

# ALMONDS, THE COMPLETE FOOD



Just as ginger root is given to us from the Divinity to cure or to stop the progression of any kind of disease, almonds are also given from the same Divinity, to be our *complete food*, able to nourish and feed every human being regardless of age; from the newborn babies (to whom the mother's milk is not available), through growing children to the delicate elders. Just a handful of raw, soaked and peeled almonds, liquified in plain water and made as a drink, is enough to supply our needs for all the nutrients of that day. By "all the nutrients," I mean all the proteins, essential fatty acids, minerals, vitamins, and enzymes. They all are just in one single God's gift—almonds.

Many of you will now rush to navigate on your electronic devices to see the mineral and vitamin content of almonds, yet you will not find anything "special" in those lists as there has not been a single microscope that could detect the authentic power of almonds; the almond's Soul!

The “pranic” (the life force energy), or the almond’s “Chi” energy is one of the strongest energies in nature, able to heal and nourish at the same time, and this energy can be detected on specialized cameras as the almond’s auric field. But if you want to know the real healing and nurturing power of almonds, do not waste your time in looking at the nutrition charts or the auric field with the computerized cameras. The only way to perceive almond’s Soul and its healing power is just by enjoying eating them and paying attention to your breath while doing that (also see the title: “Kissing the Divinity ‘Recipe,’” Chapter I). In other words, by *meditating* on the almonds while ingesting them, you will know the truth about them and will make sure they are present in your home at all times as your food number *one*, as your “daily bread.” Although the word “meditating” might sound complex, it is, in fact, a synonym for “observation.” When we were little children, each one of us was meditating twenty-four hours a day. Each one of us was observing everything and everyone with the eyes of our Souls.

In order to be nurtured or healed by almonds, it is not necessary to perceive their Soul at all, you just eat them on a regular basis, and that’s it. But if you are wondering how it is a complete food if some food charts are stating it has only a few vitamins and a few minerals, then by perceiving the almond’s Essence, you will notice it is guided in its totality by the purest gentle Light, by the Divinity itself. Guided by the divine intelligence, when ingested in its raw form, the soaked almonds (or homemade almond milk) continue to travel inside our body, literally detecting if there is lack of a vitamin, a mineral, enzyme or whatever nutrient. The almonds then *convert* themselves into that nutrient that our body had been lacking, that way giving us a complete nurturing, the same as the breast milk is giving a complete nurturing to a newborn baby without the necessity of any other food. What the breast milk was representing for all of us when we have been just a few days old, almonds (or homemade almond milk), are representing the same in our adult life.

Besides the complete nurturing action, the other important action of raw, soaked, and peeled almonds, *is the elimination of Candida’s gases* inside our body, thus allowing the immediate production of oxygen in that space where Candida’s gases were occupying before. Almonds are not able to kill the fungus *Candida albicans*—death itself—as ginger root or cayenne pepper can. However, almonds are able to eliminate Candida’s gases, that way stopping, in an *immediate* way, the further expansion of those gases that are burning our ill tissue and cells. In accordance with this, I am reminding all the readers once again: “*By having ginger root or cayenne pepper, at all times in your home* (the most powerful medicine on the planet that is able to kill the aggressive *Candida albicans*), *along with almonds* (the most complete nutrient that is able to eliminate *Candida’s* gases), you and your family will always be healthy.”

It does not matter what kind of degenerative or genetic disease you already have, almonds on a regular basis, at least three times per week, without any break, for the rest of your life, will stop the further progression of that disease. Just to name a few:

- Any kind of cancer
- Autism
- Dementia
- Alzheimer's
- Schizophrenia
- Bipolar disorder
- All bone and cartilage related diseases (rheumatism, osteoporosis, arthritis, etc.)
- Diabetes (has to be in liquid form as homemade almond milk)
- Multiple sclerosis (has to be in liquid form as homemade almond milk)
- Parkinson's disease (has to be in liquid form as homemade almond milk)
- Dental cavities and gum diseases as well
- Stomach's overacidity and ulcerations
- All intestinal diseases (diverticulitis, Crohn's, celiac disease, chronic colitis, chronic constipation, and innumerable others)

Almonds (especially in the liquid form as homemade almond milk) can successfully stop the worsening of the vast majority of diseases, particularly those of the brain, central and peripheral nervous system such as Alzheimer's, dementia, Parkinson's, autism, cerebral palsy and similar diseases. To stop further propagation of any disease, you do not have to wait long. After the first few weeks of their regular ingestion, you will notice an obvious stopping of your or your child's disease. *Please* note that you should not be feeding *Candida albicans* with sugars and products made with nonfermented, genetically modified, chemically treated wheat. In particular, you should not feed *Candida* with sugar lactose found in dairy products. Because almonds are a pure protein, they do not go well with any kind of meat or animal's milk. Darkness and heaviness of meat's protein and commercially made cow's cheeses obstruct the healing and nourishing action of the weightless almond's protein. The reduction and eventual complete elimination of any kind of meat and dairy while consuming almonds would be the wisest move.

