

Protect Yourself against Virus, Bacterial & other Diseases

What is Coronavirus (COVID-19) and how does it spread?

It is a respiratory virus. It spreads by droplets. You can catch it by being VERY close to an infected person who sneezes, coughs on you, or kisses you.

But you are more likely to catch it by touching a viral-infected surface (hand, surface, clothing etc.) and THEN touching your eyes, nose or mouth, transferring the virus to your mucous membranes.

People with weak immune systems are most vulnerable. This includes the elderly and people with underlying health challenges. Children are the least likely to catch, but can certainly be transmitters.

HOW TO PROTECT YOURSELF

1. Face Masks – protect you by keeping you from touching your nose & mouth

They should be worn by infected people to help prevent spreading to others

2. Clean Hands – WASH< WASH< WASH for 20 seconds

- a. Add antimicrobial Essential Oils (like Young Living Thieves) to your liquid & foam soaps.

- b. Sing “ Happy Birthday Song” = 10 seconds. Then Repeat the Song for 20 seconds total.

- c. Use a finger nail brush if available

Funny, but good advise: Wash your hands like you just finished chopping hot peppers and now you have to take out your contact lenses.

3. Hand Sanitizer: Alcohol in formula needs to be at least 70% (vodka is only 50%). Formula should contain Aloe Vera (soothing to skin) and other antimicrobials (more effective)

4. Single use gloves and paper towels: use to open doors, flush toilets, etc. then toss out.

5. Anti Microbial Wipes & Spray: Yes, bleach works, but is toxic. I prefer antimicrobials like essential oils, ionic silver, vinegar and low levels of alcohol.

6. Internal Defense: Quality Nutrition and internal use of antimicrobials (silver, EO's and herbs), therapeutic probiotics and iodine. See Attached

7. Isolation: If you have a strong immune system and follow the above precautions, you shouldn't have to isolate. But if you or someone close to you has symptoms (fever, lung congestion) ISOLATE and help protect your fellow humans.

THE BEST SOLUTION: A STRONG IMMUNE SYSTEM

1. ***Get enough sleep.*** Deep sleep is when your body does its detox & repair work. 10 pm to 6 am is a great schedule for honoring your natural cycle. Stop eating 2 hours prior. Quiet your mind and activity starting 1 hr. prior. Do not check your phone, computer or I-pad in the 60 min before bedtime. The light from the screen will interfere with your melatonin production and busy your mind.

Sleep in a dark, quiet, well-ventilated room, free of EMFs (unplug, turn off wireless, move devices to another room). Use a sleep mask and ear plugs if light & noise are factors.

2. ***Hydrate.*** Water is crucial to the body's function. Each cell requires water to properly absorb nutrients, detox and maintain electrical energy. Drink at least 64 to 98 oz. daily. I drink 16 oz. upon arising, 16 oz. before each meal and several cups of Detox Tea and Dandy Blend (herbal coffee substitute that's great for liver). Mineral, Herbal teas, tinctures and essential oils can all be added to water.

3. ***Eat Healthy food.*** Eat the rainbow of colors, lots of veggies & fruits, whole foods and eliminate the junk and fake ingredients. Substitute healthier, whole food ingredients in your favorite recipes. Use lots of herbs and spices. If you make 2 or 3 better choices each day, that will accumulate to 60 to 90 better choices in the next month. That makes a huge difference regarding weight, immune system, mood & overall health.

Eating out at restaurants, other people's homes and various parties can be a danger zone. Try sampling small portions of food. Watch the empty calories, sugar, fat. Focus on the healthier, colorful, whole food options.

4. ***De-stress your life. Deep Breathing:*** Each time you perceive stress, take a few deep, slow breaths. ***Priority Management:*** How important is each thing you face? Will it matter in another week, month or year? Start by scheduling time for YOU. Then make a short list of what really needs to be done that day. The other things can be moved to another time, delegated or eliminated. De-clutter your home and office, one small area at a time.

5. ***Exercise Daily.*** This oxygenates and helps move the lymph and circulatory systems (major detox channels). It keeps your muscles, bones & organs strong. "At Home Exercise" handout is attached.

6. ***Nourish your spirit.*** Daily devotions, meditation, prayer and worship are the boosters of your core being. With each stress, problem or worry you face, "Breathe, Pray, Prioritize and know that God is in control!"

7. ***Detoxify.*** Unless you specifically target the embedded toxins, it's like giving your home a light vacuum and dusting, never getting to the dirt under the furniture and in the corners. It's stuffing things into closets and drawers – it looks better, but the stuff is still there and needs to be addressed at some point. Light cleansing helps, but deep cleaning is transformational.

