



CLEANSING THE BODY WITH
THE SEASONS
Fasting through the year of fasting

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Introduction

Fasting or cleansing the body is the art of harmonizing the mind, body, spirit. This is done by removing waste from the body through eliminating solid foods for a period of time and replacing food with the intake of liquid. Fasting enables a person to become closer to their true self (spiritual self), through a major house cleansing of the cells. Fasting allows the cells to regenerate themselves and rebuild the body without overworking its systems.

Fasting dates back as far as the beginning of human existence. During ancient times fasting was more spiritual than therapeutic. In several of today's holy scriptures we find documentation of how people religiously fasted in honor of God. In today's society, we still fast for religious purposes. However, fasting has become more therapeutic because of the illnesses that plague our society.

Fasting is not starvation, but a systematic approach to ridding the body of toxins that invade the system through our behavior, eating habits, and environment. When the body is plagued with toxins, it weakens the immune process, which inhibits the body from carrying out its healing functions. Waste in the body slows the organ network down to almost a stand still, hindering the process of circulation and rejuvenation of the cells. The cells must be waste free to maintain a strong and healthy body environment.

Foods are so contaminated with poisons that eating is a hazard to our health. Preservatives and additives in foods penetrate the cells, weakening them until they are unable to function and regenerate energy in a wholesome manner. Fasting for one day, three days, seven or ten days is beneficial for cell rejuvenation.

When a person fasts for one day it gives the digestive system a rest, allowing it to complete the process of undigested food in the system as it begins to clear out mucus. On the other hand, a three day fast aids the body in ridding itself of toxins and moving the body towards a balancing. For this reason, when you fast for three days you sometimes feel light headed, full of energy or develop a headache and some nausea.

The seven to ten day fast grants a greater reward. Fasting for this period of time or longer generates and stimulates the healing process. Not only does it heal the body through clearing mucus from the system, it also reverses illnesses like eczema, high blood pressure, hyperglycemia, bronchitis, allergies, as well as slows down the aging process. During these days of fasting the whole connection of the mind, body, spirit unites. This is what creates healing.

During fasting the body shuts itself down and maintains a low level of energy. The body is then able to assess where the healing and cleansing process is needed the most. Once the assessment has been made, the system begins to extract the toxins from the organ network and excretes them from the body. The final stage of this process is the healing and regeneration of the cellular structure.

CLEANSING WITH THE SEASONS

When cleansing the body, we have to focus on the organ network. These are the organs which comprise the inner body (liver, kidney, stomach, large intestines, etc.). They allow the body to function in harmony or disharmony, creating health or sickness. These organs operate with the changing of the seasons.

In Oriental Traditional Medicine (OTM) there is a system known as the five element theory. One part of this theory determines that each season corresponds to a specific set of organs within the body. These organs are energetically affected by the season's transfiguration. These organs convert to the season's energy temperament, which aids them in their balance and secretion of hormones. Each set of organs is able to create its own self healing atmosphere during its season (kidney/bladder harmonize to winter, liver/gallbladder harmonize to spring, heart/small intestines harmonize to summer, Large Intestines harmonize to fall/autumn).

OTM unlike allopathic medicine (medicine practiced in most hospitals in this country) views the human body as a whole unit. The oriental tradition has established that each organ has an associate organ in order to aid the organ in carrying out its specific function (heart/small intestine, maintains/assimilation nutrients and process mental activity, spleen/stomach, transformation, transfers, promote digestion, and maintain the thought pattern. The lungs/large intestines, inspire and elimination, where the kidney/bladder, governs life/controls the reception of energy (Qi), and maintains equilibrium. On the other hand the liver/gallbladder are considered the generals of the body and make sure everything runs smooth, the liver also stores blood, and promotes the free flow of physical movement.

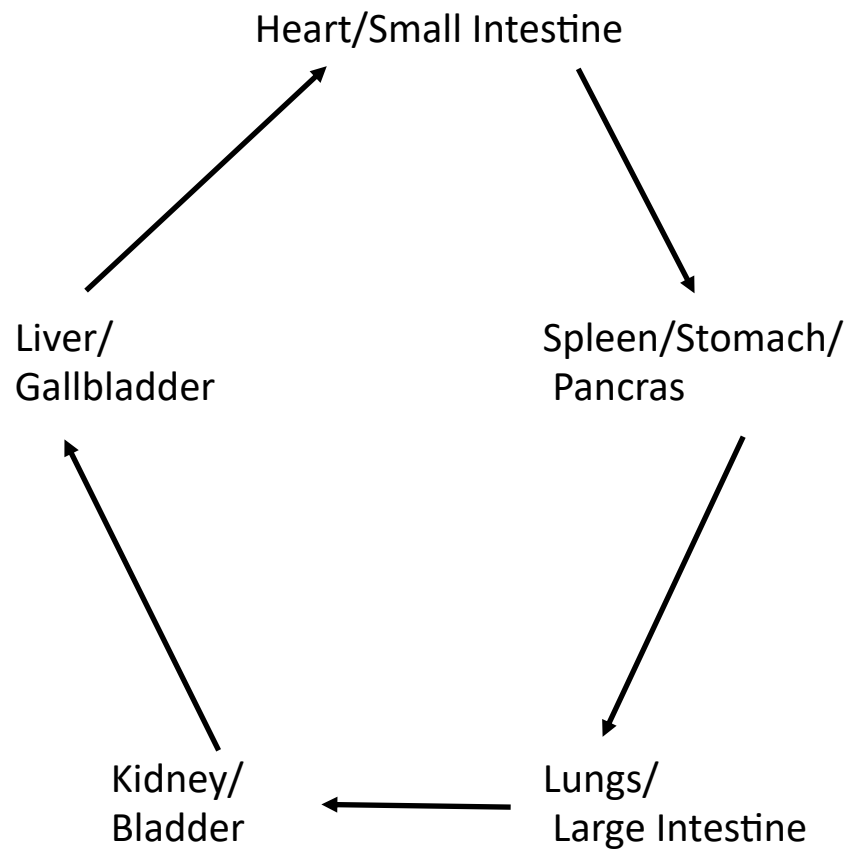
There are two other factors in the Oriental system which contribute to the harmony or disharmony of the organ network. They are the Controlling and Creation cycles of the organ network. These elements provide nourishment or aid the organs they control in carrying out their functions.

NOURISHING CYCLE

The nourishing cycle is the same as a parent providing nourishment, growth and love for her/his child. One cycle gives birth to the energy and supportive needs of the organ it nourishes. All the elements and organs have the same kind of relationship with each other. One set of organs gives nourishment or birth to another set of organs in front of them. For instance the spleen and stomach nourish the lungs/large intestines, which nourishes the kidney and bladder, etc. One set of organs provides nourishment needed by another set of organs in order to maintain its balance and rhythm.

If the nourishing organs are unable to nourish their child (another set of organs), they then take energy and nourishment from their child in the hopes of straightening their own constitution. For instance, if the kidneys/bladder is unable to nourish the liver/gallbladder, they (kidney/bladder) will begin to deplete the liver/gallbladder's energy causing imbalance in both sets of organs. The imbalances can show up in the form of headaches, kidney or bladder problems, bitter taste in mouth, etc.

