

*Heal  
from the  
Inside Out*

*By Reuel Ari*

*A Health Primer For Cleansing and  
Nourishing Body, Mind and Soul*

*Newly Revised*  
*August 2022*

*Welcome to*

*Heal*  
*from the*  
*Inside Out*

*Enjoy Your*  
*Journey!*

# *Heal from the Inside Out*

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# ***Table of Contents***

Wellness Questionnaire	1
Forward	2
Introduction	3
The First Premise ~ Overview of Natural Law	4
Enzymes	5-6
Allergies ~ What Are They?	6
The "Healing Opportunity" Explained	7
Purium, an intestinal cleanse that works well	8
Water ~ What Type and How Much	8
Whole Green Food ~ A Superior Supplement	9
The Best Digestive Aids and Intestinal Cleanser	9
The Miracle of Wheat Grass Juice	10

## **Health Enhancing Therapies**

Sweating is Good Medicine	10
Therapeutic Grade Essential Oils Therapy	11
Colon Therapy	11
The Enema	13
Life Enhancing Retention Implants	13
The Ideal Bowel Movement	14
Proper Pooping Position	14
Hot and Cold-Water Therapy	15
The Importance of Regular Exercise	15
Aerobics and Rebounding	16
Dry Skin Brushing	16
Massage	17
Sun Light and Fresh Air	17
Stress Reduction	17
Castor Oil Packs	18
The Pack	19

## **Wholistic Living Essentials**

Sedona Pro (PEMF) Mat	20
Ambaya Gold Health Products & C60 EVO	21

## ***Seven Day Cleansing and Detoxification Program***

Outline of The Seven Day Program	22
The Program and How it Works	23
What You Will Accomplish	24
Causes of Damage to the Immune System and GI Tract	24
Tips for Improved Digestion	25
Introduction to the Cleansing Program	26
The Menu Plan - Days 1-7	27-34

# ***Table of Contents continued***

## ***The Liver Cleanse***

Ingredients and Timing	35
The Importance of Liver Cleansing	36
How it Works	36
Mini Daily Liver Flush	36

## ***Heal from the Inside Out Vegan Living Raw Food Recipes***

Categories of Foods	38
Rejuvelac ~ Enzyme Abundant Drink	39-40
Living Green Energy and Veggie Soups	40-44
Great Basic Green Juice	42
Basic Every Day Salad	44
Stuffed Avocado	44
Great Dressings for Salads and Veggies	45
Marinated Vegetables	45
Organic Raw Cacao Bliss Brownies and Cacao Drinks	46
Fermented Foods Are Essential	47
VegiKraut	47-48
Protein Sources	48
Tips on Soaking Nuts and Seeds	48
Basic Seed Cheese Recipe	49
Dehydrated Snacks	49
Sunflower Seed Pate / Pate Rollups	50
Buckwheat Drink	51
Golden Flax Seed Grapefruit Drink	51
Fresh Almond Milk and Sesame Milk Shake	52
Breakfast-Soaked Grains	53
A Note on Oil	53
Food Combining for Better Digestion	54
Resource Guide:	
Product Ordering	54
Resource Books	55-56
Some New Beginning Notes	57
Healing Retreats	58
Summary ~ Food as Medicine	59
About the Author ~ Reuel Ari	60

# *Heal from the Inside Out*

This book has been written from a commitment to introduce the readers to a way of achieving mental, emotional, physical and spiritual wellness.

I am grateful for this opportunity. Thank You!

## ***Please Note***

Nothing in this book is intended to constitute medical advice or treatment and is not intended to prescribe any course of therapeutic or medical treatment.

As with all dietary and healing programs, please consult your Health Care Professional before practicing or putting into use any of the information in this book.

The use of any of the products, information and/or equipment mentioned in this book are at the sole discretion and risk of the user.

