



Detoxing with **FRUITS**

HappyOrange

Heeral Sharma. Detox Counselor. Dr. Morse's International School of Detoxification

Let Food be thy
Medicine and
Medicine be thy
Food.

Hippocrates, 2500 years ago

Disclaimer

I am not a Medical Doctor and cannot diagnose or treat a disease.

All diet, nutritional, herbal, fasting suggestions herein are **strictly for your educational purposes.**

If you use any information to address a health issue without a medical doctor's approval, you are choosing for yourself to exercise your Constitutional Rights.

Evolution of Human Food

Humans were fruit eaters for 4.5 Million years before they started eating meat. Grains were only invented 10,000 years ago. Our digestive systems are not evolved enough to digest the meats and grains we eat.

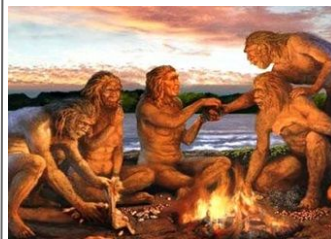
Lived in warmer tropical climates with plenty of fruits



Gatherers: Fruits, Berries, Nuts and Seeds

6.5 million years ago
First 2 legged apes

Started migrating to colder climates



Hunters: Meat

2 million years ago
Homo Erectus "Fire"

Early civilizations.

First signs of tooth decay and cancer found in Egyptian mummies



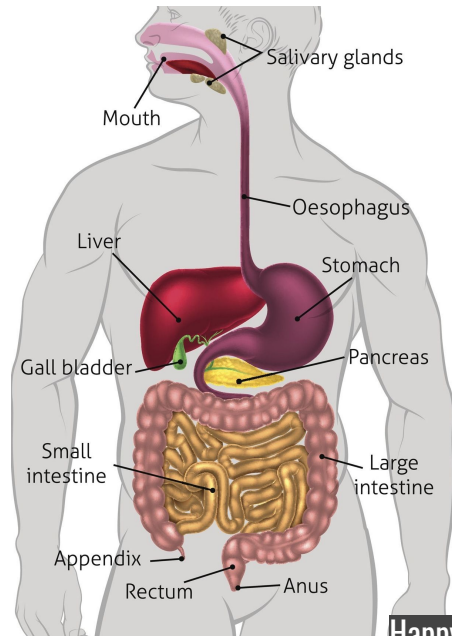
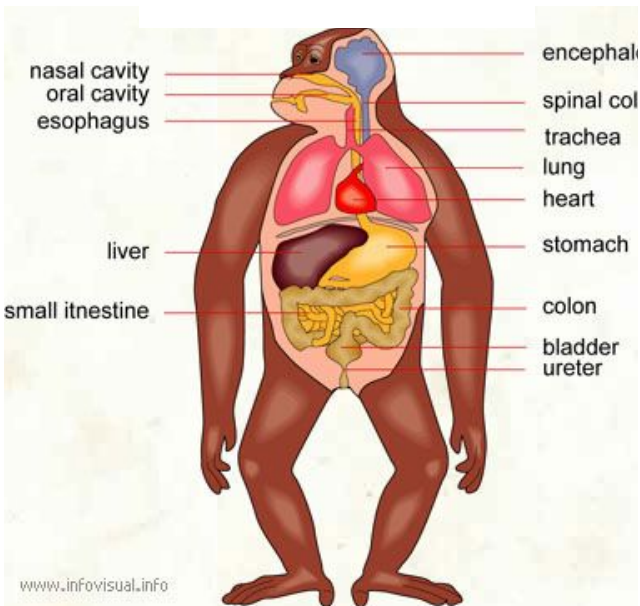
Farmers: Grains

10,000 years ago



We share
99% of our DNA
with Apes.

How come we eat
so different from
them?





