

Goddess Allison's Healing Diet



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This information is included as a chapter in the book, *Compassionate Kombucha: How to Brew Your Own for Healing and Manifestation*. This book was written as a companion to this dietary regimen. If you wish to welcome Kombucha into your life for regular consumption, it is very helpful and fun to brew your own. *Goddess Allison* helps you use Kombucha to create elixirs for healing and manifestation.

This dietary regimen can be shared with anyone who desires to heal and cure a chronic ailment such as cancer, digestion issues, cardiovascular problems, joint pain, and viral infections. It should be used in conjunction with the treatments, tests, and advice from a medical professional.

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Author's Disclaimer: The information in this publication may never be approved by the FDA as an acceptable method for curing disease. According to many standards in the current structures of the medical industry, science, and spirituality of the United States of America, it may be absurd for any one of them to prescribe food for curing ailments like cancer and viral infections. This advice is being provided to you by a manifestation mentor who has over a decade of experience and education in the holistic field. You can use this information along with the advice your health care professional recommends. You are welcome to take it or leave it.

Let Food Be Thy Medicine

I would like to reiterate that it's important to use Kombucha potions along with a healthy lifestyle. When other elements of your life are healthy, it is easier to manifest your desires and heal your body. As a holistic practitioner, I generally do my best to live a fairly healthy life. However, when I was diagnosed with a virus that I was told could possibly turn into cancer, I wanted to figure out how to heal it fast while my doctors prescribed that I "watch and wait." I wanted to figure out what to do that would be simple so I could implement it into my life independent from medical attention, in case I contracted this ailment again. I remembered a famous saying,

"Let food be thy medicine." ~ Hippocrates

So I did, and I healed my abnormal cells within 3 months. I wanted to share with you, the diet that I used to heal my body. When you read this regimen, you may think it's so simple that it's common sense. However, for an average American like myself, it was challenging at first to implement because of the

amount of unhealthy food that is ingrained in the average diet in my country. Now that I'm healed, I am no longer as strict with myself about continuing this diet, but I would recommend it if you have a prolonged mild or chronic ailment. If you want to adopt and incorporate more of these dietary elements into your life, I am sure it will bring you good health.

This “diet” is a regimen of food that helped me heal my body from a very common virus. This skin virus causes cancer and death for thousands of people, particularly women, each year. Although the chances of cancer are low, statistics on this virus say that 50%-80% of people will contract this virus sometime in their lifetime {provided they have ever had sex}. My doctor told me it was 100% of people. Many of them will never know they have it, are carrying it, or are spreading it around because it often produces no visible symptoms or pain, and some will never know they have it until it turns into cancer.

Healthy sexuality is important for being an effective, compassionate creator and manifestor. However, sexuality in my country and culture is a sensitive subject because so many of us have had lower vibratory experiences in beliefs, thoughts, emotions, speech, and actions programmed into us about this important facet of life. Risk of contracting a virus that could turn into cancer is just one example. It may even be bold of me to publish my relationship with this virus, for the first time, in my book about Kombucha. However, this relationship and my healing inspired me to write ***Compassionate Kombucha*** and help others use something simple to cure what ails them.

Just like a computer with a virus, I believe we can wipe it away and deprogram our world of both cancer and unhealthy sexuality. If you can grasp the scope of what I am proposing, than you will know that curing HPV and cervical cancer is just a small feat. I refuse to believe that “there is no cure,” but if we found out what the cure is, it may take someone other than a western medical doctor to point out that the cure is at the grocery store. I’m also fairly sure that none of my doctors would think it was anything revolutionary if I told them I cured myself with food. No one at my checkup thought it was miraculous when I went in with abnormal cells and went back with no abnormal cells a few months later. I know it is easy to discount because this thing comes and goes and sometimes your immune system

clears it up on its own, but I am fairly certain my change in diet helped it go away.

I know that many people are not educated about this virus and many people will not be aware of it until they are told they have it. Being safe and responsible with your sexuality doesn't necessarily protect you from this virus because it is spread through skin to skin contact. It is highly likely that you will contract this virus sometime in your lifetime. One of the best lessons I've learned over my two and a half year journey with this virus is that it's good to be educated, but there is no need to get emotional or paranoid. I wanted to gift you this knowledge and wisdom so you don't freak out (like I did at first) if you are diagnosed with a disease. Let food be thy medicine!