***The products and services discussed in this book  
may be ordered online at***

***[www.DigestiveWellnessCenter.com](http://www.DigestiveWellnessCenter.com)***

***Only Love and Nature Heal!***

# ***Wellness Questionnaire***

## ***Answer the following questions:***

Do you wake up feeling refreshed?

Is your stomach and digestive system feeling well?

Do you experience relaxation during your day?

Do you feel emotionally and mentally poised?

Do you have at least two bowel movements every day, well formed, loose and easily evacuated?

Were you raised eating more fresh fruits and vegetables than foods from the animal kingdom and processed foods?

After eating, do you feel light and well inside?

Is your breath always fresh and non-offensive smelling?

Do you suffer from headaches, backaches, muscle tension or any other physical pain?

Are you balanced in your reactions to life's experiences?

**If your answer to any of the above questions is NO, you will benefit from the information in this book, GREATLY!**

**Eating sensibly** is the focus of this book. The Menu Plan, pages 26-31 can be adhered to for the rest of your life. It is outlined in great detail. Remember, the goal is to **cleanse and detoxify, nutritively**, so the cells of your body can receive the proper nourishment from the food you eat and be encouraged to slough off the **"morbid matter"** that has accumulated for years.

# **Forward**

**True healing happens from the inside out.** In our journey to wellness, there are many aspects to consider. Having an understanding of how illness came to reside in our body is just as important as diet, exercise, coping skills and rest. What deep, unconscious patterns are manifesting in the physical body as blockages and disease and how do we reverse their effects? Illness can be a teacher rather than a mysterious assault. From an inner spiritual perspective, as we seek deeper love and harmony, it is wise to hold regard for the body, which supports this quest for light and to rebalance one's sensitivity to Nature's way.

Due to our lack of knowledge, particularly with respect to the inner physical ecology; digestion, assimilation and elimination, our immune system can become seriously compromised. As our systems weaken and become sluggish, the body accumulates **toxic waste** from undigested food and stress. This is an invitation to scavengers, parasites, yeast infections; conditions which further destroy internal ecological balance.

The greatest 20th century Naturopaths and Nature Cure Physicians speak of this undigested waste as "**morbid matter**", the cause of all disease in the human body. The following pages describe nourishment and positive actions to be taken as a means of clearing morbid matter, strengthening the immune system and helping the body rebuild.

This book is written in response to the urgency of widespread health crisis in an age of extreme pollution. **The Human Body is Self Healing** when given the simple, natural support it needs.

***The following pages contain proven methods  
for Healing from the Inside Out***

“

*Without proper diet,  
medicine is of no use,  
And with proper diet,  
medicine is of no need”*

# ***Introduction***

Healing is very simple. The first premise is ***The Body Is Self Healing*** and we all heal in the same way, from the inside out. Ultimately it is love that serves as the remedy for all ills. It is the vital force of love which guides us to our healing. This love resides deep within us and is more difficult to access when the physical body is fighting so hard to detoxify and cleanse, which is its natural tendency, 24 hours per day.

The second premise is, in order to host any disease, the body must be holding onto the toxic by-products of incomplete digestion of food and LIFE EXPERIENCES. There is mental/emotional "**Morbid Matter**" as well as physical toxicity. Both must be eliminated through open channels to prevent deeper degeneration and irreversible loss of the ability to recover.

This book is organized as a step-by-step guide to regaining, or perhaps creating for the first time, a vibrant state of health. Support and encouragement for freeing one's self from all mental and physical addictions, despair and downward spirals to chronic and degenerative disease are outlined.

A sincere commitment to change is the only prerequisite. Most of us get prodded by the pain of remaining the same. The first step is to cleanse the body. This is followed by establishing a good foundation in eating habits. Through these simple steps, the mind and body release Morbid Matter and become cooperative in the healing process.

**Heal From The Inside Out** incorporates many self-healing tools and outlines what is commonly referred to as a "sensible diet." Understanding how to nourish ourselves supports all other healing efforts, and without it, all other efforts lose ground and/or become ineffective. Making healthier choices is essential to changing our quality of life and well-being.

