

# 7 Secrets

Lose Weight Naturally

Lower Cholesterol

Build Your Immune System

**Constipation** is the #1 affliction associated with improper eating. Undigested meats, harmful drugs and sticky, goeey, paste-forming foods typically ferment and putrefy in the colon. This inhibits the colon's ability to: 1) properly digest food nutrients needed to regenerate healthy cells and tissue and 2) eliminate toxic waste that could potentially be harmful to the body and lead to dis-ease.

It is imperative that you seek out a certified colonic therapist who is trained to carefully and skillfully cleanse the colon.

Colonic irrigation serves to eliminate large amounts of waste from the bowel immediately while it simultaneously restores the bowel's ability to naturally eliminate waste more regularly.

To effectively cleanse and irrigate the average colon, a colonic irrigation series ranging from 6-12 treatments is required. To the degree that a colon is constipated or impacted with waste will determine the intensity and/or length of colonic treatments.

Traditionally, a series occurs in two phases; 6 colonics rendered over the course of two weeks. An average of 3 colonics should be performed per week. (Trudeau, Kevin. Natural Cures They Don't Want You to Know About. Illinois: Alliance Publishing Group, Inc. 2004.)

For best results, this colonic irrigation regimen should be repeated for at least 60 days. Also, The Recovery Colon Cleanse Formula should be taken while completing the colonic irrigation series.

Removing harmful waste from the colon promotes wellness as this procedure aids the body in its efforts to heal itself.

## Why Juice?

Juicing fresh fruits and vegetables is the #1 and most important key to maintaining good nutrition and achieving excellent health. Juicing provides immediate and copious amounts of nourishment to the body's cells and tissues. It is within the "blood" or liquid form of the plant that the body is able to easily absorb the nutrients from the fruit and/or vegetable and eliminate the unneeded pulp and/or fiber.

While juicing, one should refrain from ingesting sticky, gooey, paste-forming foods as they have the potential to ferment and/or putrefy in the colon. These foods might include, but are not limited to: all breads, pastas, cheeses, dairy product and all flesh foods (meats).

**NOTE: The elimination of flesh foods from the diet includes all fish and poultry.**

Organic fruits and vegetables are encouraged in order to decrease one's exposure to toxic chemicals and carcinogenic pesticides. Be careful to thoroughly cleanse all vegetables and fruits before eating. Using a veggie wash is strongly recommended.

Purchasing a juicer is a worthwhile investment for anyone who is serious about participating in restoring and maintaining her/his health and wellness. The benefits are immediate and the return is guaranteed to be both refreshing and nutritious!

## Juicing for Beginners: A New Way of Eating!

Listed below is a systematic approach to juicing that allows the beginner to start a new and rewarding food program. It's simple and anxiety-free!

It is recommended that a minimum of 32 oz of juice be consumed at least three times per day for a minimum of 4 weeks.

That's right! Drink 32 oz (juice), 3 times per day for a total of 4 weeks!

During these 4 weeks, solid foods/meals such as steamed vegetables and fresh leafy salads can continue to be eaten. However, many case reports confirm a drastically decreased appetite for solid foods towards the completion of this 4-week juicing regimen.

### Week #1

Juice 2 apples and juicing carrots to equal a 32 oz container.

(Juice carrots are significantly larger than cooking carrots.)

### Week #2

Juice 2 apples and juicing carrots to equal a 32 oz container. Add  $\frac{1}{2}$  beet to the carrot/apple juice. Within this week, slowly add 1 whole beet to the carrot/apple juice.

**NOTE: You might notice more frequent bowel movements.**

Option: To enhance taste, add  $\frac{1}{2}$  lemon into the carrot/apple/beet juice and include the lemon peel. A sliver of ginger root can also be added to further enhance the taste of this juice mix.

### Week #3

Incorporate 1 complete 32 oz fruit juice into your juicing regimen to go along with two other 32 oz apple/carrot fresh juice meals.

Melons: Either honeydew or cantaloupe melons are a great choice! Melons should NOT be combined with each other or any other fruits. Remember, "Either juice alone or leave alone." Be sure to include the rind and seeds when juicing.

A combination grapefruit/pineapple juice is also a wonderfully refreshing fruit juice combination.

### Week #4

Add fresh greens such as kale or spinach to the freshly juiced apple/carrot/beet juice.