Goddess Allison's Healing Diet

This 3 month diet and regimen is what worked for me based on my own internal compass. It was a bit challenging for the first month, but after that it was easy and my body no longer craved unhealthy food. There were times I let myself slip up on my diet, especially for special occasions, but the regular habit of being food conscientious was a beneficial learning and healing experience. If you chose to use a regimen of food to help your body cure cancer, viruses, and other disease, I encourage you to use your own discretion about what is best for your body. Modulate this diet to fit your own desired outcome, and use this information along with treatment and care by medical professionals. A Kombucha healing potion here and there can help you too!

Basic Regimen

~Make sure your food is all organic and minimally processed!

You may find that your food bill would increase to purchase organic food or to purchase many of the items in this diet all at once. As I like to tell people, "Expensive is a matter of perspective." Instead focus on the value you are receiving from the food- it's healthy and it will help your body heal. It also took a lot of time and energy to grow, package, and transport so that you can eat it in the comfort of your own home. Now that's value! If you can't

acquire everything all at once, just do your best and purchase what you feel your body needs most.

~Make sure you are drinking plenty of fluids.

Try for half your body weight in ounces per day, but if that's too much, just do your best. {For instance, if you weigh 100 lbs, drink 50 oz of water per day}.

~Primarily Vegetables

My healing diet consisted primarily of vegetables. I ate lots of kale, spinach, carrots, lentils, sweet potatoes, etc. I often ate a green smoothie for breakfast with vegetables and fruit, especially on the weekdays.

Legumes are vegetables but may be considered seeds too. I would recommend eating beans in their most natural and minimally processed form. Soak them, boil them up, add some salt, and mix them in with other healing foods in this diet.

~Some Fruit

I ate some fruit, especially fruit high in Vitamin C and antioxidants. Pineapple, blueberries, acai berries, strawberries, goji berries, citrus fruit like oranges and lemons, etc.

~Some Nuts and Seeds

Soaked/sprouted and minimally processed is best because it is easiest for your body to digest. Many seeds and nuts have enzymes so they can be passed through the digestive system to be carried away, excreted, and planted far from their origin. Soaking the seeds and nuts in water for 12-24 hours breaks down these enzymes and wakes up their natural process for growing. When you are healing you want your body to use energy with maximum efficiency, and eating nuts and seeds that come to you with oils, salt, sugar, and other additives is not the most ideal choice.

I ate chia seeds, pumpkin seeds, cashews, sesame seeds, sunflower seeds, almonds, and quinoa. I did not eat any peanuts because I don't care for them much and my work environment was peanut free, so that dietary element

was my personal choice. Some nuts and seeds can also be considered grains (like flaxseed) or be confused with being a grain (like quinoa).

~Some Grains

Make sure your grains and seeds are minimally processed. Just because you are eating a food that contains “whole grains” or “whole grain wheat” does not necessarily mean that your body will have a fun and easy time digesting those things for nutrients. Whole grain wheat flour has undergone some kind of process to turn it into this substance, and unless you ground the wheat yourself, you are removed from knowing the conditions of this process. Processed corn and wheat are main ingredients in a large amount of food in my culture. This can be one reason why minimally processed and no processed food can be challenging to implement and navigate in your healing diet.

The main grain I ate was brown or black rice. White rice is more processed and less nutritious than brown or black, but I did eat white rice a few times when it was the only option (like when you go out to eat). Other grains I ate were farro, oats/oatmeal, and millet.

~Minimal Gluten

I had heard it is more work for your body to process gluten, so I didn't eat bread, not even gluten free bread because that can be a processed food. I tried to stay away from things that had been made with flour, and I tried not to eat any other processed "gluten free" foods. I wanted to eat food that was easy for my body to digest while being highly nutritious and in its most natural form. When you cook or bake things together, this can alchemically change the content of the food and possibly make it more difficult for your body to process. Unless you do the cooking and baking yourself, you are more removed from the quality of ingredients in your food and the process it underwent before you eat it.

~Minimal Meat

I only ate small animal meat because I had heard from a nutritionist that small animal proteins are easier for the body to process, and even then I only ate meat once or twice per month. I ate grass fed lamb and wild caught

salmon I purchased at my local farmer's market. I love making sushi and didn't want to give it up for my healing diet, but I replaced some of the ingredients with healthier alternatives- turned sushi rice into black rice, tuna into salmon, and raw grass fed beef into raw grass fed lamb. Several years ago a friend of mine, who favors a primal diet, proposed that I eat more raw meat, as long as it was grass fed and most likely sourced from my local farmers. The idea intrigued me, and after my own research to deduce this would be safe, I had been using raw grass fed beef as an option in my sushi ever since.

