

Health & Food Manual

A Guide For Mamas



Disclaimer:

We strictly serve TLC 13Love Community™ Private Members only. We would like to emphasize that all information is to be kept within our community. The information provided within this manual is for the purpose of guidance. We ask that you use your best discretion and common sense while reading the information provided in this manual. TLCMamas are not liable for any damages. We encourage to use your due diligence with any of the suggestions herein this manual. We are not medical practitioners, and do not give medical advice. This manual is a compilation of our experienced Birthing Assistants, mothers, and research based on licensed herbalists and nutritionists.

Thank you for allowing us to be at your service. Please feel free to email us at TLCMamas13@gmail.com for any further questions or comments. 13Prosperity and 13Blissings on your journey to Motherhood! Give yourself a hug, Big Amma Mama loves you. 13LOVE in All Ways.

First Edition
Health & Food Manual: A Guide For Mamas Manual

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The background of the page is a vibrant, colorful illustration of three women in traditional African attire. They are carrying large, colorful water pots (pink, green, orange, and blue) balanced on their heads. The women are wearing patterned dresses and necklaces. The overall style is bright and artistic.

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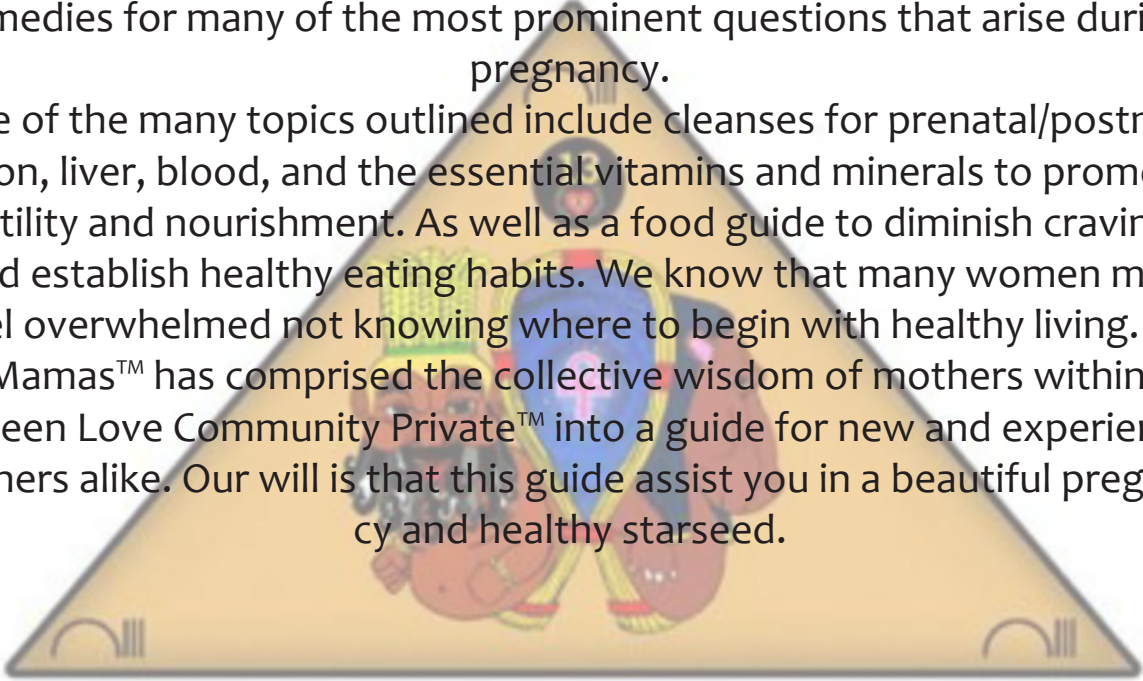
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PREFACE

13Love Mamas,

We are truly humbled that you have entrusted us to guide you along this journey! At TLCMamas™ our mission is to provide our expecting mama's with an all exclusive resource and guidance service, eliminating the need for assistance outside of our community. Within this manual you will find remedies for many of the most prominent questions that arise during pregnancy.

