

Paper: Dr. Christopher's 3-day Mucusless, Cleansing Juice Fast

Date: 23 Feb. 2021

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Topic: Dr. John R. Christopher (1909-1983) was one of the most prominent & successful naturopath/herbalists alive. Aside from many effective herbal preparations, I have used his 3-day fast, as needed for over 3 decades. Fasting is the topic of this Paper.

Fasting – Should I?

I would be a fool to come out and proclaim, "Everyone must fast to maintain health!" It is statements and positionalities like this, that illustrates how & why we are in the state we are in now.

So, rather, lets start with the question, "What is fasting?" Fasting is a 'dietary regime' designed to accomplish certain results. Such as, but not limited to:

- 1) "Disease" eradication,
- 2) Improved alimentary tract functioning
- 3) General detoxification of the human body, etc..

Personally, I have sporadically utilized the (wisdom of) Dr. Christopher and his 3-day Juice Cleanse for over 3 decades, because,

- a) He has been one of the most accomplished and intelligent Naturopath/Herbalists to ever have lived, and
- b) His Cleanse has proven to be exactly as he states – designed to pull toxins from every part of your body, and eliminate them through the bowels.

My experience with this system, and fasting in general, along with my understanding of the Universe, allows for a guideline which may answer the question, "Should I fast?"

The answer to this would be: First, access your intuition, and allow IT to guide you to the answer to this question. We are all different and this is critical to understand. You may want to fast if you (rough guidelines) ...

- i) Do not have perfect bowel movements, (ask me if clarification is needed)
- ii) Have a "disease" condition which, with fasting, may completely eradicate it, or bring the vitality needed to eradicate it (given that the notion of "diseases" are toxicity),
- iii) Are underweight or overweight,
- iv) Are feeling tired all the time (CFS or other).

As humanity wakes up to the fact that SYMPTOMS are not “diseases”, they will begin to treat them as **friends**, rather than the misguided notion of enemies (YES, cancer is your friend!).

Example: A couple of days ago, for the 4th time (confirmation) I had an all night long *headache* after eating some of my dried pears. I thanked the *symptom*, and put into the garbage a large amount of dried pears and all the frozen pears that I had processed. This symptom was my friend, there to guide me to better health. The same thing happened in 1984 with aspartame/acesulfame potassium.

I do not wish to submit to humanity’s practices on the **unthinking** & rampant **poisoning** of our food supply – all in the name of *profit margin*. It is as simple as that.

Conclusion

The first step to health is the realization that as an existing entity, on a planetary 3D existence, you are unqualifiedly, a Holy & bonafide son of God. With this luxury comes the amazing gift of Free Will (as exemplified by many) and the access to Sovereign authority, inherent to beings in the flesh.

Part of this package is INTUITION (gut reaction, if you will) or the ‘heart messages’. The many pitfalls to health are merely the results of practices of falsehood. Listen to your body and decide if Dr. Christopher’s wisdom is something that may benefit you.

If you are reading this document, this is the first signal, from the universe, that a fast may benefit you!

As mentioned, I have been utilizing this wisdom for over 3 decades and am in the midst of a cleanse as I type this document.

Best wishes, on taking control of your own destiny, and the maintenance of your own health.

Dr. Christopher's 3-day Cleansing Program & Mucusless Diet

This cleansing program is for the purpose of purifying the human body for healing. If you are overweight, this procedure will take you down to your normal body weight. If you are underweight, it will bring you up to your normal body weight. The purpose of the entire program is to eliminate mucus from the body. With the mucus out of the body, a natural healing is obtained in a more simplified way.

Remember: "There are no incurable diseases - only people who think they are incurable."

DAY ONE THROUGH DAY 3:

Upon rising each morning, shower and wash hair with biodegradable soap and hot water. Finish shower using cold water. Drink 16 oz. or more of unsweetened, organic prune juice first thing in the morning. The purpose of the prune juice is not primarily to empty the bowels, which however, it will do anyway, but rather to draw into the intestines from every part of the body such toxic matter or body waste as may be there, and eliminate it through the bowels. Chew the juice so that the juice is mixed thoroughly with the digestive juices in the mouth.

