

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.