constituents.

**Water – The Basic Component Of Which The Human Body Consists**

The water which is used for the preparation of food and drinking has to be sourced from a spring or a well. In this case we are not required to freeze the water and defrost it in order to remove the information programs which are programmed by the torsion generators at the water distribution sites near the large cities. If you don’t have the ability to use clean water from a spring or a well it is important to acquire a water filtering and preparation system. In the image below, you can see a self-filling water filter (like the ones produced by Aquamatic for example). You can turn to the specialists in your area and order the installation of a water filtering system in which special cartridges are not used. These cartridges are produced by the same companies which knowingly poison the drinking water in various countries around the world.

Exactly because of this it is important to use self-filling water filters where you yourself buy and use the filtering materials. Most often those filtering materials are zeolite, anthracite or quartz sand, Ion-exchange resin or activated carbon.

The filtering materials are aimed for the removal of heavy metals and artificial additives from the water, they hold on their surface larger additives (like dirt, silt, remnants of filtered materials and various other substances). Most often filtering materials like zeolite and anthracite are used. The first one is most widely used for filtering water in ordinary day to day water filters, it is much more effective than quartz sand. Zeolite is differentiated by a porous surface, it possesses an absorption property. Quartz sand is an inert material. There are also some properties in Zeolite that are important, specifically its resistance to heat and acid. This water filtering material is capable of trapping particles of petrochemicals, nitrates, heavy metals, ammonium, phenol, ammonia, pesticides and others. It also influences the concentration of fluoride ions, chloride ions and hardness salts in the water. It is very popular to fill zeolite when there is a high concentration of nitrogenous compounds, it is effective in cleaning wastewater. Anthracite is used for mechanical cleaning, muddiness and suspend solids removal in clarifier filters of the SF type. Due to its absorption capacity and increased chemical resistance this filtering material can be used in conjunction with filtering materials that have properties that remove heavy metals. In such cases anthracite is filled above all other layers of filtering materials, this grants restoration qualities (the frequency at which you will have to wash it depends on the filter duration of work and the quality of water that flows in).

Ion-exchange resins serve the purpose of softening water, they can be used in households or industrial equipment. The filtering material by itself is an insoluble polyelectrolyte, it can be of natural or artificial origin. Granular filtering materials are placed into the filter while observing the required layer height. The main purposes which are achieved by the use of an Ion-exchange resins layer as a filtering material are demineralization, softening and desiliconization. At the basis of this stands a principle of ion exchange - one or more undesirable ionic contaminants are removed from the water by exchange with another non-objectionable, or less objectionable ionic substance. For example, in the event of the presence of a large quantity of hardness salts in the water (magnesium, potassium) an exchange happens which replaces them with safe sodium ions.

Activated carbon has absorption properties and exactly because of this it is widely used for removing chlorine, various smells, turbidity, chromaticity and the elimination of various organic compounds (humic substances, chloramines, hydrogen sulfide, etc.). As a filling activated carbon is mainly used in the form of powder (up to 0.17 mm) or granules (0.17 - 6 mm). The reason for using it in autonomous chemical water preparation systems is its large surface area. This is a pretty simple water filtering material and in the same time it is very effective, it is used for fine cleaning of water. The relevance of removing chlorine from our water today is very high because the method of chlorination is very popular due its low cost.



**Self-Filling filtering materials have to be purchased from suppliers that offer chemically pure components and reagents for chemical laboratories!** Products which can be found in retail networks and have the label of “used for filtering drinking water” are with a great degree of certainty being produced by the transnational pharmaceutical companies or by chemical industry companies which are under their control. as a rule of a thumb these products contain slow-acting poisons that damage the nervous, vascular and endocrine systems of the human body. After you have organized the water filtering system it is necessary to freeze the filtered water from the city water supply and let it melt naturally in a place that is inaccessible to direct sun rays. This has to be done in order to restore the natural state of the water, we mean here the clearing of the information programs that are present in the water and imprinted on it by torsion generators.

**Days of the week in accordance with the life support systems of the human body**

**Sunday Sun** - lymphatic system, including skin and mucous membranes

**Monday Moon** - central and peripheral nervous systems

**Tuesday Mars** – digestive and excretory systems

**Wednesday Mercury** - cardiovascular system, including the respiratory system

**Thursday Jupiter** - endocrine system, including the immune system

**Friday Venus** - reproductive system

**Saturday Saturn** - human locomotor(musculoskeletal) system

**Saffron water and the method of its preparation**

In order to do a preventive care for the organs of sight and heal specific diseases including myopia, hyperopia, dry eye syndrome, ocular dystrophy and astigmatism in ayurvedic therapy it is advised to moisten 2 cotton pads in saffron water and put them on the eyes for 10-20 minutes. It is convenient to do this immediately after waking up and in the evening before falling asleep. In case of glaucoma and cataracts additional components are needed, in accordance with a prescription of a naturopath, you can schedule an appointment here. At morning, after waking up and on an empty stomach it is advised to drink a glass of saffron water including the stigmas in it. You should drink the second glass of saffron water just before sleep. If you are using ayurvedic herbs you can drink right after saffron water in case a naturopath has prescribed it and if you don’t have an allergy to it.

In around 150 ml of clean water soak 7 saffron stigmas for 8 to 12 hours and preserve within a usual refrigerator in a temperature of between +3 to +7 Celsius degrees.

Saffron that was bought in a store won’t go because what is being sold there is a flower of which all of the healing components are missing. Saffron that can be used have got to have a dark crimson color and when it is put in water the stigmas will sink. Such healing saffron can be found in specialized stores, you should look for Iranian Spanish or Indian saffron in packages from 0.07 to 1 gram. Real saffron cannot cost less than 16 dollars for a gram. For a month of usage, it is enough to have 1 gram of stigmas. Whenever the stigmas give their constituents to the water they float to the surface. Frequent use of saffron water doesn’t cause any side effects or addictions, this means that it can be used on a day to day basis.

**Foodstuffs**

In a certain day of the week it is possible to eat ONLY the foodstuffs that belong to this specific day. It is FORBIDDEN to mix foodstuffs of different days although there is one exclusion, it is possible to mix the foodstuffs of Monday with the foodstuffs of other days and eat them together. You CAN prepare meals in any combinations and quantities as long as the foodstuffs belong to the foodstuffs of that specific day and you can consume them at your own discretion, for example during breakfast, lunch, dinner and afternoon tea if you are used to eating four times a day. A common mistake is the opinion that you can eat a small quantity of products that DO NOT BELONG to that specific week day and that that would not affect the outcome of the seven angels nutrition system. ATTENTION! It doesn’t matter how much of a certain foodstuff that doesn’t correspond to that specific day you have eaten, if it is one gram or one kilogram on the energetic plain it is insignificant, you have inserted into your system through that specific foodstuff a mathematical program code. One gram and one kilogram contain the same amount of a “program code” and in such case it is either there or not.

**Attention!** It is possible to use all of the foodstuffs of a certain week day and it is also possible to use only one type of foodstuff (for example, one kind of porridge, one kind of a fruit or one kind of a vegetable) in order to organize your nutrition system in a certain day. This depends on where you live, the availability of certain foodstuffs in the retail networks and of course on your budget. The widespread statements of “smart” nutritionists about the need for a “rational” and balanced diet, the need to take certain vitamins or certain proteins are erroneous statements by people who are not in the know, they partially or wholly do not understand how the human body synthesizes ALL the necessary amino acids from most types of food, all of these can be taken into account if those foodstuffs are not poisoned with chemical fertilizers, steroids, antibiotics and herbicides.

Breakfasts and dinners can be composed of identical foodstuffs. For example, porridge with nuts and fruits, milk or water based, with the edition of honey or not. You can prepare one large serving and divide it into two meals.

For the preparation of porridges we would use clean water or milk. Before you do that it is important to know that from the age of twelve the already adult body stops utilizing lactose. If you are preparing food for someone who is older than twelve years it is better to use water rather than milk, dairy products can be still used in the form of fermented milk. Most of the dairy products that are sold in todays modern retail networks are made of palm oil, this oil is poisonous to the human body. If you have the ability to buy farm milk you should ask the farmers how do they feed the animals, in case they use industrial foodstuffs that come with the addition of antibiotics and steroids such milk would do more harm than good. If possible, it is better to buy goat milk from private individuals.

Any kind of dishes except metallic would fit well for the preparation of food: enameled, glass, ceramic or with a non-stick coating. Do not use metallic dishes when preparing your food.

**Attention!** When you are cooking exclude any contact of the foodstuffs with metal or metallic objects.

**Cereals**

The basis of the nutrition is plant-based food, this includes various cereals. It is important to know for those people who suffer from chronical diseases and specifically and firstly those who suffer from diabetes that certain groups of fruits and vegetables contain starch and gluten. When somebody is suffering from diabetes mellitus and most diseases of the gastrointestinal tract it is contraindicated for the duration of the healing process to consume starchy foods. You can obtain more detailed information by scheduling a personal consultation with a naturopath through this link.

High temperature (above 75 degrees Celsius) makes the food “dead” and destroys its valuable elements. That’s why all the foodstuffs are prepared using gentle heat treatment or long-term soaking.

**Attention!** Before consuming any cereals, dried fruits, nuts and seeds purchased in common retail networks it is ABSOLUTELY NECESSARY to soak the foodstuff in clean water for about 20-30 minutes and then drain the water. This is necessary to remove residues of methyl bromide CH3Br (bromomethane, methyl bromide). Officially, in some countries, including the Russian Federation, it is forbidden to use methyl bromide for processing food but most manufacturers do this in order to preserve foodstuffs from pests. when they are asked about it they answer that these products are for export and sanitary and epidemiological standards are not mandatory in such a case. Here is a quick reference for methyl bromide:

.. A powerful poison. The maximum permissible concentration in the air is 0.01 mg / m3. Methyl bromide is a fumigant used to preserve plants from scaled insects, pseudo-scaled insects and mealybugs, as well as to control pests of stocks, fresh vegetables, dry vegetables, fruits, and less often for grain processing. Technical methyl bromide sometimes has an unpleasant smell of rotten protein substances, this smell can persist in the air of places in which the process of fumigation happened for several days and even after the complete dissolving of methyl bromide vapors. However, this smell is not transmitted to fumigated grains and grain products. Methyl bromide vapors have a high penetrating ability due to which they easily and quickly spread in the grain mass and penetrate deep into the processed products. Methyl bromide penetrates into animal feeds in concentrations that are lethal for pests to a depth of 60 cm. Compared with other fumigants, it is absorbed to a small extent by grain and grain products and is quickly degassed. Degassing is accelerated by moistening and aerating the grain.