NOURISHING CYCLE

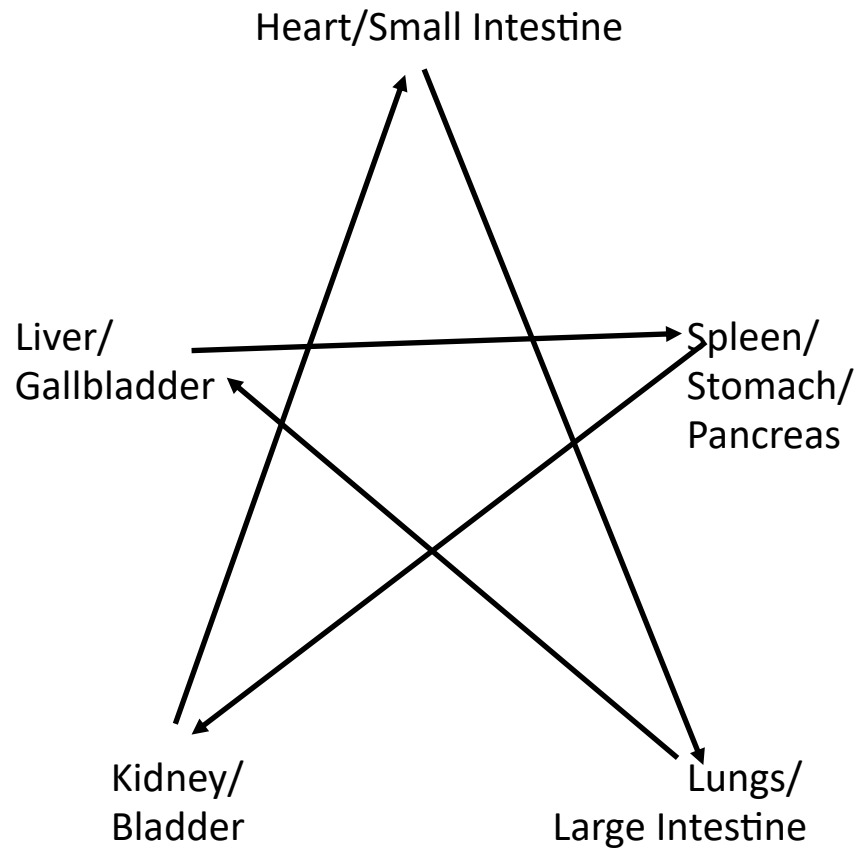


CONTROLLING CYCLE

The controlling cycle is much different and stronger than the nourishing cycle. When the controlling organs are balanced they provide harmony to the network and continue to dispense energy to the set of organs they are controlling and aid them in carrying out their functions. When the controlling set of organs are out of balance the effect curtail the energy flow to the organs they are controlling causing the controlling organs to attack the organs they are controlling. For instance the liver/ gallbladder, controls the activity of spleen/stomach/pancreas. When the liver/gallbladder are out of balance, they (liver/gallbladder) attack the spleen/stomach/ pancreas causing an impairment of the digestive system resulting in sweet craving, improper digestion, anger, worry, restless sleep, weight gain, etc. This impacts the entire organ network.

It is most important for us to maintain a well balanced organ systems. The state of the organs dictate the state of our body constitution and how well we are able to ward off imbalances (dis-ease).

The Controlling Cycle



THE COMMITMENT

When you decide to participate in a fast/detox program, you are making a commitment to cleanse your body. This means once you start this process there is no turning back until the process is complete. If you program yourself to fast/detox for three days then, you should maintain that posture until the end. When you begin the process and don't complete it the toxins that have begun to eliminate stop and become stagnated or in some cases they cause other kinds of problems (headaches, cramps, intestinal problems and others).

The commitment is one of the most important parts of the fast. It is the mind's focal point in organizing the body for the cleansing process. If your mind is not focused on the fasting process, then the process itself will fail.

Part of the commitment is to maintain a positive attitude, by keeping your mind on the goal of cleansing the body. With that in perspective your fast will progress in a holistic manner.

Through accomplishing your goal, you will have the confidence to control your appetite, body and improve eating behavior at the conclusions of your fast.

During the fasting/detoxing process you may experience minor physical discomforts like headaches, nasal drip, reduction in appetite, temporary lowering of energy, sore muscles and some- times muscle tension. These characteristics are temporary and will pass. When it does pass you will feel better physically, mentally, and spiritually. However, if you notice a symptom arising while fasting and it persists for a few days, it is the body trying to rebalance itself. Some holistic health practitioners call this the healing crisis. The Chinese refer to this as the release of evil. We have to remember the amount of toxins that are put into the body on a regular basis are not coming out.

Throughout the fast, you should try to arrange your life so you may have time to rest, take a walk, relax or exercise. This permits the body to cleanse and heal itself more harmoniously.

NOTES

PREPARATION FOR A

LIFE GIVING FAST

Each season governs over a set of organs, which controls a person's physical, emotional, and spiritual body. The person's temperament changes like the season and they are either in harmony with the season or they are not. The changing of the season is the time to balance one's life.

During spring, the liver/gallbladder are cleansed as the lungs/large intestine are balanced and kidney/bladder are energized.

In summer the heart/small intestines are cleansed, the kidney/bladder are balanced and the liver/gallbladder are energized.

Late summer is the time to cleanse the spleen/stomach /pancreas and balance the liver/gallbladder and energize the heart/small intestine.

Fall is the time to cleans the large intestines/lungs, balance the heart/small intestine, and energize the spleen/ stomach/pancreas.

In winter the kidneys/bladder are cleansed, spleen/panaceas/stomach are balanced and the lungs/large intestines are energized.

By paying attention to these set of organs, you balance, harmonize and cleanse the body within their seasons and build a healthy immune system as well as regenerating new energies for the coming season.

Another important aspect the fasting is preparation. If you don't prepare yourself correctly, some difficulties may arise. It is important that you begin to eat the right types of foods before the fast and lessen your intake of food as you get closer to the fasting date.

On the first through the forth day of preparation, you should began to eliminate foods from your meals that are mucus forming. These foods are meats, dairy products, breads, flour product (cakes or cookies), junk foods, soda or flavored beverages, alcohol, and any other toxic products. You should begin to withdraw from all tobacco products.

You should begin the morning of with a tablespoon of Chlorophyll in an 8 ounce glass of distilled water. Within an hour, mix the Green Earth Food (GEF) and dink it. The Green Earth Food has to be mixed in a blender because of its composition. Pour 8 ounces of non-citric juice in the blender, put the top on the blender and turn it on. Either take the top off or the middle out of the top

and pour a quarter of a tablespoon of the GEF in the blender and mix for 30 second before drinking. The chlorophyll in both drinks cleans and nourishes the cells, tissues, organs and blood.

During the preparation, decrease your sexual activities. When you are fasting sex should be inhibited because it moves the body's energy away from the healing process. It also pulls energy from the heart and may cause unwanted difficulties.

The next step in the fasting preparation is to eat life giving foods. These are fruits, vegetables, and grains. They are to be eaten 50% cooked and 50% raw for the first three to four days of preparation. At this period you should began to decrease

Your food intake from three meals a day to two and increase your fluid intake. Do not eat and drink at the same time (this will be discussed later). By the fourth day your meal intake is down to one and no more then two meals a day.

On the fifth and sixth day you should begin to eat just green vegetables, continuing with the Chlorophyll and GEF. You can now incorporate the Liver Flush before you go to bed. The liver flush consists of squeezing a fresh lemon into eight ounce glass, along with adding a pinch of cayenne pepper, a tablespoon of cold pressed olive oil, and a tablespoon of pure maple syrup before filling the glass with distilled water. This decoction work to stimulate and aids the liver/gallbladder detoxing. These two organs are at their peak from 11 pm to 3 am. This is why you would do this flush before bed. The next thing you should think about is the enema or colonic irrigation, which can be stated during this time. More on that later.

Your meal of green raw vegetables should be eaten at noon. In the evening do not eat anything, just drink vegetable juice. If you drink fluids before bed, do not drink any fruit juices because of their strong cleaning effects. These fluids can stimulate the bodies energy and keep you from sleeping. The seventh day is the last day of food and the fasting begins.