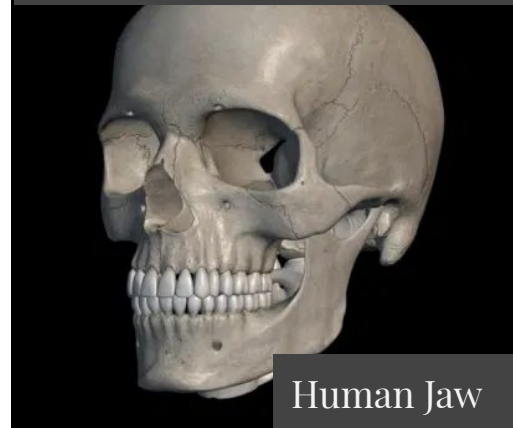
Tiger, Carnivore Jaw



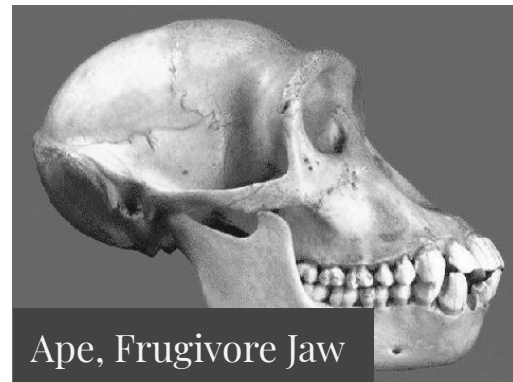
Cow, Herbivore Jaw

Humans are
the only
species on this
planet that is
confused about
what to eat!

Who's jaw do we resemble?



Human Jaw



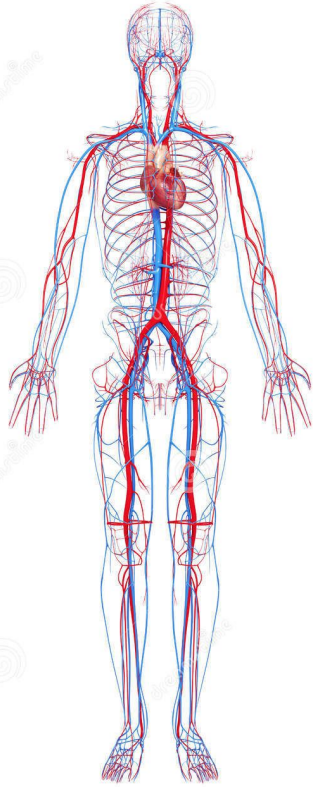
Ape, Frugivore Jaw



What makes
your mouth
water in it's
RAW form is
the right food
for you.

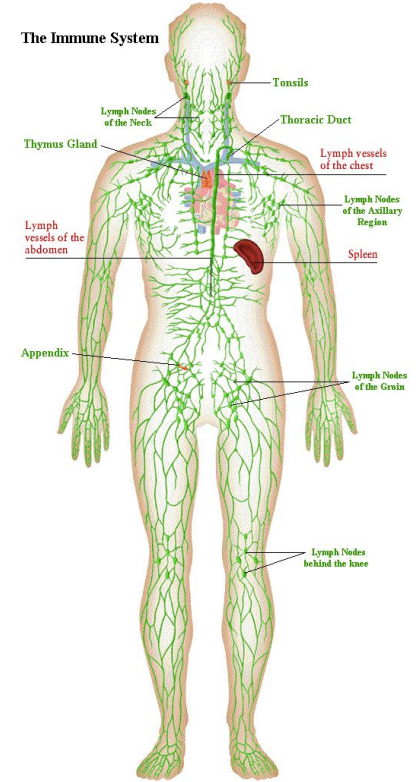
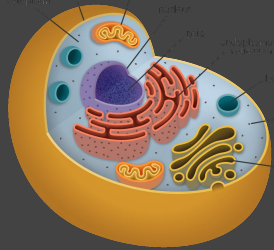


Chemistry of the Human Body



Our kitchen, Circulatory System:
Brings energy to all our cells

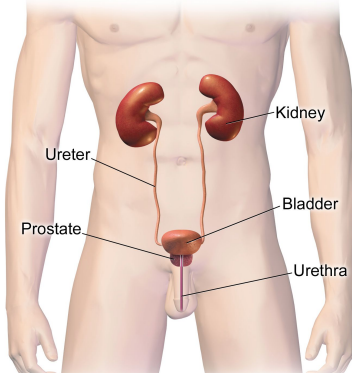
Our bodies are
made up of
cells that eat
and poop.



