

"CLEANSING YOUR WAY TO HEALTH"

1 Cor. 3:16 Know ye not that ye are the temple of Yahweh, and that the Spirit of Yahweh dwelleth in you?

"INTRODUCTION"

1 Cor. 6:20 For ye are bought with a price: therefore glorify Yahweh in your body, and in your spirit, which are Yahweh's.

Our bodies are the temples of the Kodesh Spirit. We need to cleanse the inside of our temples, as well as the outside. With modern-day diets, it is almost impossible to avoid clogging up the body with refined foods such as white flour, white sugar, partially hydrogenated oils, artificial flavorings and preservatives. Eventually residue from these "nonfoods", which the body cannot assimilate properly, builds up and may cause vital organs in the body to quit functioning properly.

When various organs in our body such as the kidneys or gallbladder malfunction, conventional medicine's answer is to do surgery. This approach is expensive and involves many months of rehabilitation as scar tissue heals. Worst of all, the initial surgery does not always solve the problem and more cutting is required. Natural health practitioners have found a painless alternative to surgery. They say that if an organ is flushed out and cleaned, it will often start functioning properly again. They recommend going on a fast where only juices and distilled water are ingested to effectively cleanse and flush out various organs in the body.

"PRACTICAL RESULTS"

Last fall, we took a much-needed rest and went on a 4-day cleansing fast. We combined two different cleanses - one to cleanse the kidneys and one for the gallbladder.

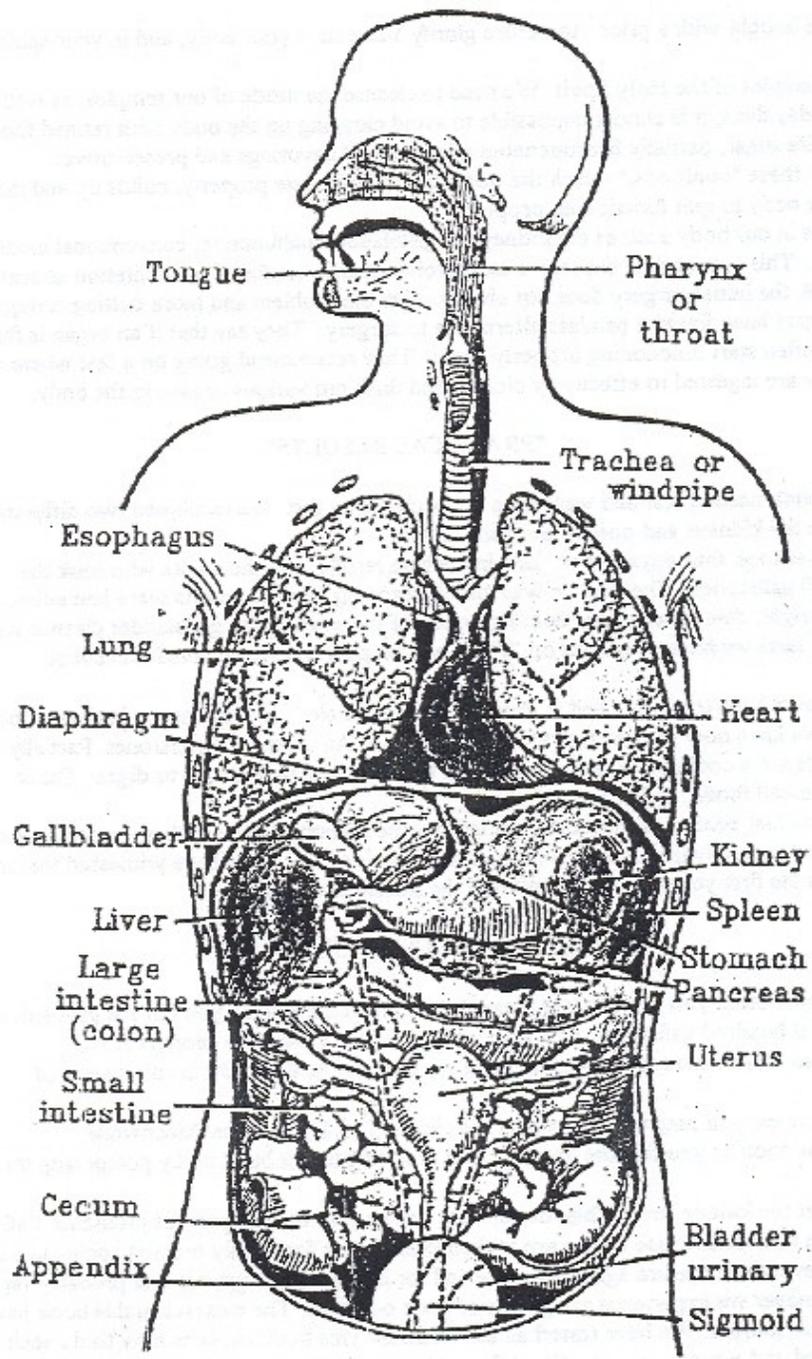
The gallbladder cleanse took four days and we saw immediate results. All the adults who took the cleanse passed at least 50 gallstones. The cleanse was visually exciting because results were immediate. On the fourth day, we saw bright, shiny green balls floating on top of the water. The gallbladder cleanse was one of the most pleasant fasts we have ever been on. There was no pain and we received immediate feedback.

Previously, we had never been too interested in doing the gallstone cleanse, because we had never been troubled by gallstones. We have now learned that almost all adults in America have gallstones. Partially hydrogenated fats and oils are a common cause of gallstones because they are difficult to digest. Other common causes are processed foods, coffee and red meat.

When we published the first edition of this book, we left out the Intestinal Cleanse that restored my health ten years ago. This Cleanse helps all organs in the body function better. We have witnessed that many ailments disappear within the first year after completion of the Intestinal Cleanse.

"REPEATING THE CLEANSSES"

It is your decision how often you want to use these cleanses. If the first time you did the gallbladder cleanse, you passed several hundred gallstones, you may want to do the cleanse six months later. Meanwhile, try changing to a more, natural low-fat diet and see if you slow down the accumulation of gallstones.

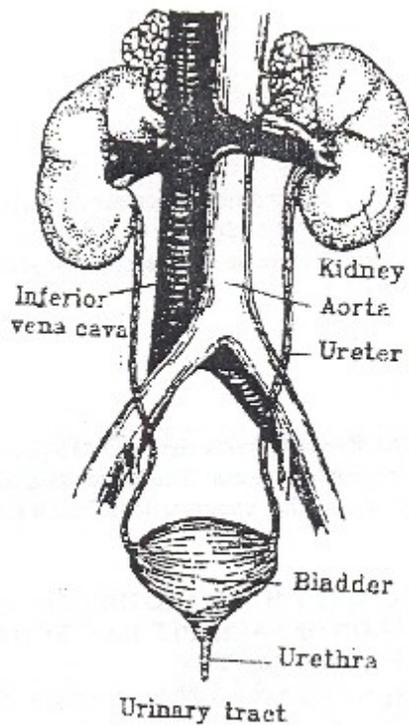


If you passed kidney stones, you may want to repeat the cleanse in a few months. Meanwhile, concentrate on urinating as soon as you feel the urge, instead of letting toxins build up by postponing the trip to the bathroom.

We will probably repeat the kidney and gallbladder cleanse once a year to help prevent problems. Fall is an excellent time to do the cleanse because apples are at their peak. Look for freshly pressed apple juice in the grocery store. As a preventive measure against disease and for increased energy, we will probably repeat the Intestinal Cleanse whenever we experience symptoms of toxic overload. The cleanses in this book have been compiled from various sources. We have tested all the cleanses. This book explains how to do each cleanse, the supplies needed and what to expect. (Paul Revere)

"KIDNEY CLEANSE"

Matt. 23:26 Thou blind Pharisee, cleanse, first that which is within the cup and platter that the outside of them may be clean also.



Martin Luther (1483-1546) suffered many years with Kidney Stones. The pain was excruciating when stones needed to be passed. He would cry out in agony, "Oh my stones." Luther's wife Katie brewed beer for him and he drank it as a solvent for the stones.

The following kidney cleanse softens kidney stones and allows stones as big as the end of your thumb to pass without pain. And it takes just three days. The ingredients are simple and if Luther had done the cleanse, he may have been saved years of suffering.

One of the most common medical problems today is kidney malfunctions or kidney stones. Common symptoms of kidney malfunctions include painful or frequent urination, chronic lower back pain and fatigue, chills and fever as with a cold or flu, and general accumu-

lation of excess fluid.

Common symptoms of kidney stones are a dull pain in the lower back and groin, increasing to a sharp severe pain as the stone(s) enter the urethra canal. Nausea and vomiting may accompany the pain.

Common causes of kidney problems are excess uric and oxalic acids in the elimination system from foods such as red meats, carbonated drinks, sugar, caffeine, and aspirin, salt and chemical diuretics. Minerals in the drinking water that the body cannot assimilate can also contribute to kidney problems.

When a conventional doctor finds out someone has kidney problems, he may want to do surgery to remove the kidney stones. In severe cases, he may even want to remove a kidney. "Don't worry", he tells the patient, "If we remove one kidney, you still have another kidney and it is functioning normally. Our concern is what happens if the one remaining kidney malfunctions?"

"PURPOSE OF KIDNEYS"

The kidneys are a pair of organs located in the upper abdominal cavity. Their purpose is to separate water and waste products from the blood and excrete them as urine through the bladder. The kidneys act as a filter for toxins.

When the bladder contains about 1/2 pint of urine, it signals us to urinate. If we are busy and don't have time to urinate, the bladder can be stretched to hold 2 to 3 quarts of urine. This is stressful for both the bladder and the kidneys. Toxins continually held too long can back up into the kidneys and cause stones and other kidney problems.

"DIALYSIS MACHINE"

We knew of a man that regularly drank cappuccino and ate fatty meats and rich chocolate desserts. His kidneys malfunctioned while he was still in his thirties. He spent many hours each week on a dialysis machine, which did the work of his kidneys for him. His kidney's failed before he ever reached 40 years old. Doing this simple cleanse and a change in diet might have prolonged his life.

"DOING THE CLEANSE"

The kidney cleanse is an easy, inexpensive and painless alternative to surgery. It can be used as preventive maintenance to give the kidneys an opportunity to flush out before problems occur. The kidney cleanse can also be done once kidney stones are discovered, though you may have further complications from a fever or infection.

EACH DAY FOR THREE DAYS, DRINK UNSWEETENED APPLE JUICE AND DISTILLED WATER. YOU MAY HAVE ALL YOU WANT, UP TO A GALLON OF EACH, PER DAY. YOU MAY MIX THE APPLE JUICE WITH THE WATER OR DRINK THEM SEPARATELY.

You won't starve to death. The apple juice will give you energy and keep you from being hungry. The best time to do the cleanse is when you are at home relaxing.

"WHAT TO EXPECT"

After your first drink of apple juice, you may start straining your urine to check for kidney stones. An ordinary mesh tea strainer works fine. The stones may be tiny, so look carefully. This cleanse allows you to pass kidney stones as large as the end of your thumb. The apple juice softens them and takes the sharpness out. They conform to the body, as they are passed, just like a cotton ball.

Not everyone who does the Kidney Cleanse will pass kidney stones. But even if you don't pass any stones, you will be giving your kidneys a cleansing bath, which will help prevent future problems.

SHOPPING LIST FOR KIDNEY CLEANSE - PER INDIVIDUAL:

3 gal. of apple juice
3 gal. of steam distilled water
mess strainer

"WARNING AGAINST CHLORINATED WATER"

Our friend wrote that while drinking chlorinated city water, his kidneys always ached. During that time, he had numerous kidney stone attacks, but never found any stones. Sometimes his urine would be dark red and brown, which he was told was caused by the stone trying to pass through the kidney. A homeopathic doctor gave his testimonial linking chlorinated water to kidney problems.

Finally, he left the city and moved to a farm. After less than two weeks of drinking the spring water on the farm, his kidneys stopped aching altogether. When he was recently thrown in prison and forced to drink-chlorinated water again, his kidney problems returned.