During the seventh day drink mostly liquids. You can have only one fruit during the day if needed and start take an enema. On the third or fourth day of the fast you should have a colonic irrigation if needed. This is only if you are not taking enemas. If you are taking enemas then you would not have a colonic.

Dry Brushing

On the first day of the fast, you can begin to dry brush the skin either after a bath or shower. When you start the enemas it is good to dry brush after the enema. Dry brushing promotes the removal of dead skin and impurities from the skin and aids in detoxing. At the same time the brushing opens and activates the pores. It creates hormonal sensitivity of the oil producing glands and the nervous system. Dry brushing also rejuvenates your complexion providing it with a luster. Over all dry brushing energizes the entire body. The skin is the largest detoxing organ outside the body, where the liver is the largest detoxing organ in the body. It has tiny pores that breath and extracts moisture and nourishment from the environment. It is also the passage way to clearing the lungs and large intestines.

Dry Brushing should begin at the bottom of the feet first. The feet have nerve endings that correspond to organ reflex point of the organs. When you dry brush the feet you are stimulating these nerve endings, which activates and aids in the cleansing process.

If you have a major illness such as, diabetes, hypertension, heart problems, cancer or others chronic illnesses, you should always brush away from the heart. You don't want too much blood or energy reaching the heart at one time or too fast.

After dry brushing the foot, then began brushing up the leg in a circular motion. Starting on the inside (medial boarder) of the leg brush up the leg to the hip. This stimulates the kidney, liver and spleen. Next began at the top of outer hip (lateral border) brush down towards the ankle. This stimulates the gallbladder, and stomach,

To complete the dry brushing of the leg, began at the front of the of the ankle and brush up the middle of the leg to the front of the pelvis. Again you will be stimulating major organs of the body.

The next area of dry brushing is the pelvis and abdomen. In this area the brushing assist the bowel tract in it's process of eliminating waste. You would brush the abdomen the same way you massage it during the enema (see enema). From the abdomen you brush the chest or breast area and around the throat before brushing the back. This will stimulant the heart, kidneys, liver, stomach, When you brush the back, use the handle that comes with the brush and continue to brush down in a circular motion, so you can stimulate the bladder. When you reach the back pelvis (buttocks), continue brushing down the back of the legs to the feet.

The inside of the arms brushed from the under arm down the fingers this way, the small intestines lungs and the energy channel known in acupuncture as the pericardium will be stimulated. Begin at the fingers and brush upwards on the outside of the body stimulates the heart, (acupuncture's) triple heater, and large intestines. When you dry brush the entire body, you are stimulating the twelve acupuncture meridians.

Enema

Colonic irrigation's and enemas are extremely important during fasting. Their purpose is to cleanse the lower bowel tract and aid in relieving the toxins that align the walls of the colon. If that waste is not removed from the colon the fasting process will not work effectively. An oral bowel cleanser is taken in order to cleanse the small intestines.

An enema allows one to inject water or herbal formulas into the colon for cleansing and emptying the lower bowel tract. There are several types of enemas, I suggest coffee, chlorophyll, lemon garlic or herbal enema (white willow or peppermint tea).

Always use distilled water for your enema, because it is the purest of water and it is able to absorb more toxins from the colon than any other types of water. The other thing is that there are no elements (minerals, vitamins, etc.) in distilled water to clash with the body's natural elements. Water should never be too cold or too hot it should be luke warm. The water temperature should be as close to your body's temperature as possible.

Ground coffee is an astringent that can be perked or boiled and added to the enema. Coffee is a good astringent and used in this manner cleans very well, without leaving any caffeine behind. Using it in this manner coffee assists the liver in detoxifying. Coffee is an herb, but is abused in our society. To make a solution, pour 1 quart of distilled water into a coffee pot or non aluminum pan and then add 4 tablespoons of ground coffee (it should not be instant or decaffeinated), allow it to slow boil for 15 to 20 minutes. Strain the coffee into a vessel and let it cool. You should add a third of a cup per liter (quart) of distilled water.

If you prefer chlorophyll, use an ounce of chlorophyll per liter (32 ounces) of distilled water can be used. Chlorophyll is wonderful in cleansing the bowel tract, because it has the ability to clean deep within the cell wall as it proliferates the cells.

Some people desire the use of lemons. You would squeeze one lemon per quart of distilled water. Lemons are a very good astringent that cleans very well. Its antiseptic properties clean deep into the tissues of the colon and brakes up the toxic material that lines the walls of the colon. It also has a devastating affect on balancing the liver and enhancing the livers ability to digest and brake down chemicals.

To make an herbal solution you would boil a tablespoon of roots or bark to a pint of distilled water for 20 minutes. Then allow to cool and strain liquid off of herbs and add liquid to 2 quarts (liters) of lukewarm distilled in enema bag.

Leaves and stems are prepared in a different manner. They are not boiled, but steeped. You would place the herbs in a cup (a tablespoon to a pint of water) and pour boiling water over them. Allow them to set with a cover over them for 20 to 30 minutes. Then strain and pour liquid into enema bag.

Begin the enema by filling the enema bag with lukewarm distilled water and one of the solutions above. After filling the bag, release the clip on the enema bag tube to allow the air to flow out and close the clip back unit you are ready to take the enema. Now lubricate the tip with vitamin E oil or wheat grem oil or a non toxic light oil. *DO NOT USE VASLINE OR PATROLUM JELLY.* They are thick and can cause problems with the flow of fluids. They are made from toxic materials.

You will sit on the toilet and prop your feet up on books or a stool in order to elevate your knees higher then your abdomen. Another way to accomplish this is by laying on your left side on the floor in the bathroom or bath tub and folding your knees into your chest. If you have good balance, you can squat over the toilet by standing on the edge of the toilet seat and squatting. Another method is to buy a foot stool that you can place at the base of the toilet where you can put your feet on to elevate your knees higher than your abdomen.

You have to elevate the bag, which allows the solution to flow freely and create enough pressure to efficiently cleans the colon. Your enema bag should be a utility (doughs/enema) bag and not a FLEET ENEMA BAG. The later bag does not supply enough fluid pressure to clean the colon with efficiency.

Insert tip of tube into the anus (the small tube that came with enema bag.) and unlock the clip, allowing the solution to fill the abdomen before terminating the flow of fluid. After the abdomen is full, then hold the fluid in the intestinal tract for 5 to 10 minutes or as long as you can. At the same time lightly massage the abdomen from right to left: start in the lower right hand corner of the abdomen massaging from right to left until you reach the top of the abdomen. When you have completed the abdominal massage, the fluid is

ready to be released from the colon. Repeat this until you have used all the fluid in the enema bag. The enema can be preformed on a daily or by-daily basis. It is up to you as to how often you take an enema. It is best to take an enema before bed.

ALWAYS after an enema or colonic you should take ACIDOPHILUS or some type of colon balancer, because enemas wipe out the healthy bacteria in the colon. The healthy bacteria has to be replaced in order for the bowel tract to maintain its natural rhythm (peristalsis) in order for the bowels to move freely. After the evening enema, take a shower starting with warm water for 3 - 5 seconds. Then change the temperature to hot and then cool or cold. By the time you are finished with the shower you would have had a 10 to 15 minute shower in water of different temperatures. Before ending the shower use warm water and soap to bath the skin. If you fast during the winter months it is suggested that you end the bath with cool or cold water. This closes the pores and prevents the body from losing it's heat and you catching a cold.

The warm water is close to the body's temperature, this permits the blood to circulate. When the water becomes hot, it aids the blood in rising to the body's surface for nourishment as well as lubricates the skin. Cool or cold water allows the blood to flow deep into the body, nourishing the bones, muscular system and stimulates the nervous system.

