

THE REGENERATIVE DIET

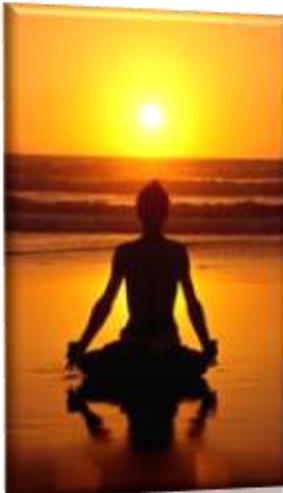


HEAL Marketplace, 360 Carpenter Road, Rutherfordton NC 28139
<http://www.healmarketplace.com> healletters@aol.com 866-581-4390

Natural food should be eaten in moderation and in simplicity.

- ❖ The fruits are especially good for cleansing the system after your night's fast during sleep and it will satisfy the need and craving for sweetness.
- ❖ The green herbs of the garden, used fresh and tender in salads and chewed well, will build strength and vitality into the body tissues.
- ❖ The bulbs, roots, and starches in grains will provide fire and heat for the body, but these should be eaten only as needed for the more strenuous physical labors.
- ❖ The sprouted seeds are nourishing tonics to restore the body constitution and in resisting ill health.
- ❖ The nuts of the trees will provide the nutrient "meat" (protein) for man and will season other foods.
- ❖ The culinary herbs will provide variety, flavor, and seasoning as nutritional agents.

In the whole of your daily activities,
you must achieve a varied and
harmoniously-blended whole:



- ✓ Fresh Air,
- ✓ Sunshine,
- ✓ Exercise,
- ✓ Work Play,
- ✓ Song,
- ✓ Prayer,
- ✓ Reading,
- ✓ Meditation,
- ✓ Recreation, Etc.

Ten Principles for Abundant Health

- T* Trust in Divine Power
- E* Exercise
- N* Nutrition

- T* Temperance
- A* Air, Pure
- L* Light, Sunshine
- E* Energizing Water
- N* Nightly Rest
- T* Thankfulness
- S* Service

More people have died of malnutrition, suffocation, and constipation than from all the wars, automobile accidents, earthquakes and fires to date. Yet, you seldom hear of it, and **the poor, suffocating and victimized organ that gives out is generally given the official blame.**

When we speak of constipation, we usually think of only the lower bowel area, but this is only a small part of it. **The entire body is composed of flexible systems of tubing, much like that of the intestines.** It is of varied sizes, some of which are even smaller than a hair. The Great Planner equipped the body structure with these rubber-like pipes of all kinds and sizes, from the largest intestine (which can expand to a terrific size) down to the arteries, veins, and minute capillaries; and though the capillaries are smaller than hairs, they are perfectly constructed and pliable; but when they are not properly provided and cared for, they age like an old rubber hose and eventually break at the weak spots.

This is the case in varicosity, as the taut life-line gets clogged up like lime inside the household plumbing. At times the mucoid matter forms a hard lining in the bowel so that the peristaltic action ceases, and this solid shield inhibits peristaltic action upon the feces materials. We have seen this mucous lining taken from patients that appeared like hard, black plastic, shaped to the curvature of the colon walls.

As you progress in this program, do not be surprised to see some of these linings coming from your body also. *Usually a person takes little notice of constipation and, instead of getting at the real cause, just starts using laxatives, enemas, bulk fiber and volume remedies to break a passage through for temporary relief.* When constipation goes throughout the entire body, and when it becomes extra bad and congested in one area, the discomfort will grow until a peak of pain is reached, and **this is really the nature of what we term "disease."**

Do not allow yourself to become confused with thousands of seemingly-sophisticated medicinal terms; just remember that there is only one disease, and that is systemal constipation. This mucus constipation will back up not only in the arterial structure, but also into the cells and tissues; and it can become so severe that it will eventually bring the entire system to a standstill.

Q: Where does all of this mucus, sludge, and waste come from?

A: It is from those things that we eat with our eyes and taste-buds, from what we put into the body and incorrectly call "food".

