

Special Cleansing Diet

You must eat only fresh fruit and vegetables and most importantly, you must not deter from this diet or you will not gain the maximum benefit that is possible. Please note that berries and cherries are crops that are regularly heavily sprayed. You can also have quinoa as well as brown rice. Quinoa is faster to cook and higher in protein. You should vary your combinations and try to find ones that are interesting so you can look forward to them.

1. All vegetables and fruits should be eaten raw or steamed.
2. Do not drink on hour before, during or after a meal.
3. Do not eat nuts, salts, spices, sauces, salad dressings, avocados, cucumbers, pineapples, or oranges. Grapefruit is fine.
4. For a breakfast alternative, try oatmeal. Eat it cooked or raw, but without milk or sugar – only with water. Supplement with an herbal tea or juice.
5. For dinner you may have one or two baked potatoes, but without butter or salt.
6. Do not mix vegetables with fruit. Each should be a meal in itself, or wait a few hours before combining (two to three hours).
7. Make tomatoes a meal in themselves. It is best not to mix these with anything.
8. No sugar, candies, breath mints, packaged snacks or self-administered medications (e.g. aspirin).
9. Make sure a variety of foods are eaten. Do not bring bananas to work everyday for lunch because you will tire easily of this food. It is best to eat a mouthful of different vegetables (a small amount of each, rather than a large amount of one thing).
10. Drink plenty of fluids: freshly prepared fruit or vegetable juices are best. A tasty drink is made with a base of apple juice blended with one or two bananas. Drink up to 2-3 glasses of juice per day in place of water. Herbal teas may be drunk also in place of water. If you do not feel thirsty, don't force yourself to drink.
11. Brown rice may be eaten.
12. If a real need for protein is felt, try lentils cooked unseasoned.
13. Eat a variety of food: broccoli, asparagus, cauliflower, mushroom, potatoes, sprouted beans, artichoke, brussel sprouts, cabbage, celery, carrots, garlic, lettuce, onions, parsley, red and green peppers. Broccoli, asparagus, cauliflower, mushroom, potatoes and sprouted beans have a relatively high protein count.
14. Regarding bean sprouts: you can sprout mung, lentil, aduki, alfalfa, sunflower seed and grains. Let the seeds soak in water for 12 hrs (use an orange juice bottle as a container). Put a piece of cheesecloth over the open end bound with an elastic band. After 12 hrs, pour out the water. Then for 3 to 4 days wet the seeds 3 times per day by pouring the water into the container and wetting the seeds. Then pour the water out. Seeds will sprout in about 2 days and can be eaten in 3 to 4 days.

15. Regarding fruits: apples, apricots, bananas, blueberries, cherries, grapes, lemon, plums, pears, papaya, strawberries, and raspberries. Watermelon or all melons are a meal in themselves and are not to be eaten with other vegetables.

Coming off the diet

1. Most importantly, do not over eat.
2. Don not splurge on junk food. Eat sensibly.
3. For the first week or two, eat one new kind of food per day. If you feel indigestion or a flushed feeling over your face, or you feel uncomfortable after eating, do not eat that food in the future, your body doe not agree with it.
4. Gradually eat more foods, but follow the guidelines of commonsense.