7a. Light Detox Select 1 day a week or 1 weekend each month to prioritize your health.

1. Breath Deeply, exercise, stretch, dry brush & take a detox bath
2. Fresh Veggie Juice & 1 Wheatgrass shot or powdered green drink
3. 16 oz. of Green Smoothie (recipe & video at www.juicefast.info)
4. 1 Raw Soup & 1 Salad-based Meal

5. Healthy Snacks
6. 2 to 3 quarts of fresh water (herbal teas count)
7. Detox supplements & oils

7b. *Deep Detox*: Jump start renewal and healing with a focused, deep detox. This requires fasting and I recommend juice fasting, to renourish as you detox. During this process, focus on the ways that toxins exit the body. Use various therapies to accelerate the process. This will result in the most effective detox in a short period of time.

7c. *Utilize Healing Techniques when you detox*: Essential Oils, Massage, Exercise, Stretching, Saunas, Energy Work, Chiropractic, Colonics can all be helpful.

Detoxification: Major Exits

1. Poop: Digestive Tract (stomach, liver, small intestine & colon). Best is 2 – 3 times/day.
2. Pee: Urinary System (kidneys, ureters, urethra & bladder). Avg. 6 cups per day
3. Breath: Respiratory System (lungs release water vapor and carbon dioxide).
We take 17,000 breaths per day.
4. Sweat: released through pores in the skin. Can release up to 1 lb. toxins per day.

Ways toxins move through the body:

- A. Lymphatic System (has no pump)
 - a. Upside down “V” valves that open and close with movement, dry brushing and massage. Has many filters (lymph nodes). Lymph Fluid moves back into circulatory system in the chest area. Toxins then removed through pathways listed above.
 - b. The pressure inside blood vessels is higher than surrounding areas, so some fluid moves into the lymph by osmosis. Also, as cells expel toxins, they move into lymph fluid.
- B. Circulatory System: Blood moves to tissues and lungs thru arteries to capillaries and back to heart thru veins). Filters: Liver, Lungs, Kidneys, Lymph Nodes
 - a. Heart: at rest pumps 60-80 ml per beat. That’s about 5 quarts of blood per minute, 1,500 gal. -2,000 gal per day. Exercising, it can be 30 quarts/min.
 - b. Kidneys Filter over 1 quart of blood per minute (425 gal per day). Eliminate Salts, toxins & water from the blood. Monitor & maintain the body’s balance of water. Regulates blood pressure (thru salt level and enzyme renin). Produce hormone erythropoietin to stimulate & control body’s red blood cell production. Help maintain proper pH balance.
 - c. Liver: Size of a football, weighs 3 lbs. Has large right lobe & small left lobe. Can regenerate. Performs over 500 functions, including:
 - Filters your blood (1 quart per minute)
 - Makes proteins, including blood-clotting factors (needed to help you heal)
 - Stores vitamins, sugars, fats, and other nutrients
 - Helps regulate hormones
 - Releases chemicals and nutrients into the body when needed
 - Releases bile needed for digesting fats

Virus & Bacteria Prevention & Therapy
Wellness Education Center * Glacier Juice & Tea
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Juice Fast & Detox Programs
Organic Juices, Salads & Dehydrated Living Foods

Wellness Hand Sanitizer
Alcohol, Aloe Vera Gel, Ionic Silver, Essential Oils

NOW Allibiotic: Anti-Microbial
Allicin (from garlic), Elderberry, Larch
Oregano Oil, Olive Leaf, Rosemary

Ionic Silver: For Internal & External Use

Travel Protection Kit
Allibiotic CF, Ohhira Probiotic, Liquidulose Iodine,
Hand Sanitizer, Thieves EO Spray

Thieves & Purification
Essential Oils, Cleaner, Hand Soap & Room Spray

RC Oil (topical & steam pots)
Thieves Cough Drops

Ohhira Therapeutic-Grade Pre, Pro & Post Biotics
Strong Immunity starts with a healthy gut

Liquidulose Iodine
Occupy receptors at body openings with anti-microbial iodine

Guided Juice Fast Programs

Wellness Education Center Glacier Juice & Tea
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The Wellness Education Center program is a 7-day journey that provides a deep cleansing and thorough education. We have held 212 programs with over 3,500 students since 2001. Our students range from age 16 to age 84, all walks of life and widely varied health conditions. Typical weight loss is 10 to 15 lbs.

Glacier Juice & Tea provides organic, cold-pressed Juices, wheatgrass, power shots, smoothies, nut milks, salads, sprouted & dehydrated foods, special foods & supplements.