I did eat eggs rarely on my healing diet, but I did not eat chicken meat. I did not feel I wanted to eat chicken or other poultry on my diet, but you can choose what your body says to you. I did not eat any pig meat on my diet and I only ate cow meat once.

I remember only one time during my healing diet when I slipped up for a special occasion and ate a cheese burger with a bun, cheddar cheese, a hamburger patty (cow), a slice of tomato, and some lettuce, with no sauces. By this time I had been on my healing diet for over a month. I did my best to make sure the ingredients were in their best form, like cheddar cheese instead of American Cheese {which isn't actually cheese anyway} and no sauces like ketchup because they often contain high fructose corn syrup. I talked to my body before hand to tell it that this was coming and I promised myself that I was going to feel joyful about this choice {instead of guilty}. My stomach still felt a bit queasy about an hour later, but I just laid down for a rest and felt better. It was a strange lesson to learn that, just like "American Cheese," the average American diet and typical American food that I had grown so accustomed to eating, no longer felt like healing or healthy food substances.

~Minimal Dairy

I only ate yogurt and kefir a few times over the 3 months because I had read that cultured and fermented foods are good for immune boosting. I did not drink any milk or eat much cheese, but I would say that raw milk and some artisan cheese would be safer to readily incorporate in your healing diet than processed milk and cheese. Make sure your yogurt and kefir are

unsweetened, all natural, minimally processed, and don't come with additives. You can add raw honey or fresh organic fruit on your own.

I replaced butter with raw coconut oil in my cooking.

~No refined sugar and no sweetener additives!

The only refined sugar I allowed was white sugar that I was using to make Kombucha, just because I still had a huge bag laying around. I would recommend using organic cane juice crystals though. This was also one of the most challenging things to navigate during my diet because so much of the food in my culture has been unnecessarily sweetened.

~No processed food!!!

Basically if it had more than a few ingredients, I didn't eat it. I especially didn't eat anything that had ingredients I didn't know how to pronounce. I never thought I'd turn into one of those people who checks the ingredient label on everything, but there I was in the store, suddenly very aware of anything that I was putting into my body because my desired outcome was to cure a cancer causing virus!

Eat Plenty of Immune Boosting Foods:

~Kombucha

I heard it was healthy when I was reading about immune boosting foods. Since I like making and drinking it anyway, I figured this would be easy to incorporate. I increased my intake to at least 1 cup per day. It wasn't until the last month of my diet that I started to get creative and passionately think of my Kombucha drink as a magic healing potion. I wanted to share my diet and success, but as this diet includes the frequent ingestion of Kombucha, I wrote ***Compassionate Kombucha*** as a companion for those who may choose to implement this diet into their lifestyle. If you like to drink Kombucha regularly, it's much more fun and economical to make your own.

~1 Clove of Garlic per day

I ate one raw clove on an empty stomach, about 30 min before breakfast because I heard it was more potent when eaten alone.

~Shiitake Mushrooms

I love growing shiitakes anyway and I learned they have many immune boosting and healing properties. I ate some on the weekends once every two weeks when my mushroom growing kit had blossomed. Reishi mushrooms are also good for immune boosting. You can purchase a shiitake mushroom growing kit on the internet.

~Ginger

Ginger is great for immune boosting. I bought some ginger beer from my local farmer's market and drank it about once per month {it is a non-alcoholic drink}. I also put raw ginger into stir fry. Some people like it in their green smoothies.

~Turmeric, Cumin, & Cinnamon

Like garlic and ginger, these foods are naturally made to keep the plant alive, repel pests, and ward off microbial infections. Use the advantages of nature! I had read that turmeric and cumin are good for healthy cell regeneration. Some claim that turmeric and cumin can cure cancer, but there is no conclusive research and evidence by American medical standards. I often sprinkled turmeric and cumin on my rice, meat, or vegetables and sprinkled cinnamon into my oatmeal.

~Green Tea

I ate the tea leaves by swallowing 5-7 Jasmine Green Tea Pearls per day. I had heard that drinking a cup of green tea was healthy for the immune system, but I decided it would be more potent for my body if I ate the leaves instead.

~Raw Cacao

This is a food that contains flavonoids, which are helpful to the body for health and healing. Cacao nibs are great. Make sure your cacao is not sweetened. If you can't get raw cacao, buying 100% cacao unsweetened baker's chocolate and adding dates, raisins, nuts, or a bit of raw honey is a good alternative. I found that eating chocolate in its most natural form can trick your brain into thinking you are eating junk food and it helped suppress challenging cravings that I first experienced after implementing this diet.

