

# Additional Recommendations

(For Research Only - No Diagnosis Implied or Intended)

**Water Wash Out:** The need for a water washout is dependent on the level of toxicity demonstrated by the test results. The washout is used to lower stress conditions that may presently be affecting vital organs. The length of time for this washout should be a minimum of 1 week - there is no hard and fast rule. The washout is a preparatory measure to starting the full program. This sets the stage for nature to follow the line of least resistance.

Drink 4 oz. of distilled water every 30 minutes until a total of half your body weight in fluid oz. have been consumed during the course of the day. By dividing your body weight in half you arrive at the total ounces required daily. (For example: If your body weight = 140 lbs you would drink 70 ounces of water daily.) Continue with the water washout until further advised.

**Foods to be completely avoided:** Pork, or any of its products: Ham, Ribs, Bacon, Sausage, Chops or anything that contains pork fat or lard. Seafood (fish or crustaceans without fins and scales); such as Dolphin, Cat Fish, Crab, Shrimp, Clams, Oysters, Lobster, Tuna and Swordfish. Also Snails, Frogs, Turtle, Snake, Eel, Rabbit, Squirrel, Horse, Mule, Bear, Duck, or Goose and any products containing these meats. Chocolate and cocoa, white or black pepper, and nutmeg.

**Avoid as much as Possible:** Black tea (Lipton, Nestea, etc) soda pop (especially diet), white flour products, white sugar, hydrogenated fats, homogenized milk, coffee, alcohol, pop corn and irradiated or genetically engineered foods.

**NEVER USE A MICROWAVE**