Food Intolerance & Allergy and Autoimmune Conditions

biohawk Australia

Preparation of food and drink

It is essential to prepare **ALL food and drink** with Biohawk's ginger products (DigestEasy, Ginger Oil, Relief or Bake Aid), as described on **biohawkaustralia.com.au**. The proline-rich proteins in food and drink need to be pre-digested before you expose your immune system to them. It is easy to do and is a benefit to all people whether they have a gene for food intolerance & allergy or not.

The benefits of treating your food and drink with Biohawk's ginger products:

- All nutrients are released from encapsulation by these proteins, allowing all nutrients to be efficiently absorbed in the small intestine, so that high-energy food does not pass into the large intestine to be fermented creating acid that drops the pH to levels where good bacteria are unable to flourish, but where bad bacteria prosper and express toxins and damaging metabolites.
- The full flavour and aroma of the food and drink are released for your enjoyment.

The preparation of food and drink with Biohawk's ginger products and the pre-digestion of their proline-rich proteins prevent the T2-helper cell immune system from being hypersensitised for people with a gene for food intolerance and allergy, allowing that immune system to be calmed down progressively to a level where autoimmune genes are switched-off.

View our online Helpful Videos presented under the 2 Step Plan at biohawkaustralia.com.au or follow us on YouTube.

Maintaining the benefits – the 2 Step Plan

If you have common symptoms of food intolerance or allergy, but you do not have autoimmune conditions that are causing serious damage to your health, or you have successfully switched-off serious autoimmune genes, you simply follow the **2 Step Plan** as described on **biohawkaustralia.com.au**

Step 1 – Treat your food:

Prepare **ALL** your food and drink with Biohawk ginger products.

Step 2 – Treat yourself:

Take Relief or DigestEasy **twice a day** after breakfast and dinner at the regular dose. For each 60Kg body weight take ½ teaspoon Relief in water twice a day or take 10mL DigestEasy twice a day (proportionally more or less if you are over or under 60Kg) or enjoy a cup of Biohawk Relief Green Tea after meals.

In 2 to 5 weeks you should feel great! You **MUST** continue to follow the 2 Step Plan if you are to maintain the benefits and to continue to feel good.

Diagnosed autoimmune conditions

The following protocol is recommended for people with autoimmune conditions to complement the treatment recommended by their medical team.

It is important to follow these instructions daily:

1. Prepare **ALL** your food and drink with Biohawk ginger products.
2. **Take Pine Crush solution twice a day before breakfast and dinner.** For 30Kg or more body weight take 10mL, or 5mL for children between 15Kg and 30Kg, and 2.5mL between 5Kg and 15Kg.
3. **Take Relief or DigestEasy twice a day after breakfast and dinner at the special dose.** For each 60Kg body weight take 1 teaspoon Relief in water twice a day or take 20mL DigestEasy twice a day (proportionally more or less if you are over or under 60Kg), and, if you wish, enjoy a cup of Biohawk Relief Green Tea after meals.

As the proteins that excite the T2-helper cell immune system are digested:

- the immune system calms down to normal levels where the concentrations of expressed immune proteins (cytokines) are too low to keep autoimmune genes switched-on.
- Proline-rich proteins with similar structures to food proteins on the membranes of organisms such as viruses and bad bacteria are also digested by the ginger enzymes.

If these membrane proteins are coated with a biofilm making it difficult to digest the proteins, Biohawk's Pine Crush enzymes will remove the biofilms exposing the proteins to the ginger enzymes that will digest the proline-rich proteins removing infections including drug-resistant bacteria.

Additionally, the ginger enzymes activate macrophages that repair tissue damage caused by autoimmune conditions.

Symptoms of most common autoimmune conditions should be eliminated in 2 to 5 weeks, allowing you to revert to the **2 Step Plan**.

Serious autoimmune conditions

There are serious autoimmune conditions that require higher doses of the ginger and pineapple, especially those conditions that have been switched on by viral and bacterial infections of the brain following insect bites.

