

### The\_3\_Day\_Juice\_Cleanse\_2004.txt

This cleansing program purifies the body so it can heal more easily. If you are overweight, this program will take you down to your normal weight; if you are underweight, it will bring you up to normal. The entire purpose of the program is to eliminate mucus from the body, which will simplify healing.

Dr. Christopher always said that there are no incurable diseases, but only people who think they are incurable. He offered this cleansing program as an essential part of healing virtually any infirmity.

The cleansing program will:

- \*Clean the mucus out of the body; mucus is the source of polyps, tumors, cysts, etc. and also the cause of allergies, disease, pain, and death.
- \*Give you foods that are alive, nutritious and healthful, foods which can rebuild your body.
- \*Provide you with herbal formulas and corrective aids to facilitate healing and regeneration of the body.
- \*Release static electricity from the body to eliminate frustrations and confusions.

The Three Day Juice Cleanse  
Detoxification:

To begin, you will have three days detoxification (body purification) thereapy, and then proceed with the diet outlined hereafter. This three-day cleanse is taken in part from Dr. N. W. Walker's book, Raw Vegetable Juices, "To Detoxicate," Phoenix, AZ: Norwalk press, Publishers, P.O. Box 13206.

Supreme cleanliness is the first step towards a healthy body. Any toxins within us will retard our progress towards recovery. The natural eliminative channels are the lungs, the pores of the skin, the kidneys, and the bowels. When we perspire, our sweat glands throw off toxins which would be toxic to us if retained. The kidneys excrete the end products of food and body metabolism from the liver. The bowels eliminate not only the food waste but also matter known as body waste, in the form of used-up cells and tissues, the result of our physical and mental activities, which if retained can cause protein putrefaction, resulting in toxemia or acidosis.

Retaining such body waste is much more damaging to our helath than is generally suspected, and when we begin to cleanse it, we experience perceptible progress. One efficient method to eliminate it quickly, particularly for

adults, is the following procedure:

First thing in the morning upon arising, drink 16 ounces or more of prune juice. The purpose of this is not primarily to empty the bowels, which it will do anyway, but rather to draw into the intestines from every part of the body such toxic matter as may be there, and eliminate it through the bowels.

Take one or two tablespoons of olive oil three times a day, to aid in lubricating bile and liver ducts.

To prevent dehydration, and to alkalinize the body as it cleanses, drink at least two quarts of fruit juices, preferably freshly made. You might choose apple, carrot, grape, citrus, tomato, etc. but for the one chosen, use it exclusively for the three days, and chew each mouthful thoroughly.

#### CARROT JUICE

Use this without diluting as directed below.

#### CITRUS JUICE

If you live where citrus is grown, make a combination. Use four to six grapefruit, two to three lemons, and enough oranges to make two quarts. Dilute with two quarts of water, making one gallon. Proceed as below.

#### GRAPE JUICE

Use unsweetened juice without additives or preservatives. Bottled juice is better than frozen, which often contains sugar and usually contains additives not listed on the label. The best juice would be homemade, unsweetened, but you can buy organic grape juice at the health food store which is excellent. People have had good results using grape juice from the grocery, such as Welch's, Church, Tea Garden, Queen Isabell--just check the label to be sure it has no additives. Dilute half and half with water.

#### APPLE JUICE

Use freshly pressed apple juice if available, from unsprayed, organic apples if possible. Making your own apple juice is ideal. You can also use bottled apple juice, if it contains no preservatives or chemicals of any kind. Do not use frozen juice, which can contain preservatives without being labelled.

Drink one 8-ounce glassful, beginning half an hour after having taken the prune juice, being sure to swish or "chew" each mouthful thoroughly. This is

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very important, so that the juices can mix with the saliva for easy digestion. If you are hypoglycemic, "chewing" the juice will prevent an unpleasant sugar reaction. You can drink a glass of plain water, preferably distilled, a half hour after that. Follow this with a glass of juice every thirty minutes or so, alternating with water every half hour, throughout the day. You can follow this outline, but take more or less as your case requires; it is a rule of thumb and not a specific rule. However, many people have followed it this way, with excellent results.

Do not eat anything all day, although if very hungry towards evening, take an apple if your are using apple juice, an orange with citrus, grapes with grape, carrot or celery with carrot juice, etc. Chew it thoroughly.

As you detoxify, you may likely experience constipation. If you do, use more prune juice, or take some of our lower bowel formula, two or more capsules three times a day.

Continue this program for three consecutive days. Approximately three gallons of toxic lymph will have been eliminated from the body and will have been replaced by three gallons of alkaline juices. As your system becomes more alkaline, you will experience healing of your particular complaints.

On the fourth and subsequent days, begin taking vegetable juices and begetables and fruit, preferably all raw. For breakfast, for example, eat threee or four fruits in season, sliced, chopped or grated, with some honey for sweetening and one or two tablespoonfuls of finely grated unsalted almonds spinkled over them. Alkso drink one or two glasses of fresh fruit or begetable juices. For lunch, eat more fruit and one pint of fresh raw begetable juices, thirty minutes before or after eating the fruit. For dinner add any of the salads given hereafter, or as in The Mild Food Cookbook by Michael Tracy, Springville, UT: Christopher Publications.

You will probably feel somewhat weak during or after this detoxication.

Don't let this alarm you. Nature uses our energies for a housecleaning within us, and we soon regain greater energy and vitality as a result of a cleaner and healhier body. You can do the three-day cleanse monthly or several times a year.

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If there is the slightest tendency toward appendicitis, take high enemas, using catnip tea or a tea of three parts red raspberry leaf and one part lobelia. Do this two, three or more times a day as needed. Only use enemas in the case of possible appendicitis. If you are experiencing trouble with constipation, use more prune juice or the lower bowel tonic.

Continued Fast:

Once you have completed several three day juice cleanses, you can, if you want to try, and feel up to it, fast one to three more days using only distilled water, then a day of juice, before returning to salads and other regular foods. Do not eat any heavy foods immediately after a cleansing period or a fast, but add these to your diet gradually. This is the best and smoothest way to get back onto solid foods. Such a continued fast will greatly accelerate the cleansing and healing process.

Cleansing Symptoms:

As your body begins to cleanse, you will probably experience periodic aches and pains in the areas where the cleaning action is most acute and the wastage is loading the elimination system; there are times when you will feel very, very rough! Do not panic on the days after cleansing or during your periods of healing.

In fact, the cleaning action may produce all symptoms and effects of severe illness, but don't blame the temporary problem onto the cleansing. Be comforted that the healing process is well underway, and the sooner such discomforts come, the better, for this means that the toxins and poisons are being eliminated --and the faster the cleansing, the quicker the healing.

But this cleansing will not be instantaneous; do not expect the toxic accumulations of a lifetime to be miraculously flushed out of the tissues and organs in some colonic fashion. This will all take time working with the body's normal cyclic functions. You will have high days and low days, usually in cycles. These "cleansing sicknesses" come in cycles of seven days, seven weeks, seven months, and seven years in most cases. As the toxic poisons break loose and are dumped into the bloodstream so they can be eliminated, you will feel pretty rough; and quite frequently during a crisis, you may feel worse than you did before you ever started the program. But do not panic! The bad days will

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become fewer and fewer and the good days greater and greater, if you are faithful to the program. Professor Arnold Ehret's book, Mucusless Diet Healing System (which can be purchased from any health food store) may help you to understand some of the reactions you might experience while ridding the body of toxins, waste and mucus.