

# THE DETOX BIBLE:

HOW TO REJUVENATE  
YOUR TOXIC BODY  
ON NATURE'S  
OPERATING TABLE



A Special Report  
Compiled, Edited, and Annotated  
2005 Edition

by Chet Day  
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## Introduction

Congratulations on purchasing *The Detox Bible: How to Rejuvenate Your Body on Nature's Operating Table*. The 2004 edition of this special report contains information that natural health experts have used for hundreds of years to unclog the toxic and tired bodies of their patients.

I'm not just an observer of detox routines. You see, I went on my first detox program back in 1993 when creeping physical problems began to sour my journey into middle-age. And, wow, was I impressed with the results. In a matter of weeks, I felt like a teenager again – full of energy and shedding excess weight the way a wet duck sheds water. As a side effect, the preliminary signs of arthritis that were appearing in my fingers and shoulders went away, and, as of this writing in January of 2004, have never returned.

I've been an enthusiastic cheerleader for detox programs ever since, and in this special report I'm going to share with you my favorite methods of natural, do-it-yourself rejuvenation, safe and easy methods that tens of thousands of people have used to rebuild their beat-up, abused, and whipped old bodies.

In using this report, be sure to carefully read the first two articles about detox symptoms so you'll know what to expect when you put to use one of the routines in the rest of the manuscript. Once you know what to expect, you won't be so freaked out when you come down with a headache or sore muscles or nausea or some other unpleasant symptom that shows your body is cleaning itself, resting quietly on Nature's operating table where it can self-heal.

If you're not a confident person or if you're hesitant to try one of the detox routines in this report on your own or if you don't have any faith in your body's natural healing ability, I encourage you to work with a nutritionally-aware healthcare professional in your area. These days, you can find physicians, chiropractors, osteopaths, and others who will be happy to monitor your progress through your first detox routine.

In closing, I predict you'll be as stunned as I was about how good you feel after going through your first body detox. How amazing that our bodies can rebuild themselves so simply if we just have the sense to stop putting into them all the junk that's making us sick and tired!

Get ready for one of the more interesting adventures of your life as you learn about body detoxification by wholly natural means.



Chet Day  
Editor, *H&B Weekly*  
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[**Note from Chet:** Dr. Stanley Bass has studied nutrition, fasting, and natural health for over fifty years and the article you're about to read may well be the most popular overview ever written about what to expect when you put yourself through a detoxing or cleansing program by fasting or upgrading the quality of your diet. You *must* read this article before embarking on a detox regime so you'll know what to expect.]

## Symptoms to Expect When You Improve Your Diet

by Dr. Stanley S. Bass  
<http://drbass.com/>

If I were asked which is the area of greatest misunderstanding and confusion in the field of nutrition, I would immediately be forced to reply that it is the failure to properly understand and interpret the symptoms and changes which follow the beginning of a better nutritional program.

What is meant by a better nutritional program? It is the introduction of foods of higher quality in place of lower quality ones. For example, if a person replaces a protein rich food such as pork with beef, the beef may be considered the superior of the two due to its easier digestibility, lower and less saturated fat content, etc.; chicken is superior to beef and fish is superior to chicken because of its more rapid digestibility and lower saturated fat content. Lima beans, lentils, or chick peas, which are eaten at the same meal with vegetables are superior in all the nutrients needed to rebuild health.

As we go higher on the scale of quality, we begin to include protein rich food which may be eaten in the unfired state, such as cheese which is made from raw milk and unsalted. Then we ascend to the nuts and seeds which are eaten in the natural state (raw and unsalted).

To summarize: the closer the food comes to the natural state in which it occurs, or the closer to its raw, unfired form, the higher its quality. In this condition, all the enzymes are found intact. The amino acids are in their finest form. The minerals, vitamins, trace elements, carbohydrates, and "life force" are present. The life force, in turn, is capable of reproducing healthy tissue.

This same classification of quality which we analyzed in relation to protein rich foods applies to the carbohydrates (the starch and sugar-rich foods), the fats, and the mineral-rich foods.

The quality of a nutritional program is also improved by omitting toxic substances such as coffee, tea, chocolate, tobacco, salt, pepper, etc. from your diet.

What is the relation of quality of foods to recovery from illness? It is this in a nutshell: The higher the quality of food we eat, the quicker we recover from disease, provided we are able to digest and assimilate properly.

To this must be added the knowledge of (a) proper food combining; (b) proper order of eating the different kinds of food at a meal, e.g., the most easily digested food should be eaten first, the more complex one second, and the most concentrated item last; (c) the correct quantity of food to be consumed (of each type) in the meal; and (d) the correct time for eating (when hungry and not by the clock).

Now, what happens when a person follows these rules and makes a decided improvement in the quality of food consumed? Remarkable things begin to happen to the body as well as the mind. The amazing intelligence present in every cell of the body and the wisdom of the body in its operation immediately becomes manifest. The rule may be stated thusly: When the quality of the food coming into the body is of higher quality than the tissues which the body is made of, the body begins to discard the lower grade materials and tissues to make room for the superior materials which it uses to make new and healthier tissue.

## The Plan of Nature

This is the plan of Nature – the body is very selective and always tries to produce health and always will, unless our interference is too great. Only then do we fail to recover and degenerate further into disease. The self-curing nature of many conditions such as colds, fevers, cuts, swellings, injuries, etc., furnishes endless examples of how the body tends towards health—always—unless we do something to stop the process.

What are the symptoms or signs which become evident when we first begin to omit the lower grade foods and instead introduce superior foods—those which are most alive, more natural than we are accustomed to? When the use of toxic stimulants such as coffee, tea, chocolate, or cocoa is suddenly stopped, headaches are common and a letdown occurs. This is due to the discard by the body of the toxins called caffeine and theobromine which are removed from the tissues and transported through the bloodstream during its many bodily rounds.

Before the noxious agents reach their final destination for elimination, these irritants register in our consciousness as pain—in other words, headache. The letdown is due to the slower action of the heart—the resting phase which follows the stimulation of more rapid heart beat forced upon the body by certain poisons called stimulants. The more rapid heart beat (or pulse) produces a feeling of exhilaration, and the slower action produces a depressed state of mind. Usually, within three days, the symptoms vanish and we feel stronger due to the recuperation which follows.

To a lesser extent, the same process occurs when we abandon lower quality foods and replace them with better foods. Lower quality foods have undergone more preparation. Spices, salt, and other ingredients have been added, as they tend to be more stimulating than less prepared and more natural foods. Animal foods such as meat, fowl, fish, etc. are more stimulating than cheese, nuts, and vegetable proteins.

Consequently, the withdrawal of stimulation which follows the abandonment of animal food produces a slower heart action—a resting phase—which registers in the mind as relaxation or a de-

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crease of energy. This initial letdown lasts about ten days or slightly longer and is followed by an increase of strength, a feeling of diminishing stress and greater well-being.

Now let us return to the symptoms which occur in the process of regeneration. The person who starts a better diet, stays on it for three days to a week, and then quits will say, "Oh, I felt better on the old diet—the new one makes me feel weak." He failed because he didn't give his body a chance to adjust and complete its first phase of action—recuperation. If he had waited a while longer, he would have begun to feel better than before he started.

During the initial stage (lasting about ten days on the average to several weeks in others), the vital energies which are usually in the periphery or external part of the body such as the muscles and skin, begin to move to the vital internal organs and start reconstruction. This shunting of much of the power to the internal region produces a feeling of less energy in the muscles, which the mind interprets as some weakness.

Actually, the power is increased, but most of it is being used for rebuilding the more important organs and less of it is available for muscular work. Any weakness which is felt here is not true weakness, but merely a redeploying of forces to the more important internal parts. Here it is important for the person to stop wasting energy, and to rest and sleep more. This is a crucial phase, and if the person resorts to stimulants of any kind, he will abort and defeat the regenerative intent of the body.

It is important that he have patience and faith and just wait it out, and after a while he will get increasing strength which will exceed by far what he felt before he began the new program.

Success in recovery or improvement of health hinges upon the correct understanding of this point, realizing that the body is using its main energies in more important internal work and not wasting it in external work involving muscle movements. Be wise, take it easy here, and relax. Just coast in your work and social obligations until you're out of the woods.

## Retracing

As one continues on the improved diet and gradually raises the food quality, interesting symptoms begin to appear. The body begins a process called retracing. It says to itself, "Now we have a chance to get rid of this old garbage and build a beautiful new house. Let's get started immediately. Let's get this excess bile out of the liver and gall bladder and send it to the intestines for elimination. Let's get the sludge moving out of the arteries, veins, and capillaries. These smelly, gassy, brain-stupefying masses have been here too long—out with them! These arthritic deposits in the joints need cleaning up. Let's get these irritating food preservatives, aspirins, sleeping pills, and drugs out of the way, along with these other masses of fat which have made life so burdensome for us for so long. Let's get going till the job is down—till we have a beautiful house—and from there on we'll keep it a beautiful ideal model house."

During the first phase (called catabolism), the accent is on elimination, or breaking down of tissue. The body begins to clean house—in short, to remove the garbage deposited in all the tissues—

everywhere. During this period, the body removes the ashes from the furnace preparatory to getting a better fire. Here the accentuation is on removal of the gross and immediate body obstructions. Wastes are discarded more rapidly than new tissue is made from the new food. This becomes evident as weight loss. This persists for a while and is then followed by the second phase, called stabilization.

Here, the weight remains more or less stable. During this phase, the amount of waste material being discarded daily is equal to the amount of tissue which is being formed and replaced by the newer, more vital food. This occurs after the excess of obstructing material in the tissues has been removed.

## Anabolism

This state persists for a while and is then followed by a third phase – a build-up period called anabolism, wherein weight starts to go up, even though the diet is lower in calories than it was before. At this point, much or more of the interfering wastes have already been discarded – the tissues which have been formed since the diet was raised in quality are more durable and do not break down easily. Also, new tissues are now being formed faster. This is due to the improved assimilation made possible by the ceasing of wrong food combining. The body's need for the usual amounts of food decreases, and we are able to maintain our weight and increased energies with less food.

Many are able to function very efficiently on two meals a day. As the body progressively increases in efficiency and decreases in tissue breakdown under exercise, so do we gradually need less and less food to maintain life. The higher the percentage of raw food one lives on, the slower the rate of tissue deterioration which one evolves into. A sick body requires a gradual, carefully worked-out entry into this stage, where one is able to live on a 100% unfired (raw) diet, if desired.

Returning to the symptoms which occur on a superior nutritional program, people who have had tendencies in the past to recurring skin rashes or eruptions will frequently tend to eliminate poisons and harmful drugs through the skin with new rashes or eruptions. If they go to a doctor now who is not familiar with this aspect of nutrition, he will diagnose it as an allergy.

They ask, "How come? I'm eating better now than I ever did before, and instead I'm getting worse." They don't understand that the body is retracing.

The skin is getting more alive and active. It's throwing out more poisons more rapidly now that the body is building more power which is saved from those hard-to-ingest meals which have been discontinued. These toxins being discarded are saving you from more serious disease which will result if you keep them in your body too much longer—possibly hepatitis, kidney disorders, blood disease, heart disease, arthritis, nerve degenerations or even cancer—depending upon your hereditary or structural weaknesses. Be happy you're paying your bills now in an easy-payment plan.

With some, colds which haven't appeared for a long time may occur, or even fevers. This is nature's way of housecleaning. Understand that these actions are constructive, even though unpleasant at the moment. Don't, but don't, try to stop these symptoms by the use of certain drugs, or even massive doses of vitamins which will act as drugs in huge concentrations. These symptoms are part of a curing process, and don't try to cure a cure.

These are not deficiency conditions or allergic manifestations – not if you're eating properly in quality, quantity, combination and sequence. Here is where experienced advice is a great value. Unfortunately, there are few good books present today which give full guidance to the average reader. Try to find guidance through a doctor or teacher who has the requisite experience in this most confusing of all subjects—nutrition in relation to health and disease.

You may be eating perfectly in regard to quantity, quality, and observing all the correct rules, and still symptoms will occur. Those who have lived better lives in the past—who have eaten better foods and who have abused their bodies less with over-eating will have reactions ranging from almost none at all or very mild symptoms which may be uncomfortable or acute. Those who have lived worse lives and poisoned themselves more will experience more severe symptoms if their liver, kidneys, or other important eliminating organs have been damaged. When they have been renovated to the point of fair working order, they will no longer produce symptoms.

Headaches may occur at the beginning; fever and/or colds may also appear; the skin may break out; there may be a short interval of bowel sluggishness, occasional diarrhea, feelings of tiredness and weakness, disinclination to exercise, nervousness, irritability, negativity or mental depression, frequent urination, etc. However, the great majority of people find their reactions tolerable and are encouraged to bear with them because of the many improvements which have already occurred and are becoming more evident with each day. This acts as an inspirational force to them.

The symptoms will vary according to the materials being discarded, the conditions of the organs involved in the elimination, and the amount of energy you have available. The more you rest and sleep when symptoms are present, the milder they are and the more quickly they are terminated.

Be happy you are having symptoms. Realize deeply that your body is becoming younger and healthier every day because you are throwing off more and more wastes which would eventually have brought pain, disease, and much suffering. Those who have the worst symptom-reactions and follow through to their successful termination are thus avoiding some of the worst diseases which would eventually have developed had they continued their careless eating habits.

Don't expect to go on an ascending scale of quality, that improving your diet will make you feel better and better each day until you reach perfection. The body is cyclical in nature, and health returns in a series of gradually-diminishing cycles. For example, you start a better diet and for a while you feel much better. After some time, a symptom occurs—you feel nauseous for a day and have diarrhea with a foul-smelling stool. After a day, you feel even better than before and all goes fine for awhile. Then you suddenly develop a cold, feel chills and lose your appetite. After

about two or three days (assuming you don't take drugs or do anything else about it), you suddenly recover and feel better than you did for years.

Let us say this well-being continues for two months, when you suddenly develop an itch or rash. You don't take anything special for it. This rash flares up, gets worse and continues for ten days, and suddenly subsides, immediately after this you find that your hepatitis is gone and your energy has increased more than ever before. The rash became an outlet for the poisons in the liver which produced the hepatitis.

This is how recovery occurs—like the cycles in the Dow-Jones Average at the beginning of a bull market recovery. You feel better, a reaction occurs and you don't feel as well for a short while. You recover and go even higher. Then another reaction occurs, milder than the last. You recover and go even higher. And so it goes, each reaction milder than the last as the body becomes pure—each becoming shorter in duration and being followed by a longer period of feeling better than ever before, until you reach a level plateau of vibrant health. Here you become relatively disease-free.

We must learn to obey the laws of Nature. We must learn to eat simple, pure, and natural foods, properly prepared and combined, and our bodies in return will cast off all the poisons we have taken in during our lives. The mysteries of the body, the operations of nature, the vital forces working in nature are far beyond what our minds are prepared to understand at present. Every great physician or scientist who ever lived marveled in awe and humility at the wonders of nature. Yes—we are “fearfully and wonderfully made!”

[**Note from Chet:** Dr. Ted Spence in this next article provides a comprehensive overview of various types of detoxification routines, covering detox diets, herbal detox, skin cleansing, detox baths, juice fasting, and much more.]

# Detoxification

By Ted H. Spence  
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## Introduction

Detoxification comes in many forms and refers to many different programs that cleanse the body of toxins. Today, our environment is toxic and the foods we eat, even the air we breathe and the water we drink is laden with chemicals foreign to our system. Therefore, everyone is undergoing some type of detoxification to maintain life and health. Although basic detoxification begins with diet, detox programs may include nutritional fortification for the liver, lungs, kidneys, bowels and blood.

We will soon see why these organs are so important in detoxification. Detoxification for the body may refer to the cleansing of the bowels, kidneys, lungs, the liver or the blood, since these are the organs involved in detoxification of chemicals and toxins from the body. The liver acts as an “in-line” filter for the removal of foreign substances and wastes from the blood. The kidneys filter wastes from the blood into the urine, while the lungs remove volatile gases as we breathe.

Our body is designed to utilize natural substances, which includes foods, herbs and phytochemicals. Any foreign substance will serve as a stimulus to our immune system, which has the function of removing these substances. Although the toxicity of a chemical may vary, it is the job of the liver to reduce toxins into compounds that the body can safely handle and eliminate through the kidneys (as urine), skin (as sweat), lungs (as expelled air) and bowels (as feces). Maintaining these eliminative organs in good working order is essential for one’s good health to continue.

While there are many detoxification programs available, they differ in their actions and their intent. Some detoxification programs (DP) work only with the bowels, others may cleanse the liver or the blood, and others may aid the kidneys or the skin in their functions. By combining these detox programs into a total health program, one can effectively restore their health to an optimal level and look younger in the process. When the body can eliminate toxins, then health is restored and energy and vigor are revitalized. Many different approaches to detoxification and wellness will work, even though they attack the problem at different levels. Any program that augments detoxification will improve health. Other factors must be considered in detoxification, like nutrition, water, and exercise, rest, sunshine, and fresh air.

## Detoxification Diets

Detoxification diets help the body to eliminate toxins in many ways. First, natural vegetarian diets include the fiber needed for stimulating good bowel elimination. They also contain the proper amounts of vitamins that feed and nourish the bowels and the liver, as well as other eliminative organs. They also include a valuable source of enzymes since most vegetarian diets are eaten raw. The elimination of meat from the diet for a short period enhances detoxification because meat is so difficult to digest and requires many enzymes for its digestion. Therefore, vegetarian diets are cleansing diets and aid the body in elimination of toxins.

Of course, changing diets and lifestyle is easier said than done for some people. Many people want health and will go to any length to improve their health, including dietary changes. But there are others who do not want to change their life style for anything. These people will be difficult to motivate and will not stick with the detox programs for one day. They may not want to give up their sodas, or their cigarettes, their beer or their coffee. They may make a few changes, like drinking more water, or they may give up completely in a very short notice. Our way of eating has been cultivated over many years and will not change over night. But to those who do want better health and do not want to rely on pills/drugs for their existence, nutritional changes will be welcomed, especially when they start feeling better and having more energy.

Diets are very important and are usually the basis for any detox program, whether it is herbs, cleansing or other detox programs.<sup>1</sup> Detox diets will generally eliminate trigger foods, which may cause many problems with digestion and elimination. Foods like wheat (glutens) and dairy (milk, cheese) are often the cause of allergies. Sugar is eliminated because of its “empty calories” and tendency to produce hypoglycemia. Meats are eliminated because they may contain hormones, antibiotics and are difficult to digest. Caffeine is wise to avoid, since it has many ill effects on the body’s digestion. Refined, processed and junk foods are also out for any detox program to work.

## Herbal Detoxification

Generic diets for detoxification are good, but may not stimulate the liver, lungs or the kidneys as much as one would like. Therefore, herbal cleanses are indicated when we want to hone our cleanse to a “sharp edge” and be organ specific. Of course, herbs are foods too and provide one with vitamins, minerals and enzymes for excellent nutrition. Herbs are powerful, because they may be combined together to fortify those herbs that aid specific organs. For example, herbal combinations that aid the liver may be found in many organic food stores. The list below shows how herbal combinations help the various organs.

