



7-Day Damage Control Program

To start with a good, healthy weight loss program is not easy, unless you have a program to dictate your day-to-day actions. We suggest the FREE [7-day damage control program](#) to rectify blood sugar, insulin levels and pH levels in the body.

This program is also meant to help with detoxification.

It is not advisable to eliminate carbohydrates in total, but for the first 7-days you have to reduce the “carbs” to get your insulin and blood sugar levels back to normal to achieve a healthy weight loss goal.

Why the 7-Day Damage Control Program?

- Treating Insulin Resistance, PCOS, Overweight & Obesity, Type-2 Diabetes, ADHD, hyper and hypoglycemia with medication alone, is only treating the symptoms of poor insulin management.
- One has to understand the function of insulin in the human body.
- The main objective is to get your insulin and blood sugar levels back to normal
- The – 7 day damage control program is designed to start repairing the damage done over years of poor insulin management and to detoxify your body from accumulated toxins, trapped in the fat cells.

If you are serious about reversing any of the above mentioned ailments, then you have to follow the next steps carefully.

Note: This is a **Program** to detoxify, correct insulin & blood sugar levels, balance pH and lose weight on your way to perfect health.

All drinks, food and recipes quoted in the program are very low in carbohydrates in order to get the pancreas releasing as little as possible insulin.

After the 7-day program you can change the recipes to suit your lifestyle. Golden RULE: **Never get hungry!**

All recipes serve 1. Scale menu values up or down to suit your requirements.

Drink

Start your day with a cup of hot water with fresh lemon juice squeezed into it, or herbal tea, without sugar or milk. Please stay away from coffee and sugar for the duration of the Program. Drink fresh water and herbal teas throughout the day. NO sugar or artificial sweeteners!

Water is just as important as the right food in order to control blood sugar levels. Whenever you feel hungry or when you crave for certain foods, it might be that your body requires moisture instead of food. Drink water and herbal teas as and when you feel like it – **Note:** too much can wash out essential nutrients.

Tip: Keep a bottle of purified water at hand - sip as often as possible.

Fat Fighting Foods

Brightly coloured, non-starchy vegetables (Organic)

Brightly coloured Fruit (organic where possible)

Omega-3 Fish oil (fresh fatty fish)

Garlic & Onions (raw & uncooked)

Lean organic protein (chicken breasts, fish)

Nuts in moderation (high fat content)

Olives & Olive Oil

Hot spices & Ginger

Fat Causing Foods

Sugar and any food with refined sugar

Wheat products (bread, pasta, cakes, biscuits and pies)

Salty food or processed food (tinned and packaged)

Soft drinks (carbonated drinks)

Caffeine and alcohol

Starchy vegetables (butternut, potatoes)

Cheese and dairy products

What to Expect: You may get headaches; feel bloated, tired and emotional during the first few days of the program. This is normal when your body detoxify. Other possible reactions are frequent urination, diarrhea, skin rash, joint pain and even cold and flu symptoms.

The program will help to re-balance (1) blood sugar levels, (2) Insulin Levels, (3) Serotonin levels for a "feel good mood", (4) enhance energy levels and appetite.

After the re-balancing process, your body will be ready to take healthy living to the next level.

Use this Salad dressing whenever you need a dressing over food.

Salad Dressing: *(Italian Style)*

Mix 250ml virgin olive oil, 80ml Lemon juice, salt & freshly ground black pepper to taste. Pour into a bottle which can be sealed and stored in the fridge. Shake well before use.

Detoxification Regimen

Warning

Most people are low in minerals such as: calcium, magnesium, sulfur, phosphor, sodium, iron. In order to detoxify, you need alkaline minerals. An important role of calcium is to aid in detoxification. It is an alkaline mineral and will "catch" the toxic acids that your body releases.

If the acids can't be "bound" because your body lacks (alkaline) minerals, the chance is high that you will feel seriously ill during your detox, that your body refuses to release the toxins (you won't be able to lose weight, since acids and toxins are often stored in your body fat), or that your body re-absorbs the released toxins again.

Alkalize

Therefore, it's crucial that - before or during your detox - you get plenty of green **vegetable juice**, like....