Exactly because of this it is important to soak dried fruits, nuts, and grain crops in clean water. Beside that the peel must be removed from all vegetables and fruits which were purchased in retail networks. It is important to consider that for some time already airplanes have been spraying toxic substances over the territories of most of the world countries. These toxic substances are salts of heavy metals, including aluminum, strontium, tantalum, mercury compounds, aspergillus spores and complex biological poisons that affect the human nervous and vascular systems. Because of this it is important to peel agricultural products that were grown on your own soil before you eat or use them to make food. There are some areas around the world where this spraying isn’t carried out, they are an exception to this.

**Oils**

It is necessary to use cold-pressed oils, if possible - not refined. When buying oils, you should make sure that these oils are not produced from GMO raw materials, do not contain chemical dyes, color enhancers, taste enhancers, flavors and preservatives. If you don't like the taste of a certain oil in a dish, you can eat a spoonful of this oil in its pure form just before eating the rest. It is important to note that oils are made from different seeds and therefore are also distributed over the days of the week. Coconut oil and hazelnut oil can be used every day since they are products of Monday. The daily recommended intake of oil for an adult is 14 grams. It is desirable to eat it in the morning and evening, that is, in two meals. You can use oils to prepare meals for lunch or afternoon tea or both of them.

**Nuts**

You should buy nuts that are fresh, not thermally processed, without salts and any spices. You can determine the freshness of the nuts by smelling them. If the smell is rancid then the nuts are old. The presence of small insects is a good indication that the product hasn’t been chemically processed. Feel free to buy such nuts, there will be no harm from the insects.

**Fruits and vegetables**

Fruits and vegetables can be added to the nutrition plan on a daily basis. You can use both fresh and dried fruits and vegetables, including frozen or freeze-dried. Provided that they do not contain preservatives, dyes and especially sugar.

**Attention!** Potatoes and potatoes derivatives are FORBIDDEN for consumption, the same goes for most types of corn, except for non-GMO varieties.

**Spices**

You can salt your food with red, pink or black Himalayans salt, this salt is mined in an open way at the salt mines in the Himalayas. It is important to understand that spices are plant based and because of this any type of a spice is associated with a certain week day and therefore can be consumed on that specific week day.

**Attention!** It is forbidden to use sugar in any form!

Instead of using sugar we are going to use honey and a sweetener that is obtained from coconut flowers, it is the so-called coconut sugar which can be consumed on any of the seven weekdays because it is a product of Monday, the only exception is people who are suffering from diabetes. It is important to understand that each and every day has its own sort of honey because the bees produce it from different types of plants. In certain regions it is hard to obtain all of the seven sorts of honey. In such a case lime honey can be used every day because it is a product of Monday. The honey of wild bees is suitable - meadow grasses. Honey is not a required ingredient in our nutrition system.

**Attention!** Dried fruits, honey, nuts and coconut sugar are added after cooking when the temperature of the food has dropped!

**Lunch**

This is the main time for eating. 30 minutes before the meal you need to drink as much water as you want but not less than 150 ml., If you do not do this then you will be able to drink no less than two hours after the meal. Instead of drinking water you can drink a drink that was prepared specifically for that day.

Steam cooking is an ideal option. It is not advisable to boil the water in which we cook food because when the water is boiling the foodstuff loses some of its beneficial nutrients. charcoal cooking is possible and you can also bake but abstain from using oils when you do that. The best option is to bake in a clay oven.

**Attention!** Do not smoke, marinate or fry food in a pan!

Lunch can consist of one single dish. The dish can be prepared from all of the ingredients of that specific week day. It can be a soup, a hot salad dish. Eating of fruits is not allowed during lunchtime. It is best to eat fruits during the afternoon time and in the same manner we do not drink in the same time. If you are not in the habit of having an afternoon snack, three meals a day are enough. The nutrition system allows two meals a day, consisting of breakfasts and dinners, in this case the portions must be increased.

**Drinks and drinking**

The human digestive system prepares for food intake. The enzymes that assist in the digestion of “fuel” are gathered in a certain ration, whenever you drink water it dilutes their concentration. In such a case the food is not completely digested. The remnants of the undigested food rot in the small intestine area while releasing toxins and poisoning the body. The process that we described above is the main cause for most of the gastrointestinal problems. Therefore, it is highly advised to not drink any liquids while eating any type of solid food. It is advised to drink half an hour before meals and not earlier than 2 hours after meals.

**Attention!** Drinking while eating is not allowed!

Besides green tea it is not recommended to drink regular tea. The best option is Ivan tea (tea which was prepared from the Chamaenerion Angustifolium plant or fireweed). Various herbs and plants are added to it depending on the day of the week. You cannot drink coffee that is bought in supermarkets since today almost all of the varieties that are sold, including well-known expensive brands are treated with special chemicals that are designed to damage the central nervous system and the human vascular system. You can roast green coffee beans on your own or you can purchase them from small independent countries such as Thailand, Cambodia and African countries. Coffee Is the drink of Tuesday and then you can drink it. Instead of coffee you can also eat carob (ceratonia siliqua) as well as organic cocoa – all of these are also Tuesday’s foodstuffs.

**Eating and eco-friendly shopping tips**

When you are buying fish products, vegetables, and fruits it is advised to use special devices that allow you to measure the amount of nitrates and radiation level. These portable eco-devices also measure water hardness and the background electromagnetic radiation. The Greentest ECO 5 and Greentest ECO 6 devices have been proven to work well, they differ from other devices by having a touch or an analog display. They can be bought in online stores like Aliexpress, Amazon and others.

If your daily schedule doesn’t allow you to prepare food in a certain time then it is necessary to acquire portable containers (preferably made from glass) and take the food which you have prepared in advance with you.

If you wish to keep up with the meal schedule you can use a special program on your smartphone or set up a standard alarm clock so that you could eat at a specified time. A fixed schedule of food intake would hasten significantly the healing process of the body.

**Equipment**

The prerequisite for this nutrition system is the method which you use to prepare food. In this methods plant-based food including cereals are cooked at temperatures not higher than 75-80 degrees Celsius. In order to do this, it is very convenient to use a multicooker, it allows you to set the cooking temperature in advance. When you are choosing a multicooker it is advisable to make sure that the following functions exist in it:

1. A timer which allows you to set the cooking time.

2. A regime that allows the heating of food after it is ready

3. A timer that allows you to set the start time of cooking (delayed start)

Those functions would make it easy for you to organize the seven angels nutrition system since a multicooker can turn itself on in the middle of the night at a preprogrammed time (delayed start) and make sure that your breakfast is ready by morning time. For those of you who prepare one type of a meal for the whole day the function of keeping the food warm (heating regime) would be extremely useful. Various types of cereals require a very long simmering time at a temperature of 75 degrees Celsius and because of this the function of a back-count timer is very important. Today there are multicookers that can be controlled remotely with the assistance of Bluetooth technology and all of its functions can be controlled remotely, even when you are out of your home. When you are choosing a multicooker it is advisable to give preference to ceramic coating. For those of you who do not use a multicooker we can advise preparing food by prolonged soaking, steaming, or using an oven that allows you to set the required temperature.

**1) Seven angels nutrition system – Sunday**

**Life support systems:** LYMPHATIC SYSTEM, INCLUDING CUTANEOUS INTEGUMENT AND MUCOUS MEMBRANES

The list of foodstuffs below is intended for consumption on Sunday. You can use the ingredients below to create a meal of your choice for breakfast, lunch, afternoon tea or dinner. The list contains foodstuffs from all of the countries and regions of the world. Certain types of foodstuffs may not be available for purchase in your area or might be unaffordable when you consider your budget. Choose foodstuffs from the list below according to their cost and availability in local retail networks. **If you choose only one type of foodstuff this is quite enough.**

**Note:** Single-food nutrition plan is the most beneficial for your body, this means eating one food type.

A prerequisite for any food preparation is a cooking method in which plant foods, including cereals, are cooked at temperatures **no higher than 75-80** degrees Celsius.

**Reminder!** Drink saffron water on an empty stomach (soak 7 stigmas in 150 ml of water in the evening)

**Allowed!** On all of the days of the week you can use the foodstuffs of Monday: including saffron, coconut water, natural milk and dairy products without any additives including herbs in cheeses - This is allowed only for people who have undergone ayurvedic therapy or have no chronic diseases.

**Attention!** Those who are undergoing ayurvedic therapy because of chronic diseases are FORBIDDEN to consume ANY animal food and its derivatives during the entire course of therapy. This includes eggs, fish, seafood, animal fats, all types of dairy products and industrial canned food to which preservatives and or mineral oils are added. Also, the consumption of fried foods is FORBIDDEN.

**Vegetables and fruits**

\* Mizuna salad

\* Romano salad

\* Dill

\* Turnip

\* Oranges

\* Physalis

\* Fig

\* Carambola

\* Kiwi

\* Lychee

\* Passion fruit

\* Sea buckthorn

\* Rambutan

\* Pak keb (Thailand)

**Seeds, nuts, oils**

\* Whole oats

\* Quinoa

\* Sunflower

\* Walnut

\* Jojoba

**Drinks, spices**

\* Chicory

\* Acacia

\* Akura

\* Calendula

\* Cinnamon

\* Rosemary

\* Chamomile

\* Butterbur

\* Clover

\* Angelica

\* Curry

\* Bay leaf

\* Melilotus

**Honey varieties for Sunday**

\* Angelica honey;

\* Akura honey;

\* Melilotus flowers honey;

\* Clover honey;

\* Euphorbia honey;

\* Acacia honey;

\* **Forest bee honey** (universal, suitable for every day)

**Breakfast and dinner (as an example)**

Calculation of product weights in grams per serving of porridge:

\* 20-25 grams of nuts

\* 20-25 grams of dried fruit or 50 to 100 grams of fresh fruit,

\* 7 ml of vegetable oil corresponding to Sunday (about 1 tablespoon),

\* 1 tablespoon of honey.

For 1 serving you need:

\* 60 grams of whole oat groats

\* 30 grams of quinoa seeds.

To make the porridge, mix 2/3 of the oats with 1/3 of the quinoa seeds.

\* 90 grams of oats if cooked without seeds.

\* 100 grams of walnuts

\* 1 tablespoon of sea buckthorn seed oil

\* When you end cooking add to the porridge fresh, frozen or dried fruits.

