

RANGE D & E DIETARY GUIDELINES

- Eat regular meals. Do not skip meals.
- Eat very light, digestible foods.
- Eat a lot of fruit, especially watermelon.
- No pears, cherries, pineapple, apple – fruit or juice.
- No citrus fruits except with baking soda to alkalize them. (if TpH < 12.8 or UpH < 6.2)
- No lemon water. (only if TpH < 12.8 or UpH < 6.2)
- Eat steamed vegetables cooked but not overcooked.
- Eggplant Soup or Casserole is easy to digest.
- No okra.
- Eat cheddar cheese.
- Drink sweetened catnip tea.
- Drink sweetened Sleepytime tea.
- A little cornbread is OK.
- Use very little vegetable oils
- Limit wheat or avoid entirely.
- Do not use protein substitutes, no protein smoothies, etc.
- No animal meat. Substitute with vegetable proteins.
- No animal milk products.
- Drink 1 oz water per 2 lbs. body weight daily. No more than 4 oz per dose per 30 minutes.
- No nutmeg, black pepper, popcorn, nuts, nut butter, cottage cheese, berries or tiny seed fruits.
- Nut milk is OK.

NATURAL ALKALINE VITAMIN C (only if TpH < 12.8 or UpH < 6.2)

Fill an 8- 12-oz glass half full with grapefruit, orange, pineapple or apple juice, depending upon what the above rules say you can have. Do NOT use the wrong juice. Follow above guidelines.

Add ½ level tsp of baking soda and stir. It will boil and fizz.

Let set 10-15 seconds while the baking soda that is not used in the fizz action settles to the bottom.

Drink while it is still fizzing. Drink at least once daily.

Use the Purification Test Strips to determine if you are getting enough vitamin C.

Use the General Dietary Guidelines to help you eat for better health, with the exceptions of the above Range B dietary guidelines.

Follow these guidelines until your next text, which should be in 3 weeks.

Do not continue this diet without retesting.

You should begin to feel better within 1-3 days. If you do not, let me know.