



Tonsillitis

Blood disorders

Low blood pressure

Acid reflux
Ulcers

Diabetes

Leaky gut

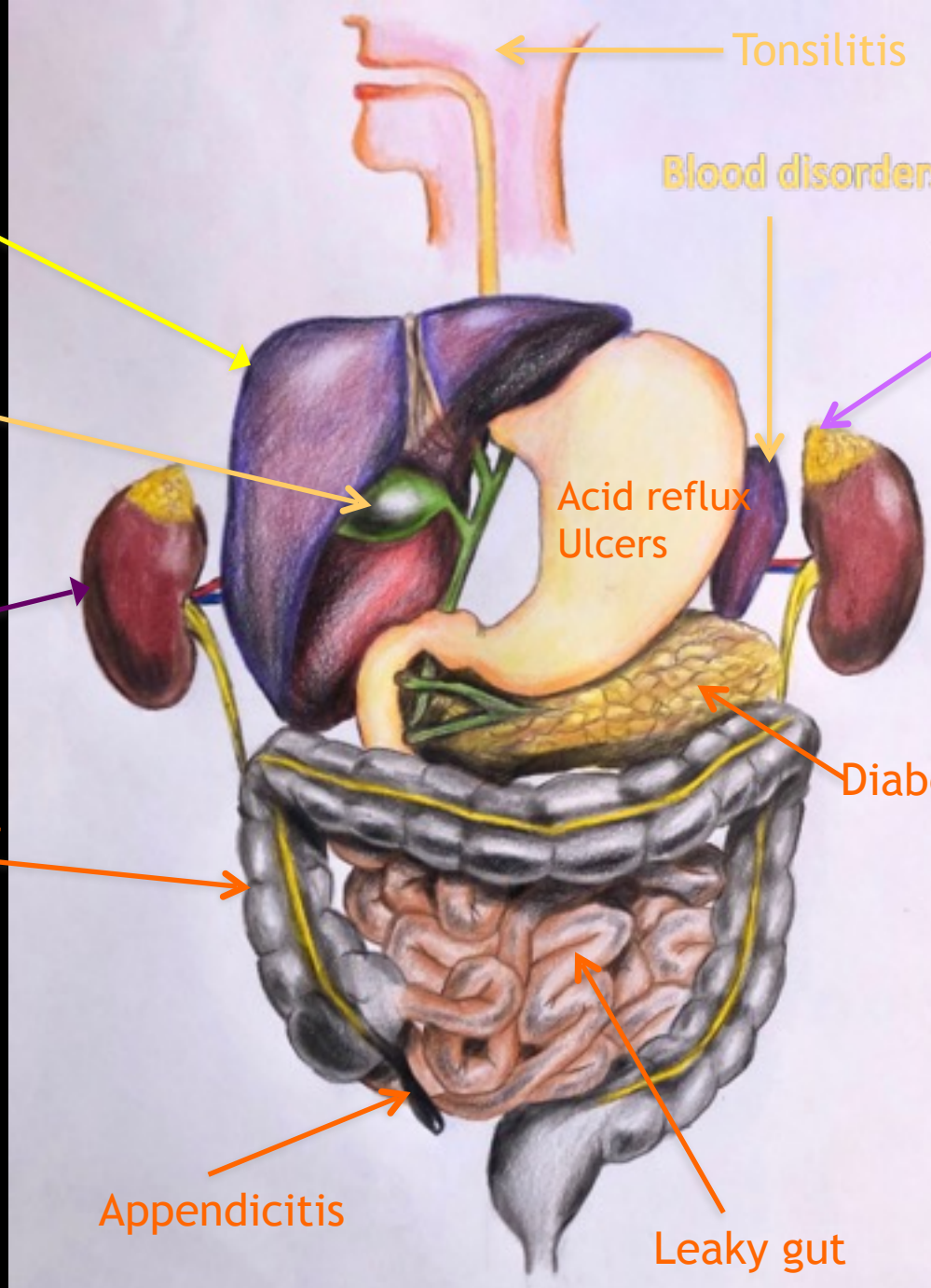
Appendicitis

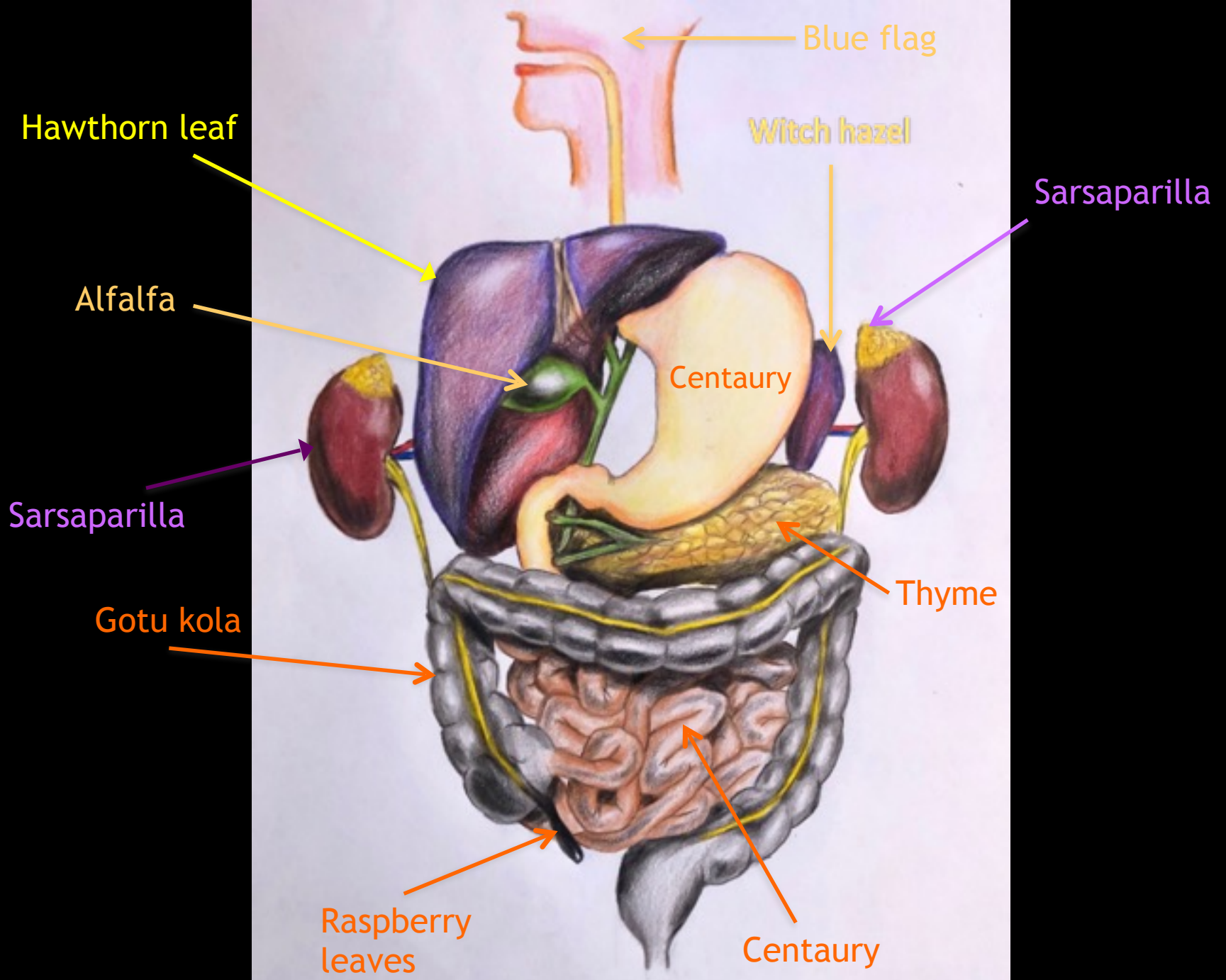
Hepatitis,