The Guided Juice Fast program is a cleansing and learning journey. We work thru a 400-page manual in 7 days of classes. The program includes 12 drinks per day, including fresh veggie juices, wheatgrass juice, powdered greens, fiber, mineral drinks, detox tea and more.

Prefast Kit: includes fiber, probiotics and enzymes. For 2 to 3 weeks prior to the program, we ask you to clean up your diet, remove alcohol, sugar, caffeine, refined foods, be more plant based and incorporate more raw & living foods.

Friday 6 to 9 pm: Intro Class. We talk about why to fast, what to expect and go everything in the kit, including how to do dry brush and home colon cleansing

Sat & Sun: 1-3 pm. Topics include Body Systems, How to Generate Healthy Bowel Movements, SADD (standard American degenerative diet), GMO, why not to microwave food, Emotional & Spiritual healing.

Mon-Wed: 5 -7 pm: Topics include Parasites, Yeast/Fungal, how to clean up your home environment, non-toxic body care, clean water & air, electromagnetic pollution, breaking the fast, nutrition, healthy eating, sprouting, fermenting, sea veggies and more.

Thurs. 5-7 pm: Break the Fast living foods prep class. We make everything needed for the the first 24 hours off the fast. Also, help you design an individual game plan for the next week. We talk about favorite foods and how to make them healthier.

Thurs. 3-4 pm. Healthy Food Shopping Class. We tour a local market and I discuss what foods to focus on, how to select various items in relation to other similar items, etc.

The entire 7-day program is \$740, including the kits, supplies, juices, all classes and use of our meeting room therapy stations.. Multiple housing options are available near by. Schedules, information, testimonies & registration are available at www.juicefast.info

We also provide 5-day, 3-day and Fast To Go options, with on-line video classes.

Jeanette's Daily Plan

rev. March 2020

I make dietary choices based on the “bank account” principal. “Deposits vs. withdrawals”. The better my health and current life situation, the more withdrawals I can afford. In other times, I need to build up by deposit account. But overall, the trend needs to be to the plus side.

I also make decisions based on colors and food groups.

Have I had something green, red, yellow, orange, purple yet today?

Have I eaten veggies, nuts, seeds, beans, legumes and healthy fats?

What deposits have I made so far today?

Have I had about 75% raw/living vs. cooked?

Here is what my typical day looks like:

Arising: 16 oz. of purified water (can add minerals). Probiotic & Liquid Iodine.
Followed about 30 min later with a 16 oz. Green Smoothie (recipe below).

Mid-AM: 16 oz. Hot Tea or Dandy Blend. Healthy, high-protein meal, such as:

Sprouted nuts, seeds, grains
Organic eggs with veggies
Sprouted grain or Gluten Free bread with nut butter or hummus

Lunch: 30 min. prior, drink 16 oz. water. Then choose from:

Soup (raw is best and easy to make)
Veggies and Hummus
Veggie Burger, veggie wrap or similar

Snacks: Choose from: nuts, seeds, sea veggies, organic food bar, veggies, fruit, hot tea.

Dinner: 30 min. prior, drink 16 oz. water. Then choose from:

Salad based meal topped with healthy protein. Vegetarian choices include Green Peas, sprouted lentils, sprouted beans, nuts/seeds, veggie burger, tofu or avocado

Salad topper: seeds, coconut shreds, dried fruit. Raw sauerkraut

Dressing: Olive oil based, or organic/non-GMO.

Evening: Hot tea, mineral broth. Sometimes air-popped popcorn sprayed with olive oil & herb seasoning. I try not to eat past 8 pm (2 hrs. before 10 pm bedtime).

Bedtime: I mix 32 oz. of water with mineral fizz that contains magnesium. I drink additional if I get up in the night. I finish the balance upon awakening.

GREEN & FRUIT SMOOTHIE

Glacier Juice & Tea (rev. Mar 2020)

Video Demonstration: www.juicefast.info

1. Put 2 or 3 cups water in Blender

2. Add WEC Smoothie Mix:

	4 x 16 oz.	2 x 16 oz.	To Make
Flax Meal (Omega 3 and Fiber)	2.0 TBS	1 TBS	4 Cups of Mix
Chia Seeds (Omega 3 and Fiber)	1.5 TBS	3/4 TBS	1 Cup 3/4 Cup
Lecithin Granules (needed by all living cells)	1.5 TBS	3/4 TBS	3/4 Cup
Shelled Hemp Seed (Omega 3 & Protein)	3.0 TBS	1.5 TBS	1.5 Cup

