

JUICE FASTS 1 & 2

Juice Fast #1

7 a.m.	-	Fruit Drink (8 oz.)	Fruite Drink: Mix any sweet (apple/pineapple/pear) juice 50/50 with distilled water. Use all other fruit juices undiluted. Alternate for good variety.
9 a.m.	-	Vegetable Drink (8 oz.)	
11 a.m.	-	Fruit Drink (8 oz.)	Vegetable Drink: 75% Carrot Juice 15% Celery Juice 10% Mixed Leafy Green Vegetables Season liberally with Sprinkle.
1 p.m.	-	Vegetable Drink (8 oz.)	
3 p.m.	-	Vegetable Drink (8 oz.)	
5 p.m.	-	Vegetable Drink (8 oz.)	
7 p.m.	-	Vegetable Drink (8 oz.)	
9 p.m.	-	Vegetable Drink (8 oz.)	

Juice Fast #2

7 a.m.	-	Enema or Colonic
8 a.m.	-	Glass of freshly-squeezed orange juice Dry Brush Massage Hot/cold shower
9 a.m.	-	Cup of warm herb tea (peppermint, chamomile, rose hips)
11 a.m.	-	Large glass of freshly-squeezed fruit juice as in Juice Fast #1 Brisk walk (at least one mile) Sunbathing
1 p.m.	-	Large glass of Vegetable Drink as in Juice Fast #1 Rest
4 p.m.	-	Large cup of herb tea Jacuzzi, therapeutic baths, exercise
7 p.m.	-	Vegetable Drink and SPRINKLE broth

The total liquid volume to be consumed should be 1 oz. for each 2 lbs. of body weight. Never dilute the fruit juices with the vegetable drink.

Vegetable Broth Recipe

2 large potatoes, unpeeled, chopped or sliced to 1/2" pieces
1 cup carrots, shredded or sliced
1 cup red beets, shredded or sliced
1 cup celery, leaves and all, chopped to 1/2" pieces
1 cup any other available vegetable: beet tops, parsley, cabbage, etc.
SPRINKLE, liberally added

Use stainless steel, enameled or earthenware utensil. Fill with 1-1/2 quarts of water. Slice the vegetables directly into the water to prevent oxidation. Cover and cook slowly for 30 minutes. Let it stand for another 30 minutes; strain; cool until warm and serve or refrigerate.