cirrhosis

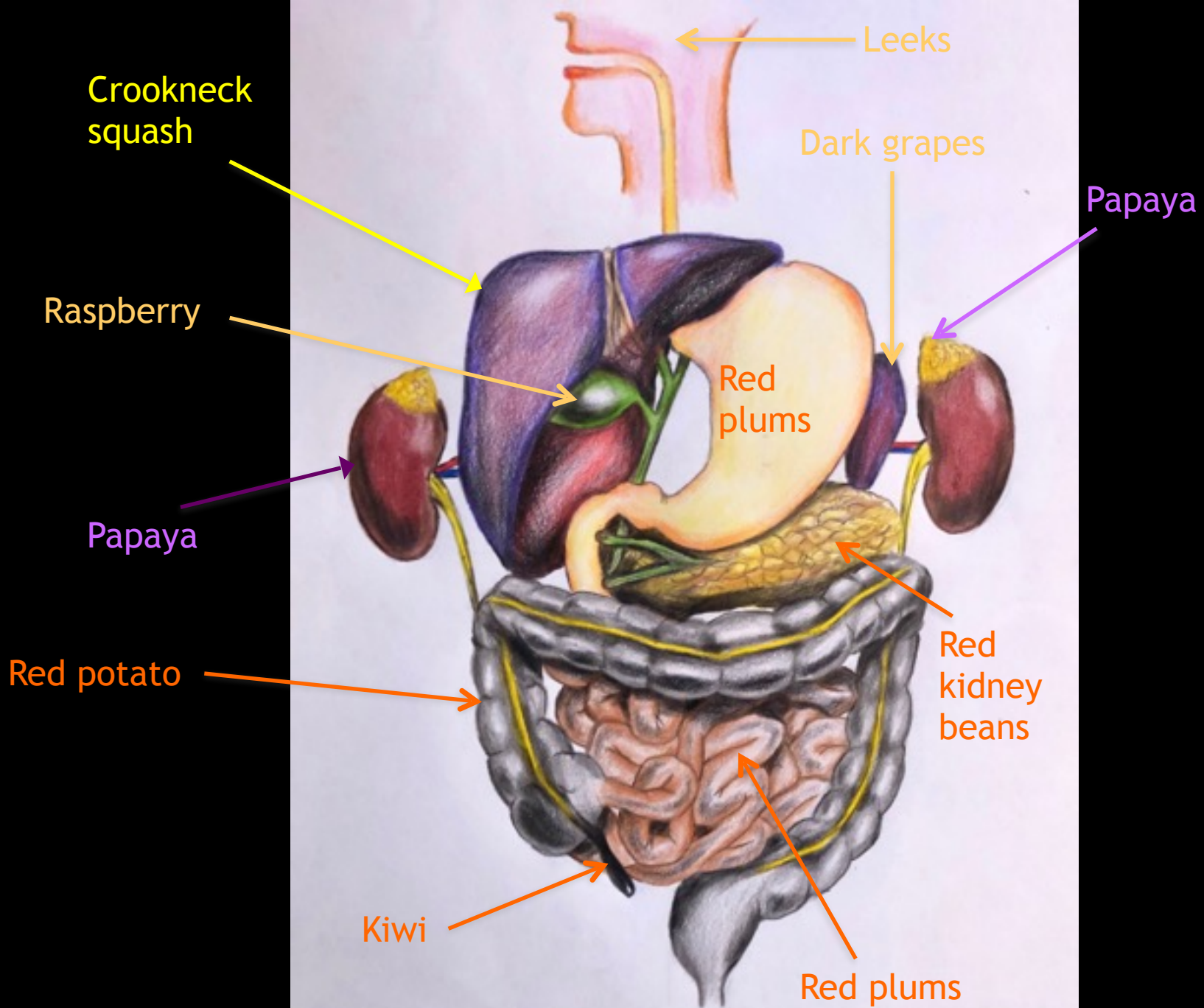
Gallstones

High blood
pressure

Irritable bowel







- ◆ Endocrine / digestion / colon
- ◆ Alkalizing bile
- ◆ B vitamins

The Center of Your Universe!





ORGANIC GROWER SUMMIT™

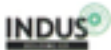
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*Connecting Organic
Growers and Producers
with Supply Chain and
Service Providers*