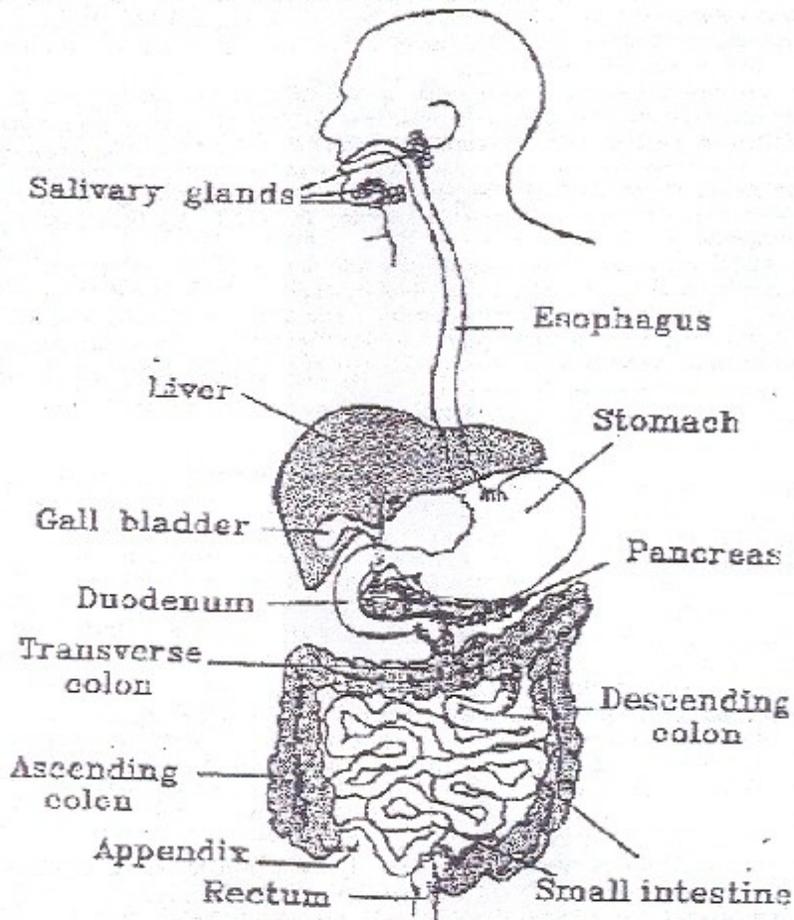
"GALLBLADDER CLEANSE"

Matt. 23:27 Woe unto you, scribes and Pharisees, hypocrites! for ye are like unto white sepulchers which indeed appear beautiful outward but are within full of dead men's bones, and of all uncleanness.

Americans are probably the most squeaky clean people on earth with their daily showers and deodorants. But inside, they are full of all uncleanness from unhealthy diets. It is estimated that 16 million Americans are afflicted with gallstones. These stones are deposits of cholesterol or calcium combined with bile. Bile or gall is a secretion produced by the liver to emulsify fats so that they can be digested. One possible cause of gallstones is the bodies lack of ability to digest certain fatty or processed foods. Sometimes these gallstones pass harmlessly into the intestine, but they can also block up the ducts of the gallbladder. When this happens, the duct contracts in an effort to dislodge the blockage and the result is excruciating pain. To make matters worse, the pain is frequently accompanied by vomiting.

Gallstones are the fifth cause of hospital admission and the third most common surgical procedure, but surgery is not the only answer. Imagine being able to remove these gallstones painlessly, without a knife and without a doctor. If you do the Gallbladder Cleanse, you won't bear the marks of surgery on your body, but you will have the proof that this cleanse works when you see the gallstones released into the toilet.

DIGESTIVE SYSTEM



Common symptoms include chronic gas, belching, pain, bloating, jaundice, headache, bad temper, sluggishness, nerves, or sever pain in right abdomen under rib cage. You may have gallstones even though you have none of these symptoms.

Hydrogenated fats and oils are thought to cause gallstones because they are difficult to digest. Hydrogenated fats and oils are preferred by fast food restaurants and other processed food companies, because they can be stored on the shelf for years without going rancid. This lack of spoilage on the shelf is a real. advantage for food preparers, but is devastating for those who eat the food. While hydrogenated fats and oils don't easily spoil outside the body, once you

ingest them, they turn rancid. And rancid fats are toxic to the body.

The following, items also contribute toward gallstone formation:

1. Coffee
2. Chocolate
3. Cola drinks
4. Red meats
5. Preservatives
6. Artificial sweeteners
7. Tobacco
8. Aspirin
9. Salt
10. Alcohol

"PURPOSE OF GALLBLADDER"

The gallbladder is a 3-inch long membranous sac attached to the liver. Excess gall, or bile, which comes from the liver, is stored and concentrated in the gallbladder. The purpose of bile is to break fat into microscopic droplets when it comes into the digestive area. When foods cannot be broken down properly for digestion, gallstones may form.

"GALLBLADDER SURGERY"

We know of a man who complained of severe indigestion. In desperation, he visited his local medical doctor. Upon examining the patient, the doctor found gallstones were causing the pain.

The doctor lost no time in taking care of the problem. He told the patient that his gallbladder must be removed immediately. He was sent directly to the hospital and scheduled for gallbladder surgery. The patient was so weakened by pain that he readily accepted the doctor's advice. Everything happened so quickly that he had no time to go back home and consider alternative solutions.

The patient is now at home recovering from major surgery. It will take many months of rehabilitation for his body to function normally again, if it ever does. He also has a large scar across his abdomen that will be tender for a long time. What is the result of his surgery? He now has no gallbladder and no appendix, which they also took out in the bargain. The operation cost thousands of dollars and weeks of loss work. And that is not the worst of it. Unless this man changes to a more natural diet, his body will continue forming gallstones. They will lodge in the small pocket left from the surgery. All of this pain, suffering and expense might have been avoided if this man had known about the Gallbladder Cleanse. Even when he was in his crisis situation just prior to the surgery, he could have still tried the cleanse.

Removal of the gallbladder is a common operation. If you elect to have this surgery, prices start at \$10,000.00 for the surgery alone. Doctors can go in and remove just the gallstones, but the stones will return. Their solution is to take out the gallbladder. They have been taught that the gallbladder is an unnecessary organ, so why not remove it. Unfortunately, gallbladder surgery does not always solve the problem since stones can still form. Many people who no longer have a gallbladder do this cleanse and pass gallstones.

Incidentally, when doctors take out the gallbladder, which is major surgery, they usually

take out the appendix as part of the package deal and you lose two vital organs. Some doctors know about this Gallbladder Cleanse and that it effectively removes gallstones, but doing surgery is just too profitable for them.

"DOING THE CLEANSE"

When you do the gallbladder cleanse, you will be performing a bloodless operation. There will be no pain and no scar tissue. The little bit of discomfort you will experience will be well worth it because of the increase health benefits.

The gallbladder cleanse takes 4 days to complete and is simple and inexpensive. **EACH DAY FOR 4-DAYS YOU DRINK UP TO 1 GALLON OF APPLE JUICE AND UP TO 1 GALLON OF DISTILLED WATER.** You will not feel hungry. The apple juice will give you energy. Take it easy during this time to allow the body to work on cleansing. This is not the time to do hard physical work. **EACH MORNING OR EVENING, DO A SALTWATER FLUSH OR AN ENEMA TO HELP REMOVE TOXINS THAT ARE BEING RELEASED.**

It is important to take a daily saltwater flush or enema because poisons settle in the rectum and these poisons need to be expelled from the body before they cause problems. (Through experience: Please note, when you take the Saltwater flush, do not start drinking your Apple Juice, but start drinking your water first. When you do this you prevent yourself, from having an accident, as it goes through you quite quickly.)

"DRINKING THE OIL"

ON THE EVENING OF THE THIRD NIGHT WHEN YOU ARE TIRED AND READY FOR BED, DRINK 1/2 CUP OF 100% VIRGIN OLIVE OIL OR COLD PRESSED PEANUT OIL. Don't buy the refined oils sold in supermarkets. Natural foods stores sell unrefined oil. Chill the oil - it tastes better cold and use a straw to sip it. It is better to not let it touch the lips to minimize the unpleasantness of the oil.

RIGHT AFTER TAKING THE 1/2 CUP OF OLIVE OIL, DRINK 1/4 CUP OF FRESH SQUEEZED LEMON JUICE. THEN GO DIRECTLY TO BED AND LIE DOWN ON YOUR RIGHT SIDE WITH TWO PILLOWS UNDER THE RIGHT HIP. The pillows slant the body so that the oil will leave the stomach faster and go down into the duck area and into the gallbladder. As you rest, the oil will be saturating and cleansing the body tissues. It will feel awkward, but this is the most effective position for the oil to do its work in expelling the gallstones. **YOU MAY CHANGE YOUR POSITION AFTER 4-5 HOURS.**

"REACTIONS TO CLEANSE"

AFTER DRINKING THE OIL AND LEMON, YOU MAY FEEL LIKE BURPING OR VOMITING. YOU MIGHT SIP ON A LITTLE TOMATO JUICE. The acid and the salt in the juice help cut the oil. Don't drink more than a tablespoon or so of the tomato juice. You might want to just hold it in your mouth and then spit it out. Sometime during the night, you may vomit or be nauseated. This is caused by the gallbladder ejecting the stones with such force that it shoots the oil back into the stomach. When the oil returns to the stomach, you get sick. You may be able to feel the expulsion of stones. It will not be a sharp pain, just a mild

contraction. In all honesty, you may spend a miserable night. But is it only one night of discomfort. Recovery from conventional gallbladder surgery involves many months of pain and suffering as the scar tissue mends.

"REWARDS FROM THE CLEANSE"

You will soon have the reward of seeing the gallstones out of your body. These stones will no longer be interfering with normal body functions. Put your mind on how much more dynamic you will feel after the cleanse, many people report having increased stamina after this cleanse.

We have known about this cleanse for several years, but we did not think we had gallstones, so we saw no need to investigate further. We were surprised to learn that almost every adult who does this cleanse, passes gallstones. Even though we now eat a more natural diet, there were many years when we ate the Standard American Diet. Those gallstones that we pass during the cleanse had been sitting in our body, obstructing the body's natural functions, for many years. We are glad they are now out.

"FOURTH DAY"

On the morning after drinking the oil, you will probably want to lie in bed and take it easy. Use the time for prayer and meditation on the Word. You might want to listen to praise tapes and put a song in your heart. Continue drinking apple juice and distilled water.

"PASSING THE STONES"

Sometime during the fourth day you will probably have a bowel movement. Check the toilet water carefully. When you pass gallstones, you should see them floating near the top of toilet water. You won't feel pain when they are expelled. The oil makes them slick and the lemon juice takes the sharpness out. The stones are soft when they pass. The stones can be the size of tiny pebbles or as large as the end of your thumb. The stones come in different shades of green and may be bright colored and shiny like gemstones. The color comes from the bile. The light colored stones are the newest. Blackish stones are the oldest. Some people say that when they passed their stones, the toilet water looked like balls of bright green grass.

It is exciting to actually see gallstones that were once inside your body. It is rewarding to see them out of your body where they can do you no more harm. Because they are softened, they seem waxy, rather than stony. They may also be coated with fecal matter. You can get a colander or strainer and try fishing the stones out and washing them off. It is not unusual to expel 100 or more gallstones after doing this cleanse.

After you have passed the gallstones, you will experience increased stamina. Don't pig out on the fifth day. The body has slowed down and it will take 3 or 4 days to rebuild to a normal diet. For 3 or 4 days following the fast, eat plenty of raw fruits and vegetables and drink unsweetened juices to restart the digestive mechanisms. Eat small meals and watch to see if there is pain after eating. If so, go more slowly. Fruits are easiest to digest. On the second day after the cleanse, a simple vegetable soup with plenty of broth is good.

SHOPPING LIST FOR GALLBLADDER CLEANSE - PER INDIVIDUAL

4 gallons of apple juice

4 gallons of steam distilled water

1/2 virgin olive oil or cold-pressed peanut oil
3 lemons (or enough to make 1/4 cup lemon juice)
Tomato juice - 1 tablespoon
1 Straw (optional)

If you do this cleanse in the fall, look for freshly-pressed, raw apple juice in the supermarket. Or, if you have an apple press, you could use freshly made apple juice. Otherwise, bottled, unsweetened apple juice is fine. Make sure the water is "steam distilled water." Bottled drinking water is not the same. You do not want water with minerals in it.

TESTIMONY; On the 4th month of 2002, four family members decided to take the Gallbladder and Kidney Cleanse, I released 84 gallbladder stones, my husband released 64 gallbladder stones, my other daughter released 80 stones and my younger daughter 102 and my son 14. It was quite a surprise, however we did have a sense of well-being after the cleanse also. I really highly recommend this cleanse, as I had an attack over a year ago of Kidney Stones and I would not want anyone to endure such excruciating pain. I know people who have had gallbladder pain, and it is quite severe also. I suggest that every person, take this cleanse so that they can omit problems later on in life.

"DOCTOR REFUSES TO BELIEVE"

Shortly after we completed the Gallbladder Cleanse, an opportunity arose for my wife and me to speak with a medical doctor about each of us passing over 50 gallstones during a four-day cleanse.

This family practice physician said it was impossible to pass gallstones because the opening in the gallbladder was too narrow to allow the stones to pass through. That is why surgery is necessary.

"No, there is an alternative," we said. "During a Gallstone Cleanse, we drink apple juice and distilled water for 4 days and this liquid diet softens the stones and allows them to become flexible and waxy enough to pass through the narrow opening."

The doctor said, "No, it cannot be done." At this point we were wishing we could bring him our gallstones.

The doctor went on to say that the best of medical science has not yet come up with a chemical that effectively softens and dissolves gallstones.

"We don't try to dissolve the gallstones, we just soften them enough to pass through the small opening," we explained.

The doctor would not believe a word we said. He advocated gallstone surgery from the beginning of our conversation to the end.

"COMBINING CLEANSSES"

The Kidney Cleanse and Gallbladder Cleanse are the same for the first three days. You will be cleansing both the kidneys and the gallbladder at the same time. On the third night, take olive oil and lemon juice as directed in the Gallbladder Cleanse. On the fourth day, drink apple juice and distilled water. Then you will have cleansed both the kidneys and the gallbladder. By doing the Gallbladder Cleanse, you will also complete the Kidney Cleanse.

