

## CHANGES THAT OCCUR DURING THE PURIFYING DIET

Congratulations! You have decided to start the purifying diet. During the **first stage** of the diet you will feel normal. During the **second stage** you may feel tired and toxic. During this stage it is most important not to quit, but to take enemas, saunas, hot baths, and drink plenty of hot herbal tea. To stop the elimination would mean keeping this waste in your system and ensuring a weight problem. In the **third stage** you will feel lots of energy. During the **fourth stage** you may feel a little light-headed and disoriented, your tongue goes from having a heavy white coat to a light white coat, and your breath goes from sour to sweet.

It is important for detoxification to be accomplished. It is absolutely essential for the system to be cleansed, so that energy can be freed up to be used in reducing weight. The success in any weight-loss program depends on the system being cleansed. The possible discomforts depend on the level of toxicity of your system. People who are particularly toxic or have taken drugs on any regular basis are more apt to experience some temporary discomfort than those who are less toxic. The elimination of toxic waste can be uncomfortable, but it is better to have a little discomfort now than total incapacitation later.

The most frequent discomfort one is initial bloating of the system. Generally, this passes within 48 hours. If it should cause you to add two or three pounds during the first few days, it is nothing to get alarmed about. The body is adjusting itself for the task ahead. You may experience headaches or body aches. You may feel suddenly tired or anxious. You may experience loose, runny stools. This loosening of the stools has a positive effect not a negative one. You may also experience some nausea as the toxins are stirred up.

\* View any temporary discomfort as the cleansing process taking place and health returning.

### RANDOLPH STONE, D.C.

Dr. Randolph Stone was born in 1890. He emigrated from Austria to the United States. He was an osteopath, a naturopath and a chiropractor. Yet with all his knowledge of healing, he wasn't satisfied with what he had learned. He traveled to China and France and learned acupuncture and herbology.

Later he visited the Orient and learned a form of healing which involved subtle electric fields. Over the next 60 years of practice he developed the polarity therapy system. This system involves diet, exercise, and subtle energy body work. Dr. Stone retired at age 84.

### DR. STONE'S PURIFYING DIET

Dr. Stone's purifying diet is good to go on for weight loss, colds, flu or for a good spring cleansing after overindulging. The purpose of the purifying diet is to clean out the colon and to purify and balance the PH of the blood. It is best to remain on the diet from three days to two weeks. Body changes may include: the tongue may go from a thick white coat to a light white coat, the breath may go from sour to sweet, and your energy will go from normal to tired and toxic and end in high energy. If you become spacey and scattered you should stop the diet because you may have low blood sugar. It is best to be supervised by your personal physician on this diet. It may be preceded by a three day juice fast, with freshly juiced organic fruits and/or vegetables.

In order to purify the body, it is necessary to change the body's Ph to alkaline as much as possible. The following foods should be avoided: all meat, fish, eggs, poultry, alcohol, sugar, coffee, non-herbal tea, dairy products, butter, fried foods, grains, beans, corn, potatoes, canned and frozen foods, bread, vinegar, and animal products. These foods are acid-forming.

**ENEMA:** It is essential to do a daily enema, prior to breakfast on this diet.

**BREAKFAST:** Morning is the natural time used for flushing the system and cleansing it. No solid food should be consumed. Drink only liquids. This will help flush out the liver, kidneys, and the intestinal tract, to restore their correct clinical function.

#### **MORNING LIVER FLUSH:**

Blend or shake well:

- 1 tbsp. olive, sesame or almond oil (cold pressed)
- 1 clove garlic (pressed) or 1 to 2 capsules garlic
- 1/8 tsp. cayenne (to taste)
- 1/4 tsp. ginger
- Juice of 1 fresh lemon or lime

**Add:** Juice of 1 to 2 fresh oranges, 1 grapefruit, or 1/2 pineapple

Follow with 2 cups purifying tea: one ounce each of fennel, flax, foenugreek, peppermint, comfrey, and ginger. Mix in a bag. Use 1 teaspoon per cup - best done in a thermos, or use a tea ball in a cup of hot water.

**LUNCH:** Make a salad consisting of several kinds of sprouts (alfalfa, mung, lentil). Also, use tomato, avocado, onion, carrot, lettuce, and raw vegetables. Use a salad dressing of cold-pressed olive or sesame oil, lemon juice, and garlic. No salts or soy sauce permitted. One or two steamed vegetables (artichoke, broccoli, spinach, etc.) can be dressed with the same dressing. Take no beverage with the meal.

**MID-AFTERNOON:** Fruit or sprout snack (sprouts with tomatoes, avocado, olive oil, lemon or grapefruit juice) may be taken. Also, you may eat up to 1/2 cup soaked nuts each day (almonds or walnuts).

**DINNER:** Fresh fruit salad with soaked fruit. Soak any dried fruit for 24 hours. Use pears, apples, raisins, figs, almonds, or seeds. A meal may consist of, for example, apple sauce with soaked dates, prunes, and raisins, topped with sliced banana. You may use as an alternative a vegetable salad and/or baked or steamed vegetables. If possible, it is helpful to eat baked or steamed vegetables. If possible it is helpful to eat the larger meal at noon and keep the evening meal a light one.

**AFTER DINNER:** Take only liquids after dinner, so that you will be waking with your food well digested. Sleep is for repairing the body, not for digesting food.