



# **NCD Flaxseed Shake Recipe: the Number Crunch Diet method for getting omega 3s and with three variations so you'll never get bored**

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**King Charlemagne** passed a law that you had to eat flax seeds.\* That was 1250 years ago. **What did this 1% king know that the 99% didn't?**

\*per WebMD and the Flax Council of Canada websites

**This is your solution to getting dietary Omega 3!** - If you've read *ABC Water and the Number Crunch Diet* then you know the two fats we need to "seek out". This 44-page recipe gives you everything you need. And yes, the recipe is 44 pages! No fluff. I give you exactly what you need so that you can realistically consume 12 pounds of flaxseed a year - one bag per month. That equates to one kilogram of Omega-3 fat, or 2.2 lbs., or one million milligrams of omega-3 per year, equal to 4444 omega-3 fortified eggs. The average person is probably consuming one-tenth of that, at best.

**Are your symptoms rooted in omega-3 deficiency?**

**How about Alkaline Deficiency?**

**When's the last time you took cod liver oil?**

Jumper Publications and Media - where others give advice, we give the how-to  
Begin today on your journey to Independent Health through Selfcare Strategies.

As a believer in the teachings of Ellen White and the Seventh-Day Adventists, read how her situation was misinterpreted and how the vegetarian diet, "should I or shouldn't I", is finally cleared up. Protein Protein Protein, if you are into fitness and work out, you know about protein. Even doctors are now recommending protein powder to their patients. The NCD NEVER USES PROTEIN POWDER FOR ITS PROTEIN SOURCE. I figured out a better way. Find out in Chapter 4. Though this may be the longest recipe in the history of mankind, there are only four ingredients! Making this shake quite simple, but a piece of artwork when you look deeply at the numbers. Three Variations So You'll Never Get Bored. This booklet can be read alone, but it will help you to better understand it if you've read *ABC Water and the Number Crunch Diet*. Check out the full array of NCD Recipes in *12 Changes A Year* Volumes 1, 2 & 3.

***You have to crunch the numbers to see what you're really eating.***

Take the journey to complete control of your diet and body fat by building your NCD Recipe Repertoire. When you take control of the numbers you take control of your weight. Just as correcting your Internal Environment can potentially have an effect of correcting a whole host of other health problems, so too is it with dropping excess body fat. The Number Crunch Diet will teach you to look at the meals and foods you are eating with greater insight and knowledge. This 54-page book includes **two FREE reports - the JPM Oral Hygiene Protocol**. Stop using toxic drugstore mouthwash. Discover how to reduce your gum pocket depth, "lack of attached gingiva", from 3-4-3 to 1-2-1 millimeters when they probe - \$20 Value - really

\$1000s!

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