Our Toilets, Lymphatic System:
Cleans out the Cellular Waste

Our 3 Eliminative Systems

Urinary System



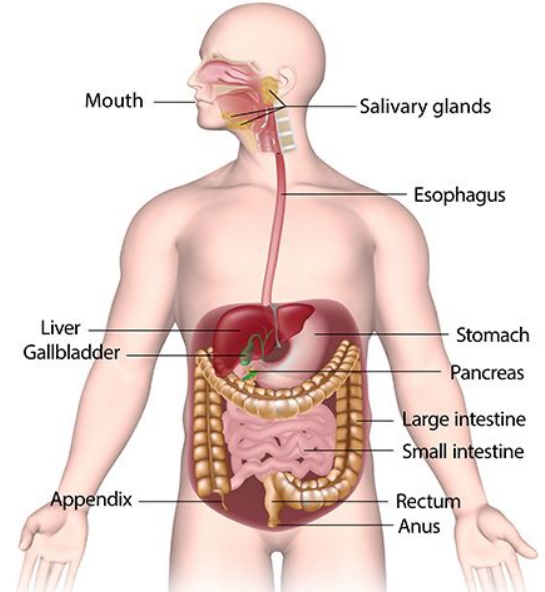
Skin



Eliminating
Waste

is as important as
Right Nutrition.

Digestive System



The Truth about Dis-ease

Our bodies are meant to be Alkaline but our diets are mainly Acidic



Alkaline Foods:
Raw Fruits and Vegetables
Alkalinity disperses, moves and cleans.



Cooking at high temperatures
makes our food acidic.

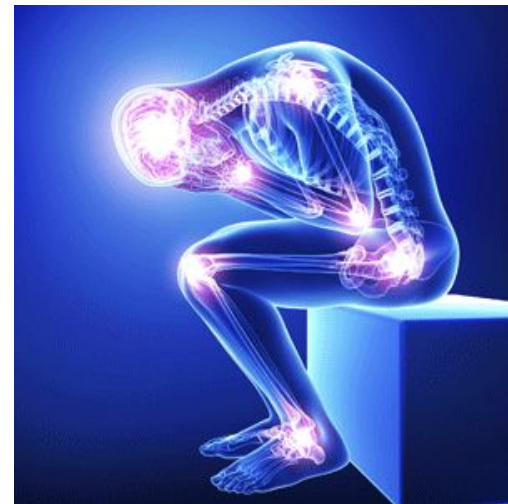


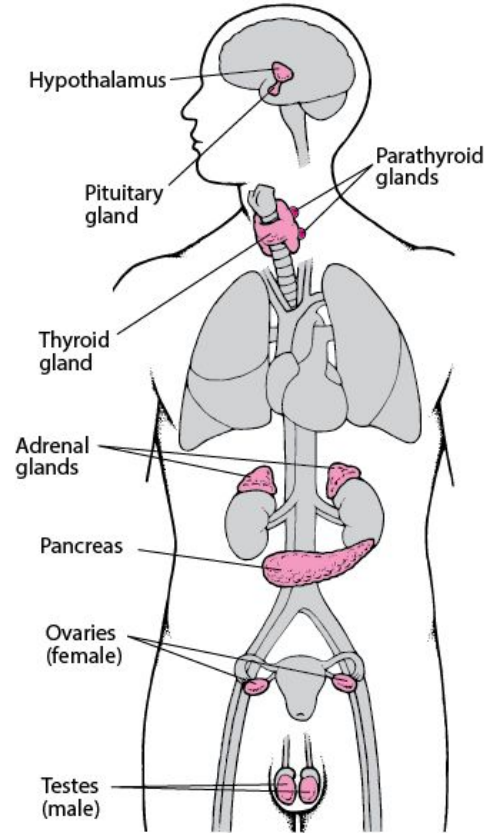
Acidic Foods
Meat, Dairy, Grains and Lentils
Acids coagulate, form masses and stagnate

Eating the wrong foods over the years causes Acidosis.



Acidosis impacts our
**Eliminative
Organs**
leading to
Lymph Stagnation,
Inflammation and
PAIN.





Acidosis impacts our Endocrine Glands (Our Chakras)

The master computer of our bodies



How Fruit DETOX Heals

Our body is a
Self Healing
Machine,
constantly trying to
clean and repair itself.



When we move to an
Alkaline Diet
that is designed for the
Human Body,
our body instantly starts
Detoxing, Repairing and
Cleaning.



Fruits have the **Highest**
Electrical Energy
of all foods and offer a
Perfect Blend of
Nutrients
required for Humans.