FASTING

After the fasting preparation, you must decide how long to fast; whether the fast will be for a number of days or until you get hungry.

Fasting is substaning from eating solid food for one or more days and replacing the solid foods with the intake of liquid as the nutritional base. This allows the body to nutralize it's self and eliminate waste and toxins from the organs and tissues. Fasting is a major way of reconnecting the mind, body, spirit.

Start off drinking 1 tablespoon of chlorophyll in 8 ounces of room temperature distilled water in the morning before your shower and the Green Earth Food and hour or less after. Take morning herbal supplements at this time.

At mid morning (10:00 am) drink fruit juice and spirulina (capsules or power), only if you have not had GEF. The spirulina will provide you with energy and nutrients. At noon drink more fruit juice and a glass of distilled

water and any herbal supplements. Around 3:00 pm you should drink a glass of vegetable juice or a little herbal tea and any herbal supplements for the fast. If juices are too strong, they can be mixed with distilled water. The ratio is 1 part (ounces) water to 2 parts juice. The times of drinking of juices and water are only suggestion. You should tailor the program to fit your needs.

After 5:00 pm drink a vegetable broth. Make sure the broth does not contain any fat, or preservatives and is not canned. Fats clog the system and preservatives leave toxins. The broth can be purchased at health food stores.

About 7:00 pm drink another glass of vegetable juice. You may want to drink a glass of carrot juice before retiring at night, this will help you sleep. Dry brush the skin again and take a shower.

Broth

To make the broth, cut up 2 carrots, 2 potato, a handful of string beans, 1 beet and place them in a pot of distilled water, bring the water to a boil for 10 minutes and then remove from heat. Keep a cover on the broth as it sits for 20 minute and cool, strain and drink. The vegetables are now nutritional deficient and should not be eaten.

Liver Flush

Squeezes one lemon into a 8 ounce glass of room temperature distilled water. Then add a pinch of cayenne pepper, one half tablespoon of cold pressed virgin olive oil, and a tablespoon of pure grade A or B maple syrup into the water.

Drink this decoction at night before going to bed. The peak time of the liver and gallbladder is 11 pm to 3 am in the morning. Using this decoction enables the liver and gallbladder to clear the waste and congestion body. This will also promote your bowels to move in the morning as a regular movement. It will not cause any bowel problems.

THINGS YOU MAY EXPERIENCE DURING THE FAST:

*** COLDNESS:**

Normal during the colder seasons of the year, you may experience coldness of the hands, feet and sometimes the mid body because the body's

circulatory system is not flowing at its peak capacity. If you are a cold natured person it is suggested that you sprinkle some cayenne pepper in your shoes, this will aid in circulation. Make sure you wear sox in your shoes to avoid blisters.

*** HEADACHES:**

There are many reasons why you would have a slight headache; one of the basic reason is the cleansing and removal of toxins from the system. During this cleansing the liver has to synthesize these toxins, which causes stress on the liver. This in turn creates headaches. These headaches will not last long.

*** SKIN RASH:**

This is also cause by the cleansing of toxins from the system. The skin is the largest organ of the body and eliminates waste that some times results in a rash. If you do get a rash, it will disappear some time during or shortly after the fast and have a glow to its texture.

*** NASAL DRIP:**

As the toxins clear the body they flow out of the body through open cavities (mouth, nose, anus, etc.). Nasal drip is normal during cleansing.

*** LOW ENERGY:**

In the early stages of fasting, the body eliminates waste and cleanses the cells that causes the energy to become low. As it performs this task, there is a decrease in protein intake. The body has to rely on its own stored protein or whatever protein extracts from the juices, herbs, spirulina you are drinking.

The protein from juices are not as rich as that in the high protein food you eat. However, whenever your body is in a major healing stage or cleansing, the energy is low. If you maintain spirulina on a daily basis, you will find that your level of energy increased.

*** TASTE:**

There may be an unpleasant taste in your mouth during the fast. Especial if you have fillings in your teeth. It could be bitter, sour, salty, sweet, or bland. Also, if you have fillings in your teeth, you may be tasting them as well. They cause a real foul taste in your mouth as well as breath odor. Our suggestion is to brush your teeth as regular as possible. You can also suck on some fresh parsley or wash your mouth out with chlorophyll.

*** LIGHTHEADED:**

Fasting sometimes causes a person to feel light-headed. This is a indication that toxins are being removed from the body. The light headiness won't last after the fast. It is not harmful.

*** CLEARNESS OF THE MIND:**

Because there are no toxic foods being eaten, an increase in potassium opens the body's vessels. Magnesium allows the muscular system to contract which relieves tension in the nervous system. The nervous system is also being cleansed. When these things happen the energy flows to the mind in a fashion the body is not used to and the mind gets lazy. If you have a job that is mental, I suggest that you fast at a time when you will not have to use a lot of mental thought power. The body does not want to do a lot of thinking at this time.

*** BODY AWARENESS:**

You will feel the energy as it moves through the body. You will become more sensitive to the environment, touch, wind, or heat. You will also become more sensitive to the people around you.

*** SPIRITUAL AWARENESS:**

After three days or more of fasting, you will notice a difference in your connection with your God. You will possess a spiritual awareness.

Integrative Techniques

*** MEDITATION:**

Meditation aids in maintaining a tranquil feeling during the fast and lifts your self esteem. It also brings your mind, body, spirit in harmony and balance. Meditation creates an awareness of life around you and how you function in this world.

Mediation basically is stilling the mind and allowing no thing to distract your attention from your self. It enables one to feel the presents of their true self, invigorating their inner spiritual connection, which aids in handling the stresses of daily.

There are several ways to meditate, one of the easiest is to get up in the morning and eliminate the waste from the body, which has been fasting all night. Find a comfortable chair, couch, or other place that is quiet and serene.

As you seat there, begain to count backwards from 500. Begin by saying the number aloud and see the number in your minds eye. As you get further in the counting, begin to count the numbers just in your head and not aloud.

You will feel your self slipping away from the numbers and your body will become heavy and you will start to lose count. This is alright. You will feel your head began to lower (if you are seated upright) and that is alright. Let it lower and just allow yourself to relax. It will feel like you are going to sleep.

When you are ready to come out of meditation, you just start to count from 1 to 15. Began by counting in your head and when you get to 7, start to count aloud.

When you feel that you have returned to this state of conscienness, than strech your extremities (arms, legs, etc.) before getting up to start your day. Meditation should be performed in the moring before you fully get into the day. If this does not work for you there are a lot of good books and tapes on the market that will assist you.

*** EXERCISE:**

During fasting, exercising is an important function. The body needs exercise to aid the lymphatic glands and other organs in removing toxins from the systems. Light or heavy exercise is beneficial (when engaging in heavy exercise, make sure their is supervision.).

*** BREATHING:**

The breathe is the elixir of life. Without it there is no life. When fasting breathing is an essential element of the cleaning process. It oxygenates and rejuvenates the systems with clean blood. Always breathe from the lower abdomen, which aids in the cleansing process.

HERBS THAT ARE HELPFUL DURING THE FAST:

If you are not participating in our cleansing programs, I suggest, you incorporate some of the herbs mentioned in this session, to assist you in your cleansing program.

You must also understand that herbs are very helpful, but can be just as dangerous as drugs so always use herbs wth caution. The herbs that have been selected are with and can work to you advantage, however I have also placed

caution on some herbs because as they assist the body in healing, but they can become toxic in too large of a dose. The other thing is that there are some health issues that are contraindications for some herbs. This information has been pointed out for your safety.

If you choose to use any of these herbs, there are special ways to properly use them so you receive the maximum benefits from the herbs and they work for you and not against you.

When using a flower, or leaf they should be steeped. Boil a pint of distilled water and pour it over 1 ounce of herbs, cover and let it sit for 20 to 30 minutes before straining and drinking.