"CLEANSING THE COLON"

There are several kinds of enemas. You may use plain water, or water with herbs, coffee, or garlic. We prefer using a top down saltwater flush:

SALTWATER FLUSH: This is an alternative to conventional enemas and provides a top-down flush of the colon. **IN THE MORNING BEFORE EATING OR DRINKING ANYTHING, MIX 2 TEASPOONS OF UNREFINED SALT IN 1 QUART OF LUKE-WARM WATER.** The salt and water will not separate but will thoroughly wash the entire tract in a few hours. Several eliminations may occur. The salt water has the same specific gravity as the blood, hence the kidneys cannot pick up the water and the blood cannot pick up the salt. This flush gives the colon a good washing.

If the salt water does not work the first time, try adjusting the amount of salt until the proper balance is found; or possibly take extra water, with or without salt. This often increases the activity.

We prefer doing saltwater flushes instead of standard enemas because there is less chance of harm. We are concerned that enemas could damage the intestinal tract by the pressure of shooting water in a direction that is opposite from the natural flow. Enemas also wash away beneficial bacteria. On the other hand, an occasional enema stimulates the bowels.

"CONVENTIONAL ENEMAS"

CATNIP ENEMA - helps with stomach and digestive problems. Use 2 Cups of strongly brewed catnip tea plus 4 cups lukewarm water.

COFFEE ENEMA - stimulates the liver and gallbladder to remove toxins, open bile ducts, encourage increased peristaltic action and produce necessary enzyme activity for healthy red blood cell formation and oxygen uptake. Use 3 tablespoons ground regular coffee (not instant) to 6 cups water. Simmer 15 to 20 minutes. Cool to lukewarm.

GARLIC ENEMA -juice 4 to 6 cloves garlic in juicer, adding water down tube to help obtain all the juice.

Add enough warm water to make 6 cups. Or stir 2 teaspoons of garlic powder into 6 cups of lukewarm water.

HOW TO TAKE AN ENEMA: Place the enema solution in water bag and hang about 2 feet higher than the body. Lubricate the colon tube with Vaseline or K-Y jelly. Lying on the left side, slowly insert the tube into the colon and begin releasing fluid. Make sure all kinks are out of tube and watch to see that the fluid is flowing out of the bag. Remain on the left side for 5 minutes. Then move to the knee-chest position and gently massage the lower left side of the abdomen for several minutes. Roll onto the back for another 5 minutes, massaging up the descending colon, over the transverse colon to the right side, and down the ascending colon. Then move to the right side for 5 minutes so that each portion of the colon is reached. **GO TO THE TOILET AND EXPEL THE FLUID. YOU MIGHT NOT EXPEL IT ALL AT ONCE. LATER, WHEN YOU THINK YOU MIGHT NEED TO PASS GAS, BE CAREFUL. IT MAY BE MORE FLUID COMING DOWN.**

You may not be able to hold the enema solution for 15 minutes. Just hold it as long as it is comfortable.

"ADDITIONAL COLON CLEANSING"

These simple saltwater flushes and enemas will not clean out the hard, encrusted fecal matter that has been building in the colon for years. Disease begins in the colon and it is important to thoroughly clean the colon so that the rest of the body functions properly. To effectively cleanse the colon, we recommend going on the Intestinal Cleanse where you drink psyllium husks in liquid to loosen the putrid waste that is lodged in the colon.

"DON'T MAKE CLEANSING YOUR RELIGION"

These cleanses are to help balance you. Don't become a fanatic about them. It is easy to alienate friends and family by becoming obsessed with talking about these cleanses. Do them as Yahweh directs you, in His time, and quietly. Don't gross others out by talking constantly about how your body feels or the textures and color of the fecal matter you passed. Yes, it is true that our bodies are temples of the Set Apart Spirit. And keeping the temple clean physically is a small part of the Kingdom which we should not neglect. But in our zeal to be clean physically, let us also not neglect the weightier matter of keeping the heart pure.

"URINARY TRACT CLEANSE"

Cranberry Juice is a simple remedy that helps prevent and heal urinary bladder infections. Cranberry juice contains certain acids that inhibit bacterial growth and block bacteria from attaching to the bladder-walls.

"SYMPTOMS"

Urinary Bladder infections are characterized by an urgent desire to empty the bladder. Urination is typically frequent and painful. Even after the bladder has been emptied, there may be a desire to urinate again. The urine often has a strong, unpleasant odor and may appear cloudy. Symptoms may also include lower back pain and sometimes a fever as the body tries to throw off infection. Children suffering from bladder infections may have lower abdominal pain and experience a painful burning sensation while urinating.

"CAUSES"

Urinary tract infections are one category of cystitis, a broad term relating to bladder problems and various symptoms. Bacterial cystitis is an inflammation of the bladder caused by harmful bacteria. About 76 percent of bacterial cystitis is caused by escherichia coli (E.coli) a common bacterium in the intestinal tract. In the majority of E.coli infections, the bacteria have migrated up through the urethra and reproduced inside the bladder. The urethra is the tube through which urine leaves the body.

Lower urinary tract infection is a significant problem in 20 percent of the female population in America. Although some men and children are afflicted with urinary tract infections, the vast majority are women. The bacteria gain access to the bladder by traveling up the urethra in females. The closeness of the anus to the vagina and urethra allows the transmission of bacteria to the bladder in women.

"CRANBERRY AS A REMEDY"

Cranberry has been used for many years as a natural remedy for bladder infections. Traditionally, it was thought that cranberry was beneficial merely because of its acidifying effect in the urine. Now it appears that cranberry's beneficial effects on bladder infections are more complex.

Recent studies have shown that cranberry appears to contain a special group of compounds that block bacteria from attaching to the walls of the bladder. Before bacteria can begin reproducing, it must first adhere to the walls and establish a "foothold." After attaching, they form a small colony of bacteria that can invade deeper into the tissue, causing inflammation. The body forms a mucous coating to help protect the bladder cells. The urinary tract also secretes certain proteins that bind to the bacteria and confuse them. However, in some people these defense mechanisms of the body are deficient, making them more prone to chronic urinary tract infections.

The attraction of bacteria to bladder cells helps explain how cranberry prevents bladder infections. Certain water-soluble components of cranberries have been shown to stop bacteria from attaching to bladder cells. Although the compounds in cranberry have not been isolated or identified, laboratory studies reveals that when cranberry juice is present, bacterial adherence to bladder cells is drastically reduced. When these compounds in cranberry are present in the urine, they bind to the bacteria, confusing the bacteria and effectively blocking them from attaching to the bladder cells. Since the bacteria are not attached, they are quickly washed from the bladder during urination.

"CRANBERRY JUICE CLEANSE"

As soon as pain or a burning sensation is noticed when urinating, begin drinking cranberry juice. The earlier you start, the less chance the bacteria will gain a foothold. Cleanse the urinary tract for three or four days by doing the following:

Drink at least a quart of fresh or reconstituted cranberry juice each day.

Drink six to eight ounces of distilled or spring water every hour to help keep acid wastes flushed

You may eat lightly during the cleanse, but avoid coffee, chocolate, carbonated beverages, black tea, tomatoes and cooked spinach. Also avoid yeast bread, fried and fatty foods, sugar, salt, pasteurized dairy and refined food.

Eat foods with a high-water content such as fresh vegetable soup, green salad with sprouts, cucumbers, carrots and beets. Celery, parsley and watermelon are helpful because they act as natural diuretics, which increase the secretion and flow of urine.

Avoid oranges and grapefruit. They produce alkaline urine that encourages bacterial growth.

"PREVENTION"

When the urge to urinate is felt, do not delay. Keep the genital and anal areas clean and dry. Wipe from front to back after emptying the bladder or bowels. Women should empty the bladder before and after intercourse. Wear white cotton underwear and avoid tampons if you suffer from urinary tract infections.

We have found cranberry juice is not only effective for preventing and healing urinary

tract infections, but also for preventing and healing vaginal yeast infections. As soon as itching or irritation of the vagina is noticed, begin drinking three to four 8 ounce glasses of fresh or re-constituted cranberry juice from concentrate every day. During healing, make sure your diet is primarily fresh foods. Have a large green salad with sprouts every day. Keep meals very light, without heavy starches, red meats, caffeine, sugars or dairy products. This will help restore the vagina's normal pH.

"PURCHASING CRANBERRY JUICE"

Our favorite way to obtain cranberry juice is from fresh berries. Fresh cranberries are available in grocery stores from the 11th month to the 12 month. They will keep for a month or two in a cool place, or they can be frozen. We have gone to the produce manager on the 12 month of the 26th day and offered to buy his remaining stock of cranberries. After the holidays, no one seems to buy cranberries, and they are often tossed out. Fresh cranberries are high in Vitamin A and C and calcium. They also contain phosphorus, iron, sodium, potassium and B complex. Besides being useful against urinary tract and vaginal infections, they are beneficial for skin disorders, high blood pressure, constipation, obesity, poor appetite and fevers. The beneficial compounds in cranberry are water-soluble and are still present after the berries are heated. We have tried juicing the cranberries raw, but much pulp is wasted. We prefer to gently heat the berries before juicing. When cranberries are overcooked or when refined sugar is added, cranberries are very acid-forming to the body and should be avoided.

If fresh cranberries are not available, check the freezer section of the supermarket for frozen cranberries. Health stores carry bottled cranberry concentrate, with no sweeteners added. If purchasing juice, look for cranberry juice that does not have corn sweeteners or other refined sugars.

"MAKING FRESH CRANBERRY JUICE"

ONE 12-OUNCE PACKAGE OF FRESH OR FROZEN CRANBERRIES 1/2 TO 2/3 CUP PURE MAPLE SYRUP OR HONEY, OPTIONAL, ENOUGH HOT WATER TO MAKE HALF GALLON (64 OUNCES)

Wash and sort out mushy or rotten cranberries.

Put cleaned cranberries in saucepan, cover with water.

Bring to a boil, turn down heat and simmer, covered, about 10 minutes until berries pop and soften.

Strain cranberries using a food mill, juicer or colander.

Pour strained juice in 2 quart pitcher.

Add sweetener, if desired.

Add enough hot water to equal 2 quarts.

We like to drink the juice warm, but hot or cold water may be used. Juice may be refrigerated several days. One time we made this juice, without sweetener, because we had a visitor who was diabetic. Surprisingly, we preferred the tart taste of the cranberry juice unsweetened.

"CRANBERRY - PINEAPPLE JUICE"

Whiz in blender until smooth 2 cups unsweetened pineapple juice and 3/4 cup raw cranberries. The pineapple juice makes the drink tart-sweet without added sweeteners.

"INTESTINAL. CLEANSE"

“The very best of diets can be no better than the very worst, if the sewage system of the colon is clogged with a collection of waste and corruption.” Norman W. Walker.

Yahweh has built our body so that it knows how to do everything it needs to do. The mechanics of keeping the body functioning properly are built-in, but our bodies need periodic maintenance. It is similar to a car. If you change the oil and put in clean fuel, it will run well for a long time. But eventually, deposits build up on the walls inside the motor and the car does not run as efficiently. If we change the filter, put in new oil, and maybe put some additives in the gas tank, then the car will run better and provide good service.

Our body also gets clogged up after being used a long time. The purpose of the Intestinal Cleanse is to remove the deposits that are caked on the walls of the intestines so that our body can function more efficiently.

"SYMPTOMS OF TOXIC OVERLOAD"

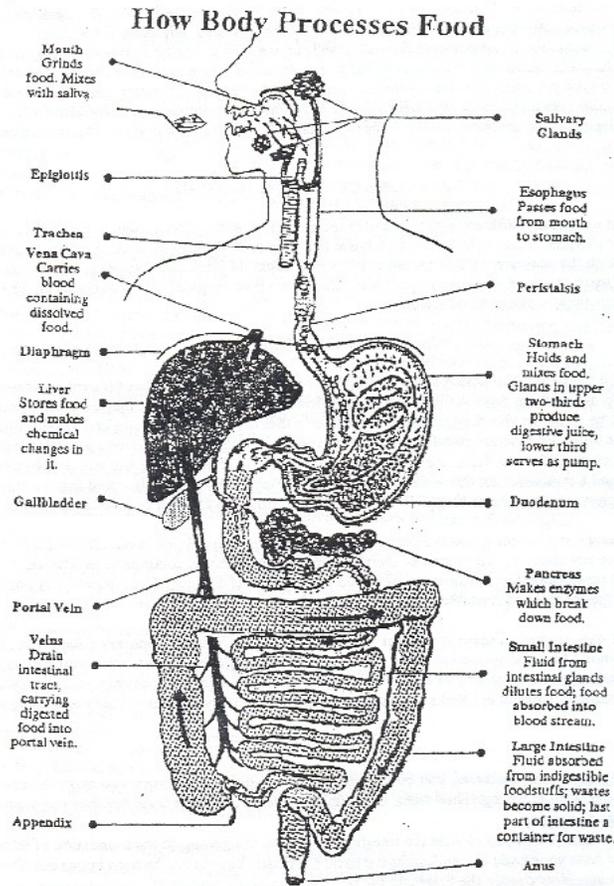
You might have many different symptoms of disease, such as aching joints, high mucus levels, nagging backaches, or allergies. You might be obese, have smelly feet or boils on your back. You might have low energy and catch the common cold or the flu easily. You might be weak and rundown. All of these are symptoms of toxic overload, but the symptoms do not show up at the place that is overloaded. The symptoms show up at weak parts of the body.