Carrot Juice



Ingredients

500g large carrots (washed and peeled)
½ lemons (peeled)
1 apple

Directions

Put all ingredients in your juicer. (A centrifuge juicer is easiest for carrots.) Mix. Drink immediately. Peel the carrot for taste (otherwise it tastes too earthy).

Health benefits of carrot juice: It provides Vitamin A, B Vitamins, Vitamin E and many minerals (including calcium).

Tomato Juice



You can juice the tomatoes in a juicer but a high speed blender will also work. You 'n strain the juice through a sieve.

Ingredients

3 cups chopped tomatoes
1 stalk celery
1 cucumber
½ teaspoon coarse sea salt
Pepper
Cayenne pepper

Directions

Juice the tomatoes, celery, and cucumber in your juicer. Add salt, pepper and cayenne pepper to taste. (If you like you can also add a ¼ onion, fresh oregano, basil and red bell pepper)

Make sure that you drink enough alkaline and pure water during the process and that you get enough rest.

Try to detoxify over the weekend (you can start on Friday morning)

7-Day Damage Control - Daily Regimen

1. have a cup of hot water with lemon first thing every morning
2. drink 1.5 – 2 liters pure water every day
3. drink 300 ml freshly extracted juice blend at least once, but try for 3 times daily
4. take supplements (as suggested below) with breakfast
5. use olive oil only to cook with and to put over salads (use suggested salad dressing)
6. Eliminate coffee, soft drinks and alcohol for the duration of the program. Drink only herb tea and water when thirsty
7. Get enough sunlight exposure every day, because it is the best way to get vitamin D
8. Exercise – Plan your day to get at least 30 to 45 minutes of good exercise of choice
9. try to complete your evening meal by 7 pm, but not later than 8 pm
10. evening snacks are optional, and should only be taken if you feel you need them
11. Sleep – 6 to 8 hours sleep per night is crucial to revitalize your body. If you don't get enough sleep, you tend to crave carbohydrates the next day.
12. Try to stick to the program. Plan ahead if you have a hectic lifestyle and you know that you might fail. It is your health that we are talking about and nobody else can do it except you!

Supplements

The 7-day damage control Program is to rectify the imbalances in your body. This is also a program to boost your immune system.

We suggest only a few supplements, but is necessary to excel in this program.

1. **Vitamin C** – buffered Vitamin C with Calcium called Ester C, from your pharmacy is very important to boost the immune system and to help with detoxification. (2 grams per day)
2. **Fish Oil Capsules** – (not cod liver oil, but pharmaceutical grade fish oil capsules) 4 /day
3. **Milk Thistle** – to clear your liver from all the toxins which will come loose with this process. (use as indicated on the labels) – above 3 supplements are available from you pharmacy.
4. If you suffer from Candida – The **Manna Candida Support** is one of the best on the market, to kill the Candida fungus.
5. **Manna Blood Sugar Support Tablets** – to assist in blood sugar control. It helps to reduce the GI of anything you eat by up to 43%. Take this with every meal on both programs.
6. If you have a pH problem and you know that your body is too acidic, the **Manna pH Balance** is a fantastic product to rectify the acid (gout and Arthritis) in a matter of days.
7. Blood Circulation is one of the biggest problems of our time. The **Manna Blood Circulation Support** helps to dissolve accumulated plaque in the arteries and enhance blood flow.
8. **Manna Fat Burner** is excellent to promote fat burning. If you take the Fat Burner, you don't need to use the Manna Blood Sugar Support, because it also assists in blood sugar control.

Take the Manna supplements as indicated on the labels.

Day 1 of 7 (Detoxifying process)

Early Morning

1st Drink a glass of hot water with fresh lemon juice squeezed into it

Wait at least half an hour to an hour before preparing the carrot juice

2nd Prepare your Carrot Juice and immediately drink 300ml of the blend (sip it slowly to mix with saliva)

3rd Breakfast



Bowl of fruit salad with flax seed

½ cup Paw Paw - diced
½ cup Apple – diced
½ cup berries of choice
2 fresh dates
2 heaped table spoons of flax seed
Mix and enjoy

Mid Morning Snack

Drink a second glass of the Carrot Juice Blend

Lunch



A Bowl (1 to 1½ cup) of cooked brown rice with Raw vegetable mixture (example: chopped tomato, onion, cucumber, cabbage leaves, broccoli – choose any preferred vegetables). You can even have this in your lunch box at work.