# ***The First Premise***

***The Human Body Is Self Healing.*** It is always seeking balance; physically, emotionally and mentally. If we live within the natural law, disease as we know it, cannot exist.

## **The Following is an Overview of this Natural Law.**

The inner life of our body is like that of soil, or terrain. If this soil is built up properly, viruses, bacteria, parasites or worms will not be able to survive. They are, by natural law, attracted to conditions of decay and degeneration. It is their job to scavenge. Therefore, if we attend to the inner eco-system, build it up with proper nutrients and avoid those substances that encourage the presence of critters, health will build. Just as the farmer builds up his fields of organic soil year after year, yielding bountiful and nourishing crops, we too shall have a bountiful yield of lasting radiant health.

As we change our diet to a vegan organic, raw, living foods diet, two wonderful things happen. The first is, we detoxify. A miraculous cleansing process begins in the cells of our body. They become oxygenated and literally pour stored toxins out through their walls. The second thing that happens is, the walls of the small and large intestines slough off old, encrusted matter that has accumulated. Proper absorption and assimilation of nutrients to the cells increases and vibrant health is restored.

Deepok Chopra, in his book "Perfect Digestion", quotes an ancient Ayurvedic proverb, "Without proper diet, medicine is of no use, and with proper diet, medicine is of no need". He also says the human body manufactures every pharmaceutical, in the proper amounts and sends them to the targeted organs at precisely the right time. To achieve this state of harmony, all food we put into our body must be of the highest quality and be abundant in living enzymes.

***Enzymes are the building blocks of health.***

***"We Are What We Eat"***

Dr. Ann Wigmore, one of the great pioneers in the field of health and nutrition says, "Statistics now begin to reveal that our country has a terrible problem with vitamin and enzyme deficiency. Folks are affected with eye problems, dizziness from fatigue, constipation, allergies, muscle cramps, bone deterioration and loss of memory. Other deficiency syndromes include addictions to drugs and alcohol and heart, liver, kidney and lung problems. The key is Easy-To-Digest nourishment for replacing the deficiencies and strengthening the immune system with enzymes."

## ***The entire dilemma we are in can be summed up quite simply;***

**ENZYMES** ~ We are all sorely lacking enzymes. The food we have eaten our entire lives has been cooked and devitalized. Contrary to popular belief, food does not give us energy. Food nourishes the physical body, but actually robs the essential life energy from the core of our body to help in the process of digestion. When enzyme rich, predigested foods are introduced, the digestive system gets rebuilt. As this happens, the core or life force energy remains vital, encouraging healing and balance. Any symptomology the body is suffering will respond to enzyme rich, predigested nourishment. The deficiency that has created these symptoms will turn into sufficiency, and our energy will be expressed in ***Vibrant Health.***

## ***There are 2 types of enzymes***

***Metabolic enzymes*** ~ We are given a predetermined amount at birth. Enzymes are catalysts for every function in the body including digestion and assimilation. The storehouse of metabolic enzymes is exhausted by a diet of devitalized, non-enzyme rich foods. The body uses these precious enzymes to digest food rather than for supporting functions in the organs like the liver, spleen and pancreas. Disease begins as a result.

***Food Enzymes*** ~ These come packaged by nature in the foods we eat. Natural food enzymes are absolutely necessary to ingest on a per meal basis and are the most significant contribution to our nutritional well-being.

So, eating can be looked upon as a science when we understand about enzymes. We have all been given this incredible human body/mind to conduct research in.

Become the best researcher you can be, find out what foods really work for you, and live a productive, healthy life free of disease and symptomology. May your Creative Power within be carried to deeper and higher levels!

