

PAW PAW LEAF

RECIPE

1. Wash and partly dry several medium-size papaya leaves. Cut them up like cabbage and place them in a saucepan with 2 litres of water. Bring the water and leaves to the boil and simmer without a lid until the water is reduced by half.
2. Strain the liquid and bottle in glass containers.
3. The concentrate will keep in the refrigerator for 3 – 4 days. If it becomes cloudy, it should be discarded.

RECOMMENDED DOSAGE

3 Tbsp/50mL 3x per day

ACETOGENINS

- Pawpaw twigs contain acetogenins – active compounds that modulate the production of ATP in mitochondria of specific cells – which affects the viability of specific cells and the growth of blood vessels that nourish them.
- Supports the body's normal cells during times of cellular stress.
- Dr. McLaughlin, professor at Purdue University found pawpaw leaves to be the most effective out of 3,500 plants in treating cancer. In fact, 24 – 50x (depending on the species) more potent than Graviola.
- Have dramatic biological activity against worms, some viruses, fungi, and many cancer cell lines.
- Effective against any type of abnormalities which involve faster than normal cell growth.

CAUTION

Should not be used with any kind of thyroid stimulators i.e. KC-X
Should not be used with Co Q10

SIZE & SPEED OF MEALS DETERMINE GLYCAEMIC RESPONSE NOT QUALITY

- Eat slowly to decrease glucose spikes.
- Can divide meal into 3rds and wait 5 min. between each one.
- Can drink more water to dilute digestion.
- Eat smaller portions
- Chew more
- Make 30 min. the minimum for a meal.

MINIMIZE BLOOD SUGAR BUMPS ABOVE 100 TO NO MORE THAN 2/DAY

- This excludes binge days where all is allowed.
- Eat decent quantities of fat at each larger meal. Saturated fat is fine if meat is antibiotic and hormone free.
- Spend at least 30 min. eating lunch and dinner. Breakfast can be smaller and thus consumed more quickly.
- Experiment with cinnamon and lemon juice before/during meals.

This information does not replace a consultation with a qualified health practitioner. You should always get the appropriate tests done or be under the supervision of a qualified health practitioner before embarking on taking high doses of any supplement.