



Enzymes are the active food ingredient that cause the body to digest and use their Vitamins, Minerals, Proteins, Fats, and Carbohydrates, which are the complex foundation that support our lives; enzymes are the life force, vitamins and minerals are the tools, and proteins, fats, and carbohydrates are the materials we are made from. Sustain this foundation in balanced proportions using herbal and nutritional tools and we achieve and maintain vitality, health and passion.

All the foods in this food plan are rich in enzymes and essential fatty acids that boost and maintain function of organs and glands, i.e. fully functional glands produce hormones that are the fuel for proper organ function, which support body systems, such as circulation, digestion, nerve, and lymph systems. It is intended that specific herbs be used in conjunction with this program to repair damage and restore organ and glandular function while supplementing with vitamins and minerals to replenish lost stores of vital nutrients that guard us from stress, organ failure, and immune disorders.

If you are experiencing any of the following signs of deficiency, which indicate gland and organ dysfunction or system disorder, you can add Peak Frequency Foods to your daily health routine to boost and vitalize every system function, focusing on foods rich in essential fatty acids by taking daily amounts of ½ avocado and 1 tablespoon extra virgin olive oil in addition to suggested foods.

Liver Disorders

Signs: cracked or white coated tongue, cracks on sides of mouth, high cholesterol, arteries hardening, shallow complexion, bumpy, dry or dark skin patches, cracked and dry heels, psoriasis or eczema, hair loss, greying hair, whites of eyes and/or skin has orange/brown appearance, low immune system, worrier.

Foods: crook neck squash (yellow), red potatoes, raspberries, Swiss chard, kale, lemons, broccoli

Pancreas Disorders

Signs: low/high blood sugar levels, sudden energy drops, lips swollen and/or cracked, tingling sensations (especially in extremities), swollen and/or red tongue, peeling lips, easily stressed or out of balance, insomnia, forgetfulness, nausea, lazy or greedy.

Foods: kidney bean, red potato, kiwi, plum, thyme, brown rice, papaya, peach, flax oil, raw honey

Heart Disorders

Signs: general weakness to extreme fatigue, tires easily, swelling in ankles, legs and feet, heart arrhythmia (murmur, palpitations, thudding etc.), radiating pain in left arm/shoulder, critical, easily startled, prone to self deprivation.

Foods: mandarin orange, fig, cilantro, red potato, salmon, brewers yeast, dark grapes, cantaloupe

Stomach/Digestive Disorders

Signs: burning sensation in chest/stomach after eating, constipation, diarrhea, poor appetite, can't swallow food and/or food gets stuck, brick-like feeling in stomach area, gas and/or bloating, burping and/or flatulating, dull to sharp pains in abdomen or sides.

(Inositol, Choline, PABA, and magnesium help for constipation.) Foods: red potato, plums, thyme & chamomile tea, barley, broccoli, apricot, mushroom, asparagus, brewers yeast

Head Disorders

Signs: mild to acute head pain or pressure, irritable, dizziness, can't focus, easily confused, can't fall asleep, wakes often during sleep, head feels heavy, judgmental, suspicious. Foods: apricots, barley, chamomile tea, raspberries, dark grapes, red onion, bananas, papaya, tomato, leeks

Joint/Back Disorders

Signs: swelling and/or stiffness in muscles or joints, mild to acute joint/back pain, inflexibility, cracking, grinding, or enlargement of joints, tenderness in muscles, tendons or ligaments.

Foods: brewers yeast, berries, figs, red potato, kale, brown rice, tomato, royal jelly, almond

Stress/Nerve Disorders

Signs: inability to concentrate, constant tension and pressure (especially in neck and shoulders), high blood pressure, random/recurring twitches on skin surface, easily irritated, stomach and/or solar plexus pain, sleeping difficulty, involuntary urination on cough or sneeze, panics or fears easily, depression, hopelessness, unforgiving. (B-Complex aids all stress)

Foods: brewers yeast, brown rice, raw honey, raw sunflower seeds, apricots, mushroom, broccoli

Kidney Disorders

Signs: tenderness in skin, slow wound healing, dry mucous membranes, high blood pressure, skin rashes/lesions/dryness, whites of eyes have yellowish appearance, spider veins, burning on soles of feet, spontaneous bruising, swelling in extremities, gets ill easily, thinning hair, careless, doesn't like touching or being touched.