Bark, stems, and roots, should be cooked. Take one ounce of herb and slowly simmer them in 32 ounces of distilled water for 20 - 30 minutes in a closed pot. After the herbs have slowly cooked down to 16 ounces, strain and drink.

Herbs should always be taken for only five days each week. This allows the body to re-establish its own balance and create health once again. Herbs should be taken to assist the body in regaining its balance and it should not be a life long process unless there is a wasting disease that has weakened the body and it needs support from the herbs.

If you are unfamiliar with the herbs, then refer to a reference material or some person who knows and understands the herb. Remember that most herbs are gentle on the body, however there are herbs that can be toxic to the body.

You should never take a bowel enforcer (laxatives) for more than two days within one week. They should only be taken during fasting. Bowel enforcers assist the small intestine to cleanse, because colonics and enemas only cleanse the lower bowel. If there is a situation in the bowels consult your doctor. Hard or mild laxatives irritate the colon and inhibit the colon's ability to absorb nutrients. They should not be used unless necessary. The herb below can be substituted for our Cleansing Kit of herbs, in the case you have purchased this book without the entire cleansing program.

The herbs can be purchased at most health food or herbal stores. The difference in these herbs is that they don't fully fill the program. They will not promote cleansing, nourishing, boosting, and fortifying the organs in the same manner as our kit, which can be mail ordered (back page).

If you are on medications you should consult a health care practitioner who can assist you with the right herbs.

On the other hand, if you are new at buying herbs or are not sure, then find other literature on the herbs and ask the herbalist how you are purchasing the herbs from for more information.

Psyllium(Plantago Psyllum):

It is an excellent intestinal and colon cleanser, that doesn't irritate the mucous membranes. It lubricates and heals the intestines and colon. When taking Psyllium you must drink a lot of water behind it or it may not work efficiently. Even though it lubricates the bowels,

Organs affected: spleen, stomach, colon

Black Walnut (Juglans nigra):

Kills parasites and oxygenates the blood. It also balances the blood sugar level and replaces the teeth enamel. It is used in the treatment of hemorrhoids, prolapsed uterus and intestines, Black Walnut is also recommended for candida. It is a blood tonic as well.

Organs affected: blood, colon, nerves

Sarsaparilla (Smilax Officinalis):

The value of this herb is a glandular balance and it act on the colon. It is known to stabilize and bind the flora in the intestinal tract. Sarsaparilla is a good tonic for Candida, rheumatism, inflammation, bowel complaints, gout, It is also a powerful blood cleanser.

Organs affected: liver, stomach, kidneys, blood, colon

Sassafras (Sassafras officinale):

Activates the liver to clean the toxins from the system. It is known as a spring tonic herb, because it cleans the toxins from the liver. It combines will with other blood cleansing herbs.

Organs affected: blood, lungs, stomach, colon

Flaxseed (Linum vsitatissimum):

Is a natural laxative, that soothes and provides roughage to heal the body, as it nourishes the stomach and intestinal tract.

Organs affected: lungs, stomach, colon, spleen

He-Shou-Wu(Radix Polygoni multiflori):

Tones the liver and kidney as it helps the nervous system. It's tonic effects and stimulates the endocrine system. He shou wu nourishes the blood, unblocks the bowels and relieves toxic heat from the body.

Organs affected: lungs, bladder, heart

Kelp (Fucus visiculosus):

Promotes good gland health and controls metabolism function as it regulates the thyroid's distribution. Kelp is also an anti-cancer and anti-tumor herb. Its rich source of iodine may it very effective in harmonizing the thyroid and metabolism, as it nourish the body. Kelp is beneficial in purifying the blood, treating atherosclerosis and rheumatism conditions because of its ability to detoxify the intestinal tract.

Note: Large amounts of kelp can cause goiter like effects due to its high concentration of iodine.

Organs affected: thyroid, nerves, kidneys, bladder, intestinal tract

American Mandrake (Podophyllum peltatum):

It treats chronic liver disorders, as well as a strong glandular stimulator. DO NOT USE DURING PREGNANCY. Mandrake has been known to rejuvenate and cure sterility in women.

Mandrake should be taken in small amounts, because it can create unhealthy effects. It should be combined with licorice, ginger or some type of carminative herb to assist it in maintaining its balance. Always use care when working with Mandrak.

Organs affected: liver, gallbladder, colon

Uva Ursi (Arctostaphylos uva ursi) :

This herb has a strong effect on the urinary tract, It is used as a diuretic in cases of cystitis, nephritis, kidney and bladder stones. It also aids in relieving inflammations, gonorrhea, profuse menstruation and is used for vaginal infections as a douche. Uva Ursi has been known to assist in the treatment of prostate conditions. It work very well with marshmallow or other diuretic

Organs affected: kidneys, urinary tract

Buchu (*Barosma betulina*):

For chronic bladder infections drink buchu at room temperature or cold. Tea is good for the first stages of diabetes and bladder catarrh (mucus). In its warm state Buchu is effective in enlarged prostate gland. It is used for its calmative properties in its home land of South Africa.

Organs affected: kidneys, bladder

Licorice (*Glycyrrhiza Galbra*):

Chemical analyses of this herb has show it to have a high level of cortisone and aldosterone. It also contains estrogen in lesser amounts. The properties in licorice are excellent for all types of intestinal, stomach ulcers and upper respiratory conditions. However it should be NOTED that licorice should not be taken in large amount by people with high blood pressure or hyper adrenal conditions. These persons should combine licorice with other herbs in small doses and make sure they do not take over 30 grams of the herb a week. Excessive amounts of this herb can cause edema.

Organs affected: lungs, stomach, intestines, spleen, liver

Juices:

Vegetable and Fruit juices cleanse and nourish the body. It is very rare that they are mixed together and consumed at the same time. They work in different compartments in the body to assist in maintaining the body's balance. However, some authors suggest that apple can be mixed with vegetable juice. One of the reasons is because apple creates parastallisis in the colon and assists in the absorption of nutrients and help maintain a healthy colon. I suggest that you don't mix them. If you are interested in juice that aids the colon then you can use cabbage juice, or beet juice.

Vegetable juice provides nourishment to the body through its heavy convergence of minerals. There are some vegetables that have a great number of vitamins as well. Vegetables are broken down into categories: green juice and fresh vegetable juice.

The green juice rejuvenate the body's and build red blood cells. Because of the chlorophyll in green juices, it cleans and heal the body.

Fresh vegetable juice restores and builds the body by removing excessive fats, protein and acid waste out of the systems. It strengthens the immune system and helps combat against illnesses.

Fruit juices are strong cleaners and add energy to the systems. They have the ability to scrub away waste and harmful bacteria from the tissues and cells.

Fruit juices accomplish this through their high concentration of vitamin C and tartness. When intaking citric acid, use it with caution, because of its strong cleansing ability. Too much citric acid in the body can rapidly change the blood quality, causing an over stimulation of the glands and tissues releasing toxins into the blood stream too fast, resulting in situations known as allergies. This develops into a skin rash, heavy nasal drip, headaches or types of symptoms. This is why some people say they are allergic to citrus.

If the blood develops an over acidic condition, it will borrow the alkaline minerals calcium and magnesium from its skeletal system and teeth.

Your body will let you know when it has had too much citric acid, as a result skin eruption occurs. The more physical activity you engage in, the easier it is to metabolize citric acid.

Citric and tartaric acid are found in oranges, grapes, pineapples, grapefruit, tomatoes (which are classified as an acidic fruit with seeds). The acidic power of fresh fruit juice's enzymes are anti-bacterial acting acids, which are excellent for cleansing the tissues, organs, and muscle systems. Especially during a fast.