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<sup>1</sup> "The Best Way to Detox," Jill Ruttenberg, **Natural Health**, Oct 1999, p 88-92, 152.

## Herbal Combinations

### **Liver**

LIV-A Dandelion, red beet, liverwort, parsley, horsetail, birch leaves, chamomile, blessed thistle, black cohosh, angelica, gentian, goldenrod

### **Kidneys**

Uva ursi, parsley, dandelion, juniper berries JP-X Parsley, uva ursi, marshmallow, ginger, goldenseal, dong quai, cedar berries

### **Lungs**

LH Comfrey, marshmallow, mullein, slippery elm, senega, Chinese ephedra

While herbs may be taken at any time, they are best for detoxification purposes when they are used with a good diet also. It does not make any sense to take herbs to cleanse the liver if the bowels are clogged with junk or refined foods, since the liver dumps its toxins into the bowels. And while detoxification diets are effective by themselves, they may be reinforced and speeded up with herbs, which stimulate the eliminative organs.

Herbs may be used as teas, powders or extracts. Powders are usually encapsulated for easier swallowing, but are best when taken with meals and digestive enzymes. Extracts may be used when specific herbs are needed, but may be extracted with alcohol, which we need to avoid. Herbal teas are easily made and easily taken all throughout the day. They are mild and gentle and sometimes refreshing and sometimes bitter. Experimentation may be in order until one develops the right tea to drink. Herbal teas is a topic in itself, since there are so many and different ways to make them.

## Example Herbal Cleanse

### **Rising**

Drink a glass of lemon water or drink a glass of water with added: one teaspoon of apple cider vinegar and one teaspoon of blackstrap molasses

### **Morning**

Drink a glass of water with psyllium husk powder (follow with another glass of water).

### **Meals**

Take 2-3 multi-digestive enzymes

Take liver herbs

### **In Between Meals**

Drink herbals teas which support the liver, including Dandelion/licorice/ginger/fennel

**Note:** Following a good diet is mandatory for herbs to work optimally. See the *H&B Living to the Max* bonus file for a good diet to follow while doing a herbal detox.

## Skin Cleansing

Detoxification should include some type of skin cleansing, because our skin is one of our best eliminative organs. Heavy metals are actually released through the skin's pores when we sweat. Sauna baths and steam rooms are great for removing toxins from the skin and regenerating one's health and energy. It has been documented that our skin's sweat glands when combined can perform as much detoxification as one (or both) kidneys. Therefore, it is very important to support our skin for detoxification to be maximal. If our kidneys are damaged, then helping the skin will help the kidneys... indirectly, but effectively.

Good skin care is in order, if one's health is to benefit, also. Using chemicalized skin care products is not wise, even though they are cheaper. These chemicals may be absorbed into our circulation and provide more "toxins" for our liver to deal with. We are not made out of cast iron, and even the chemicals in our soaps and shampoos will make a difference with our health. Most people do not "see" the ill effects of these subtle chemicals, because their liver is able to metabolize them. But, individuals who are environmentally toxic will see a great change in their health when using natural soaps and shampoos. We should take their advice and use only natural skin care products also.

Cleansing our skin is rather simple. First, we need to bathe daily using natural soaps. Then we need to care for the skin by using only natural oils and products of natural origin. Even the clothes we wear can make a big difference in our health. Synthetic fibers do not absorb sweat (toxins), while natural fibers, like cotton, will absorb toxins. Dry skin brushing helps in removing the outer dead skin layers and keeps the pores open. Another good method of skin brushing is with vigorous toweling off after bathing. Towel roughly until the skin is slightly red. Change towels often because they will contain toxins.

Good skin care also requires good nutrition.<sup>2</sup> Since our skin is mainly fat, we need high quality fats and oil from natural sources to give our skin health. Butter and olive oil are two excellent natural oils, which keep the skin in good condition. As always, the fats/oils should be natural... only.

## Detoxification Baths

Use 1/2 cup of baking soda or use 1/2 cup of Epsom salt or use 1/2 cup of sea salt. Soak for 15-20 minutes and then scrub the skin gently with soap on a natural fiber. Within a few minutes the water will turn murky and "dirty." The darkness to the water is heavy metals coming out of the skin (aluminum and mercury). Do this once a week during detox and once a month for maintenance.

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<sup>2</sup> Aubrey Hampton, *Natural Organic Hair and Skin Care*, 1987, Organica Press, Tampa, FL 33614.

## Juice Fasting

Fasting with vegetable juices can be another excellent way to develop good health and cleanse the body of toxins. Juices, minus their pulp (fiber), contain an excellent source of vitamins, minerals and enzymes. When the pulp is not added, one is able to drink more juice than they are able to eat. For example, one can easily consume the juice of several heads of lettuce in one sitting, but may not be able to eat the lettuce whole. This allows the body to get an abundance of nutrients with minimal processing (digestion). Fasting on mono-juices also allows the body proper time to process these juices and helps to preserve our valuable digestive enzymes.

Juice fasting has helped many people over come serious diseases like cancer, because it gave them optimal nutrition and allowed the body to cleanse itself of toxins. [According to many nutritionists, cancer is merely a toxic condition.] With some juicers, the pulp is discarded, but it may be saved and added back for fiber (not too much). Juices contain good sources of antioxidants and enzymes, both of which are needed for cleansing and eliminating toxins. Juices are also easy to digest and help those with digestive problems.

## Flora

Our bowel flora is also important for detoxification and normal health. Probiotics is the term given to the normal bowel flora, which are taken as supplements. It has been found that these normal flora actually defend our body from the pathogenic species of bacteria and perform many vital functions, such as detoxification of toxic chemicals and making valuable vitamins (mainly the B vitamins). When our normal flora are present they secrete mediators in which the pathogenic forms cannot grow. But the reverse is also true, that when the pathogenic forms take over, they will exclude the normal flora with their toxins.

Many scientists feel that it is the toxins secreted from the pathogens and not the pathogens themselves that create disease. The ability of all bacteria to change and grow under specific conditions of their immediate environment is called pleiomorphism. Cell wall deficient forms are “bacteria” which lack a defined cell wall, yet have all the specifications of being bacterial-like. Even viruses have been found to exhibit morphological forms, which resemble bacteria and fungus. While this is not widely accepted by modern medical scientists, it has been proven beyond a shadow of doubt by eminent scientists, like Virginia Livingston Wheeler, Irene Diller, and Royal Rife. Their microscopic studies have revealed that bacteria and viruses and fungus may be all different forms of the same organism, differing only by the environment in which they are grown.

Antibiotics kill off the good bacteria as well as the bad and allow the bad to repopulate and develop antibiotic resistance. Natural forms of antibiotics are better, since they do not kill off the good bacteria with the bad and do not allow drug” resistance to take place. Garlic, for example, is perhaps, 200 times more effective against pathogens than most antibiotics today. And it does not produce antibiotic resistance forms, which is a danger to all our health. As antibiotics become more widely used, more antibiotic resistant forms will be encountered. Herbal antiseptics

and anti-bacterial tonics are far better and less dangerous to our over-all health, because they do not kill of the good bacteria with the bad.

Replacing our natural flora is a good step for preventing disease and keeping our bowels healthy and populated with normal flora. Taking probiotics containing *Lactobacillus acidophilus* and *Bifidus* can help us in our detox program and also in repopulating the gut after a cleanse. Our normal healthy flora should be a part of any detoxification program.

## Antioxidants

The use of antioxidants, like vitamins A, E, and especially C, are very essential for detoxification since they are involved with the detoxification of toxins. Antioxidants are involved with helping cells to neutralize free radicals that can cause mutations and cellular damage. As these free radicals are neutralized, the antioxidant vitamins will be used and exhibit low levels. Vitamin A and E are fat soluble and will be found in our fat tissues/stores, but vitamin C is water soluble and will be found mainly in our skin (between the cells according to Reams). Vitamin C is also involved with many other important bodily functions, like collagen formation, wound healing, energy production and fighting off colds (viruses).

The function of antioxidants is so important that any deficiency of them will be seen as catastrophic to one's health. When our antioxidants are low, energy is not available and detoxification cannot take place in a normal fashion. Therefore, toxins accumulate or are stored until they can be processed. The liver and many other organs are compromised in their functions when antioxidants are low. Just the lack of energy is enough to cause the body to have compromised or poor health, because it is energy that is required for the removal of toxins and wastes.

Vitamin C should be taken with bioflavonoids to ensure that all the components of the vitamin C complex are taken together, since they work together. Pure ascorbic acid is called vitamin C, but does little by itself. We tend to think that ascorbic acid as vitamin C, but it is only part of the vitamin C complex. Vitamin C is very essential to any detoxification program, because that is what the body uses for energy to process and eliminate these toxic wastes. Vitamin C can be taken in very high doses until the bowel tolerance level [BTL] is achieved. This BTL is different for different people. Some persons reach tolerance at 4-5 grams (4,000-5,000 mg), while others may not reach tolerance until 10-15 grams (10,000-15,000 mg). Cancer patients notoriously can take 20-30 grams (20,000-30,000 mg) of vitamin C before tolerance is reached ... meaning that they needed more vitamin C than most people.

By taking vitamin C to its tolerance level we find out 1) what our BTL is and 2) how saturated our body is with Vitamin C. Vitamin C was found by Linus Pauling and Ewan Cameron to be very effective in helping many patients to overcome that killer disease, called cancer. Perhaps, this was because vitamin C was needed for detoxification of toxins, which "caused" the cancer in the first place. Although Pauling and Cameron were greatly criticized for their work with vitamin C, they were able to help many people overcome cancer and without compromising their health as toxic chemotherapies often did.

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## Enzymes

The use of enzymes in detoxification is important, because the body needs an adequate supply of enzymes, not only for digestion, but also for detoxification.<sup>3</sup> Enzymes are best obtained from fresh raw fruits and vegetables, but may be taken daily with meals as nutritional supplements of multi-digestive enzymes. Enzymes in our food help us to digest that food, but many foods today are processed, refined, heated (cooked), radiated and stored, which destroys enzymes and leaves it non-vital.<sup>4</sup> Foods with enzymes destroyed will have a longer shelf life, but will not give one health when it is eaten.

Fresh raw fruits and vegetables are the best source for enzymes and help to give one vibrant health. Enzymes are also used by the body in detoxification of toxic substances. The liver is the source of most detoxification enzymes, which it must make, or store. To aid the body in removing and eliminating wastes and toxins, enzymes are best taken in between meals. This way they do not get involved with digestion, but go to the liver and to the blood for detoxification.

Many therapies have utilized enzymes for improving health and enzymes have long been the key to many detoxification therapies which have helped many to overcome that dreaded disease, cancer. Kelley, Gerson, Moerman, and Neiper used alternative nutritional therapies with enzymes for curing cancer. The famous Wobe Mucos enzymes from Europe were utilized with Laetrile therapies for cancer. Never was Laetrile given alone, but was used with vitamins, diet and enzymes. This made the Laetrile therapy very successful in the 1970s. If cancer is a toxic condition, which many feel that it is, then taking enzymes will help it. And it does.

The use of raw foods in many detoxification diets are using the enzymes found naturally in those foods. Additionally, these raw foods provide fiber and, with proper food combining, will not waste the body enzymes reserves. Preserving enzymes is the key to overcoming disease and living to ripe old age and remaining healthy. Yes, vitamins and minerals are important, but vitamins are enzyme co-factors and many minerals are used to activate enzymes. Therefore, the vitamins and minerals themselves are only augmenting the role of the enzymes which are detoxifying toxins and supporting metabolism.

Enzymes also help the bowels in cleansing, because they liquefy the bowel content, which makes transit much easier. The role of enzymes in digestion is to break down foods for digestion and absorption. When foods are broken down they become more liquid and the bowels move much easier and faster. Transit time is decreased and our health is increased when toxins are removed and eliminated. Perhaps, this is a link to breaking the “constipation chain.” Enzymes are the key to health. Preserve our enzymes and we will be healthy for a long time.

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<sup>3</sup> Harold Loomis, DC, *Enzymes: The Key to Health*, Vol 1, The Fundamentals, 1999, 21st Century Nutrition, Madison, WI.

<sup>4</sup> Anthony J Cichoke, DC, **Enzymes and Enzyme Therapy**, 1994, Keats Publishing, Inc, New Canaan, CT.

## Bowel Cleansing

Keeping the bowels clean and moving is a major step in regaining our health since the bowels are crucial in the elimination of toxins, especially those processed by the liver. [The liver dumps in to the bowel via the gall bladder.] This is why one hears a lot about the bowels, and bowel cleansing. In severe cases, enemas and colonics may be needed to breakup and washout long-standing bowel encrustations. Diet may do the same thing as an enema or colonic, it will just take longer. Also, one should be very diligent in repopulating after a total washout of the normal flora and probiotics will be necessary to restore that balance.

Constipation is a national pastime and slow bowels are more common today than years previous. For one thing, people not only ate better 100 years ago, they were more active and got out doors more. When the bowels slow down, toxins are not eliminated and are reabsorbed and carried back to the liver for recycling and elimination. Reabsorbed bile salts have been linked to increased cholesterol levels; therefore, cholesterol is a major indicator of constipation. Also, when the bowels get slow and toxin levels increase, the pathogenic microorganisms grow to outnumber the normal flora causing dysbiosis. Although flora is needed to correct this, it is the clogged bowels that are the major problem. When the bowels move again, everything else will fall into order.

Our endocrine glands that control metabolism are also involved; since it is our thyroid that controls metabolism and metabolism affects how our bowels are functioning. In this way, constipation can be seen as a symptom of hypothyroidism. Low body temperatures (a symptom of hypothyroidism) are very common today ...although they are not “normal” ... as many authors have reported. One major factor in low body temperatures is the suppression of thyroid function by heavy metals, like mercury, which binds to our thyroid hormones and renders them inactive. Eliminate the mercury and the body temperature is likely to return to normal.

The easiest way to get the bowels moving is by using a high fiber diet consisting of fresh fruits and vegetables. Sometimes, one may add extra fiber during the day by drinking a glass of water (juice) with psyllium husk powder. The extra fiber adds to the bulk of the stool and decreases the bowel transit time, which means better toxin elimination and better health. It makes sense that if one can eliminate toxins their health will improve.

One of the best ways to improve the bowel function is with herbal remedies that act as bowel stimulants or laxatives. These products range from the very mild – slippery elm – to the stimulant – cascara sagrada – to the very harsh – aloes and senna. Everyone may react differently to these products, so they should be taken cautiously at first. Some persons may take two aloes with no effect (meaning they are heavily blocked), while others may take a mild herbal and get a much greater effect than most. Herbal bowel combination formulas are excellent because they not only stimulate the bowels to move, but give the bowels the nourishment it needs to move on its own.

Herbal formulas should not preclude a wholesome natural diet, since diet comes first in matters of health. One should not become overly dependent on herbal laxatives, since they deplete potassium and may be “addicting” as some authors claim. Yet, herbal products play a key role in getting the body to eliminate toxins by stimulating the eliminative organs like nothing else can and, therefore, cannot be ignored.

## Herxheimer Reaction

The Herxheimer Reaction occurs when the body is detoxifying too rapidly and toxins are being released faster than the body can eliminate them.<sup>5</sup> When this occurs, one will suffer from headaches, nausea, vomiting, and malaise. Even though this is but a short period of the health program, it can be severe and deter one from reaching their intended goals. Also, the person may not know what they are experiencing and think that they are regressing.

### To minimize the Herxheimer Reaction

- Drinks lots of pure water
- Get minimal exercise daily
- Lots of sunshine
- Take detoxification slowly... one step at a time
- Don't increase the dose of herbals
- Keep the organs of elimination (bowels, lungs, skin, kidneys) open
- Take detox baths
- Use aromatherapy oils for aches -like peppermint, birch, and wintergreen
- Sweat by using exercise, saunas, baths, and herbs
- Avoid foreign chemicals and refined processed foods

If the Herxheimer reaction occurs, cut back on your health detoxification program. Reduce the dose of herbs and follow the above outline to reduce the symptoms of toxin elimination. The more toxins there are to eliminate, the sicker one is when they come out. Generally, one will feel better when all is over and health is restored again. Just remember, don't give up.

## Conclusion

Detoxification may produce symptoms of headaches, nausea, malaise and vomiting due to the toxins being released [Herxheimer Reaction]. If this occurs, one should back off the program and proceed slowly. Proceeding to fast with detoxification can have disastrous results when toxins are released into the circulation. Our body should be primed and ready to eliminate toxins before they are released. We do this by getting the bowels working, keeping the skin clean and getting the kidneys and lungs operating. Only by having all organs of elimination in proper operating

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<sup>5</sup> Ibid, p 148.

order can our body begin to dump toxins efficiently and maximally. Keeping the skin clean and healthy is of prime importance also.

Detoxification is essential for good health to exist. Our body must eliminate toxins daily or we would die immediately. Since our environment is more toxic today, our livers are over stressed with environmental toxins to deal with daily. Processing other toxins, when the liver is stressed, may be delayed. Detoxification is also a lifestyle change. For it is by the way we live that determines our health and how our liver processes toxins. Detoxification is easy if we eat a wholesome natural organic diet and live life in a natural way. But for those who want their cake and eat it too, detoxification may be compromised. A change your lifestyle may be needed and detoxification will be forthcoming. Nature has afforded us the chance to live in a toxic environment and not be affected by it. Of course, we have to live right to get that chance. Without detoxification we may not get a second chance.

Good health is within our reach, but first we must cleanse this “temple” and eat a wholesome natural diet that provides us with maximal nutrients and fiber. Herbs can help us stimulate the liver, lungs, kidneys and bowels when needed, but diet is the first priority in any detoxification program. Don’t become overly dependent on herbal laxatives. When toxins are released one may feel bad for a day or two, but when our good health is restored we will have renewed energy and will “soar on the wings of an eagle”. Many people living today have never known what good health “feels” like. They survive with an abundance of toxins and an existence less than healthy.

Good health is not hard to find, but does require diligence and life style changes which are compatible with toxin elimination. Sir Jason Winters Says, “Death begins in the colon.” With good toxin elimination through natural detoxification programs our health and energy are restored.

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[**Note from Chet:** Although I have a soft spot in my heart for most detox routines, my favorite is the juice fast (or juice diet, as some call it) where you just drink fruit or vegetable juices for various lengths of time. I think a three-day juice fast is a great way to experiment for the first time with body detoxifying, and I know you'll find interesting the article that follows about how to do a three-day juice fast.]