To make the change from an imperfect, mucus-filled body to one of health, the taste buds will be a big factor with many, while with others, it will be fear. We have heard persons say, "Why, I enjoy the type of food I am used to, and I would rather risk ill health than change." Well, at that moment, **they have made the choice of living to eat, instead of eating to live.**

The average individual has grown up on the "great American diet" of meat, potatoes, and gravy, and is naturally prone to panic at the very thought of missing a



meal--let alone fasting a few days, and he is deathly afraid that he will starve to death. The truth is that very few persons ever starve to death, but die first from fear and panic. **There are persons who have gone over a hundred days without food and over two weeks without water and lived**, so missing a few meals will be most beneficial in a positive approach.

Anything that is worthwhile cannot be had without some sacrifice, and though abstinence from food or from indulgence in over-eating may seem like a sacrifice and a burden, the supposed "sacrifice" will be realized as a blessing instead after the goal has been reached.



Proper low heating of some fruits and vegetables will bring out the natural sugar. This is done by low-heating or steaming a short while. If overcooked, they will become yellow, strong and unfavorable. There is an enticing and savory sweetness in squash, pumpkin, and apples when baked just right and not too much. And the sour lemon, as an extreme example, can be "ripened" with dry heat to be as sweet as an orange, yet when it is heated a bit more, it will turn bitter. The reason for heating foods is to get the benefit and value of the natural grape sugar. Not only that, but it will be much easier for those who are culturally-accustomed to eating cooked foods for so many years.

FASTING

The "No Breakfast" Procedure:

So many times you will hear people say, "But breakfast is my main meal; start the day with a big breakfast and you start the day off right." This "big breakfast" idea is pushed hard by the breakfast-food, egg, milk, and coffee merchants, and some of their advertising plays on emotional fears. But this is so wrong, as better health is found in countries where people have the custom of not eating breakfast, except maybe a warm cup of liquid, and the first meal of the day is eaten at noon. And there are places where the evening meal is the first and only one, as the partaking of food is considered a privilege only after the work has been done and the right to eat is earned.

So as you try the "no breakfast" experiment, the first few days may be a little rough, with headaches, light-headedness, grumpiness, etc. This will only last a few days and you will see great improvement in health. There are many that champion the fast as a cure for anything and everything, or that fruit alone will answer your health problems, or juice therapy alone, or all raw fruits and vegetables. But in your properly-balanced program, some of the food will be raw, while some of it will be steamed, baked or low-heated.

A bodily famine is not required:

Periodic fasting is good to cleanse the body, but a bodily famine is not required as a sacrifice for cleansing. A cross-country runner would be committing suicide to make a grueling competitive twenty or thirty mile run without preparation and so it is with the fast; a person must work up gradually to the longer fasts.



MEAT AND ANIMAL PROTEIN



All animated life can only live in health on vegetation of some type. Some of the birds, animals and men live on the carcasses of other higher animal life, but these carcasses are ones that have received their health and vitality from vegetation. This is second-hand or secondary food that has lost a lot of its value, but it still

has some nutrient value in it that can be traced back to the original or primary food source in the vegetation. The bird that eats the insect gets its real food value from the tree, plant or shrub that the insect has fed on, and not from the insect itself.

The great dietitian Moses warned against eating the carnivorous animal types, for these have strong odoriferous meat from concentrated uremia acids and other poisons that result from their secondary diet of flesh, and this carries the essence of death.

You are culturally conditioned to believe that meat and milk are an absolute dietary necessity, and you react almost without thought: "Yes, but what about protein? We need the protein so badly, and we will wither up and die without sufficient amounts of it."

And where do most of our people go to get their main source of protein?

They go to the lower animal kingdom, steaks from the carcasses of slaughtered animals.

And where does the meat-providing cow obtain its protein?

From eating grass.



These animals when left to select their food in the wilds or on the open range are mono-eaters of straight herbs (which is that general class of green vegetation in nature). The cow gets from this grass (the herbs) all of the necessary materials for hard hoofs, hair, horns, teeth, hide, muscle (the specific protein source), blood and life itself.