There has been misinformation widely accepted in the schools of North America that almonds are nuts, thus they are prohibited as snacks in schools. The good news for all people allergic to nuts and the correct information for all the schools as well is that almonds are not even nuts but seeds! They are seeds from the Prune family as their botanical name clearly describes them as "Prunus Dulcis," which in the Latin language means sweet prunes. However, they do have something in common with nuts, such as walnuts, and it is *their skin*. ***The skin of the seeds commonly known as almonds, is not recommended for human consumption.*** The skin of almonds is responsible for triggering the allergic reaction in some people (see the title: "Cancer in Young Children", Chapter II). The same almond's skin is acidifying our blood on a very high level, thus proliferating the fungus *Candida albicans* instantly upon that skin ingestion. We cannot digest the skin of the almonds just as we cannot digest banana peel. If we instinctively, upon grabbing a banana, start to peel its skin, we should also do the same with the almonds before their ingestion.

***Properly prepared almonds*** are an incomparable blessing for our health and nourishment.

***Improperly eaten almonds*** are a threat to our health!

The ***only proper*** way of eating almonds is by ***removing their skin by soaking them in plain water***. Every time almonds are mentioned in this book, be clear that ***I always*** mean ***soaked and peeled almonds***.

Please do not rush to buy bleached and already peeled, commercially available almonds, as those are adulterated, and they are not medicine. You will ***always*** soak and peel almonds at your home before ingesting them. If the Divinity could create such wonderful food and medicine for us, the least we can do is just put them in the water, peel, and eat them.

So, the proper almonds' preparation is:

- Take a handful of ***raw*** almonds, wash them all together in your hand just for a few seconds under the running water.
- Place the almonds in a ceramic bowl (please do not use plastic containers for this), fill the bowl with room temperature water (covering all the almonds) and let soak for at least two hours or overnight.

After some hours of soaking, when their skin is loosened enough, you will be able to peel them easily just by squeezing each almond in your two fingers, or first, if necessary, you will slightly scratch the almond with your nail and then squeeze it between your fingers (see the following pictures).



**Soak the almonds in plain water.**





**Peel the almonds by squeezing them between your fingers.**

## • Almond Milk

Once we have the almonds soaked and peeled as indicated in the previous text, to prepare the almond milk we will take those almonds and blend them with water to obtain a precious white colour medicinal liquid that looks similar to milk (see the main picture right under the title). The main picture is very explicative, showing soaked almonds, peeled almonds, the empty almond peel, and a glass of almond milk.

### INGREDIENTS:

- 13 raw almonds that have been soaked overnight and then peeled
- 1 cup of plain, room temperature water

### PREPARATION:

Place the soaked and peeled almonds in a blender jar, add 1 cup of plain water, close the blender and blend for one minute.

Depending on the strength of the blender, it is also advisable to turn off the blender in the first half-minute, then immediately restart the blender again. This way, when we stop the centrifugal force, the broken pieces of almonds fall down, and when the blender starts again, in the second half of a minute, all the pieces of almonds are blended equally.

Strain the almond milk through a fine strainer and enjoy. When preparing this milk for a newborn baby, the milk should be strained through a cheesecloth because, in this case, not even a tiniest fine sediment of the almonds should be present as it could provoke the sensation of itchiness in the throat of the baby.

Finish all the almond milk prepared for that day, do not keep it refrigerated for the next day. Please do not throw away the almond's sediment caught in the strainer. It is delicious to eat as is while this sediment is providing not only a thorough cleaning of our teeth but a tremendous tooth whitening as well! In his 22 years of life, my son never was able to brush his teeth by himself. When I take him to the dentist's office for a dental checkup, the dental hygienist literally does not have to clean anything because his teeth are always clean. I do take him to see the dentist once per year, not because he needs the cleaning but because the dentist office has the elevator in which my son likes to ride up and down several times, so he begs me all year round to take him to the dentist.

When making two or more cups of almond milk, you will obviously be increasing the number of almonds as you are increasing the water amount. So, for 2 cups of water, it goes 26 almonds and so on. I placed 13 almonds for one cup of water as an average, however for a lighter taste, you can decrease the number of almonds to only 9, or for a stronger taste, you can increase to an approximate of 18 almonds for a cup of water. For newborn babies and toddlers, it is always recommendable that the almond milk is not too thin but also not too thick, so I would recommend that for them, it is kept to an average of 13 soaked and peeled almond per each cup of water.

An entire book could be written about the almonds' benefit for our physical and emotional health and well-being. The following are some important facts and the blessings of soaked almonds, especially of the homemade almond milk.

