





Apple Cleansing Drink

Ingredients

Apple Juice (organic if possible)...1/2 cup
Pure Water.....1/3 cup
Meal Replacement.....3 TBS
IAG..... 1 tsp
L-Glutamine Powder..... 1 tsp.
(or Purify Total Cleanse –intestinal cleanse)

 This is the main cleansing drink you will have five times each day.

 In a glass container, which has a tight lid, combine the ingredients. Put the lid on and shake the container to mix the ingredients well. There should be no lumps. Drink this mixture before it thickens too much. Then, rinse the container out and set it to dry for your next drink, taken three hours later. You can drink as much of the herbal teas, broths, and fresh juices between the three hour intervals, until a total of five apple cleansing drinks per day have been taken. Schedule example: 7am-10am-1pm-4pm-7pm.

DAYS 2-6

- 🍁 Skin brush in the morning. Plan to rest or do light work. The apple cleansing drinking ingredients can travel: combine the juice, bentonite, and water; keep the powder separate and add before drinking.
- 🍁 Take the first of five apple-cleansing drinks first thing in the morning.
- 🍁 Between the three hour intervals, you can enjoy all of the herbal teas, broths, or fresh pressed juices you desire; it is essential to take extra liquids with the apple-cleansing drinks to ensure proper hydration for the brooming aids.
- 🍁 Take two niacin tablets beginning on the second day of the fast. Repeat two or three times daily during the fast, between apple-cleansing drinks. You should feel a niacin “flush” where the body tingles and the skin reddens—a good time to take a steam bath to flush toxins out through the skin. If you do not feel the “flush,” increase the dosage of niacin slightly. This step is optional and may be omitted. Baths are also optional, but are highly beneficial.
- 🍁 Internal baths are important in this fast. The apple-cleansing drinks will soften the hardened matter, or intestinal plaque, in the colon and the impactions are loosened by stimulation of the enema or colonic. Usually by the third or fourth day of fasting, impacted matter that has been lining your colon for years will empty out in long, rubber-like ropes shaped like a colon (looks like a wrinkled up tube). The lining is made of layers of mucus built up over many years of eating refined foods.
- 🍁 This fast cleanses the colon of pesticides, preservatives, dyes, drug residue, and parasites imbedded in the thick, hard lining. The colon actually has the ability to manufacture certain vitamins, and it continues to absorb nutrients until food waste is expelled from the body. But the mucus lining can inhibit and prevent this absorption and the manufacture of vitamins and minerals. Some people carry as much as 60 pounds of this waste material in the colon. Take a minimum of one or two internal baths per day, depending upon the matter being released. If the matter is not expelled during the fast, wait for seven or eight weeks and repeat the process; few people need to do this fast more than twice to get results. Your last internal bath should be an acidophilus cleanse to replace the beneficial bacteria in the large intestine.

Ending your Fast

Upon completion of your fast, your first solid food should be oranges or carrots that have been lightly steamed. Stick to raw and steamed vegetables and fruits with simple dressings for the first day or two. Then, begin adding the grains, nuts and seeds, dairy and fish as desired. It is important to keep rice dishes in the diet after cleansing fasts. Rice promotes excellent digestion and tones the entire digestive system. Re-establishing the beneficial bacteria in the colon is very significant. Flavor plain yogurt with apple juice, cinnamon and nutmeg, or vanilla extract. Rejuvelac (wheatberry juice), Kombucha tea, or liquid acidophilus will achieve the same effect. If you prefer, buy the powerful encapsulated acidophilus cultures for sale in the refrigerated section of natural food stores. Continue to take acidophilus therapy for at least 30 days after completing your fast. Use 1/2 cup of plain yogurt or liquid acidophilus in the morning on an empty stomach and 1/2 cup at night before bed, or take acidophilus capsules as directed on the bottle. Capsules are preferable to powder forms, as the gelatin shell protects the bacteria strains from oxygenation.

Important Note:

The ingredients in soft drinks destroy the beneficial flora in the colon, as do drugs and foods with refined sugar, flour, and preservatives. It takes up to one year to re-establish beneficial bacteria in the colon. Therefore, it is best to avoid overuse of junk foods and drugs, particularly antibiotics, after your fast.