

[www.JillyJuice.com](http://www.JillyJuice.com) / [www.NUWaveWater.club](http://www.NUWaveWater.club)

## Simple Recipe

Kelsey suggests you may do the recipe with or without the diet suggested relative to how much of the juice you personally want to drink everyday, Jillian does suggest to increase the amount of juice you intake and pay attention to your own body as to when to add more and taper back, relative to your healing (old term detox) symptoms, it's all up to you and what your purpose is with consuming your homemade Jilly Juice. This protocol was created for those with all illnesses A-Z and relative to how much poisons are going into your body, or effects from EMFs, DEWs, ChemTrails, Wifi, Smart Meters, 5G, etc.

**2 cups cabbage or 2 cups kale**  
**2 cups of John Ellis Water**  
**1 tablespoon of pink salt**  
**Blend in Blender**

**Eat:** Fruit, Vegetables, Chicken breast/eggs, Raw nuts, Raw seeds, Good oil like Coconut oil, Organic Olive oil, Grapeseed oil, Lots of home made probiotics using Lacto Fermented kale and cabbage, using PINK SALT.

*While healing* stay away from milk kefir and water kefir, kombucha, and apple cider vinegar, No Nut Butters, Meat Substitutions, Milk, or Nut Milk

Dosages suggested by Jillian: You should have at least 2 cups a day all the way up to what some people have done is a gallon a day, during this process you must manage your detox symptoms and decide when to taper back or up the amount, it's all up you and what you sense with your body according to Jillian.

Jillian says, There is no such thing as too much unless your detox symptoms are something fierce and they can be for some people, then just cut back temporarily until you get over that hump of that specific detox symptoms. Your detox symptoms are relative to your sickness. If you have a skin autoimmune disorder, your skin will be affected on some level.

Jillian will talk with you personally and coach you through if you need assistance for a fee. You can contact Jillian, join her website and purchase her book to learn more than what is provided in this PDF.



**Kelsey and Henry sell John Ellis Water which you may consider purchasing to mix with filtered water or you may consider purchasing a machine.**

Jillian suggests, If you are NOT experiencing detox symptoms, you are not taking enough of the fermented juice and you are eating the wrong foods during healing.

Jillian suggests, If you are experiencing a very severe form of detox symptoms, you may want to taper back, infuse a bit of water and give yourself a day off.

If you experience an infection of any kind whether it is a bladder infection, yeast infection, ear infection and a sore throat, Jillian suggests you use this juice to nebulize in the nebulizer, use the juice in an enema as well as douche with the juice

You can also buy Coconut oil, great for superficial topical moisturizing however if you experience microdermabrasion, Jillian suggests to use a little baking soda, coconut oil and water to scrub your face until you get that dead layer of dry skin off your face. Then either use, coconut oil, and olive oil, and other carrier oils like avocado oil, argon oil, or jojoba oil to really get down deep into your skin and moisturize.

If you experience Constipation: and this will happen, guaranteed! You can use your finger or enema with Jilly Juice.

Of course your diet is key, only chicken, fresh fruits, veggies, good oils, raw nuts and seeds, LOTS of EGGS

*Temporarily* AVOID: Sugar and sugar substitutes, processed foods, gluten free foods & gluten, like wheat, soy, rice, corn, grains and anything fried.

If you are constipated, and you feel so bloated and desperate and you are independent or do not have funds for enemas. Certified Nursing Assistants use a glove and finger and they pull that poop out of the lower intestine as well as massage the inner intestine to manipulate the anal muscle to move your intestine to make you poop. You will only have to do this until you independently completely reverse your issues and yes, you can use an enema, however, you have the ability to do this yourself without buying products to do this. Once you learn how to manipulate your own anal muscles, you now understand how your body works and this can be done in the shower or bathtub or the toilet. The fear is virtually gone. It's not pretty or glamorous, but guess how many people are so full of poop that it's effecting their health? You can get a colonic, but those are

invasive, expensive, and not many people want a stranger sticking stuff in their bum.

~\*\***PROTOCOL AS JILLIAN DESCRIBES IT**\*\*~

~\*\*\* you can start off with 2 cups a day for 2-5 days and double the dosage every 5 days to over a gallon a day relative to how well you manage detox symptoms and the severity of your illness.\*\*~