Smoothie Mix Total

8 TBS (1/2 cup) 4.0 TBS (1/4 cup)

3. Add: Sun Warrior Sprouted Protein

4 TBS 2 TBS

Then Add

Greens (spinach, kale, chard, etc) remove stems - Loosely fill container to 2/3 full		
Purified Water	To half full	To half full
Lemon Juice (less if using tart berries)	3 TBS	1 to 2 TBS

Blend slightly to make room for the following:

Banana (remove peel)	1 large (2 sm)	1 medium
Pineapple (1 1/2" squares)	8 pieces	4 pieces
Apple (with peel, core removed)	1 large	1 medium
Dark Berries (blueberries, huckleberries, etc)	1 cup	1/2 cup
Additional Water	Fill to 3" from top of blender	

Blend Until Smooth (store extra in glass bottles in refrigerator)

Comments: 10 gm protein, 7 gm fiber, 2,250 mg omega 3 per serving

1. When breaking a fast, keep the smoothie simple.
2. Greens: Wash well, remove larger stems. Baby greens can go in whole.
3. You can substitute ingredients (flax oil, Spirulina, powdered greens, etc.)
4. If using protein powder, avoid soy isolate or fractionate. **Sun Warrior protein is sprouted, bio-fermented protein and is 98.2% assumable. It has 20 gm of protein in 1 scoop.**
5. Shelled hemp seed has 11 gm protein and only 1 gm fiber per 3 TBS (30 gms). This is a good choice for children. Hemp meal (whole ground) has 11 gm protein and 14 gm fiber in 4 TBS.
6. Can substitute 1/4 to 1/2 cup sprouted Quinoa (raw or cooked) for protein & fiber.
7. You can also make an **ALL GREEN smoothie using cucumber, zucchini, parsley, etc. Limit fruit in cases of cancer, candida, diabetes or hypoglycemia.** (Dark berries & 1 other)

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Jeanette P. Cheney, Health Educator

Jeanette Cheney's journey began in 1993 with six recurrences of cancer and several failed standard medical treatments. After being told she had only "a couple of months to live" she began to explore numerous alternative healing centers across the country.

Her faith in God's healing power increased as she began to educate herself and take personal responsibility. It is not easy to make lifestyle and diet changes, but they are necessary to gain and maintain optimal health. Many of these principals are clearly laid out in scriptures (e.g. peace, rest, forgiveness, reliance on God, nourishment).

Trusting God as her strength and provision, Jeanette left a highly successful commercial real estate career in South Florida and entered the Wellness Ministry. In 1999, she graduated from the Health Educator program at the world-renowned Hippocrates Health Institute. She then founded the Wellness Education Center with the mission of empowering others with knowledge.

In 2000, Jeanette and her husband Randy moved to the Flathead Valley in Montana, feeling God's call to this healing environment. Since 2001, she has led over 3,500 people in 212 Guided Juice Fast programs and performed thousands of consultations.

In 2005, WEC moved to its current location on Highway 93 at Ponderosa Estates. This healing center brings together various holistic practitioners including Wellness and Nutrition Education, Massage, Colon Hydrotherapy, Herbal Therapy, Thermography and Essential Oil Therapy.

Jeanette's Motto: The foundation of healing is to detox, re-nourish and balance the body, mind, spirit and environment. Faith and education empower the individual and open the door for continued improvement over the entire life. "My people are destroyed for lack of knowledge," Hosea 4:6.

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Jeanette P. Cheney, Health Educator

EDUCATION:

B.S. in Journalism, Minor in Physical Education (including courses in nutrition, anatomy, training & conditioning), University of Maryland 1977.

Sept. 1998: 9-day HealthQuarters Ministry Juice Fast Education.

May. 1999: Ki Iki Jutsu – 1 week introductory course.

Fall 1999: Certified Health Educator, Hippocrates Health Institute, West Palm Beach, FL. This 9-week, live-in training included introductions to living foods, enzymes, physiology, herbs, reflexology, blood tests, live blood cell analysis, sound/music therapy, color therapy and massage.

1999 & 2000: Attended two seminars at Living Foods Culinary Academy, West Palm Beach, FL. Nov.

2003: Certified Educational Microscopist, Center for Enzyme Therapy, Portland, OR.

Founded Wellness Ministry, Ft. Lauderdale, FL in 1998 which was superseded by the Wellness Education Center in MT in June 2001.

As of January 2018, has taught 212 Guided Juice Fast groups with over 3,500 students. Has provided thousands of private consultations.

Jeanette has also instructed hundreds of classes and seminars regarding living foods, including Juicing, Blending, Dehydrating, Fermenting and other Living Food and Whole Food preparation.