THE DOCTOR OF THE
FUTURE WILL NO
LONGER TREAT THE
HUMAN FRAME WITH
DRUGS, BUT RATHER
WILL CURE AND
PREVENT DISEASE
WITH NUTRITION

Thomas Edison
1908



kidsloveacupuncture.com

Myths

Myth: Protein Rich Diet

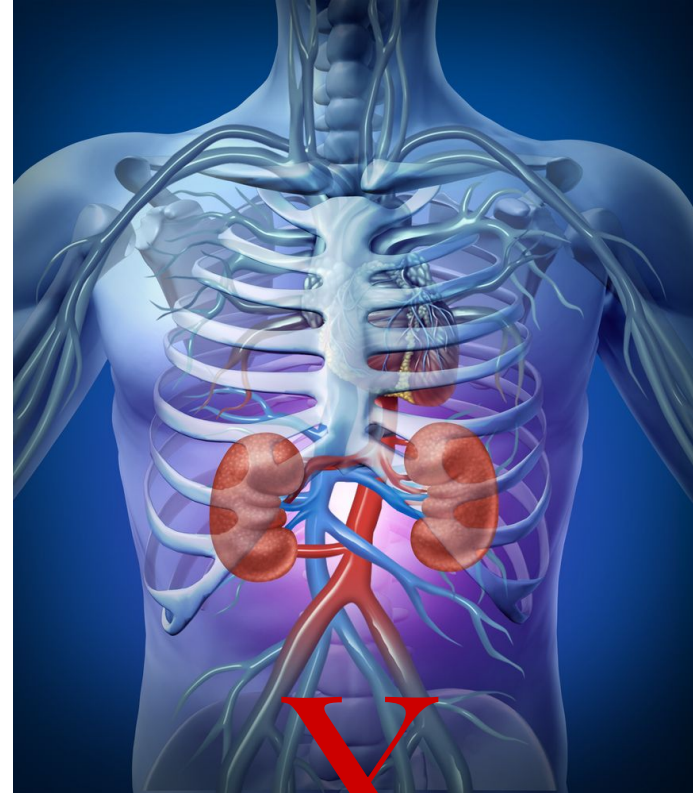
Nutrient breakdown of breast milk



If a newborn baby only needs 1% protein through the growing stages of his life why do full grown adults need anything more than that?



Excessive Protein is a **Kidney Killer** impacting elimination and leading to Lymph Stagnation



X

Myth: Fruit Sugar is Harmful for Us

Unlike Glucose, Fruit Sugar (Fructose) moves through our body through Diffusion and does not require Insulin for Active Transport.

Remember Fruits is what our Ancestors survived on for Millions of years.



Myth: I can't put muscle mass with Fruits and Vegetables

Can you race a Horse that eats Grass or wrestle a Bear that eats Berries?

All animals on this planet know what they are meant to eat. It's time Humans realize what's meant for us.



How do I start?

Get a Baseline (Optional)

1. Check for Urine Filtration. (A good pee sample should have lots of cloudiness and junk inside. If your pee is clear your kidneys are not filtering properly)
2. Pee in a cup and check for PH using PH strips. Ideal Urine PH is between 6.0-6.5
3. Check Mouth PH, especially if you have dental issues.
4. Send me a picture of both your eyes if you'd like me to do an Iris Analysis. How to take an eye picture:
<https://youtu.be/nva5PPYRjcw>
5. Fill out the Healthcare Questionnaire if you'd like my guidance on herbs:
https://docs.google.com/forms/d/e/1FAIpQLSca5yIRVWj7xSz8FmDfup1YTRLqFF4fgcc2XoOQMkmqPxvbYg/viewform?usp=sf_link



Phase 1 : Eliminate Acidic Foods. Add Alkaline Foods

Acidic Foods



1. No Meats
2. No Dairy
3. No Eggs
4. No Cheese
5. No Gluten
6. No Refined Sugars

Alkaline Foods



1. Reduce Grains (rice, oats...) Cook Millets instead.
2. Reduce Lentils
3. Reduce Salt

1. Love Fruits
2. Love Uncooked Vegetables, Salads
3. Yes cooked vegetables.
4. Yes nuts and seeds in limited amount.

Phase 2 : Healthy Diet (Increase your Fruit intake)



Breakfast: Blend Bananas with berries or other fruits to make a wholesome smoothie.



Mid morning snack: Have a big bowl of your favorite fruit. Try not to combine fruits

1 Cooked Meal



Lunch: Cooked vegetables with millets (Occasional rice, other grains or lentils)



Mid afternoon snack: Juice your favorite fruit or eat a bowl full of your favorite fruit.



Dinner: Make yourself a big salad with nuts, seeds, lettuce, tomato, cucumbers, peppers. Avoid store bought salad dressings. Use lemon juice and olive oil instead.