## How to Do a Three-Day Juice Fast

by Chet Day

An update of an article from an *H&B Weekly* classic issue  
(See <http://chetday.com/hbclassics.htm> for all back issues)

If you're like most folks, you're probably reading these words with a few more pounds on your bones than you carried last year. Last Christmas season, for example, I managed to acquire three pounds in two weeks, which I felt pretty good about considering the constant temptations that people waved past my nose and taste buds practically 18 hours of every day. In fact, if it hadn't been for that incredible raspberry fudge that one of the mothers made at the school where I used to teach English, I might have made it through the 1996 holiday season without gaining a pound.

But, NOOOO, after hearing four teachers raving about "this fabulous fudge" and watching them drooling all over their ties and blouses in the faculty lounge as they munched down on piece after piece of it, and realizing that if I didn't get my hand in there to try a little bite there wouldn't be any left, I broke down, scolded myself mentally for lack of will power, and grabbed a square and popped it into the ole mouth.

Good Grief, Charlie Brown, it *was* the best fudge that anyone on earth had ever made. Elbowing my colleagues out of the way, I plowed into that fudge like Hannibal tearing through the Alps, and in a matter of minutes had cleared the plate.

"That's the last time we talk about how good something is when he's around," I heard one of the teachers mutter as I walked out of the room, my cheeks extended with fudge like a chipmunk scavenging for a long winter.

Okay, that gets my confession out of the way, and I'll spare you the details on the other indulgences of Christmas 1996 that put me further and further from dietary sainthood. But I did like the fact that, with the exception of the fudge, last year I managed to handle all the holiday goodies a bite or two at a time instead of by the handful. So progress continues in comparison to 1995.

As an interesting aside, I read on one of the news groups not too long ago that the average American gains somewhere between five and seven pounds during the period between Thanksgiving and New Years, and I can believe it.

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Have you also noticed how so many people are catching the usual holiday colds and flu? Have you noted the connection between over-eating and sickness? If not, here's an idea to ponder. This idea went right over my head for 44 of my 49 years, but once I started thinking about the over-eating and disease connection, it really started to make sense to me. And once I recognized a cause and effect relationship, I took one of my first steps in learning to really listen to my body's signals.

During the 1996-1997 school year, for example, I didn't miss a single day of work as a result of a cold or flu. And this is the first time that's happened in more than a decade. I attribute my strength and health to a variety of factors, including that I am much more in tune with the portions of food that I eat these days, I exercise regularly, I keep my stress level down, I drink only pure water and stay away from sodas and coffee and teas, and I've been supplementing my predominately uncooked, vegan diet with one of the so-called "super green foods."

But mainly, I think, I've gotten sensitive enough to my body's signals that I know when to stop eating or when to slow down or when to cut back. After pigging out on the fudge last Christmas, to give an example, that evening I had a bit of a stomach ache, woke up twice that night with sweating, was quite thirsty, and rose from my bed with that congested, "Oh oh, I feel a cold coming on" feeling.

I knew at that waking moment that I would pay the piper with a few days in the rack if I didn't immediately cut back on my eating and/or on what I ate. So, instead of going to school and chowing down on that day's goodies in the faculty lounge (homemade butter cookies), I consumed juicy fruits (and I don't mean the gum!) and pure water. By that evening, having only a blended salad and a spoonful of super green food in water, I felt better; and the next morning, having had very little to eat the day before, I felt great again.

The cliché, garbage in-garbage out, takes on new significance when one considers it in light of the way too many of us eat too much of the time... stuff until we can't stuff anymore. I'm not trying to moralize or sound superior here because it's taken me close to five years of hard work and self-discipline to get to the point where I can most of the time do what I know is good for me. After all, few find it easy to change the habits of a life time in regards to what we eat and how much we eat, particularly when so much of the time eating takes on all kinds of other meanings not even relevant to basic sustenance of the human organism. But I'll save all the emotional connections to food for another article.

Okay, okay, you're right, I'm babbling. Time to get to the how-to information on what to do during the holiday season when you feel yourself bloating up and sickening down, filled with mucus, walking around with a headache, holding an upset stomach, cringing from constipation, and the whole host of other symptoms that keep the over the counter drug business rolling in the dough.

Well, happily, you have at your disposal a solution so much better for you than the aforementioned "cures" that cost money and leave Lord only knows what kinds of residues in the cellular structure as they pass through your body. We call this solution the juice diet. And, strictly speak-

ing, it isn't a cure or a solution – it's a method to give the body some rest from the energy-sapping processes of almost constant digestion.

The natural health model that I follow holds that no cures exist, that only the body can “cure” itself, and it'll most efficiently do that only when we give it the materials that it needs to activate its self-healing nature: proper foods, proper rest, pure water, exposure to sunlight, exercise, and so on.

Some alternative health teachers tell us to fast when we're sick. To stop eating completely and to go to bed and to consume nothing but distilled water until we once again feel well. This technique works for many people, but I personally find it difficult to do because I rarely have time to go to bed and stay there until I feel great, so I attain similar good results by going on a juice diet when I know my body needs a period of physiological rest – when I get too many of the symptoms listed earlier or when I just feel “too full” and I hear my body telling me to “Hey, ease up on the food, dude.”

How does one go on a juice diet? Well, you can find as many juice diet (some call it a juice fast) plans as you can find advocates, but, in general, they all agree on a few important steps, which I'll list below.

Before doing so, I should remind you that I have no qualifications whatsoever as a medical expert and consequently you should check with your family physician or health professional should you choose to use any of the information that follows on juice dieting. But find someone who knows something about alternative health models, please!

Diabetics in particular are generally told to avoid fasting and/or juice dieting because of blood sugar problems. Severely underweight individuals should also not go on diets such as this. People who fear not eating should avoid fasting and/or juice dieting. People on drugs, either prescribed or recreational, should check with their physician before trying the techniques that follow. I would encourage individuals who fall into any of the above categories to associate with a physician in tune with fasting and/or juice dieting, however.

You will, first off, of course, need a quality juicer.

Okay, here are the main steps:

1. Ease into the juice diet by spending a few days on a fruit and vegetable diet where you eat nothing but uncooked fruits and vegetables for anywhere from one to five days. Some people never get beyond this point because after eating high-quality, natural foods such as fruits and veggies for a few days they suddenly feel great again and no longer feel a need to go further. Adding to the diet a high quality “super green food” will in most people produce excellent results.
2. Some people hate the idea of living on “rabbit food” even for a few days. For those folks, move right into the juice diet. I've tried both ways and could give you good arguments for either

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technique. Instead, think about the options and then go with the one that feels right to you. Your body is constantly talking to you. Learn to listen. It'll tell you what to do.

3. Plan on going anywhere from one to three days on your first juice diet. People can live on juices alone for remarkable lengths of time, but if you've never juice dieted before, just going for a few days will be most comfortable. I still remember my first five-day juice diet. That was the one that resolved my stiffening shoulder problem that the doctor had wanted me to use cortisone shots for. That was the experience that significantly changed my life and got me into all this natural living stuff!

4. For one to three days, eat nothing solid. Instead, when you feel hungry, slowly sip a glass of juice. What kind of juice? I start my day with a big tablespoon of my favorite super green food mixed in four ounces of pure water.

5. Later in the morning (at least an hour later) I like freshly extracted orange juice or grapefruit juice mixed half and half with pure water, no more than 12 ounces total. Sip it slowly and swirl around in the mouth to properly insalivate. I'll have another glass of the same thing around mid-morning if I'm feeling hungry.

6. Around noon time, repeat step 4 or follow the directions in step 8.

7. In mid-afternoon, if you feel hungry, repeat step 4.

8. In early afternoon or supper time, have 8-12 ounces of freshly extracted carrot/celery/Romaine lettuce/zucchini/kale/etc juice. If you don't have a juicer, purchase organic juices at your local health food store or else go to a juice bar on your way home from work. Carrot juice alone also works great, though it's too sugary for my tastes. A tablespoon of your favorite super green food mixed in 8 ounces of freshly extracted carrot/vegetable juice makes a fabulous combination.

9. Just before bedtime, if you're a little hungry, have 4-8 ounces of organic apple juice (mixed half and half with pure water).

10. You may or may not feel hungry during your days of juice dieting. When I did an extended juice diet two summers ago, I surprised myself because I did not feel hungry the whole time I stayed on juice alone. On other occasions, I've been slightly hungry the first few days. The whole business of hunger is very individualized, but most people report that their hunger goes away after three days. If you still feel hungry, look at yourself in a mirror. If you look so thin that you fear you're gonna starve, then it's time to stop and eat. Seriously, nobody's going to starve to death by consuming juices for a few days.

11. What to expect or how will I feel? Again, each of us carries a different level of toxicity, and each of our bodies deals with that toxicity in a different manner. In general, if you're very toxic, you may experience some cold-like or flu-like symptoms—headache, runny nose, tiredness, fever, and so on. This is especially true if you drink coffee, smoke tobacco, do recreational or pre-scribed drugs, or consume alcohol. The body doesn't like this stuff and when it starts unloading

it, you pay the piper.

If you experience symptoms, be thankful. Go to bed and get a well-deserved rest and let your body do some self-repair. Contrary to conventional thinking that encourages us to suppress symptoms of whatever ails us, the natural health model tells us that disease itself is the cure, that through disease (colds, flu, etc.) the body is trying to heal itself, working diligently to get rid of a toxic overload.

According to this model, if we suppress symptoms, we build deeper and more dramatic problems for ourselves in later life.

Whoa, now that's a wild idea, isn't it?

If you want a more detailed explanation about symptoms you can expect to experience when juice dieting or when upgrading your diet and lifestyle in general, read Dr. Stanley Bass's article on detox symptoms at the beginning of this special report.

You can also expect to experience some very positive changes on a juice diet. Increased ability to concentrate, improved mood and sense of well-being, increased energy, less congestion, improved sense of taste and smell, and a host of other good things.

12. To end the juice diet, start with the best orange (preferably organic) you can find the morning you want to resume your regular life. Peel that sucker and get your hands into it. Break into segments and then bite down on maybe a quarter of one segment. Lordy, lordy, you never realized in your life an orange could taste this good. Guess what? During your brief juice diet, your taste buds have reset themselves. And they'll continue to appreciate the wonderful tastes of fruits and vegetables until you reset them again by eating spicy, sugary, processed foods. And then, guess what, the fruits and veggies will seem bland and not good. At least until you go on your next juice diet and reset yourself back to the way we're meant to be!

For the rest of the day you break your juice diet, eat fruits only, but don't overeat. You can resume your regular diet the next day, though I encourage you to stay away from red meat and all processed foods as much as possible.

We haven't touched on the extended juice diet, which is a whole topic in itself. Maybe we'll do that one somewhere down the line. In the meantime, if you want to read more juice dieting, check out my extended *Journal of a Juice Fast*, which is the next article in this report.

Of everything I've learned the past five years in my on-going search for superior health, I currently hold dearest the juice diet information I've just shared with you. Juice dieting represents a remarkably easy and simple way to improve health.

It doesn't cost a cent, it's easy enough to do, and it works.

Who could ask for more?

[**Note from Chet:** I originally wrote this article at the end of 1995 when I did a five-day juice fast that I also supplemented with Kombucha Tea. The version of the article that you're about to read now is an updated version, without the K-Tea references and with some new information I've since learned about juice fasting. If you read and understand this article, you'll have in your hands the tools to do a quality juice fast any time you want to for the rest of your life.]

## Journal of a Juice Fast:

### A Juice Fasting How To Guide

by Chet Day  
Updated April, 2002

### Introduction

The day after Christmas, 1995, I embarked on a five-day juice diet and shared my experience with a discussion list of several hundred people that I frequented at the time. Since then, I've pondered and repeated this particular health adventure several times and have added some thoughts and "how to" details here and there in the original text that surfaced in hindsight. The principles discussed in this article hold true for a juice fast of anywhere from a few days to many weeks.

By the way, to do a juice fast, you'll need a quality juice extractor. I personally own and use two juicers – a Champion and a GreenPower. But I don't recommend purchasing an expensive juicer until you **know for sure** that you're going to juice every day. Most people do not have the time to juice every day – I've learned that one the hard way, and if I had it to do over again I probably wouldn't invest several hundred dollars in a juicer right up front.

So for your first juice fast or detox with juicing program, I'd recommend purchasing an inexpensive juice extractor at your local discount store. You should be able to find one for less than \$50.

### Day One Juice Fast Journal Entry

I started on a juice fast almost exactly 24 hours ago. As I write this note, I've had 32 ounces of freshly squeezed orange juice and one 16-oz. glass of freshly extracted carrot and spinach juice. I've also had probably half a gallon of pure water.

Although I'm been writing all day and also jogged three slow miles just before sundown, my energy level remains fairly stable. I do note the nasty taste in my mouth and coated tongue that comes with fasting, juice dieting, or minimal eating. I don't usually experience sewer breath and gutter tongue until well into the second day, so it looks like I'm detoxing pretty quickly this time around

As soon as I finish with this entry, I'll sit down and meditate for my usual 25-minutes and maybe more than that. When I go on juice fasts like this, I try to spend as much time as possible after the first or second day sleeping and resting so my body can use its energy for detox purposes.

Since my wife and children are visiting relatives the next few days and I have some time away from my job, this seemed like an ideal opportunity to write a journal about a typical juice fast (or juice diet as we Natural Hygienists would call it). At the moment, I plan to stay on this juice fast for five days and maybe six, but I'll go off it if things don't feel right.

I have considerable experience with fasting on pure water alone and with juice diets, so I know what to watch for in terms of danger signals. And, yes, not only will I drink lots of fresh juices, but I will also consume plenty of pure water. And I'll resume eating immediately if suddenly the process doesn't continue to feel "right" to me.

As the editor of a weekly natural health newsletter, I do considerable experimenting with health and longevity enhancers, and I must write that I've had more fun with my juice fasting experiences than anything else in years. I've also enjoyed very much the open sharing of ideas and thoughts on this discussion list.

If you have questions you'd like me to answer or things you'd like me to document about what's happening to me and my body during this experiment, please post whatever you're curious about, and I'll do my best to provide answers or thoughtful speculation.

## Day Two Juice Fast Journal Entry

*Written at 8:16 a.m.*

I went to bed last night a little after midnight and slept very soundly until about 7:15 this morning. I experienced none of the usual restless sleep that I usually have when beginning a water-only fast. I did wake up, however, with stiff legs – probably a result of jogging in the unseasonably cold weather last evening down here in Central Florida (for almost a week I'd skipped my usual asphalt pounding every night).

Although I consider the lack of exercise the major cause of my stiff calf and thigh muscles, I must also consider the possibility that the result may have come from lactic acid build-up from the fast, probably the consequence of increased detox? I don't know but will monitor the "sore muscle" feeling to see if it spreads beyond the calves and thighs.

I also noted this a.m. relatively clear urine, which surprised me as I expected the ole yellow river on the first visit to the bathroom. Then again, I drank so much liquid yesterday I may well have flushed myself relatively clean before going to bed.

One other item to report: I woke up with a hard, boil-like itching and red swelling on my right

buttock this morning. Because most days I try to get 30-minutes of sun exposure, I have a tan everywhere except the area covered by running shorts. Guess where I get pimples when I get pimples? Right... where I have no tan on my buttocks, where my body has the unhealthy-looking white-belly-of-a-fish skin. I wonder if I'll get a major outbreak of zits on the cheeks or a massive boil during the rest of this fast? (As a teen, I would have preferred the zits there than on the facial cheeks where I always had them! But I don't want any boils.)

Nothing else noteworthy. Time to drink my first juice of the day and to meditate for 25 minutes.

*Written at 11:00 a.m.*

Right after I wrote the first entry, I squeezed 16 oz. of fresh orange juice. Picked the oranges from the tree in the backyard. Because of temperatures in the thirties last night, I had naturally cold and freshly extracted OJ this morning without touching a refrigerator. Wow, I could dig hunter/gatherer behavior. Seriously, that OJ tasted good!

Energy. I've been filling a few requests for sample newsletters this morning as well as catching up on correspondence and putting the finishing touches to a book on diet I'm editing and publishing for Dr. Stanley S. Bass, a nutritionist with more than 50 years experience. I got a lot of work done in a short amount of time and felt very energetic.

Now, while the laser printer cranks out the final draft of Dr. Bass's book on diets that support the body's powerful and innate capacity to heal, I can feel myself sinking a bit. I started with loads of energy this a.m., but, as usual when I don't eat, the "brain work" of writing starts sapping me pretty quickly. As an aside, Upton Sinclair, the author of *The Jungle* and one of the great muck-rakers of his time, made a big thing out of brain work requiring more energy than manual labor, and he never wrote when he fasted because it took too much out of him. Indeed, after many years as a vocal and committed vegetarian, he went back to eating meat (Salisbury steak on the recommendation of Dr. Salisbury himself) so he would have the energy to write long hours. I've not noticed this problem myself unless I'm fasting or juice dieting. On my usual predominantly plant-based diet (see *H&B Living to the Max* program in the bonus file section of this report), I have plenty of energy to put in long hours each week, both at writing and at my full-time job as an English teacher. But I digress.

Physically, the common "sinking" feeling associated with water fasting and/or juice dieting hit about fifteen minutes ago. For me, location-wise, this feeling rests in the pit of the stomach and in the back of the throat. Those of you who have no experience with fasting or juice dieting probably need more details.

Hmm, it's hard to explain. Try this. Think of the "empty" feeling you get when you're "really" hungry as a result of missing at least two meals the same day. In between hits of juice, that's what I feel like now and will feel like a lot more for many hours during this juice diet experiment. It's not, thank God, the horrible and deep exhaustion feeling that comes with fasting on pure water alone – that feeling drives me to bed in a hurry. I don't recommend fasting on water alone for more than three days until you've had several positive experiences with juice dieting.

Oh well. I'll ignore the feeling until noon when I have my next 8-16 oz. of fresh orange juice. That will provide enough sugar to take the edge off this semi-uncomfortable "hollow" feeling.

Just looked in the mirror. Gads, when did I get so old and gray? Still feel like a teenager in terms of health, disposition, and mental power, but, Lord, I don't look it!

The coating on my tongue has increased considerably since getting up this morning. Nasty, yucky-looking white gunk. Mouth feels and tastes like a septic tank too. During this period of juice dieting, I will keep my distance from other people. The breath that comes out when one fasts or lives on a juice diet must be experienced to be believed. Even though I haven't had a cigarette in close to five years, sometimes when I fast or juice diet at certain points I start tasting nicotine and once again experience smoker's breath. Weird, huh? But nice experiential proof that the body apparently does store deep within itself all the crap and gunk and bad things we do to ourselves. Anyway, everyone will be out of the house except me and the cat in a matter of hours. And cats dig bad breath.

No question about it: I'm definitely detoxing. I can feel some of the cells unloading junk into the bloodstream. This is a subtle feeling, but one you learn to recognize after fasting or juice dieting often enough. Good riddance to all those Christmas holiday indulgences on cookies and chocolate and other high-sugar, highly processed, so-called foods. No more until my 10 p.m. report. I'm writing too much to upload to the list.

