

## TopMix - Life-Elixir

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Picture: Dr. med. Jürg Eichhorn

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## TopMix - Life-Elixir

Full Life - Full Power



Picture: Dr. med. Jürg Eichhorn

**Buy a good mixer (not a juice squeezer!)**



- all kinds of berries
- coloured vegetables
- wide variations of fruit
- rapeseed oil
- pomegranate-elixir

Mixer: Kitchen Aid  
Picture: Dr. med. Jürg Eichhorn



## The basic ingredients



Picture: Dr. med. Jürg Eichhorn

*berries*  
*broccoli (raw)*  
*carrots (raw)*  
*apples*  
*and many others*



Picture: Ulead Pick-a-Photo  
 blue and red berries, good  
 for the brain



**pomegranate-elixier Dr. Jacobs**

**St.Galler rapeseed oil**



Carrots: good against rheumatism  
 Picture: Dr. med. Jürg Eichhorn



**Other ingredients:**

**Juices to dilute:**

pear, melon, orange, banana, mango, papaya, nuts, lemon, tangerine  
 carrot, aloe vera, orange, cowberry, sallow thorn and many others

***The anti-cancer quartet:***

*pomegranate:* polyphenole  
*broccoli:* sulforaphane, glutathione, glucosinolate, indole  
*tomato:* lycopene  
*St.Galler rapeseed oil:* vitamin-E gamma

**Just be imaginative!**



**Fruit arrangement**

Al Quasr, Abu Dhabi, 2013  
Picture: Dr. med. Jürg Eichhorn



***In one apple:***

*-5`000 aroma substances!  
(strawberry 35 and grape only 17)*

**«An apple a day keeps the doctor away»**

-a daily apple lowers the bad LDL-cholesterol

Picture: Dr. med. Jürg Eichhorn





### **Tangerine - the top fruit against rheumatism**

- the yellow colour, beta-cryptoxanthine, inhibits oxidation processes
- Mangos are rich in beta-cryptoxanthine too

-University of Harvard-study:  
18% decline for glaucoma attacks

-another study:  
41% decline for rheumatism

Picture: Dr. med. Jürg Eichhorn



### **Worldwide top fruit: papaya**

- papaya is more than a fruit, it is medicine*
- enhances the ingestion of proteins
- affects worms in the gut

Papaya tree, Bangkok, March 2012  
Picture: Dr. med. Jürg Eichhorn





**Super fruit: banana**

- rich in magnesium, potassium and dietary fibre
- contain dopamine, vitamin-B6 and C

Banana flower, Legian Hotel, Bali, March 2012  
Picture: Dr. med. Jürg Eichhorn

### All kinds of native and tropical fruits



passion fruit, mangosteen, longane, snake fruit, tomarillo (tree-tomato), baby-bananas. Legian Villa, Bali, March 2012



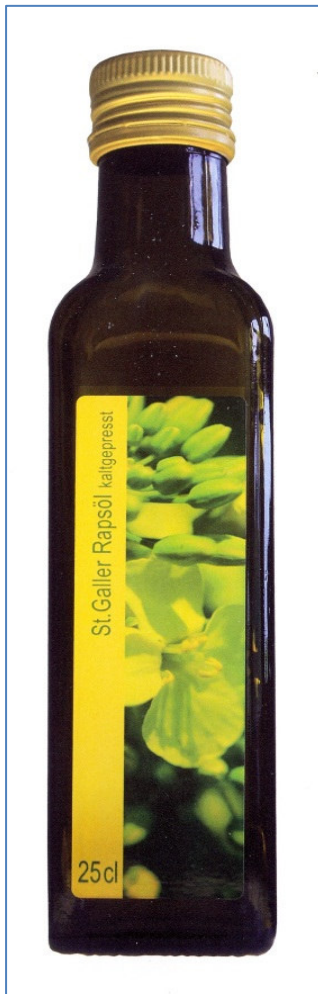
Fruit arrangement. Al Quasr, Abu Dhabi, 2013. Picture: Dr. med. Jürg Eichhorn

## TopMix - Life-Elixir: The meaning behind

- The wide variation of berries, vegetables and fruits supplies you with thousands of micronutrients and natural preservatives. Every colour enhances your health.
- Use a sufficient amount of oil. The oil lowers the absorption of the carbs and leads to a low but permanent sugar stream (glucose) to your body and to your brain. You do not feel hungry anymore, your concentration will be improved and your physical strength just as well.
- Moreover, oil is necessary to dissolve certain ingredients like red colours of the carrots.
- Do not mind the sugar (glucose and fructose) because the oil will slow down their absorption.
- **Slowly absorbed carbs are needed to burn fat!**
- Take 300 to 500 ml per day, distributed over the day, especially if you feel hungry.