Some of the many topics outlined include cleanses for prenatal/postnatal, colon, liver, blood, and the essential vitamins and minerals to promote fertility and nourishment. As well as a food guide to diminish cravings and establish healthy eating habits. We know that many women may feel overwhelmed not knowing where to begin with healthy living. So TLCMamas™ has comprised the collective wisdom of mothers within TLC Thirteen Love Community Private™ into a guide for new and experienced mothers alike. Our will is that this guide assist you in a beautiful pregnancy and healthy starseed.



TLC Mamas™

PRENATAL JOURNEY

PREPARATIONS OF PREGNANCY:
BALANCE- PLAN & ACTION

We place all prenatal health preparations into three categories--physical, mental and spiritual (P.M.S). Each respective category must be whole, complete, and balanced within yourself and your partner as this imprints upon your child. You both must recognize the shared responsibility of bringing a beautiful Child of Elohiym to this world.

Plan In Action

- Be in tune with the moon cycles when planning to conceive. The new moon is a time to plant new seeds, while the full moon is a time for completion and celebration.
- For those who are having a hard time conceiving, there are fertility herbs for her & him at Th Beys and Uprising Tea.
- “Becoming One.” Have a Honey Moon with Bees Natural Honey 247Love Saw Palmetto honey.
- Take time to reflect and write your birth vision.



Fertility Tea

Saw Palmetto, Red Clover,
Raspberry Leaf



KEY ESSENTIALS

CLEANSING: P.M.S. (PHYSICAL, MENTAL, SPIRITUAL)

Before conceiving a child both mamas & papas should begin cleansing to improve conception. This result in a healthier womb for the mama, and healthier seeds for the papa. In order to produce a beautiful garden full of love and life you must prepare a few things first. Just as “fertile soil” we need the proper nutrients, amendments, and planning to sow the seed right. You can’t plant a successful garden until all “weeds” and excess “debris” are removed!

“And Yahushua said unto them, I am the bread of life: he that comes to me shall never hunger; and he that believes on me shall never thirst.” -Beshorah Yahuchanon (Gospel of John) 6:35

- HaPalils
- Th Bread of Life
- Nature time
- Hymns
- Meditation

“I am that I am; a Shining Being dwelling in light, and I come from the limbs of The Most Highs.” -The Book of Coming Forth By Day

Spiritual

- Torah Study
- Writing
- Reading
- HaPalils
- Nature time

Mental

- Walk/exercise
- Cleansing of colon, liver, blood, & womb
- Healthy eating habits

Physical

Make an effort to improve yourself, strengthen your faith and connection with Elohyim through palils. Set aside time to palil with your partner as well, to prepare you both for this great blissing from Elohiym. Children complete our pyramid of life, as a earthly reflection of the holy trinity our beloved heavenly Elohiym. Give Th Ankhs!

Detox

Preconception & Prenatal

Preconception

In order for the body to carry a starseed in your womb without complications you must detox yourself from all that is unnatural and/or against nature/life.

A significant portion of an effective cleansing involves healthy eating habits. But what exactly is “healthy”? Simply eating what nature brought forth! Healthy also means living in accordance with the Laws given in The Torah.

Give your self a year to 6 months to detox/cleanse with awareness. If you are able to detox longer, the better. You and your consort can palil and reflect on the honor of bringing forth life. Focus on making your divine body temple a sacred space for the next generation.

Prenatal

- Once you have conceived, make the effort to love both yourself and the starseed within your womb (do this before pregnancy too Queens!).
- Rejoice, Sing, say palils for starseed and your dynasty.
- During these times don't forget to be still! Eat wholesome foods, to make sure you receive the daily requirements of vitamins and minerals for a healthy pregnancy.
- Cherish this beautiful gift The Most Highs has blisseed you. Watch and water your seed.
- The Most Highs is taking care of everything for you, so do not worry.
- Give Th Ankhs everyday to The Most Highs Big Amma Mama and Elohiym for the beautiful blissing and help prepare you the way unto the journey of pregnancy.
- The Most Highs are all you need for guidance, and preparation for parenthood.
- We will that this journey be filled with the true wealth of health and 13love of The Most Highs Big Amma Mama and Elohyim.