*Written at 7:00 p.m.*

I had to come to my back bedroom office to write an unplanned entry because I opened the refrigerator just a few minutes ago to juice some veggies after my 25-minute jog and shower.

Reached for the carrots and found two left-over, eight-inch subway sandwiches that my wife bought last night for dinner. The good ones, the vegetarian specials with stone baked whole wheat bread and guacamole dressing and new sprouts layered with fresh sunflower seeds. Apparently the subs didn't get eaten last night, and my wife forgot to take them with her when she and my two sons and my brother-in-law drove away at noon for five days in Pensacola to visit her parents.

Talk about temptation! I pulled the butcher paper wrapped sandwiches out and hefted them carefully, one in each hand, weighing my options. Hmm, I thought, I could chomp them down real quick and restart the juice fast again tomorrow.

By this point I was salivating, and what a shame because minutes before finding those sandwiches, I hadn't been at all hungry.

But I occasionally show some self-discipline, and my commitment to continuing this experiment overpowered my desire to wolf down the subs, so I took a deep breath and put them back in the frig. I should probably take them to the garbage can out in the garage so I don't have to think about them for the next three days or so, but I'll keep them around "just in case."

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For those who have never fasted, my account of this sandwich episode probably sounds exaggerated. Not so. The first two to three days of a water-only fast or juice diet are usually the hardest days in terms of food for me. After that, I usually don't experience hunger at all. During past fasts, I've even made meals for my family when I hadn't eaten in days. I felt not the slightest hunger while cooking and preparing their food. Wild, eh?

From what I've read and heard, most people experience the same lack of hunger after two or three days. Interestingly, once the body shifts to its built-in fat-burning metabolism and starts living off its own stores, all hunger completely disappears. Tests have shown, by the way, that the body uses selective intelligence while consuming its own stores and digests inferior parts of itself like tumors and cysts and so on while simultaneously living off the fat of the land, so to speak, stored so neatly away.

Contrary to popular belief, the body doesn't start eating your heart and brain when you stop chomping down on Big Macs and/or whole wheat toast. When your body has consumed everything it has to consume within without harming itself, it'll let you know big time, and in spades, with a raging hunger that apparently is something to behold. I've never fasted that long myself so can't write from experience, but I've heard it often enough from other people to believe that the body won't allow itself to starve to death.

And though saliva practically leaked out of my mouth when I found those subs, now that I'm in a different room and writing a quick treatise on fasting, I no longer want to eat them. Indeed, the 16-oz. of carrot and celery juice that I had after my 25-minute jog satisfied me quite nicely.

Hunger really does exist a good 90% in the mind. Sitting down and watching the news on TV doesn't help either, what with every other commercial trying to sell one kind of junk food or another. Or else trying to sell the antidotes for eating the junk food. If you tune out during commercials, try this: tune in and watch very carefully for an hour of network TV and keep track of how many commercials flash for so-called "foods" and how many slither past your eyes for so-called "pain relievers." The first time I consciously did this, I couldn't believe it. You'll find this an interesting "enlightenment" if you haven't already discovered this for yourself.

Now that I have a different awareness of how our culture encourages us to eat our way into illness so we can then try to buy our way out of it with various drugs and therapies and expensive doctors and surgeons, I have an even stronger appreciation for computers and the Internet and the opportunities so many of us have now to ignore what the Management would want us to believe and instead find out for ourselves by communicating with others though the magic of discussion lists and online forums.

Off the soap box. Sorry. Fasting and juice dieting really revs up the ole brain. As the body uses energy for other things, energy usually used for digestion, one of the many benefits of a juice diet is a much sharper clarity of thought.

Upton Sinclair writes about this a lot in his classic book on fasting that I mentioned earlier. (You can get a copy from the *H&B Classics* library at <http://chetday.com/secrets.htm>) The first time I

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read that book, I knew I personally had to try going without food. Although the idea scared me, especially when I had no encouragement (to say the least) to live without solid food, I tried it anyway and realized on the fourth day into my first juice fast that nothing, and I mean nothing, had ever cleared out my mind as fully as staying away from solid food for a few days. More on this in the next day or two. Mentally, I expect to feel much sharper tomorrow than I do today. We'll see.

Back to the sandwiches. Thank goodness I didn't give into the temptation to sink my choppers into those subs. If I had, then I'd have to sit down here and admit that I'd given up on my juice fast just so I could have the momentary pleasure of chomping down on a sandwich. Silly. The power food and images of food have over us never fails to amaze me.

Enough for now. Gotta have some space left for the end of the day's final report at ten p.m. I've written my way completely out of the temptation, so now I'll get back to work and will write the final part of today's message at ten p.m. and then mail it to the list.

*Written at 10:00 p.m.*

As of a few minutes ago, I've gone 48 hours without any solid food. At this point in past juice fasts, I didn't feel nearly as good or as energetic as I do right now. Tonight will tell, however, since invariably it's during the wee hours of the third night when I start feeling hollow with low energy. Think of how you feel when you're coming down with the flu. The third night of fasting usually evokes a similar feeling in my body.

It's also usually on the third night when I start having trouble sleeping because of sore muscles and overall blahs. My mood usually deteriorates during those wee hours, and I start feeling sorry for myself.

I've had few of these usual effects so far. If anything, I feel stimulated right now from the 16 oz. of fresh orange juice that I finished drinking just about an hour ago. I'll give that juice until 11:00 to digest and then I'll meditate and retire.

Tomorrow I'll cut back on the orange juice intake and start mixing it with pure water. I like to overly juice the first two days I do this sort of thing because I want adequate liquid in me to flush out the initial rush of toxins. After 48 hours, however, I cut back on the juice sugar intake so I can lose extra weight and also so I can unload more toxins.

Here's something noteworthy. When I showered after exercising this evening, I realized that my body has apparently absorbed what I thought this morning might be a large boil coming up on my backside. Interesting. I've never had anything quite like this happen before and don't know what to make of it. Perhaps I excreted in one of my many trips to the bathroom today whatever my body had temporarily stored there during the night?

I'll stop here for Day Two. If I'm writing too much, please let me know and I'll edit before posting to the list and thus spare you the digressions and various thoughts that pass through my head

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as I skip meals and consume instead the manna of mind and self-indulgent writing. I chose to leave everything in this first time so you could see what goes through the mind of some middle-aged guy when he spends his vacation fasting on juice. Weird, eh?

## Day Three Juice Fast Journal Entry

Responses to questions or comments generated by my first two reports, both in private mail (source will not be mentioned) and here on the list:

*>Please begin with how much and what to do.*

I don't have a specific answer for that other than to tell you what I do on this particular juice fast. There are no time limits or schedules locked in stone for "elimination" or "detox" diets like this one, and to my knowledge no one has definitively told us the exact amounts of which juices you should consume and when. These things you should figure out for yourself, though I can provide some guidelines and will below.

Anyway, I'll report for the duration of this experiment exactly what I do, feel, and think about, but you'll have to decide whether a similar routine would work for you.

Before you try fasting or juice dieting, however, I suggest some reading and thinking about the subject and then going with whatever your mind/body complex tells you to do. Although that's easier said than done when you're first starting out on the detox through fasting and juice dieting road, it's the best advice I know to give.

Let's start with the length of juice dieting. I plan to go five full 24-hour periods on juices alone. On typical juice diets and on water fasts for that matter, I've read of folks who have gone over 100 days, usually to lose massive amounts of weight.

I first started cleaning myself out with a seven-day juice diet in 1993. I was very toxic then, full of the garbage of 45 years of wrong living, including 14 years of drinking more than my share of beer, wine, and hard liquor; 20 years of smoking at least two packs of cigarettes a day; close to that many years of getting no physical exercise; practically existing on highly processed junk food (NO greens or fruit to speak of other than maybe a bite or two of salad or frozen peas when someone else put the stuff on my plate). At 5'7", I had to bend over to see past my belly to read the scale and view the 190+ lbs that it read every morning. I looked like a huge pear with legs. I also had terrible range of motion problems in one shoulder and both wrists (bad news for someone who makes part of his living as a writer). I didn't enjoy life much and moped around feeling sorry for myself, thinking often (and resentfully) that the man upstairs had dealt me a bum hand.

In short, I felt like crap and looked it too. Although I don't go to doctors because I've seen too many folks in my family ground up by the monstrous medical machine, I went at this point in my life because I desperately wanted someone to "fix" my shoulder and wrist problems. When I asked what caused my problems, the doctor shrugged his shoulders and told me he didn't have a

clue, that I should get used to it, that I had hit middle age, and that what I was feeling was felt by just about everyone at 44. He then offered to shoot me up with something “better than cortisone” for my shoulder and wrist problems and that they’d work “like new” for a while. He also implied that I would probably have to take pain killers and anti-inflammatory drugs to keep the symptoms “under control.” I thanked him kindly, declined the miracle injection and life-time addiction to pills, and decided I had better start taking responsibility for my own health.

Since I didn’t want to quit my job and leave my wife and children to pursue a degree in medicine, I did the next best thing: I drove to several health food stores where I purchased at least a \$100 worth of books and started researching health. That research led me to, among others, Norman Walker on juices, Herbert Shelton on Natural Hygiene, Paul Bragg on regular fasting, Arnold Ehret on fruitarianism, and Max Gerson on cancer.

Anyway, being an eclectic sort of guy, over the past three years I’ve gathered ideas and things to do from the natural health movement that made sense and “felt right” to me and have slowly but surely put together my own health program. I have one absolute requirement: to get added to my routine, the element must be as natural as possible.

Lest I sound too dogmatic and overbearing, I want to point out that I support each individual in what he or she does to acquire superior health. I have my path; you have yours, and we all need to support each other lovingly, kindly, and with respect.

Within six months of beginning my new way of life (and believe me, I had to make some major changes), my weight had dropped to 145 lbs, and I was feeling like a million bucks. ALL of my physical problems with wrists and shoulder were completely gone (never to return I might add as I update this article in March of 2002), and my improved mental state and new-found energy absolutely amazed me.

But this whole road is a process, a long process involving close examination of cause and effect that requires commitment to change and enough self-discipline to live unconventionally. One also has to give up some of the so-called “pleasures of life.”

I think a juice diet is an excellent way to start this process, but I reiterate that there are no quick fixes on the way to superior health and there are those who I respect who don’t like juice diets because of the way they can upset sugar metabolism in the body, which can cause big problems for certain people.

Finally, to specifically answer your question. Below you’ll find the routine I plan to use today, the third day of my juice diet:

Any time I feel the sinking feeling associated with fasting and juice dieting I’ll have 8 oz. of freshly squeezed orange juice mixed with 8 oz. of pure water. I’ll sip slowly on that and replenish if necessary.

In place of dinner around six p.m. I’ll have 16 oz. of freshly extracted vegetable juice, usually 8

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oz. of carrot juice and the rest spinach, zucchini, celery, green bell pepper, Romaine lettuce, whatever else happens to be in the vegetable bin at the time.

Whenever I feel thirsty I drink as much pure water at room temperature as thirst demands. What kind of juices should one use on a juice diet? I consume at least 16 oz. of freshly squeezed orange juice every day of the diet, both because I like orange juice and because the body uses it to support rapid and efficient cleaning. Some folks find orange juice too efficient. If you haven't done juice dieting in the past, be careful with orange juice because you may get a lot of cleansing reaction symptoms as noted in reply to the next question below. If you find yourself having too many of these "healing episodes," cut back on the orange juice and go to apple juice or grape juice or strictly vegetable juice, especially combinations of carrot as the base with added ounces of zucchini or celery or green bell pepper or beet (easy on the beet) or Romaine lettuce or whatever you have that's fresh in your vegetable bin. You should preferably use organic vegetables if you can find them. If not, wash thoroughly and peel carrots and other root veggies.

I have at least 16-oz. of freshly extracted vegetable juices each day. You can make just about any combination you want. If you don't have an expensive juicer, you can pick up what I call a centrifugal cheapie for \$20-\$30 in most discount stores. These aren't great juicers, but they'll serve the purpose. Once you know you're going to continue to drink fresh, real juices the rest of your life, then you can shell out the big bucks for a quality juicer.

**Note:** you do not consume the pulp on a juice diet. The pulp goes to the compost heap or the dog, if your dog digs vegetarian eats! If you make "total juice" with a Vita-Mix, strain it before drinking when on a juice diet. Juice diet means juice diet. It doesn't mean juice with pulp.

If you don't want to buy a juicer, purchase unpasteurized vegetable juices from your local health food store. Do **not** mistake products like Welch's grape juice or Heinz tomato juice for real juices. They ain't. They've been heated and stirred and pounded and poured until most of the life-giving enzymes have been blasted into the next dimension.

Forgive me for a moment of zealous preaching: There's no excuse for drinking bottled, canned, or frozen concentrated orange or grapefruit juice when going on a juice fast! Spend a few extra bucks and make your own juice. You are worth it! And once your body gets used to consuming real, live juice, you'll wonder how you were ever able to drink the supermarket stuff.

*>Please describe a few of these [danger signals] to watch for. I'm going to start [a juice fast] on the first.*

I wish you luck on your first juice fast! What a good way to start the New Year. Which is what I'm doing too! :-)

Regarding danger signals, first, consider the overall state of your current health. If you've been taking strong prescription medicines for a long time or if you've abused yourself with alcohol, smoking, junk food, sedentary life style, and so on and so forth, **then** you must approach juice dieting and water fasting slowly and thoughtfully. In other words, take it **slow** and **easy**.

When you're as toxic as I was, you can make yourself very uncomfortable by trying to clean out too quickly. Using myself as an example again, I've been fasting and juice dieting periodically for three years and quite seriously plan to continue to do it several times a year for the rest of my life.

Danger signals? Here I quote one of the venerable old saws of the natural health movement: When you fast, you lie on nature's operating table. Obviously, even on such a metaphorical rack, when you deprive your body of its usual food, you can expect a reaction of some sort. Cause and effect again.

As an aside, the simple key to achieving health with the Natural Hygiene model lies with the fact that every effect has a cause. To get well, remove the cause of illness. To lose weight, remove the cause of adding fat cells. To gain energy, remove the causes that make you tired.

Anyway, the effects of fasting and juice dieting depends on the individual and the individual's current state or health or current state of dis-ease. Most people can expect to experience some, all, or none of the following symptoms: headache (ranging from mild to skull splitter), clamminess, dizziness (especially when standing up from a sitting position), fainting, rash, fatigue, acne, rash, diarrhea, muscle aches, plugged up nose, running nose, cough, shivering from being cold, and so on.

Interestingly, any, all, or none of the above may well come and go in a matter of minutes or hours. I work up this morning, for example, with a terribly plugged up nose. After blowing it about eighty (well, maybe five) times, it unplugged and has been dribbling a bit ever since. Do I run and take a decongestant (as the commercials would have us do) to stop this flow of mucus? Absolutely not! I want the mucus to flow. Same with diarrhea (which I haven't experienced during this experiment except for one quick gush just before I went to bed last night). When the body produces a runny nose or a diarrhea, the body wants to throw off some of the gunk inside of it. So why do something to counteract what the body wants?

How simple, how elegant!

How we Americans ignore this basic law of life. Sigh.

Got a temperature? Knock it down with Tylenol and do it in a hurry! That's dumb. If the body wants to raise its temperature, it's doing it for a reason, so leave the body alone and let its innate intelligence accomplish what it's trying to accomplish with this period of so-called "fever." Coughing? Why do you cough? Because the body wants to expel crap in the lungs. Does it make sense to keep the crap there by suppressing the cough?

Farting all the time? Your body's telling you the foods you're eating don't agree with you. Instead of downing Tums by the truckload, simply change your diet and quit eating burritos laced with jalapeno peppers and drowning in sour cream. Remove the cause of the gas expulsion and, guess what, no more rooty toot toot from your backside and no more of those fun bubble noises in the tub!

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The Natural Hygiene model represents the most natural model for achieving superior health that I've yet to discover. And it has one overriding tenet: the human body *knows* how to take care of itself and will *heal itself* without therapies, surgeries, drugs, or voodoo if we give it a chance and if we provide it with the elements it needs to reestablish proper homeostasis.

What are these elements? Simple and natural: a predominately uncooked, plant-based diet (as detailed in the *H&B Living to the Max* section of this report); some sunshine on as much of the body as possible each day; clean air to breathe; clean water to drink and bathe in; emotional peace of mind; adequate rest and sleep. All simple and all full of sense when you think about it. Also, most are hard to do on a regular basis.

Back to the original question. Yes, all kinds of symptoms will result from fasting and juice dieting. When do they become dangerous? I don't know for you. I do know for me. Every fast or juice diet I've been on (over twenty at this point, ranging from three days to almost three full weeks) has produced some of the cited symptoms. (Although so far this current juice diet has been remarkably symptom free.)

On only one fast did I ever consider myself in danger. This was early in my health change program, and in my hubris I had decided to go on a month-long water fast. My first water fast. At about four a.m. on the morning of the fifth day, I literally thought I was going to die. I experienced a weakness so intense and an emptiness and hollowness so vivid that I get goosebumps sitting here now three years later just recalling it.

"Something has gone terribly wrong," I thought to myself that early morning. I woke up my wife and asked her, in a whisper because I was so weak I literally didn't have the energy to speak with a full voice, to please make me a cup of orange juice. She did, I drank it, and shortly afterwards started to feel better. I broke the fast that same night. Was I really in danger? Knowing what I know now, I would answer *no*, that such weakness is pretty common among water fasters, especially if they are as toxic as I was then. But, at the time, *yes*, I was in danger because I was frightened. And every fasting authority I've read has said that you should not fast or should break your fast if you experience fear of fasting. Particularly if you chose to fast alone and at home.

So, bottom line, if your symptoms are too severe or if the whole scene suddenly just doesn't feel or seem right to you, that's the time for you to stop this particular fast. *you* have to make this decision.

And, yes, of course, you can turn that responsibility over to a doctor or fasting specialist, and for many people this is the correct choice.

Me? I'm a do-it-yourself guy, and I don't let anyone do anything for me who won't guarantee his/her work.

Ever have a doctor offer you the same guarantee your car mechanic gives you?

Me neither.

And that's why I trust my car to a mechanic while not trusting my body to a doctor.

*>I did a lot of fasting, sometimes up to 19 and 21 days, so will be very*

Ross, thank you for your comment. You've fasted on water alone a lot longer than I ever have. For ages I've wanted to do a 40-day water fast, but I don't know if I'll ever have the two months in my busy life to get it in this time around. Something about mirroring the Biblical fasts of old seems very attractive to me. And, wow, would it be cool to write about.

*Written at 11: 23 a.m.*

I slept like the proverbial log last night, and, boy, does that surprise me because, as I mentioned in the Wednesday report, I usually sleep less and less soundly when fasting. Woke up with a stuffy nose and feeling very cold. But I always get cold when I fast, and that's why many people only fast in the summer when it's hot. Makes sense.

