

H3O2 FRUIT CLEANSE LIST

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Cleanse the mind and the body will follow! Our relationship & perception of food is part of the reason we have fell to disease or as we like to say causing to be imbalanced. The body is made up of 83% of water but this isn't just any type of water but crystallized water that is full of vital minerals from the earth. One of the main signs of seeing if one is sick is to see how dehydrated one is due on an intracellular level. Even within your cells one holds primarily water called cytoplasm that needs electrical charges by way of essential amino acids to keep them recharged and rejuvenated which you can only get from water! Well guess what there is two forms of water H2O(which comes from the spring) & H3O2(which only comes from fruit) and of course us being high electrical magnetic being we need the highest electrical magnetic food heavy in water content and that water content for revitalization, rejuvenation and restoration comes from fruit! So the best food to eat help rehydrate and heal the cells is fruit!

PURGATIVE FRUIT

Soursop
Grapes
Pineapples
Oranges
Red & Green
Apples
Pomegranate
Dragon fruit
Mangoes
Grapefruit
Dates
Papaya

Circulatory Fruit

Cherries
Blueberries
Blackberries
Ginups
Muscadines
Strawberries
Raspberries
Gogi Berries
Elderberries

HYDRATIONAL FRUIT

Watermelon
Cucumbers
(without the skin)
Honey Dew Melon
Bitter Melon
Winter Melon
Cantaloupe

