

Organic Fruits

(Listed Order By Strength)



Detoxes & Excretes Cellular Waste

- Grapes Always Seeded
- Key Limes Seeded
- Pomegranates
- Mangoes
- Oranges - Seville or Navel
- Apples
- Pears
- Peaches
- Persimmons
- Berries

Raises Cell's Affinity for Oxygen, High in Antioxidants & Cleanses out Mucus

- Berries
- Wild Blueberries
- Blackberries
- Raspberries
- Strawberries
- Mulberries
- Juniper Berries
- Elderberries
- Cherries
- Golgi Berries
- Bear Berries

DIGEST ALONE

(JUICE/SUPERCHEW)

- Watermelon
- Cucumber
- Cantaloupe
- Honeydew
- Horned Melon
- Bitter Melon
- Winter Melon
- Honeyglobe Melon
- Papaya

ASTRINGENTS

OXYGENATORS

REBUILDERS

These All Support Fasting & Cleansing Wholistically
INspired /Tested By Yahki Awakened