*“Health is Wealth, having Faith is feeling Great. 13love
13wisdom” ~Da13thSun*



HEALTH IS WEALTH GREEN JUICE

- (2-3 times a day)
- 2 Cucumbers
 - Bundle of Kale
 - 4-5 Celery stalks
 - 1-2 broccoli stems
 - 1 inch of ginger
 - 1 green apple (optional)
 - 1 tsp of spirulina (optional)

Upon Rising

Lemon & Honey Water

- Ginger (optional)
- ACV (optional)
- Cayenne Pepper (optional)



A Quick cleanse:
32 oz Filtered Water
1 Lemon
1 teaspoon sea salt
2 Tablespoon Raw Honey
1 Tablespoon Olive oil



Ginger Root Tea with Cayenne Pepper

FERTILITY HERBS FOR HER

(* Avoid Completely During Pregnancy (+) Only During Last Trimester

(~) Avoid During Lactation (>) Limited Use During Pregnancy

| Endocrine & Hormonal Support | Womb/Reproductive Nourishment | Liver & Circulation Health | Menstrual Health |
|---|---|--|--|
| Ashwagandha * Burdock Root Dandelion Leaf & Root Eleuthero Root * ~ Flax Seed Ginseng * ~ Maca Root Milk Thistle Nettles Licorice Root * ~ Rhodiola Root * ~ Raspberry Leaf + Sesame Seed Saw Palmetto * Vitex White Peony + > | Alfalfa Ashwagandha * Burdock Root Chamomile Dong Quai * ~ Ginseng * ~ False Unicorn Root ~ Horsetail * ~ Hibiscus *~ Lemon Balm Linden Flower Maca Nettles Oat Straw Peppermint Red Clover * Sesame Seed Vitex Yarrow * White Peony + > | Alfalfa Ashwagandha * Burdock Root Cinnamon Dandelion Leaf & Root Dong Quai * Damiana > Ginger Hibiscus *~ Milk Thistle Nettles Raspberry Leaf + Red Clover * Yellow Dock * | Alfalfa Blue Cohosh * + Black Cohosh * + Burdock Root Chamomile Cinnamon Dandelion Leaf & Root Ginseng * ~ Lemon Balm Licorice Root * ~ Maca Root Milk Thistle Nettles Rhodiola Root * ~ Raspberry Leaf + Sesame Seed Saw Palmetto * Yarrow * ~ Yellow Dock * Vitex |

FERTILITY HERBS FOR HIM

| Sperm Health | Libido & Reproductive Health | Energizing Nourishment | Hormonal & Endocrine Support | Liver & Circulation Health |
|--|---|---|--|---|
| Astragalus Fo-ti Ginseng Goji Berry Gotu Kola Nettles Saw Palmetto Sarsaparilla | Ashwagandha Damiana Maca Root Nettles Saw Palmetto Yohimbe | Ashwagandha Dandelion Leaf & Root Eleuthero Root Fo-ti Ginseng Ginkgo Green Tea Maca Root Nettles Rhodiola Root Raspberry Leaf Sesame Seed Suma | Ashwagandha Burdock Root Ginseng Dandelion Leaf & Root Damiana Eleuthero Root Flax Seed Licorice Root Maca Root Milk Thistle Nettles Raspberry Leaf Rhodiola Root Saw Palmetto Sesame Seed Vitex White Peony | Alfalfa Ashwagandha Burdock Root Cinnamon Damiana Dandelion Leaf & Root Dong Quai Ginger Hibiscus Milk Thistle Nettles Red Clover Yellow Dock |