Add all the ingredients in the mixer together with the oil too. Do not mind the oil, it disappears completely. You can keep the mixture in the fridge for two days. You can also deep freeze daily portions.

## St.Galler rapeseed oil



**Indeed, the very best rapeseed oil worldwide!**

- shows the best ratio between omega-6 and omega-3 fatty acids
- contains vitamin-E gamma, which effectively lowers inflammation and the risk of cancer

Picture: Dr. med. Jürg Eichhorn



## Dr. Jacob`s pomegranate-elixir



100 ml contain:

3-4 g	polyphenols
1.4 g	potassium
40-50 g	sugar (fructose and glucose)
3-4 g	lemon acid

In 1 bottle (500 ml):

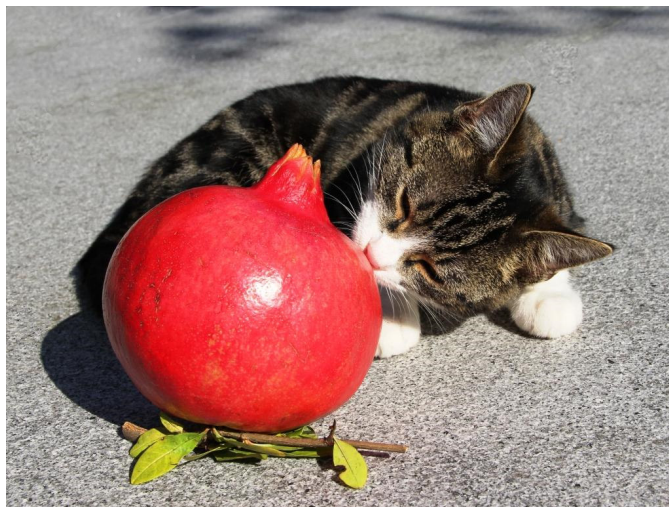
extract of 50 pomegranates
extract of 30 liters green tea

### Recommendation

-add 10 to 20 ml in your daily portion of TopMix-Life-Elixir

Picture: Dr. med. Jürg Eichhorn

## Pomegranate high protection against oxidation



Picture: Dr. med. Jürg Eichhorn

- rich in polyphenols, gallo-tannins and flavonoids (anthocyanins and catechins)
- polyphenols and flavonoids are protective against heart problems, cancer and aging process

### Pomegranate - the properties

- herbal estrogen lowers menopause symptoms
- lowers cholesterol
- lowers blood pressure
- inhibits inflammation
- inhibits cancer

*pomegrante-elixir = active chemotherapy!*

- enhances the dying of cancer cells
- improves the differentiation of the body cells (lowers the risk to getting cancer)
- inhibits the formation of new vessels in cancer
- inhibits the growth of cancer
- inhibits cancer enhancing enzymes
- inhibits cancer enhancing metals
- inhibits inflammation (NF-Kappa)
- protects the cells from oxidation (NO, GSH)

## TopMix - Live-Elixir: special recommendations

- **to lose weight:** take it before the meals (less hunger)
- **hunger attack, craving for sweets:** every time
- **wheat germs (Weizenkeime):** nourish hair and brain  
add it to the elixir just before using  
(1 spoonful)
- **brewer`s yeast (Bier Hefe):** nourish hair and brain  
add it to the elixir just before using  
(1 spoonful)
- **pure Psyllium parings (Flohsamen Schalen):** nourish good bacteria in the gut  
enhances gut function  
less obstipation  
add it to the elixir just before using  
(1 spoonful)