**This cleansing and detoxification program supports the healing of the GI tract and restores the Body's Natural Immune Function, while cleaning it of food particles, mucous and waste residue. In thousands of documented cases, programs like this have been credited with helping people get well and stay well by correcting the underlying lifestyle habits that caused their diseases.**

## ***Food Allergies - What Are They?***

Many of us have allergies or reactions to certain foods we consume. The most common are; wheat, dairy products, yeast, soy, sugars of all types, coffee, black and green tea. The reactions to allergens can literally present themselves in many forms, mild to severe; skin eruptions, headache, anxiety, diarrhea, etc. There are several reasons we have allergies. One is due to the lack of enzymes to break down food in the digestive process. Another is that we do not manufacture the proper enzymes for certain foods, like dairy products. The third, and most troubling on all levels, is a reaction to the substances the body does not recognize as "FOOD", such as products made from Genetically Modified Organisms, processed, fried and heated foods.

When we continue consuming foods that produce allergic reactions, our body will go into an "Acute Healing Response" to try to rid the body of the accumulated "Morbid Matter". Sound familiar? It all comes back to the same scenario. When our internal environment, soil eco-system, if you will, is balanced, there can be no allergic responses. As our Immune System rebuilds, we are more likely to tolerate offending foods or, even better, not even be tempted by them.

***While cleansing, it is helpful to completely avoid the aforementioned allergens. Any food allergies you may have will begin to clear up. When you have successfully completed the cleanse, introduce one food at a time to see if there is a reaction.***

## ***"Healing Opportunities" or "Acute Healing Responses" Explained***

Natural healing works within the laws of nature. When we change our addictive habits, the body begins to cleanse and detoxify. The body begins eliminating stored toxins through the various organs, including the liver, kidneys, colon, lungs and skin. If you have symptoms, this is actually a good sign. They are known as "acute healing responses" or "healing opportunities" and are nature's way of elimination. They will subside as your body rids itself of the stored toxins.

**Most people experience one or more of the following symptoms:** headaches, muscle aches, weakness, nausea, insomnia, nervousness, vivid dreams, fever, cold and flu symptoms, lightheadedness, bad breath, intestinal discomforts (including constipation and diarrhea) and irritability. You may want to forewarn family and friends! Please keep in mind this is all temporary.

**By following the recommendations in this book, the "acute healing responses" will be minimized!**

The enzymes contained in raw and living foods act as powerful cleansers at the cellular level. When one transitions to a raw, living foods diet without doing the appropriate intestinal cleansing beforehand, the picture painted above of "healing opportunities" can be rather unpleasant. For this reason, it is highly recommended you make a slow but steady transition from your present diet to the one outlined in this book. If your cleansing and detoxification is too uncomfortable, eat a baked potato or some cooked grain to slow any symptoms down a bit. Get Colonics and also do enemas...



For those of you who want more of a nutritive detox with a program that is prepared for you, one of Purium's 10- or 30-day programs may be just the answer. I have recommended the 10-day cleansing/detox program to many of my clients throughout the years with great success. I have used it myself several times with wonderful benefits.

Whatever your goal is: losing weight, cleansing/detox, boost immune function, increase energy, improve digestion, assimilation and elimination, sleep well, etc. there are products and programs at Purium for you and your family.

All products are carefully manufactured from 100% organic ingredients, much from their own farms. You'll love the taste and results

Save \$50 on your first purchase OR 25% on \$200 order. Click the link below to redeem.

<https://ishoppurium.com?giftcard=mastery>

## **Water ~ What Type and How Much**

Water is the foundation of life itself. Every cell within every organ relies on water for its very existence. For optimal cellular function the water you drink, bath with, wash dishes with etc., must be of the highest quality without toxins of any kind. It is recommended to use water that has been distilled or Reverse Osmosis and structured if you can. Search the web for Structured water devices. There are many companies dedicated to researching and manufacturing these essential devices for home use.

**How much water to drink per day:** An accepted calculation of how much water one should consume, is ½ ounce per pound of body weight. This is adequate for promoting healthy cellular activity and supports healthy digestion, assimilation and elimination. Experiment with drinking warm to hot water ... Your Immune System will be very happy too...

