

## MENUS FOR THE FIRST TWO WEEKS

We will now give a sample diet program which you can use as a guide. As no two people are alike, it is impossible for everybody to follow the same diet. As another old saying goes, "What's one man's meat is another man's poison." A person with a "touchy" stomach, who is bothered with indigestion and stomach discomfort, should use far more vegetables, and more steamed or baked vegetables and fruit, than raw; whereas the person with a compatible stomach condition can use more fruits and less vegetables.

After finishing detoxification of the body on a three-day fast, your first two weeks dietary program will be as follows:

Make a practice of retiring to bed before 11 and arising each day before 7, as this cycle gives better rest for most people than any other. And, after rising in the morning, follow through doing the customary program of the day with the exception of breakfast.

You do not break your fast until noon, when you proceed with lunch as given below.

### LUNCH

Cayenne and apple cider vinegar.

Prune or fig juice:

Follow this in about 10 minutes with a small glass of prune or fig juice. About 15 minutes thereafter comes your first meal of the day. If you do not need the prune or fig juice as a bowel regulator, leave out the juice and have your meal about 15 minutes after the cayenne and vinegar drink.

Combination salad:

Make up either a cabbage coleslaw or grated carrots, adding 2 or 3 tablespoonfuls of a stewed or canned vegetable (such as string beans, red beets, peas or spinach, any type that is acid-binding). Add to this one of the following for flavoring and as a touch of variety: green onions, tomatoes, cucumbers, chives, celery, or any other green-leaf vegetables.

Dressing:

For a dressing, use pure fresh olive oil, flavoring it with a touch of apple cider vinegar or lemon juice, black pepper (a very good herb unless cooked), plus a little sweet basil, thyme, or any of your favorite salad herbs as described. If you like garlic, you may squeeze or grate a few garlic finely to taste. As no two people are alike, the tastes will vary, so you may use more or less of this or that, or leave any or all out and use the salad just plain and tossed.

Vegetable:

The rest of the meal can be one only of either baked or stewed (low-heated) vegetables, such as cauliflower, parsnips, squash, turnips, beets, or any other of the vegetables that are "plus" or acid-binding.

#### Still hungry:

If you have been a big eater and still feel hungry, have in addition a small baked potato, but no bread. For flavor, put on the potato a little olive oil and coarse black or regular pepper, but little or no salt, and eat skin and all, or else do not have the potato.

#### Kitchen notes:

When green vegetables are not in season, use canned or frozen ones, and when thirsty during the day, drink the juice. Whatever type of vegetable you choose for this meal, mix in the solid part with the salad stock. This combination of raw and stewed or baked vegetables supplies the necessary "cleaning tool or broom" to aid in mechanically cleansing the digestive tract. The low-heating of the vegetables aids in bringing out the grape sugars in some, which are lost when eaten raw.

#### DINNER

##### Fruit:

Use a stewed fruit (such as stewed prunes, applesauce, stewed dried apricots or peaches), mix half and half with cottage cheese (the fruit neutralizes the mucus-forming effects), or if you have no stomach trouble, with very ripe bananas, and sweeten to taste with honey or raw sugar. This helps also to satisfy the craving for wrong kinds of food, and yet is in no way mucus-forming.

##### Cayenne:

This is the procedure for the first two weeks, with the exception of stepping up the dosage of cayenne 1/4 teaspoonful every three days, until you are using at least 1 full teaspoonful (minimum) before each meal. This may feel warm going in and going out for a few days, but after a period of time with regular usage; it will not be objectionable or discomforting at all.