"TREATING THE SOURCE"

To see what happens when a body is backed-up with toxins, let's look at what happens when a sewage system is backed-up. If you flush the toilet and it overflows onto the floor, there may be many reasons. One reason is that the toilet itself is clogged. Another reason is that the sewer line is clogged, maybe a thousand feet from your toilet. Prior to the overflow, each time you flushed the toilet, the waste went down the line until it hit the plug. With each flush, the line backed up more. You could not see the problem, because the line was plugged a thousand feet down the sewer line. Eventually, after several hundred flushes, the whole line from the plug to your toilet is clogged. Now, when you flush the toilet, it overflows on the floor.

You try fixing the problem by using a plunger, but the toilet still overflows. Your efforts are futile because you are not attacking the source of the problem. Your toilet will continue to overflow until a “rotor-rooter” service unplugs the sewage line at the site where it is clogged. The symptoms of overload showed up at the toilet, but the problem was a thousand feet away where the line was plugged.

In a similar way, treating disease symptoms may not give any more than temporary relief if the source of the problem is not where the symptoms occur. If the source is a clogged intestinal tract, you must unplug the intestinal “pipes” so that the toxins can escape. When you cleanse the entire intestinal tract, you are attacking the source of numerous health problems and eventually many disease symptoms will decrease or disappear.



"NO DIAGNOSIS NEEDED"

If you are having health problems, you could spend a fortune going to doctors who make dozens of tests trying to diagnose what is wrong. Then when they think they have found the solution, they might prescribe hazardous drugs or surgery.

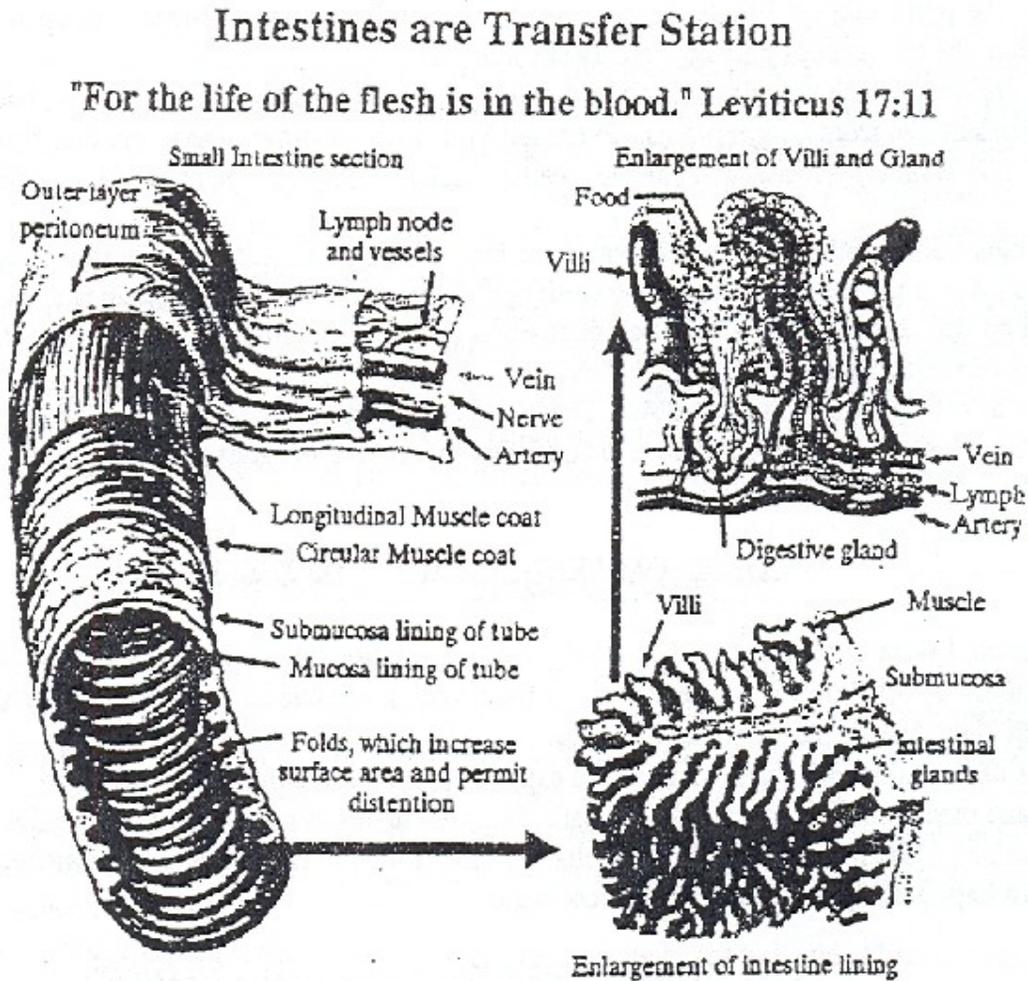
On the other hand, when you cleanse the intestinal tract, you are getting to the foundation of disease. It does not matter how your body is manifesting the toxic overload. You do not have to figure out if you have a particular disease. You cleanse the body and the body will naturally heal itself.

"Every tissue is fed by the blood, which is supplied by the blood, which is supplied by the bowel. When the bowel is dirty, the blood is dirty, and so on to the organs and tissues." Dr. Bernard Jensen.

"INTESTINES ARE TRANSFER STATION"

Lev. 17:11 "For the life of the flesh is in the blood."

The intestines act as the transfer station for the bloodstream. The villi pass nutrients into the bloodstream and waste from the cells into the intestines.



When the intestinal walls are caked with hardened fecal matter, nutrients and wastes cannot be transferred efficiently. When you go on the Intestinal Cleanse for three months, you effectively pull the plug, that was blocking the transfer of nutrients and wastes. Now the body can assimilate nutrients better and unload the waste from every cell.

The Intestinal Cleanse is effective at relieving these afflictions: Constipation, chronic fatigue, asthma, flu and colds, allergies, nagging backache, respiratory disorders, digestive problems such as gas, indigestion, and abdominal pain, prostate problems, menstrual troubles,

headaches, and skin eruptions.

"INTESTINAL CLEANSE RESTORES HEALTH"

"It is the bowel that invariably has to be cared for first before any effective healing can take place."

The intestinal Cleanse is the most important cleanse in this book. Having a healthy intestinal tract is the foundation of a healthy body. Every system in the body will function better once the intestines are cleansed. When I first did the Intestinal Cleanse about 10 years ago, it changed me from a sick man who was degenerating rapidly, to a healthy man with renewed energy and strength.

About ten years ago, I was suffering from painful bleeding hemorrhoids. I had bowel movements only about once a week. My stools were long, hard and dry. Every time I would have a bowel movement, I would bleed. The skin could not handle this constant cracking and breaking. I ended up with open "fissures," inside the colon. The tremendous pain kept me awake at night.

My other problem, which was also caused by a congested colon, was high mucus levels. I had lots of colds and often suffered from flu symptoms. Every fall I would come down with a cold that hung on until the warm days of summer. Then as soon as the weather cooled off I would be back to sneezing and coughing.

I tried to figure out whether my problem was some kind of allergy. Was it something I was eating? Was it wool blankets? Was it the mattress? Was it my clothing? Many people gave us suggestions and I tried almost everything. I bought cotton blankets, a cotton mattress and all cotton clothes. I tried to eliminate the common allergy-causing foods, but nothing helped.

During the day, I was tired and worn down. I lacked energy to complete even simple tasks. I did not have cancer or aids or some other dreaded disease. Yet, I knew that if I did not start improving, my time on this earth was short.

"COLOSTOMY ENDS CONTROL OF THE BOWELS"

In desperation, I went to standard medical doctors. Their solution was surgery. They even talked about doing a colostomy. A colostomy is where a section of the colon is removed and the colon is rerouted out the side. How ghastly! I knew I must find another solution.

I went to a naturopathic physician who had me experimenting for months. Every night I would sit in a hot sitz bath and then jump into an ice-cold sitz bath. I sipped dandelion tea. I took herbs. I rubbed some oil on my rear end that made me break out in red welts. Yet after three months, nothing had touched my problem. I just kept getting sicker and more discouraged.

"HEALTH IMPROVES WITH INTESTINAL CLEANSE"

One day my wife went into a health store. The owner of the store had just returned from an Intestinal Cleanse seminar. With excitement she said, "I could throw out half the supplements on my shelf if people would just take this Intestinal Cleanse. People are being healed from many diseases." My wife and I immediately began a two-month program taking psyllium husks in liquid, three or four times a day.

Within a short time after starting the Cleanse, I started feeling better. Finally I was having daily bowel movements. They were light and fluffy and passed without straining. Six

months after I completed the Cleanse, I felt better than when I was a teen. In the ten years that followed, I just kept feeling healthier and more energetic. The common colds and various flu symptoms passed me by. I would abuse my body, sometimes staying up all night. I didn't always eat the right food. I did many things that should have weakened my body, yet I still felt strong and energetic. Praise Yahweh for his great mercy.

Shortly before writing this book, I repeated the Intestinal Cleanse. I knew it was time for another Cleanse because my energy level was decreasing and I experienced my first head cold in years. This time after three months of intestinal cleansing, I did not notice such a dramatic change in health as when I first did the Intestinal Cleanse. I did notice, though, that my energy levels have significantly increased and, hopefully, my body will now be more effective at warding off disease.

"SPARE TIRE DISAPPEARS"

My wife Rachel did the Intestinal Cleanse with me both times. Ten years ago, Rachel wasn't overweight, but she did have a noticeable "spare tire" of fat around her middle. She had tried lots of different stretches and exercises, but the "spare-tire" remained. After two months on the Intestinal Cleanse, the "spare-tire" was gone and has not returned. Rachel did no special exercises during the Cleanse. Apparently, the spare-tire was the body's method of storing extra waste and the Intestinal Cleanse allowed the body to rid itself of these toxins.

"ELIMINATING THE "POT BELLY"

When we see someone with a "pot belly," we know that an Intestinal Cleanse would be helpful. When the gut hangs over a man's belt or fills a woman's abdomen, it is a sign that fecal matter is backing up in the colon. When someone becomes constipated, the bowel becomes heavy and overly bulky. It over-stretches the connective tissue that is supposed to hold the digestive organs in their proper place. This distension produces the "pot belly" effect. This condition is worsened by eating a low-fiber diet and drinking in excess.

A distended belly is a warning that trouble is coming. The "pot belly" precedes many diseases ranging from liver and intestinal disorders to gout and heart attacks.

Those who have tried to eliminate a "pot belly" by exercise alone have often met with failure. Good results have been achieved by combining the Intestinal Cleanse with some muscle-toning exercises for the abdomen, as well as changing to a low-fat, high-fiber diet. The Intestinal Cleanse will help rid the body of built-up waste products so that the digestive organs can return to their normal shape. Adding more whole grains and fresh fruits and vegetables to your diet will help eliminate constipation and restore normal body weight.

"INTESTINAL CLEANSE INGREDIENT"

1) Premium quality whole psyllium husks - These husks provide fiber and lubrication for the bowels. When taken inside the body with liquid, they expand into a gelatinous mass, gathering up fecal matter and scraping the walls of the intestine. Psyllium husks also counteract diarrhea and regulate the bowels. As you advance on this program, you will have fluffy, well-lubricated stools, with no straining.

For those with diabetes or pre-diabetes, psyllium husks have an additional benefit. The psyllium husks cause the stomach to empty more slowly. Food is therefore absorbed from the

intestines more gradually, avoiding a sudden release of sugar.

Caution; do not try to take the psyllium husks dry. Always dissolve the husks in liquid. Also, do not use psyllium husks powder. When husks are ground, they lose the ability to scrape and may clog the colon.

2) Blackstrap Molasses- Blackstrap molasses is a rich source of minerals and vitamins. It is a bowel regulator and helps prevent constipation and colitis. .

Blackstrap molasses is an interesting sugar. When it goes into the body, it does not digest entirely in the stomach like most other sugars. Blackstrap molasses is only partially digested in the stomach and then goes into the intestinal tract and is consumed in the intestines. Because of this, nutrients are available in the intestinal tract where they are needed to help with the cleansing process.

We have noticed that Blackstrap molasses tends to lubricate the intestines. It also has a laxative effect and makes an excellent carrier for the psyllium husks. Psyllium husks have a tendency to be constipating if not taken with enough liquid. Blackstrap molasses helps carry psyllium husks through the system, while also regulating the bowel. The high mineral content of Blackstrap molasses makes it beneficial for helping with anemia, menstrual problems, blood disorders and nervous system disorders.

