



THE GAIA OXYGEN HEALTH RANGE

THE GAIA IMMUNOLOGICAL OPTIMISATION PROTOCOL, INCORPORATING ALL NUTRACEUTICAL ELEMENTS ACTS AS A PREVENTION AGAINST BACTERIAL AND VIRAL INFECTIONS

After more than a decade-long experience that this protocol, if executed correctly – and in conjunction with the **Gaia Diet**, will serve to assist the human/animal body to void all hosted pathogenic micro-organisms, including active, but not latent viruses and the egg-stages of, but not macro-parasites themselves, whilst latent viruses remain so or are destroyed, as also are all malignant cells, via optimised host immune system enzyme-controlled cellular oxidation.

The basis of the protocol, successfully and safely used by many associated with the Institute is based on the importance of an ALKALINE STATE.

None of the above components will have an appreciable effect without the multiple synergistic optimal alkalinising and vitalising effects of the Gaia Diet.

Please take note of the following, particularly if you've been reading the "ONE MINUTE CURE" by author Madison Cavanagh:

The Importance of Alkalinising Prior to taking Hydrogen Peroxide 35% Food Grade.

Without alkalinising first, Hydrogen Peroxide will do little more than make you nauseous and possibly headachy as it interacts with the waste in your colon. Oxygen needs a pH neutral or an alkaline medium to effectively dissolve.

We suggest the use of **PURE MAGNESIUM PEROXIDE OXYGEN POWDER** (stabilised electrolytes of oxygen) to clear the colon and alkalinise the gut which will also clear the cells of mucous. In doing so the oxygen in the water you drink, along with additional oxygen via magnesium peroxide and Hydrogen Peroxide can dissolve in your gut fluid and be assimilated into your blood. Hydrogen Peroxide on its own, without pH correction will cause acidity.

If using Hydrogen Peroxide for oxygenation, it is recommended that one begins the 5-day course of Magnesium Peroxide Powder **PRIOR** to using the Hydrogen Peroxide. The Magnesium Peroxide will clear the body and gut from any excess acid and mucous and only then can the oxygenating effects from the Hydrogen Peroxide be fully absorbed.

GAIA RESEARCH IMMUNOLOGICAL OPTIMISATION 30 DAY PROTOCOL

DAY	PRODUCT	DOSAGE
Day 1	Pure Magnesium Peroxide powder 40g tub	1 x heaped teaspoon in a glass of non-acidic fruit juice (apple) or water either last thing at night or first thing in the morning on an empty stomach 43% elemental magnesium with no binding agents
Day 2		½ teaspoon in a glass of non-acidic fruit juice (apple) or water either last thing at night or first thing in the morning on an empty stomach
Day 3		½ teaspoon in a glass of non-acidic fruit juice (apple) or water either last thing at night or first thing in the morning an empty stomach
Day 4		¼ teaspoon in a glass of non-acidic fruit juice (apple) or water either last thing at night or first thing in the morning on an empty stomach
Day 5		¼ teaspoon in a glass of non-acidic fruit juice (apple) or water either last thing at night or first thing in the morning on an empty stomach
Day 6 Introduction of Hydrogen Peroxide	Hydrogen Peroxide 35% Food Grade Oxygenating drops	5 drops first thing with MgO ₂ , 5 drops mid-morning, 5 drops in the evening On an empty stomach. Take drops in-between meals. Do not take within an hour of foods, dairy products and / or iron supplements

Daily	Organic Chinese Green Tea	From the first 30 days, if not before, drink the Gaia Chinese Green Tea as a substitute for tea and coffee throughout the day.
Daily	Selenium Sea (Selenomethionine) 400ugs Selenium mixed in a Kelp base	Take 100-200ug = 1 Pinch of Selenium Sea 3 x daily in a ¼ glass of water just prior to meals to optimise critical endogenous anti-oxidant enzyme induction. Reduce this dosage to a pinch 1-2 x daily after 30 days, eventually only topping up with 1 pinch daily
Daily	Nutri-Spice – our unique spice and herbal blend	To correct the Sodium/Potassium ratios in the body (1 part Sodium: 2 parts Potassium), take reliable organic Potassium as found in the Gaia Organics Nutri-Spice. Use on all foods and in cooking as a complete salt substitute.
Daily	Micronized Kelp	Use non-irradiated micronized seaweed/kelp, the best source of chelated trace elements, 3 pinches daily, prior to or with meals for 30 days (add to ¼ glass water with selenium for convenience), thereafter just a pinch or 2 daily until finished.
Daily	Kombucha Drink	Use 1 tablespoon daily either on its own or mixed with water to restore good gut-flora.
Daily	Sodium Ascorbate Vitamin C	Take 1/2 teaspoon = 1000mg daily in the morning or evening for healing, especially during sleep, when immune system is under attack
Daily	Organic Turmeric & Black Pepper spice	Use daily over foods (non-irradiated)

MAGNESIUM PEROXIDE OXYGEN POWDER: 40g

Oxygenated Magnesium Boost for alkalization & mucus release

Directions: For a program of 5 days take first thing in the morning OR last thing at night

Day 1: One level teaspoon mixed in a 250ml glass of water.