Cover and let the porridge sit for 15-20 minutes. Fresh fruits are added before cooking.

\* 20 grams of honey.

Honey is added just before consumption.

**Cooking using a water bath:** washed cereals must be rinsed and soaked in cold water for 5 hours. Cook in a water bath for 60 minutes without using salt.

**In a multi-cooker:** soak the washed cereals for 10-15 minutes. Drain the water. Put in a multi cooker. Add water or milk. Set the temperature to 70 degrees and the timer to 3 hours.

The water temperature should not exceed 75 degrees of Celsius (!) It is best to use a multi-cooker where in addition to temperature regulation you can set a timer, use steam cooking and warm up porridges for dinner.

\* **Oats** have been used by official and Ayurvedic medicine to treat seborrheic dermatitis, allergic rashes and many other skin diseases, as well as to treat problems with the gastrointestinal tract for a long time now. By affecting the lymphatic and immune systems oats are indispensable in cosmetics, in postoperative diets, and in severe diseases.

\* **Quinoa seeds** contain a high percentage of easily digestible proteins, this makes porridges more nutritive. Quinoa successfully replaces any meat products, fishes and eggs. It is gluten free and is suitable for people who suffer from allergy. It reduces blood sugar and cholesterol levels and normalizes the activity of the nervous system. Since ancient times, quinoa seeds have been used to heal wounds, bruises, damages to the skin and mucous membranes. Quinoa, while similar in appearance to grain is not grain. Botanists define them as fruits.

**Plants for infusions** (used for disease preventative and medical purposes)

Ivan tea (narrow-leaved fireweed) - the root element of the basic infusion (Monday plant)

The plant affects the human nervous system. Since ancient times it has been used **to treat neuroses, alcoholic psychosis, hysteria, depression, and epilepsy.**

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4 teaspoons of Ivan tea per liter of water. All of the vital systems of the body are controlled by the nervous system, which is why it is necessary first of all to heal and prevent diseases that relate to the central and peripheral nervous systems. The plants listed below can be used orally as a preventative infusion or for intensive therapy.

**Important!** Plants are used in minimal quantities for preventive purposes. All of the following plants can be added in the following ratio: 1 teaspoon per 1 liter of infusion except for those plants that are marked as **"POISONOUS"**. If you are suffering from chronic diseases and you are not sure what plants to consume and how in order to treat а certain ailment or set of ailments we recommend that you schedule a consultation with a naturopath by clicking this link. A specialist will draw up a personal course of ayurvedic therapy for you during the consultation. You can also schedule an appointment via WhatsApp +74996383184.

**\* Medical butterbur.** Is used for treating allergic dermatitis and skin inflammation. Butterbur is known to mankind as a medicine since ancient times. In the middle ages people tried to treat plagues with this plant. This happened because when bubonic ulcers were treated by the substances contained in that plant the bleeding was slowed down and it reduced the pain a little bit. butterbur seemed to be an effective remedy and even received the name of "plague root".

\* **Medical sweet clover**. Is used for treating abscesses, furuncles, inflammations of the mammary glands, painful menstruations. Outwardly apply under a bandage for purulent wounds, ulcers, boils, rheumatism, take baths when inflammation of the ovaries happens.

**\* Red clover**. Is used for treating burns, bleedings, including uterine. is contraindicated when there are varicose veins and a tendency for strokes. Clover has expectorant, diuretic, choleretic, diaphoretic, anti-inflammatory, anti-sclerotic, antitoxic, hemostatic, wound-healing, analgesic and antitumor properties.

**\* Ordinary Rosemary.** Products based on rosemary (decoctions and alcoholic infusions, essential oils) are successfully used in folk medicine for treating anemia, stomatitis and gingivitis, pharyngitis, and difficult for healing ulcers. For medical purposes infusions, decoctions, and the essential oils of the plant are used.

**\* Pharmaceutical chamomile.** Is used for treating chronic tonsillitis, tonsillitis, intestinal spasms, flatulence, chronic colitis, duodenal ulcer, urethritis, cystitis, trophic ulcers. It also has an anti-inflammatory and deodorizing effect and is used for rinsing the mouth and washing the ears from outside.

**\* Marigolds or Calendula.** Is used for treating stomatitis, bad breath, periodontitis, sore throat, chronic tonsillitis, stomach ulcer, and colitis. In the transcarpathian region a tincture made from this flower was successfully used to treat wounds and ulcers.

The herbal infusion is prepared during the evening and it has to sit for at least 6 hours. The infusion should be consumed before the dawn of Monday. You can add any Sunday honey to the infusion.

**Attention!** If you haven’t found a plant or another product that is used in your region on any of the days of the week then we invite you to send the name of this plant in Latin (as in Wikipedia) and preferably a link to its description, you can fill this form:

 **\*\* Form \*\***

Aromatherapy, incense

Sandarac

Frankincense red

Limette

Neroli

Brazilian tulipwood

Cinnamon

Rosemary

Patchouli

Agarwood

Buy Incense sticks

Main characteristics:



Candle color: yellow

Metal: gold

Note and frequency: MI (324 Hz)

Element: Fire

Planet: Sun

Chakra: Manipura

Meditation Morning: RAM

Meditation night: OH

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**Angel of the day:**



Catholicism: Michael

Orthodoxy: Michael

Islam: Mikail

Judaism: Michael

Vedism: Surya

Hinduism: Surya

Thai Vedas: Phra A Thit

**Monday - seven angels nutrition system**

**Life support systems:** Central and peripheral nervous systems

The list of foodstuffs below is intended for consumption on Sunday. You can use the ingredients below to create a meal of your choice for breakfast, lunch, afternoon tea or dinner. The list contains foodstuffs from all of the countries and regions of the world. Certain types of foodstuffs may not be available for purchase in your area or might be unaffordable when you consider your budget. Choose foodstuffs from the list below according to their cost and availability in local retail networks. **If you choose only one type of foodstuff this is quite enough.**

**Note:** Single-food nutrition plan is the most beneficial for your body, this means eating one food type.

A prerequisite for any food preparation is a cooking method in which plant foods, including cereals are cooked at temperatures **no higher than 75-80** degrees Celsius.

**Reminder!** Drink saffron water on an empty stomach (soak 7 stigmas in 150 ml of water in the evening)

**Allowed!** On all of the days of the week you can use the foodstuffs of Monday: including saffron, coconut water, natural milk and dairy products without any additives including herbs in cheeses - This is allowed only for people who have undergone ayurvedic therapy or have no chronic diseases.

**Attention!** Those who are undergoing ayurvedic therapy because of chronic diseases are FORBIDDEN to consume ANY animal food and its derivatives during the entire course of therapy. This includes eggs, fish, seafood, animal fats, all types of dairy products and industrial canned food to which preservatives and or mineral oils are added. Also, the consumption of fried foods is FORBIDDEN.

**Vegetables and fruits**

\* Bamboo

\* Brussels sprouts

\* Marsh cabbage (Peking cabbage)

\* Kelp (Seaweed)

\* Guava

\* Cabbage

\* Coconut

\* Lemon

\* Milk

\* Cucumber

\* Pak khom (Thailand)

\* Iceberg lettuce

\* Santol

\* Sugar apple (Annona scaly)

\* Sweetie (hybrid of pomelo and white grapefruit)

\* Plum

\* Tomato

\* Turnips

\* Pumpkin

\* Marsh duckweed (lat.Lémna)

\* Spinach

\* Aloe

**Seeds, nuts, oils**

\* Red rice

\* Wild black rice

\* Hazelnut

\* Coconut

\* Rice germ oil

**Animal products**

\* Fishes

\* Crayfish

\* Milk and all of its derivatives

**Drinks, spices**

\* Tea

\* Arnica

\* Dry Aloe

\* Linden leaf

\* St. John's wort

\* Mint

\* Saffron

\* Ivan tea

\* Aloe

\* Angelica

\* White willow

\* Rue

\* Birch leaf

\* Calamus marsh

\* Coltsfoot

**Honey varieties for Monday**

\* Forest bee honey (universal, suitable for every day)

\* linden honey (universal, suitable for every day)

**Breakfast and dinner (as an example)**

A rice porridge is good for the nervous system that controls all organs. It can be done with whole grains of red or black(wild) brown rice. The second name for rice is “Saracen grain”.

**Attention!** Rice shouldn’t be steamed. When you are buying red rice in the store pay attention to its color. A rich red hue indicates that the rice has been dyed, we don’t advise to buy such rise. Organic red and black rice can be ordered here.

Calculation of product weights in grams per serving of porridge:

\* 90 grams of red or black rice.

\* 20-40 grams of hazelnuts.

\* 1 tablespoon of lime or forest bee honey (optional)

\* 1 tablespoon of pumpkin seed, hazelnut, or rice germ oil.

\* Fruits or dried fruits (quantity as per your desire).

**Wild rice.** The bright color of the cereal is due to the large amount of pigment contained in the shell. It is exactly within that shell that we can find all the beneficial substances. Red and black rice are extremely valuable healing plants among all of the varieties of this crop. Unpolished brown rice retains high levels of fiber, minerals, amino acids and vitamins of the b category (iodine, phosphorus, potassium, magnesium, copper, calcium and iron). Magnesium has healing properties when used to treat headaches, bronchial asthma, it also keeps muscles in good shape and strengthens the nervous system. It reduces the likelihood of heart attacks, regulates blood pressure. Potassium helps remove salt from the joints and reduces inflammation. The iron which is contained in rice is another source of iron needed to prevent anemia. Red and black rice are antioxidants. With a periodic and regular consumption of it the level of free radicals in the body decreases, and this in its turn reduces the risk of oncological diseases.

**Siberian crowberry** (Empetrum sibiricum) An ancient remedy that was used for the restoration of the nervous system. Shiksha (the second name for the herb) is included in the diet of the Sami and Manuits people. The berries, leaves and roots of the plant are used to treat: migraines, chronic fatigue, epilepsy, seizures, urinary incontinence, paralysis, tremors (nervous tics), schizophrenia and cataracts.

**Siberian Motherwort** (Leonurus sibiricus) It is used in European medicine to treat panic attacks, anxiety, spontaneous fears, neuralgia, and hysterical conditions. The plant is an antispasmodic and anticonvulsant agent. It slows down the rhythm and increases the strength of the heartbeats. When used it has a pronounced hypotensive and cardiological effects. Motherwort regulates carbohydrate and fat metabolism. It reduces the level of glucose, lactic acids, pyruvic acids, and cholesterol. It normalizes the rate of protein metabolism.