My first 8-oz. undiluted orange juice this morning tasted better than usual. This happens during a juice diet – the clarity of taste, smell, sight, sound, and touch becomes quite exciting. Each of the above seems to improve a bit with each passing day of no solid foods. Another sign, I think, that all of us eat our way into oblivion and consequently miss probably at least 50% of the things we could be appreciating through this marvelously sensitive and keenly attuned organism our souls walk around in.

Other observations. What I thought might become a boil yesterday morning but that disappeared by last night did not return during sleep. Sleep was keenly deep and refreshing. I meditated for 25 minutes prior to going to bed and fell into a very deep sleep almost as soon as I crawled under the covers. The cat started meowing at 7:30 a.m. and I popped right up and felt terrific. None of the usual vacation desire to roll over and sleep another hour or two. Very high energy after this length of time with no food intake.

Also, the sore legs of the past two days aren't with me today. Well, the legs are still with me, but the soreness has left. Nice! If I continue to feel as great this afternoon as I feel right now, I'll go out and jog a few slow miles today instead of taking the planned nap.

*Written at 8:42 p.m.*

My afternoon did not have the joy and high energy of the morning. I started feeling sluggish, and I've gone progressively downhill in terms of energy ever since. A headache arrived, and it lingers as I write these final notes. To try to knock the headache, I jogged 25 minutes and then took a hot bath. I did feel better for about a half hour, but now I feel worse. Cause and effect again. I feel very cranky and am glad I'm home alone. That's another side effect of fasting and juice dieting: wide mood swings from great euphoria to bleak despair. I'm somewhere in the middle of these right now; thanks to this nasty headache, closer to the latter than the former.

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So I stop Day Three's report on a negative note. And that's appropriate because juice dieting has its fine and subtle shares of ups and downs. So far, you've seen mostly ups. It's good that I also write a bit about the down.

## Day Four Juice Fast Journal Entry

*Written at 6:30 p.m.*

When I ended Thursday's report, a skull popping headache had taken the enjoyment out of what up to that point had been a pleasant experience and experiment. Right after uploading yesterday's report around nine p.m. last night, I went directly to bed. I tossed and turned with the headache, which got progressively worse, most of the night. It was still with me, though not as bad, when I woke up at 7:30. I meditated for 25 minutes, which didn't help the headache. Feeling sorry for myself and asking myself why I ever decided to ruin my vacation juice dieting, I went back to bed and drifted in and out of a restless sleep. I also had a slight fever and chills, like a mild flu. I woke up at 11:00, and the headache was about gone. The fever and chills had left entirely.

Hallelujah!

Hey, juice dieting may not be so bad after all, I decided right around noon, after a hot shower and a 16 oz. glass of 8-oz. of orange juice mixed with 8 oz. of pure water. I then drove to the printer and picked up the January issue of my newsletter and came home and addressed and stamped the issues and then around four p.m. drove them to the post office.

I originally planned to go five days with this juice fast, but if I continue to feel as good as I feel right now, I may do an extra day or two. My wife and kids don't get back until Sunday night, so I have room to play with should I decide to stretch this to a full week. I will play it by ear, er, by how I feel, I mean.

I've cut back on my orange juice intake and so far today have had the juice of six oranges. When I finish writing this entry, I'll make my 16-oz. of vegetable juice and that will probably do it juice-wise for Day Four.

Typically, each day of this fast I've experienced less and less hunger. I've had less juice today than any of the other days, and I haven't had a single moment when I desired food. Indeed, when I opened the refrigerator to pull out a couple of oranges and spied the still-wrapped submarine sandwiches that I wanted to wolf so badly just a few days ago, the thought of eating them almost made me shudder. How could I have wanted those sandwiches so badly? Now the thought of eating that heavy bread and cheese seems the very opposite of attractive. Fascinating, no?

Last night, one of those Dark Nights of the Faster's Soul, reminded me vividly of the price one has to pay for one's dietary and life-style choices. I only wish I'd known when I was a teenager what I know now. Lord, I would have made some very different choices in terms of what I put

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into this old soul shell. I also remember thinking at one point last night when it felt like the center of my head would pop open the way the guy's stomach did in the first *Alien* movie that fasting and minimal diets sure extracted hard coin from the purse of a person's life. In other words, why am I doing this to myself when I could be watching a late night movie on the tube while munching down on a double cheese pizza with a cold can of coke close aside?

The answer of course lies with how I feel right now – downright wonderful. Because I bore down and took the pain from the headache and didn't cave in and pop a headache pill, I gave my body time and energy to pump the toxins out of me into my bloodstream (which caused the headache). Had I taken the tempting Tylenol, my body would have had to concentrate on dealing with expelling the Tylenol as well as expelling whatever toxins it was trying to expel when it initiated the headache.

I was definitely detoxifying. I drank close to a gallon of pure water last night and got up and urinated five times. Tell me the old bod wasn't unloading some stuff it wanted to unload! Of course I had to feel like hell for close to 18 hours to get rid of that crap, but now that I feel so much better, I'm glad I bit the bullet and bore the pain of that very nasty headache and the other symptoms. The payoff was feeling so good today that I did the work that usually takes me three hours in two and a half.

Although not as high energy tonight as this afternoon, I still feel very good as I write these words. Because all the leg soreness has disappeared and because I felt so energetic, I even went out and jogged three miles just before sunset. The weather here in Central Florida has warmed up, and I got out early enough to catch some rays of the sun, so I also felt recharged after the exercise.

Think about this for a second. Since 10 p.m. Christmas night (Monday), I've had nothing but orange juice and 16-oz. a day of carrot and veggie juice. Each day I've jogged approximately three miles and, except for today when I slept through the morning, I've also put in a full day's work (at least nine hours) at the computer either writing these reports or working on my newsletter. I've done all this on no solid food. I don't write this to brag, understand, but to use myself as an example that so clearly points out how overfed most of us are most of the time. When I get low energy, I usually get it because I've stuffed my face with too much food.

When you get low energy, guess what, you're probably food drunk too. (Wish I could claim the phrase "food drunk" but it comes from a 20th century physician named John Tilden who practiced natural hygiene with his patients rather than allopathic medicine.) Unfortunately, I find it very hard to not overeat when I do eat. I don't mean that I binge all the time, but I all too often dig into second servings when I know intellectually that one serving would suffice quite nicely. Habit, habit, habit.

Juice fasting helps to break these habits. Like a computer, when you fast, you essentially hit the reset key on the human cpu. Coming off the fast, you find yourself in the mode the Manufacturer intended for you to be in. Our bodies really aren't designed for Big Macs and double cheese pizzas and coca cola and high test coffee and wine and bourbon and beer and 24-oz. t-bone steaks.

No, I think our design specs call for much simpler fare to keep us running in crash proof mode. Well, juice fasting resets you. Your taste changes, your desires for foods change, you really do return to default values! The secret of course lies with not giving into that first slice of key lime pie when it sticks itself under your nose at the dinner table. Easy to say, hard to do.

It's now 7:15 p.m., and I will stop and go juice my veggies. See you for a few more lines around nine.

The clock now reads a quarter to nine, and I have nothing else new to report. The veggie juice tasted wonderful, and I marvel at the increased sensitivity of my taste buds now that they too have started to reset.

Enough for Day Four.

## Day Five Juice Fast Journal Entry

*Started writing at 5:30 p.m.*

Well, it seems hard to believe, but five days have passed already, and I'm at the end of my latest juice fast experiment. Let me bring things up to date.

I don't feel terrific today, and since I want to feel that way when my wife and kids arrive home tomorrow night rather than grumpy and cranky with a headache and bad breath, I'll break the fast right after I finish this report. That way the odds are excellent that I'll feel like a million bucks tomorrow.

I did go the planned five days, so I feel good about that. And I brought my weight down from 158 on Monday night to 152 this morning, an average weight loss of about a pound a day. Typical for most people while fasting or juice dieting.

Except for sending out a few sample newsletters to folks who requested them, I spent most of this day in bed, resting and dozing, so I don't have a lot to report in terms of specifics about what I did. I rested and dozed and got up and whizzed about ten or fifteen times and that shot an entire Saturday. Now, in hindsight, I wish I had worked even though I didn't feel well. And that of course is stupid Type-A behavior that can undo half the good of a process such as this. If you ever do a juice diet or water fast, please rest as much as possible and give your energy over to detoxing instead of writing about detoxing.

Unfortunately, I'm such a well-brainwashed, middle-aged American guy that even though I know better I still feel like I'm slacking if I'm not working nine or ten hours every day of the week. Stupid, huh? Sometimes I wish I'd been born a bushman. You know, one of those guys who spends two hours and nine minutes a day gathering food and the rest of the time either conversing, napping, peeling bark off sticks, or making love. I used to think such a life couldn't possibly be fulfilling. At this point in my fast it sounds downright wonderful.

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Breaking the fast. I need to give a few details on this. Different folks have different ways of doing it, but there's one key: *don't overdo with food intake the first few days off a fast.*

Easy to say and hard to do because once you start eating again, your body will typically be ravenous. I've fasted enough to keep a modicum of control over myself, but I do have to work at it. I remember one juice diet of ten days right after I started my health changes three years ago. As I ended the fast, I felt great and swore not to overeat because all the experts I'd read had warned against doing so. I had an apple and was suddenly so hungry I thought I'd explode. So, completely out of control, I made a huge plate of bean burritos smothered in cheese and lettuce and wolfed the whole thing down. An hour later, I suffered stomach cramps you wouldn't believe, and I thought I would die most of that night. As usual, I had to learn the lesson the hard way.

So, to break this five-day juice diet, tonight I'll have my usual 16-oz. of veggie juice and about a half hour later will then eat either an apple or a single uncooked corn-on-the-cob. On other fasts such as this one, I've broken them with all kinds of fruits: a single orange, a single banana, a delicious pear, and so on. For some reason, when I went to the store just before I sat down to write this, the white corn-on-the-cob in the produce section looked wonderful so I think I'll have an ear of that for my first solid food in a week. And that will be it for tonight.

Tomorrow I'll try to eat lightly. Banana for breakfast. Apple for lunch. A green salad for dinner with tomato, cucumber, grated carrot and grated beet with an avocado and lemon juice dressing.

Monday I'll start eating my usual predominately uncooked vegetarian diet and will try to celebrate the New Year by eating lightly and well instead of stuffing myself.

## Day Six Juice Fast Journal Entry

I had several letters in my mailbox on the last day of 1995 inquiring to make sure I felt all right, so I decided I'd suffer your patience one last time regarding my juice fast and give you a brief and final update.

Yes, thank you, I feel the best I've felt in months and months. I woke up this morning after a very solid night's sleep at a few minutes after seven, roaring with energy and anxious to get up and start my day. Even though I'd only had two ears of corn-on-the-cob last night to break my fast (yeah, I know I said I'd only eat one, but, geesh, it tasted so good I couldn't resist a second ear).

And I didn't eat as lightly today as I said I would. I had the planned banana for breakfast and then two more unplanned of them right after it. At this point, I felt really energized, so I vacuumed the entire house and mopped the kitchen and bathroom floors and did two loads of laundry. Wow, such an enlightened male some of you females may be thinking. Well, do remember my wife and kids get back tonight, and I always try to fix the house up nice the day they return. Not that I slob it up while they vacation, you understand. Actually, my Type-A personality gets a kick out of straightening up the house every once in a while when I get these incredible energy

bursts from juice dieting or a minimal raw food diet.

Anyway, besides the rest of the house I also straightened up my back bedroom office and ran off some booklets and stuffed some envelopes with requests for a recent issue of my monthly newsletter. Oh yeah, I answered some email too. The house and office work killed several hours.

Lunch time at this point. I said an apple, and I had an apple. A luscious, large Fuji, my favorite type of apple. If you've never tried them, try them. They taste the way Red Delicious used to taste back in 1966 when I drove a 1958 fire engine red MG and bagged groceries for 85 cents an hour to keep it in gas and spark plugs.

After lunch, still full of energy and ambition, I grated five heads of raw cabbage and started a new crock of sauerkraut. Took a couple of hours to do this, and I must have nibbled down at least half a head of cabbage while I grated and sliced and diced and sang aloud to Judy Collins singing Bob Dylan hits. Another benefit of a juice fast like this: vegetables taste so good you can't believe it. Indeed, all natural foods have a taste that simply blows your mind. Even the idea of eating corn chips crusted with salt out of the bag kind of makes you feel queasy inside. And I used to hate cabbage. Today I banged it down like a cow grazin' in Eden.

I read a little bit at this point, settled back on the couch, listening to some good Mozart in the background. Mind very focused and still and one pointed, another benefit of coming off a juice diet. It'll stay like this until I goof up with my eating and stuff my face or get into some junk food or fall prey to a slice of key lime pie. I hope this time around to not blow as quickly as I usually do the resetting that I've done on myself. Indeed, it would be nice to feel this way for the length of 1996.

Someone asked in this morning's digest about breaking a fast on stewed tomatoes. Yes, I've read that many people break fasts this way. As an advocate of uncooked foods, however, Natural Hygiene recommends fruit as being more natural and easier on the digestive system. I went against that last night by having uncooked corn on the cob, but, believe me, I had absolutely no feelings of discomfort from those two ears of corn and woke up this morning with so much energy I thought I'd go through the ceiling of the house.

Hey, we're talking a Sunday morning too. I didn't even want to sleep in!

Back to breaking fasts for one more second... from my reading, it seems like fasts have been broken on all kinds of things down through the ages, from a handful of popcorn to a steak. I believe I read that the guy who ate the steak had to go to the hospital, and that I would definitely believe. Please, use fruit to break a juice diet the first few times you go on one. During later attempts, after you know what you're doing and what to expect, you can try other alternatives that your body signals you to try.

But be moderate the first couple of days. Remember, the longer you go on a juice diet, the longer you need to ease back into re-eating. By easing in, you keep off the weight you lost during the fast, and you'll also feel more energetic.

## Conclusion

Through personal experience and reading and listening to others, I know juice dieting and water fasting can help many people achieve better health. People need to have “how to” information on these topics so they can at least consider fasting and juice dieting as alternatives to traditional therapies, drugs, surgery, and the like.

Finally, I reiterate that I offer my ideas and experiences in this report to share personal experiences of what I do for myself. I do not offer this information to prescribe or attempt to treat others.

As they say at the end of a Loony Tunes’ cartoon, “That’s all, folks!”

Nah, that’s not all. I gotta go peel myself another ear of that luscious-looking white corn! Man, is it gonna taste good!

I wish you a happy, healthy, and spiritually rewarding life.

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[**Note from Chet:** Let's make no bones about it. Personally, I think just about any acute disease, like a cold or flu or allergies or whatever, can be overcome with a 3-5 day juice fast. At least that's been my experience since 1993. For the past seven years, I haven't missed more than three days of work, total, from an illness because I know how to stop eating and start juicing on those rare occasions when I'm not feeling at the top of my game.]

## How I Licked the Flu with a 3-Day Juice Fast

By Chet Day

By the time I went to bed one night last week, I knew I had the flu that had already invaded CasaDay and taken prisoner my wife and two sons.

During the first ten days of the flu bug's visit to our home, I thought I might squeak by and maintain my three-year record of no work days lost to illness.

But I didn't think that would be the case because I'd eaten way too much junk during the holidays, hadn't exercised much, hadn't juiced at all, and just plain didn't feel as immune to disease as I generally feel.

Sure enough, my nose started running like a faucet, and the next thing I knew I had my own personal box of Kleenex tied to my suspenders.

You know what? I'd forgotten just how bad a person can feel with the flu. I mean, seriously, when you haven't been sick for years, you really do lose the recollection of what's it like to have your nose so plugged you couldn't breathe through it with a catheter.

I mean, Richard Simmons screaming at the top of his lungs couldn't break through the ear congestion.

And the nights... on man, I had really forgotten what it was like to not be able to sleep from feeling so bad, from having a headache that felt like the Boer War was taking place within my skull, from having muscle aches that felt like Dr. Frankenstein himself had been working on me in his lab, from having diarrhea that kept me on the toilet as much as off it.

You know what I mean? When you moan and sit up and hold your head between your hands and just plain groan out loud from sheer frustration and pain.

Anyway, I felt BAD, and I knew I needed to do something fast because self-proprietors like me who earn our livings on the Internet don't have the luxury of spending a week in bed while calling in sick every morning.

I also knew from my experience and my studies in natural health since 1993 that I didn't need to take TheraFlu and Tylenol, that I didn't need to sip chicken soup or gnaw on rhinoceros horn

powder, and that I didn't need to rush to the doctor for decongestants and analgesics and antibiotics for secondary infections – the expensive symptom maskers that would actually drag out my illness rather than helping my body to heal.

I knew I really only had to do three things:

1. Drink plenty of fluids;
2. Stay in bed and rest
3. Not eat

Most people are familiar with the first two protocols for the flu. Doctors and mothers have been teaching these two aspects forever.

At the same time, most people haven't learned to stop eating when they're ill because they've been taught to "eat to keep up your strength."

Well, I'm flat out telling you that when you're dealing with an acute illness like the flu or a bad cold your body needs its strength to heal and not to digest chicken soup, hot milk, grilled cheese sandwiches, or yeast-raised waffles with butter and syrup on top.

So I went to bed and stopped eating.

In the past, when I've had the flu, I drank freshly squeezed orange juice, diluted half and half with distilled water, whenever I felt like I needed a little pick-me-up. I did the same thing this time, but I also tried one thing different:

When I work up every morning, I drank what I now admiringly call my *Flu Cocktail*, a simple concoction that contained eight ounces of water and the juice of one half lemon.

Although I answered important e-mails for an hour or so even when I felt like I was on my last breath the first day and a half of my bout with the flu, the rest of the time I slept and sipped on orange juice and distilled water. (Oh yes, I also took four probiotic capsules three times a day.)

After three days on this routine, I felt just fine again. My energy returned, my head cleared, my nose stopped running, and I resumed my usual work schedule.

It's now eight days since I got the flu, and I'm feeling the best I've felt in ages.

I lost several pounds and I gained at least a megawatt of energy.

For me, the flu was a blessing in disguise because it motivated me to get on a good juice diet and clean out the remnant toxins from all those holiday goodies back in November and December.

So the next time you come down with the flu, give some thought to trying a juice diet, along with lots of bed rest, plenty of distilled water, and probiotics.

Using a juice diet, most people will spend a whole lot less than what they'd spend on a doctor's visit that resulted in two or three prescriptions.

And using a juice diet, most people will get well two or three times faster because they relied on their body's healing powers instead of simply masking symptoms and making it even harder for their bodies to resolve the problem.

Our bodies truly are marvelous, self-healing wonders, if we're only intelligent enough to stand back and give them room to function as designed.

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[**Note from Chet:** The late Stanley Burroughs is one of my health heroes, and I know you'll enjoy learning about his very famous *Lemonade Diet*, also known as *The Master Cleanser*. I went on this program for three weeks once several years ago and came away from it feeling light, clean, and really on top of the world. I was also totally sick of the taste of lemonade by the time I finished, but, hey, that was a small price to pay for such a thorough detox.]