1. 2-7 large Gallon pickle jars or air tight quart mason canisters (relative to who will be drinking this)
2. Head of Cabbage Green or Purple and KALE (separate jars) or you can mix and match
3. Fine Grain Pink Salt in a bag, or Celtic Salt, *not in a grinder*, **NOT table salt because Table Salt has synthetic iodine in it and that does destroy the thyroid over time.** *Sea Salt does not have enough minerals, but Celtic Sea Salt is ok and C-90 salt is fine.*
4. Kelsey and her friends use John Ellis Water that can be mixed with other waters, ask Kelsey about this, you do not want to use tap water, the lactobacillus will kill pathogens.
5. Blender/Vitamix/Nutribullet etc
6. Measuring Cup
7. Fill your blender loosely with 2 cups of cabbage and tightly with kale
8. Add 2 (1 pint) cups of water to EVERY 1 TB (15 ml) of salt to every 2 cups or so of cabbage/kale
9. Blend the cabbage/kale and water and salt together
10. Pour blended mixture in the jar, you will repeat the process with the same formula. If you find you have more cabbage than water, add more water and salt (modify the water/salt ratio to fit with how much you need). Keeping in mind the jar should look 50% cabbage and 50% water and salt. Make sure you allow enough space at least 1 inch from the top of the jar for expansion.
11. Cover the jar securely with the lid and if it's a metal lid, use a coffee filter in between the lid and the lip of the glass.
12. Let mixture stand at room temperature for 3 days (around 65-72 degrees F)
13. After 3 Days you can start drinking both the solids and the juice together after dinner and work your way up from 2 cups a day to 16 cups a day.
14. 24 Hour Ferment: When the supply gets low, (or immediately after the first ferment is ready to drink) start a new batch by using the same procedure but adding 1/2 cup or 1 cup of the previous batch of fermented juice with the pulp and juice and then use the same formula keeping in mind the formula of 2 cups of water and tb of salt and the jar should look 50% cabbage and 50% water and salt.

15. The second batch will only have to stand at room temperature for 24 hours before being ready, because of the starter added, which was your prior ferment — then refrigerate

If your kitchen is hotter than 72 degrees, check your ferment the second day and see how it's doing and if it's colder than 65 degrees, add an extra day and check your ferment. White yeast may happen and that is ok, due to air getting in. It may smell like acetone or strong like ammonia, it's not bad, just very strong.

It is suggested you do drink water, lots of water, but not too much water (people go overboard) while doing this to help flush away the toxins.

DO NOT DILUTE AT ALL BECAUSE YOU WANT A HIGH CONCENTRATION FORM OF THIS FERMENT SO YOU CAN START FEELING THE DETOX SYMPTOMS. It is suggested you do drink water, lots of water, but not too much water (people go overboard) while doing this to help flush away the toxins.

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## Acceptable FRUITS while on PROTOCOL

apples,  
apricots,  
bananas, (you can cook with egg)  
Plantains,  
berries,  
cactus,  
cantalope,  
cherries,  
coconut fresh only,  
cranberries,  
grapefruit,  
grapes,  
juice homemade only,  
kiwi,  
mango,  
melons,  
nectarines,  
oranges,  
papaya,  
peaches,  
pears,  
pineapple fresh only,  
plantains,  
plums,  
pomegranate,  
star fruit,  
strawberries,  
watermelon



## Acceptable VEGGIES while on PROTOCOL

alfalfa sprouts,  
artichoke,  
arugula,  
asparagus,  
avocado,  
beets,  
bell peppers,  
bok choy,  
broccoli,  
brussels sprouts,  
cabbage/nappa,  
carrots,  
cauliflower celery,  
chard,  
chayotes,  
cucumbers,  
eggplant,  
escarole,  
green beans,  
green peppers,  
jicama,  
kahlorabi,  
kale,  
lettuce,  
microgreens varieties listed,  
mushrooms,  
okra,  
olives salt cured,  
peas,  
potatoes,  
pumpkin,  
radishes,  
rhubarb (no leaves, stalk only),  
rutabaga,  
snow peas,  
spinach,  
squash,  
sunchokes, sweet potatoes, tomatillo, tomatoes, watercress, yam, zucchini



## **Acceptable SEEDS, NUTS, OILS while on PROTOCOL**

### **NUTS**

almonds, brazil, cashew chestnuts filbert/hazelnuts, hemp, macadamia, pecans, pine, pistachio, walnuts

### **SEEDS**

chia, poppyseeds, pumpkin, sesame, sunflower

### **OILS**

avocado, coconut, grapeseed, hemp, olive

## **DO NOT CONSUME/USE while on PROTOCOL**

This is not a complete list, however, this should give you an idea these are NO NOs, however, if you don't see it on here and you don't see it on the allowed to eat list, just avoid it. The diet is diverse enough with the fruits and veggies and the few exceptions to create tasty meals. Remember, it's more about the juice than the diet, so focus on drinking the juice over what you can and cannot eat. Kelsey suggests you can tailor anything to how you see it. This protocol and diet are suggested by Jillian to get the quickest healing results, and after you have achieved your desired results she suggests you can begin to eat other foods if you wish. Jillian suggests you may heal yourself from anywhere to 1 month to 12 months depending on the severity of your illnesses. Kelsey suggests you pay close attention to your body as to how much to drink and also to pay attention to the RealSide (old term dreams) as to what foods to eat and whether you may need more or less juice. Kelsey suggests to go with your intuition on all things and make sense of everything. The RealSide (old term your own dreams) is always available for you to take a look at for suggestion on your health and daily life.