**Jacob's ladder** (Polemonium caeruleum) In ayurvedic medicine it is used as a sedative when people suffer from insomnia. It reduces nervous reflex excitability, physical activity, nervous tics. It is used as an agent to treat epilepsy, depression, migraines, anxiety and hysteria. It is included in the set for treating psoriasis.

**Angelica archangelica** (garden angelica, wild celery, Norwegian angelica) It is used as an agent to treat insomnia, exhaustion of the nervous system, acute and chronic neuralgia, bronchial asthma. In case of disease prevention, you cannot add more than one spoon, an overdose will lead to nausea and allergic reactions.

**Pennyroyal** In extreme cases, you can take peppermint. It is used to relieve spontaneous fears and anxiety. It has a beneficial effect on the whole nervous system. It is used by knowledgeable people to achieve clarity of mind and understanding of the earthly existence aspects.

**Cooking methods**

**Attention!** In order to preserve the healing microelements cooking temperature should not exceed 88 degrees Celsius. Do not salt the porridge! You can add fresh or thawed fruits immediately before meals along with honey (if there are no contraindications to this).

**Cooking using a water bath:** slightly rinse the cereals (so as not to wash out the valuable microelements). Soak in cold water for 7-10 hours. Cook in a water bath for 30 minutes. After cooking the rice add oil, nuts, dried fruits and let it sit under a lid for 10-15 minutes.

**Cooking In a multi-cooker:** slightly rinse the cereals. Place in a multi-cooker bowl. Add water or milk of suitable fat content. Set the temperature to 80-90 degrees. Set the timer for 9-10 hours. It is very convenient to let the porridge sit overnight so that when you wake up in the morning it would be ready.

**Plants for infusions** (used for disease prevention and medical purposes)

Ivan tea (narrow-leaved fireweed) - the root element of the basic infusion (Monday plant)

The plant affects the human nervous system. Since ancient times it has been used to treat neuroses, alcoholic psychosis, hysteria, depression, and epilepsy.

4 teaspoons of Ivan tea per liter of water. All of the vital systems of the body are controlled by the nervous system, which is why it is necessary first of all to heal and prevent diseases that relate to the central and peripheral nervous systems. The plants listed below can be used orally as a preventative infusion or for intensive therapy.

**Important!** Plants are used in minimal quantities for preventive purposes. All of the following plants can be added in the following ratio: 1 teaspoon per 1 liter of infusion except for those plants that are marked as "POISONOUS". If you are suffering from chronic diseases and you are not sure what plants to consume and how in order to treat а certain ailment or set of ailments we recommend that you schedule a consultation with a naturopath by clicking this link. A specialist will draw up a personal course of ayurvedic therapy for you during the consultation. You can also schedule an appointment via WhatsApp +74996383184.

If you are suffering from any of the listed diseases it is necessary to increase the dose of the corresponding plant to 2-3 teaspoons and add them to the infusion instead of the regular quantity.

The herbal infusion is prepared during the evening and it has to sit for at least 6 hours. The infusion should be consumed before the dawn of Monday. You can add any Sunday honey to the infusion.

**Attention!** If you haven’t found a plant or another product that is used in your region on any of the days of the week then we invite you to send the name of this plant in Latin (as in Wikipedia) and preferably a link to its description, you can fill this form:

**Aromatherapy, incense**

\* Frankincense (Boswellia)

\* Vanilla

\* Plumeria

\* Sandal white

\* Plumeria rubra

\* Benzoin

\* Dammar

\* Lemon

\* Mint

\* Coconut

\* Melon

\* Aloe resin

 Buy Incense sticks

**Main characteristics:**



\* Candle color: blue

\* Metal: silver, platinum

\* Note and frequency: La (432 Hz)

\* Element: Water

\* Planet: Moon

\* Chakra: Ajna

\* Meditation Morning: EH

\* Meditation night: SHAM

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**Angel of the day:**



Catholicism: Gabriel

Orthodoxy: Gabriel

Islam: Jibril

Judaism: Gabriel

Vedism: Chandra

Hinduism: Shiva

Thai Vedas: Phra Jan

**Navigation in the seven angels nutrition system section:**

**Tuesday - seven angels nutrition system**

**Life support systems:** digestive and excretory system

The list of foodstuffs below is intended for consumption on Sunday. You can use the ingredients below to create a meal of your choice for breakfast, lunch, afternoon tea or dinner. The list contains foodstuffs from all of the countries and regions of the world. Certain types of foodstuffs may not be available for purchase in your area or might be unaffordable when you consider your budget. Choose foodstuffs from the list below according to their cost and availability in local retail networks. **If you choose only one type of foodstuff this is quite enough.**

**Note:** Single-food nutrition plan is the most beneficial for your body, this means eating one food type.

A prerequisite for any food preparation is a cooking method in which plant foods, including cereals are cooked at temperatures **no higher than 75-80** degrees Celsius.

**Reminder!** Drink saffron water on an empty stomach (soak 7 stigmas in 150 ml of water in the evening)

**Allowed!** On all of the days of the week you can use the foodstuffs of Monday: including saffron, coconut water, natural milk and dairy products without any additives including herbs in cheeses - This is allowed only for people who have undergone ayurvedic therapy or have no chronic diseases.

**Attention!** Those who are undergoing ayurvedic therapy because of chronic diseases are FORBIDDEN to consume ANY animal food and its derivatives during the entire course of therapy. This includes eggs, fish, seafood, animal fats, all types of dairy products and industrial canned food to which preservatives and or mineral oils are added. Also, the consumption of fried foods is FORBIDDEN.

**Vegetables and fruits**

\* Raspberries

\* Cherry

\* Barberry

\* Grapefruit red

\* Mandarin red

\* Garnet

\* Pitaya

\* Sapodilla

\* Agave

\* Ginger

\* Oakleaf salad

\* Arugula salad

\* Radish

\* All types of onions

\* Nettle

\* Granadilla

\* Squash

\* Rose-Apple (Chom-poo)

\* Garlic

**Seeds, nuts, oils**

\* Pecan

\* Lentils

\* Beans

\* Buckwheat

\* Mustard seed oil

\* Camelina sativa

\* Rose

**Animal products**

 \* Octopus

**Drinks, spices**

\* Carob

\* Coffee

\* Cocoa

\* Hawthorn

\* Cumin

\* Mustard

\* Tansy

\* Raspberry leaf

\* All kinds of pepper

\* Camelina sativa

\* Thistle

\* Fennel

\* Wormwood

**Honey varieties for Tuesday**

\* Barberry honey

\* Buckwheat honey

\* Orange honey

\* Pine honey

\* forest bee honey (universal, suitable for every day)

\* linden honey (universal, suitable for every day)

**Breakfast and dinner (as an example)**

On Tuesday buckwheat porridge or sprouted green buckwheat is consumed. It is optimal to use "green" buckwheat for the digestive tract.

**Attention!** Before buying buckwheat, you need to ask the manufacturer whether the groats were processed with "methyl bromide" or not. Brown ordinary groats have undergone heat treatment and have lost most of their beneficial microelements. Organic "live" buckwheat can be ordered here.

Calculation of product weights in grams per serving of porridge:

\* 90 grams of green buckwheat.

\* 20-40 grams of pecans.

\* 1 tablespoon of camelina oil, Mustard or Garlic oil

\* 1 tablespoon of Tuesday honey or forest bee honey (optional)

\* Fruits or dried fruits (quantity as per your desire).

\* Ginger (quantity as per your desire).

**Cooking methods**

**Attention!** In order to preserve the healing microelements cooking temperature should not exceed 88 degrees Celsius. Do not salt the porridge! You can add fresh or thawed fruits immediately before meals along with honey (if there are no contraindications to this).

**Cooking in a standard way:** rinse the cereals until the water is clean. Soak in cold water for one hour and then drain the water. Add milk or water according to you preferences, heat the water until it boils (around 90 degrees Celsius). Place the groats and then spill the water so its level would be higher by around 1cm than the level of the groats. Cook it until it is ready. When you end cooking add butter, nuts, dried fruits, and let it sit under the lid for 10-15 minutes. Fresh fruits and honey are added before you start eating. **Remember!** Honey must not be heated.

**Cooking In a multi-cooker:** rinse the cereals until the water is clean. put in a multi-cooker bowl. Add water or milk. Set the temperature to 80 degrees and the timer to 3 hours.

**\* Buckwheat** is especially effective for treating the gastrointestinal tract, it is used to treat stomach ulcers, gastritis, liver diseases (cirrhosis, fatty or toxic hypatosis). Since ancient times, it has been recommended by doctors to people with a variety of diseases, including blood loss. Today buckwheat is included in the nutritional plans of people who had severe illnesses, elderly people and for those who are suffering from diabetes. It serves as a complete replacement for bread and potatoes.

**Plants for infusions** (used for disease prevention and medical purposes)

Ivan tea (narrow-leaved fireweed) - the root element of the basic infusion (Monday plant)

The plant affects the human nervous system. Since ancient times it has been used to treat neuroses, alcoholic psychosis, hysteria, depression, and epilepsy.

4 teaspoons of Ivan tea per liter of water. All of the vital systems of the body are controlled by the nervous system, which is why it is necessary first of all to heal and prevent diseases that relate to the central and peripheral nervous systems. The plants listed below can be used orally as a preventative infusion or for intensive therapy.

**Important!** Plants are used in minimal quantities for preventive purposes. All of the following plants can be added in the following ratio: 1 teaspoon per 1 liter of infusion except for those plants that are marked as "POISONOUS". If you are suffering from chronic diseases and you are not sure what plants to consume and how in order to treat а certain ailment or set of ailments we recommend that you schedule a consultation with a naturopath by clicking this link. A specialist will draw up a personal course of ayurvedic therapy for you during the consultation. You can also schedule an appointment via WhatsApp +74996383184.

**\* Common barberry**. It has been known for its healing effects since ancient times. It is referred to as a “blood purifier”. Barberry tinctures are used to treat a wide variety of bleedings. It is used as a choleretic agent for the following diseases: hepatitis, cholecystitis, cholelithiasis, biliary dyskinesia, and exacerbation of chronic cholecystitis.

**\* Medical ginger.** In Ayurvedic medicine, it is used to treat flatulence. In folk medicine in many countries, ginger roots are used to treat digestive disorders, anorexia, poor appetite, urinary retention, chronic enteritis, and body edema. When people are suffering from chronical and acute tonsillitis it is used as a gargle for the throat. The throat also belongs to the digestive system – it is the upper part of the system. Ginger is also used to treat bronchopulmonary diseases as a main and additional element.