When the cow suckles her baby calf, she does not have to drink milk to make milk; it all comes directly from God's own recommended food, the green vegetation. So when this cow is killed to get the meat for protein, you are not

really getting nutritional value from eating the meat. Actually you get what the animal ate, only second-handed, and you also eat the uremia poisons and the fear vibrations which penetrate the animals when it is killed. **Then your system must work unnecessarily many times harder to wrest the value from the meat than you would by going to the original food source in nature's vegetation.** It is like wearing out your expensive ore-processing machinery on low grade ore, when you could get the more precious metals from readily-accessible higher grade deposits, with less work, and with less wear and tear on the equipment.

By eliminating the intake animal flesh the uremia acid and other toxic poisons will be reduced, giving the body less work to do. And that will make available other usable energy that can then be put to work in healing and regenerating the body, instead of having a losing struggle on a heavy diet for survival alone.

A death-carrying food:

All animals can sense death; and when an animal is driven into the stock yards for slaughter, it senses that death is close by. When the butcher's mallet hits the death blow, fear is carried by the nerves to every tissue in the system. Thoughts are real substantive things for man or animal, and these fears remain as poisons in the cadaver of the beast. So when you buy the meat, you not only take on the vibrations of death and constantly decomposing tissue, but you also take on fear.



If all the blood were out of the meat, it would be gray, and not red at all--as tissue, muscle, the flesh without blood is colorless, with a grayish tinge. It was said by one analyst (and is accepted by many) that the higher the uremia acid in beef, the richer the flavor, and these toxins and poisons in meat are a main contributor to gout, rheumatism, bursitis, and many other mucoid ailments. The fat of the animal is the hardest part for the body to eliminate, and Moses in particular condemns the use of fat. Notice that very few animals will eat fat at all. Again, the only value in meat is what the particular animal has received from eating green herbs (and this is why the range animal is so much better than the stockyard-fattened beef).

MILK

Milk, the infant's life-line:



Milk is a very jealous food, to be used only at the correct time. It is a food that was intended to feed the infant mammal. A newborn baby is equipped with red corpuscle-making facilities in the bone marrow which is ready to go to work immediately, but there are at first no gastric juices present to digest solid foods such as protein or starch. *Consequently, a baby must have predigested food. Nature amply provides for each stage and condition of life, and here is where the mother eats and digests the food, which is transferred via the blood stream into the mammary glands or "breasts" where only the red corpuscles are filtered out--and the infant is actually given an oral blood transfusion by the mother.* This is a perfect arrangement, for since the child and mother being of similar flesh and blood, the vibration of the milk is compatible and suitable as a particularized food.



The first feedings from the breast were even provided with good purpose by the Lord, as this clear liquid is a mild laxative that cleans out the baby's bowels and eliminates the tar-like black substance that previously could not be evacuated. Man has not yet and never will synthetically match this perfect prescription that God has provided for the newborn suckling baby. Many doctors have confidently said: "Oh, we will feed the baby the first day or two while you rest up and your milk is coming in, for all you have to offer is this watery substance." But God's natural provision is that as the baby is cleaned out, the mammary gland automatically switches to a light

milk formula, as this is all the baby needs at first, just a light snack, and then the milk becomes richer feeding by feeding as the baby grows older.

Many doctors have placed their puny knowledge above God's and have advised: "Oh, don't bother nursing your baby; we have far better formulas that will make a healthier baby than what comes from the breast." The poor little fellow is then put onto an inorganic, man-made concoction that is really not fit for man nor beast--or, the mother is told to give the babe plenty of cow's milk (which suits the dairy interests just fine). Well, cow's milk was made for baby calves and not for humans, and it has over 20 times more casein in it than can be utilized properly by humans. So right off, the newborn begins life in struggle, with a mucus and acid-forming diet, which makes those big, fat, roly-poly babies of which people comment, "Oh, how nice and healthy!"

The natural milk from the mother is for the young infant, alkaline and nonmucus-forming; and it is a perfect food (if the mother is eating properly and leaving harmful substances such as coffee, liquor, drugs and tobacco alone) which will build good teeth, healthy tissue, and strong bones. The baby's body will accept this perfect alkaline diet (wherein nothing else is needed) **until it cuts its eye teeth and its stomach teeth** (usually at 18 to 20 months of age). ***When these teeth come through, it is nature's signal that the gastric juices have started to flow***, and as these now mix with the milk, it now becomes acid to the baby. From that time on, the milk will have the opposite and unhealthy effect. It forms into mucus, causing sinus problems allergies, colds, tooth deterioration, etc. **So at this time, the child must be taken off milk and put onto an alkaline diet: the mucusless fruits, vegetables, and juices.**



20 Month Old Baby

Many babies have been effectively suffocated as a result of adults forcing mucus-forming foods and improper formulas down them before they were equipped with the digestive juices to handle them. These harmful substances include bread, meats, pablum, and other baby cereal foods that are so commonly recommended by medicinal practitioners supposedly "in the know" long before the baby has even a fighting chance.