Malic acid cleanses the intestinal tract, kidneys, liver, and stomach. Malic acid is also used to stimulate the appetite. Malic acid can be found in apples, apricots, bananas, cherries, peaches, plums, and prunes. Fruit juices are high in enzymes for digestion, calories and internal cleansing.

Combined the juices below together can provide a wonderful healing tool, however you have to remember not to mix fruit juices with vegetable juices or sweet juices with acid juices.

Vegetable Juices:

Alfalfa sprout, asparagus, beet and beet greens, cabbage, carrot, celery, cucumber, dandelion greens, fennel, kale, parsley, parsnip, spinach, string beans, sweet potato, turnip and turnip greens, watercress,

Fruit Juices:

Apple, pineapple, lemon, grape, tomato and pear juices are the most frequently used fruit juices. There are other fruit juices that are recommended.

Juices for Illnesses

Anemia: Alfalfa sprout, asparagus, beet and beet greens, cherry, dandelion greens, grape, kale lemon, lime, lettuce, orange, parsley, prune, spinach, string beans, turnip and turnip greens, watercress, wheatgrass,

Arthritis: Apple, carrot, cherry, cucumber, fennel, kale, parsnip, turnip and turnip greens, watermelon (only in its season), wheatgrass

Asthma: Cabbage, carrot, celery, cranberry, kale, parsnip, radish, turnip and turnip greens, wheatgrass

Blood pressure: Beets and beet greens, cabbage, cucumber, spinach, wheatgrass

Blood purifier: Alfalfa sprout juice, apple, beet and beet greens, carrot, celery, dandelion greens, fenugreek sprouts juice, grape, lemon, lime, orange, parsley, papaya, peach, pineapple, spinach, turnip and turnip greens, watercress, wheatgrass juice

Blood Sugar: Artichoke, carrot, kale, parsnip, spinach,

(Diabetes and Hypoglycemia) String bean, turnips turnip greens, wheatgrass

Cancer: Asparagus, beet and beet greens, cabbage, carrot, grape, kale, parsley, parsnip, spinach, turnip and turnip greens, wheatgrass

Constipation: Cabbage, celery, cherry, dandelion, greens, grape, lemon, lime, melons (only in their season), lettuce, peach, pear, prune, spinach, strawberry, wheatgrass

Ear Problems: Grapefruit, lemon, lime

Eczema: Cucumber, radish

Eye Problems: Alfalfa sprout juice, asparagus, beet and beet greens, carrot, dandelion greens, parsley, parsnip, sunflower greens, turnip and turnip greens, wheatgrass

Fatigue: Alfalfa sprouts, artichoke, beet and beet greens, wheatgrass

Female Imbalances: Beet and beet greens, parsley, swiss chard, watercress

Fever: Cranberry, grape, grapefruit, lemon, lime, orange, strawberry

Fluid Retention: Cranberry, cucumber, fenugreek sprouts, strawberry, watermelon (Only in its season)

Heart Disease: Beet and beet greens, dandelion greens, fenugreek sprouts, orange, papaya, parsley, spinach, turnip and turnip greens

High Blood Pressure: Orange, parsley

Impotence: Alfalfa sprouts, kale, wheatgrass

Insomnia: Celery, lettuce

Kidney: Alfalfa sprouts, apple, asparagus, beet and beet greens, cabbage, celery, cranberry, cucumbers, grape, melons (only in their season), papaya, strawberry

Liver : Alfalfa sprouts, apple, beet and beet greens, carrot, celery, dandelion greens, grape, grapefruit, kale, lemon, orange, lettuce, papaya, parsnip, pear, spinach, tomato, turnip and turnip greens, watercress, wheatgrass

Mucous Elimination: Cherry, grape, grapefruit, lemon, lime, orange, onion, radish, scallion

Nervous Disorders: Asparagus, celery, fennel, lettuce, spinach, wheatg

Poor Digestion: Spinach

Pregnancy: Alfalfa sprouts, beet and beet greens, carrot, grapefruit, kale, parsnip, peach, watermelon (only in its season)

Prostate Disorders: Cherry, pear, strawberry, watermelon(only in its season)

Rheumatism: Apple, asparagus, cherry, grape, lemon, lime, orange, strawberry

Sciatica: Pineapple

Skin Ailments: Asparagus, beet and beet greens, cranberry, carrot, dandelion greens, fenugreek sprouts, grape, grapefruit, lemon, lime, melons (only in their season), orange, parsley, parsnip, radish, spinach, string beans, tomato, turnip and turnip greens, watercress, wheatgrass

Thyroid Gland: Alfalfa sprouts, cabbage, radish, spinach, stringbeans, strawberry, watercress

Tumors: Papaya

Ulcers: Cabbage, carrot, kale, papaya, parsnip, spinach, wheatgrass

Urinary Tract: Cranberry, parsley, parsnip

Weight Control: Alfalfa sprouts, apple, artichoke, bean sprouts, beet and beet greens, carrot, celery, cherry, cranberry, cucumber, dandelion greens, fennel, fenugreek sprouts, grape, grapefruit, kale, lemon, lettuce, lime, orange, papaya, parsnip, parsley, pineapple, prunes, radish, scallion, spinach, strawberry, tomato, turnip and turnip greens, watercress, watermelon (only in its season), wheatgrass

BREAKING THE FAST

Breaking the fast (breakfast) is the most important part of the cleansing program. Concluding the fast improperly can cause gas, constipation, fever, or even death.

What you must realize is that your digestive system has not processed any food for the amount of time you have been fasting. You have to allow the body time to acknowledge that it has to begin digest food once again. When you began to eat again you have to take it slow. It's like starting your car on a very cold morning, you let it warm up before driving off. The digestive system is the same way.

After a fast of three days or more the stomach shrinks and the digestive tract is not processing any food. When you eat again it has to readjust itself to processing food once again. The foods that you begin to consume upon breaking the fast should be an apple, a raw vegetable, or a piece of fruit.

Apples are especially good in breaking a fast, because they aid the body in jump starting the digestive process by creating peristalsis (wave like motion in the colon). They also help eliminate intestinal problems that sometime occur after breaking the fast in a wrong manner. The first thing you should remember is that for every day you have fasted, you must take that same amount of days before eating a heavy meal. For instance, if you fast for 3 days, then it takes 3 to 5 days after the fast to begin to eat heavy foods (meats, potatoes, etc). You should eat raw food for 3 - 5 days after breaking the fast. Cooked foods should not be eaten for at least 5 days after the fast.

To Break The Fast

Start the day by drinking chlorophyll and other fluids in the morning. Before 10:00 am you can break the fast with a slice of melon (if in season) or a piece of sweet fruit (apple, pear, peach, etc). Remember the food you choose to break your fast with should be chosen well. They should consist primarily of raw vegetables and fruits at first.

Your first real solid foods should be eaten at least two days later between 1:00 pm and 3:00 pm, which is the peak time of the small intestine. This time is more favorable for digestion. **If you decide to break the fast with a salad make sure it consists mainly of green vegetables, which are an excellent source of chlorophyll (it cleanses, nourishes and rebuilds cells). Remember the body is still in a state of healing and the only different is that you have reintroduced solid food to the body once again.**

The second and third days, you would start the day out the same way as the first and include a light dinner meal consisting of green salad. The dinner meal should not be eaten after 5:00 pm. For the next few days you will eat light and each day the content of your meals will increase. On the seventh day you will be able to enjoy some cooked food and a full meal.

