

HEALING WITH THE SEASONS

When cleansing, detoxing, and nourishing your body, the major focus is on the interaction of 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 as a network.

In Traditional Chinese Medicine (TCM) there is a system known as the Five-Element Theory, which links your internal organs together as a network to maintain their balance with the universe, health, seasons, emotions, and your living environment.

The organs are paired as if they are married to each other, for instance Lungs/Large Intestine, Kidney/Bladder, Liver/Gallbladder, Heart/Small Intestine, Pericardium/San Jiao, and Spleen/Stomach/Pancreas. Together they make up the organ network. 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, health, wellness, body secretions and temperament. Each set of organs can create its own self-healing atmosphere during its season (Kidney/Bladder harmonize to winter, Liver/Gallbladder harmonize to Spring, Heart/Small Intestine, Pericardium/Small Intestine harmonize to summer, Large Intestines harmonize to fall/autumn).

TCM 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, blood circulation, maintains/assimilation nutrients and process mental activity, Spleen/Stomach/Pancreas, transformation, transfers, promote digestion, and maintain the thought pattern, Lungs/Large Intestines inspire breathing and elimination of waste by products, Kidney/Bladder, governs life/controls the reception of energy (Qi), and maintains equilibrium, and 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 promote the nourishing phase of your organs as well as the controlling aspect of the organ's abilities to perform their specific role in health.

Organs and their Seasons

Each season a set of organs are at their peak, which makes it a good time to balance, promote their health, cleans, and nourish them. Balancing your organ within their season enable them to increase the health of your body, mind, spirit as they contribute to the body's ability to maintain health and well-being.

Your organ network builds, balances, nourishes, controls, and energizes each other to assist your body in its health and healing process. They are formed in pairs as they provide their specific task of storing, and circulating Qi, blood, body fluids as they evacuate waste from cells, tissues and bones. Each set of organs work to establish their own balance before they nourish and control another set of organs. Each set are also nourished and controlled by another set of organs. This is

what make the body healthy. Each of the sets of organs have a season, time of day, a direction of Qi (energy) flow through meridians within the body, colors, smells, taste, sensory organs, and they correspond to one of the five planetary directions.

THE ORGAN NETWORK AND ITS ATTRIBUTE

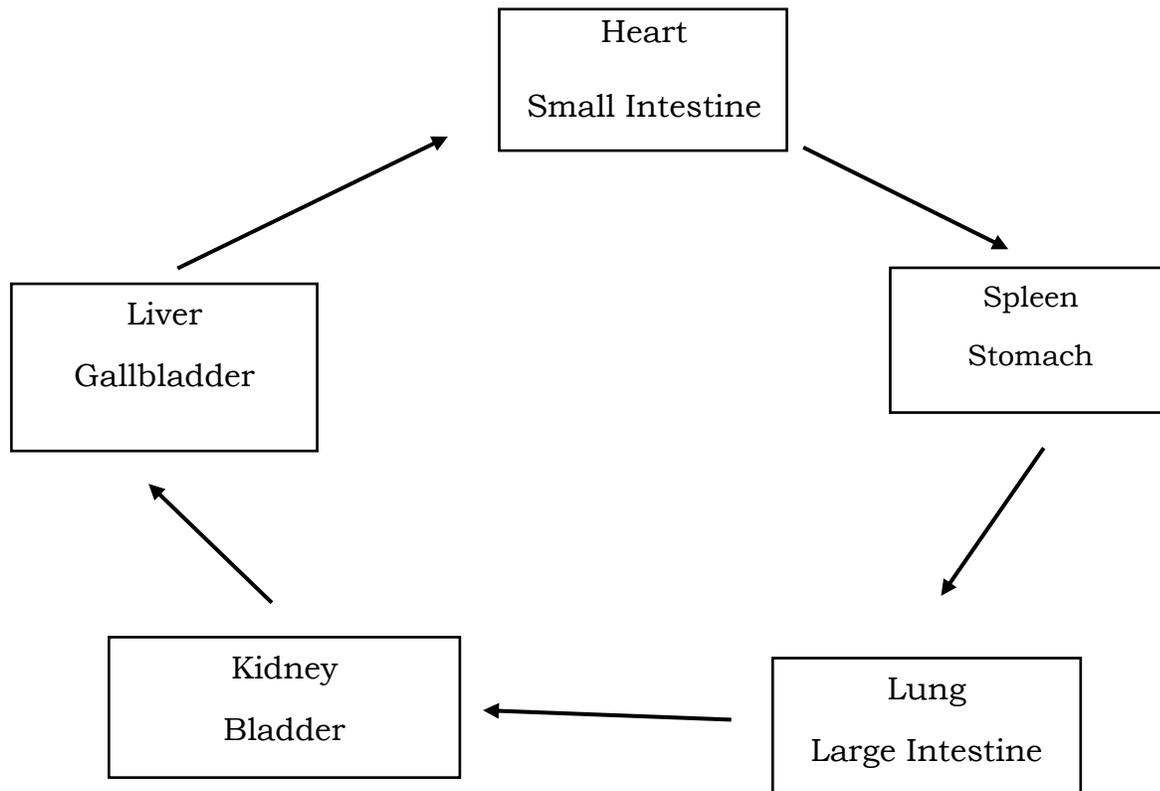
Season	Spring	Summer	Autumn	Winter	End of each season
Organ	Liver	Heart	Lungs	Kidney	Spleen
Associate Organ	gallbladder	Small Intestine	Large Intestine	Bladder	Stomach
Emotion	Anger	Joy	Sadness	Fear	Worry
Tissues	Sinews	Blood vessels	Skin	Bones	muscles
Fluids	Bile/tears	Blood/Sweat	Phlegm/Mucus	Urine/Sexual Secretions	Lymph/saliva
Odor	Rancid	Scorched	Rotten	Putrid	Sweet