No milk after weaning time:

The human is the only mammal on the face of the earth that tolerates milk after weaning, that is, with the exception of our domestic animals that we have led astray. The cow on the range will kick the calf away when it is time for weaning; and man is so disgusted upon seeing a mature cow getting milk from another one that he shoots her, but he goes home for lunch and sits down to a big pitcher of milk. All wildlife, like the range cow, have the natural instinct that tells them that milk is not a proper food after weaning time.

Swam in his problems:

A young man came as a patient to us when our office in Salt Lake was on 1st South, from the American Telephone and Telegraph office down the street. He was not feeling well and had not been helped from other medical sources he had visited, so he finally came to us to find out if we could help him get back his health. He was only 18 years of age and had suffered 17 broken bones, one at a time in his lifetime, and at this early age had false teeth. This young man had grown up on a dairy farm in Smithfield, Utah (a dairy center), and as he said, he "practically swam in milk", for it was his main food during most of his life. And if the dairy association's advice that lots of milk will make good teeth and strong bones were literally true, with the amount of milk he had consumed, he should have been "king for the year," but here he was, a really sick young man.

Her own beautiful teeth:

A lady brought three of her married daughters into her office once to have us repeat to them what she had heard at one of our lectures concerning milk. She told how two of these ladies were very good little girls and had drunk their milk faithfully and would at times ask for more, but she had one that was not so cooperative and would not drink her milk, and this child would almost vomit when the milk was forced upon her, until the family finally gave up with the threat that she would be the family weakling and lose all her teeth! Well, these three little girls grew up, and here they sat in our office as young women, the two good little milk drinkers with false teeth and the one that could not tolerate milk had all her own very beautiful teeth. One of the ladies was a bit perplexed and said, "But we must drink milk when nursing a baby!" And our answer was: "Do you give a cow milk so she can nurse her calf? No she gets the milk from the grass alone--and you have a good choice of green foods to pick from".

Easier than amputation:

A young man came to our office (at that time in our home in Olympia, Washington) to ask for help. He had played professional soccer for years, and his shin bone areas were so roughed up that he had been raw for several years. All types of treatments had been tried on him, but to no avail. When we told him that it was evident to us from the sinus inflammations on the nose and brows that he was a milk fiend and that we would take no patients unless they discontinued using milk completely. We felt that this young man was so badly addicted (and you can become a milk addict) that we did not care to work with him. He immediately became angry and stated that he did drink large quantities of milk and that he would not quit for any reason, as it was good food as far as he was concerned. But he was informed that we would welcome him back when he was told that this problem would mean amputation and he was frightened enough to follow our prescribed instructions. And with that he stormed off. But he was back in a few weeks, scared to death, because he had been told by his medical doctor--surgeon that one of the legs would have to come off, and maybe the other one also. He was now ready to do anything we said in order to save his legs. And within six weeks those sores were completely healed and he was a happier, healthier man by far, without the milk. The diet and herbs were a much easier way than amputation!

EGGS

A sickly-looking type of people:

It has always been so noticeable to us in being with or lecturing to vegetarian groups that in most cases, the participants were such a sickly-looking type of people, extra thin and gaunt, overly-heavy and sallow, accompanied by a forced gaiety that has not been very good advertising for the vegetarian program in general. Also, stand for a while and watch the type of people usually patronizing a health store. A large majority of them look as though they should look elsewhere if it is health they are looking for.

Why?

It is true that there are many good products in a health store, but there are also a lot of over advertised man-made money makers. The main reason that so many people who profess to be vegetarian are anemic and are sickly-appearing is that **many of them feel (in all sincerity) that all there is to being a vegetarian is not using meat.** These folks have been on the wrong track, but if it were not for some of the items they obtain at the health store, they would probably be in even worse condition. The health store is not altogether to blame for this condition, we are saying that the buyer must know what he or she needs for his or her particular body, and this is what we are trying to help you to know.

