

Lemon Water

Mix FRESHLY SQUEEZED lemon juice with reverse osmosis (pure) water. DO NOT use bottled, frozen or reconstituted lemon juice, or lemon that is not freshly squeezed.

Add sweetener IF your sugars are more than 10 decimal points under your Balanced Sugars, or they are less than 1.5. If you feel faint, put a little honey under your tongue, holding it there as long as possible, and then swallow slowly. Use approximately 1 tablespoon of sweetener for each 10 ounces of lemon water.

DO NOT sweeten to your taste or to eliminate the sourness of the lemon juice. Use a different sweetener each day, with as great a variety as possible: raw unheated honey, maple syrup, molasses, or sorghum syrup. DO NOT use artificial sweeteners.

Green Drink

This drink can be made by juicing any of the following, unless restricted by your program.

any edible green leaf	green okra
beet greens	garden pea leaves
carrots	green beans
endive	leaf lettuce
escarole	mint
spinach	

The following items may be used but could cause gas in some people:

broccoli	cabbage
cauliflower	collard greens
green peppers	leeks
radishes	onions

You may add any of the following (unless restricted) to flavor the drink:

1 apple per quart	lemon water
apple juice (unsweetened)	pineapple juice
grape juice (unsweetened)	raw honey
Sprinkle	tomato juice

Flaxseed-Juice

Put 2 heaping Tblsp. of whole flaxseed in 3 pints of distilled water. Boil for 30 minutes. Strain through a strainer or cheesecloth. You should have approximately 1 quart when finished.

Let cool. Put in refrigerator and take as desired.
Always drink water afterwards as the Flax-juice is drying.

Flax-Carrot Juice

6 oz. of fruit or vegetable juice
6 oz. distilled water
1-1/2 oz. flax-juice (above)
4-1/2 oz. carrot juice
(Suggestions for vegetables are:
spinach, parsley, apple, grape, celery,
Cucumber, rhubarb)

Drink 4ozs of this drink 30 minutes
before each meal. You may
eliminate the morning drink after 2
weeks. You should notice a
difference in 2-4 weeks.

Flaxseed Tea

Steep 1/2 tablespoon flaxseed
in 1 cup boiling water

Cool and drink.
Do not drink if diarrhea occurs.

Yogi Tea

1 small gingerroot, 5 cardamom pods
1/2 cinnamon sticks, 4 cloves, 4blk. Peppercorns

This is an excellent blood purifier.

pH Breakfast

1. Grind together some pumpkin, sesame, and sunflower seeds.
2. Add some wheatgrass, rolled oats, and rolled or blended barley.
3. Mix into taste: cinnamon, natural sweetener, or raw miller's bran.
4. Cover with raw goat's milk or raw milk. Let it set for 30 minutes and eat!

Vital Broth

1/2 cups carrot tops
2 cups potato peelings (1/2" thick)
2 cups bet tops
2 cups celery tops
1 teaspoon sprinkle or to taste

Grate or chop ingredients; simmer 20 min.
Add a carrot and onion to flavor.
Strain and drink.

Potato Peeling Broth

Peelings from 2 potatoes
1 cup distilled water

Simmer 20 minutes.
Strain and drink immediately.

Nutritional Broth

1/2 of a lemon, freshly squeezed
1 teaspoon pure olive oil
4-oz. raw red skinned potato juice

Mix and drink immediately, once a day.
You may see a change in 4 days.

Veal Joint Broth

½ cups apple peelings
2 cups potato peelings
1 small celery stalk
½ cup okra, canned or fresh
1 large parsnip
1 small onion
2 beets, grated
½ cup chopped parsley

Simmer all ingredients 4-5 hours:
strain off liquid and discard solids.
Drink warm or hot.
Store leftover broth in refrigerator.

Onion Soup

1 lb. green onions (with tops)
or white onions
2 cups distilled water
Sprinkle to taste

Blend well.
Simmer and drink.