

## The Immune Booster

Take 120ml of Bravo Probiotic yoghurt after it has been produced and is ready to be drunk, and put it in a 500ml jar.

Add 10 tablets of MAP® (Grind them with a mortar and pestle).

10 x Master Amino-acid Pattern tablets introduce the same amount of protein that builds up the body, as 350g of meat, fish or poultry without producing glucose.

Add 1 teaspoon of hemp oil and ½ teaspoon of coconut oil. Extra-virgin olive oil and flaxseed oil can also be used.

Add 1 teaspoon of good-quality lecithin which helps in the natural formation of liposomes.

Liposomes are used as a vehicle for administration of nutrients.

Add 1 teaspoon of curcumin.

Curcumin has anti-cancer properties and also works as a sonosensitizer.

Add the contents of one capsule of multiminerals and in cases of brain cancer also add one capsule of lithium orotate.

Multivitamins or a few berries can also be added to improve flavour and to make the shake more palatable.

Bring to volume (i.e. to 500ml) with coconut milk or water.

Rice milk or Soy milk may also be used.

Grind/blend/shake very well with a grinder for some minutes until a very homogeneous smooth emulsion is produced.

A liposome/micronized emulsion is now in the jar and the contact surface of all the peptides and proteins derived from the fermentation of Bravo Probiotic, including Goleic and BAMLETS, is enormously increased and all the beneficial principles are now readily absorbable. For the anticancer properties of these molecules, please see: <http://www.ncbi.nlm.nih.gov/pubmed/24018446> and <http://www.ncbi.nlm.nih.gov/pubmed/23441831>

If possible, try not to swallow immediately, but to keep it in the mouth for 60 seconds swirling and gargling it as if it was a mouthwash.

The large contact surface area will now enter in contact with the immune system cells in the mouth and in the pharyngeal ring and it will naturally activate and empower the immune system.

This shake is ideal for breakfast.