**\* Wormwood.** It is used to increase appetite and improve the functioning of the gastrointestinal tract, especially when people suffer from: chronic cholecystitis, various gastritis, constipation, diarrhea, biliary dyskinesia. It is used externally to remove bad smells from the mouth. In Russia, wormwood was used during holidays and ceremonies as a sort of a love spell. When a girl whipped a man with wormwood it meant the she considers him as a most certain life partner. Houses were fumigated with wormwood to protect from evil spirits and sorcerers.

**\* Common tansy.** In folk medicine, the infusion of tansy flowers is very popular as an antihelminthic agent. It is used against roundworms and pinworms, as well as to treat giardiasis and enterobiasis. As a choleretic agent, it is used to treat chronic non-calculous cholecystitis and hypomotor dyskinesia of the biliary tract. In dermatology, tansy is used to treat eczema and psoriasis. In German medicine, this infusion of flowers is used to treat various diseases of the digestive organs (dysentery, intestinal colic, flatulence, constipation).

If you are suffering from any of the listed diseases it is necessary to increase the dose of the corresponding plant to 2-3 teaspoons and add them to the infusion instead of the regular quantity.

The herbal infusion is prepared during the evening and it has to sit for at least 6 hours. The infusion should be consumed before the dawn of Monday. You can add any Sunday honey to the infusion.

**Attention!** If you haven’t found a plant or another product that is used in your region on any of the days of the week then we invite you to send the name of this plant in Latin (as in Wikipedia) and preferably a link to its description, you can fill this form:

**Aromatherapy, incense**

\* Dragon's blood

\* Rose

\* Pine

\* Opoponax

\* Fennel

\* Sagebrush

Buy Incense sticks

**Main characteristics:**



\* Candle color: red

\* Metal: iron, steel

\* Note and frequency: DO (259 Hz)

\* Element: Earth + Fire

\* Planet: Mars

\* Chakra: Muladhara

\* Meditation Morning: UR

\* Meditation Night: LAM

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**Angel of the day:**



\* Catholicism: Kamael

\* Orthodoxy: Barachel

\* Islam: Kalkail

\* Judaism: Samael

\* Vedism: Brazier

\* Hinduism: Hanumana

\* Thai Vedas: Phra Ang Kharn

**Wednesday - seven angels nutrition system**

**Life support systems:** Cardiovascular system, including respiratory

The list of foodstuffs below is intended for consumption on Wednesday. You can use the ingredients below to create a meal of your choice for breakfast, lunch, afternoon tea or dinner. The list contains foodstuffs from all of the countries and regions of the world. Certain types of foodstuffs may not be available for purchase in your area or might be unaffordable when you consider your budget. Choose foodstuffs from the list below according to their cost and availability in local retail networks. **If you choose only one type of foodstuff this is quite enough.**

**Note:** Single-food nutrition plan is the most beneficial for your body, this means eating one food type.

A prerequisite for any food preparation is a cooking method in which plant foods, including cereals are cooked at temperatures **no higher than 75-80** degrees Celsius.

**Reminder!** Drink saffron water on an empty stomach (soak 7 stigmas in 150 ml of water in the evening)

**Allowed!** On all of the days of the week you can use the foodstuffs of Monday: including saffron, coconut water, natural milk and dairy products without any additives including herbs in cheeses - This is allowed only for people who have undergone ayurvedic therapy or have no chronic diseases.

**Attention!** Those who are undergoing ayurvedic therapy because of chronic diseases are FORBIDDEN to consume ANY animal food and its derivatives during the entire course of therapy. This includes eggs, fish, seafood, animal fats, all types of dairy products and industrial canned food to which preservatives and or mineral oils are added. Also, the consumption of fried foods is FORBIDDEN.

**Vegetables and fruits**

\* Avocado

\* Pineapple

\* Basil

\* Okra

\* Lemon grass

\* Broccoli

\* Grape

\* Sowing peas

\* Pear

\* Viburnum

\* Coriander

\* Longkong

\* Loofah

\* Mangosteen

\* Parsley

\* Lettuce salad

\* Tamarillo

\* Ramson

\* Sorrel

\* Laminaria digitate

**Seeds, nuts, oils**

\* Millet

\* Milk thistle

\* Black sesame

\* White sesame

\* Nutmeg

\* Oregano

\* Fenugreek

\* Black cumin

**Animal products**

\* Shrimps

**Drinks, spices**

\* Basil

\* Galangal

\* Iris versicolor

\* Maple Leaf

\* Coriander

**Honey varieties for Tuesday**

\* forest bee honey (universal, suitable for every day)

\* meadow forbs honey

\* milk thistle flower honey

**Breakfast and dinner (as an example)**

A millet porridge is good for the cardiovascular system. You should search for fresh millet because it is not possible to store it for a long time. One common variety of millet is proso (proso millet).

Calculation of product weights in grams per serving of porridge:

\* 90 grams of millet

\* 20-40 grams of raw peeled pistachio nuts

\* 1 tablespoon of "Milk thistle" honey or "forest bees" honey (optional)

\* 1 tablespoon of milk thistle oil, sesame oil or avocado oil.

\* Fruits or dried fruits (quantity as per your desire).

\* **Millet.** The plant is widely used in traditional medicine, including in homeopathy. It contains a lot of protein and is second only to quinoa. It is the undisputed leader on the European continent. The second position is occupied by rice and barley. Thermally unprocessed grain can be used to heal arterial hypertension, atherosclerosis and many cardiovascular diseases. Millet removes toxins, heavy metal salts and treats the side effects after taking antibiotics. It normalizes kidney function. Since millet is alkaline and rich in potassium it is recommended for patients who are suffering from psoriasis. The heated grain is used to warm up the maxillary sinuses in people who suffer from sinusitis.

**\* Anise.** It has anti-inflammatory, antispasmodic, bactericidal and expectorant properties. It accelerates the removal of sputum and inflammation remnants of the mucous membrane from the upper respiratory tract. It is effective in treating interferences of the respiratory microbiota. The ancient Egyptians and Greeks used anise as a valuable medicine to treat nightmares and snakebites.

**\* pear.** The use of boiled and baked fruits is effective in treating strong and choking cough (tuberculosis and pneumonia). A decoction of dried pears is useful for treating colds that happen because of disorders of the upper respiratory tract. Leaves and sliced ​​fruits are used to treat bronchopulmonary diseases and acute respiratory infections.

\* **Lemongrass** (Cymbopogon). Stimulates blood circulation and lymph flow. Contains many valuable substances for the body and has analgesic, astringent, bactericidal, carminative, sedative and anti-inflammatory properties. Doctors use it to treat muscle pain, weakness, dizziness, runny nose and sinusitis.

**\* Nutmeg** (Myrista Fragrant). It is used to treat varicose veins and diseases of the hematopoietic organs (in particular, the spleen). Useful for patients with heart failure, ischemic heart disease, angina pectoris, hypochondria, neuroses. **Attention!** Use with caution as nutmeg is toxic in high doses.

**\* Oregano** (Origanum vulgare). Inside an infusion of herbs Oregano is used as an expectorant for diseases of the upper respiratory tract (bronchitis, acute respiratory infections).

**\* Hops.** Is used with cardioneurosis, tachycardia, arrhythmias, painful erection, heart weakness, flu, whooping cough, cough, pulmonary tuberculosis, acute respiratory diseases. Hop fruits have a calming, anti-inflammatory, diuretic, antispasmodic, and bactericidal effect. The main substances that promote healing are bitterness micro elements, some unique compounds and essential oils.

**Cooking methods**

**Attention!** In order to preserve the healing microelements cooking temperature should not exceed 88 degrees Celsius. Do not salt the porridge! You can add fresh or thawed fruits immediately before meals along with honey (if there are no contraindications to this).

**Cooking in a water bath:** rinse the cereals in clean water and soak for 20 minutes. Drain the water. Pour milk (or fresh water) at a height of 2 cm above the cereals. When you are cooking make sure that the temperature is not above 88 Celsius degrees.

**Cooking In a multi-cooker:** rinse the cereals and put them in the multi-cooker bowl. Pour milk or water. Set the temperature to 80 degrees and the timer to 2 hours.

**Plants for infusions** (used for disease prevention and medical purposes)

Ivan tea (narrow-leaved fireweed) - the root element of the basic infusion (Monday plant)

The plant affects the human nervous system. Since ancient times it has been used to treat neuroses, alcoholic psychosis, hysteria, depression, and epilepsy.

4 teaspoons of Ivan tea per liter of water. All of the vital systems of the body are controlled by the nervous system, which is why it is necessary first of all to heal and prevent diseases that relate to the central and peripheral nervous systems. The plants listed below can be used orally as a preventative infusion or for intensive therapy.

**Important!** Plants are used in minimal quantities for preventive purposes. All of the following plants can be added in the following ratio: 1 teaspoon per 1 liter of infusion except for those plants that are marked as "POISONOUS". If you are suffering from chronic diseases and you are not sure what plants to consume and how in order to treat а certain ailment or set of ailments we recommend that you schedule a consultation with a naturopath by clicking this link. A specialist will draw up a personal course of ayurvedic therapy for you during the consultation. You can also schedule an appointment via WhatsApp +74996383184.

If you are suffering from any of the listed diseases it is necessary to increase the dose of the corresponding plant to 2-3 teaspoons and add them to the infusion instead of the regular quantity.

The herbal infusion is prepared during the evening and it has to sit for at least 6 hours. The infusion should be consumed before the dawn of Monday. You can add any Sunday honey to the infusion.