Cleansing Food List

(* Avoid Completely During Pregnancy
 (~) Avoid During Lactation

Legend: Colon= C Liver= L Womb= W Blood= B

| Fruits | Vegetables | Herbs & Supplements |
|--|--|---|
| <p>Apple (C, L, B, W) Apricot (C, W) Avocado (W, L) Berries (C, B, W) Cantaloupe (B) Cherry (L) Citrus fruits (C, L, B, W) Coconut (L) Cranberry (C, B) (Seeded) Grapes (C,B,W) Grapefruit (C, B, W) Kiwi (B) Melon (B, W) Orange (C, B, W) Papaya (C, W) Peach (C) Pear (W) Pomegranate (B, W) Pineapple (C) Strawberry (C) Tomato (C) Watermelon (C, W)</p> | <p>Arugula (L) Beet (L, B, W) Broccoli (C, L, B) Cabbage (C) Carrots (C, B) Cauliflower (C) Celery (C, B) Collard Greens (L) Cucumber (C, W) Eggplant (C) Garlic (L, B, W) Kale (L, W) Leafy Greens-Chlorophyll (B, W) Lettuce (C) (Extra Virgin) Olive (oil) (L, W) Onion (L, B, W) Pickled Vegetables (L) Radish (C) Spinach (C, W) Sweet Peppers (C) Sweet Potato (L) Squash (W) Watercress (L, B, W) Zucchini (C)</p> | <p>Alfalfa (B, W) Aloe Vera*~ (C, B) Anise (B, L) Basil (L) Bentonite Clay (C, B) Burdock Root*~ (L, B) Cardamom (L, B) Cascara Sagrada*~ (C) Cayenne Pepper (C, L, B, W) Ceylon Cinnamon (L, B) Chamomile (W) Chaste Berry (W) Chia Seed (L) Chickweed*~ (C) Clove (B) Coriander- Leaf & Seed (B, L) Dandelion (L,B, W) Dong Quai*~ (B, W) Echinacea~ (L, W) False Unicorn~ (W) Fennel Seed* (C) Fenugreek (L) Goldenseal*~ (L, W) Ground Flaxseed (C, L) Green Tea (L, B) Ginger (C, B, W) Irish Moss (C, B) Milk Thistle Seed (L, B) Nettle Leaf (L, B, W) Peppermint (L, B) Pumpkin Seed (C,L) Raspberry Leaf (AVOID FIRST TRIMESTER) (B, W) Raw Honey (L, B, W) Red Clover* (B, W) Saw Palmetto (W) Slippery Elm*~ (C) Senna*~ (C) Spirulina (L, B, W) Turmeric (C, L, B) Wheatgrass (L, B, W) Yellow Dock*~ (L)</p> |



Balancing Eating Habits Prenatal & Postnatal

- A balanced eating regimen is imperative for a healthy mama and baby. The correct portion of plant based meals will help to nourish you both. Attaining the proper nutrients also plays a vital role in the production of healthy breast milk.
- Fruits and vegetables can help minimize morning sickness, cravings, heartburn, and constipation.
- To make sure you and the baby are receiving proper nourishment, Th Beys™ provides prenatal/postnatal supplements (thbeys.com).
- Ideally each meal should be a balance of 70% “raw” fruits & vegetables with 30% cooked foods. However transitioning mamas may begin with a ratio of 50/50 (accompany cooked meals with salads, green juice).The more, the merrier! We also encourage our queens to listen to their body’s.
- Region matters! If you live in an area where the sun is further from the sun (ex: New York), be sure to take more live greens in your “diet.”
- Et is also advised that mamas remain cognizant of eating habits while breast-feeding. The baby will receive everything you intake through your breast-milk.

Note: Some mamas have also reported constipation issues with their baby’s. This is a sign of poor digestion. A mother’s breast milk is sufficient for a newborn. Breastfed babies, who haven’t begun eating solid foods, can go two weeks without a poopy diaper once they reach 2-3 months old. Babies who are exclusively breastfed are almost never constipated, due to lack of waste product produced from breast milk.

Essential Vitamins & Minerals

CALCIUM:

Your intake of calcium is vital for your baby's bones, teeth, muscles, heart and nerves. Receiving sufficient amounts of calcium during pregnancy also helps your circulatory, muscular and nervous system run efficiently.

IRON:

Fun fact about iron.. When you're pregnant your body makes more blood! Go figure that one out. You are creating a baybee inside you and blood/iron is vital! So you'll want to incorporate more iron rich foods for healthy blood. Blood is life.

