

Cristo's Wholistic Health



WHOLE FOODS

Carob Pods, whole & raw (1 lb/ 2 lbs/ 4 lbs).....\$10/ \$19/ \$36

I have sampled Carob from around the Earth. . . . These are the best I have found worthy to sell. They are often times soft sweet & less fibrous than others on the market. Carob pods have been used as food for over 5000 years (a.k.a. Algarroba, St. John's bread & locust bean gum). The ground pods are used as a substitute for cocoa & free from stimulants caffeine & theobromine found in chocolate. It is also naturally sweet. Carob products generally contain less sugar than its counterpart. An excellent snack to go while hiking, between meals, or sugar-free diet.

Nori, raw 50- 8.5"x7.5" sheets (1pck/ 5pck/ 10pck).....\$18/ \$76/ 135

This nori is premium quality. It is thick & durable when moist. Seaweeds are high in trace minerals, often not found in land harvested foods. Use in salads, veggie/sushi wrap, fish/cat/dog food supplement. This products is dried at low temperatures seen by its deep purple color, opposed to roasted nori which is bright green.

Dulse, sun-dried whole (8 oz/ 1 lb/ 2 lbs/ 5 lbs) \$20/ \$36/ \$122

Harvested by a family-owned business in the region of Grand Mann Nova Scotia. This sun-dried dulse is deep red to reddish-brown, somewhat leathery in texture & salty. Dulse is slightly crisper in texture than other leafy red sea vegetables. It is used in the USA, Ireland & Canada as a food & medicine. Sun-dried dulse is eaten as is, or ground into flakes, or a powder. It can also be used in soups, chowders, roll-ups & salads.

HealthForce Vitamineral Green (1-10oz/ 2-10oz powdr)..\$40/ \$70

HealthForce Vitamineral Green (1-16oz/ 2-16oz powdr)..\$55/ \$100

It is an organic, wild-crafted, whole plant-based superfood supplement. Contains carious grass & sprout juices, algae & soil-probiotics. Non-toxic & exceptionally absorbable containing thousands of phytonutrients & a plethora of other complex nutrients. Consciously processed to preserve the maximum "life-force" possible. Tested with a dark-field microscope & kerlian photography for vitality & potency.

Saladacco Vegetable Slicer.....\$30

The hand-powered Saladacco creates thin, ribbon slices or angel hair strands from hard veggies. It is a wonderful kitchen tool for home or on the road. The texture & color of food is an important aspect for appealing raw food. No matter what type of cuisine you eat, whether or not you are going to enjoy it depends largely upon the way it feels in your mouth. The Saladacco Spiral Slicer is also great to spiralize zucchini, yams, sweet potatoes, daikon radish, taro root, parsnip & all other hard veggies.

Food pH & Food Combining Chart..... \$12

Laminated & double-sided color coded chart great for the daily reference. One side is a comprehensive 3-color grid for showing proper food combining: Good, Good/Fair, Fair/Poor, Poor. The other side provides 14 food groups with details of: fats%, protein% & ranges of alkaline vs. acid forming foods. Whether you choose animal or vegetable, cooked or raw, you MUST combine properly to avoid the "fermenting factory".

Cristo's Ripe & Raw Recipes.....\$15

85 delicious & properly combined meals from sunrise to sunset! These delicious raw recipes demonstrate that living nutrition is more exciting than just soaked seeds, sprouts, salads & fruit. Recipe groups include: sprouting basics, dressings, sauces, dips, spreads, soups, cultured foods, salads, meals, dehydrated foods, beverages & lots of desserts! All these recipes follow Cristo's food combining knowledge & experience.

DETOXIFICATION PRODUCTS

Colosan a.k.a. Homozone, 200g.....\$30

One primary goal for basic health is proper colon hygiene. The average person has 6-12 pounds of putrefaction rotting away in their gut. The goal is to clear the small intestines & colon of impacted material & improve their functions of assimilation, absorption & elimination. Colosan is non-herbal, non-habit-forming & gentle for better intestinal hygiene! It's an optimal way to oxygenate your body for better colon hygiene. It is effective for reducing unwanted anaerobic organisms. Safe for regnant & lactating woman with proper supervision!

pH paper (Microfine 5.5-80 in 0.2 increments).....\$12

Evaluate your potential for health or dis-ease. You can determine the body's pH through self-testing urine and saliva with pH/litmus paper. The highest quality litmus paper available shows distinct color changes in 0.2 increments; this is essential for an accurate analysis.

Parasite cleanse,10ml.....\$30

Essential oils by Alchemist Mikael Zayat: Ajowan, Balsam Fir, Eucalyptus, Cinnamon, Clove & Myrtle.

Immune Up,10ml.....\$30

Essential oils by Alchemist Mikael Zayat: Black Spruce, Ravensara, L&T Thyme, Rosemary & Niaouli.

Virus,10ml.....\$30

Essential oils by Alchemist Mikael Zayat: Ravensara, Eucalyptus, Black Spruce, Clove & Tea Tree.

Liver,10ml.....\$30

Essential oils by Alchemist Mikael Zayat: Ravensara, Eucalyptus, Orange, Rosemary, Labrador Tea, Peppermint, Grapefruit, Helicrysum, Thyme.



Cristo Berardi: Jensen Certified Iridologist 1996. Health & dietary coaching with Cristo is quick, accurate, & very simple to understand and implement. He offers comprehensive health evaluations, Root-cause analysis beyond superficial symptoms; Wholistic counseling & education; Drug-free recommendations; Nutritionally-based improvements; Food combining suggestions; Acid-alkaline connections to health & dis-ease; Expert raw/ living foods consulting; Yeast & parasite detoxification; Safe & practical fasting procedures; & Local/national seminars on healthful living. Phone consultations are welcome by appointment only. Please contact for openings. Payments & discount rates are available based on circumstance. Sessions start as low as \$25.

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