If you are working out or live in hotter climates such as the desert, consume more.

# ***Whole Green Foods***

The body requires enzymes, protein, minerals and vitamins to function properly and sustain itself. Greens are the most essential food we eat. Apart from the obvious fiber we need for smooth elimination, the good bacteria we need throughout our entire body are built upon these gems. It is nearly impossible to eat as many greens as we need to nourish ourselves properly. So, most of us rely on Whole Green Food powders. These are not considered "supplements" but just good food!

The best Whole Green Food powders we have found are **Healthforce Nutritional's** Vita mineral Green, Greener Grasses and Spirulina. They all have an abundance of nutrition but taste a little different. Feel free to explore these and any of the many choices you come across. Whole Green Foods are an essential addition to a healthy diet.

<https://healthforcesuperfoods.com/>

## **The Best Digestive Aids and Intestinal Cleansers**

Many of us need intestinal movement support. Life's stress has a way of impacting us on all levels especially the physical. Here are a few suggestions of how you can manage your bowels and digestion for optimal health:

### **For Better Digestion:**

- Drink Rejuvelac, page 38
- Take Triphala, an ayurvedic herbal combination
- Use Plant based digestive enzymes before every meal
- Probiotics recolonize friendly bacteria throughout the digestive tract.

### **For Managing Elimination:**

- Avoid Gluten, all flesh foods and Dairy
- Take Intestinal Movement Formula by Healthforce Nutritionals
- Probiotics can be of great help
- Drink Rejuvelac
- Use Triphala and Magnesium

## ***Wheat Grass Juice***

Wheat grass juice is a favorite among natural healing enthusiasts. It was made popular by Dr. Ann Wigmore and has over 40 medicinal uses. It contains the 8 essential amino acids we need, minerals, enzymes and is the most powerful antioxidant we can ingest. It can be taken internally, as well as used externally on skin eruptions of all kinds and as an eye wash. It is an excellent liver cleanser when taken orally and when implanted directly into the colon. Hemorrhoids will also disappear.

## ***Health Enhancing Therapies***

The therapies listed on the following pages are recommended to incorporate into your daily lifestyle routine ASAP. Each therapy will assist you in your healing efforts.

### ***Sweating is Good Medicine***

During the first days of detoxification, it is important to use techniques to stimulate sweating, without taxing the body. One of the best techniques, aside from aerobic exercise and using a Far Infrared Sauna, uses yarrow tea and a powdered ginger/salt bath. Begin by drinking 12 ounces of freshly squeezed green vegetable juice of choice. An hour later, drink one to three cups of yarrow tea to encourage sweating. Then prepare a full bath by dissolving 1 quart of ginger tea or 1/2 cup of ground ginger powder. Mustard powder can be substituted with 1 cup of Epsom salts in the warmest water you can tolerate. Lay in the tub for 20 minutes or until your oral temperature reaches 101 degrees. Get out of the tub, wrap yourself in a clean towel, and sit quietly while you sweat. When the sweating stops (usually in about 15 minutes), shower yourself off. Start with hot water and direct the stream toward the front of your neck and upper chest. This increases blood flow to your thyroid gland and thymus. After 2 - 3 minutes, turn the water to cold and again spray first the chest, then the neck, and finally the entire body for up to 30 seconds. You may repeat hot-to-cold cycle two more times as you become accustomed to the sensation. Sweating is particularly helpful for releasing mental and emotional stress. It is recommended you sweat by some method, 3-5 times per week.

# ***Therapeutic Grade Essential Oils Therapy***

Essential Oils offer us something very unique. Most of us have used these wonderful gifts from nature topically and diffused them into the air. What we have not been aware of, is that some essential oils can be safely taken internally, often with magical benefits. To support cleansing and detoxification, some oils can be taken internally with tremendous benefit. Take one drop in 2 ounces of water up to 3 times per day. They are very potent, so begin slowly. Increase as tolerated. They can be taken with or without food.

