

LIQUID FASTING CLEANSING DIET

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Many readers of this article are already familiar with the important health benefits of apple juice, lemon juice, apple cider vinegar, distilled water, prune juice, honey, garlic, and fasting. I have combined all of these health helpers into a repeatable four-week cycle of weekly one-day liquid fasting diets, similar in some respects to the famous three-day cleansing program of Dr. John R. Christopher, M.H..

The purpose of such a diet is to neutralize and flush out various toxins and waste products in the body, (in the cells, blood vessels, etc., as well as in the digestive system), which cause degenerative diseases and other health problems when they accumulate there. Each of the four main fasting fluids—apple juice, lemonade, apple cider vinegar in water, and distilled water—has its own unique way of accomplishing this. This repeatable fasting diet cycle is an integrated way of using important healthful items on a regular basis.

The first fasting fluid, to use for the first weekly one-day fast, is pure pasteurized apple juice, one whole gallon of it, preferably NOT made from concentrate, and with no preservatives or additives. This is really just a one-day version of one of Dr. Christopher's 3-day cleansing diets.

The second fasting fluid, for the second week, is basically just a gallon of lemonade. Squeeze the juice from two large fresh lemons into a gallon of water (use the big glass jug that the apple juice came in), and add four tablespoons of locally-made honey (NO sugar). Dissolve the honey by stirring it into half a glass of water before adding it to the lemonade.

The third fasting fluid (for the third week) is similar

to the lemonade, except that four tablespoons of pure apple cider vinegar (NOT apple cider "flavored" vinegar) is substituted for the lemon juice.

The fourth fasting fluid, for the fourth and final week of the cycle, is a gallon of pure distilled water.

Pick a day of the week, usually Saturday or Sunday for most people, when you can relax and stay close to your home bathroom. Start the day with sixteen ounces of prune juice with pulp. This will clean out your digestive system. But try to hold it for two hours to allow it to draw out heavy metals and other toxins. Starting an hour after taking the prune juice, drink the gallon of fasting fluid that you prepared on that day at the rate of ten to twelve ounces per hour.

The healthful benefits of garlic may be added to the fast in the following manner. Each hour, slice a clove of garlic lengthwise into halves or quarters, and then cut the slices crosswise into pieces about one–sixteenth inch thick. Spoon the pieces a few at a time into your mouth, and use some of the fasting fluid to wash it down your throat without chewing it.

Eat or drink nothing else during each fast, except your usual vitamin and mineral supplements. Also, aspirin or ibuprofen may be taken for the headache and other aches and pains that will probably result from toxins being flushed into your blood–stream on their way out through your kidneys.

On the day after each fast, your digestive system will likely be disrupted. Therefore, break the fast slowly and gently. Start the day with a twelve–ounce glass of water. An hour later, drink twelve ounces of orange juice. For lunch have a glass of vegetable or tomato juice. Have a glass of milk in the afternoon. Eat a modest meal for supper. Before bedtime, take an Acidophilus capsule, or eat some yogurt containing active yogurt cultures, to replenish beneficial bacteria in your digestive tract.

You are likely to feel hungry, weak, and very rough during each fast and even on the day after, especially during the first cycle. Self–discipline and patience are required here.

This four–week cycle of weekly one–day liquid fasting diets should be repeated often, on a regular basis, for a long and healthy life.

Robert E. McElwaine

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P.S.: PASS IT ON !

"EVERYTHING you know is WRONG."

"The Truth IS stranger than fiction."

"The Truth is ALWAYS the FIRST CASUALTY OF WAR."

"OFFICIAL LIES are ALWAYS the BIGGEST LIES OF ALL."

"The more things change, the more they STAY THE SAME."

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