I celebrated my birthday during my diet, and I wanted to figure out a good healthy alternative to cake so I mixed 100% cacao unsweetened baker's chocolate with dates and eggs to bake the most healthy "brownies" I've ever eaten. That was it, brownies with only 3 ingredients!

~Raw Honey

If you want a little sweet, this is a nice addition, but don't go crazy just because your body is craving sugar. Honey also has antimicrobial properties. It is thought that adding honey and lemon with your tea is healing. Raw honey from a source like your local farmer's market is generally a better alternative to sweetener for the healing diet than commercially processed honey.

~High Quality Oils

I read that high quality, organic, minimally processed oils are good for the immune system. This means you can incorporate extra virgin olive oil and raw coconut oil into your healing diet. I used these in my cooking and food preparation instead of butter. I also hear it is healthy to eat a spoonful straight.

I had heard cod liver oil was good for skin health, and I was dealing with a skin virus. I took one capsule once per week or once every few days. I didn't make it a point to take it every day like I did with folic acid, garlic, Kombucha, and Green Tea leaves. This was one of the only "dietary supplements" I used.

Other Herbs and Supplements I used:

I incorporated the following based on the specific ailment that I was healing, but I encourage you to find healthy alternatives specific to your own healing needs.

~ 800 mcg of Folic Acid per day

I had read this supplement was good for women, like myself, who are on birth control and desire to promote healthy cell regeneration. Besides cod liver oil, this was the only “dietary supplement” I used during my healing diet.

~ Herbal Suppositories

These were 5 herbal vaginal suppositories, generally done once per week, as I was healing a skin virus on my cervix.

Lifestyle:

~I don't generally drink, and I have never smoked. I did not drink alcohol during this diet. I would say an occasional glass of wine would be more healthy than most other alcoholic drinks if you like your drinks. If you habitually smoke and drink alcohol, I would recommend you do your very best to decrease your intake as much as you can while you are on this diet.

~I was making a big transition in my life, but I would recommend minimal stress.

~Exercise is also good, even if it's just a good walk every day. I walked to and from work every weekday for a total of about 20 minutes per day.

~I did not have sex while I was on my diet. I wanted to see if this regimen worked without that factor of risk. When I started my diet, it had been at least 90 days since I had done such a thing anyway, so I figured I was a good test subject to try this out (some sexually transmitted ailments can take a while before they produce symptoms). This was specific for my unique situation, but I recommend that a healthy sexual lifestyle is important for healing and manifestation.

For the third time in my life, I received an abnormal pap smear in mid December of 2014- LSIL, positive for high risk HPV. I had already undergone one LEEP procedure {to cut it out of my body}. I decided to make it my New Year's resolution to drastically alter my diet for 3 months, following the above regimen, to see if the virus went away. I was on this diet from mid January to mid April 2015.

By mid April of 2015, when I went for my colposcopy, the virus was gone! A colposcopy is a follow up check in that is recommended to women after receiving an abnormal pap smear. The cells on my cervix were normal so I didn't need a biopsy, as I had twice in the past. My colposcopy was more delayed than my doctor recommended, but I knew there would be minimal risk to me by waiting 3 months and, due to scheduling, mid April was the soonest appointment I could attend when I called the doctor in March.

I did not tell my doctor that I had changed my diet and that may be the reason no abnormal cells were found on my cervix only a few months after my abnormal pap smear. To a doctor, this result is no miracle and disclosing such a thing would probably not be amazing. For the medical world, this would be easily discountable because this virus commonly "comes and goes," there is "no cure" for this virus, and diet is not related to HPV, but for me this was my cure. I had been dealing with this virus for over two years, and I was looking for something to do to just make it go away. If I ever run across it again, I will not hesitate to implement this diet and regimen!

Healing Diet Conclusion

I do not believe there would be adverse side effects in implementing this diet for your own life. If anything, you are more likely to experience good health and healing by adopting elements of this diet. If someone you know has cancer, a virus, chronic bacterial or fungal infection, or any ailment related to joint pain, toxicity, unhealthy intestinal flora, low metabolism, and low energy, please share this diet regimen and information with them!

About the Author



Goddess Allison is a manifestation mentor. She helps people become their own genie and make their wishes come true. If you would like to purchase the companion eBook or Paperback for this diet, ***Compassionate Kombucha***, it will tell you how to brew this delicious drink for healing and manifestation. Please visit the website below.

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