Sprinkle with freshly squeezed orange or lemon juice with finely chopped chives or whole basil leaves. Use only coarse sea salt and freshly ground black pepper.

Mid afternoon Snack

300ml Carrot juice or 300ml Tomato juice

Dinner

Fresh Vegetable Soup



Enjoy 1 to 1½ Cup per person

Ingredients

2 large carrots
1 small zucchini
1 celery stalk
1 cup of broccoli
3 stalks of asparagus
1 yellow onion
1 quart of (alkaline) water
4-5 tsp of yeast-free vegetable broth
1 tsp fresh basil
2 tsp sea salt to taste

Method

Put water in pot, add the vegetable broth as well as the onion and bring to boil. Meanwhile, chop the zucchini, the broccoli and the asparagus, and shred the carrots and the celery stalk in a food processor.

Once the water is boiling, please turn off the stove as we do not want to boil the vegetables. Just put them all in the hot water and wait until the vegetables reach desired tenderness. Allow to cool slightly, then put all ingredients into blender and mix until you get a thick, smooth consistency.

Note:

- Drink enough purified fresh water throughout the day
- Take a brisk walk for 30 to 45 minutes (whenever you have time during the day or before dinner)
- Take a nice relaxing bath or hot shower
- Sleep early (for at least 8 hours)

Day 2 of 7 (Detoxifying process)

Early Morning

1st Drink a glass of hot water with fresh lemon juice squeezed into it

Wait at least half an hour to an hour before preparing the carrot juice

2nd Prepare your Carrot Juice and immediately drink 300ml of the blend (sip it slowly to mix with saliva)

3rd Breakfast



Bowl of fruit salad with flax seed

½ cup Paw Paw - diced
½ cup Apple – diced
½ cup berries of choice
2 fresh dates
2 heaped table spoons of flax seed
Mix and enjoy

Mid Morning Snack

Drink a second glass of the Carrot Juice Blend

Lunch



A Bowl (1 to 1½ cup) of cooked brown rice with Raw vegetable mixture (example: chopped tomato, onion, cucumber, cabbage leaves, broccoli – choose any preferred vegetables). You can even have this in your lunch box at work.

Sprinkle with freshly squeezed orange or lemon juice with finely chopped chives or whole basil leaves. Use only coarse sea salt and freshly ground black pepper.

Mid afternoon Snack

300ml Carrot juice or 300ml Tomato juice

Dinner

Ratatouille



Ingredients for 4 servings

5 tomatoes
1 large zucchini
1 large eggplant
1 green bell pepper
1 big onion
2 cloves of garlic
2 tsp. herbs de Provence (or thyme, basil, oregano, marjoram, etc.)
3 tbsp. cold pressed extra virgin olive oil
Pinch of sea salt or organic salt
Pinch of pepper
1 cup of water (best: alkaline water)

Directions

Wash and scrub all the vegetables. Dice the tomatoes and pepper bell and slice the zucchinis, the eggplant as well as the onion and the garlic in thin slices. Heat some olive oil in a pot (or wok) and sauté the onions and the garlic for a couple of minutes. Then add the eggplant and zucchini slices as well as the pepper bell and stir-fry for around 8 minutes. Then add the cup of water, the tomatoes and the herbs, stir well and let cook for a few more minutes until the vegetables are tender but not too soft.

Note:

- Drink enough purified fresh water throughout the day
- Take a brisk walk for 30 to 45 minutes (whenever you have time during the day or before dinner)
- Take a nice relaxing bath or hot shower
- Sleep early (for at least 8 hours)

Day 3 of 7 (Detoxifying process)

Early Morning

1st Drink a glass of hot water with fresh lemon juice squeezed into it

Wait at least half an hour to an hour before preparing the carrot juice

2nd Prepare your Carrot Juice and immediately drink 300ml of the blend (sip it slowly to mix with saliva)

3rd Breakfast



Bowl of fruit salad with flax seed

½ cup Paw Paw - diced
½ cup Apple – diced
½ cup berries of choice
2 fresh dates
2 heaped table spoons of flax seed
Mix and enjoy

Mid Morning Snack

Drink a second glass of the Carrot Juice Blend

Lunch



A Bowl (1 to 1½ cup) of cooked brown rice with Raw vegetable mixture (example: chopped tomato, onion, cucumber, cabbage leaves, broccoli – choose any preferred vegetables). You can even have this in your lunch box at work.