Food Combinations:

When foods are eaten in the right combinations they don't putrefy or ferment in the colon creating gas, constipation, colitis, etc. Food is able to move through the systems allowing the body to receive nourishment. This keeps the colon and alimentary canal from clogging up and maintaining toxic waste in the system. It also helps stabilize the body's acid-alkaline balance. In spring and fall the diet should be 75% alkaline and 25% acid, During the summer 60% alkaline and 40% acid. The winter, which is the cold season, the intake of acid/alkaline balance should be 80 - 85% alkaline and 15 - 20% acid.

Eating foods in their proper combination is important for correct digestion, assimilation, and elimination. It harmonizes the organ network and builds cells that constitute a healthy body temple.

The way to accomplish this is through designing a meal program that maintain the body's PH (acid/alkaline) balanced. The phase Ph means Hydrogen Potential. The higher the hydrogen in the body, the higher the acidity. When the hydrogen decreases the body becomes more alkaline. Everything in the universe has its own ph balance.

Ph balance is calculated in a range of numbers that extend from 1 to 14. The low end of the scale 1 to 6 is very acidic (6 is slightly acidic). 7 on the other hand is neutral and 8 to 14 are more alkaline. The body PH balance is 7.5. If it drops below that, then disease prevails. If over the 7.5, the body will begin to heal itself.

Foods are classified as either acid or alkaline. When a person eats too many acid forming foods their body begins to deteriorate. It shows itself through mucus, congestion, constipation, and pain.

Acidic foods include dairy products (milk, cheeses, butter, ice cream), candy, cakes, soda, meats, fish, eggs, most beans, and peas, peanuts, many oils, canned foods, foods with pesticides, additives, preservatives, and any food which is devitaminized.

Alkaline foods release mucous from the membranes and assist in the healing process. Foods that are alkaline consist of ripe fruits (dates, figs, apples, pears, melons, peaches, etc), vegetables (carrots, parsnips, corn, broccoli, cucumbers, radish, etc), and whole grains (millet, buckwheat, spouted legumes, barley, cracked wheat, brown rice, etc), and should only be eaten in the proper combination, raw and not over cooked.

Unripened fruits are acid-forming and are not digestible in the intestine, they create fermentation and acidity in the system. Some dried fruits are acid-forming, but when they are soaked in distilled water, they become alkaline and easier to digest.

FRUITS

Acid

Acerola, Apples (sour), All Sour Fruits, Cranberries, Currants, Gooseberries, Grapefruits, Grapes, Kumquats, Lemon, Lime, Loganberries, Oranges, Pineapple, Plums (sour), Pomegranate,

Tangerine, Tomatoes

This group of foods should be eaten as a group and not mixed with sweet fruits or vegetables, grains or nuts.

Sub Acid

Apples, Apricot, Avocado, Berries, Cherries, Grapes(mild), Mango, Nectarine, Papaya, Peaches, Pears, Plums, Raspberries.

These fruits can only be eaten within their own group and with some sour fruits.

Sweet

Apricot (ripe), Banana, Carob, Dates, Dried Fruits, Figs, Melons, Peaches (ripe & sweet), pears, Persimmon, Pineapple (ripe & sweet), Prune, Raisins,

Eat these fruits within their own group and don't mix them with other fruit, vegetable or other food groups. Because of their sweet and ripeness they can ferment in the intestine tract and cause gas and other gastrointestinal disorders.

A few thing to remember about fruits:

- (1) Fruits are eaten separately from vegetables, They are also eaten in groups.
- (2) Never eat acidic fruits with sweet fruits
- (3) Melons are always eaten by themselves.
- (4) Bananas are only eaten when they have little brown (freckle like) spots on them.
- (5) Fruits should always be eaten ripe.
- (6) Never eat fruits with sugars of any kind.
- (7) Dairy products creates mucous and causes digestive fermentation when eaten with fruits.
- (8) fruits and proteins are bad combinations.

VEGETABLES

NON-STARCH

Asparagus, Bell Pepper, Beet (top), Broccoli, Brussels, Cabbage,

Celery, Cucumber, Dandelion (root & greens), Eggplant, Endive, Garlic, Green Beans, Kale, Lettuce, Mushrooms, Onion, Parsley, Peas, Fresh Radishes, Spinach, Sprouts, Squash, Swiss Chard, Zucchini

MILD STARCH VEGETABLES

Beets, Carrots, Parsnips, Rutabagas, Turnips,

STARCH VEGETABLES

Artichokes, Cauliflower, Corn, Potatoes, Pumpkin, Root Vegetables

Most vegetables are good combinations with proteins, and starches. They are not good with sweet foods or fruits.

STARCHES

Beans, Bread, Cereals (Grains), Chestnut, Crackers, Pasta, Peanuts

Starches should not be eaten with proteins, sugars, acid or fatty foods. They are eaten by themselves. They don't combine well with dairy products.

FATS

Fats are classified as Lipids, which are a triglyceride and is the most concentrated form of energy in the body. Fat is comprised of two types of fatty acids, which are saturated and polyunsaturated. Saturated fats derived from animal sources, while unsaturated fatty acid derived from vegetables and fish (essential Fatty Acids)

Butter, Cream, Milk, Margarine, Oil

PROTEIN FATS

Avocado, Cheese, Kefir, Nuts, Olives, Sour Cream, Milk, Yogurt

PROTEIN

Proteins are food components that are comprised of all of the eight essential amino acids that assist in the structural growth, and development of cells and tissues. Proteins are digested in the stomach's hydrochloric acid.

Beef, Chicken, Eggs, Lamb, Meats (all kinds), Poultry, Pork, Sea Food

PROTEIN/STARCH

Dry Beans, Dry Peas, Millet

SUGAR

Sugar are foods that are also carbohydrates, which need to be digested in the intestinal tract. They are a form of energy for the body. These are natural and artificial sugars. This publication only deals with natural sugars.

All Sugars, Date Sugar, Honey, Molasses, Brown Rice Syrup.

FOODS TO AVOID AFTER CLEANSING

1. Eliminate dairy products, because they cause unhealthy mucous and congestion in the body. These foods include pasteurized milk, ice cream, commercial yogurt, cheese, creamers, lacto free milk,
2. Don't consume any refined sugars, such as sucrose (white sugar), dextrose (corn syrup), brown sugar, high fructose or any products like soda, candy, cookies, cake, pie which contain any artificial or processed sugars.
3. Eliminate white flour products or grain products that have been stripped of their natural nutrients. This includes foods that say they are enriched. All they have done is strip out the natural nutrients and replaced them with synthetic substances that the body has a hard time digesting. These products are not absorbed in the blood stream and the body becomes mal-nourished. It is against the law in this country for food manufacturers to strip all the nutrient from grain food without replacing them before selling them to the consumers.
4. Stay away from fried foods or hydrogenated (cooked or heated) oils, they cause a host of body imbalances. When oil is heated, it creates free radicals, which are cancer causing agents. This is also true for processed oils, margarine, shortenings, oils that are reused many times over, and butter.
5. Alcohol is another form of sugar when it is consumed. It attacks the liver, causes a host of imbalances which includes mental imbalances, anger, rage, forgetfulness, mental confusion, and bad judgement, in some cases it has contributed to death.
6. Canned, boxed, prepacked and frozen foods containing chemical additives, preservatives, and dyes should be eliminated. These agents which are in these foods have been known to cause illness when consumed over a period of time. These products have been overcooked, and the nutrients have been destroyed. They don't contribute any value to your health.
7. Eliminate commercial teas, coffee, cocoa, pasteurized sweetened juices or any thing labeled fruit drinks. Peko tea has been known to affect the

kidneys with stones and other imbalances. Coffee as we know is an addictive substance that can also cause a host of illness. Pasteurized sweeten juices and fruit drinks are nothing more then sweeten water with some fruit juice, but more refind sugar then any thing else.

8. Eggs cause the high density cholesterol to rise, so they should be eliminated.

9. Exclude white rice, because it has no nutrients. All the nutrients have been extracted in the form of rice polish. It can be pureashed in that form. The polish contants all the B vitamins.