Infections of the brain by viruses and bacteria with carbohydrate biofilms that protect the organisms from the cellular immune system and, in the case of bacteria, from antibiotics, following the host being bitten by insects such as biting midges, mosquitos, stable flies, ticks, and spiders:

- Are able to lie latent in white cells in the brain ultra-sensitising the T2-helper cell immune system expressing immune proteins at very high levels that switch on the genes of very serious autoimmune conditions such as, for example, lupus, multiple sclerosis, motor neurone disease, Parkinson's Disease, and a number of cancers.
- Biohawk ginger and pineapple enzymes digest the membrane proteins of the viruses, bacteria, and cancer cells in the brain and elsewhere, inhibiting their actions and preventing them from overstimulating the T2-helper cell immune system.
- The body calms down the sensitivity of the immune system to a level where the cytokine level is too low to keep these autoimmune genes switched-on.
- Lesions within the brain are healed by macrophages that have been activated by the ginger enzymes.
- For some conditions, such as motor neurone disease, switching-off the gene does not necessarily enable the damage that had been caused by the condition to be repaired, but for other conditions it does.

It is important to follow these instructions daily:

1. Prepare **ALL** your food and drink with Biohawk ginger.
2. **Take Pine Crush solution 3 times a day before meals**. For 30Kg or more body weight take 10mL, or 5mL for children between 15Kg and 30Kg, and 2.5mL between 5Kg and 15Kg.
3. **Take Relief or DigestEasy 3 times a day after meals at the special dose**. For each 60Kg body weight take 1 teaspoon Relief in water 3 times a day or take 20mL DigestEasy 3 times a day (proportionally more or less if you are over or under 60Kg) and, if you wish, enjoy a cup of Biohawk Relief Green Tea after meals.

Over the first one to two months, you should notice changes in your body in terms of, for example, energy, clarity and reduced pain in your brain, and stability. MRI scans of your brain utilising T2-pulse sequences should show reduced inflammation and activity of any lesion. The viral and bacterial infections should be removed, and the immune system calmed down to normal. When your medical team declares there has been no adverse change in the condition over a period of time, revert progressively back to the **2 Step Plan**.

Can Biohawk ginger products be taken with medications?

The Biohawk products are foods with no known risk of an adverse side-effect and can be taken while on the standard recommended medication for the autoimmune condition. The Biohawk products do not cause allergy as their natural enzymes are at a high concentration and can digest any protein allergen. Biohawk's ginger does thin blood by reducing the immune protein levels and immune-complexes that are removed by macrophages that the ginger enzymes activate, impacting positively on many autoimmune conditions. The blood is thinner but the International Normalised Ratio (INR) is changed by 0.2 or less, which is insignificant. Ensure your medical team continues to monitor your condition, adjusting their medication when necessary.

Warning regarding supplements that inhibit the Biohawk food enzymes

Specific metal supplements, vitamin supplements, and baby formulas that include metals, such as zinc, iron, copper, manganese, cobalt, and chromium, inhibit the ability of the enzymes to digest proteins because these metals bind to the enzymes' active sites. Silver metal colloid drinks, and oxidising compounds such as chlorine and peroxide also inhibit the enzymes. Some people consume peroxide because of its perceived health benefits, or because they unknowingly consume it because peroxide levels are high in some honeys, vegetable oils, and especially in green smoothies made with high-powered blenders that break down cells. Anion supplements where the anion is large, such as selenite, also block the enzymes.

The solution is to take any specific supplement prescribed for a clinical deficiency at a different time in the day from when you take the Biohawk products (separated by at least an hour), choose honeys and oils that are not rich in peroxide, and use a lower speed blender conditioning the greens with Biohawk's ginger before blending.

Note: Biohawk's products are foods with the Generally Recognized As Safe (GRAS) classification and are used in the preparation of foods and drinks to make them safe to eat and drink with their full nutrition released.

Visit biohawkaustralia.com.au to follow the 2 Step Plan

For further information, please contact Biohawk Australia or your regional distributor of Biohawk products.

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