Sprinkle with freshly squeezed orange or lemon juice with finely chopped chives or whole basil leaves. Use only coarse sea salt and freshly ground black pepper.

Mid afternoon Snack

300ml Carrot juice or 300ml Tomato juice

Dinner

Stuffed Avocado



Ingredients for 1 person

1 Avocado, ripe!!
½ tomato
1 tsp. minced onions
1 tbsp. fresh basil
1 tsp. oregano
1 tbsp. fresh lime juice
4 tbsp. cold pressed extra virgin olive oil
Some sea salt and pepper

Method

Cut avocado in half and remove seed. Then season both halves with salt and pepper. Now mix the chopped tomato, the minced onion, the lime juice as well as the olive oil and place it in the avocado pit holes. Last but not least, sprinkle basil and oregano on top and serve with a spoon.

Note:

- Drink enough purified fresh water throughout the day
- Take a brisk walk for 30 to 45 minutes (whenever you have time during the day or before dinner)
- Take a nice relaxing bath or hot shower
- Sleep early (for at least 8 hours)

DAY 4 of 7

Start every day with a glass of hot water with fresh lemon juice squeezed into it.



Breakfast



Ingredients:

3 tbsp uncooked oatmeal
1 tbsp raisins
2 tbsp walnuts
(you can add sesame, seeds, pine nuts, sunflower seeds)
1 tbsp flax seeds
1 pinch cinnamon
1 apple, sliced
3 strawberries, sliced
1 pear, sliced
more fruits or berries

Directions:

Place oatmeal in the bowl; pour ¼ cup boiling water and leave to soak for 5 minutes. Add fruits, berries, nuts, flax seeds, cinnamon.

2 Manna Blood Sugar Support Tablets with each meal, helps to prevent insulin spikes

Snack



Nuts & Seeds (not more than 25g) with small Fruit of choice – keep this handy at all times

Or
300ml (50/50) fresh Carrot and orange juice

Lunch

Avocado on Rice Cakes



2 Rice Cakes with Avocado Spread – no extra fat needed. Top with finely chopped spring onions and black pepper and a slice of tomato. Sprinkle a bit of *salad dressing on it.

2 Manna Blood Sugar Support Tablets with each meal, helps to prevent insulin spikes

Snack

Nuts & Seeds (not more than 25g) with small Fruit of choice – keep this handy at all times
or
300ml (50/50) fresh Carrot and orange juice

Dinner

Vegetable Curry



Serves 4-6

Ingredients

7 large handfuls of peeled and diced root vegetables of your choice (e.g. beetroot, carrots, parsnips and celeriac)
3 tbsp rapeseed or grape seed oil
3 large garlic cloves, chopped
1 red chilli, roughly chopped
1 large onion, chopped into small pieces
1 tin of chopped tomatoes (preferably organic)
A bunch of fresh coriander
2 cinnamon sticks
3 tsp ground turmeric
2 tsp cumin seeds
1 tsp fennel seeds
2 tsp coriander
1 piece of fresh ginger, cut into small pieces
1 tin of coconut milk
1 lime
Himalayan Crystal Salt or Celtic Sea Salt
Freshly ground pepper
Optional: Brown basmati rice, cooked per instructions

Instructions

Preheat the oven to 200C. Put one large roasting tray into the oven to heat up.
Cut the root vegetables into about 3cm sized dices and put into a bowl. Coat with oil and season with salt and pepper.
Put the vegetables onto the tray when it is hot and shake to distribute evenly. Roast them for about 40 mins.
Toast the coriander, fennel seeds and cumin in a dry frying pan for a couple of minutes. Grind them to a rough powder and mix in the turmeric.
Put the chilli, ginger, garlic and onion in a blender and puree. Gently heat a splash of oil in a frying pan over a medium-low temperature and put in the spices. Fry for about a minute and add the paste. Stir for about 5 mins until the paste has softened and reduced in volume. Add more oil if needed.
Stir in the coconut milk and tomatoes. Add the cinnamon, simmer and stir constantly. Season to taste. Pour the sauce over the roasting vegetables.
Bake everything for about 25 mins., until the vegetables are tender and the sauce has thickened. Finish with fresh lime juice squeezed over it and garnish with fresh coriander leaves.
This curry dish is delicious by itself, but please feel free to serve it with brown basmati rice.