## ***Colon Therapy***

The Colon, solid waste disposal system of the body, plays a vital role in removing toxins and pathogenic organisms from the body. The presence of undigested fecal material and resulting mucus inhibits the removal of toxins through this essential organ.

A Colonic bathes the colon with an infusion and outflow of temperature controlled filtered water. This removes fecal material, exercises the colon and improves peristalsis. Colonics also massage the lymphatic vessels, which are abundant in the abdomen and promote the emptying of toxic-ridden lymph fluid into the bloodstream so that it can be removed from the body. It is recommended that you have a colonic twice a week during the Cleansing and Detoxification Program to facilitate the removal of toxins from the body and to open up lymphatic flow in the abdomen.

Many health care professionals believe all disease begins in the colon. Basically, digestion is weakened from our fast-paced lifestyle and devitalized foods that are eaten. Undigested food builds up on the walls of the colon, becomes a host for "critters" like parasites, and produces toxic gas, which is absorbed into the bloodstream through the walls. This auto-intoxication is how diseases are created. A series of colonics could be the first and most profound therapy to begin your healing program with. At this point in history, there are very fine machines available that administer colonics. Disposable supplies are used to assure your safety and well being.

### ***Colon Therapy, what is it?***

Essentially, Colon Therapy is a wellness modality exercising the colon, which is actually a muscle. Like all other muscles in the body, when they are not activated, they become sluggish or atrophied. Muscles simply lose their tone or elasticity when not exercised properly. We see this so clearly with our arm, shoulder, abdominal and leg muscles. It is time we begin seeing that the colon, such an essential muscle of the body, gets proper exercise. It is necessary and most imperative we enable the colon, the main channel of elimination, to do its job effectively.

The gentle infusions of water into the colon together with the alkalizing greens we eat are the natural stimulation needed to wake this muscle up and revive its tone and functioning.

I find it fascinating that everyone these days speaks about digestive and elimination challenges. I have seen this with so many clients over and over again throughout the years. And, what I've also observed is when the digestive tract is functioning properly, symptoms disappear...

I will let you in on some little-known anatomical secrets, that when understood, opens the mind and soul up to unlimited possibilities.

Did you know, or have you ever been informed that there is a vein connecting your liver and gallbladder to your rectum? It is called the Portal Vein and its function is to discharge toxicity out of the liver. Unfortunately, the overload of toxicity that needs to discharge out of the liver ends up clogging the vein near the rectum and creates hemorrhoids as well as conditions of "back up" in the body, mind and emotions. In fact, every organ of the body has ducts that drain toxicity into the small intestine.

### ***Colon Therapy, how it really works...***

Colon Therapy can actually be referred to as "Colon Reflexology." Every organ has a reflex point on the surface and deep within the tissues of the colon as do the feet, hands, tongue, eyes, ears and face. As water is gently infused into the colon, these points are stimulated, enabling the organs and every cell in every organ, to detoxify in real time. Some of the releases during a colonic are actually from the organs via the ducts that empty into the ileum, the first part of the small intestine. This is the most exciting part of colon therapy and continues to amaze and inspire me to do this most essential work.

Well, there is so much more to be shared and as videos and more books are produced you will be the first to be contacted. Thank for your support and continued inspiration...Enjoy your journey to wellness and eternal possibilities...may peace be with you!

# ***The Enema***

The enema is your other option and one that you can perform at home using an enema bag with a flexible catheter tubing. This system is far superior to the old-fashioned hot water bottle type. Though an enema is not as effective as a colonic, doing one when needed can be very helpful and beneficial.

## ***Doing An Enema***

Begin your enema by filling the bag with warm filtered water, making sure the clamp is in the closed position. Hang the bag on the "S" hook 18 inches above you for gravity flow to be most efficient. Put a little olive oil on the insertion tip. Lay on your left side and insert the tip into the anus about 3-4 inches. Undo the clamp and water will begin to flow. If you can hold the entire 1500 cc amount of water, do so for up to 20 minutes, no more. If you cannot hold the entire amount, hold as much as you can. This will soften the feces in the colon and prepare it for evacuation. You may repeat this until the return is clear, if desired. Massaging the abdomen is very helpful and relaxing. Topically applying Essential Oils of Lavender, Lemon, Ginger, Cardamom or Fennel is most beneficial as well.