"DOING THE CLEANSE"

First week, take four times per day before meals:

1 level teaspoon whole psyllium husks 1 teaspoon Blackstrap molasses Dissolve in 8 to 12 ounces warm water. Drink Immediately.

Drink another 8 to 12 ounces water,

Advance to full dosage, four times per day before meals:

1 level tablespoon whole psyllium husks 1 teaspoon Blackstrap molasses Dissolve in 8 to 12 ounces warm water. Drink immediately

Drink another 8 to 12 ounces water.

"WHAT TO EXPECT"

As you begin the program, you will experience intestinal gas and some bloating of the abdomen. As the cleansing progresses, the intestines become steadily more efficient at detoxifying. You are likely to feel the most discomfort at the beginning stages of the cleanse. Cleansing reactions may occur if the rate of cleansing is higher than the body can easily tolerate. If you are too uncomfortable to perform your duties at this level, decrease the dosage until your body adjusts to a comfortable level. When the discomfort is no longer a problem, return to the normal dosages for your level.

"ADJUSTING THE MOLASSES"

The active ingredient in the Intestinal Cleanse is the Psyllium Husks. The molasses is added to help regulate the bowels to prevent diarrhea or constipation. The molasses has the added benefit of making the psyllium drink taste better. The high mineral content of the molasses also helps build up the body. The high iron content is especially beneficial for women. You may vary the amount of molasses from one teaspoon to a full tablespoon. Our 14 year old

daughter enjoyed the taste of the molasses and looked forward to her psyllium-molasses drinks. She liked taking a full tablespoon of molasses. She said she would have quit the program if it wasn't for the molasses.

My wife thought that taking a full tablespoon of molasses made the drink too sweet. She used a scant 2 teaspoon of molasses per drink. If you are tending toward constipation, you may want to take a full tablespoon of molasses to help loosen the bowels. If your stools are runny, cut back on the molasses. If you are trying to lose weight, you might want to cut back on the molasses. One tablespoon of molasses contains 43 calories.

Most people enjoy the robust taste of molasses. If you do not care for the taste, the Intestinal Cleanse drink can be taken without molasses. You drink psyllium with water or juice. This is the way we did the first Intestinal Cleanse 10 years ago and it worked fine, but we became bored of taking psyllium with plain water. It is an unexciting drink since the psyllium has no taste. Another alternative is to use Sucanat, an unrefined sugar cane. Use the same amount as molasses.

For variety, or convenience while away from home, you can occasionally drink the psyllium with water or juice. Follow each psyllium drink with a glass of fresh water.

"ADJUSTING THE PSYLLIUM HUSKS"

You will probably not need to adjust the amount of psyllium husks. However, if the bloating sensation causes pain, try taking less psyllium for a while. For instance, take half the recommended amount of psyllium four times a day.

"CLEANSING FOOD"

You do not need to go on a special diet during the Intestinal Cleanse. However, to help the Cleanse be more effective, we recommend eating plenty of fresh or dried fruit and raw vegetables. According to Robert Gray, author of the book *The Colon Health Handbook*, the following foods help loosen, soften, or dissolve stagnant material from the colon. During the Intestinal Cleanse, try to include some of these foods:

Chickweed	iceberg lettuce	spaghetti squash
Chives	nettles	tomatoes
Grapes	olive oil	zucchini

"DAILY ROUTINE"

On the Intestinal Cleanse, you will be going about your regular daily activities and eating normally. If you are on medication, go ahead and keep taking it, if you think it is necessary. The only change to your daily activity is that you will be drinking the psyllium-molasses drink, plus water, four times a day. If you occasionally miss a dosage, don't worry. It will just take a little longer to complete the Cleanse. You are master over the Cleanse, the Cleanse is not master over you. You will soon fall into a convenient pattern of taking the drinks.

"JUDGING YOUR PROGRESS"

When you begin taking the psyllium husks, your abdomen will swell considerably. This

happens because the old feces are swelling up with water in the process of being softened. Weight loss may seem slow compared to the amount of old feces being eliminated. Each pound of hardened feces will have swollen to several pounds because of the action of the psyllium husks mixed with liquid. Once all the old feces are removed, your abdomen will not swell, even when psyllium husks are taken. When the Intestinal Cleanse is completed your abdomen will be flatter and you will feel much lighter.

On this program, you should have two or more bowel movements per day. It may take a few days or even a few weeks before you notice any difference in your bowel movements, but don't give up. The program is working, but because your colon is so impacted, it may take longer to see results.

During the first few weeks of the program, you will be eliminating old putrefactive matter that has been decaying in the colon. You may have tremendous odors coming from your lower tract as waste matter is stirred up. It is similar to turning over a compost pile. Lots of odor and gas. The gaseousness and strong odors may go on for two, three or four weeks. Maybe even longer. Eventually the gases settle down and the odor subsides. At this point the body has expelled most of the waste matter that has not yet decomposed. The only odor will be from the stools formed in the last 24 to 36 hours.

People have a tendency to think they are finished since the putrid odor and gaseousness is gone. They have started feeling a little better because the transfer of nutrients through the walls of the intestinal tract has been improved. However this is not the time to quit the program. You still have waste material that is caked on the walls than has been fully decomposed and has no odor. It can be hard and black like a rubber tire. As you cleanse the psyllium husks continue the mechanical action of scraping the intestinal walls,.

What appears in the toilet will change character. Possibly you are going to see a darker-colored stool. These dark colors are old material that has been stuck against the intestinal walls. Who knows, these dark chunks of waste matter may have been sitting inside you for 20, 30 or 40 years, depending on how old you are. The closer you come to the outer walls, the older the waste material. You may have hardened matter that has been trapped there since you were eight years old..

You might observe dark or waxy chunks mixed with the lighter, fluffy psyllium stools you previously experienced. You may observe a roping effect. You might see light colored stools entwined with dark colored stools. What is happening is that the old waste matter from the walls is mixing with the waste produced from your current diet. Sometimes the stools may come out separately, light and dark. Sometimes the body may homogenize the dark and light so that you cannot see the two color clearly.

The Blackstrap molasses tends to darken the new stools, masking the difference between the new and old stools. All we are concerned about is that the waste matter continues to be pulled off the walls and passed out of the body.

Continue on the program at least two months. If you are over 30 years old, have never cleansed the intestinal tract, it may take one more month, or a total of three months, to do a thorough job of cleansing. When you have finished the intestinal tract, you should have large fluffy stools that float and break apart when the toilet is flushed. You should no longer be seeing waxy chunks or ropes that don't readily dissolve when the toilet is flushed. The color of the stools should be uniform, not mixed colors.

"FEELING WORSE NOT BETTER:"

During the cleanse you may have cold or flu-like symptoms. Both times when we did the Intestinal Cleanse, at about three weeks along, we came down with runny noses and congestion. The symptoms were similar to a cold, but with no sore throat. Lots of mucus flowed out. If you experience similar symptoms, don't think your health is deteriorating on the Cleanse. It is just the body's way of ridding itself of poisons that have lingered.

If you have previously taken drugs, you may feel their effect as residue from the drugs is reintroduced into the bloodstream on its way out of the body. You may temporarily feel weak or nauseated. This is a cleansing reaction to the body unloading toxins. This Cleanse is gentle and normally these cleansing reactions are mild and do not last long. If they continue to make you too uncomfortable to fulfill your daily duties, ease off on the amount of psyllium and molasses being taken.

"POSITIVE REACTIONS TO CLEANSE"

Our 14 year old daughter commented that during the Intestinal Cleanse she felt tremendous relief with every bowel movement. "I feel like I could float," she said. I know what she meant. I would walk outside and feel an irresistible urge to just start running because my energy level was so high.

"FINISHING CLEANSE"

It is best to go for a full three months on the Cleanse if you have not previously cleansed your intestinal tract. When looking ahead, you may say you don't want to continue the routine for three full months. But we think you will be surprised how easy it is to remain on the program. After a few days, we actually started looking forward to taking the psyllium-molasses drink. All of us were a little saddened when we came to the end of the Cleanse. We enjoyed the effects of the Cleanse - the extra energy and the fluffy bowel movements.

If you complete the Cleanse, you will have fewer aches and pains. You will have less mucus in your nasal cavities. You will be healthier. Your mind will be sharper. You won't be as apt to fret about little things. You will have a wonderful new outlook on life because you feel good. Go the whole distance and reap the rewards of your disciplined effort.

"OLD PROBLEMS REMAIN"

If you faithfully complete the Intestinal Cleanse and you still have major health problems, then you know your problem is not caused by a clogged intestinal tract. However, having a clean intestinal tract means it will be easier for your health practitioner or doctor to dispose and treat your problem. When you take herbs or medication, they will be more effectively absorbed into the bloodstream.

After three months on the Intestinal Cleanse, you may feel a tremendous energy boost and freedom from pain. However, you may feel nothing but a letdown. You may not notice that you feel any better. Don't despair. Sometimes it takes that long for the body to finish emptying stored toxins. The long-term effects of the Intestinal Cleanse are subtle. Even though it may not be obvious, you will continue to grow healthier with time.

"CHANGING DIET"

Ten years ago when I had my health problems, people were recommending all kinds of dietary changes. Diet is not the subject of this book, but I did make a few dietary changes which have helped over the years. The most important change is to eat whole grains every day. We make whole wheat sourdough pancakes and bread from freshly ground flour I never get constipated if I eat whole wheat. We avoid homogenized and pasteurized dairy products (except butter) and notice it cuts down on the mucus in our nasal cavities.

We seek to eat food that is as close to its natural state as possible. We choose fresh grapes over frozen grape juice concentrate and whole potatoes over a package of instant mashed potatoes.

Since we are instructed to eat whatever is set before us (I Cor. 10:27), we do not always have a choice of what we eat. We may be traveling or visiting someone. We may not be in charge of the meal preparation. Consequently, we eat less than an ideal diet. Praise Yahweh that He has given us knowledge on how to cleanse our bodies so that we can overcome the harmful effects of eating modern diets.

"PROMOTING HEALTHY BACTERIA"

A healthy population of lacto bacteria in the intestinal tract promotes bulky, well-lubricated stools, as well as more frequent bowel movements. The Intestinal Cleanse may temporarily disrupt the bacteria colonies in the colon.

According to Robert Gray, onions and cabbage are excellent foods for encouraging the growth of beneficial lacto bacteria in the intestinal tract. Use these foods to help restore a healthy population of lacto bacteria during or after the Intestinal Cleanse.

The onion is excellent for promoting lacto bacteria growth. One medium to large size onion eaten daily for several days has a good effect. The onion may be cooked or raw.

Raw cabbage may be eaten daily for several days to reduce the putrefactive odor of one's bowel movements. Cabbage selectively feeds lacto bacteria and at the same time, tends to suppress the growth of putrefactive bacteria. Robert Cray suggests drinking 1/2 to 1 cup of cabbage juice two to three times a day, sweetened with maple syrup or honey, if desired. Eating whole cabbage has the same effect as cabbage juice. One pound of whole cabbage per day must be eaten to have a sizeable effect. Sauerkraut is our favorite way of eating cabbage. We find that raw sauerkraut is particularly beneficial for promoting bulky, well-lubricated stools.

"PIONEER SAUERKRAUT"

This sauerkraut is simple to make whether you want to make 1 pint or 100 quarts. The entire fermentation process takes place inside the canning jar. No heat or sealing of jars is necessary.

This recipe came from my Grandmother and has been passed on for generations. Before we tried this recipe, we fermented sauerkraut in crocks in the kitchen. The kraut would start working, bubble up and leak onto the floor. Mold would develop on top and need to be skimmed off. By the time the sauerkraut was ready to eat, we had lost our appetite for it. This kraut avoids this messy, smelly process.

The first time we ate this sauerkraut we noticed a wonderful change in our bowel movements. Because no heat is used in the process, the finished sauerkraut is teaming with friendly

bacteria for the intestinal tract. We enjoy this sauerkraut often and never tire of its taste. It's a great tonic to revitalize the digestive processes. To receive maximum benefits from the kraut, eat it raw in salads or sandwiches or heat it just enough to warm it.

YIELD: 10 POUNDS OF CABBAGE (uncut) makes about 4 quarts kraut. Ready to eat in 14 days

1 tsp) per pint 2 tsp per quart

1. Have ready clean canning jars, lids and rings.

2. Chop or shred cabbage finely.

3. Pack cabbage tightly in jars using wooden dowel. Fill jars only to shoulders to allow room for cabbage to work.

4. Add salt

5. Pour hot water over cabbage, leaving 1 inch of head space.

The hot water gets the action started.

6. Wipe rims and screw lids onto jars. No need to process.

7. Wipe jars clean and store in cool place.

8. Ready to begin using in two weeks.

Water may spew out as the kraut works. Lay towels under the jars as a precaution. This kraut mellows out as the seasons progress. Be cautious when opening a jar-this kraut is teeming with life and may spew liquid. We put a bowl under the jar when we open it.

SHOPPING LIST FOR INTESTINAL CLEANSE (PER MONTH)

If this is your first Intestinal Cleanse, we recommend cleansing for three months. If you repeat the Cleanse, one month should be sufficient. Amounts are for each month.