2 Manna Blood Sugar Support Tablets with each meal, helps to prevent insulin spikes

Evening Snack

1 Cup of Chamomile Tea

Note:

- Drink enough purified fresh water throughout the day
- Take a brisk walk for 30 to 45 minutes (whenever you have time during the day or before dinner)
- Take a nice relaxing bath or hot shower
- Sleep early (for at least 8 hours)

DAY 5 of 7

Start every day with a glass of hot water with fresh lemon juice squeezed into it.



Breakfast



Bowl of fruit salad with nuts and Yogurt

½ cup Pine Apple - diced
½ cup Apple – diced
½ cup berries of choice
2 fresh dates
100g raw, plain nuts (cashews, almonds, pecans etc.)
½ cup Bulgarian Yogurt
Mix and enjoy

2 Manna Blood Sugar Support Tablets with each meal, helps to prevent insulin spikes

Snack

Nuts & Seeds (not more than 25g) with small Fruit of choice
Or
300ml (50/50) fresh Carrot and orange juice

Lunch

Cole Slaw with Avocado Dressing



Ingredients

½ cup green or red cabbage
2 carrots
1 tomato
1 small red onion
3 tbsp. chopped parsley
1 avocado
3-4 tbsp. cold pressed extra virgin olive oil
1 fresh lemon, juice
Dash of sea salt and cayenne pepper to taste

Directions

Shred cabbage and carrots, and finely chop the tomato, the onion and the parsley. Put in a big bowl.
For the dressing, blend the avocado, the olive oil and the fresh lemon juice and pour over the salad. Add salt and pepper to taste. (This can be packed in a lunch box)

2 Manna Blood Sugar Support Tablets with each meal, helps to prevent insulin spikes

Snack

Nuts & seeds (not more than 25g) with small Fruit of choice – keep this handy at all times

Or



300ml *Tomato Juice

Dinner

Brown Rice with Steamed Vegetables of Choice



A Bowl (1 to 1½ cup) of cooked brown rice with steamed vegetable mixture (example: chopped tomato, onion, cucumber, cabbage leaves, broccoli – choose any preferred vegetables).

Sprinkle with freshly squeezed orange or lemon juice with finely chopped chives or whole basil leaves. Use only coarse sea salt and freshly ground black pepper.

2 Manna Blood Sugar Support Tablets with each meal, helps to prevent insulin spikes

Evening Snack



1 Cup of Chamomile Tea

Note:

- Drink enough purified fresh water throughout the day
- Take a brisk walk for 30 to 45 minutes (whenever you have time during the day or before dinner)
- Take a nice relaxing bath or hot shower
- Sleep early (for at least 8 hours)



Day 6 of 7

Start every day with a glass of hot water with fresh lemon juice squeezed into it.



Breakfast

Wake-Up and Go - Breakfast Smoothie



½ Banana
1 Cup Bulgarian Plain Yogurt
Handful Porridge or rolled Oats
½ Apple
Handful Blueberries
1 Cup Pure Orange Juice
Handful Mixed Nuts
Tablespoon Honey

2 Manna Blood Sugar Support Tablets with each meal, helps to prevent insulin spikes

Snack

Nuts & Seeds (not more than 25g) with small Fruit of choice – keep this handy at all times

Lunch

Fresh Garden Vegetable Salad



Ingredients

1 head lettuce
2 tomatoes, chopped
1 Avocado, sliced
2 carrots, shredded
1 red bell pepper, diced
1 green bell pepper, diced
1 small cucumber, diced
1 red onion, thinly sliced
1 table spoon of flax seed

Directions

Put all vegetables in a big bowl and mix together. Pour *Salad Dressing over the salad and add some sea salt if required.

Serve and enjoy!

2 Manna Blood Sugar Support Tablets with each meal, helps to prevent insulin spikes

Snack

Nuts & Seeds (not more than 25g) with small Fruit of choice – keep this handy at all times

Or



300ml *Carrot juice blend

Dinner

Greek Lentils Soup (Soupa fakes)



This “Soupa Fakes” is a very simple, but great-tasting lentils soup from Greek. The Greek spices (such as bay leaves) and the garlic add a distinctive taste to this soup. You can also add fresh thyme, rosemary or mint if you like. By the way, lentils are not only alkaline, but also a great source of fiber, foliate and magnesium.