Foods: papaya, tomato, pineapple, berries, red potato, Swiss chard, broccoli, brewers yeast, water

Thyroid Disorders

Signs: bloated face, bulging eyes, low immune system, too slow or fast metabolism, eyelashes falling out, mild to severe constipation, can't make decisions, panic during driving, swelling at base of throat or around side of neck, throat constriction.

Foods: rosemary, guava, broccoli, passion fruit, cilantro, lemon, ginger, horseradish, red beets, fig

Below are samples of daily food plans that will suggest how to put the Peak Frequency Foods into action for success in overcoming disorders that may have resulted from years of consuming foods and products that have caused toxicity and organ/system dysfunction. Each day's meals need to include ½ fresh avocado and 1-2 teaspoons extra virgin olive oil to remove stored fats and toxins, and as much raw and organic fruits and vegetables, whole grains (wheat, brown rice, barley) and brewers yeast or nutritional yeast as possible to receive food quality vitamins and minerals.

Please remember that the human stomach is as big as your two hands put together in cupping position, resulting in approximately 1½- 2 cups volume. To exceed this proportion will stretch and stress the stomach which causes poor breakdown of food particles, poor digestive ability, and stomach pain and acidity. Also remember to relax, eat slowly, and chew well.

Breakfasts

Breakfast 1: Whole grain wheat or barley bread topped with extra virgin olive oil, horseradish, thyme, ½ sliced avocado, goat cheese, thin sliced Roma tomatoes, and alfalfa sprouts, and a cup of thyme tea.

Breakfast 2: Fresh papaya or mango, accompanied by soft goat cheese spread on whole wheat or barley toast or bagel, covered with a slice of smoked Alaskan salmon and sprinkled with capers, and a cup of thyme tea possibly sweetened with raw honey or blended with fresh lemon juice.

- Breakfast 3: Fruit Smoothie made with goat milk, fresh fruits such as; banana, strawberry, mango, papaya, kiwi, pure vanilla, and options of nutritional yeast, brewers yeast, or flax seeds and/or raw honey.
- Breakfast 4: Cooked barley grain cereal served warm with goat milk and possibly topped with raw honey, Sucanat, fresh berries, or Real Salt.
- Breakfast 5: Goat Milk Yoghurt, plain, blended with fresh fruit such as apricot, raspberry, or mango, and/or raw honey, and/or fresh lemon juice, accompanied by a slice of whole grain bread and a cup of thyme tea.
- Breakfast 6: French toast, whole grain bread dipped in duck egg batter, fried in Safflower oil and served with grade B maple syrup accompanied by fresh pineapple, berry or pear and 1cup Papua New Guinea Coffee: Optional Sucanat or raw honey sweetener and goat milk or heavy cream.
- Breakfast 7: Duck Egg scrambled omelet full of fresh or dried chives, red onion, crimini mushrooms, shredded goat or sheep milk cheese.