1-1/2 pounds (24 ounces) of whole blond psyllium husks

2 quarts (64 ounces) of Blackstrap Molasses

"INTESTINAL CLEANSE FAST"

A faster and more effective way to cleanse the intestinal tract is to combine the Intestinal Cleanse with the Lemonade Diet. In this program, no food is eaten. Four times a day drink the psyllium molasses drink, followed by a glass of water. In place of meals, go on the Lemonade Diet described later in this book. Drink a half gallon of Lemonade or more each day. On this Cleanse you will be drinking at least a gallon of liquid daily.

There will be no food to slow down the cleansing process. Plan on doing the cleanse for a minimum of two weeks. A month would be desirable. By observing your progress you will know when your intestinal tract is clean.

Toxins will be eliminated much faster on this cleanse. There is a chance of nausea, headaches and a general feeling of discomfort. If the cleanse is too intense, consider doing the standard Intestinal Cleanse while eating regular meals.

"FASTING FACTS"

"Fasting is the most efficient means of correcting any disease."

Fasting means eliminating solid food from the diet. You can fast on water alone or on juices. Fasting with juices is one of the quickest ways to unclog a sluggish system and increase

energy. Think of fasting as giving your body a tune up. You don't want to run on a dirty engine and a low battery.

Many people have the notion that your body will become weakened or depleted if you fast. Just the opposite is true. At the end of 10 or more days of fasting, you will feel stronger and revitalized. You will have greater mental clarity and increased physical stamina. You will feel rejuvenated and will look younger.

Fasting works by self-digestion. During a cleansing fast, the body decomposes and burns substances that are damaged, diseased, or unneeded. These include abscesses, tumors, excess fat deposits, and congestive wastes. Live, fresh juices pick up dead matter from the body and carry it away.

During a fast, the eliminative organs are given a rest from, the usual burden of digesting foods and eliminating wastes, They can concentrate on cleansing toxins from the tissues. Fasting gives the digestive organs a physiological rest and an opportunity to "clean house." After fasting, the digestion of food and the utilization of nutrients is greatly improved.

"DISEASE SYMPTOMS"

Fasting brings about certain disease-like symptoms in the body. You may experience headaches, foul breath, coated tongue, emotional disturbances, dizziness and body odor. When you notice such symptoms, do not become overly concerned. Just accept them as a passing discomfort caused by your body attempting to rid itself of toxins. Do not become discouraged, but continue on your fast. Be sure to keep drinking plenty of liquids, which will help flush the poisons out of the body faster.

Fasting can last from a few hours to 40 days or even longer. If you desire to tune up and rejuvenate the body, one week to 10 days is usually sufficient. The hardest day of any fast is the third day. If you are on a water-only fast, you will be hungriest on the third day. After that, your body will adjust and you no longer crave food as much.

"24 HOUR FAST"

A 24-hour fast gives the digestive system a rest and helps rebalance the body. This short fast can also be used as a time of prayer and meditation on the Word. Begin fasting on the morning of the first day and end the fast on the morning of the next day. Since the fast lasts only 24-hours, it is easier to make the commitment. During waking hours, drink the Lemonade Diet, or unsweetened fruit juice, diluted with 50 percent water. Drink when you are thirsty. Most people drink about 2 to 2 ½ quarts of liquid during the fast. We mix up Lemonade or diluted fruit juice in a half-gallon pitcher and drink it throughout the day.

"WATER FAST VS FOOD FAST"

A water fast is more difficult than a juice fast, especially if you have never fasted. If you are fasting to gain spiritual insight, the traditional method is a water-only fast. After a few days, you may become weak and just want to sleep most of the time.

Juice fasts are not as harsh on the body as water fasts. Toxins tend to be eliminated from the body quicker on a juice fast. Much depends on the purpose for fasting. If you are fasting mainly to improve your physical health, the various cleanses in this book are recommended. Fasting on lemons and water, sweetened with maple syrup, or drinking apple juice or other

juices, will give you energy to go about your daily tasks. On a water fast, you will probably want to rest most of the time.

"FASTING IN JAIL"

There is one time when you may be called to fast. That is when you are sent to jail for your allegiance to Yahshua the Messiah. Before you fast in jail, we recommend that you first try fasting on juices in the comfort of your own home.

One man did his first fast in jail. During the first few days of his water fast, he began vomiting thick green mucus. He grew pale and dizzy and everyone thought he was dying. He regretted not having fasted at home first. He became frightened and did not realize he was having a cleansing reaction to the poisons that were being released from his body.

When you fast in the comfort of home, you can familiarize yourself with the changing feelings of your body. You can experience the consequences of moving too rapidly and then getting dizzy or fainting. Then when you experience these symptoms in the strange surroundings of jail, you won't panic. There is one physical advantage to a jail fast. You need not carry on your daily work activities - you can rest.

Fasting is a wonderful experience which will recharge, renew and rejuvenate your whole personality - body, mind and spirit!"

"FASTING FOR SPIRITUAL INSIGHT"

Yahshua fasted for 40 days in preparation for teaching the great truths of the Kingdom of Heaven. Fasting and prayer seemed to strengthen Yahshua for His great mission. After his 40 days of fasting, he returned to Galilee in the power of the Spirit. Onlookers were astonished at His teaching, for His word was with authority. (Luke 4:14-32)

Yahshua assumed that we would be fasting as a normal part of our lives. Immediately following the Father's Prayer, Yahshua gave instructions on how to fast:

"Moreover, when ye fast, be not, as the hypocrites, of a sad countenance: for they disfigure their faces, that they may appear unto men to fast. Verily I say unto you, They have their reward. But thou, when thou fastest, anoint thine head; and wash thy face; That thou appear not unto men to fast, but unto thy Father which is in secret: and thy Father, which seeth in secret, shall reward thee openly. Matt. 6:16-18

When we are in a crisis situation and problems seem insurmountable, we can seek our Savior's wisdom through prayer and fasting. The Book of Ezra records that a fast was proclaimed, "afflict ourselves before our Elohim, to seek of Him a right way for us, and for our little ones, and for all our substance. So we fasted and besought our Elohim for this; and he was entreated of us".

When the apostles were having trouble casting out a demon from a man, Yahshua rebuked the demon and cured the child. Then he told his disciples that they were unable to cast out the demon because of their unbelief and added, "this kind does not go out except by prayer and fasting." (Matt, 17:21) Sometimes the solution requires prayer and fasting.

The Book of Acts records the Assembly fasting and praying and laying hands on Barnabas and Saul as they were sent out by the Set Apart Spirit to do Yahweh's work. Acts 13:2

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When the disciples appointed elders, they "prayed with fasting" and commended them

to the Master. Acts 14:23.

Apostle Paul mentions a husband and wife giving themselves over for a time to "fasting and prayer". I Cor. 7:5 Paul says that in all things we commend ourselves as ministers of Yahweh, in much patience, in tribulations, in needs, in distresses and "in fastings". (2nd Cor. 6:3-5) In explaining the perils Paul had been through, he said he was "in fastings often." 2nd Cor. 11:27.

Spiritual leaders have used fasting as a way of intensifying prayer. The New Testament records Yahshua, Apostle Paul and the Assembly leaders fasting. In the Old Testament, Daniel, Elijah, Ezra, Ester, David, Hannah, Isaiah, Nehemiah, Zechariah and others fasted. Prominent fasters in the Assembly history include a lot of believers that did the same.

They discovered that abstaining from solid food freed them to focus upon the Messiah with fresh intensity. Fasting opened up spiritual perception and understanding that was not available during the rush of routine living. They found that when they drew close to Yahweh by the deliberate discipline of fasting, Yahweh drew near to them. When the demands of the body for food were set aside, they could partake of Yahweh more easily.

For the bread of Elohim is he which cometh down from heaven, and giveth life unto the world. And Yahshua said unto them, I am the bread of life: he that cometh to me shall never hunger, and he that believeth on me shall never thirst. (John 6:33,35)

"STAND UNTIL THE END"

When you start a cleanse, you must first count the cost. Are you willing to go without food for the entire duration? What about your work situation and home life? How will your cleanse disrupt those around you? Will it cause inconvenience or hardship for them? Will you need to prepare their meals even though you will not be eating? On the other hand, have you invited fellow-workers or family members to join you?

Once you have counted the cost, purpose in your heart that you will discipline yourself to complete the cleanse. You will be battling with your flesh, which desires the stimulation and pleasure of food.

Cleanses are a small way of overcoming that "old man" within who is only interested in gratification of self. These cleansing fasts are one more way to learn to deny ourselves and take up our stake and follow Him. When you are feeling weak and want to abandon the cleanse, remember that you have purposed in your heart to finish. Therefore, stand until the end and you will receive the reward.

"WHICH CLEANSE TO DO FIRST"

The most important and far-reaching cleanse is the Intestinal Cleanse. It will do more to improve overall health than any other known cleanse. However, if you have never done a cleanse, you may doubt whether the cleanses in this book are truly effective. The Intestinal Cleanse requires a three-month daily commitment. At some point during that time period, you might want to abandon, thinking these cleanses don't really do what is claimed. Therefore, if you are new to cleanses and want to build your confidence, make the four-day commitment to the Kidney-Gallbladder Cleanse. You will see results. You will pass kidney stones if you have them and you will almost certainly pass gallstones.

Once you see the green gallstones expelled from your body and possibly kidney stones, you will be encouraged to try the other cleanses. Once you have completed the Intestinal

Cleanse, the other cleanses will be more effective.

"CLEANSING DRINKS AND JUICES"

Therefore also now, saith Yahweh, Turn ye even to me and all your heart, and with fasting, and with weeping, and with mourning: (Joel 2:12)

The following drinks may be used for coming off a cleanse. Since they contain raw fruits and vegetables, they are high in enzymes that help the body assimilate food. The first drink requires a blender. The other drinks require a juicer, such as the Champion juicer.

Blender Green Drink:

1 cup pineapple juice

handful of fresh greens such as spinach, parsley or alfalfa sprouts.

Put ingredients in blender. Liquefy and drink immediately.

"DRINKS MADE IN JUICER"

Apple-Pineapple-Sprout Drink - 1 glass

Increases enzyme activity and released mucous

1 Apple with skin .

1/2 fresh pineapple, skinned and cored

1 tub (4 ounces) alfalfa sprouts or mixed salad sprouts

1/2 - 1 teaspoon kelp (optional)

3-4 sprigs fresh mint

Apple-Sprout Drink - 1 Glass

Recommended for coming off a cleanse

3 apples with skin, cored

1 tub (4 ounces) alfalfa sprouts or mixed salad sprouts

3-4 sprigs flesh mint

Carrot Juice and Vegetables - 2 glasses

High in Beta Carotene

4 carrots

1/2 cucumber with skin (unless waxed)

2 stalks celery and leaves

1/2 to 1 teaspoon kelp (optional)

Carrot-Beet Juice 2 glasses

High in potassium and blood cleansing properties

4 carrots

4 beets

2 celery stalks with leaves

1 cucumber with skin (unless waxed)

8-14 spinach leaves

Apple-Pineapple-Lemon Juice - 2 glasses

Aids in assimilation of nutrients

½ cup apple juice or 1 apple, juiced

1-1/2 cups pineapple juice, or 1 pineapple skinned, cored and juiced

¼ cup lemon juice

Carrot-Pineapple Juice - makes about 1 quart

High, in beta-carotene

1-½ cup pineapple juice, or 1 pineapple skinned, cored and juiced

4 carrots, juiced

1/2 bunch parsley, chopped and juiced

Potassium Broth - 1 glass

Neutralizes acids and strengthens and rebuilds the entire body

3 carrots

½ bunch spinach

½ bunch parsley

3 stalks and leaves of celery

2 teaspoons Bragg's Liquid Aminos (Optional)

A merry heart doeth good like a medicine: but a broken spirit drieth the bones. (Prov. 17:22)

"LEMONADE DIET"

The Lemonade Diet is good for cleansing the whole body. We have fasted on the Lemonade Diet for as long as 23 days with good results. If you feel weakened by a cold or flu, abstain from eating solid foods and go on the Lemonade Diet. The diet will speed the release of congestion and toxins.

If you are going to be away from home during the diet, be sure to pack some Lemonade. If you become weak, nauseated, or hungry, the drink will revive you. Originally published by Stanley Burroughs.

"THE ORIGIN OF THE LEMONADE DIET"

The lemonade diet, about to be described, has successfully and consistently demonstrated its eliminative and building ability. It may be used with complete safety for every known type of disease.

Lemons and limes are the richest source of minerals and vitamins of any food or foods known to man, and they are available the year round. Thus the diet may be used successfully any month of the year and virtually any place on earth. Its universal appeal and availability make it pleasant and easy to use.

The lemonade diet first proved itself in the healing of stomach ulcers over forty years ago. Permission was given by Bob Norman to share this incident of my first experience with the diet.

One day, shortly, prior to my first meeting with Bob, I was inspired to write this diet in complete form as a means to give relief and to heal stomach ulcers in ten days. I rapidly wrote it down in detail and waited for a test case - which always seemed to come when it was needed.

