

RECIPES

Lemon Water

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

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, almond milk, or raw milk. Let it set soak overnight before eating. Enjoy!

Potato Peeling Broth

Peelings from 2 washed potatoes
1 cup distilled water

Simmer 20 minutes.
Strain and drink immediately.

Onion Soup

1 lb. green onions (with tops)
or white onions
2 cups distilled water
Sprinkle to taste

Blend well.
Simmer and drink.

Rejuvelac

Soak 2 cups unsprayed soft wheat berries in 4 cups reverse-osmosis water for 24 hours in an uncovered glass or enamel container. Pour water off into another container; do not cover.

Add 4 cups water to the same wheat berries for next morning. Put into refrigerator. Do not cover.

Repeat process, using same wheat for 3-6 days.

Drink 1 pint to 1 quart of this water, daily.

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

To make a delicious cereal, blend 1 cup of these slightly sprouted wheat seeds with 1/2-1 cup reverse osmosis water until the consistency you enjoy.

To make a tasty milk, blend together 1 cup of the slightly sprouted wheat seeds with 2 cups warm distilled water and strain.