herbs, alcohol, aloe, apricot seeds, beans, beef, bread, cacao, canned anything, canola oil, carob, cheese, cheese artificial/vegan, chickpeas/garbanzo, chilies, chives, chocolate, cinnamon, coffee, coffee creamers, coffee enema, condiments, cooked fruit, corn, dairy, dates, dried fruit, essential oils, fermented foods - except kale and cabbage, figs, fish, flax oil, flaxseed, garlic, ghee, ginger, honey, hot peppers, hot sauce, ice cream, ketsup, kombucha, lamb, legumes, lemons, limes, mayo, microwave, milk, moringa, mustard, nut cheese, oats/oatmeal, olives fermented stuffed onions, parsley, peanuts, roasted, raw, etc., pepper, popcorn, pork, prunes, quinoa cooked, raisins, rice, salad dressings, saunas, seafood, shallot, soy, soy sauce, sparkling water, spices, sugar, sweeteners natural

or artificial tea, tofu, vegan meats, vinegars, vitamins, wheat, wheatgrass, yeast nutritional



An advertisement for NUWAVE WATER CLUB. The left side of the image shows a close-up of several cabbages, with green ones on the left and purple ones on the right. The right side has a blue and green water background with a juicer's internal blades visible. The text "NUWAVE WATER CLUB" is at the top in a white, sans-serif font. Below it is a white horizontal line. The main text "\$5 OFF for Jilly Juice Brewers" is in a large, white, cursive font. Below that is another white horizontal line. At the bottom, the text "Deuterium Depleted Water for Your Juice" and "Use Promo Code: JILLYJUICE Today." is in a smaller, white, sans-serif font. At the very bottom, the website "www.NUWaveWater.club" is written in a white, cursive font, with a final white horizontal line below it.

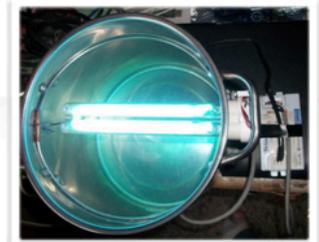
## NUWave Water Club Presents John Ellis Water

All drinking water has DEUTERIUM which damages your DNA! A major CAUSE of Aging and Cancer! Discover Deuterium Depleted Water (DDW) at the NATIONAL INSTITUTES OF HEALTH NIH.GOV. Dozens of studies "Revealing Water's Secrets" that confirm the phenomenal DDW results we receive but WITH A TWIST! To produce DDW you have to RE-DISTILL water 60 times (\$300 for a small bottle!) However, our machines DISTILL AUTOMATICALLY...100's of TIMES/GALLON (not ONCE!) and by doing this 100's OF TIMES you also produce water with MEASURABLE ENERGY that powers your HEART (defibrillator!) Your heart doesn't have to work as hard to keep you alive! With 13 Patents 332 FDA Tests it's the rage WORLDWIDE! Buy DDW Bottled Water or MAKE IT AT HOME...for PENNIES and take a 501C3 Tax Deduction!



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**STEP UP WITH US AND JOIN THE 'CLUB' AND HAVE NUWAVE WATER EVERYDAY WITH US!**

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**MICROGREENS GROWN LOCALLY IN SURF CITY HUNTINGTON BEACH, CALIFORNIA**

Flavor-Packed & Nutrient Dense (4-40 times more nutritious) Microgreens grown exclusively and organically in John Ellis Water. The World's first and only microgreens growers using the Electron 5 Machine to produce the purest water on earth making our microgreens the most vibrant and flavorful. Inquire for water & microgreens delivery/drop-off subscriptions. Inquire for microgreens varieties.

**WWEE LUV THE ALLNATURAL ENVIRONMENT SUPPORTING ALL OF US & WWEE SUPPORT IT!**

Ordinary Distillers carry DEADLY Deuterium HEAVY WATER MOLECULES because it's heated-cooled ONLY ONCE! *Instead*, we do it 100's of times/gallon to produce DDW "Light Water" (Washington Post article as far back as 1/27/92: "Cures anything even Cancer and Aids!") leading up to the NIH.GOV STUDIES and 13 Patents with THOUSANDS of healings like HEALING WELLS (Lourdes etc): A young girl did 200 wells (ONLY 10 gal on each!) Like a La Salle, CO letterhead: "Only 1000 gallons got rid of the smell of over 10 million gallons of e-coli in 24 hours!" YOU can Deliver John Ellis Water with Our Club!

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Microgreens are used as a fresh flavor ingredient primarily in restaurants serving upscale cuisine. These restaurants place a strong emphasis on both the creative presentation & flavor of their dishes. Microgreens' delicate, fresh appearance adds beauty and dimension combined with a range of distinct flavor elements. Join our Club & Deliver!



Our E5 John Ellis Machine has two UV Lights developed at Corning and a powerful transformer.

"Fifty years ago the hydrogen bond angle in water was 108° and you rarely heard of anyone with cancer. Today, it's only 104° and, as a result, cancer is an epidemic! By using our machine you can increase the bond angle to 114°, and unlike any other water, doctors can see an immediate change in the red blood cells under a microscope! It's truly amazing!" To learn more about John Ellis Water & Machines, including lab tests, scientific data, testimonials and microgreens health benefits go to [www.NUWaveWater.Club](http://www.NUWaveWater.Club)



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Just grab a handful and add to salads, sandwiches, pasta, smoothies, and stirfrys for an easy and potent shot of vitamins and flavor. A truly easy way to get more vegetables into your daily routine.



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OF TIMES you also produce water with MEASURABLE ENERGY that powers your

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