## The Lemonade Diet

By Stanley Burroughs

an excerpt from *The Master Cleanser* available at <http://amazon.com>

### The Master Cleanse or Lemonade Diet

Follow the diet for a minimum of 10 days or more – up to 40 days and beyond may be safely followed for extremely serious cases. The diet has all the nutrition needed during this time. Three to four times a year will do wonders for keeping the body in a normal healthy conditions. The diet may be undertaken more frequently for serious conditions.

### How to Make the Lemonade

2 tablespoons lemon or lime juice (approx. ½ lemon)

2 tablespoons genuine maple syrup (Not maple flavored sugar syrup)

1/10 teaspoon cayenne pepper (red pepper) or to taste

Water, medium hot

Combine the juice, maple syrup, and cayenne pepper in a 10 oz glass and fill with medium hot water. (Cold water may be used if preferred.)

Use fresh (organic) lemons or limes only, never canned lemon or lime juice nor frozen lemonade or frozen juice.

### How Much Does One Drink?

Take from six to twelve glasses of the lemonade daily during the waking period. As you get hungry just have another glass of lemonade. **No other food should be taken during the full period of the diet.** As this is a complete balance of minerals and vitamins, one does not suffer the pangs of hunger. Do not use vitamin pills.

All solid food is turned into a liquid state before it can be carried by the blood to the cells of the body. The lemonade is already a food in liquid form.

For those who are overweight, less maple syrup may be taken. For those underweight, more maple syrup may be taken. For those who are underweight and worried about losing more weight, **Remember**, the only things you can possibly lose are mucus; waste, and disease. Healthy tissue

will not be eliminated. Many people who need to gain weight actually do so near the end of the diet period.

Never vary the amount of lemon juice per glass. About six glasses of lemonade a day is enough for those wishing to reduce. Extra water may be taken as desired.

### How to Break the Lemonade Diet

Coming off the lemonade diet properly is highly important – please follow the directions very carefully. After living in a semi-tropical and tropical climate for many years, I find that people have increasingly turned to a raw fruit, nut, and vegetable diet. Following is the schedule for people who normally follow such a natural vegetarian diet:

#### **First and Second Day after Diet/Detox:**

Several 8 oz. glasses of fresh orange juice as desired during the day. The orange juice prepares the digestive system to properly digest and assimilate regular food. Drink it slowly. If there has been any digestive difficulty prior to or during the change over, extra water may be taken with the orange juice.

#### **Third Day after Lemonade Diet/Detox:**

Orange juice in the morning. Raw fruit for lunch. Fruit or raw vegetable salad at night. You are now ready to eat normally. For those who have characteristically lived the unnatural way of meat, milk, refined and devitalized food, it may be best to change over as follows, gradually adopting the raw fruit, nut, and vegetable diet:

#### **First Day:**

Several 8 oz. glasses of fresh orange juice as desired during the day. Drink it slowly.

#### **Second Day:**

Drink several 8 oz. glasses of orange juice during the day -- with extra water, if needed. Some time during the afternoon, prepare a vegetable soup (no canned soup) as follows:

Use several kinds of vegetables, perhaps one or two kinds of legumes, potatoes, celery, carrots, green vegetable tops, onion, etc. Dehydrated vegetables or vegetable soup powders may be added for extra flavor. Okra or okra powder, chili, curry, cayenne (red pepper), tomatoes, green peppers, and zucchini squash may be included to good advantage. Brown rice may be used, but no meat or meat stock. Other spices may be added (delicately) for flavor. Use salt delicately as a limited amount of salt is necessary. Learn to enjoy the natural flavor of the vegetables. The less cooking the better.

Have this soup for the evening meal using the broth mostly, although some of the vegetables may be eaten. Rye wafers may be eaten sparingly with the soup, but no bread or crackers.

**Third Day:**

Drink orange juice in the morning. At noon, have some more soup: enough may be made the night before and put in the refrigerator. For the evening meal eat whatever is desired in the form of vegetables, salads, or fruit. No meat, fish, or eggs; no bread, pastries, tea coffee, or milk. Milk is highly mucus-forming and tends to develop toxins throughout the body.

(Milk, being a predigested food, has been known to cause various complications in the stomach and colon, such as cramps and convulsions. The calcium in milk is difficult to assimilate and may cause toxins in the form of rheumatic fever, arthritis, neuritis, and bursitis. The resulting lack of proper digestion and assimilation of the calcium allows it to go into the blood stream in a free form and it is deposited in the tissues, cells, and joints where it can cause intense pain and suffering.)

**Fourth Day:**

Normal eating may be resumed, but best health will be retained if the morning meal consists of our type of lemonade or fruit juice: and, of course, if a strictly fruit, vegetable, seed and berry diet is followed. If, after eating is resumed, distress or gas occurs, it is suggested that the lemonade diet be continued for several more days until the system is ready for food.

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[**Note from Chet:** Robert and Elizabeth McCarter discovered Natural Hygiene and detox routines late in life, when both were suffering from arthritis and other chronic ailments. Once they detoxed, however, they went on to live many more years in excellent health, and they devoted their lives to teaching others how to live naturally and healthfully. This next routine is an excellent one for older people or for those who want a simple and relatively easy detox program.]

## A Transitional Detoxifying Routine

by Drs. Robert and Elizabeth McCarter

### The Transition Phase (Fruit-Juice Diet)

#### **6 a.m.**

Out of bed Stretching exercises. Enema (optional for those who don't like enemas). Lukewarm shower or bath.

One cup of herb tea (your choice). Warm, not hot. You may flavor your tea with one teaspoon of honey, if desired. Use pure water.

Brisk walk or some other form of exercise, such as calisthenics, swimming horseback riding, tennis, etc. Change your exercise routine regularly so that different muscles are used.

#### **11 a.m.**

8 ounce glass of fresh fruit juice, preferably grape, apple, or orange, diluted half and half with pure water. Always dilute fruit juices in this manner so as to avoid calcium loss. Rinse mouth.

#### **1 p.m.**

Dish of fruit in season, as much as you like. Eat only one kind of fruit at a time. Do not mix foods at this stage of recovery.

**Note:** fresh fruits are always preferable to dried fruits. However, in certain areas it may be difficult to obtain fresh fruits during the winter season. In this case, use dried fruit. Just soak overnight in pure water to cover. Do not cook. Such fruits are delicious and need no sugar. Purchase only unsulphured dried fruits at your health food store. They usually carry a wide assortment.

#### **3 p.m.**

Exercise period. Fifteen minutes. (See exercise section to follow)

#### **3:30 p.m.**

8-ounce glass of undiluted fresh carrot juice or carrot and celery juice. (Or diluted fruit juice, apple or grape only)

#### **4 p.m.**

Rest period in bed. Lie prone and relax even if you can't sleep.

**7 p.m.**

Dish of fruit, as much as you like. Choose fruit which you did not have at noon. One kind only.

**9:30 p.m.**

Enema followed by lukewarm shower or bath.

**10 p.m.**

4-ounce glass of fresh undiluted carrot (or grape) juice. Bedtime. Pleasant dreams. (Note: if you use grape juice, be sure to dilute it 50-50 with pure water.)

The foregoing regime is often called a modified or partial fast. This is not strictly correct. The word "fast" implied total abstinence from food, the individual having recourse only to pure water. Quicker results can usually be obtained from a total fast with complete bed rest, using only pure water as needed. Our transition regimen should correctly be called a juice-fruit diet and excellent results will be forthcoming if it is faithfully followed. Severe cases, of course, should go on a complete fast, but only under the supervision of an experienced practitioner and in an institution away from disturbances of any kind.

On our juice-fruit diet you will probably have no need for additional liquid. However, if real thirst is felt, drink some distilled water 15 to 30 minutes before the two fruit meals. In our opinion, distilled water acts as a therapeutic unclogging measure. We particularly advise its use for older people. It tends to clean out debris from the blood. Under no circumstances, should either chlorinated (tap) or fluoridated water be used. Distilled water may be purchased or distilled at home.

The juice-fruit diet can be undertaken by most people with complete safety. It should be continued for a minimum of seven days and may be continued longer, if desired. One's physician should be consulted as to the advisability of beginning this regimen. However, it is advisable that he be experienced in the art of fasting and knowledgeable about nutritional therapy.

Under a total fast or transitional diet, toxins are often released from hidden confines of the body and may produce headaches and other symptoms. These are not alarming. The body is eradicating toxins which have long been present. The more strictly the above regime is followed, the faster will the system be cleansed of its toxic debris and improved health be assured. The liquids and fruits provide an abundance of alkalizing minerals to eradicate acids from within the body and sufficient roughage to encourage normal elimination after a period of time. Additionally, they flood the body with vitamins and enzymes to make the system sing!

For three days after your transition diet add the following foods gradually: ripe avocado following morning carrot juice (wait 15 minutes after juice); blended salad as a substitute for one fruit meal (Recipe for blended salad: 1/4 medium cucumber, 1/2 medium green bell pepper, 5-6 leaves Romaine lettuce, 1/2 stalk celery: place ingredients in blender in order given. Set blender for chop. Use celery stalk to guide ingredients into blades; use no water; season with vegetable salt, if desired. Serves one.); baked potato to follow blended salad. The transition Diet should be repeated one month after you resume a normal diet and it may be repeated thereafter at least

twice each year. We recommend a fruit day once each week as a part of your normal living pattern. On that day, eat only fruit. Allow your digestive organs a day of rest. They will be most grateful.

## **Exercise**

Stand tall. Extend arms directly overhead and S-T-R-E-T-C-H.

Stand tall. Clasp hands together directly overhead. Bend as far as possible to left. Repeat to right.

Stand tall. Clasp hands together directly overhead. Now try to touch floor, hands still clasped. You may bounce (gently) in this position.

Clasp hands together in front of chest. Swing to right, then to left.

Clasp hands together in front. Bend at waist. Swing to right, then to left.

Lie down on floor. Extend arms overhead on floor. Breathe through nostrils. Push out abdomen. Count of three. Exhale through nostrils. Repeat three times. Do NOT force breathing.

Same position. Extend arms over and above head first in vertical motion, then in horizontal movement along floor.

Same position. Raise right leg, then left leg, then both, assisting when necessary with hands behind hips.

Same position. Extend both arms behind head on floor. Bend knees placing feet flat on floor close to buttocks. S-T-R-E-T-C-H extending arms back as far as possible. Push the soles of feet against floor at same time.

Run in place either in-doors or out-of-doors. Always keep air in good circulation during all exercise periods.

All exercise should be commensurate with your physical condition at the time. DO NOT OVER-DO, but at the same time bear in mind that you should not also UNDER-DO! Keep active and keep young.

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[**Note from Chet:** Dr. Kiki Sidhwa is another one of my health heroes and one of my favorite Natural Hygienist mentors. I especially appreciate his work on living sanely and thoughtfully, trying to keep the good of others in mind at all times. This next article presents a simple but excellent detox routine. I've gone on it several times, and I always feel like a million bucks after completing it. You will too.]

## Practical Hints for a Detoxifying Regime

by Kiki Sidhwa, N.D., D.O., D.N.H.

I have no doubt in my mind that long fasts have the best results in chronic ailments. But not many people have the time or inclination nor the necessary grit and commitment to undertake such a fast. For those who want to detoxify themselves the following practical suggestions will go a long way in helping them to detoxify.

Most people are quite capable of doing a three day water fast. Be sure to obtain purified water only. During these three days, slow down your daily activities - specially physical activities. Some may even find it is better to take to bed and keep warm if the weather is cold.

After these three days - for one week put yourself on a monotrophic diet , i.e. eat only one type of fruit at each meal.

For example: **Breakfast** could be melon only. Eat as much as you like and feel satisfied that you have had enough. All types of melons are good. Honeydew, Cantaloupe, Gala or Watermelon.

**Lunch:** Eat only oranges or grapefruit or pineapples or plums whatever you fancy but don't mix the fruits. Eat till hunger is satisfied.

**4 p.m.** Have a large (12 oz.) glass of freshly pressed carrot juice.

**Evening:** Eat only apples, pears, grapes or bananas. Eat only one fruit at a time and eat till hunger is satisfied. During the week you can vary daily the fruits you want to eat on that particular day.

You can resume your household duties or light office work but do not exert yourself physically. Conserve energy. It is possible that some of you may feel some reactions, like light headedness, nausea at times, a little listlessness and feeling of tiredness and mental irritability. Persevere - Rome wasn't built in a day. After all it took you years to get into the toxic state that you now find yourself into. The symptoms will go away eventually. Lots of sleep and rest are essential at this stage so do not plan any social events.

After these ten days - I suggest you go for one month on an all raw food diet as follows:

**Breakfast**

Fresh fruit only of oranges, kiwi's, pineapple, apple, plums, grapefruit or any other acid fruits. You can now mix the fruits. Eat enough to satisfy your hunger. Just one orange and one apple will not be enough. You have to get your calories from the fruit you eat.

**Lunch**

Eat heartily of grapes, pears, bananas, mangoes, fresh dates, and with this meal eat a head of lettuce, 1-2 sticks of celery and a handful of dried raisins or sultanas, or 3-4 dried figs or 10-12 dried Hunza apricots.

**Snack**

4 p.m. A large 12 oz glass of freshly squeezed carrot juice.

**Evening**

A large Rainbow salad of grated red cabbage, grated carrots, grated beetroot, chopped up celery, watercress, cucumber, and red or green peppers. A dressing could be made as follows: Put 2-3 tomatoes in the blender, 1 whole peeled large size avocado and a pinch of marigold bouillon powder and 1 tea spoonful cold pressed linseed oil or olive oil. Blend the lot and pour it on your Rainbow salad and mix thoroughly. Enjoy it with some lettuce leaves. To this salad you add 3 ozs of nuts and seeds. Not salted nuts and not peanuts. Brazil, Cashew, Almonds, Sunflower seeds, Pumpkin seeds. Whatever you fancy. Chew well or grind the nuts dry and sprinkle on the Rainbow salad or put ground nuts in a blender, add just a little water and make it into nut cream.

On such a regime – if you have not cheated in between – at the end of that month you will feel cleaner, fitter, a little slimmer and more energetic with the added bonus of some of your symptoms disappearing. No cooked food should be eaten. Full activity can be resumed on this raw diet. This regime has worked on thousands of cases.

The choice is yours. Remember no one can cure you. Your own body, given the opportunity will rebuild itself.

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[**Note from Chet:** I don't subscribe to the popular (and false) idea in the natural health movement that everyone's colon is impacted with old fecal material and really nothing more than a toxic sewer because every colon surgeon I've communicated with says they've never seen anything inside a human colon other than "healthy pink colon walls." With that said, I do think a colon cleanse is a good idea every few years. In this next article you're going to learn *The Hawaiian Colon Cleanse System*, a routine that one man actually paid \$10,000 to undergo. Whoa!]

## The Hawaiian Colon Cleanse System

by Tom Lenhardt

The story of the *Hawaiian Colon Cleanse System* goes back about 40 years, when a freelance healer and missionary came to Hawaii from Samoa. He approached Mrs. Margaret Machado, who was already teaching the Hawaiian Lomi-Lomi Massage. You can read a lot more about Margaret Machado at

<http://www.hawaiian.net/~kea/aunty.html>

This missionary, whose name I have forgotten, though I believe it was Mr. Al Wolfsan or something like that, taught Mrs. Machado the cleansing program.

Some of the details are very important – some are not so much.

The program lasts 10 days.

For the first three days, between 6 and 7 in the morning, drink two quarts of water containing 1/3 ocean water and 2/3 clean filtered water. This is very salty in taste, and some people have a hard time getting it down. To them, Margaret gives a pinch of cayenne pepper with a few drops of pure lemon juice.

I went through this cleanse several times and having the cayenne worked best for me.

[**Note from Chet:** If you don't have access to clean ocean water, you could substitute Stanley Burrough's internal salt water bath, which you make by adding two level teaspoons of sea salt or Celtic sea salt to a quart of water. I'll leave it up to you as to how you would then incorporate that quart of water into the Hawaiian Cleanse.]

Why is the 6 to 7 a.m. timing so critical?

Apparently during this time of the day while your stomach is empty, the salt water just flushes through without going through the normal digestive process. Due to the salt water you eliminate all the stuff that is loose in the intestine and colon.

At 9 a.m. or so you drink a large glass of red grape juice diluted one half with clean or filtered water.

At 10 a.m. you have a cleansing formula drink containing two heaping tablespoons of psyllium husks and 1 teaspoon of Bentonite mixed together and shaken up with some more grape juice and water. Both psyllium husks and Bentonite are available in health food stores.

Between the hours of 10 a.m. and 2.00 p.m., drink one gallon of clean or purified water. This is very hard to do if you are not a water drinker.

At 3 p.m. have another cleansing formula drink containing two heaping tablespoons of psyllium husks and 1 teaspoon of Bentonite mixed together and shaken up with some more grape juice and water.

At 4 to 5 p.m. have another large glass of red grape juice diluted one half with clean or filtered water.

At 5 p.m., take a steam bath.

As an aside, we used a unique home-made steam bath that I helped them build which worked only with water heated with scrap wood and sat about 12 people.

By sunset people gather together and sing songs and share stories. It is a very relaxing atmosphere.

### **Then it's time for a good rest.**

At 5.30 a.m., it's time to get up and get ready for more salt water. This is the second day. This is the day the garbage starts coming out. It is not a nice view, but it's amazing what happens.

Margaret gives everyone a 5-gallon pail instead of using the toilet. The paper is deposited in a bag next to the pail. The reason for this is that Margaret takes every pail separately and examines its contents. She uses latex gloves and you wouldn't believe the things she finds – everything from worms to tape-worms to short and long toxic linings the shape of the colon itself.

They usually take pictures of what comes out. It is unbelievable. Many people say, I knew I was full of it, but I just did not realize how full. I was one of those people.

Because you do not eat anything for the first three days, the water and the juice are timed properly and it is not so hard to take.

Also there is a bit of a competition going on. We all sit at a long table and have our own water. We, not surprisingly, keep an eye on how the other people are doing. If you see someone drinking it faster than you, it gives you extra energy to keep up. You know how that goes.

OK. This crap is coming out for the second and third days, but the second day is the worst.

During Day 4 we start eating very light meals. Salads of all kinds but not too much at once, all the fruit you can have, almond cheese and sprouts – all you can have.

During Days 5-6, some whole wheat crackers and corn tortillas are added. No more juice. The cleansing formula is optional – if you like, you can continue to take it once or twice a day. Steam bath every day and a light body massage after.

Days 7-10 are hell again. Two times a day you drink a glass of AWA root tea. The English name is “Morning Glory.” It is a strong smelly tea but a very effective kidney and liver cleaner.

During those last three days you slowly eat more and more food. The tea is taken about one hour before the noon meal and evening meal.

People walk away happy and feeling well.