Day 2: ½ a teaspoon.

Day 3: ½ a teaspoon. Day 4: ¼ teaspoon. Day 5: ¼ teaspoon.

As a maintenance dose take a pinch and mix as above. This programme can be repeated if diet consists of fresh induced/acid forming foods such as meats and indigestible proteins.

Contains: 43% mineral magnesium peroxide powder and 57% released nascent

PURE SODIUM ASCORBATE - VITAMIN C POWDER: 100g

Sodium Ascorbate is a pure buffered, soluble Vitamin C powder. Vitamin C is an essential nutrient that cannot be produced by the body therefore must be replenished daily to prevent oxidative cellular stress. Sodium helps to regulate the amount of water in the body and aids the movement of sodium in and out of the cells critical to many bodily functions. The sodium in this product differs from common table salt as it is not combined with chloride, the "salt" most often associated with hypertension.

Directions: As a dietary supplement, mix ¼ teaspoon into a glass of apple or vegetable juice or water. Take with or without meals. Not to be used as a medicine but for health optimizing purpose only.

Ascorbic Acid vs Sodium Ascorbate

Both ascorbic acid and sodium ascorbate are forms of Vitamin C where more specifically sodium ascorbate falls under the category of mineral salts.

Therefore, while ascorbic acid is the pure form of Vitamin C, sodium ascorbate is the **sodium salt** of ascorbic acid

WHAT IS SODIUM ASCORBATE?

Sodium ascorbate is the **sodium salt of ascorbic acid** and is a common mineral salt used as an antioxidant food additive.

Being a mineral ascorbate, it is buffered and, therefore, less acidic than ascorbic acid.

Usually, sodium ascorbate is recommended for people who have gastrointestinal problems associated with ascorbic acid. Sodium ascorbate is considered mild and more abdomen friendly.

However, when including sodium ascorbate in diet, it is important to keep in mind that the sodium is also being very well absorbed by the body along with the ascorbic acid.

Therefore, the dosage of intake should be carefully monitored. Sodium ascorbate is water soluble and hence can only protect water soluble forms from oxidation. ¼ teaspoon is the equivalent of 500mg's vitamin C

What is the difference between Ascorbic Acid and Sodium Ascorbate?

Ascorbic acid is an organic acid whereas sodium ascorbate is a mineral salt of ascorbic acid.

Sodium ascorbate is milder than ascorbic acid as it is buffered and has less acidity. That makes sodium ascorbate more stomach friendly than ascorbic acid.

Sodium ascorbate has an ester function whereas ascorbic acid does not have an ester function in it.

HYDROGEN PEROXIDE 35% FOOD GRADE: (75ml)

Disclaimer: 35% Food Grade H2O2 **is not a medicine and should be used for health optimizing purposes only.** Consult your medical practitioner for advice if necessary. ***This product is not available for shipping outside the borders of the Republic of South Africa***

YOUR TRIED AND TESTED BRAND OF PURE 35% FOOD-GRADE HYDROGEN PEROXIDE OXYGEN DROPS SINCE 1997

History: Gaia Research was founded in 1997. For many years we have been suggesting the simple health benefits of a gentle dilution of 35% food-grade hydrogen peroxide. Hydrogen peroxide occurs naturally in atmospheric rain and is also manufactured in the human body, however largely depleted by environmental as well as poor health factors.

H₂O (water) 2 (oxygen molecule) - H₂O₂ 35% Food-Grade for drinking, oxygenating, sterilising. No virus or bacteria can live in an environment where there are high levels of oxygen in the body.

Understanding % and volume:

Food grade hydrogen peroxide is stable at 35% (120 vol.) and is therefore free of the stabilizers, preservatives, and other contaminants, normally not considered a problem in the commercial 3-12% (10-40 vol.) solutions used as skin antiseptics and hair bleaches, which are not suitable for human oral consumption.

H₂O₂ is an effective drinking water disinfectant against unicellular pathogens and reproductive egg stages of multi-cellular pathogens without the high toxicity potential of chlorine, other disinfectants, and their by-products.

If one is intending to use 35% Food Grade Hydrogen Peroxide for oxygenation purposes (**3 drops per 250ml glass of water**) a precursor of a 5-day **course of 43% Pure Magnesium Peroxide Powder MgO₂ is highly recommended prior to the 35% Food Grade Hydrogen Peroxide oxygenation process.**

Dosage: Add 3-5 drops per 250ml glass of water. Maximum 5 times a day.

HYDROGEN PEROXIDE 3% FOOD GRADE DILLUTION: (500ml)

For Nebulising: 5ml's of **3%** solution in a humidifier/steamer, serving as an atmospheric sterilizing oxygenator.

For more in-depth information on Hydrogen Peroxide and its uses please see further details on www.gaiaorganics.co.za or www.gaiaresearch.co.za

CAUTION: This product contains oxygen which can build up in the bottle if not released at regular intervals.