Bob Norman had suffered with his ulcer for nearly three years. During this time he had tried everything then known to get help, but nothing in the way of medicine or treatment gave anything but momentary relief. He had to eat something every two hours or he was in extreme pain. For the preceding three months he had been living on little other than goat's milk. His doctor wanted to operate, but he refused to have it done. He figured anything would be better than that. He told me I was the last person he would go to. If I couldn't help him, he would just go home and die, as life was hardly worth living in this condition.

After all of Bob's explanation, I asked him if he would like to have his ulcer healed in ten days. He answered, "Yes" so I handed him the paper with the diet on it. He read it over carefully and handed it back with the explanation that he could never do that as all expert advice for three years had told him to never use citrus, and this was nothing but lemonade.

Since orthodox methods had failed completely to heal his ulcer, I reasoned that their advice could be wrong. And since the lemonade diet was contrary to the accepted practices (which had failed), logic told me that it might do the healing. I knew it could do no harm and was confident only good could come from it.

I explained to Bob that if all of this expert advice was correct, his ulcer would have been healed three years ago! It was just possible that the very thing he was told not to use might be the one thing he needed. He thought it over and decided, "All right, I'll try it... even if it kills me!" He was assured that this would not happen.

After five days of the diet, Bob called me. Even though he had no pain from the beginning, he was afraid that suddenly all the old pain would return and he would be miserable again. Formerly he had to eat something every two hours or he would be in pain, and the previous day he had gone eight hours without food or drink - with no pain, yet he was still apprehensive. I assured him that since he had no pain for five days, he would be all right and to continue for the full ten days.

On the eleventh day he was examined by his doctor and the ulcer had been completely healed. Needless to say, his doctor was most amazed because he had given Bob a complete examination including X-ray, prior to the diet and had recommended an immediate operation because he would not have long to live otherwise. Many other cases of ulcers followed with the same constant results in only ten days. Numerous other disorders were also corrected during the ten day period, in person after person.

"IS THE LEMONADE DIET ALSO A REDUCING DIET?"

As a reducing diet, it is superior in every way to any other system because it dissolves and eliminates all type of fatty tissue. Fat melts away at the rate of about two pounds a day for most persons - and without any harmful side effects.

All mucus diseases such as colds, flu, asthma, hay fever, sinus and bronchial troubles are rapidly dissolved and eliminated from the body, leaving the user free from the varied allergies which cause difficult breathing and clogging of the sinus cavities. Allergies exist as a result of an accumulation of these toxins and they vanish as we cleanse our body. People who are overweight often experience these difficulties, and the more they continue to eat the toxic fat-producing foods which cause their obesity, the more their other ailments multiply.

Mucus disorders are brought about by the eating or drinking of mucus-forming foods. In other words, if you have these diseases, you ate them! As we stop feeding our family mucus forming food we can eliminate their mucus and allergy diseases for the rest of their lives.

The types of disease which are a result of calcium deposits in the joints, muscles, cells and glands are readily dissolved and removed from the body. Cholesterol deposits in the arteries and veins also respond to the cleansing of the lemonade diet.

All skin disorders also disappear as the rest of the body is cleansed. Boils, abscesses, carbuncles, and pimples all come under this category. These conditions are, again, nature's effort to eliminate poisons quickly from the body.

All types of infections are the result of these vast accumulations of poisons being dissolved and burned or oxidized to produce further cleansing of the body! Therefore, rapid elimination of the toxins relieves the need for infectious fevers of all kinds. Infections are not "caught," they are created by Nature to assist in burning our surplus wastes.

Yes, the lemonade diet is a reducing diet, but much more. Just as many other disorders also cleared up at the same time when it was used to heal ulcers, when it is used as a reducing diet other ailments are also corrected in the process.

People build strong, healthy bodies from the correct foods or they build diseased bodies from incorrect foods. When a body becomes diseased, the lemonade diet will prove its superior cleansing and building ability.

"THE LEMONADE DIET"

Purpose:

- To dissolve and eliminate toxins and congestion that have formed in any part of the body. To cleanse the kidneys and the digestive system
- To purify the glands and cells throughout the entire body
- To eliminate all unusable waste and hardened material in the joints and muscles
- To relieve pressure and irritation in the nerves, arteries, and blood vessels
- To keep youth and elasticity regardless of our years.

When to Use It:

- When sickness has developed - for all acute and chronic conditions
- When the digestive system needs a rest and a cleansing
- When overweight has become a problem
- When better assimilation and building of body tissue is needed

And How Often?

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 condition. The diet may be undertaken more frequently for serious conditions.

How to Make it?

- 2 Tablespoons lemon or lime juice (approximately 1/2 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 ounce glass and fill with medium hot water. (Cold water may be used if preferred)

Use fresh lemons or limes only, never canned lemon or lime juice nor frozen lemonade or frozen juice. The maple syrup is a balanced form of positive and negative sugar and must be

used, not some "substitute." There are two grades of maple syrup. Grade A is the first run-mild in taste, sweet and with less minerals than the other grades. It is more expensive and less desirable but it may be used. Grade B is the second run with more minerals plus more maple taste. It is more suitable for the diet and is less expensive.

The maple syrup has a large variety of minerals and vitamins, naturally the mineral and vitamin content will vary according to the area where the trees grow and the mineral content in the soil. These are the minerals found in average samples of syrup from Vermont: Sodium; Potassium; Calcium; Magnesium; Manganese; Iron; Copper; Phosphorus; Sulphur; Chlorine and silicon. Vitamin A, B1, B2, B6, C, Nicotinic acid and Pantothenic acid are also present in the syrup.

Some uniformed operators of the sugaring of the maple syrup do use formaldehyde pellets, run through polyethylene tubing, but there are many more that don't. Search out and demand the kind not using formaldehyde.

Dozens of letters weekly, from around the world highly praise the many superior benefits of the lemonade diet. Thus, we must conclude that since it does so much for so many it is truly the Master Cleanser.

"SPECIAL INSTRUCTIONS FOR THE DIABETIC"

Diabetes is the result of a deficiency diet consisting in part of white sugar and white flour. The lemonade with molasses is an ideal way to correct this deficiency. **FOLLOW THE DIRECTIONS CAREFULLY FOR BEST RESULTS.** The molasses supplies the necessary elements for the pancreas to produce insulin. As the necessary elements are supplied to the pancreas, the amount of insulin taken may also be gradually reduced. As an example:

ON THE FIRST DAY use a scant tablespoon of molasses to each glass of lemonade and reduce the insulin as you increase the molasses to 2 full tablespoons per glass. When this proportion has been reached, the insulin can normally be eliminated. Then replace the molasses with 2 tablespoons of maple syrup in each glass. Make regular checks of the sugar level in the urine and blood to satisfy yourself and eliminate any possible fear. Many people have found they no longer have need for insulin. They must be sure to follow every detail of the recommended diet as explained in the following pages.

Blend a part of the lemon skin and pulp with the lemonade in a blender for further cleansing and laxative effect. (Note: commercially procured lemons may have had their skins dyed with yellow coloring and may have been subjected to poisonous insect sprays-be sure to peel off the outer skin if you cannot get uncolored, organically grown lemons) The properties in the lemon skin also act as a hemostatic to prevent excess bleeding and to prevent clotting internally should there be any such prevailing condition. (Don't worry-normal conditions will continue during the menstrual periods)

Adding the cayenne pepper is, necessary as it breaks up mucus and increases warmth by building the blood for an additional lift. It also adds many of the B and C vitamins.

Mint tea may be used occasionally during this diet as a pleasant change and to assist further in the cleansing Its chlorophyll helps as a purifier, neutralizing many mouth and body odors that are released during the cleansing period.

"HOW MUCH DOES ONE DRINK"

Take from six to twelve glasses of the lemonade 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.

"HELPING THE CLEANSING ALONG"

As this is a cleansing diet, the more you can assist Nature to eliminate poisons, the better. If your system feels upset, it is because you are not having sufficient elimination. Avoid this possibility by following the directions completely. Above all, be sure you have two, three, or more movements a day. This may seem unnecessary not eating solid food, but it is Nature's way of eliminating the waste it has loosened from the various cells and organs of the body. They must leave the body some way. It would be just the same as sweeping the floor around and around and never removing the dirt from the house if the wastes were not passed out. The better the elimination, the more rapid will be the results.

A LAXATIVE HERB TEA is found to be the best helper for most persons. There are several good laxative teas. They are best taken in a liquid form. Buy them in your natural foods store.

"ANOTHER CLEANSING AID: INTERNAL SALTWATER BATHING"

As it is necessary to bathe the outside of our bodies, so it is with the inside. Do not take enemas or colonic at any time during the cleansing diet. They are unnecessary and can be harmful.

There is a much superior method of cleansing the colonic tract without the harmful effects of customary colonics and enemas. This method will cleanse the entire digestive tract while the colonic and enemas will only reach the colon or a small part of it. Colonics can be expensive while our saltwater method is not.

"SALTWATER FLUSH"

2 Level teaspoons unrefined salt (rounded for the Canadian quart)

1 quart lukewarm water

Put salt in quart jar. Do not use ordinary iodized salt as it will not work properly. Add water to jar and stir. Drink the entire quart of salt and water first thing in the morning. This must be taken on an empty stomach.

The salt and water will not separate but will stay intact and quickly and thoroughly wash the entire tracts in several hours, Multiple eliminations will likely occur The saltwater has the same specific gravity as the blood, hence the kidneys cannot pick up the water and the blood cannot pick up the salt. This may be taken as often as needed for proper washing of the entire digestive system.

If the saltwater does not work the first time, the next time try adding a little more or a little less salt until the proper balance is found; or possibly take extra water with or without salt. This often increases the activity. Remember, it can do no harm at any time. The colon needs a good washing, but do it the natural way-the saltwater way. If salt water cannot be taken in the morning, then at least take more herb laxative tea in the morning.

Note: For easier flushing out: Drink one cup salt water, lay on right side for a few minutes. Drink second cup, lay on right side, continuing cup by cup until the full quart is consumed.

"SHOULD I TAKE "SUPPLEMENTS"?"

Some people want to take vitamin pills or food supplements while on the diet. This frequently fails to produce the desired results. There are many reasons. As the lymphatic glands become clogged, they are no longer able to assimilate and digest even the best of foods. As we cleanse our bodies and free our cells and glands of toxins that clog and paralyze our assimilation, we free our various organs and processes to do their proper jobs. Note below. All the necessary vitamins and minerals are in the lemonade. Therefore, we do not need an additional supply in most cases.

Vitamin pills and supplements do not grow on trees as such but rather come to us in fruits, berries, vegetables and plants. Man will never take a group of natural or synthetic foods; process and combine them in a variety of products, and come up with anything equal or better than the original. They have lost much of their basic life and energy by combining them according to a man-made concept. Many dangerous side effects can occur because of improper and unequal balances present. Stay with the natural laws of balance. First one must decide if Yahweh is right, or if man is right. If Yahweh is right, then man and his ideas of processing-tearing apart and rearranging-are likely to be wrong.

Later, as we consume a more complete variety of foods, we find our sources of vitamins and minerals complete and in forms that are easily assimilated-it should not be necessary to return to these supplements even if one is accustomed to taking them. The sources of good food are steadily being enlarged as people become more educated concerning them. Search these sources and rely on them for your total nutritional needs.

The lemon is a loosening and cleansing agent with many important building factors. The ability of the elements in the lemon and the maple syrup working together creates these desired results.

Its 49% potassium strengthens and energizes the heart, stimulates and builds the kidneys and adrenal glands. Its oxygen builds vitality. Its carbon acts as a motor stimulant. Its hydrogen activates the sensory nervous system. Its calcium strengthens and builds the lungs. Its phosphorus knits the bones, stimulates and builds the brain for clearer thinking. Its sodium encourages tissue building. Its magnesium acts as a blood alkalizer. Its iron builds the red corpuscles to rapidly correct the most common forms of anemia. Its chlorine cleanses the blood plasma. Its silicon aids the thyroid for deeper breathing.

The natural iron, copper, calcium, carbon and hydrogen found in the sweetening supplies more building and cleansing material. It truly is a perfect combination for cleansing, eliminating, healing, and building. Hence, supplements are not needed during the diet and may actually interfere with its cleansing action.

"WILL IT MAKE ME FEEL BAD OR WEAK?"

In the cleansing process, some people experience a tremendous stirring up and may even feel worse for several days. It is not the lemonade that causes the trouble, but what the lemonade stirs up in the system that causes our dizziness and other disturbances. Vomiting may occur under certain conditions; increased pain may be felt in the various joints of the body; dizziness may develop on certain days. If weakness develops at any time, it is the result of poisons circulating through the blood stream rather than a lack of food or vitamins. This diet gives a person all the vitamins, food, and energy necessary for the full ten days or longer in a liquid form. Rest and take it a little easier if you have to-although most people can go on about their regular business without difficulty. Keep right on with the diet; don't give up or "cheat" by eating a little food or you may destroy the benefits.

Even though the lemon is an acid fruit, it becomes alkaline as it is digested and assimilated. It is, in fact, our best aid toward proper alkaline balance. There is no danger of "too much acid". Alcoholics, smokers, and other drug addicts will receive untold benefits from this diet. The chemical changes and the cleansing have a way of removing the craving and the many probable deficiencies. Thus the desire for the unnatural types of stimulants and depressants disappears, The usual cravings experienced and suffered in breaking away from drugs, alcohol and tobacco no longer present themselves during and after this diet.

