

LEMON WATER

Mix FRESHLY SQUEEZED lemon juice with reverse osmosis (pure) water. DO NOT use bottled, frozen or reconstituted lemon juice, or lemon juice 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, sorghum syrup. DO NOT use artificial sweeteners.

GREEN DRINK

This drink can be made by juicing any of the following, unless restricted on 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

The best method of preparing green drink is with a juicer. If you do not have a juicer you can use a blender, but expect some difficulty. Place the greens in the blender and add a small amount of distilled water. Run at puree speed until you have pulped the vegetables. Place the cloth over a bowl and pour the pulp into the lined.

Draw a line up to make a bag and then twist the bag until you've forced as much juice as possible into the bowl. Measure out the needed amount. Add flavoring if you desire and drink IMMEDIATELY. Green drink does not store well. It rapidly undergoes lacto-fermentation and loses its effectiveness, THEREFORE, IT MUST BE MADE UP FRESH EACH DAY.

Many health food stores carry green drink as a fresh, refrigerated juice. Buy a small quantity and use it as soon as possible to derive the greatest benefit.

If you cannot make or purchase green drink, the next best alternative is to use our LIQUID CHLOROPHYLL. It is not as energizing as chlorophyll extracted from green, but it will still work.

Mix 1 tablespoon to 3 ounces distilled water. It tastes a little bit grassy, so you might want to mix it with some other vegetable juice to disguise the taste.

REJUVELAC

1. Soak 2 Cups unsprayed soft wheat berries in 4 Cups distilled water for 24 hours in an uncovered glass or enamel container.
2. Pour water off into another container; do not cover.
3. Add 4 Cups water to the same wheat for next morning. Put in refrigerator. Do not cover, as gases need to escape.
4. Repeat process, using same wheat for 3-6 days.
5. Drink 1 quart of this mixture daily.

This is a superior fermented drink filled with enzymes. The soaked wheat that was used to make the Rejuvelac will sprout in 15 hours if kept without water. It may then be used to make a breakfast cereal, a milk, or planted to product wheatgrass.

To make a delicious meal, blend 1 Cup of these slightly sprouted wheat seeds with 1/2-1 Cup distilled water until it is of the consistency you enjoy.

To make milk, blend together 1 Cup of the slightly sprouted wheat seeds with 2 Cups warm distilled water and strain.