

E² MEDICINE (A SUBSIDIARY OF HOUSE OF JEWELS)

Diet

Purchase a good basic “MacroBiotic Cook Book” as soon as possible.

Observe the dietary suggestions noted above, with the following adjustments:

1. Eat whole grains as principal foods, especially Millet, which is beneficial for the stomach. It can be prepared boiled, combined and pressure cooked with Brown Short grain Rice, prepared with vegetables such as Squash, Carrots, or other sweet-tasting foods, or served in soups or as soft breakfast cereal.
2. Round vegetables are sweet tasting and particularly nourishing and soothing to the stomach. These include fall- or winter-season Squash, onions, and cabbage. These may be served Nishime-style, in soups (especially MILLET SQUASH SOUP), or stews.
3. Take UMEBOSHI PLUMS, sauerkraut, or sour pickles, (such as those made with Umeboshi vinegar) to quiet an overactive stomach.

Home Remedies

1. Take ½ to 1 UMEBOSHI PLUM to neutralize acidity in the Stomach.
2. Take 1 small cup of UME-SHO KUZU every day for up to 5 days to overcome the effects of acid-producing foods, to promote digestion, and to restore energy.
3. Since anxiety and upset commonly accompany stomach problem, it is important to maintain a calm, peaceful environment.
4. A BODY SCRUB with a warm towel soaked in warm ginger water is beneficial. The towels may be placed on the abdomen for 10-15 minutes. A HOT WATER BOTTLE or hot SALT PACK may be used instead.

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A variety of symptoms may accompany teeth disorders, including the following:

Please make an appointment to visit your [Dentist](#) ASAP. Obtain a full mouth Dental Cleansing and a tooth health evaluation immediately.

1. Facial pain
2. Jaw popping when eating or yawing
3. Difficulty opening the mouth
4. Rigidity or a locked feeling in the jaw region
5. Pain in the neck and shoulders
6. Chronic pain and disability.

And then Stomach Disorders:

WHOLE GRAINS PROTECT AGAINST **DUODENAL ULCER**

ALSO,

The teeth correlate to major systems and functions in the body. Problems in certain types of teeth show corresponding problems in internal organs. The incisors correspond to respiratory and circulatory organs and functions. Canines correspond to the liver, gallbladder, spleen pancreas, and stomach. Premolars correspond to the upper intestinal region and excretory region. The molars correspond to the lower digestive tract, including the small and large intestines, and to the reproductive organs.

1. Avoid simple sugars (refined sugar, honey, and chocolate).
2. If you desire to eat animal food, it is best to choose white-meat fish, and then to consume it only occasionally (**2x weekly**).
3. Minimize fat consumption, including vegetables-quality oil. Don not take raw oil, such as in the form of salad dressings, sauces, and dips. Sesame oil is most recommended.
4. Avoid vegetables that originated in tropical regions, such as tomatoes, eggplants and peppers. These are very acid-producing.
5. Take daily hard leafy greens that are high in calcium (such as collard greens and kale), round vegetables (such as fall- and winter-season squashes, cabbages, and onions), and root vegetables (daikon, carrot, burdock).
6. Consume a small volume of beans or bean products (**Tofu, Tempeh, Natto**) regularly. These are high in calcium and will benefit the teeth and gums.
7. Take a small amount of **sea vegetables** on a daily basis (**Wakame, Nori, and Kombu**). These are also high in calcium and minerals and will benefit the teeth and gums.

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Recipes

UME-SHO KUZU

Allergies, anemia, ankle problems, atopy, bladder cancer (bleeding), blood disorders, bone and joint disorders, brain cancer, brain tumor, breast cancer (with constipation), chemical allergies, colitis, concussion, constipation, diabetes, diarrhea (yin style), digestive disorders, environmental illness, fatigue, headache (frontal), headache (with constipation), hypoglycemia, insomnia (with constipation), infectious heart disease, irritable bowel syndrome, kidney and bladder problems, liver problems, Lyme disease, mad cow disease, mental disorders, nervous conditions, pulmonary heart disease, schizophrenia, sinus problems, skin cancer, spleen problems, upper digestive cancers, and other conditions.

This drink strengthens the blood, promotes good digestion, and restores energy.

Dissolve one teaspoon of pure **kuzu** in 2 or 3 tablespoons of cold water. Add 1 cup cold water to the dissolved kuzu. Bring to a boil over a very low flame, stirring constantly with a wooden spoon or wooden chopsticks to avoid lumping, until the liquid becomes translucent, for about 2 to 3 minutes. Add the pulp of ½ to **1 ume boshi** plum that has been pitted, chopped, and ground to a paste. Reduce the flame as low as possible. Add from several drops to ½ teaspoon of shoyu and gently stir. Simmer for 2 to 3 minutes. Drink and eat while hot.

Supplements:

1. **Level teasp of Diatomaceous Earth:** take 1 teasp in 6oz water 2x daily for 10 days than take 1 teasp daily thereafter.
2. **Sun Chlorella A granules:** take 1 tube 2x daily in 3 oz. water for 2 wks., then take 1 tube daily thereafter.
3. **Swiss Criss tablets:** Take 3 tabs every night for 21 days then take 3 tabs M,W,F, thereafter.
4. **Evening Primrose oil caps:** Take 3, 3x daily for 60 days.
5. **B Complex 100mg.** Take 1 Twice daily for 14 days, then take 1 daily doe 90 days.

Please take a **TUB BATH** in a full tub of water M,W,F, add 1 cup of Epsom Salt and 1 cup of White Vinegar to the bath water and soak for 15 min, no longer.

Please reschedule for your 2 wk follow up appointment in 1 week.

Execute your **DJBP Brain Balancing Program 15 min, 2xs daily.**

Lovingly,

Dr. Jewel & Staff

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