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PEAK FREQUENCY. FOODS

VEGETABLES	BERRIES	HERBS & SPICES	OILS-Cold/ExpellerPressed
Artichoke	Bilberries	Allspice	Avocado Oil
Asparagus	Blackberries	Anise	Corn Oil
Arugala	Boysenberries	Bayleaf	Flaxseed oil
Avocado	Cranberries	Basil	Grape Seed oil
Beets (red)	Gooseberries	Cardamom	Hemp oil
Broccoli	Hawthorn Berries	Cayenne	Olive Oil, extra virgin
Caper	Juniper Berries	Chives	Safflower oil (best for frying)
Cauliflower	Loganberries	Cilantro	Sesame Oil
Crook Neck Squash (yellow)	Mulberries	Cinnamon	Soy oil
Cucumber (peeled)	Raspberries	Cloves	Sunflower oil
Eggplant	Red Currants	Cumin	NATURAL SWEETENERS
Fennel	Shisandra Berries	Dill	Brown Rice syrup
Green Beans	Strawberries	Elephant Garlic	Date sugar
Horseradish		Fenugreek	Fructose (unrefined)
Jicama	FRUITS	Ginger	Honey (raw)
Leek	Apricots	Hawthorne leaves	Maple syrup (Dark, Robust)
Lettuce, butter, endive, spring mix, radicchio	Banana (sun for 5 hrs)	Marjoram	Molasses
Kale	Cantaloupe	Morinda/Noni	Suconat (sugar cane natural)
Mushroom-chantarelle, reishi crimini, porcini, shitake	Cherry	Mustard (seed/leaves)	MILK PRODUCTS
Mustard Greens	Coconut	Nutmeg	Almond Milk
Olives	Date	Oregano	Butter (unsalted)
Red Onion	Fig	Paprika	Buffalo/Bison milk & cheese
Red Potato	Grape (red, blue, black)	Peppermint	Coconut Milk
Spinach	Guava	Rosemary	Goat milk, cheese, yogurt
Swiss Chard	Honeydew melon	Sage	Rice Milk
Tomato (roma, plum)	Kiwi	Spearmint	Sheep Cheese, Feta, Manchego
Watercress	Lemon/Lime	Tarragon	Sour Cream (Daisy brand)
Yams	Mango	Thyme	Soy Milk or cream
	Mandarin orange	Turmeric	Whipping cream, heavy
	Nectarine	Vanilla Bean	
	Papaya	Yucca	
	Passion Fruit		MISCELLANEOUS
SPROUTS	Peach	NUTS/SEEDS	Baking powder (Rumford brand)
Alfalfa Sprouts	Pear	Almond	Brogg's Liquid Amino's
Bean (mung) Sprouts	Persimmon	Anise seed	Brewers yeast
Broccoli Sprouts	Pineapple	Brazil nut	Carob
Buckwheat Sprouts	Plum	Caraway Seed	Chocolate (dark)
Fenugreek Sprouts	Pomegranate	Cashew	Coconut Amino's
Mustard Sprouts	Prune	Fennel Seed	Coffee (Papua New Guinea)
Red Clover Sprouts	Star Fruit	Flax seed	Duck Eggs
Wheat Sprouts	Tangerine	Pine Nut	Honey Comb/Beeswax
Sunflower Sprouts		Sesame seed	Morinda /Noni Juice
GRAINS	BEANS	Sunflower seed	Nutritional yeast (KAL)
Amaranth	Anasazi beans		Bee Pollen, Propolis, Royal Jelly
Barley	Kidney beans (dark red)	MEATS & FISH	Vinegar (red wine, rice, balsamic)
Buckwheat	Lima beans	Orange Roughy	Wine, red (aged 7 yrs. or more)
Corn	Red Lentils	Buffalo/Bison Meat	Real Salt™ unrefined sea salt
Kamut	Soy beans, edamame	Jumbo Shrimp	Sake (unfiltered)
Millet	White beans (all kinds)	Salmon	Tofu (organic only)
Rice-(Brown) Basmati, Wild		Lake Trout	Vodka (Absolut brand)
Wheat			

These foods are enzyme, nutrient, sunlight, and micro-organism rich and are best eaten in their organic and fresh state.

Let's Be Healthy Center www.RaphaelologyHealing.com ©Raphaelology*

Color	Gland & Organ	Herbs	Foods
Mind Gold	Pituitary Gland Gallbladder Large & Small Brains Spleen Teeth, Sinuses Tonsils	Marigold (Calendula) Alfalfa Chamomile Witch Hazel Lemon Balm (Melissa) Blue Flag	Lemon Raspberry Avocado Grapes (red, blue, purple) Red Onion Leeks
Focus Yellow	Pineal Gland Inner Ear Liver Bones	Mustard Suma Leaves Hawthorne Leaves Marshmallow	Apricot Ginger Crook Neck Squash Barley
Self Identity Green	Thyroid Eyes, Olfactory Taste Buds Spinal Cord Nerves	Cayenne (Capsicum) Myrrh Red Beet Horseradish	Rosemary Broccoli Guava Passion Fruit
Motivation Blue	Nipples Heart, Lungs Respiratory Tract Lymph	American Ginseng Yerba Santa Cranberry Golden Rod	Cilantro Mandarin Orange Figs Bananas (after 5hrs in sun)
Relations Violet	Kidneys & Adrenals Bladder Skin Solar Plexus	Sarsaparilla Kava-Kava White Willow Bark Passion Flower	Papaya Tomatoes/Roma Pineapple Hawthorne Berry
Balance Orange	Pancreas Appendix, white cells Colon, Bile duct Stomach, Small Intestine, Pancreas duct	Thyme Raspberry Leaves Gotu Kola Centaury	Kidney Beans (red) Kiwi Red Potatoes Plums
Peace Red	Testicles, Ovaries	Anise Seed Noni (Morinda) Juniper Berry Angelica Rt. (Dong Quoi) Chaste Berry Yellow Pansy	Mango Wheat Corn Pear Fenugreek Chocolate (cacao bean)