It is truly a wonderful feeling to be free from slavery to these many habit-forming and devitalizing elements of modern living. Coffee, tea and various cola drinks, as habit-forming beverages, also lose their appeal through the marvels of the lemonade diet.

"HOW TO BREAK THE LEMONADE DIET"

Coming off the lemonade diet properly is highly important. Please follow the directions very carefully.

"FIRST DAY"

Several 8 ounce glasses of fresh orange juice as desired during the day. Drink it slowly. The orange juice prepares the digestive system to properly assimilate food.

"SECOND DAY"

Several 8 ounce glasses of orange juice during the day with extra water, if needed. Sometime during the afternoon, prepare a vegetable soup (no canned soup) as follows:

"RECIPE FOR VEGETABLE SOUP"

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.

(If you normally eat raw foods, omit the vegetable soup. Drink fresh orange juice for the first two days after the diet. On the third day, drink fresh orange juice in the morning and eat raw fruit for lunch. Eat fruit or raw salad at night. You are now ready to eat normally.)

"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. If, after eating is resumed, distress or gas occurs, eat lighter meals.

"RECAP"

Be careful to read the entire instructions so that the diet will be of the best benefit to you.

FIRST: Prepare yourself mentally to follow in detail the entire directions and continue as long as is needed to make the necessary changes. One of the best signals of the completed diet is when the formerly coated and fuzzy tongue is clear pink and clean looking. During the diet it becomes very badly coated.

EACH NIGHT: during the diet, take the laxative tea. If diarrhea develops, discontinue the laxative tea until diarrhea is ended.

EACH MORNING: during the diet, take the saltwater flush.

DURING THE DAY: drink 6 -12 glasses of the Lemonade.

BREAKING THE DIET: Be absolutely sure you follow the directions very carefully to prepare your body for normal eating. Do not overeat or eat too soon. Serious problems (nausea) can occur if detailed directions are not followed.

"CONTINUE DAILY ACTIVITIES"

The subject of water fasting often presents itself. Many people are already deficient as well as toxic. The longer they do without food, the greater becomes the deficiency. The lemonade diet can more than match all the possible good obtained from water fasting and at the same time will rebuild any possible deficiency.

Ordinarily with water fasting it is necessary to take it easy by resting or staying in bed. On the contrary, with the lemonade diet there is no need to become a useless member of society -you may live an active, normal life. Many workers at hard labor have found they are able to do more and harder work while on the lemonade diet than on their normal diet.

After one had attained a clean, healthy body, and then desires to fast for purely spiritual reasons, thirty or even forty days can cause no harm. First we must build our physical bodies to their highest condition. Your friends and acquaintances may find this lemonade diet to be the answer to their aches, pain, or other troubles. Even if there appears to be nothing wrong, sometimes those who are "never sick" will feel even better. Let your friends receive this benefit too.

Oh that men would praise Yahweh for his righteousness, and for his wonderful works to the children of men! Ps. 107:20

"SHOPPING LIST FOR LEMONADE DIET—PER INDIVIDUAL"

30-50 LEMONS, NON SPRAYED IF POSSIBLE
½ TO 1 GALLON MAPLE SYRUP
1/2 CUP CAYENNE PEPPER
1-1/2 CUPS UNREFINED SALT (NOT IODIZED SALT)
1 Package herb laxative tea (or 20 tea bags)
Mint tea (optional)

HE DOES WELL WHO FASTS FROM SOLID FOOD AND PURIFIES HIS BODY.
HE DOES BETTER WHO FASTS FROM HIS OWN DESIRES AND AMBITIONS AND
LIVES UPON YAHWEH'S WILL ALONE.

"TOOTH CLEANSING"

WE ARE TOLD THAT CAVITIES ARE CAUSED BY SUGAR. THAT'S A LIE. CAVITIES ARE CAUSED BY DISEASE, AND THE DISEASE IS CAUSED BY GERMS. YOU CAN AVOID SUGAR ALL YOU WANT, BUT YOU WILL NOT ESCAPE DENTAL DISEASE BECAUSE OF YOUR ABSTINENCE." Robert O. Nara, D. D. S:

Most people have a daily cleansing program for their teeth, but they still end up going to the Dentist for surgical procedures. These include Dental fillings and, in extreme cases, tooth extractions. We found that daily brushing and flossing of the teeth does not keep our teeth healthy. When we have tooth decay, the dentist's solution is to plug our teeth with metal fillings. But metal fillings contain poisonous mercury. We do not want to risk receiving dental fillings that may be hazardous to our health. And what about the cost of regular dental visits? Dental bills can be devastating to those of us living a simple, separated life. We don't have to be dependent on dentists. There is another way.

The Master Yahshua has led us to a daily tooth cleansing plan that has kept our family's

teeth healthy. When our eldest daughter Brooke was born, we were determined to keep her away from white sugar and other refined foods. By the time Brooke was four years old, her teeth were so full of cavities that her molars needed stainless steel caps and she required dental fillings on several other teeth. We were shocked that her teeth were decaying, even though we had been so strict about her diet. The dentist said part of the problem was hereditary. When our next daughter, Skye, was six, she complained of tooth pain. When we took her to the dentist, the exam revealed that she needed twelve dental fillings. We foresaw hundreds of dollars worth of dental bills in the coming months. Not only were funds scarce, but we also hesitated because we objected to the mercury used in the dental fillings.

I saw my children repeating the same pattern I experienced as a child. When I was in grade school, my mother put drops of fluoride in my milk every day for years. Yet, despite her diligence, every year I had a mouth full of new cavities.

Through the years, we searched for a way to save our teeth. We tried everything from mouth washing with a smelly all purpose gel to brushing our teeth with baking soda and salt. We tried flossing the teeth, mouth washing with hydrogen peroxide, and spraying the teeth with an electric water irrigator. None of these procedures stopped the onslaught of tooth decay.

"CAUSE OF TOOTH DECAY"

We cried out to Yahweh for a solution to the ongoing problem of tooth decay-and our prayers were answered. We found that the chief cause of cavities is the buildup of plaque. Plaque is a thin, transparent film on the surface of the teeth, containing bacteria. If the plaque is not removed, it hardens into tartar. Cavities in the teeth and gingivitis (inflammation) of the gums are evidence that this harmful plaque is at work destroying teeth and gums.

"THE SOLUTION"

The purpose of dental hygiene is to prevent the buildup of plaque. If the plaque is removed on a daily basis, there will be little tooth decay or gingivitis of the gums. We found two products on the market that fight bacterial plaque, The products are Viadent Tooth Paste and Viadent Oral Rinse. The active ingredient in both products is an herb called Sanguinaria root. Sanguinaria Root's common name is bloodroot. Sanguinaria root is very effective at reducing harmful bacterial plaque. Our family started brushing with Viadent toothpaste and mouth washing with Viadent Oral Rinse, once each evening, before going to bed.

Soon after beginning this program, our daughter, Skye, quit complaining about tooth pain. After a year, I could not find any evidence of cavities in her teeth. Skye, at age 10, had not needed any fillings in her teeth or other dental work. Our eldest daughter, Brooke, at age 14, has a mouth that is free from dental fillings. Thanks be to Yahweh, all the previous caps and fillings were on her baby teeth.

Through the years we have seen that by faithfully brushing and mouth washing once each day with Viadent products, our family's teeth and gums are kept healthy. Viadent works to prevent tooth decay and gingivitis of the gums.

Brushing the teeth is a mechanical means of disrupting the colonies of bacterial plaque. But the toothbrush cannot reach every surface of the tooth. After brushing the teeth, mouth washing with a sanguinaria-based product not only cleanses the surface of the teeth, but also reaches between the teeth, as well as cleansing the gums, tongue and mouth tissues.

The reason Viadent products work is that they effectively control bacterial plaque. Us-

ing Viadent toothpaste and mouthwash is the easiest, least expensive program we know of to maintain healthy teeth and gums. We are not necessarily promoting a particular product. Any dental products that contain sanguinaria root as an active ingredient would probably fight plaque. So far, Viadent Toothpaste and Oral Rinse are the only sanguinaria-based products that we have found. Viadent products are widely available at discount stores and some supermarkets. Both fluoride and non-fluoride formulas are sold. We use the non-fluoride. Viadent is a product of Colgate-Palmolive Company; One Colgate Way; Canton, Massachusetts 02021. U. S. A.

**A MASTER HERBALIST GAVE US THIS TIP FOR HEALTHIER TEETH:
ABOUT ONE OR TWO HOURS BEFORE BED, EAT AN APPLE. THE ENZYMES IN THE FRUIT HELP CLEAN PLAQUE FROM THE TEETH. THE APPLE ALSO BEGINS TO CLEAN THE DIGESTIVE TRACT TO HELP INSURE EASIER ELIMINATION IN THE MORNING. [NOTE: When you look up this product on the internet you will find that it has been taken off the market.]**

“HEART CLEANSE”

For as he thinketh in his heart, so is he: Eat and drink, saith he to thee; but his heart is not with thee. Prov. 23:7

Cleansing can speed the healing of almost every disease. But even the most thorough cleansing of the body, cannot overcome a negative state of mind. If we nurse anger and hold within us deep resentments, we become a target for disease.

The importance of keeping a pure heart was tragically shown to us when we witnessed a friend die in her early 40's because she would not forgive. A couple years before her death, her husband worked as a business manager for a group of physicians. Over the years, he was given more and more responsibility and longer hours. One day he approached his boss for a raise. To his surprise, his boss responded by firing him. His wife was full of wrath. Though her husband found another job a couple months later, his wife became obsessed with how poorly her husband had been treated. Her resentment literally ate her up and she died of cancer within a couple years after the initial incident. A few months before she died, we tried to counsel her to forgive her enemies, but she refused.

Stress, fear, jealousy, worry, and deep resentments can predispose our body to ailments and disease. Stomach ulcers, prostate problems and difficulties with female organs can often be aggravated by negative attitude.

What if you had an open wound and every time it started to heal over, you broke it open again. It would be impossible for the wound to close over and heal. That is what happens every time you start remembering how others have hurt you or your loved ones. You open up a wound that is trying to heal as you stew and fret over how you have been wronged, the wound is cut deeper. Yet if you would forgive those who did you wrong, then the matter would be ended and forgotten.

Let all bitterness, and wrath, and anger, and clamor, and evil speaking, be put away from you, with all malice: And be ye kind one to another, tenderhearted, forgiving one another, even as Yahweh for the Messiah sake hath forgiven you. Ephes. 4:31,32

"FORGIVENESS ENDS THE QUARREL"

We do not need to be held captive by negative emotions. Yahshua the Messiah calls us to be peace makers and to forgive those who wrong us. It is the pure in heart who will see Yahweh. (Matt. 5:8) If someone wrongs us, how do we respond? If we make threats or start a lawsuit, we only build walls. We are called to love our enemies, to bless them that curse us, and to do well to them that hate you. (Matt. 5:44) Let us respond as the Messiah would respond, "Father, forgive them for they do not know what they do." (Luke 23:34)

It is easier for the one who has been trespassed upon, to forgive, than for the offender to ask for forgiveness. Therefore, when we are offended or trespassed upon, let us be quick to forgive. For if we forgive men their trespasses, our Heavenly Father will also forgive us. (Matt. 6:14)

All of us have need to be forgiven. It is vanity for us to ask Yahweh for forgiveness for ourselves, if we refuse to forgive those who offend us. Until one has forgiven an enemy, he has never tasted one of the most sublime enjoyments of life. He who forgives, ends the quarrel.

"Create in me a clean heart, O Elohim: and renew a right spirit within me." Ps. 51:10

"CONCLUSION"

"And his servants came near, and spake unto him, and said, My father, if the prophet had bid thee do some great thing, wouldest thou not have done it? How much rather then, when he saith to thee, Wash, and be clean?" 2 Kings 5:13

People are willing to take great and drastic measures such as surgery and drug therapy in the hope of curing a problem. They spend thousands of dollars for operations they think will help them. After their wallets have been emptied and vital organs cut by the knife, they may still be plagued with pain and discomfort. Surgery disrupts the natural functioning of our organs and the body must learn to compensate. Surgery is not the only answer. Why not try something as simple as cleansing the organ? "Wash, and be clean."

All healing power comes from Yahweh and is ever present within us. The cleansing methods in this book work with the natural body functions, not outside them.

Cleansing allows the body to do its own work in bringing specific organs back in balance and functioning properly. Each organ has the ability to bring itself into a healthy state. When an organ is flushed out and cleaned, it will often start functioning properly again. Cleansing is natural, non-invasive and does no harm. Side effects and trauma caused by surgery of drugs are eliminated. Cleansing can be tried with confidence and provides a healthy, painless alternative to surgery. In all these cleansings, don't forget the real Power behind them. Yahshua the Messiah is the greatest cleanser of all. He is the Savior of the body. Ephes. :5:2.3

2 Kings 20:5 "...I have heard thy prayer, I have seen thy tears: behold I will heal thee:"
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