

SIX DAY LIGHT DIET

1. Drink the recommended amount of liquids daily.
2. Use a 500-800 calorie diet for the first day.
3. Use an 800-1000 calorie diet for the second day.
4. Use a 1000-1200 calorie diet for the third day.
5. Eat no more than three (3) eggs during the six days.
6. Vary your salad ingredients, juices, teas, and steamed vegetables to give your diet variation, but stick to the general pattern and watch the calories. Calorie counters are available at most health food stores.
7. Eliminate “no-no’s” from your diet and severely limit any “high-stress” foods.
8. Take your recommended supplements beginning the day **after** your fasting period, if a fast is on you schedule.
9. Consider drinking your recommended juices/drinks at the suggested times.
10. Get plenty of rest and some fresh air and sunlight daily. Consider some daily meditation/prayer/positive thinking exercises.