Ingredients for 4 persons

½ pound small lentils
2 big ripe tomatoes
1 carrot
½ stalk of leek
1 onion
3-4 cloves of garlic
2 tbsp. of cold-pressed extra virgin olive oil
1 tbsp. fresh lime or lemon juice
1 bay leaf
½ tsp. oregano
Pinch of sea salt and pepper to taste

Directions

1. Rinse and drain lentils. Then soak in a bowl of water over night.
2. Next day, rinse and drain lentils again. Then bring to boil for approx. 5 minutes. Drain lentils and put aside.
3. Puree tomatoes, finely chop onion and garlic and cut carrot and leek into very fine slices.
4. Pour 4 cups of water into a big pot. Add the tomatoes, onions, garlic, carrots, leek and the bay leaf and bring to boil.
5. Then add the lentils, reduce the heat and simmer partially covered for at least 1 hour. Add some more water if required.
5. Finally, add the olive oil and the lime/lemon juice and season with salt, pepper and oregano.
6. ENJOY!!

2 Manna Blood Sugar Support Tablets with each meal, helps to prevent insulin spikes

Evening Snack

1 Cup of Chamomile Tea

Note:

- Drink enough purified fresh water throughout the day
- Take a brisk walk for 30 to 45 minutes (whenever you have time during the day or before dinner)
- Take a nice relaxing bath or hot shower
- Sleep early (for at least 8 hours)

DAY 7 of 7

Start every day with a glass of hot water with fresh lemon juice squeezed into it.

Breakfast **Smoothie**



1 cup paw paw - diced
1 small apple – diced
1 cup berries of choice
125g nuts of choice
2 tbsp plain yogurt

Method:

Mix everything in a blender or food processor – drink immediately

2 Manna Blood Sugar Support Tablets with each meal, helps to prevent insulin spikes

Snack

Nuts & Seeds (not more than 25g) & small fruit of choice – keep this handy at all times
Or



*Carrot Juice Blend

Lunch

Quick & Easy Salad



When preparing a salad with ripe avocados, its creamy texture can substitute the salad dressing. Avocados are also great health food: they help to prevent and treat prostate and breast cancers, and can be used to lower the cholesterol level in the blood. So enjoy this healthy alkaline salad!

Ingredients for 2 person's

2 ripe medium-sized avocados
200g carrots
200g broccoli
½ cup scallions (green onions)
1 pinch of sea salt
Your favorite fresh herbs
2 table spoons of Flax Seed

Directions

Dice the avocados, chop the broccoli, scallions and herbs and shred the carrots. Put all veggies in a salad bowl, mix well and taste with salt. Sprinkle some *Salad dressing if you like.

2 Manna Blood Sugar Support Tablets with each meal, helps to prevent insulin spikes

Snack

Nuts & Seeds (not more than 25g) with small Fruit of choice – keep this handy at all times

Dinner

Vegetable Pasta with Tomato-Pepper Sauce



Ingredients for 4 servings

500g vegetable or spelt pasta
300g tomatoes
½ cup sun dried tomatoes
1 small red bell pepper
1 small zucchini
1 onion
2 garlic cloves
1 chili
5 fresh basil leaves
2-3 tbsp. cold-pressed olive oil
Sea salt and pepper to taste

Directions

Cook vegetable or spelt pasta according to directions.

Cut tomatoes, bell pepper and zucchini in cubes and finely chop the onion, the garlic and the chili.

Heat olive oil in pan, adding onion, pepper, chili and garlic, and fry for a couple of minutes. Then add the tomatoes and zucchini and cook for approx. 5-10 minutes. Last but not least, add the basil and taste with pepper and salt.

Put pasta on plate, top with sauce and garnish if desired. And finally - enjoy your delicious pasta!

2 Manna Blood Sugar Support Tablets with each meal, helps to prevent insulin spikes

Evening Snack



1 Cup of Chamomile Tea

Note:

- Drink enough purified fresh water throughout the day
- Take a brisk walk for 30 to 45 minutes (whenever you have time during the day or before dinner)
- Take a nice relaxing bath or hot shower
- Sleep early (for at least 8 hours)