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. 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 your Kidneys/Bladder are 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 CHART

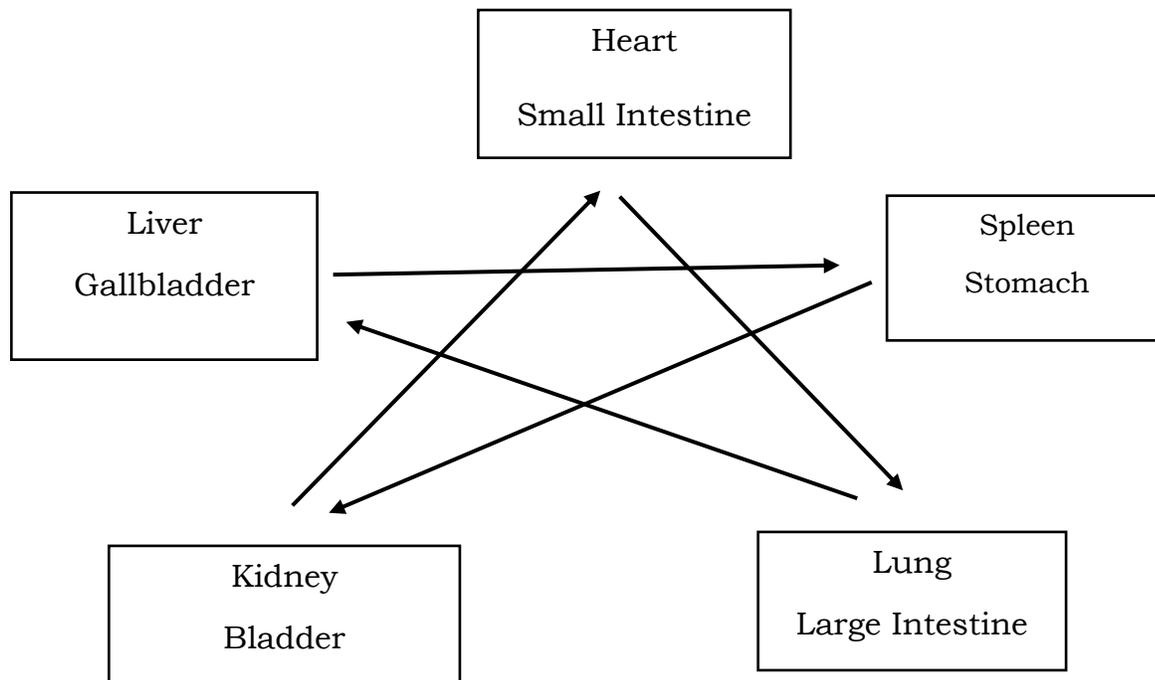


CONTROLLING CYCLE

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 their effect curtails the energy flow to the organs, they are controlling. This causes the controlling organs to attack the set of organs they are controlling resulting in a disharmony within the organ network. For instance, the Liver/Gallbladder, controls the activity of Spleen/Stomach/Pancreas. When your Liver/Gallbladder are out of balance, they (Liver/Gallbladder) attack the Spleen/Stomach/Pancreas causing digestive imbalance resulting in sweet craving, improper digestion, acid reflex, nausea, 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 system. The state of the organs dictates the state of our body constitution and how well we are able to ward off imbalances (disease).