10. Peanuts should not be eaten,unless used in a tea or soup, because they are extrmely mucous forming.

11. If you are a meat eater, my suggestion is to reduce your consumption to two or three times a week and only one ounce at any one meal. When you do consume meat, it should include deep sea fish, poltry, from a health food source or a kosher market. Most commercial meat are laced with hormones, dyes and artifical perservatives. You should eliminate beef products, unless they are being use with herbs for their properties. In this case the meat is not eaten, but the juice and herbs are consumed together.

12. Black pepper, white pepper, hot sauce, white or atrifical vinegars should be eliminated from your food list , unless they are use with herbal formulas. They weaken the body's ability to maintain healh when used on a regular basis. Hot sauce should never be used, because it can irritate the colon. If you must have something hot, use cayenne pepper.

13. Don't eat and drink at the same time, because the liquids will dilute the gastric juice of the digestive tract, causing food not to digest. This allows the food to sit in the colon create toxins that cause health issues (gas, allorgies, gout, cancer, etc.). It does not allow the body's enzymes to digest the food and distrbute the nutrent throughout the body.

Liquids are consumed an hour before or an hour after you eat. This needless process results in the accumulation of waste products in the body, causing constipation and other health disorders. Using the suggested food combination information, you can avoid eating food in incorrect combination.

FOOD TO EAT

Depending on the season, the persons body constitution and financial situation, will depend on how the following food will be consumed.

1. Whole grain, include barley, millet, brown rice (short grain in the fall/winter and long grain in the spring and summer), wild rice, rye, wheat (should not be eaten during the fall/winter, because it can be hard on the digestive tract and cause an accumulation of mucus, resulting in respiratory imbalances), buckwheat, oats, couscous, whole grain pastas (They should be only eaten during spring and summer, this is another food that is mucus forming and causes allergies and is also hard on the digestive tract in the cold months of the year.). These foods should be eaten 40 percent of the time in the spring and summer and 60 percent in the winter months, because they are heat producing foods. They are also a good source of high nutrients.

2. Fresh vegetables should be eaten raw and partially cooked. Raw vegetables have a nourishing but cold nature. They are good at times to assist the body in cleansing and rebalancing. When vegetables are heated they create a warm energy in the body and cause the body to heal and maintain warmth. Vegetables should never be cooked longer than 3 to 5 minutes and they should have a crunch when eaten. When vegetables or any other foods that are cooked over 118 degrees, it kills the enzymes and life given properties of the food. In the spring & summer vegetables are eaten 70 to 85 percent raw and during the fall & winter they are eaten 45 to 60 percent raw. During the latter time the body requires more heat and cooked vegetables assist in this effort. Note: When eating cooked food one should take enzyme supplements to assist in the balance of the food and the digestive process. Dark green vegetables should be incorporated in your meals at least three times or more a week. All green vegetables are good sources of chlorophyll, calcium, magnesium, and other minerals needed by the body. These vegetables are excellent in assisting the colon in its function.

3. Fresh fruits (all types) can be eaten within their season. Fruits should not be cooked unless they are being used for their medicinal qualities.

Cooked fruits lose their enzyme faster than vegetables. Because fruits are blood and body cleanser, they are best eaten in their natural raw state.

4. Nuts should be soaked overnight in distilled water and drained the next morning and eaten. This process allows the nuts to release their enzyme inhibitors, so the body can digest and absorb the essence of the nut. Nuts eaten in this manner provide more nutrients and less fat. Also nuts should not be roasted or bleached.

5. Sprouts are a good source of vital nutrients and should be consumed three to four times a week. Alfalfa, wheat berry, seeds, and beans are easy to sprout in your home.

6. If you are going to consume sweets then they should be in a natural

form, which will help them to digest. These sweets consist of barley malt, rice syrup, raw honey (dark or solid looking honey), pure grade A maple syrup, unsulfured black strap molasses.

7. Beans and legumes are good sources of proteins, fiber and enzymes. They should be eaten at a rate of 70 percent in the fall & winter because of their heat given qualities and nourishment. During the spring and summer the body does not need as much heat so they can be eaten 30 to 50 percent.

Supplements

1. Chlorella is a green algae (seaweed) that assists in cleansing the blood stream. It has the ability to bind with heavy metals, pesticides and carcinogens and safely extract them from the body. because of its high concentration of DNA and RNA, Chlorella contributes to improving the immune system and strengthening the T and B cells. it has been used in the treatment of Aids, Alzheimer's disease, diabetes, depression, nervous conditions and other imbalances.

2. Chlorophyll is the life blood of plant life and contribute that same life to humans and animals. It has the ability to clean and enrich the blood as it proliferates the cells. Chlorophyll also has the ability to maintain the heart rhythms and increase peristaltic activity in the colon.

3. Spirulina is a total food because of its high concentration of minerals, vitamins and amino acid. It is a blue green alga that is used to nourish, and tonifies the body in order to overcome deficiencies. Spirulina is a higher quality of protein than animal protein.

4. Green Magma has a high concentration of superoxide dismutase, which is an antioxidant. It is a member of the grass family and contains three very powerful healing elements chlorophyll, P4D1 factor, Mucopolysaccharide (MPs). All of which have anti-inflammatory properties.

5. Wheat Grass has a cool energy compared to chlorella and spirulina, but is just as effective in cleansing the body. it digests slower than algae, which assist the liver in detoxifying. Wheat grass should be mixed with algae or taken in small doses by people with cold conditions such as person with general weak conditions, soft lumps, lack of mobility, shallow breathing, etc.

6. Superoxide Dismutase (SOD) has the reputation of being an antioxidant that prevents free radical in the body. It is known to nourish, revitalize and reduce the rate of cell damage. SOD aids in the utilization of copper, manganese and zinc in the body.

7. Co-Enzyme Q10 is a powerful antioxidant, which is the only one of the ten coenzymes found in the human body. This coenzyme strengthens the immune system, as it assists the body in fighting off illness and disease. Many health practitioners are using Q10 in the war against AIDs. Q10 has a profound healing quality.
8. Bee Pollen has a high content of the B vitamins, minerals, multi-vitamin, amino acids (making it a complete protein), and enzymes, that is gathered from the plants, and flowers by bees.
9. Bee Propolis, which is known for its bacteria fighting effects is comprised of minerals, vitamins, amino acids, and enzymes that assist the body in stimulating white blood cells to maintain health.
10. Distilled water is a must on a daily basis. Drink at least 8 glasses a day in order to maintain the body's water balance. Distilled water is the best water because it is pure water and it is able to absorb the properties of its host. Some people suggest that distilled water should not be consumed because it leeches minerals from the body. That is true, however the minerals that it absorbs and removes from the body are minerals the body has already displaced and are ready to be moved from the body. It leaves healthy minerals intact.
11. Minerals, vitamins and an amino acid complex should be taken on a daily basis. This complex should be from a plant source. Whenever taken a mineral/vitamin/amino acid complex they should be taken together in order for optimum absorption. They also assist the body in absorbing other types of nutrients and rebuilding the body's systems.

FOOD DIGESTION TIME

Fruits 1-3 hours

Vegetables 2-4 hours raw

Starches 5-7 hours

Fats 12-24 hours

Proteins 12-48 hours

Meat is the hardest protein to digest. I suggest, if you are going to eat meat, that you only eat 1 ounce per meal and masticate (chew) it well. Also take a supplement like pepsin after you eat the meat to assist it in the process of digestion. Meat should be eaten by itself. This is the best way to get it to

digest properly.

If vegetables are cooked it can take longer for digestion. If they are overcooked it could take up to two days for digestion.

Notes