**Attention!** If you haven’t found a plant or another product that is used in your region on any of the days of the week then we invite you to send the name of this plant in Latin (as in Wikipedia) and preferably a link to its description, you can fill this form:

**Aromatherapy, incense**

\* White copal

\* Gray copal

\* Black copal

\* Styrax

\* Citronella

\* Elemi

\* Holy basil

\* Lemongrass

\* Nutmeg

\* Jasmine

\* Oregano

\* Palo-Santo

Buy Incense sticks

**Main characteristics:**



\* Candle color: green

\* Metal: mercury

\* Note and frequency: FA (346 Hz)

\* Element: Air

\* Planet: Mercury

\* Chakra: Anahata

\* Meditation morning: AH

\* Meditation Night: YAM

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**Angel of the day:**



\* Catholicism: Raphael

\* Orthodoxy: Raphael

\* Islam: Israfil

\* Judaism: Raphael

\* Vedism: Buddha

\* Hinduism: Ganesha

\* Thai Vedas: Phra Ra Hoo

**Thursday - seven angels nutrition system**

**Life support systems:** Endocrine including the immune system

The list of foodstuffs below is intended for consumption on Thursday. You can use the ingredients below to create a meal of your choice for breakfast, lunch, afternoon tea or dinner. The list contains foodstuffs from all of the countries and regions of the world. Certain types of foodstuffs may not be available for purchase in your area or might be unaffordable when you consider your budget. Choose foodstuffs from the list below according to their cost and availability in local retail networks. **If you choose only one type of foodstuff this is quite enough.**

**Note:** Single-food nutrition plan is the most beneficial for your body, this means eating one food type.

A prerequisite for any food preparation is a cooking method in which plant foods, including cereals are cooked at temperatures **no higher than 75-80** degrees Celsius.

**Reminder!** Drink saffron water on an empty stomach (soak 7 stigmas in 150 ml of water in the evening)

**Allowed!** On all of the days of the week you can use the foodstuffs of Monday: including saffron, coconut water, natural milk and dairy products without any additives including herbs in cheeses - This is allowed only for people who have undergone ayurvedic therapy or have no chronic diseases.

**Attention!** Those who are undergoing ayurvedic therapy because of chronic diseases are FORBIDDEN to consume ANY animal food and its derivatives during the entire course of therapy. This includes eggs, fish, seafood, animal fats, all types of dairy products and industrial canned food to which preservatives and or mineral oils are added. Also, the consumption of fried foods is FORBIDDEN.

**Vegetables and fruits**

\* Artichoke

\* Daikon

\* Jackfruit

\* Chinese cabbage (Pak Choi)

\* Carambola

\* Cress (*Lepidium sativum*)

\* Olives

\* Kane salad

\* Currant

\* Tamarind

\* Celery

\* Taro root vegetable

\* Cauliflower

**Seeds, nuts, oils**

\* Emmer

\* Wheat

\* Brazilian nut

\* Pine nut

\* Macadamia

\* Olive oil

\* Chia seeds

\* Anise

\* Star anise

\* Lemon balm

\* Burdock

\* Eyebright

\* Plantain

\* Thyme

\* Cornflowers

**Animal products**

\* Mollusks

\* Sea urchin

\* Sea cucumber

\* Oysters

**Drinks, spices**

**Honey varieties for Tuesday**

\* Burdock honey

\* Sage honey

\* Hyssop honey

\* forest bee honey (universal, suitable for every day);

\* linden honey (universal, suitable for every day);

**Breakfast and dinner (as an example)**

Emmer porridge

Calculation of product weights in grams per serving of porridge:

\* 30-70 grams of emmer

\* 20-40 grams of nuts (macadamia, Brazilian, pine nuts).

\* 1 tablespoon of olive, avocado, or pine nut oil

\* 1 tablespoon of honey

\* Fruits or dried fruits (quantity as per your desire).

\* Useful properties of emmer. It is clinically proven that consuming emmer will flatten the glycemic curve (reduces the amount of sugar). It is especially effective in treating endocrine diseases, including diabetes and obesity. Emmer normalizes hormonal levels and accelerates the metabolism. Emmer has a direct effect on the immune system, which is expressed by a feeling of being full of energy, resistance to stress, and more stable functioning of the nervous system. Microelements inside the emmer grains stabilize the work of the gastrointestinal tract and reduce the level of cholesterol in the blood.

**Cooking methods**

**Preparation in the usual way:** rinse the cereals until the water is clean. Soak for 30 hours. Heat fresh water or milk to 70 degrees and pour it on the grains. Fill the porridge with butter, add nuts and dried fruits. Let it sit for 15-20 minutes under a lid.

**Cooking In a multi-cooker:** rinse the cereals until the water is clean. Place in a multi-cooker bowl. Pour clean water or milk. Set the temperature to 80 degrees. Set the timer to 7 hours. After cooking, add butter, nuts and dried fruits and let the porridge sit in “heating” regime for 15-20 minutes.

**Attention!** In order to preserve the healing microelements cooking temperature should not exceed 88 degrees Celsius. Do not salt the porridge! You can add fresh or thawed fruits immediately before meals along with honey (if there are no contraindications to this).

**Plants for infusions** (used for disease prevention and medical purposes)

Ivan tea (narrow-leaved fireweed) - the root element of the basic infusion (Monday plant)

The plant affects the human nervous system. Since ancient times it has been **used to treat neuroses, alcoholic psychosis, hysteria, depression, and epilepsy.**

4 teaspoons of Ivan tea per liter of water. All of the vital systems of the body are controlled by the nervous system, which is why it is necessary first of all to heal and prevent diseases that relate to the central and peripheral nervous systems. The plants listed below can be used orally as a preventative infusion or for intensive therapy.

**Important!** Plants are used in minimal quantities for preventive purposes. All of the following plants can be added in the following ratio: 1 teaspoon per 1 liter of infusion except for those plants that are marked as "POISONOUS". If you are suffering from chronic diseases and you are not sure what plants to consume and how in order to treat а certain ailment or set of ailments we recommend that you schedule a consultation with a naturopath by clicking this link. A specialist will draw up a personal course of ayurvedic therapy for you during the consultation. You can also schedule an appointment via WhatsApp +74996383184.

**\* Hyssop.** It was used by ancient physicians as a broad-spectrum herb to influence all body systems through the immune system. In the books of King Solomon, it was mentioned as a sacred plant and to this day it is used to cleanse the body and spirit.

**\* Cornflower.** It affects the human lymphatic system. Since ancient times, it has been used orally and externally to treat lymphatic system dysfunctions, including: eczema, acne, furunculosis.

\* **Lemon balm.** It was used by ancient healers to treat allergies, neurodermatitis, and itchy skin. It stimulates the adrenal function. It possesses properties which sooth the nervous system.

**\* Sage.** It is used for the treatment of seborrheic and microbial eczema, erythroderma, diffuse toxic goiter, and many other endocrine pathologies. Also used for treating non-healing wounds which were caused by disorders in the lymphatic system.

**\*** **Breckland thyme.** Used as a blood-purifying herb for people who suffer from anemia, cancer of the stomach and duodenum, intestines. By stimulating the lymphatic system breckland thyme enhances the production of secretions from the bronchial glands and gastric secretions, while affecting the intestinal microflora.

*This infusion must be consumed during Thursday at any time of the day until Friday morning. Drink half an hour before meals or two hours after meals.*

**Attention!** If you haven’t found a plant or another product that is used in your region on any of the days of the week then we invite you to send the name of this plant in Latin (as in Wikipedia) and preferably a link to its description, you can fill this form:

**Aromatherapy, incense**

\* Hyssop

\* Cedar

\* White sage

\* Jatoba

\* Oud

\* Musk

Buy Incense sticks

**Main characteristics:**



\* Candle color: blue

\* Metal: tin

\* Note and frequency: SALT (389 Hz)

\* Element: Water + Fire

\* Planet: Jupiter

\* Chakra: Vishuddha

\* Meditation Morning: AYE

\* Meditation night: HAM

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**Angel of the day:**



\* Catholicism: Sashiel

\* Orthodoxy: Sikhail

\* Islam: Samkhail

\* Judaism: Zadkiel

\* Authority: Guru

\* Hinduism: Vishnu

\* Thai Vedas: Phra Pha-Rue-Hat-Sa-Boy-Dee

**Friday - seven angels nutrition system**

**Life support systems:** reproductive system

The list of foodstuffs below is intended for consumption on Friday. You can use the ingredients below to create a meal of your choice for breakfast, lunch, afternoon tea or dinner. The list contains foodstuffs from all of the countries and regions of the world. Certain types of foodstuffs may not be available for purchase in your area or might be unaffordable when you consider your budget. Choose foodstuffs from the list below according to their cost and availability in local retail networks. **If you choose only one type of foodstuff this is quite enough.**

**Note:** Single-food nutrition plan is the most beneficial for your body, this means eating one food type.

A prerequisite for any food preparation is a cooking method in which plant foods, including cereals are cooked at temperatures **no higher than 75-80** degrees Celsius.

**Reminder!** Drink saffron water on an empty stomach (soak 7 stigmas in 150 ml of water in the evening)

**Saturday - seven angels nutrition system**

**Life support systems:** Musculoskeletal system

The list of foodstuffs below is intended for consumption on Saturday. You can use the ingredients below to create a meal of your choice for breakfast, lunch, afternoon tea or dinner. The list contains foodstuffs from all of the countries and regions of the world. Certain types of foodstuffs may not be available for purchase in your area or might be unaffordable when you consider your budget. Choose foodstuffs from the list below according to their cost and availability in local retail networks. **If you choose only one type of foodstuff this is quite enough.**

**Note:** Single-food nutrition plan is the most beneficial for your body, this means eating one food type.

A prerequisite for any food preparation is a cooking method in which plant foods, including cereals are cooked at temperatures **no higher than 75-80** degrees Celsius.

**Reminder!** Drink saffron water on an empty stomach (soak 7 stigmas in 150 ml of water in the evening)

**Allowed!** On all of the days of the week you can use the foodstuffs of Monday: including saffron, coconut water, natural milk and dairy products without any additives including herbs in cheeses - This is allowed only for people who have undergone ayurvedic therapy or have no chronic diseases.

**Attention!** Those who are undergoing ayurvedic therapy because of chronic diseases are FORBIDDEN to consume ANY animal food and its derivatives during the entire course of therapy. This includes eggs, fish, seafood, animal fats, all types of dairy products and industrial canned food to which preservatives and or mineral oils are added. Also, the consumption of fried foods is FORBIDDEN.

**Vegetables and fruits**

\* Quince

\* Eggplant

\* Sweet potato

\* Swede

\* Wax melon

\* Bog bilberry

\* Mushrooms

\* Durian

\* Capers

\* Radish

\* Beet

\* Asparagus

\* Tamarisk

\* Chokeberry

\* Blueberry

**Seeds, nuts, oils**

\* Amaranth

\* Peanut

\* Poppy

\* Pearl barley

\* Barley grits

\* Hemp Seed Oil

\* Amaranth Seed Oil

\* Rosehip oil

**Animal products**

\* Crabs

**Drinks, spices**

\* Heather

\* Marigold

\* Momordica charantia (Bitter melon)

\* Aspen

\* Rose hip

\* Meadowsweet

\* Comfrey

\* Wheatgrass

\* Agrimony

**Honey varieties for Tuesday**

\* Blueberry honey

\* Heather honey

\* Eucalyptus honey

\* forest bee honey (universal, suitable for every day)

**Breakfast and dinner (as an example)**

Barley porridge is prepared on Saturday. Two types of cereals are produced from barley grains - pearl barley and barley grits. Barley grits are recommended for consumption since they do not undergo grinding, retain all their valuable qualities and have the highest fiber quantity.