FOLATE:

The term "folic" (Also known as folic, folacin, B9) stems from the Latin word folium, meaning leaf. Foliates occur naturally in many foods, for instance dark green leafy vegetables, beans, and lentils. Folate is an essential vitamin that makes DNA, RNA, and metabolises amino acids. Et also supports healthy cell division and promotes healthy fetal development. Folate is highly recommended during your preconception phase and the first trimester.

VITAMIN D:

Vitamin D is a fat-soluble vitamin that has properties of both a vitamin and a hormone. Vitamin D is necessary for the absorption and metabolism of calcium, phosphorus. In turn supporting immune function, healthy cell division, bone and brain health.

EPA & DHA OMEGA-3 FATTY ACIDS:

Very essential for the health and growth of baby. EPA supports the heart, immune system, and inflammatory response. DHA supports the brain, eyes, and central nervous system. Which also maintains balanced production of the hormone called prostaglandins.

VITAMIN C:

Vitamin C replenishes tissue and your immune system, protecting you and baby from foreign toxins and cell damage. Essential for production of collagen, a cartilage component needed for growth of bones, tissues and tendons.

FOOD GUIDE LIST

Here is a list of food that will guide you in what is recommended to eat. Use your implied knowledge and always study before consuming. You can also go to Claritydaily.org, treeoflif3.com, and uprisingtea.com to get delicious recipes and superfoods/herbs by the cuzzos.

Legend: Calcium = Ca, Folate = F, Iodine = Io, Iron = I, Vitamin C = C, Vitamin D = D, Omega-3 = O3