Now, it is not just the fact that all they leave out of their diet is meat, but they are also taught that they will not survive long without lots of protein, and the type of protein that is sold to them is mostly man-made and too highly concentrated. **All the protein that a person really needs when the body is cleaned up can be derived from fresh fruits and vegetables** (and this would be in the natural and organic state), and otherwise, the extra protein becomes burdensome work and waste in the body. A weight-lifter who uses great amounts of protein may temporarily build large muscles, but if he quits exercising, this type of protein will not be retained and hold its firmness in the body, whereas the muscles that are built from protein of herbs and fruit will hold their own and remain firm and in good tone.

Many of these people, then, feel that upon discontinuing the use of meat, they should add more eggs and milk products to their diet. Most of the large "vegetarian" restaurants have menus consisting mainly of egg, milk and starchy foods. We were never so disappointed as when we visited New York City's largest and most widely-advertised "vegetarian" restaurant, and we had to search the large menu to find some live food, for every item was either a baked, boiled, or fried food, or a pastry dessert.



One of the first items that the average novice vegetarian turns to is the eggs, for, as any bachelor or man left alone at home while the women folks are away for a few days would tell you, "Why, I would be lost without eggs; they are so easy to prepare, and so filling and satisfying." True, but in return, what do you get? A food that is more putrefying than meat (just catching a small whiff of a heavy egg-eater's breath is most nauseating). Eggs are far too concentrated in protein and are highly constipating, the mucus that is formed is far more gluey and sticky than meat (to test the excellence of egg whites as glue, drop a carton and when dry, try to get the egg shells loose from the carton). Eggs are one of the main contributors to arthritis, kidney stones and gall stones. We have had patients say to

us when told to eliminate eggs from the diet, "Oh, that won't be hard because each time I eat eggs the pain flares up and gets worse in my joints and muscles." The hardboiled egg is the least harmful of any of the forms in which it is used, but that is still quite harmful when used too often.

We later show a menu or two with eggs included, but in each case these are "neutralized" with a non-mucus item. The egg really was built and designed for one use only--the baby chick!

DAIRY PRODUCTS

Pasteurization renders milk inassimilable:

About 1850 Louis Pasteur discovered a process called "pasteurization," wherein by heating a substance such as milk around 140-145 degrees F. for one-half hour, the so-called "pathogen" bacteria were destroyed. Of course new discoveries have varied the temperature and time elements, but the general principle remains the same. Thus, while these "pathogenic" organisms are well taken care of, so are the beneficial bacteria that are so necessary for proper digestion and assimilation. Here is what you can do yourself to compare the processed milk with unprocessed milk as a test for vitality. Take a glass bottle of fresh "raw" milk (non-pasteurized) and a glass bottle of pasteurized milk, and set these both in the sun for a day or two and carefully observe the results. The raw milk will clabber or go sour. This is still a



healthy condition and is not so mucus-forming in this state, and though it is not our recommended first-class type of food, it is still a product with life

in it. The other bottle containing the pasteurized milk, however, will not sour or clabber--it will only do one thing, and that is to rot. The stench is horrible, and the rotted milk goes from green to black. When you drink pasteurized milk, you are taking a dead product (death) into the body while raw milk (though it is only recommended as beneficial for the calf) is at least a live food. As for other dairy products, cottage cheese is almost free from mucus and can be used (but not in excessive amounts), while butter is a mucus-former and is hard to digest. Yogurt is also mucus-forming and should be avoided for better health.



STARCHY FOODS

Rice--temperamental and capricious:

If you have had much experience in preparing rice dishes, you will know what a temperamental grain this is. If it is not cooked just right, you will have a sticky glue which will be one of the worst mucus-forming foods there is. Brown rice is better than the white or polished rice, but we still will not recommend it very highly; it adheres to the venous structure and capillaries as do all other mucus-type foods.

