

# AMINO ACID THERAPEUTIC PROGRAM

Eating correctly plays a very crucial role in your health; especially while healing and detoxing the body, mind & spirit. Every time you move up a level on the chart you're cleansing the body's Lymphatic System on deeper and more intra-cellular level. This chart allows you to move back and forth between each protocol as you feel your way through your healing.

**(Note To Self, Results May Vary If Recommended Instructions Are Not Followed)**

## LEVEL 1

### 1st Week Moderate

#### Detox Amino Acid Therapy Cleanse

##### Break-Fast

Pick any of the following to eat / Smoothie recommended/ Combine according to your liking

##### Fruits

Grapes, Mangoes,  
Cherries, Apples,  
Peaches, Bananas,  
Key Limes, Etc..

##### Berries

**ORGANIC ONLY**  
Blackberries  
Blueberries  
Strawberries  
Raspberries

##### Melons

**Always Eat Alone**  
Watermelon  
Honeydew melon  
Cataloupe melon  
Papaya

##### Mid-Morning Snack

Fruit Juice, Dark Leafy Green Vegetable Juice

##### Lunch

Pick any of the following and make a large alkaline salad

Romaine, Watercress	Cucumbers, Olives,
Arugula, Dandelion greens	Okra, Alfalfa Sprouts,
Kale, Seaweed (Dulse, Nori,	Onions, Tomatoes
Kelp), Green Leaf Lettuces	Avocado, Turnip greens

##### Mid Afternoon Snack

Fruit Juice, Dark Leafy Green Vegetable Juice

##### Dinner

Make a medium alkaline salad & pick two of the following and small amounts  
Vegetable Soup (no cooked tomatoes)  
Wild Rice (Black Grass), Herb Seasoned Avacodo  
Steamed Squash

## LEVEL 2

### 2nd Week Advanced

#### Detox Amino Acid Therapy Cleanse

##### Break-Fast

Pick any of the following to make Smoothie  
**SMOOTHIE ONLY/** Combine according to your liking

##### Fruits

Grapes, Mangoes,  
Cherries, Apples,  
Peaches, Bananas,  
Key Limes, Etc..

##### Berries

**ORGANIC ONLY**  
Blackberries  
Blueberries  
Strawberries  
Raspberries

##### Melons

**Always Eat Alone**  
Watermelon  
Honeydew melon  
Cataloupe melon  
Papaya

##### Mid-Morning Snack

Fruit Juice, Dark Leafy Green Vegetable Juice

##### Lunch

Pick any of the following to eat / Smoothie recommended/ Combine according to your liking

##### Fruits

Grapes, Mangoes,  
Cherries, Apples,  
Peaches, Bananas,  
Key Limes, Etc..

##### Berries

**ORGANIC ONLY**  
Blackberries  
Blueberries  
Strawberries  
Raspberries

##### Melons

**Always Eat Alone**  
Watermelon  
Honeydew melon  
Cataloupe melon  
Papaya

##### Mid Afternoon Snack

Fruit Juice, Dark Leafy Green Vegetable Juice

##### Dinner

Make a medium alkaline salad & pick two of the following and small amounts  
Vegetable Soup (no cooked tomatoes)  
Wild Rice (Black Grass), Herb Seasoned Avacodo  
Steamed Squash

**ANY FOOD NOT LISTED ON THIS CHART IS NOT PERMITTED TO EAT WHILE ON PROGRAM**

## LEVEL 3

### 3rd Week INTENSE

#### Detox Amino Acid Therapy Cleanse

##### Break-Fast

Fresh squeezed, pressed, or extracted juice/  
Choose **ONLY ONE OF THE FOLLOWING**

##### Fruits

Grapes, Mangoes,  
Cherries, Apples,  
Peaches, Bananas,  
Key Limes, Etc..

##### Berries

**ORGANIC ONLY**  
Blackberries  
Blueberries  
Strawberries  
Raspberries

##### Melons

**Always Eat Alone**  
Watermelon  
Honeydew melon  
Cataloupe melon  
Papaya

##### Mid-Morning Snack

Fruit Juice, Dark Leafy Green Vegetable Juice

##### Lunch

Pick any of the following to eat / Smoothie recommended/ Combine according to your liking

##### Berries ONLY

**ORGANIC ONLY**  
Blackberries  
Blueberries  
Strawberries  
Raspberries

**OR**

##### MELONS ONLY

**Always Eat Alone**  
Watermelon  
Honeydew melon  
Cataloupe melon  
Papaya

##### Mid Afternoon Snack

Dark Leafy Green Vegetable Juice

##### Dinner

##### MELONS ONLY

**IF YOU ARE HEALING FROM A CHRONIC ILLNESS SUCH AS CANCER, HIV, HERPES, ETC. YOU MUST FOLLOW LEVEL 3 INTENSE DIET UNTIL HERBAL THERAPY IS COMPLETED.**

##### GROUNDING HERBAL SEASONINGS

Use 100% Organic Fresh or dried grounded herbs  
Key Lime Juice, Oregano, Thyme, Holy Basil, Parsely,  
Nettle, Turmeric, Cayenne, Ginger, Cilantro, Rosemary,  
Kelp, Nori, Cinnamon, Dates Suger