### He Paid \$10,000 for this Cleanse

One man, a vice president of Rolls Royce Company from England, heard about this cleanse, and flew to Hawaii in his private plane to take it.

At the time he came down, there were no classes scheduled. Would you believe he paid Margaret a full fee of I think \$10,000 just to put him through a cleanse all by himself. Of course for that kind of money he received a royal treatment, like a personal massage a few times a day by Margaret herself. I am not 100% sure of all the details, so there you go.

Unfortunately, Margaret does not do the cleanse anymore. She is 87 years old and Danny, her husband, is 91 this year (2003) and still going good.

They are taking their cayenne pepper faithfully every day and keeping their bowels open all the time. They are still offering the *Lomi-Lomi Massage* as you have seen it on their web page. It is fascinating to learn.

How do I know so much about them? I was married to Margaret's daughter for 15 years off and on. Unfortunately we could not take it any longer. So after our final divorce I retired here in the Philippines.

I hope this will help you in some way. Just remember the most important points, timing amounts of water, the cleansing formula, and the final tea. All the rest can be adjusted.

Aloha from Tom.

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[**Note from Chet:** In the 1920's, Johanna Brandt, living in South Africa, cured herself of cancer with something she came to call The Grape Cure. This next section of the Detox Bible contains the complete "how to" details for doing Ms. Brandt's Grape Cure. This is an excellent detox for people who are confident in their bodies' ability to heal when given a mono- and minimal diet over an extended period of time.

## The Grape Cure

### (1) Preparation

To prepare the system for the change of diet, the better practice is to fast for two or three days, drinking plenty of pure, cold water and taking an enema of a quart of lukewarm water daily with the strained juice of one lemon therein.

By this short fast, complications may be avoided. The stomach is cleared of poisons and fermenting accumulations to a certain extent, and the grape can begin its work more quickly.

The preliminary fast, furthermore, has the advantage of giving the patient keen relish for the first grape.

### (2) After the fast.

The patient drinks one or two glasses of pure, cold water the first thing in the morning.

### (3) First meal

Half an hour later the patient has his first meal of grapes. Wash them well. (Chew the skins and seeds thoroughly and swallow only a few of them as food and roughage.)

### (4) Time

Starting at 8 a.m. and having a grape meal every two hours till 8 p.m., this would give seven meals daily. This is kept up for a week or two, even a month or two, in chronic cases of long standing. Not longer under any circumstances.

### (5) Variety

Any good variety may be used – purple, green, red, white or blue. Hothouse grapes are better than none, and the seedless varieties are excellent. The monotony of the diet may be varied by using many varieties. Different varieties contain different elements so it is advisable to use as many kinds as one can get. Some like them acid, others like them sweet.

The best time is when the grape season is at its height.

### (6) Quantity

This varies according to the condition, digestion, and occupation of the patient. It is well to begin with a small quantity of one, two, or three ounces per meal, gradually increasing this to double the quantity. In time about a half pound may safely be taken at a meal. To make this point quite clear, a minimum quantity of one pound should be used daily, while the maximum should not

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exceed four pounds. Patients taking larger quantities at a meal should allow at least three hours for digestion and should not take all the skins. Invariably, the best results have been effected when grapes have been taken in **small quantities**.

### **(7) Enjoyment**

A loathing for grapes may indicate the presence of much poison in the system and the need of another short fast. Adding grapes or any other food to such a condition would, therefore, be injurious. The rule in such cases is to abstain from every form of food, drinking an abundance of cold water. Unless patients can eat the grapes with perfect enjoyment, they are better off without them. Skip a few meals. Let Nature regulate this matter. We hear of over-zealous relatives forcing grapes down the throats of unfortunate patients. This is a great mistake. (Always remember that grapes are nourishing and maintain life in the body while the cleansing process is going on). *Loss of strength is due to the presence of poisons in the system.* The patient continues to weaken under the grape diet and under the complete fast, until the poison has been expelled. The, without a change of diet (and in case of a complete fast, without any food whatsoever), the patient returns to strength and in some cases even puts on weight.

It is a well-known fact with scientists and physiologists that a person can go 90 to 115 days without any food and live, and that he can go without water 12 days and live.

## **FOUR STAGES**

There are four stages in a complete treatment and these stages must be followed closely; heavy foods must not be eaten until the completion of the four stages.

At the conclusion of the exclusive diet, the patient is in much the same condition as a Typhoid Patient when the fever subsides. Extreme care must be taken to prevent him from eating heavy foods.

### **First Stage**

(a) In every case reactions are different. It is, therefore, impossible to say beforehand how long it will be necessary to use grapes only. But this may be stated definitely—the cleansing of the alimentary canal takes time, and until this has been accomplished, the real relief does not begin. It is safe to say that the first seven to ten days on grapes only would be required to clear the stomach and bowels of their ancient accumulations. And it is during this period that distressing symptoms often appear. Nature works thoroughly. She does not build on a rotten foundation. The purification of every part of the body must be complete before new tissue can be built.

I think this is the only explanation of the excessive loss of weight under the grape diet. This question is of so much importance that we refer to it in detail under the treatment of cancer elsewhere.

If we could remove every trace of fear from the mind of the patient, the correct procedure would be to continue the exclusive grape diet until he stops losing weight. By watching the symptoms—

the temperature, the excretions, eruptions, etc., we know when the work of purification is complete. When this point has been reached—and it may last from two weeks to two months—it is advisable to go on to the

### Second Stage

(b) The gradual introduction of other fresh fruits, tomatoes and sour milk or cottage cheese.

We do not expect anyone to live on grapes forever. The grape contains many of the most valuable elements necessary for life, but it does not contain every thing. To live on grapes indefinitely would be to rob the system of some of the elements essential to life. When we are sure, therefore, that the grape has done its work by breaking up the unhealthy tissue and purifying the blood, the careful introduction of other body building foods is the next step.

Grapes still form the main food and are always taken as the first meal in the morning and at 8 p.m. But now, during the day, some other fresh fruit may be used instead of grapes. An endless variety presents itself—a slice of melon, an orange, a grapefruit, an apple, a luscious pear, the scarlet strawberry, the golden apricot—one fruit more appetizing than the other.

Let the patient choose.

Only one kind of fruit to be taken at a meal but something different every day.

After a few days a glass of sour milk or buttermilk, yogurt, or cottage cheese may be taken instead of grapes for sup per. Patients who dislike milk should take a ripe, finely-mashed banana, or some other nourishing fruit.

After a week or ten days, every other meal may consist of different varieties of fruit, or sour milk, taking them, for example, in the following order:

8:00 A.M. Grapes.

10:00 A.M. Pear, banana or peaches.

12:00 Noon Grapes.

2:00 P.M. Sour milk, buttermilk, or cottage cheese.

4:00 P.M. Grapes.

6:00 P.M. Orange, grapefruit, plums or apricots.

8: 00 P.M. Grapes.

At this point some patients crave for something savory. The sweet fruits begin to pall. There may even be a positive aversion to grapes, in which case they should be omitted altogether and the other foods taken every three hours.

One or two sliced tomatoes with pure olive oil and a little lemon juice may safely be included in this diet. The tomato is more of a fruit than a vegetable, containing many valuable properties, and it forms an indispensable part of the diet in the second stage of the treatment.

### **Third Stage**

(c) The raw diet. This includes every food that can be eaten uncooked—raw vegetables, salads, fruits, nuts, raisins, dates, figs and other dried fruits, butter, cottage cheese, sour milk, yogurt and buttermilk, honey and olive oil.

Begin the day as usual with cold water and grapes or some other fruit for break fast, but instead of sour milk or fruit for lunch, have a substantial salad of raw vegetables. Reduce the number of meals, as raw vegetables require longer to digest. It is surprising to some people to find that nearly all the vegetables can be used raw—young green peas and string beans, celery tomatoes, cucumbers,) lettuce, sprigs of cauliflowers, squash, shredded cabbage leaves, grated carrots, turnips, beets and parsnips, finely chopped onion and spinach.

After the light fruit diet, it is wise not to start out too soon with a large variety of vegetables. Choose two or three of the above-named as a foundation for your salad and mix them with lemon juice and olive oil. Try different ties the following day and watch the combinations of flavors. Salad-making is a supreme art.

Above all things, this noonday meal should be made palatable. Patients who have been used to animal food crave for something stimulating. There can be no objection to adding one or two savory ingredients to this salad—some finely chopped nuts, grated cheese, sour cream, or a good homemade mayonnaise made of eggs, lemon juice and olive oil. In some cases a finely-chopped hard boiled egg may be included in the salad.

### **Time to Digest**

Give this meal more time to digest than is required for raw fruits, especially if nuts, dates, raisins or other dried fruits have been added to it.

The supper should consist of sour milk or fruit, or a highly nourishing and digestible dish may be made of ripe bananas mashed, with sour cream.

### **The Raw Diet**

Sufficient stress cannot be laid upon importance of the raw diet. If we could only educate the people to this fact it would help to eradicate disease.

The raw foods digest more easily than the cooked and pass through the system far more rapidly. The result is that they have no time to decompose in the alimentary canal. There is no undue fermentation and no fear of toxic poisoning.

Therefore patients are strongly advised to abstain from every form of cooked food during the full period of treatment.

Thus far the course then consists of the three stages as outlined above and if followed the highest results are obtained.

When it is difficult to convince people that they derive more nourishment from uncooked foods, we reluctantly consent to the introduction of one cooked meal a day, but do not recommend it.

#### **Fourth Stage**

(d) The mixed diet.

With this innovation, there is some times a recurrence of the old trouble, and the patient, sadder and wiser for the experience, is glad to go back to the raw diet. But if the disease has not been very deep-seated and the cure is complete, the following regimen is recommended:

#### **Three Meals a Day**

- (1) A fruit breakfast, one kind only.
- (2) A cooked dinner.
- (3) A salad supper.

For breakfast eat plentifully of any of the juicy fruits that may be in season. Make a strict habit of this and observe it for the rest of your life if you want to be healthy.

**The No Breakfast Plan** does not apply to fruit at all. It was and is, a splendid rule for people who have been systematically overeating, and especially those who are in the habit of indulging in heavy dinners and late suppers. But when the supper is taken not later than 7 P.M. and consists of raw salad or fruit, the stomach of one who has been on a proper grape diet is free from acidity and accumulations.

In such cases, the fruit breakfast is better than the fast, in that it supplies the body with cleansing and building material.

One can, moreover, do a hard morning's work on a fruit breakfast.

### **Not a Cookery Book**

This book on the Grape Cure is not a cookery book. It would, however, be incomplete without a few hints on cooking for the benefit of the reader who has followed these pages.

*As the cooked foods are the acid forming foods, no one who is troubled with acidity should have them.*

Raw fruits and vegetables never cause acidity—on the contrary, they neutralize the acids by which the system has been poisoned. The first results of a raw diet are often very distressing on that account. The patient seems to become hyperacid and this condition lasts until all the poisons have been worked out.

Another thing to remember is that cooked foods take much longer time to digest than raw. No more food should be taken within five or six hours after the cooked meal. No strenuous work should be done and it is especially recommended to refrain from every form of brainwork immediately following such a meal.

*Keep the cooked and uncooked foods apart.*

In the process of digestion, Nature always disposes of the most digestible foods first. If you have made the mistake of mixing raw foods with the cooked, the raw will digest first while the rest of the conglomeration will ferment.

### **The Cooked Meal**

A dry meal. No soups, no liquids of any kind. No raw salads. No fruit either fresh or cooked. The main foods to be steamed vegetables. Begin with one kind at a time after the Grape Cure. If the results are good, take two or three varieties at a meal.

Not more than one kind of starch. This may consist of any of the cereals, such as oatmeal, wheatena, brown rice, potatoes or whole wheat bread and unsalted butter. Prof. Arnold Ehret, originator of the Mucusless Diet Healing System and recognized authority on raw food objects to even one starch.

Enjoy this meal. If you are not a vegetarian, indulge in a piece of baked, broiled or steamed fish occasionally, with a baked potato and butter. Or this meal may consist of a dish of stewed tomatoes, or any of the green vegetables steamed and baked. An infinite variety of savory dishes may be made by mashing one of the green vegetables with steamed potatoes, mixing with egg, covering with bread crumbs and pats of butter and baking this to a rich brown in the oven. Leftovers of cauliflower, carrots, cabbage, parsnips, steamed lettuce, spinach, baked onions, etc., lend themselves especially to this form of cooking.

Watch the effects of the cooked meal and with the first sign of discomfort, return to the raw diet.

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[**Note from Chet:** Basil Shackleton wrote a terrific little book on the Grape Cure, a natural health detox routine popularized early in the 20th century by South African health writer Johanna Brandt. Below you'll find "The Diced Diet," a recipe/meal you can use that will help your body detox and cleanse.]

## The Diced Diet

By Basil Shackleton

An excerpt from his version of the Grape Cure

After I had bought my farm in the Cape and before discovering the grape treatment, I made a number of experiments with raw foodstuffs to enable me to survive. The diced diet, given below, is my most successful discovery next to the grape diet. It is invaluable as a whole meal, lunch, or dinner, though preferably the latter, about the fourth day after the grape treatment. It has remarkable healing and cleansing properties, and will, if eaten regularly as a main meal during the day, actually cure rheumatism and skin rashes, and it is a guaranteed cure for constipation.

If the diced diet is eaten at least during five days of the week, it is impossible to be constipated, unless there is a structure in the intestines. The ingredients are well balanced, and the whole can be considered a perfect food.

### Ingredients

- Two ounces of well-washed raisins (preferably large with seeds)
- One medium sized eating apple (crisp, preferably Granny Smith type)
- One ripe and well-washed tomato
- Two ounces sweet milk cheese (Gouda)
- Two ounces dry-roasted peanuts or monkey nuts (no oils, fats, or salt)
- The juice of half a fresh, ripe lemon
- The seventh ingredient is saliva!

### Method of Preparation

After washing the raisins several times in hot water, place them in a cup and allow to soak in really hot water for about ten minutes. Then squeeze the juice of the lemon into another cup and add the raisins after they have been drained of water. This may be left for twenty minutes to half an hour. The lemon juice should just cover the raisins. Wash the tomato, cut into small pieces, and place in a bowl. Cut the cheese into small pieces and place in the bowl with tomato. Then throw the monkey nuts into the bowl, finally adding the raisins and lemon juice. Stir thoroughly and the food is ready for consumption. In fact, it should

be eaten within fifteen minutes of preparation otherwise it begins to lose its own vitality!

Now find yourself a comfortable chair and relax with a little reading matter and your feet up if necessary, because it takes at least half an hour to thoroughly masticate and swallow the food. Remember that saliva is a very important ingredient! If possible make the diced diet your evening meal – your dinner, and don't drink any liquids until two hours have elapsed after the meal.

After a week of this food as your main meal of the day, you will feel completely revitalized, especially if you cut down on other foods and leave out meat altogether during that week. The various ingredients can be adjusted to suit individual tastes, but no other may be added or taken away. The sweetness of the diet is controlled by the time allowed for the raisins to soak in the lemon juice. The longer the soak, the sweeter the juice.

[**Note from Chet:** The directions below for Deborah Allen's detoxing ginger bath are simple and to the point. This is an easy and quick one-shot detox.]

## The Detoxing Ginger Bath

by Deborah J. Allen

If you want a real treat, try a ginger bath. It is marvelous!

I like to take one before going to bed once or twice a week. I sleep so incredibly well. The ginger bath cleanses the body (internally as well as externally) and relaxes you. I wake up feeling so relaxed and so great.

To take a ginger bath, put approximately 1/8 cup of ginger (either fresh grated or powder from the supermarket) under the running tap. Run pretty of warm water in at first and then get in the tub. Once you're in the tub, let enough hot water run in to make the overall water temperature pretty hot.

Lie back and relax or read for about 40 minutes.

When I'm not going to read, I like to light a candle and enjoy the relaxed atmosphere, but a lot of times I like to take advantage of the 40 minutes to read.

After about 20 minutes, you'll begin to sweat.

After the 40 minutes or so, get out of the tub, wrap up in a large towel or sheet and crawl into your bed and cover up with your bedcovers.

You will then usually sweat for approximate an hour. This method really helps sweat toxins out of your body. Perspiration even pours out of my scalp.

If you don't want to get into the bed wet, you can lie on the floor.

I like to go to bed because I fall asleep almost immediately and don't wake up until morning. Since you are wrapped up in the sheet or towel, your bed doesn't really get very wet. To my daughters and me, it is worth it.

If you wake up later on and feel the need to, you can place a large dry towel under you and put on a warm robe so that your cover sheet isn't against you if it is damp. You can vary what you do to your likes and needs.

When our daughter comes in for college breaks, guess what is one of the first things she does? She can hardly wait to take a ginger bath.

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[**Note from Chet:** Although I think Norman Walker went overboard on colonics and enemas, I think he was right on the money in regards to how beneficial fresh juices can be to human health. Walker made some controversial conclusions about fasting, but I include them here in this report because it's important to read and seriously consider multiple points of view in the natural health field. I've personally never tried Walker's approach because it seems too hard to me to fast for a few days and then stop fasting for a few days and then start again. I'm not tough enough to do that. I either need to be fasting/detoxing or else living and eating normally. But, hey, I'm kind of a wimp so this approach by Norman Walker may be just the ticket for you!]

## Norman Walker on Fasting

By Norman Walker

Excerpted from *Become Younger*, pp. 109-110

Fasting is a very important part of any program related to the human body. It is very beneficial, **provided** that it is done intelligently and not prolonged for a longer period than 6 or 7 days **at the utmost**, at any one time.

The effect of fasting is two-fold. It gives the digestive system and a great many of the body functions a more or less complete rest, and at the same time it enables the body to burn up and eliminate waste.

During a period of fasting the body uses its reserve supply of elements to keep the system functioning. It is exceedingly important to know this and to remember it when we embark on a fast.

During a fast we eat no food whatever. We drink large quantities of water of **fruit** juices somewhat diluted with water. This dilution is necessary because otherwise the burning up of debris in the system becomes too severe or too concentrated. Fruits are the cleansers of the body, and, particularly during a fast, they must be used with discretion, although we may take as much fruit as we want, with benefit, at other times.

The amount of such liquid taken during a fast has usually been not less than 2 quarts, but preferably one gallon or a little more throughout each day of the fast.

Such a fast usually has the effect of stirring up a great deal of the waste matter which has been allowed to accumulate in the system. Some of it passes out of the system in the regular course of evacuation and elimination. Much of it, however, is simply stirred up and lodged in some convenient niche or recess, usually in the sacculations or folds of the colon. If allowed to remain there overnight, we are apt to absorb some of the toxins or poisons which this debris may produce. This would have the tendency to defeat some of the benefits we expect to derive from the fast and may also cause some discomfort and excessive amounts of gas. We therefore take a high enema each night of

the fast, just before retiring for the night, using the strained juice of two lemons in the water.