Lunches

- Lunch 1: Buffalo/Bison Burger or salmon patty on a sprouted wheat bun with goat milk Gouda cheese, red onions, “Nayonaise” (soy mayo), mustard, sliced Roma tomato, and butter lettuce or alfalfa sprouts. Served with oven fries made from red potato wedges rolled in olive oil, rosemary leaves, and sprinkled with Real Salt.
- Lunch 2: Spring Mix and/or spinach leaf salad including sliced or grated beets, cucumber, crook neck squash, Roma tomato, sunflower sprouts, avocado, and/or broccoli and cauliflower, topped with Fat Burner salad dressing, accompanied by fresh fruit, or baked red potato, or brown rice.
- Lunch 3: Chilled/cooked whole wheat Rotini or Penne whole wheat pasta tossed with chunks of grilled salmon, Roma tomatoes, red onion, broccoli, avocado, leeks, cilantro, olives, and tossed with honey mustard dressing.
- Lunch 4: Taco soup or vegetable soup accompanied by avocado, tomato, cilantro and red onion salad topped with Real Salt, extra virgin olive oil, lemon juice and thyme.
- Lunch 5: Potato salad made of red potatoes, sour cream or “Nayonaise” or home made mayonaise, lemon juice, mustard, and chopped; hard boiled duck eggs, fresh cucumber or “Bubbies” organic pickles, olives, red onion, spiced with Real Salt, dill, thyme, and crushed elephant garlic, accompanied by fresh pineapple and raspberries.
- Lunch 6: Rice or wheat crackers topped with a blend of soft goat cheese infused with crushed elephant garlic and fresh basil, touched with a bit of lemon juice and sprinkles of Real Salt, cayenne pepper, and thyme to taste, and accompanied by salad of sliced and layered avocado, Roma tomato, red onion ring salad smothered with Olive oil, balsamic vinegar, Real Salt, dill, marjoram, and thyme.
- Lunch 7: Crook neck squash casserole consisting of sliced Roma tomatoes, red onion, crook neck squash and sliced or grated goat or sheep cheese in three layers, baked at 350 and served warm or chilled with elephant garlic toast and fresh fruit.
- Lunch 8: Pizza made from Trader Joe’s Whole Wheat Tortilla as crust (pre-oven toasted), topped with home made pizza sauce from pureed Roma’s, extra virgin olive oil,

oregano, marjoram, crushed elephant garlic, basil, thyme, and real salt, then add grated goat gouda and sheep pecorino Romano cheeses and top with black olives, artichoke hearts, sautéed red onion and crimini mushrooms if you like.

Dinners

- Dinner 1: Grilled vegetables dipped in extra virgin olive oil and Real Salt such as eggplant, asparagus, green beans, artichoke, broccoli, or crook neck squash, accompanied by lightly sautéed jumbo shrimp in unsalted butter, lemon juice and Real Salt, and a side of brown and wild rice cooked with nutritional yeast, Real Salt, red onion, and reishi mushrooms, or mashed red potatoes mixed with soft goat cheese, butter and real salt.
- Dinner 2: Broiled or pan fried Salmon topped in Honey Mustard dressing, accompanied by lightly steamed Swiss Chard Leaves or Kale smothered with fresh squeezed lemon juice and Real Salt, and a baked red skinned potato topped with unsalted butter, fresh or dried chives and Real Salt, or southern corm meal Polenta cooked with goat milk. Try a side dish of dark grapes, sliced pear and strawberries to accompany these rich tastes.
- Dinner 3: Nachos made with baked, unsalted corn tortilla chips, topped with grated goat milk Cheddar or Gouda cheese and sheep milk pecorino Romano cheese, and sliced black olives, red kidney beans, chopped Roma tomatoes, and baked at 400 degrees for 15 minutes, served warm and topped with fresh guacamole and fresh salsa.
- Dinner 4: Bison Vegetable soup/stew served with butter lettuce and green spring mix salad topped with sprouts and fresh raspberry dressing.
- Dinner 5: Vegetable Cheese or Mexican Quiche served with fresh fruit salad or fresh greens salad including, if you like, avocado, cucumber, Roma tomato, shredded red beet, and sprouts and finished with Peak French dressing.
- Dinner 6: Broiled Orange Roughy fish topped with fresh sauce of liquid aminos, lemon juice, ground ginger, toasted sesame oil, Real Salt and raw honey, accompanied by marinated eggplant cubes and crimini mushrooms skewered and lightly grilled then served on a bed of steamed brown rice infused with coconut milk, sesame seeds, mango chunks, pineapple chunks, grated tangerine or lemon rind, Real Salt, and a dash of cumin and paprika.
- Dinner 7: Bison and/or Kidney bean chili in Roma tomato sauce served over wedge cut red potato oven fries topped with grated goat cheese, and accompanied with jicama sticks and tangerine or mandarin orange wedges.
- Dinner 8: Fried brown rice consisting of scrambled duck egg, chopped leeks, reishi mushroom, asparagus tips, Braggs' Liquid Aminos, Real Salt, and ground or fresh ginger served with butterfly cut jumbo shrimp dipped in goat milk or coconut milk and dusted with a blend of barley and/or corn flour and broiled or fried in Safflower oil, accompanied with fresh pineapple and cantaloupe wedges topped with shredded coconut.

Eat for joy and for your health!