The cold cereals or "Pied Piper" foods:

The cold cereals are dead, and they are mucus and toxin-forming. Besides, they are loaded with inorganic "enrichments," many of which are derived from cancer-forming coal tar, plus many poisonous additives to insure longer shelf life for the commercial interests. These are rightfully labeled as "Pied Piper" foods, as they are leading children (and adults) cheerfully down the road to ill health and physical ruin.



Dried beans, peas, lentils, etc. can be very detrimental:



Dried beans, peas, and other lentils are far too rich in protein and are heavy mucus-formers. When mixed with other foods they can almost be as detrimental as meat and eggs. Of this group, the soybean is the best, but the proper use of any of these would be to consume only the sprouts and throw the harmful seed itself away. The peanut, though a tuber, is included in this high mucus-forming class. Again, we will show several recipes with peanuts as "mucuslean" and not "mucusless," and these will be associated with mucusless items to help balance this characteristic. (When soaked properly as with grains until soft and low heated [under 190 degrees preferably 150 to 160 degrees] low heat 12 to 14 hours or more.)

Potatoes--the pigs are better fed:

The best part of the potato is in the peeling and approximately 1/4 inch under it, so the best procedure here is to use the peeling for vegetable broth. One lecturer told of a small village in Nova Scotia where all-of the adults were found dead from scurvy and beriberi, but the little children were found alive. It was discovered that the main food was potatoes, and the parents peeled and boiled them and threw the skins or peelings away. The small children who hungrily picked up and ate the peelings survived, while the adults received no food value and died. The peeled potato serves as a basis for the great American diet, and with the peelings thrown to the pigs, they are better fed than ourselves. A person will take careful notice of every word on the label of a can of dog food, but who ever reads the ingredients and contents on a can or bottle of baby food (until just recently when certain additives are making headlines)? But if you crave some potatoes, then a baked potato using skin and all is the best way. Sweet potatoes, however, are far better than Irish potatoes--they are less starchy and less mucus-forming.



NUTS

Nuts, a highly energizing food:



Nuts are rich in protein and high in fats. Therefore, they are most beneficial as a winter food or where there is much physical exertion. Then they should be used sparingly with some type of dried sweet fruits or honey, and thoroughly chewed together to aid in digesting them. Do not use nuts with juicy fruits, because the water of the fruit and the fat in the nuts do not mix. When eating nuts, one should masticate them so finely that no small pieces are left and only a smooth, slick liquid enters the throat.

SPICY CONDIMENTS, SALT

The fine art of culinary camouflage:

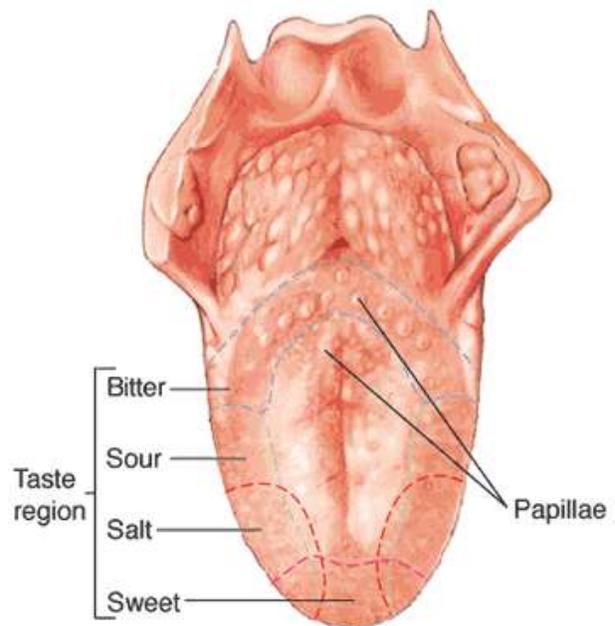
When you really stop to consider it, most of the intakes that are so highly regarded in the diets of most persons are not very palatable in their raw state, and with most of these, were they not prepared in some way to make them more acceptable and presentable to the taste buds, as well as to the eye and imagination, one would probably prefer to go hungry rather than be forced to eat them. So the fine art of seasoning with spicy condiments was developed (this was especially useful prior to refrigeration) to hide the putrefaction. The average heavy meat-eater does not like the taste of good ripe fruits or salads.