At the end of the time chosen for the pasting period, we “break” the fast with two or three light meals consisting of fresh vegetables or fruits and plenty of vegetable juices, for the first and second days, then we resume our normal course of nourishment.

If we have in mind taking a **prolonged** fast, we take it in series of fasts and “breaks.” We will fast for about 6 days, then “break” it for 3 or 4 days as indicated in the preceding paragraph. We will then start the fast again for a similar period with a similar “break” at the end of the 6th day, and so on, as long as we feel we need to continue.

It is an exceedingly dangerous and harmful procedure to fast, without interruption, over a longer period than 6 or 7 days at a time. If we do, the body gets no opportunity to replenish its reserve supply of elements and goes on burning up first the debris, then cells and tissues, without new material to repair or restore these.

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[**Note from Chet:** Dr. Herbert Shelton popularized and kept Natural Hygiene alive during the first three quarters of the 20th century, and he's one of my most important health heroes. During his lifetime, he supervised the water fasts of over 40,000 patients and probably learned and knew more about fasting than anyone else in the world. In this article you're about to read, you'll learn Dr. Shelton's method for breaking a fast.]

## Breaking the Fast

By Dr. Herbert S. Shelton

Excerpted from **Fasting Can Save Your Life**

It is possible to break a fast with any food available. Either whole fruits or whole vegetables may be used. In order not to over consume food, we have found it advisable to weigh the food for the first few days.

Dr. Virginia Vetrano, who has been my able associate for a number of years, has been breaking fasts on whole foods for several years and finds that in most cases it is far superior to breaking the fast on juices, as was formerly advised. She reasoned that animals in the wild have no juicers or blenders and therefore have to break their fasts naturally on whole foods. Why should man be an exception?

Using her knowledge of physiology, she further reasoned that the bulk in the food is necessary to promote both peristalsis and mixing contractions in the stomach and intestines. Bulk is also necessary to promote secretion of the digestive juices of the stomach and intestines. The bulk of the food touching the stomach and intestinal walls is the *stimulus* for muscular contraction as well as for proper digestive secretions. Because of this, solid food is digested and handled more efficiently than juices. It is held in the stomach and intestines long enough for proper digestion and absorption, whereas juices, lacking this bulk, are hurried along the digestive tract. Lacking in bulk, juices do not occasion strong peristaltic waves and do not elicit the gastrocolic reflex as strongly as solid foods. Because of these facts, when the fast is broken on juices the first bowel movement after a fast is delayed. When solid foods are used to break the fast, bowel movements are re-established much earlier.

### The Importance of Chewing

Chewing of food is necessary both psychologically and physiologically. Another advantage of breaking the fast with solid is that the faster does not become bloated and over-filled with fluids. Taking the bulk with the food prevents overeating and the post faster is more satisfied with his meals. When fruit or vegetable juicers are used, there is a loss of vitamins and nutrients by oxidation no matter how carefully nor how quickly the juice is prepared. Some fasters are afraid to drink the juice rapidly and one sip every fifteen minutes. By the time they have taken four ounces of juice in this manner, almost two hours have passed with the juice oxidizing all the while. Breaking the fast with four ounces of whole orange, a section at a time may be eaten with a minimum of oxidation.

The fast may be broken at any time of the day or night that hunger recurs. If broken in advance of the return of hunger, it may be broken arbitrarily at 8:00 a.m. A number of techniques for breaking the fast have been worked out. Indeed, almost every many who conducts fasts has his own favorite plan. The main need is wholesome food; but not too much of it.

Dr. Crane... used to give a faster an orange to eat in breaking the fast. The well-known Henry Lindlahr, MD, now deceased, formerly of Chicago and Elmhurst, Illinois, who was director of the College of Natural Therapeutics in Chicago, broke fasts with a handful of popcorn. His reason for this was that the corn served as a broom to sweep out the digestive tract. In any case, the popcorn did no harm.

### **Shelton's Method for Breaking a Fast**

The care exercised in breaking a fast is commonly proportioned to the length of a fast. Let me describe the plan we now employ. Assume that the fast has extended beyond fourteen days. We start the faster with four ounces of whole oranges (weighed without the peeling) every two hours during the first day feeding is resumed. We prefer to start feedings at eight o'clock in the morning and stop at six in the evening – obviously this can be done only when the fast is broken in advance of the return of hunger. When hunger returns, the fast should be broken without regarding to the time. No harm is done, however, if the faster waits until 8:00 a.m. should hunger recur at midnight or in the wee hours of the morning.

On the second day, we give the faster eight ounces of orange or any fresh fruit in season (weighed without rind or peeling) every two hours. A different food may be used for each feeding. If a faster has no desire for a feeding, he is advised to skip a feeding or two. But this rarely occurs as it does when the fast is broken on juices. There is no compulsory amount of food he must take during this period.

On the third day we give twelve ounces of whole orange or melon for breakfast, two or three oranges, or two or three tomatoes, depending on their size for lunch, and three or four oranges for the evening meal. After the third day, it is no longer necessary to weigh the food as the body again becomes accustomed to handling food. Instead of oranges, the third day, an equivalent amount of grapefruit or other juicy fruit in season may be given. The particular food given is not so important as avoiding overfeeding the faster. These fruits should be fresh, well ripened and well chewed. Any tendency of the feeder to hurried eating should be discouraged.

On the fourth day, the faster gets a small breakfast composed of citrus fruits or one or two other fresh fruits or melon in season; at noon, a vegetable salad without salt, oil, vinegar, lemon juice or dressing of any kind, and one cooked nonstarch vegetable. For the evening meal, I feed fruit again. This meal should be light, but may be slightly larger than the breakfast.

On the fifth day, another fruit breakfast; a salad, two cooked green vegetables and a baked potato or a protein (small quantity) at noon, and fruit meal again in the evening. I permit a glass of sour milk (made from unpasteurized milk) at this fruit meal for those who are not vegetarians.

On the sixth day, the feeding is about the same as on the fifth day, except that the amounts are increased. By the end of the first week, the faster should be able to take normal amounts of food. No between meal eating is permitted and no eating in the evening before retiring is allowed. Three meals a day, simple and composed of fresh foods, constitute the best plan of feeding following a fast. If, later, the individual desires to adopt a two-meal or a one-meal plan of eating, this is best done after he has acquired some weight.

## **Bed Rest is Important**

Bed rest should be continued through the first week or eating and activity begun very gradually. It is common for the faster to want to become active as soon as he resumes eating. This is unwise. He is not so strong and he does not have the endurance he thinks he has. Also, activity retards his gain in weight if he has fasted to add weight.

Some fasters want to take long walks as soon as eating is resumed. Such activity is often over indulged to the extent that it often retards recuperation and causes the individual's weight to stand still. One must take it easy for a few days before resuming normal activities.

If the fast has been less than two weeks in duration, breaking it maybe done with eight ounces of whole fruit every two hours the first day, then the preceding program followed from there. Less caution is required in breaking a short fast of this kind, and activity may e resumed sooner after a short fast.

All of this is true, of course, in those individuals who are in a fair state of health. If there is need for added rest and for light eating for some time after breaking a short fast, the faster must be guided by judgment of the adviser.

But the most important advice, for all fasters at the breakfast point is this: *Go Slowly!*

[**Note from Chet:** As 2004 started, many health-conscious people were turning away from low-fat programs and turning to high-protein diets like the one formulated by the late Dr. Robert Atkins. Although he presents what you're about to read as a "Three-Day Nutritional Face Lift," I think Dr. Nicholas Perricone's short routine is better described as a *salmon detox*.

**Warning:** Do not go on this program unless you're using wild salmon. Farmed salmon contains dangerous levels of harmful chemicals. I eat salmon several times a week when I'm on my maintenance program because I found a safe source at <http://casaday.com/cgi-bin/pl.cgi?vhome> – if you go on Dr. Perricone's wild salmon detox, be sure to do it with Alaskan salmon and NOT commercially farmed salmon.]

## The Perricone Wild Salmon Detox

Dr. Nicholas Perricone based his conclusions about human nutrition upon evidence that certain foods cause inflammation and water retention. By removing the culprits (mainly refined sugar and saturated fats) from your diet, Perricone claims that his plan will smooth out your wrinkles, boost your metabolism, and increase weight loss. The premise that some foods cause inflammation is not new. For years nutritionists have been advising arthritis sufferers to avoid acid-forming foods and migraine sufferers to cut out the caffeine and tyramine.

Below you'll find the details for Dr. Perricone's *Three Day Nutritional Face Life* or what I think of as *The Perricone Wild Salmon Detox*...

### Wake Up

8–12 oz mineral water

### Breakfast

4-6 oz piece of grilled or poached salmon  
½ cup organic oats made with water not milk  
3" slice of cantaloupe melon and ¼ cup fresh berries  
8-12 oz still mineral water

### Lunch

6-8 oz grilled or poached salmon or tinned sardines in olive oil  
2 cups romaine lettuce with 1 tablespoon extra virgin olive oil & lemon juice  
3" slice of cantaloupe melon and ¼ cup fresh berries  
8-12 oz still mineral water

**Mid-afternoon snack**

2 oz sliced chicken breast (home cooked not pre-packed)  
4 raw hazelnuts  
½ green apple  
8-12 oz mineral water

**Dinner**

6-8 oz grilled or poached salmon  
2 cups romaine lettuce with 1 tablespoon extra virgin olive oil & lemon juice  
3" slice of cantaloupe melon and ¼ cup fresh berries  
8-12 oz still mineral water

**Before Bed**

2 oz sliced chicken breast (home cooked not pre-packed)  
4 raw hazelnuts  
½ green apple  
8-12 oz mineral water

Yes, yes, you're right. This sounds terribly boring, but if you try this program for three days, I predict you'll be amazed by the results.

Do keep in mind that you must drink all the water as stated above and the salmon must be wild Alaskan salmon and NOT farmed salmon because you want to avoid all the antibiotics and other chemicals present in farmed salmon.

Dr. Perricone's 28-day program is a lot more varied. For full details, check out *The Perricone Prescription* by Dr Nicholas Perricone <http://amazon.com>.

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# Bonus Maintenance Program

## Health & Beyond Living to the Max

by Chet Day

Based on the tenets as defined by 19th and 20th century health reformers like Sylvester Graham, Russell Thrall, John Tilden, and Herbert M. Shelton, as well as the work of Weston Price, Norman Walker, Stanley Bass, V. V. Vetrano, and many others, the **Health & Beyond Living to the Max Program** offers you a simple, common sense, and workable method of maintaining superior health.

Once you've completed the initial cleansing of your body, you can use the guidelines to begin to develop a diet and life style that works for you and your particular body and life situation.

By following the "H&B Living to the Max" guidelines, many people can achieve a gratifying sense of physical, mental, emotional, and spiritual well-being.

You build and then maintain superior health if you consistently...

- Eat moderately of a **predominantly living foods and plant-based diet which also includes healthy animal fats and protein** and avoid packaged and junk food. Eat "clean" **animal foods** like health food store butter, raw milk cheese, eggs from range-fed chickens, and/or wild Alaskan salmon and deep water fish;
- **Exercise** for at least twenty minutes every day, alternating between gentle aerobics (like brisk walking and rebounding and weight-training);
- Enjoy a minimum of 10 minutes of direct **sunshine** every day on as much of your body as possible;
- Drink a total of approximately **64 ounces of purified water** every day.
- If you have time, drink 16 ounces of freshly extracted **vegetable juices** with no more than 20% carrot as the base.
- **Supplement with** any supplements you feel necessary;
- Have at least **one tablespoon** every day of a quality fish oil and eat wild Alaskan salmon at least twice a week (avoid factory farmed salmon);
- **Snack** on living foods like fruits and veggies instead of junk foods;

- Breathe the purest **air** possible;
- **Meditate** or **pray** for at least 20 minutes every day;
- **Laugh** and spend time with friends, family, or strangers whose company you enjoy;
- Remove as much **stress** from your life as you can;
- Replace the toxic cleansers and cleaners in your home with non-toxic products;
- Put to use other natural health products and techniques that work well for you.

**Is it possible to do all the above, you might ask?** Well, in our hectic lives, you have to work at it, no question. But even if you only make gradual improvements, you will notice improved health and attitude. Okay, now more details for those who want specifics.

## In General

### Don't

- put drugs into your body
- put over-the-counter "cures" into your body
- put a huge variety of supplements into your body

## Food

### Healthy Things to Do

- Chew thoroughly
- Eat only when hungry
- Eat only when relaxed
- Eat mostly **uncooked food**
- Avoid produce that is wilted
- Eat foods at room temperature
- Make your meals look attractive
- Snack on healthy foods like dried fruits
- Eat raw food before cooked food
- **Eat fruits, nuts, vegetables, legumes, brown rice, and non-wheat grains**
- Eat lightly poached fish, lightly poached eggs, yogurt, health food store butter, or raw milk cheese if you choose to eat animal foods
- Eat foods in their whole form, including skins if the produce was organically grown and the skin generally edible, like apples.

### Some Important Don'ts

- Don't overeat
- Don't eat commercially-produced meat
- Don't eat commercial dairy products
- Don't eat white flour products
- Don't eat processed salt - sea salt is okay
- Don't eat sugar
- Don't cook fruits or nuts
- If you must cook, then boil, bake, or steam only
- Don't over-season your foods – learn to enjoy natural tastes
- Don't eat when in pain, emotionally upset, tired, or immediately after hard work

### Healthy Foods to Eat

**Sweet Fruit** - Banana, Carob, Date, Fig, Prune, Raisins, Dried fruit, Persimmon, Mango, Papaya, Sapote

**Sub-Acid Fruit** - Apple, Apricot, Blackberry, Cherimoya, Cherry, Elderberry, Gooseberry, Grape, Huckleberry, Nectarine, Peach, Pear, Plum, Quince, Raspberry, Sapodilla

**Acid Fruit** - Currant, Grapefruit, Guava, Kumquat, Lemon, Lime, Orange, Loganberry, Pineapple, Pomegranate, Strawberry, Tamarind, Tangerine, Tomato

**Melons** - Banana melon, Cantaloupe, Casaba, Christmas melon, Persian melon, Crenshaw melon, Watermelon, Honeydew melon, Muskmelon, Nutmeg melon

**Vegetable Proteins** - Almonds, Cashew nuts, Hazel nuts, Hickory nuts, Lentils, Peanuts, Gooseberry, Avocados, Pecans, Pine nuts, Pistachio nuts, Soy beans, Walnuts, Sunflower seeds, Coconut

**Animal Proteins** – wild Alaskan Salmon, organic grass-fed beef, organic free-range poultry, raw milk cheese or yogurt.

**Starches** - Artichoke, Bean (lima)\*, Beets, Chestnut, Carrots, Corn, Hubbard squash, Jerusalem artichoke, Peanuts\*, Peas, Potatoes, Pumpkin, Yam

\* Peanuts, lentils, beans, and all cereals are considered as protein and starch combinations

**Non-Starchy Vegetables** - Bamboo shoots, Broccoli, Brussel sprouts, Romaine, Cabbage, Cauliflower, Celery, Chard, Cucumber, Eggplant, Endive, Kale, Kohlrabi, Lettuce: Boston, Bibb, Leaf, Romaine, etc., Okra, Parsnip, Pepper (sweet), Rutabaga, Sorrel, Sprouts: Mung bean, alfalfa, wheat, barley, etc., Squash (ex. starchy), Turnip

## Water and other liquids

### Do

- Drink filtered or purified **water** – distilled may not be good long-term (log on to the Internet and visit <http://chetday.com/waterarticles.htm> for details)
- Drink so your body is thoroughly hydrated each day

### Don't

- Don't drink **alcohol**
- Don't drink **coffee, soft drinks**, or other junk food products containing sugar or caffeine

## Air

### Do

- Get as much fresh air as possible
- Walk on streets that have less vehicular traffic
- Allow ventilation to maximum extent, when indoors
- Insure that indoor air is free from contaminants such as sprays of all kinds and circulated dust that sometimes occurs when vacuuming

### Don't

- Breathe tobacco smoke
- Breathe through your mouth
- Breathe excessively cold air if at all possible
- Permit smoking in your home or in a private office if you have one

## Temperature

### Do

- Dress for comfort and not for fashion
- Maintain a comfortable temperature at all times
- Avoid constrictive clothing, which impedes blood circulation

### Don't

- Take hot or cold baths - body temperature baths are less enervating

## Light and Sunshine

### Do

- Expose as much of your skin to light as possible (before dressing in the morning is a good time)
- Use natural and not artificial light
- Get the sun directly on your skin for at least ten minutes each day (the rays penetrate only white, porous clothing), but never enough time to burn
- Use an enclosure to cut off the wind in inclement weather
- Get your sun in cold climates through an open window while indoors with artificial heat turned on to avoid undue chilling
- Get sun on the closed eyelids

### Don't

- Wear sunglasses all the time – your eyes need the full spectrum for full health
- Spend too much time in the sun by relying on suntan lotions for protection since some studies suggest these products may contribute to skin cancer
- Remain in the sun for long periods (this is wasteful of nerve energy and dries the skin excessively)

## Clothing

### Do

- Buy clothes of porous, non-synthetic material
- Wear light colored clothing

### Don't

- Wear constricting clothing such as girdles, brassieres, tight belts, etc.

## Physical Activity

### Do

- Involve all parts of the body when exercising
- Exercise in fresh air or with windows open when indoors
- Make vigorous use of muscles, preferably against resistance
- Brisk walking, gentle jogging, and rebounding are excellent exercises and so are swimming and bicycling and TaiChi

- Exercise vigorously enough to cause heavy breathing, unless contraindicated. And, yes, sex is great exercise and good for you, too!

### **Don't**

- Exercise to the point of exhaustion
- Exercise immediately following a meal
- Prolong muscular contractions beyond a few seconds

### **Posture**

#### **Do**

- Sit erect at all times
- Keep head straight up while standing, sitting, or walking
- Keep work or reading material toward you instead of moving toward it when engaged in sedentary activity

### **Rest**

#### **Do**

- Close the eyes as often as possible
- Shut out light in the room as well as sound, if possible
- Cease activity sometime during the day by sitting or lying down
- Rest when tired (Ten minutes is better than nothing, but 30 minutes to an hour is best.)

#### **Don't**

- Read or watch television while resting

### **Sleep**

#### **Do**

- Go to bed early
- Maintain a comfortable temperature
- Secure a dark, quiet, and well-ventilated room
- Practice a few moments of mental and physical quiet before retiring

**Don't**

- Eat an extra meal before retiring

**Zest for Living**

**Do**

- Pursue some constructive objective
- Engage in some activity that gives you fulfillment
- Find a hobby that brings enjoyment if your work is dissatisfying

**Expression of the Emotions**

**Do**

- Keep negative emotions at a minimum
- Find something about which to be happy every day
- Couple negative emotions such as fear, grief, or anger with physical activity
- Feed your emotions daily with good thoughts, pleasant sights and sounds, kind words, kindly touch, and good deeds.

## Notes