During the Three Day Cleanse, take one or two tablespoons of olive oil with one capsule of lecithin to aid in lubricating the bile and liver ducts.

After beginning with 16 oz. of prune juice in the morning, within ½ hour take 8 oz. of undiluted, unsweetened, organic, raw apple juice. Remember to swish each mouthful thoroughly in the mouth (called "chewing") so that the saliva will mix with it, thereby getting all the nutritional and healing value from it.

When desired, drink a glass of purified water, followed a half hour later with more apple juice. 64 oz. daily of pure unsweetened apple juice is to be consumed.

If nothing is done to replace, in the body, something in volume equal to the quantity of matter so eliminated, then the body would naturally be dehydrated to that extent. Therefore, by drinking the apple juice, we replace the toxic or acid material so removed. This procedure should have an alkaline reaction in the system (= Dr. Robert O. Young). We do not eat anything all day during the 3 days, although if very hungry towards the evening, we may take a few raw apples.

Drink a minimum of 2 to 4 quarts of purified water daily for the 3 days. Breaking up the mucus during the juice cleanse generally causes

constipation throughout these days. Use more prune juice or take a herbal formula to promote elimination such as Herbal Vita Lax or Cascara Sagrada.

Herbal formulas are to be taken to aid and rebuild the system. They should be taken from Day 1 onward and continued until each bottle is empty; usually one month's time.

On the 4th and subsequent days, we begin taking vegetable and fruit juices, preferably all raw. For breakfast, for example, we would eat fruit in season, sliced, chopped or grated, some honey for sweetening and 1 or 2 tablespoons of finely grated unsalted almonds sprinkled over them. We would also drink one or two glasses of fresh fruit or vegetable juice about 30 minutes before or after eating the fruit.

So on day 4 and 5 eat all the almonds, vegetables and fruit that one desires.

We need not be unduly alarmed if we feel somewhat weak during or after this detoxification. Nature uses our energies for a housecleaning within us and we soon regain greater energy and vitality as a result of a cleaner & healthier body. The Three Day Cleanse is good to do once every 6 months.

Do not eat any heavy foods immediately after a cleansing period or after a fast. Vegetable broths, juices and coarsely grated vegetables are added to your diet gradually. This is the best and smoothest way to get back to eating solid foods.

John Christopher (herbalist)



John Raymond Christopher

John Raymond Christopher (November 25, 1909 – February 6, 1983) was an American [herbalist](#) and [naturopath](#).^[1] He was known for his numerous lectures and publications on [herbs](#). He developed over 50 herbal formulas used worldwide, and founded The School of Natural Healing in [Springville, Utah](#).^[2]

Biography

Christopher was born to [European](#) parents. He was left in a [Salt Lake City, Utah](#) orphanage and adopted by Leander and Melissa Christopher. Born with advanced [rheumatoid arthritis](#), he endured excruciating pain as a child, and sometimes walked with a cane or used a [wheelchair](#). He also developed [hardening of the arteries](#), and a nearly fatal case of [croup](#). Doctors of his day stated he would never reach the age of thirty.

As a child, he showed interest in being a doctor who would heal people with natural remedies. When his mother asked him what he wanted to be when he grew up, he stated, “a doctor!”. She said that that would be impossible because he couldn’t stand the sight of blood. He exclaimed, “Oh, I want to heal people without cutting them open!”

In 1945 he was drafted into the military and was stationed at [Fort Lewis](#), where he was allowed to experiment with herbs. After his [military service](#) he moved to [Canada](#), and studied at [Dominion Herbal College](#) in Vancouver where he obtained his degree in [Naturopathy](#). He later studied at the now defunct [Iowa's](#) Institute of Drugless Therapy and the now defunct Los Angeles Herbal Institute.

He spent time practicing as an N.D. in [Olympia, Washington](#), [Salt Lake City, Utah](#) and [Evanston, Wyoming](#).