Calculation of product weights in grams per serving of porridge:

\* 70-90 grams of pearl barley or barley grits

\* 20-40 grams of peanuts.

\* 1 tablespoon of amaranth oil or hemp seed oil.

\* Fruits or dried fruits (quantity as per your desire).

\* 1 tablespoon of heather, blueberry or wild bee honey.

**Cooking methods**

**Attention!** In order to preserve the healing microelements cooking temperature should not exceed 88 degrees Celsius. Do not salt the porridge! You can add fresh or thawed fruits immediately before meals along with honey (if there are no contraindications to this).

**Preparation in the usual way:** rinse the cereals and soak them in clean water for 48 hours! Cook in a water bath for 30 minutes. The hardest part about this method is temperature control, do not heat the porridge above 100 degrees Celsius otherwise most of the valuable micro elements will be lost. When the porridge is ready, add nuts, butter and dried fruits. Just before eating sweeten the porridge with honey if there are no contraindications to this product.

**Cooking In a multi-cooker:** rinse the cereals and soak them for 30 minutes. Rinse them again and place in a multi-cooker bowl. Set the cooking temperature to 80 degrees Celsius. Set the timer to 5 hours. When it is ready put nuts, butter, dried fruits and let it sit under the lid for 10-15 minutes. Add honey before you eat it.

**\* Healing properties of barley:** thanks to the lysine contained in barley this foodstuff slows down the aging process and prevents the appearance of wrinkles. It promotes collagen production. Retinol in combination with ascorbic acid has a positive effect on the condition of the hair follicles, nail plates and epidermis. Eating this porridge prevents hair loss and dandruff while making the hair silky. Barley also prevents nail delamination. The protein of this cereal is very useful for those who lead an active lifestyle because it is quickly absorbed and assists with building muscle mass. After eating this porridge, a person retains the feeling of satiety for a long time, the general condition of the body improves and the energy potential (working capacity) increases.

**Plants for infusions** (used for disease prevention and medical purposes)

Ivan tea (narrow-leaved fireweed) - the root element of the basic infusion (Monday plant)

The plant affects the human nervous system. Since ancient times it has been used to treat neuroses, alcoholic psychosis, hysteria, depression, and epilepsy.

4 teaspoons of Ivan tea per liter of water. All of the vital systems of the body are controlled by the nervous system, which is why it is necessary first of all to heal and prevent diseases that relate to the central and peripheral nervous systems. The plants listed below can be used orally as a preventative infusion or for intensive therapy.

**Important!** Plants are used in minimal quantities for preventive purposes. All of the following plants can be added in the following ratio: 1 teaspoon per 1 liter of infusion except for those plants that are marked as "POISONOUS". If you are suffering from chronic diseases and you are not sure what plants to consume and how in order to treat а certain ailment or set of ailments we recommend that you schedule a consultation with a naturopath by clicking this link. A specialist will draw up a personal course of ayurvedic therapy for you during the consultation. You can also schedule an appointment via WhatsApp +74996383184.

**\* Elm-leaved spirea (germander meadowsweet).** It is used to treat the joints, diabetes (pregnant women included), thyroid diseases, and oncological diseases. For a long time, this herb has been added to salads, soups, teas.

**\* Common comfrey** Widely used in folk medicine, especially for treating bone diseases, papillomas, bruises, dislocations, pain in amputated limbs. In Bulgaria, grinded into gruel boiled comfrey roots were prescribed as compressors and poultices for long non-healing wounds, boils and fractures. In old German medicine, an infusion of the plant was used to treat bone fractures, dislocations, joint pains, amputation stumps and osteomyelitis.

**\* Aspen (including crust and catkins).** Taiga hunters use aspen crust for food, since the substances contained in aspen crust reduce fatigue, increase endurance during long and difficult transitions. Young leaves are used to treat gout, rheumatism, salt deposition in the joints.

**\* Common couch.** A decoction of dried wheatgrass roots is used to treat rheumatism and gout. An irreplaceable plant to treat salt metabolism disorders, metabolic arthritis and osteochondrosis.

**\* Agrimonia eupatoria.** This plant was well known in ancient times to healers and they named it: brisket, strawberry, royal herb, magpie and so on. It was believed to be able to cope with many diseases. Infusions were used to treat bruises, open wounds, and dislocations. Baths in such infusions help relieve fatigue. It is used to treat children with disorders of the musculoskeletal system. Among other things the plant acts on human HPV (Human papillomavirus).

**Note!** For the greatest effect in increasing your energy all of the listed plants except for Ivan tea can be used for taking evening baths.

If you are suffering from any of the listed diseases it is necessary to increase the dose of the corresponding plant to 2-3 teaspoons and add them to the infusion instead of the regular quantity.

The herbal infusion is prepared during the evening and it has to sit for at least 6 hours. The infusion should be consumed before the dawn of Sunday.

**Attention!** If you haven’t found a plant or another product that is used in your region on any of the days of the week then we invite you to send the name of this plant in Latin (as in Wikipedia) and preferably a link to its description, you can fill this form:

**Aromatherapy, incense**

\* Common juniper

\* Bergamot

\* Heather

\* Dope

\* Spruce

\* Cupressus

\* Hemp

\* Labdanum

\* Myrrh

\* Civet

\* Melaleuca

\* Black incense

\* Schisandra

\* Eucalyptus

\* Lavender

Buy Incense sticks

**Main characteristics:**

Candle color: purple

Metal: lead

Note and frequency: SI (486 Hz)

Element: Earth

Planet: Saturn

Chakra: Sahasrara

Meditation Morning: EE

Meditation Night: OM

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**Angel of the day:**

Catholicism: Cassiel

Orthodoxy: Selafiel

Islam: Azrael

Judaism: Tzafkiel

Vedism: Shani

Hinduism: Shani

Thai Vedas: Phra Sao

**Allowed!** On all of the days of the week you can use the foodstuffs of Monday: including saffron, coconut water, natural milk and dairy products without any additives including herbs in cheeses - This is allowed only for people who have undergone ayurvedic therapy or have no chronic diseases.

**Attention!** Those who are undergoing ayurvedic therapy because of chronic diseases are FORBIDDEN to consume ANY animal food and its derivatives during the entire course of therapy. This includes eggs, fish, seafood, animal fats, all types of dairy products and industrial canned food to which preservatives and or mineral oils are added. Also, the consumption of fried foods is FORBIDDEN.

**Vegetables and fruits**

\* Apricot

\* Watermelon

\* Banana

\* Cherry

\* Honeysuckle

\* Green apple

\* Strawberry

\* Zucchini

\* Strawberry

\* Chestnut

\* Cranberry

\* Corn

\* Carrot

\* Peach

\* Rowan

\* Baltic herring

\* Frillis salad

\* Persimmon

\* Papaya

**Seeds, nuts, oils**

\* Cashew nuts

\* Almond

\* Flax (linseed)

\* Cottonseed oil

\* Corn oil

\* Apricot kernel oil

**Animal products**

 \* Calamari

**Drinks, spices**

\* Verbena

\* Cardamom

\* Hedysarum (sweetvetch)

\* Viola

\* Sainfoin

**Honey varieties for Tuesday**

\* Chestnut honey

\* Elecampane honey

\* Esparcet honey

\* forest bee honey (universal, suitable for every day)

\* Linden honey (universal, suitable for every day)

**Breakfast and dinner (as an example)**

On Friday prepare a porridge from common flax seeds. In 2007, a group of scientists published study results showing that flax seeds may help reduce the frequency or severity of hot flashes that women experience when not doing an estrogen therapy during the menopause.

Calculation of product weights in grams per serving of porridge:

\* 90 grams of flax seeds

\* 20-40 grams of cashew or almond nuts

\* 1 tablespoon of chestnut, sainfoin, elecampane or forest bee honey (optional)

\* 1 tablespoon of apricot kernel or cottonseed oil.

\* Fruits or dried fruits (quantity as per your desire).

**Cooking methods**

**Attention!** In order to preserve the healing microelements cooking temperature should not exceed 88 degrees Celsius. Do not salt the porridge! You can add fresh or thawed fruits immediately before meals along with honey (if there are no contraindications to this).

**Preparation in a water bath:** Rinse flax seeds until the water is clean and soak for 12 hours. Pour into a bowl and grind with a blender. You can heat the porridge in a water bath for 10 minutes. The most difficult thing will be to control the heating temperature. The porridge should not be boiled! Otherwise, the nutritional value of the microelements will be lost by more than 80%. When ready, add nuts, butter, dried fruits. Just before you start eating the porridge can be sweetened with honey.

**Cooking In a multi-cooker:** Rinse the seeds and soak for 15 minutes. Rinse again and place in the multi-cooker bowl. Pour fresh water or milk until the seeds are covered. Set the cooking temperature to 80 degrees. Set the timer for 1 hour. Grind the cooked seeds in a blender. When the porridge is ready add nut, butter, dried fruits and let the porridge sit. Before eating, honey is added to the porridge.

Honey cannot be heated with a temperature higher than 40 degrees Celsius.

**Plants for infusions** (used for disease prevention and medical purposes)

Ivan tea (narrow-leaved fireweed) - the root element of the basic infusion (Monday plant)

The plant affects the human nervous system. Since ancient times it has been used to treat neuroses, alcoholic psychosis, hysteria, depression, and epilepsy.

4 teaspoons of Ivan tea per liter of water. All of the vital systems of the body are controlled by the nervous system, which is why it is necessary first of all to heal and prevent diseases that relate to the central and peripheral nervous systems. The plants listed below can be used orally as a preventative infusion or for intensive therapy.

**Important!** Plants are used in minimal quantities for preventive purposes. All of the following plants can be added in the following ratio: 1 teaspoon per 1 liter of infusion except for those plants that are marked as "POISONOUS". If you are suffering from chronic diseases and you are not sure what plants to consume and how in order to treat а certain ailment or set of ailments we recommend that you schedule a consultation with a naturopath by clicking this link. A specialist will draw up a personal course of ayurvedic therapy for you during the consultation. You can also schedule an appointment via WhatsApp +74996383184.