## TopMix - Life-Elixir



Picture: Dr. med. Jürg Eichhorn



**Brewer`s yeast (Bier Hefe)**

Picture: Dr. med. Jürg Eichhorn

**Wheat germs (Weizenkeime)**

Picture: Dr. med. Jürg Eichhorn

**Pure Psyllium parings (Flohsamen Schalen)**

Picture: Dr. med. Jürg Eichhorn

**Quinoa - the top corn from South America**

Rich in good proteins, gluten-free



Quinoa pop

Picture: Dr. med. Jürg Eichhorn



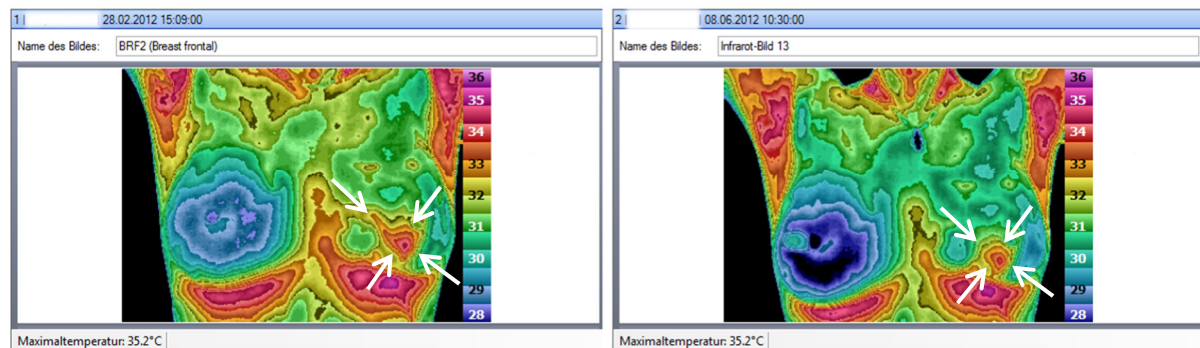
**TopMix - Life-Elixir: dosage in the case of cancer**

<b>Broccoli:</b>	1 kg per week
<b>Pomegranate-elixir Dr. Jacobs:</b>	40 to 60 ml per day
<b>St.Galler rapeseed oil:</b>	½ liter per week

## Example of cancer decline after 4-month therapy (TopMix-Life Elixir + Main Street Diet)

Thermography: breast cancer, left side

Exam Professional 5.7 - Lizenziert für: Dr. med. Juerg Eichhorn - Vergleichsansicht

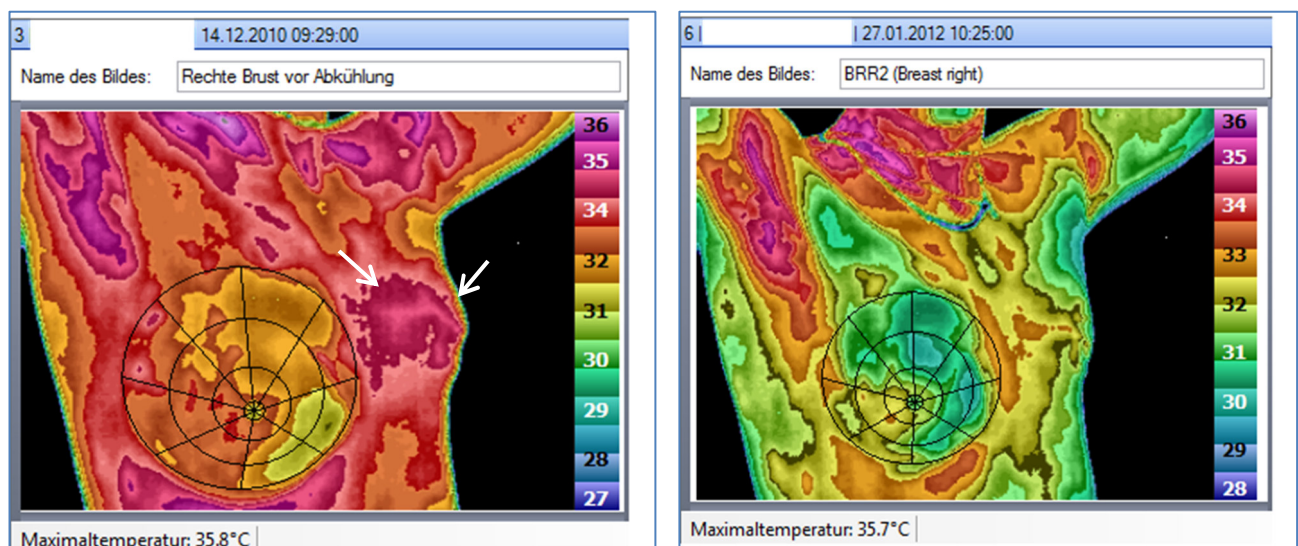


before therapy

after 4-month therapy

## Example of cancer decline after 2-year therapy (TopMix-Life Elixir + Main Street Diet)

Thermography: large breast cancer, left side



before therapy

after 2-year therapy

## TopMix - Life-Elixir: asparagus and broccoli against inflammation and cancer

- **Broccoli:**
  - 150 g, raw
  - heating/cooking would destroy 20% of the antioxidants!
  - contains sulforaphane and glutathione
- **Asparagus:**
  - 360 g green asparagus (cooked or as tinned food)
  - 180 g white asparagus (cooked or as tinned food)
  - contains histone, saponin and beta-sitosterol
- **St.Galler rapeseed oil:**
  - add everything in the mixer, together with 50 ml rapeseed oil
  - rapeseed oil contains vitamin-E gamma (inhibits cancer)
- **Salt:**
  - salt to taste



**Green asparagus contains chlorophyll**

-do not peel it

Picture: Ulead



**It tastes very good!**

Take twice a day the amount of 4 spoons as spread or warmed as soup or as sauce.

Creation: Erika Eichhorn  
Picture: Dr. med. Jürg Eichhorn.