* Avoid during pregnancy ~Avoid during lactation

| Fruits | Vegetables | Beans, Nuts, & Seeds | Herbs, Seasonings & Supplements |
|--|---|--|--|
| <input type="checkbox"/> Apple (C, I) | <input type="checkbox"/> Artichokes (Ca, I) | <input type="checkbox"/> Almonds (Ca, I) | <input type="checkbox"/> Alfalfa (C, D, I) |
| <input type="checkbox"/> Avocado (C, Ca, I, D) | <input type="checkbox"/> Asparagus (Io, I) | <input type="checkbox"/> Barley (F, I) | <input type="checkbox"/> Bee pollen (C, I, Ca, D) |
| <input type="checkbox"/> Bell Pepper (C) | <input type="checkbox"/> Beets (I) | <input type="checkbox"/> Carob (I, Ca) | <input type="checkbox"/> Blackstrap molasses (Ca, I) |
| <input type="checkbox"/> Coconut (C, I, Ca, F) | <input type="checkbox"/> Blue Green Algae (Io, I, Ca) | <input type="checkbox"/> Chia seeds (Ca, O3) | <input type="checkbox"/> Burdock root (I) |
| <input type="checkbox"/> Dates (Ca, I) | <input type="checkbox"/> Bok choy (Ca) | <input type="checkbox"/> Chickpeas (Ca, F) | <input type="checkbox"/> Cayenne (Ca, C, I) |
| <input type="checkbox"/> Figs (Ca) | <input type="checkbox"/> Broccoli (C, Ca) | <input type="checkbox"/> Dark chocolate (cacao) (I, Ca) | <input type="checkbox"/> Cardamon (Ca, C, I) |
| <input type="checkbox"/> Goji Berry (C) | <input type="checkbox"/> Brussels sprouts (C, I) | <input type="checkbox"/> Flax Seed (F, O3) | <input type="checkbox"/> Cinnamon (Ca, I) |
| <input type="checkbox"/> Most fruits | <input type="checkbox"/> Cabbage (C, Ca) | <input type="checkbox"/> Green Peas (Ca, C, I) | <input type="checkbox"/> Chamomile (Ca, F) |
| <input type="checkbox"/> Citrus fruits (C) | <input type="checkbox"/> Cauliflower (C) | <input type="checkbox"/> Legumes (F, I) | <input type="checkbox"/> Chickweed*~ (Ca, C, F, I) |
| <input type="checkbox"/> Kiwi (C) | <input type="checkbox"/> Chard (C) | <input type="checkbox"/> Lentils (Green, red, black etc.) (F, O3, I) | <input type="checkbox"/> Chicory (C, F) |
| <input type="checkbox"/> Mango (C) | <input type="checkbox"/> Corn (Ca, I) | <input type="checkbox"/> Lima beans (F, Io, I) | <input type="checkbox"/> Chili Pepper (C, I) |
| <input type="checkbox"/> Papaya (C) | <input type="checkbox"/> Cruciferous (C, Ca, F, I) | <input type="checkbox"/> Mustard seed (O3) | <input type="checkbox"/> Clove (I, Ca, F) |
| <input type="checkbox"/> Pears (I,) | <input type="checkbox"/> Dulse (Io, I) | <input type="checkbox"/> Millet (I, Ca) | <input type="checkbox"/> Coriander (Ca, C) |
| <input type="checkbox"/> Peaches (I) | <input type="checkbox"/> Green vegetables (C, I) | <input type="checkbox"/> Navy beans (F, Io, O3, I) | <input type="checkbox"/> Cumin (Ca, C, F) |
| <input type="checkbox"/> Pineapple (C) | <input type="checkbox"/> Kale (C) | <input type="checkbox"/> Oats (Ca, I, F) | <input type="checkbox"/> Dandelion (F, D, I) |
| <input type="checkbox"/> Pomegranate (I) | <input type="checkbox"/> Leafy greens (C, Ca) | <input type="checkbox"/> Oatmeal (Ca, I, D, F) | <input type="checkbox"/> Dong Quai*~ (I, F) |
| <input type="checkbox"/> Prunes (I, Ca) | <input type="checkbox"/> Mushrooms (Io, I) | <input type="checkbox"/> Peanut butter (F, I) | <input type="checkbox"/> Extra Virgin Olive Oil (D) |
| <input type="checkbox"/> Raisins (I) | <input type="checkbox"/> Okra (Ca, C, F) | <input type="checkbox"/> Pumpkin seeds (I) | <input type="checkbox"/> Fennel* (I, C, Ca, F) |
| <input type="checkbox"/> Raspberry (C) | <input type="checkbox"/> Parsley (C) | <input type="checkbox"/> Rice (F, Ca) | <input type="checkbox"/> Fenugreek (I, C, Ca, F) |
| <input type="checkbox"/> Strawberry (C) | <input type="checkbox"/> Potato (w/ skin) (Io) | <input type="checkbox"/> Sesame seeds (Io, O3) | <input type="checkbox"/> Garlic (Io, I, C, Ca) |
| <input type="checkbox"/> Tomato (C, I) | <input type="checkbox"/> Purslane (O3) | <input type="checkbox"/> Sunflower seeds (F) | <input type="checkbox"/> Lemon peel (F, C, Ca) |
| | <input type="checkbox"/> Sea moss (Io, I, O3, Ca) | <input type="checkbox"/> Walnut (O3, Ca) | <input type="checkbox"/> Milk thistle (I) |
| | <input type="checkbox"/> Spirulina (Io, I, Ca) | <input type="checkbox"/> Wild rice (F, O3, Ca) | <input type="checkbox"/> Nettles (D, I, Ca) |
| | <input type="checkbox"/> Sea Vegetables (Io, I) | | <input type="checkbox"/> Oatstraw (I, Ca, C) |
| | <input type="checkbox"/> Spinach (Io) | | <input type="checkbox"/> Parsley (D, F, I) |
| | <input type="checkbox"/> Shiitake mushrooms (D) | | <input type="checkbox"/> Pepper (C, Ca, I) |
| | <input type="checkbox"/> Spinach (C, O3) | | <input type="checkbox"/> Raspberry (I, F, C, Ca) |
| | <input type="checkbox"/> Summer Squash (Io) | | <input type="checkbox"/> Raw honey (I, C, Ca) |
| | <input type="checkbox"/> Sweet potato (C, D) | | <input type="checkbox"/> Parsley (Ca, D, F, I) |
| | <input type="checkbox"/> Turnip greens (Io, Ca) | | <input type="checkbox"/> Peppermint (I, C, Ca) |
| | <input type="checkbox"/> Watercress (C, Ca) | | <input type="checkbox"/> Sarsaparilla* (I, Ca) |
| | <input type="checkbox"/> Winter Squash (O3) | | <input type="checkbox"/> Sea salt (Io, Ca, I) |
| | | | <input type="checkbox"/> Turmeric (Ca, I, C, F) |
| | | | <input type="checkbox"/> Yellow dock*~ (I) |

