

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

Drink 4 ozs. 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 wks.

## **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 ginger root, 5 cardamon pods  
1/2 cinnamon stick, 4 cloves, 4 blk. 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 beet 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 ozs. raw red skinned potato juice

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

## **VEAL JOINT BROTH**

1-1/2 Cups apple peelings  
2 Cups potato peelings  
1 small celery stalk  
1/2 Cup okra, canned or fresh  
1 large parsnip  
1 small onion  
2 beets, grated  
1/2 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.