The taste bud is such a demanding little organ, and gourmets tell us that by tasting the soup in a restaurant they can tell the age of the chef, because the older he gets the more salt he must add to get the flavor through while sampling. So with improper diet and salt, the taste buds become more and more dulled, eventually becoming paralyzed as the years progress.



Rebuild the taste buds:

To show how sharp the taste buds are in early youth, at one time in the Northwest we had run out of organically grown, tree-ripened oranges that we generally had shipped to us from the Garlets Citrus Groves in Florida. One particular morning when we had run out of oranges, we went down to a fruit market not far from our lodging and bought some beautiful "orange" oranges (the tree-ripened oranges do not look the same as those with the color added). As usual, we had breakfast when the children (ages 2 and 3) awakened, and we started the meal with a glass of fresh orange juice. Nothing had been said of running out of oranges and substituting the other type, but as the children eagerly grasped their glasses for a drink of their favorite beverage, they both made faces of disgust and pushed away the juice. An adult that has used a lot of salt would not have discerned much difference in the juice, whereas the bright new taste buds of children and youth (or the clean rebuilt ones of the vegetarian) can notice the difference immediately.



Curbing the craving for meat:

A person who has been a heavy meat-eater may get the craving for meats during this program, just as an alcoholic will want the bottle, because the cleansing is stirring up stored poisons and uremia acids. When these are broken loose, the craving is intensified. If at dinnertime the craving is hard to handle, use vegetables only--no fruits--and these will help to satisfy. If you feel that your weight is going down faster than desired, use a baked potato more often, eating skin and all, but do not use cow's butter or margarine. The best flavoring is olive oil, but be sure that it is new and fresh stock. The olives are positive, whereas the butter and margarine are negative foods.

always keep it on that day each week. Before starting, think out which day is your least rushed and frustrating day, then choose that one for your fast, as some people will need to rest or at least not work so hard during the fast period.

After your evening (or late afternoon) dinner, eat nothing until the same time the next day. If this is a 24-hour fast once a week, try not only to have it on the same day of the week, but also the same hour of the day, when possible. During this day of fasting 24 hours (or longer), all that you will have will be your water, as much as desired. Cayenne and lemonade, apple cider vinegar, or other liquids that will be further specified hereafter, are for children, the febrile, and rare cases.

When breaking your fast at mealtime, start your dinner with fruit (such as was given previously in some of the menus); then, after 15 or 20 minutes, eat the salad or vegetables. Remember not to overeat or to side-step from the recommended course.



Fasting is like fire:

There are numerous places throughout the scriptures where the Lord advises to fast and pray. Fasting has been a must with all of the great prophets from the beginning of time. And, through prayer and being close to the Maker, they were guided in how to fast. Most of them lived the simple life in the first place, and they were not contaminated with



the toxins, wastes, and man-made concoctions that we today call "food" and "medicine." Thus, we are mortal, so very mortal that we are mostly incapable in our present conditions of walking and talking with God and being led directly by Him as were the leaders of old. This is where we are given the blessed way of compassion, shown in the patience of the Lord, such as: "For those who cannot be healed by faith, heal them with herbs and mild food." Also, He tells us to use fasting and prayer. But first things first, of course, as fasting improperly can be a killer as well as a savior. It is like fire, it can either gently warm you, or, if not understood and kept under control, it can kill you.

Long fasting--use with prudence and skill:

Should a person take a long fast without first cleaning out a lot of the waste matter that has been stored and deposited in the body for years, the fast will break this loose--so fast that the avenues of elimination will completely clog up, and the well-meaning person will strangle and suffocate in his own filth and poison. Bowel movements are usually hard to come by while fasting. This is such a powerful cleansing aid, that it will break loose mucus, poisons, and drugs, from years ago, but because of the glue-like stickiness of this unleashed slime, the natural bowel movements will be ineffectual in bringing it out, so you must pave the way to such drastic cleansing with a modulated or transition diet. After much of this waste is removed in a gradual process, then is the time to have fast, short ones at first, then gradually working up to longer ones.