Postnatal Journey

Postpartum Cleanse

“Pregnancy to me was such a beautiful and spiritual experience! That’s when I knew for sure TMHs Elohim granted my wills! 13Love”
-Khem Bey

Beloved Mamas! Refer to postnatal herbs from the prenatal journey. During this time, we suggest you rest and heal for at least 40 days. Take this time to bond with your baby. Please be sure to get plenty of rest, allow much support from those around you.

TIPS FOR HEALTHY RECOVERY:

- Herbal Sitz Bath
- Yoni Steam
- Avoid cold foods/drinks
- Wear a faja to ensure uterus stays intact

Tips For New Mamas:

- Manage time; avoid idle hands
- Meal plan, create schedule and checklist
- ALWAYS put young stars first. You can include your youngstars in what you do. This helps mold them.
- Go with cosmic time- important to do what feels best for you.

How To Discipline Young Stars:

- Pnish the responsible body part
 - Spare the rod, spoil th child
 - Completely explain a concept
- Bust them up first and then step away

“My journey into mamahood has been such a blissing. My youngstar has pushed me to grow on so many levels. I had to examine myself love and life choices up to this point. Faith and trust in TMHs brought me through nd I see myself becoming more at ease with my new role daily. I am a mighty mama bear!”
-Quasheba Bey

SHOPPING FOR FRUITS & VEGETABLES BY SEASON

It is much easier and affordable when you buy food in prime season. Here is a chart of fruits and vegetables when they are in season:

| Winter | Spring | Summer | Fall |
|-------------------------|------------------|--------------------------|-------------------------|
| Apples | Apples | Apples | Apples |
| Avocado | Apricots | Apricots | Bananas |
| Bananas | Asparagus | Avocado | Beets |
| Beets | Avocado | Bananas | Bell Peppers |
| Brussels Sprouts | Bananas | Beets | Broccoli |
| Cabbage | Broccoli | Bell Peppers | Brussels Sprouts |
| Carrots | Cabbage | Blackberries | Cabbage |
| Celery | Carrots | Blueberries | Carrots |
| Grapefruit | Celery | Carrots | Cauliflower |
| Kale | Collard Greens | Cantaloupe/ Muskmelons | Celery |
| Leeks | Garlic | Celery | Collard Greens |
| Lemons | Greens (cooking) | Cherries | Cranberries |
| Onions | Lettuce | Collard Greens | Garlic |
| Oranges | Mushrooms | Corn | Ginger |
| Parsnips | Onions | Cucumbers | Grapes |
| Pears | Peas | Eggplant | Greens (cooking) |
| Pineapple | Pineapple | Garlic | Green Beans |
| Potatoes | Radishes | Green Beans | Kale |
| Pumpkins | Rhubarb | Honeydew Melon | Lettuce |
| Rutabagas | Spinach | Kiwifruit | Mangos |
| Sweet Potatoes and Yams | Strawberries | Lima Beans | Mushrooms |
| Turnips | Swiss Chard | Mangos | Onions |
| Winter Squash | Turnips | Nectarines | Parsnips |
| | | Okra | Peas |
| | | Peaches | Pears |
| | | Plums | Pineapple |
| | | Raspberries | Potatoes |
| | | Strawberries | Pumpkins |
| | | Summer Squash & Zucchini | Radishes |
| | | Tomatillos | Raspberries |
| | | Tomatoes | Rutabagas |
| | | Watermelon | Spinach |
| | | | Sweet Potatoes and Yams |
| | | | Swiss Chard |
| | | | Turnips |
| | | | Winter Squash |

Healthy Quotes by Da13thSun:

The expectation
is FRUIT.