**\* Vervain.** (Verbena). In Chinese and Korean medicine it is used as an antitumor agent for the genital organs. In India, this plant is used as a contraceptive. Vervain is prescribed for treating various diseases of the reproductive system, including during menopause. It is used for treating scanty menstruation and itching in the vagina of women with asthenic body type as well as to stimulate lactation and uterine contractions and normalize the sexual functions of men.

**\* Elecampane.** It is prescribed in the following cases of female ailments: painful menstruation, their absence and prolapse of the uterus. It helps treating diseases of the kidneys, bladder, and clearing kidney stones. Elecampane is used to treat impotence, prostatitis, prostate adenoma, decreased erection and treatment of infertility in men.

**\* Cardamom.** In Tibetan medicine it is used for any renal diseases. This is the strongest aphrodisiac for males, that is why it is recommended to add it to food for those who are in love or are about to mate, many Asian men chew cardamom seeds like chewing a gum.

**\* Wood sorrels.** Bulgarian naturopaths use it as a diuretic, choleretic, regulating and strengthening agent. Russian healers used wood sorrels to treat uterine bleeding.

**\* Sainfoins (onobrychis).** Added to drugs that improve testosterone production and erection in men. In folk medicine, a decoction of sainfoin herb or tincture is used for treating impotence and various male diseases, including prostate gland related disorders.

If you are suffering from any of the listed diseases it is necessary to increase the dose of the corresponding plant to 2-3 teaspoons and add them to the infusion instead of the regular quantity.

The herbal infusion is prepared during the evening and it has to sit for at least 6 hours. The infusion should be consumed before the dawn of Saturday.

**Attention!** If you haven’t found a plant or another product that is used in your region on any of the days of the week then we invite you to send the name of this plant in Latin (as in Wikipedia) and preferably a link to its description, you can fill out this form:

**Aromatherapy, incense**

\* Ylang-Ylang

\* Myrtle

\* Neroli

\* Patchouli

Buy Incense sticks

**Main characteristics:**



Candle color: orange

Metal: copper, brass

Note and frequency: PE (292 Hz)

Element: Air + Earth

Planet: Venus

Chakra: Svadhisthana

Meditation Morning: OO

Meditation Night: VAM

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**Angel of the day:**



Catholicism: Anael

Orthodoxy: Uriel

Islam: Sayyid

Judaism: Haniel

Vedism: Shukra

Hinduism: Durga

Thai Vedas: Phra Sook

**Saturday - seven angels nutrition system**

**Life support systems:** Musculoskeletal system

The list of foodstuffs below is intended for consumption on Saturday. You can use the ingredients below to create a meal of your choice for breakfast, lunch, afternoon tea or dinner. The list contains foodstuffs from all of the countries and regions of the world. Certain types of foodstuffs may not be available for purchase in your area or might be unaffordable when you consider your budget. Choose foodstuffs from the list below according to their cost and availability in local retail networks. **If you choose only one type of foodstuff this is quite enough.**

**Note:** Single-food nutrition plan is the most beneficial for your body, this means eating one food type.

A prerequisite for any food preparation is a cooking method in which plant foods, including cereals are cooked at temperatures **no higher than 75-80** degrees Celsius.

**Reminder!** Drink saffron water on an empty stomach (soak 7 stigmas in 150 ml of water in the evening)

**Allowed!** On all of the days of the week you can use the foodstuffs of Monday: including saffron, coconut water, natural milk and dairy products without any additives including herbs in cheeses - This is allowed only for people who have undergone ayurvedic therapy or have no chronic diseases.

**Attention!** Those who are undergoing ayurvedic therapy because of chronic diseases are FORBIDDEN to consume ANY animal food and its derivatives during the entire course of therapy. This includes eggs, fish, seafood, animal fats, all types of dairy products and industrial canned food to which preservatives and or mineral oils are added. Also, the consumption of fried foods is FORBIDDEN.

**Vegetables and fruits**

\* Quince

\* Eggplant

\* Sweet potato

\* Swede

\* Wax melon

\* Bog bilberry

\* Mushrooms

\* Durian

\* Capers

\* Radish

\* Beet

\* Asparagus

\* Tamarisk

\* Chokeberry

\* Blueberry

**Seeds, nuts, oils**

\* Amaranth

\* Peanut

\* Poppy

\* Pearl barley

\* Barley grits

\* Hemp Seed Oil

\* Amaranth Seed Oil

\* Rosehip oil

**Animal products**

\* Crabs

**Drinks, spices**

\* Heather

\* Marigold

\* Momordica charantia (Bitter melon)

\* Aspen

\* Rose hip

\* Meadowsweet

\* Comfrey

\* Wheatgrass

\* Agrimony

**Honey varieties for Tuesday**

\* Blueberry honey

\* Heather honey

\* Eucalyptus honey

\* forest bee honey (universal, suitable for every day)

**Breakfast and dinner (as an example)**

Barley porridge is prepared on Saturday. Two types of cereals are produced from barley grains - pearl barley and barley grits. Barley grits are recommended for consumption since they do not undergo grinding, retain all their valuable qualities and have the highest fiber quantity.

Calculation of product weights in grams per serving of porridge:

\* 70-90 grams of pearl barley or barley grits

\* 20-40 grams of peanuts.

\* 1 tablespoon of amaranth oil or hemp seed oil.

\* Fruits or dried fruits (quantity as per your desire).

\* 1 tablespoon of heather, blueberry or wild bee honey.

**Cooking methods**

**Attention!** In order to preserve the healing microelements cooking temperature should not exceed 88 degrees Celsius. Do not salt the porridge! You can add fresh or thawed fruits immediately before meals along with honey (if there are no contraindications to this).

**Preparation in the usual way:** rinse the cereals and soak them in clean water for 48 hours! Cook in a water bath for 30 minutes. The hardest part about this method is temperature control, do not heat the porridge above 100 degrees Celsius otherwise most of the valuable micro elements will be lost. When the porridge is ready, add nuts, butter and dried fruits. Just before eating sweeten the porridge with honey if there are no contraindications to this product.

**Cooking In a multi-cooker:** rinse the cereals and soak them for 30 minutes. Rinse them again and place in a multi-cooker bowl. Set the cooking temperature to 80 degrees Celsius. Set the timer to 5 hours. When it is ready put nuts, butter, dried fruits and let it sit under the lid for 10-15 minutes. Add honey before you eat it.

**\* Healing properties of barley:** thanks to the lysine contained in barley this foodstuff slows down the aging process and prevents the appearance of wrinkles. It promotes collagen production. Retinol in combination with ascorbic acid has a positive effect on the condition of the hair follicles, nail plates and epidermis. Eating this porridge prevents hair loss and dandruff while making the hair silky. Barley also prevents nail delamination. The protein of this cereal is very useful for those who lead an active lifestyle because it is quickly absorbed and assists with building muscle mass. After eating this porridge, a person retains the feeling of satiety for a long time, the general condition of the body improves and the energy potential (working capacity) increases.

**Plants for infusions** (used for disease prevention and medical purposes)

Ivan tea (narrow-leaved fireweed) - the root element of the basic infusion (Monday plant)

The plant affects the human nervous system. Since ancient times it has been used to treat neuroses, alcoholic psychosis, hysteria, depression, and epilepsy.

4 teaspoons of Ivan tea per liter of water. All of the vital systems of the body are controlled by the nervous system, which is why it is necessary first of all to heal and prevent diseases that relate to the central and peripheral nervous systems. The plants listed below can be used orally as a preventative infusion or for intensive therapy.

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**\* Elm-leaved spirea (germander meadowsweet).** It is used to treat the joints, diabetes (pregnant women included), thyroid diseases, and oncological diseases. For a long time, this herb has been added to salads, soups, teas.

**\* Common comfrey** Widely used in folk medicine, especially for treating bone diseases, papillomas, bruises, dislocations, pain in amputated limbs. In Bulgaria, grinded into gruel boiled comfrey roots were prescribed as compressors and poultices for long non-healing wounds, boils and fractures. In old German medicine, an infusion of the plant was used to treat bone fractures, dislocations, joint pains, amputation stumps and osteomyelitis.

**\* Aspen (including crust and catkins).** Taiga hunters use aspen crust for food, since the substances contained in aspen crust reduce fatigue, increase endurance during long and difficult transitions. Young leaves are used to treat gout, rheumatism, salt deposition in the joints.

**\* Common couch.** A decoction of dried wheatgrass roots is used to treat rheumatism and gout. An irreplaceable plant to treat salt metabolism disorders, metabolic arthritis and osteochondrosis.

**\* Agrimonia eupatoria.** This plant was well known in ancient times to healers and they named it: brisket, strawberry, royal herb, magpie and so on. It was believed to be able to cope with many diseases. Infusions were used to treat bruises, open wounds, and dislocations. Baths in such infusions help relieve fatigue. It is used to treat children with disorders of the musculoskeletal system. Among other things the plant acts on human HPV (Human papillomavirus).

**Note!** For the greatest effect in increasing your energy all of the listed plants except for Ivan tea can be used for taking evening baths.

If you are suffering from any of the listed diseases it is necessary to increase the dose of the corresponding plant to 2-3 teaspoons and add them to the infusion instead of the regular quantity.

The herbal infusion is prepared during the evening and it has to sit for at least 6 hours. The infusion should be consumed before the dawn of Sunday.

**Attention!** If you haven’t found a plant or another product that is used in your region on any of the days of the week then we invite you to send the name of this plant in Latin (as in Wikipedia) and preferably a link to its description, you can fill this form:

**Aromatherapy, incense**

\* Common juniper

\* Bergamot

\* Heather

\* Dope

\* Spruce

\* Cupressus

\* Hemp

\* Labdanum

\* Myrrh

\* Civet

\* Melaleuca

\* Black incense

\* Schisandra

\* Eucalyptus

\* Lavender

Buy Incense sticks

**Main characteristics:**



Candle color: purple

Metal: lead

Note and frequency: SI (486 Hz)

Element: Earth

Planet: Saturn

Chakra: Sahasrara

Meditation Morning: EE

Meditation Night: OM

Download the 7 angels meditations

**Angel of the day:**



Catholicism: Cassiel

Orthodoxy: Selafiel

Islam: Azrael

Judaism: Tzafkiel

Vedism: Shani

Hinduism: Shani

Thai Vedas: Phra Sao