## 7-day Watermelon Flush

**Watermelons** are a complete food. They contain water, carbohydrates and proteins, which are the three basic nutrients that when combined constitute a complete food.

Watermelon is an excellent diuretic and serves as an alternative food source that can be incorporated into any colon detoxification program. Eating watermelon exclusively rids the colon of morbid debris by naturally sweeping the colon of toxic material. Subsequently, this morbid debris is naturally excreted from the body through the kidneys.

In order to complete a "watermelon flush," eat watermelon in place of all regular meals and snacks for a total of 7 days. During this time, drink plenty of distilled water in order to stimulate urination and facilitate bowel elimination.

## Raw Food or Mucus-Less Food Program

This food regimen has only one requirement: **NO COOKED FOOD!**

Fruits, whole and/or juiced, should be the most consumed food during this 30-day food program.

At least 64 oz of distilled water should be ingested daily throughout this raw food, mucus-less program.

### **NO COOKED FOOD!**

Other foods to consider for your consumption are: whole and juiced fresh vegetables, green leaf salads, all natural cereals (e.g. bran, fiber, oat, kashi) rice, soy or almond milk.

You can also include legumes such as bean, peas and lentils and rice such as brown, quinoa, jasmine, long/short grain) and nuts.

**NO WHITE RICE SHOULD BE EATEN.**

**NUTS SHOULD BE RAW, UNSALTED, UN-ROASTED AND PREFERABLY**

ORGANICALLY GROWN.

## Helpful Hints:

It is important to sprout packaged legumes and rice before eating in order to release the digestive enzyme inhibitor. Sprouting releases the enzyme inhibitor and allows these foods to digest more easily. Sprouting also makes the natural/raw state of these foods more palatable.

### To Sprout Legumes and Rice:

Soak legumes and/or rice in distilled water for two days or until legumes and/or rice become softened and chewable.

Strain the water off and steam for approximately 60 seconds.

Add cayenne pepper, Braggs Amino Acid and/or other natural seasonings to enhance taste!

It's always a helpful and supportive gesture to locate local vegetarian or raw food restaurants. With that, you then become exposed to a myriad of natural and healthy foods while you encounter a community of people who can support your journey towards a new way of eating, cleansing and ultimately healing the body!

## Fresh Juice Fast

The fresh juice fast requires that you simply drink fresh juices for 7 days only.

NO solid foods of any kind should be consumed during this 7-day period.

Enemas or irrigation colonics are strongly recommended 2 times per week during the 7-day fast.

Remember: Melons, honeydew, cantaloupe or watermelon, should be juiced exclusively per meal. "Either juice alone or leave alone." The entire melon, rind and seeds should be juiced as well.

## Oxygen Baths

As the skin is the largest organ of the body, one of its primary functions is to eliminate waste from the body 24-hours per day.

Taking an oxygen bath is a wonderful exercise that rejuvenates the skin.

To prepare the skin for this exhilarating bath formula, one should first dry-brush the skin. Using a coarse loufah or dry skin brush, gently brush the skin using intentional strokes; moving from the feet upwards to the trunk of the body.

Following these simple instructions will allow toxins to be released from the body as minerals from the salt, healing properties from the apple cider vinegar and oxygen from the peroxide are absorbed into the bloodstream.

This bath is extremely beneficial to one's overall health. Oxygen baths have been reported to alleviate both the signs and symptoms of skin disorders such as: psoriasis, eczema, and other skin outbreaks.

It is strongly recommended that these baths be taken while fasting or completing any colon detoxification program.

### Oxygen Bath Preparation

Add to your bath water:

1 QT Hydrogen Peroxide (3% H<sub>2</sub>O<sub>2</sub>)

8oz Braggs Apple Cider Vinegar

2-3Lbs Epsom or Dead Sea Salt

**NOTE: Epsom and/or Dead Sea Salt should NOT be added to this bath for those who have been diagnosed with High Blood Pressure or Hypertension.**

3-4 Drops of Avalon Organic Botanical Therapeutic Mint, Thyme or Eucalyptus

or

Camphor Bath Gel/Oil

Cleanse the entire body with Dr. Bonner's Liquid Peppermint Soap.

This organic oxygen bath can be repeated as often as desired!