1. A glass of raw, home-made almond milk surpasses the calcium levels in the same size glass of cow's milk. Not only in the quantity of calcium is the homemade almond milk superior, but in the quality of calcium as well. Contrary to the calcium from cow's milk, the almond's milk calcium is readily absorbable and is perfectly matching our bones and teeth. For this reason, if we want our bones and teeth healthy, as well as if we want to get rid of osteoporosis, arthritis, rheumatism, or any other bone-related ailment, we should make almond milk our priority food.
2. Being a seed of an equal yang and yin (solar and lunar) vital energy, soaked and peeled almonds, along with the almond milk, is the perfect match for human male and female reproductive organs. If we want to keep all our reproductive organs healthy, to have high-quality sperm and ova cells, bringing healthy children to this world, then homemade almond milk on a regular basis should be your most important food. The health benefit of the homemade almond milk inside our body expands from the reproductive organs to the urinary organs as well, curing urinary incontinence and the vast majority of kidney ailments. In such cases, one to two litres of homemade almond milk (along with 3 litres of plain water daily) should be drunk throughout the day for several consecutive days until complete healing. There is no doubt that with this daily amount of homemade almond milk, the urinary incontinence that might be bothering you for years will be cured in a few days. However, be warned that your sperm and ova production will be doubled as well, which might result in an unexpected

pregnancy (for more about urinary incontinence, kidneys and bladder problems, see the title: “Young Coconut Water—Nature’s Stem Cells,” under this same section of “Medicinal Waters”).

3. Soaked and peeled almonds are the number one medicinal food to get rid of overacidity in the stomach, heartburn, and the resulting mouth and stomach ulcerations and sensation of painful hunger. This is particularly important for children and adults with any kind of mental disability (autism, schizophrenia, dementia or any other) because they were born with an increased stomach acidity that causes constant painful hunger, leading to emotional irritation, unless we neutralize that overacidity with the proper food and drinks such as soaked almonds and the homemade almond milk. (See the title: “Let’s Eliminate Painful Overacidity from the Mouth and Stomach Once and for All!”, Chapter II). By neutralizing and eliminating the overacidity from the mouth, we automatically prevent and stop any kinds of tooth and gum diseases, including dental cavities.
4. In case of prolonged social crisis of any kind, such as the one of coronavirus quarantine where all the underdeveloped countries were affected by food shortage, having *only* almonds with potable water at home will give complete nutrition and strong health to everyone, from babies to elders.
5. Due to the fact that the almond’s Soul is vibrating with the gentleness of a newborn baby and at the same time with the strength of a young athlete, the homemade almond milk is especially recommended for all mental diseases where a person is frequently oscillating between anger and irritability to depression and sadness (also see the title: “All Mental Diseases,” under the section: “Curing the ‘Incurable,’” Chapter I). Two cups of homemade almond milk every day for life would be an average dose for adults with autism, bipolar disorder, chronic depression, schizophrenia, and all other mental diseases. Just as with rose petal tea, the homemade almond milk can quickly calm an irritated autistic person as well as boost the mood of a chronically depressed person. (For more about rose petal tea, see the title: “Rose Petal Tea,” under this same section). If the homemade almond milk is intended for mood and emotional balancing of a mentally challenged person, it is not necessary to drink the rose petal tea on the same day and vice versa.
6. Soaked and peeled almonds are the perfect everyday snack for everyone. From the person craving sweets, meat or something crunchy, to the autistic children waking up in the middle of the night and requesting a meal at that time of the night (because of too much acidity in the stomach of all autistic children), soaked and peeled almonds left ready on the table is not only a healthy meal but a medicinal solution that will eliminate any kind of cravings while giving a nice, satisfying sensation in the stomach.

When my son was much younger, he became addicted to chocolates that have crunchy cookies inside. As with the vast majority of parents whose child is diagnosed with several diseases that according to medical doctors' prognosis are greatly reducing the life span, I was giving those chocolates to my child, afraid that he might die soon, so at least he could now have chocolates that he liked so much. As soon as I realized how quickly the sugar from those chocolates was feeding the fungus *Candida albicans*, therefore quickly deteriorating my son's health, I gradually started to replace the chocolate bars with soaked and peeled almonds. With the same rhythm, my son was regaining his health, and soon he got rid of the acidity in the stomach and the blood; thus, he got rid of chocolate cravings. It is hard to believe, but now, when I offer him the same kind of chocolate he was addicted to before, he even yells to me: "NO!" he does not want even to look at the chocolate. And I purposely offered it to him to see what his response was going to be, if he was going to accept it and how much of it he was going to eat. I am pleased to announce that the chocolate ended up in the garbage without even being opened (for more, see the title: "Genetic Darkness," Chapter II). In case your mentally challenged child does not want to try soaked and peeled almonds, or homemade almond milk, please do not force the child. Instead, give the almond milk (always strained) to your child via enema (for more about feeding through an enema, see the title: "Life-Saving, Life-Prolonging, Torture-Ending, Plain Water Enema," Chapter I).

ATTENTION:

- ***Do not soak*** the almonds for more than 15 hours as they could spoil, especially if the temperature in the room is high.
- ***Do not think*** that the commercially sold almond milk can be the substitute for homemade almond milk! The ***homemade*** almond milk ***cannot*** be substituted by anything. It is able to cure and to feed us precisely because it is made at home and consumed the same day of preparation. Currently, the commercially made liquid called almond milk, not only can't cure, but also, depending on what kind of artificial preservatives are added, might be even harmful to our health.

(Due to the high importance of homemade almond milk for human nutrition and healing, a shorter version of this topic will be translated and displayed for free, in more than 10 languages in my website: [www.HealingWithZeljana.com](http://www.HealingWithZeljana.com)).