We are not being grafted on
to good stock simply so we can be
nourished, but so that, by being
nourished we produce abundant
healthy growth.

Your body is at Healthy &
free of Disease,
When Your Heart is with Th Most
Highs and At Ease.

13Love

A womb can
either bring Great Spirits or
Bad Spirits on Earth.
Thus why Th Wombman must be
Righteous & not Lawless cos Ye
got sacred womb

Ye must change your
thoughts just like you changed
your eating habits,
A healthy body & Foul mind is a recipe
for disaster.

Go Figure
Rabbi Wisdom

Womb Health Palils

13 Love Beloved Amma Yah Abba YAHUAH, I beseech, protect me from all harm and fear. Direct my steps in the right way as I journey through this vision (elaborate this vision). O Elohyim, surround me in Yah Eth light. Annoit me in your Eth purity, peace, and divine insight. Bliss me, truly bliss me, as I share this beautiful life with Yah beybee to come. Teeach me, O Elohyim, to be in tune with Nature and Yah voice. Teach me how to heal with the inner and outer elements of air, fire, water, and earth. ThAnkh Yah for everything Amma Abba Amen. 9.13

O Eth Adonai Elohyim, please strngthen me and give me the power to heala my womb. Bliss the wombs of al Yah Daughters, and assist us in the healing of our wombs. Restore our faith that we may grow in strength, power, and knowledge as we recapture the purity and sacredness of our womb. May the wombs in all wombman be born again to the eternal heights as womb healing and wellness spread over each and every land. Amma Abba Amen 9.13

Divine Creator, Eloyim, assist me in speaking words of power. May my words be anointed. May my words not damage a soul. I beseech Elohyim, use my mouth to speak Yah words. Divine Amma Mama, help me to speak words that heal, words that empower, words that build,, words that ransform. Help me gaurd my words so no venom passes my lips, and no descruction results from my speech. Rathr, may my words impart light to souls who are seeking Yah Elohyim. If my words show me to be out of divine right order, may my mind and mouth be cleansed. Help me to not speak words that break down the divine Ruach in me or in my sistren or my brethren, my consort, my child, my Elders, or my Ancestors. Divine Creator, ELohyim, place words upon my lips that make my voice disperse sacred medicine. May my words be lotus blossoms that encourage all the souls I meet to reach for greater hieghts. May my words speak with your breath, and sing your sweet song of life. Beacause of the words and the evolved tones that I utter, may goodness follow me all the days of my life. Amma Abba Amen 9.13

Eyeyah Ahayah Yahshem Yahushua x3 Beloved Amma Yah Abba Yahuah ThAnkh Yah for choosing me to birth this starseed of Yahs. ThAnkh Yah for this opportunity to fully embrace Yah works. ThAnkh Yah for everything. I will that my womb stay in good health for Mah's Starseed. I will that my mind is filled with Yah righteous ways so that I pass Yah words to Mah's Starseed. I will that my Ruach is in tune with Th Ruach HaKodesh in all ways now and forever more. In the name of Yahushua Ha Meshiach, my womb is cleansed from all error. ThAnkh Yah O merciful YAH for the blissings Yah have bestowed. Amma Abba Amen. 9.13

*NOTE: Some Palils are from Queen Afua, as some are revised in a way for Yah innerstanding. Give ThAnkhs to the Elders!

The background of the entire page is a close-up, high-resolution photograph of several orange slices. The slices are arranged in a slightly overlapping pattern, showing the vibrant orange color of the pulp and the white pith. The lighting is bright, highlighting the texture of the fruit.

Health Sources

Mama Support Group: TLCMamas13@gmail.com

Prenatal & Postnatal Health: Thbeys.com

Saw Palmetto RAW Honey: Beesnaturalhoney247love.com

Righteous learning & Recipes: Claritydaily.org

Herbs & Teas: Uprisingtea.com

Superfoods: Treeoflif3.com