Liquid intake during a fast:

The dictionary defines "fast" as; "To abstain from all or certain foods." Many theologians believe that in a spiritual fast you can use only water, and this is very good. But for a healing procedure, it is permissible to use some various forms of liquid, but no solid food. This is not a strict fast but a liquid diet. You may use any cleansing herbal tea, such as alfalfa, mint, yarrow, desert or Brigham tea, sassafras, etc., and sweeten with honey. Or, you may use over 2-3 quarts a day. There is one more type of drink that is permissible, and that is vegetable broth. Drink it warm and do not exceed the 2-3 quart limit. When using any of these drinks, do not gulp them down, but sip them slowly, rolling the liquid around the mouth, swishing it and chewing it like you would solid food. With drinking (even with water alone), learn to be at ease; take your time and enjoy your beverage.

JUICE

Quenching the thirst:



The roots of the plant go down into the earth and take in food and minerals in solution via osmosis into the plant. Here these ingredients are processed and changed from inorganic to organic, and if properly selected as to juice type, this natural "blood" or "life-line" in the plant is a perfect food and liquid for man, both for the required nourishment and liquid used by the systems. During summertime, for instance, drinking celery juice not only quenches the thirst, but also supplies the natural organic salts in proper quantities so that the heat is not noticed (this should be used instead of the inorganic salt tablets). While others are in misery and

sweltering with the heat, you are enjoying life. You have, in this simple procedure, properly thinned down a sluggish and heavy blood stream so that it flows rapidly and with ease through the body to carry off the poisons and wastes. And this is the reason why a heavy meat and starch eater will suffer apoplexy and strokes long before the heat even bothers the vegetarian or fruitarian.

Energy without stress:

Juices will supply energy without overworking the body. This is because nearly all fresh juice from fruits and vegetables is partly assimilated immediately upon entering the mouth, going directly into the blood stream as an oral transfusion. The juice will not wear out the digestive organs with a lot of excess materials that are difficult to digest and burdensome to eliminate.

Juice therapy:

Though we have had years of experience in juice therapy and have seen amazing numbers of miraculous healings with it alone, nevertheless problems continually arose with patients from time to time that juice therapy could not handle. We found the reason for the



distress, and after accepting the program introduced so ably by Professor Arnold Ehret in his mucusless diet healing system, it was here that we saw our mistake with using a straight juice therapy. With fruit juice especially--but with almost any type vegetable juice also--the sticky mucus and waste materials would break loose from the tissues and be carried out to be eliminated, but there it stayed, in large, gluey deposits. Use liquids only to clean out the accumulated filth from the body. So with all of your cleansing aids, these should be used "in moderation" and "with prudence and skill"!

We highly recommend the use of fruit and vegetable juices--and for them to be used copiously--but as they were intended to nourish the tissue and break loose the waste, these should always be coupled with raw and cooked (low heated) fruits and vegetables as aids in elimination. After a person's body is completely cleaned of all waste (up to 7 years on the program), and during the long cleansing process, more and more juice can be used; but the roughage will always be needed.



A transition program:

After eating the way most of us are accustomed to, we cannot change to a mono-diet overnight. This is to be expected, and this is why we recommend a modulation process or transition program. This is the reason in the following menus that you will see that some of the combinations-are slightly more complex than the mono-diet. These may serve you for a start, or can be used for entertaining, but after you are firmly on the path, your own intuitive desires will lead you naturally in the regenerative way to happiness with a simplicity in diet.

One cooked food:

As a general rule, build your meals around one cooked food. This gives a wonderful variety and something different each day. The principle of one cooked vegetable will make digestion simple and easy, and it will eliminate the kitchen burdens of planning, preparing, and cleaning. This vegetable may be eaten warm or cold, and mixed with raw vegetables and green salads, or it may be eaten as a separate dish by itself. If you choose one of the following--carrots, cabbage, beets, cauliflower, onions, or turnips--they become sweet when low-heated, steamed or carefully baked, which proves that the carbohydrates are changed and developed into sugars(and herein the mineral salts are not extracted). This type of preparation will not create an inorganic waste as with high-heat boiling and baking but it is, in fact, an improvement.

Enjoy the change:

Here in our program, we differ from the "raw food faddist" because in this transitional program of cleansing and healing, the food value at first is not of main importance, although this may be your ultimate and regenerative end, but the immediate goal at this time is that the patient should enjoy his change of diet during the transition period, until his conditions and tastes have improved. In this way, it will be a pleasurable experience and not a dreaded hardship.