CONTROLLING CYCLE CHART



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 should be no turning back until the process is completed. 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 wholistic 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 sometimes muscle tension. These characteristics are temporary and will pass. When it does pass you will feel better physically, mentally, 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 wholistic health practitioners call this the healing crisis. The Chinese referred to this as the release of evil. We should remember the amount of daily toxins our body receives that our body does not always release.

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 Intestine/ Pericardium/San Jiao 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 Lungs/Large Intestines, 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 your body within their seasons and build a healthy immune system as well as regenerating new energies for the coming season.

Another important aspect of fasting is the preparation. If you don't prepare yourself correctly, it can result in some difficulties. It is important that you slowly withdrew from foods. My recommendations is for you to take seven days before fasting and slowly withdrew from foods so that on the seventh day you are down to eating a piece of fruit as you drink juice throughout the day. On the next day you will begin your fast. This reduces shock on your body.

On the first through the fourth day of preparation, you should begin 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 should be mixed in a blender because of its composition. Pour 8 ounces of 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 cleans and nourishes your 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 begin to decrease

You should begin to reduce 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 than 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. Therefore, 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 don't juice the vegetables, make sure they have a low salt count or there is a balance between sodium and potassium.). 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 the next day.

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. Overall 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 passageway 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 your 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 its 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 stimulate 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 Kidneys/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 towards your fingers stimulating the Small Intestine, Lungs, Heart and Pericardium. Begin at the fingers and brush upwards on the outside of the arm stimulating 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 irrigations 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 waste is not removed from the colon during fasting process, it can hinder the cleaning process. An oral bowel cleanser is taken to cleanse the Small Intestine, which should consist of fiber and bulk agents and not laxative. Laxatives irritate the bowel tract which can cause inflammation.

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. You can also use a percolator for brewing your coffee.

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 an exceptionally good astringent that cleans very well. Its antiseptic properties clean deep into the tissues of the colon and breaks up the toxic material that lines the walls of the colon. It also has a devastating effect on balancing the liver and enhancing the liver's ability to digest and break 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 germ oil or a nontoxic 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 elevating your knees higher than your abdomen. Another way to accomplish this is by laying on your left side on the floor in the bathroom or bathtub and folding your knees into your chest. Once you have filled your colon, you should get up and move to the toilet, where you will squat and release the fluid from your colon.

If you have good balance, you can squat over the toilet by standing on the edge of the toilet seat in a squatting position. 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 must elevate the bag, which allows the solution to flow freely and create enough pressure to efficiently clean 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 performed 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 (probiotics) or some type of colon balancer because enemas wipe out the healthy bacteria in the colon. The healthy bacteria have 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 its 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 sustaining 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 neutralize itself 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 Green Earth Food. The Green Earth Food 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 juices. 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 an 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:**

Normally 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 reasons is the cleansing and removal of toxins from the system. During this cleansing the liver must 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 sometimes results in a rash. If you do get a rash, it will disappear sometime during or shortly after the fast your 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 preforms this task, there is a decrease in protein intake. The body relies on its own stored protein or whatever protein extracts from the juices, and herbs, you are drinking.

The protein from juices is 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 Green Earth Food 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 filling 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 fowl 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 lightheaded. This is an 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 use 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 nothing to distract your attention from yourself. 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, begin to count backwards from 500. Begin by saying the number aloud and see the number in your mind's 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. Begin 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 consciousness, then stretch your extremities (arms, legs, etc.) before getting up to start your day. Meditation should be performed in the morning 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 there is supervision.).

*** BREATHING:**

The breath 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.

Juices:

Vegetable and Fruit juices cleanse and nourish the body. It is rare that they are mixed and consumed at the same time. They work in different composites 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 peristalsis 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 rejuvenates 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.

Using 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 and Foods 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, string bean, turnips turnip greens, (Diabetes and Hypoglycemia) 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 Ailments: and beet greens, cabbage, celery, cranberry, cucumbers, grape, melons (only in their season), papaya, strawberry

Liver: Alfalfa sprouts, apple, beet, and beet Disorders: 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, wheatgrass

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, string beans, 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 should allow the body time to acknowledge that it has to begin digest food once again. When you began to eat again you must 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 your digestive system readjust to the intake of food once again. The foods that you begin to consume upon breaking your 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, which will provide your digestive system with the ability to slowly start processing once again. Cooked foods should not be eaten for at less 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 seasonal fruits. Remember the food you choose to break your fast with should be chosen well. They should consist primarily of raw vegetables and/or 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 (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) and ruffage. 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.

Have fun.

B Well & Enjoy Your Life as You Peacefully Walk in Peace

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