Store upright in fridge for short term storage and in the freezer for long term storage.

ORGANIC GREEN TEA: (FAIRTRADE COMPLIANT & Organically cultivated)

Undoubtedly the most versatile and efficacious natural health substance yet discovered.

Without any medicinal claims being made, **there are no other natural health substance known to be capable of competing with organic green tea for safety, efficacy and the tremendous health optimizing potential hereof.**

Chinese green tea has received extensive scientific acclaim and can be briefly and accurately described as a "mega-potent anti-oxidant health optimizing anti-aging beverage".

UNBLENDED WHOLE LEAF which swells to its ORIGINAL size, the Gaia Green tea is easily known as the BEST QUALITY GREEN TEA IN THE COUNTRY.

Available in 100g and 200g Whole Leaf Loose and 50 Tag less, Oxygen bleached tea bags.

KOMBUCHA ENERGIZING DRINK: (500ml)

Raw energy concentrate drink and energy booster. Detoxifies the liver, improves digestion and acts as a candida and yeast fighter. Kombucha is a drink made from the fermentation of high anti-oxidant Organic Green Tea, sugar, healthy bacteria and is rich in B vitamins and pro-biotics.

Directions: Can be diluted with water or apple juice depending on desired strength. Maximum dosage per day 250ml (diluted).

Contains: No preservatives, live active culture. This product does not claim to be a medicine but rather a health promoting energy drink.

SELENIUM – SEA: (60g)

Selenomethionine enriched micronized kelp powder.

Recommended Serving: Sprinkle one teaspoon (25,000ug) daily over food or add to smoothie or juice.

Contains: 59,775mg kelp and 25,000ug selenomethionine.

MICRONIZED KELP: (60g) AMINO ACID RICH

Unadulterated seaweed. Nature's richest pure bio-available source of chelate, colloidal trace elements.

Suggested serving: Add to smoothie or fruit juice, salad dressing or to food. Not to be heated.

MILD & HOT NUTRI-SPICE: (80g)

Potassium salt replacement, enhanced with Turmeric (non-irradiated spices). A complete pH balanced sodium, potassium and savoury spice, herb and mineral blend. This secret blend of herbs and spices will enhance the oxygenation and increase blood circulation in the body.

Suggested Serving: Sprinkle on food as a salt substitute preferably before cooking.

Contains: Micronized kelp, paprika, turmeric, marjoram, oregano, rosemary, celery seed, cumin, garlic, thyme, black pepper, potassium & sodium chlorides, magnesium peroxide.

ORGANIC TURMERIC & BLACK PEPPER SPICE: 60g (NON-IRRADIATED)

Turmeric has many health benefits and coupled with Black Pepper the active ingredient in Turmeric spice – Curcumin is a healthy choice for your daily intake of a wonderful nutritional blend. Best taken in a warm coconut milk drink or equally sprinkled over foods that contain natural fats like avocado.

Suggested Serving: 1 Teaspoon mixed into a smoothie, or sprinkled over cooked food, best absorbed with a fat-soluble meal

HERBAL TINCTURES Bio-dynamically sourced

Gaia Organics has teamed up with a leading herbalist in the Garden Route. Bio-dynamically grown on farms in the Crags area of Plettenberg Bay and its surrounds. All tinctures are extracted from bark, roots and berries. The extraction is in an unadulterated ethanol alcohol base.

BALANCING – WOMEN'S HEALTH 50ml

Contains: Black Cohosh, Chaste Tree, Dong Quay, Motherwort and Liquorice Root, food-grade ethanol.

Directions: Place 5-10 drops on the tongue or in a small amount of water. Brings balance and vitality to women of all ages. Not to be taken while pregnant or breastfeeding. *Should not be taken for longer than 3 months without a break of 2-3 weeks. Do not use if pregnant or lactating.*

WILD YAM GEL 100ml in an organic Aloe Gel base

To alleviate the symptoms of premenstrual problems as well as menopausal symptoms. Spread across the belly, under the arms and on the inner thigh.

Contains: 10g Dioscorea Radix (Wild Yam) extract; 2.5g Vitex Agnus Castus (Chaste Tree Berry) extract; 2,5g Cimicifuga (Black Cohosh); 2,5g Leonurus Cardiaca (Motherswort); 2,5g Alchemilla vulg (Ladys Mantle) in a pure, organic aloe ferox natural gel base, containing water, aloe ferox leaf juice, dehydroxantham gum, pentylene glycol, glycerine 99% USP derived from canola oil, citric acid (a fruit acid derived from citrus fruits), and benzoic acid.

SLEEP TINCTURE 30ml

Contains: Passiflora incarnata and undenatured food-grade ethanol.

Directions: Place 20-30 drops on the tongue or in a small amount of water 30 minutes before retiring.

Warning: *Avoid if pregnant or breastfeeding.*

STRESS / ANXIETY 30ml:

Contains: Ashwagandha Skullcap, Betony, Linden/Tilia, Passion Flower and Ethanol.

Directions Place 5-10 drops on the tongue or in a small amount of water.