



Get Back on Track  
RECIPES

## Yoghurt & Honey Protocol

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### ***Ingredients:***

**1/4 cup natural unflavoured cows milk yoghurt (full cream). Organic.  
Generous serve raw honey.**

**Eat slowly in a quiet time and space. Let it melt in the mouth so that the nutrients are mixed with saliva.**

### **Yogurt and Raw Honey Protocol**

Yogurt is a rich source of galactose, so-named because it is derived from the multiple milk ducts of the breast, because it comes in both levo and dextro forms, and because it tends to be the carbohydrate most desired and most calming to the brain.

In complimentary fashion, levulose, the dominant form of carbohydrate in raw honey, is preferred by the brain and nervous system. Neither carbohydrate requires insulin for its use, which makes the combination especially calming.

If eaten slowly, salivary enzymes act upon levulose to help make glucuronic acid and to begin the upregulation of the key CyP450 enzyme family involved in detoxifying fat-soluble intruders.