

## ENERGY SOUP

Prepare the ingredients below in the order given and combine in blender. Always use organic, wild-crafted (handpicked in the wild) whenever possible. Blend together and eat slowly (30 chews each mouthful, in a prayerful, grateful, joyful attitude). Energy Soup will provide you with blessed and sustained healing energy for the entire day.

1. Soak ten (10) figs in water overnight, add to blender. After 10 days, back off one fig each day until you are not using any. This is only to get your body into an alkaline condition as soon as possible.
2. Soak six (6) prunes in water overnight. After 6 days, reduce one prune each day for 6 days until you aren't using any. This is to get your GI track cleaned out as quickly as possible.
3. Soak three (3) tablespoons of flax seeds (any color) in water for 15 minutes (or until like jelled), then add to blender with other ingredients.
4. Peeled watermelon, mango, papaya or apple, whatever is in season. Fill blender about half full, add a cup of Rejuvelac. (see recipe)
5. Rinse two (2) small palm fulls of dulse. Caution: Dulse contains unusually high amounts of iodine.
6. Half a blender of dark leafy baby greens (dandelion, purslane, lambs quarter, sunflower, buckwheat, parsley, kale, collards, arugula, etc. (do not use spinach - it causes gall stones to be formed and also prevents proper utilization of calciums).
7. Add Fenugreek sprouts (if you have sinus/lymph//lung challenges).

NOTE: If you are not O+, use  $\frac{1}{4}$  of a diced avocado sprinkled on top of the bowl.

If you are O+ then use 12 almonds which, have been soaked for 1  $\frac{1}{2}$  days. Blend in the blender with some Rejuvelac to make almond cream. Use 2 oz. with Energy Soup in the afternoon and evening.