

## Vegetable Broth:

This drink is used in all the fasting clinics in Europe. Use it first thing in the morning and before going to bed. It is a cleansing and alkalizing drink which supplies a great amount of vitamins and minerals. This is important for establishing and normalizing a proper chemical balance in the tissues during fasting. This broth is especially high in potassium which is of special importance in treating rheumatic diseases and arthritis.

## Recipe:

- 2 large potatoes unpeeled, chopped or sliced to ½ inch pieces
- 1 cup carrots, shredded or sliced
- 1 cup red beets, shredded or sliced
- 1 cup celery, leaves and all, chopped to ½ inch pieces
- 1 cup of any other available vegetables

Use stainless steel, enameled or earthenware utensils. Fill pot with 1 ½ quarts of water and slice the veggies directly into the water to prevent oxidation. Do not peel the potatoes, beets or carrots, just brush well. Cover and cook slowly for at least ½ hour. Let stand for another ½ hour; strain, cool until warm and serve. Keep leftovers in the refrigerator.

## Excelsior:

This drink is a variation of the vegetable broth especially for patients with constipation problems and/or stomach and bowel disorders. Excelsior should be used after fasting at least for the first few days or weeks until the normal peristaltic rhythm is established.

- 1 cup of vegetable broth as above
- 1 TBS whole flaxseed
- 1 TBS raw wheat bran

Soak flaxseed and wheat bran in the broth overnight. In the morning, stir well, warm up and drink, seeds and all. Do not chew the seeds, but drink them whole.

## CLEANSING FOR WELLNESS

The primary goal of this cleansing program is to rid the body of toxins and excess wastes. These body cleansing techniques have been used for centuries to heal the sick. The following program can be used once every two months. A juice fast is recommended once a week for general health maintenance.

Fasting helps the body to heal faster and gives the organs a much needed rest. By cleansing the liver, kidneys and blood stream, the body is better able to flush built-up toxins out of the colon. When the colon is toxic, it contains harmful bacteria and maybe parasites. It can be the reason behind malabsorption of nutrients, skin eruptions, bad breath, body odor, mental confusion, liver spots, stiffness of the joints and headaches.

**Hypoglycemics should not fast without a quality protein supplement.** Spirulina is a good choice. Do not take fiber and spirulina at the same time or with other supplements. Spirulina will get rid of hunger pangs and is good even when you are not fasting. You can buy it at health food stores.

**Diabetics should not fast on juices or water only.** Add fresh vegetables without seasoning or dressings and non-sweet fruits. Plain vegetable broth and herb teas may be used on liquid days.

People with colon problems should add fresh or powdered green drinks for detoxification (sold in health food stores). Chlorophyll helps to neutralize toxins.

### Supplies:

- Juicer
- Natural bristle dry skin brush
- fresh vegetable juices
- fresh lemons, pears and apples
- powdered buffered vitamin C
- leafy greens
- pure olive oil
- fiber (psyllium powder or oat bran)
- 3 herb teas: choose from: rose hip, dandelion root, pau D' Arco, alfalfa, Echinacea, chamomile, peppermint.
- Spirulina or liquid chlorophyll (optional)
- Epsom salts

## Fiber:

At least one of these forms of fiber is recommended every day: rice bran, oat bran, apple pectin, psyllium seed, Benefiber, or Flax meal. Avoid wheat bran which can irritate the colon wall. For weight loss, take fiber 30 minutes before meals to decrease your appetite. Be sure to drink a large glass of water with fiber capsules because they expand.

Spirulina tablets or powder should be taken daily, five tablets 3 times a day or one teaspoon 3 times a day in juice. Earthrise is a good brand.

Drink plenty of water. You may dilute juices with it as well. Do not use tomato or orange juice because of their high acidity content.

## Skin Brushing:

A dry brush massage is important in ridding the body of old dead cells so new ones can form. Dead skin cells prevent you skin from breathing. The massage increases circulation, bringing the blood closer to the surface of the skin. Just before your morning shower, brush with a natural bristle brush in long strokes toward your heart.

## Exercise:

Walking or some form of gentle exercise is important during a fast. You want to keep the lymphatic system moving and cleansing.

## Baths:

A 20 minute soak in a bath with 1 cup of Epsom salts before bed will assist in removing toxins. Do each night.

## Seven day cleansing and wellness program

### Day 1

This day is a preparation day before you enter the fast portion of the program.

Upon arising: dry brush massage, followed by a hot shower. End the shower with 30 seconds of cold water.

Breakfast: Drink a large glass of filtered water to flush the kidneys. Eat any fresh fruit except oranges. Drink a glass of water with 1 Tbs. lemon juice (preferably hot) with 1000 mg of vitamin C powder to the juice, and if needed, the fiber supplement.

Lunch: Eat a fresh vegetable salad. Make a dressing of the juice of one lemon, one cup of olive oil, a dash of garlic powder or fresh garlic, a pinch of dried parsley and ¼ teaspoon of rice syrup or blackstrap molasses.

Dinner: Steam or boil any vegetable or have a raw salad.

Snacks: glass of vegetable juice

Before bed: vegetable juice or broth

### Day 2-5:

Upon arising: dry brush massage, followed by a hot then cold shower.

Breakfast: vegetable broth, herb tea

Snack: glass of fresh vegetable juice diluted with 50% water.

Lunch: vegetable broth or vegetable juice.

Snack: herb tea

Dinner: glass of vegetable juice

Snack: vegetable broth

Drink water when thirsty. Take your Spirulina supplement 3 times a day. Get some form of exercise each day.

Breaking the fast:

Breaking the fast is the most important phase. All the good can be undone if you break a fast incorrectly. The main rules are:

- 1) do not overeat!!
- 2) Eat slowly and chew your food thoroughly (until it is liquid)
- 3) Take several days to transition back to your normal diet.

Day 6:

Eat one whole apple in the morning and a green salad at lunch along with the regular juice and broth menu.

Day 7:

Breakfast: bowl of whole grain cereal (oatmeal for example). Glass of lemon water.

Glass of juice

Lunch: raw veggie salad with raisins and sunflower seeds. Chew food until liquid.

Drink herb tea

Snack: vegetable juice

Dinner: steamed cauliflower, broccoli, carrots over brown rice. Season with lemon juice and garlic. Keep drinking the liquids you have been consuming all along. Only gradually add proteins back after day 7. Do not add fried foods or heavy proteins at this point or you will reverse the results you have worked hard to achieve. You may continue drinking 2 glasses of vegetable juice a day for maintenance from here on out.

Do not have any salt, sugar or seasonings except as listed above. You may eat fresh fruit between meals and drink herb teas. You can combine herb teas with one third cup fresh fruit or vegetable juice to speed healing. Drink at least 6 more glasses of water during the day.