Phase 3 : Add Herbal Formulas (Optional)

As your stagnated lymph (acid) starts moving your body will need to eliminate it.

Add Herbal formulas to support your Eliminative Organs, Kidneys, Adrenal Glands and Bowels.

Add Parasite and Chemical Detox formulas for proper cleanse.

Support your Endocrine glands and other weak areas in your body (liver, heart, skin...) to help detox faster.



Phase 4: RAW Fast Days

Start with: **1 Fast day a week**

Move to: **2 Fast days a week**

Move to: **Every alternate day of Fast day**



Breakfast: Blend Bananas with berries or other fruits to make a wholesome smoothie.



Mid morning snack: Have a big bowl of your favorite fruit. Try not to combine fruits



Lunch: Make yourself a big salad with nuts, seeds, lettuce, tomato, cucumbers, peppers. Avoid store bought salad dressings. Use lemon juice and olive oil instead.



Mid afternoon snack: Juice your favorite fruit or eat a bowl full of your favorite fruit.



Dinner: Eat a bowl full of your favorite fruit or blend some more smoothie

Phase 5 : Fruit Fast Days

Start with: **1 Fast day a week**

Move to: **2 Fast days a week**

Move to: **Every alternate day of Fast day**



Breakfast: Blend Bananas with berries or other fruits to make a wholesome smoothie.



Mid morning snack: Have a big bowl of your favorite fruit. Try not to combine fruits



Lunch: Eat a bowl full of your favorite fruit. Try not to combine fruits.



Mid afternoon snack: Juice your favorite fruit or eat a bowl full of your favorite fruit.



Dinner: Eat a bowl full of your favorite fruit or blend some more smoothie

Phase 6 : Mono Fruit Fast



Pick your favorite Fruit and eat it as many times a day as you like. You can do a Mono fruit fast for a day or upto a week. Mono fruit fasts are extremely detoxifying for your body.

How long do I do this diet?

Allow yourself at least 8 weeks of good strict diet and herbal formulas to see changes in your body.

As your body starts detoxing you may actually feel worse before you feel better. A lot of your old symptoms may return before they leave you for good.

Once you are on an 80% Raw food diet any sickness symptoms will be related to Detox and not actual sickness.



The “Healing Crisis”: Detox Symptoms

Welcome a healing crisis as it means your body is detoxing itself. Work under the supervision of your Health Care Professional.

- Cold and Flu like Symptoms
- Low grade fevers
- Cough with or without discharge
- Mucus discharge
- Aches and Pains
- Headaches
- Loss of energy
- Disease symptoms increased temporarily.
- Weight loss
- Chills
- Emotions rising up.
- Nose Bleeds
- Rectal Bleeds
- Blood in urine
- Sores appearing on skin
- Oozing from skin
- Diarrhea
- Vomiting
- Dizziness, Vertigo
- Cellulitis (clumping)
- Loose teeth
- Migraines
- Depression, Anxiety
- Skin splitting where heavy toxins exist
- Mercury tooth fillings can be pushed out.
- Temporary loss of sight
- Temporary loss of hearing
- Loss of fingernails, toenails
- Tumors popping out all over your body.

Be Kind to Yourself.

Cleaning years of acid
buildup in your body will
take time. Be Patient.

Have Faith in your body's
immense capability to heal
itself.

I give myself permission

©LOST_NOWHERE

to rest
to heal
to be me
to say no
to change
to love myself
to ask for help
to make mistakes
to pursue my dreams
to live, play, laugh and dream



Phoebe Garnsworthy



BREATHE. RELAX. MEDITATE.

Raw Recipe Ideas

Raw Carrot Cake:

<https://minimalistbaker.com/raw-carrot-cake-with-vegan-cream-cheese-frosting/>

Raw Chocolate Brownie:

<https://minimalistbaker.com/no-bake-vegan-brownies-with-chocolate-ganache/>

Curry and Zucchini Noodles:

<https://thefitchen.com/10-minute-raw-vegan-curry-over-zucchini-noodles-2/>

Cauliflower Fried Rice:

<http://rawmanda.com/cauliflower-fried-rice/>

Carrot Noodles with Ginger lime Sauce:

<https://www.theroastedroot.net/raw-carrot-pasta-ginger-lime-peanut-sauce/>

Avacado Caprese Salad: <https://thegreenloot.com/raw-vegan-recipes-dinner/>

Raw Lasagna: <http://www.createenplate.com/2014/01/21/raw-vegan-lasagna/>