## ***Life Enhancing Retention Infusions***

Retention **infusions** are an incredibly soothing and healing practice. Typically, they are done after a colonic or enema has been administered and when the contents of the colon are completely evacuated. The **infusion** is simply done by putting 2-4 ounces of wheat grass juice or 1-2 emptied capsules of your favorite Probiotic dissolved in 1—2 ounces of water, into your enema bag, and slowly instilling this into the colon. Hold this in as long as you can, until your next bowel movement, if possible. Wheat grass juice **infusions** stimulate liver function and draw out toxins from the intestines and from the liver. They also purify the blood as they are absorbed through the walls of the colon. Probiotic **infusions** are very soothing and both types repopulate the colon with friendly bacteria.

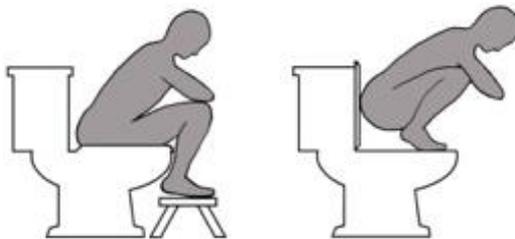
# ***The Ideal Bowel Movement***

Normal bowel movements are an experience rare to most of us. The ideal bowel movement is greenish brown in color. The size is no more in diameter than can be evacuated without pushing or strain and is the consistency of creamy almond butter. The odor is non-offensive and after evacuation you should feel completely empty and relaxed. Is this your experience? When our digestion is functioning properly, we experience two to three movements a day, preferably after each meal.

If this is not your pattern, there is constipation and impaction. You are at the right place in your life. Read on, the solution is within your grasp!

## ***Proper Pooping Position***

The pictures below illustrate proper positioning for having a relaxed and unstrained bowel movement.



Either position encourages the colon to empty more fully, with less effort, and actually supports and exercises the muscles of the entire intestinal tract.

# ***Hot and Cold-Water Therapy***

Alternating hot with cold while showering causes blood vessels and lymphatics to relax, then constrict vigorously. This stimulates strong movement of body fluids, particularly in lymphatic areas where toxins, chronic viruses and anaerobic pathogens reside. The result is a tremendous dumping of this "morbid matter" into the blood stream, where it can be processed by the liver and removed through the kidneys, lungs, skin and colon.

## ***The Importance of Regular Exercise***

Exercise has many benefits upon the body and is a valuable part of this program. It is most important that you do some form of exercise daily. Exercise, especially walking and aerobics, increases heart rate and circulation of all the essential and vital fluids. This increases the movement of metabolic breakdown products out of the cells and into the bloodstream, where they are carried by your organs of elimination. In addition, sweating causes the removal of toxic metals and acids that are often difficult to eliminate by other means. Exercise also encourages lymphatic flow throughout the body.

The lymphatics are vessels in the body which hold intercellular fluids and collect toxins and metabolic waste products from the cells. Lymphatic flow depends entirely on the contraction of skeletal muscles and gravity, rather than the pumping action of the heart. Many trainers feel exercise done early in the day gives best results. The research on exercise indicates morning is when our hormonal cycles best support active cell growth. Exercise in the morning helps to flush out toxins which build up during sleep.

## **BEGIN TODAY!**

**Even if it is to take a couple of steps out the door  
to get some fresh air and a sparkle of sunshine  
it is a step in the right direction.**

## ***Aerobics***

Aerobic exercise increases the amount of oxygen taken up by the blood in the lungs and delivered to the cells of the body. This has been shown to have strong virucidal and immune strengthening effects. Aerobic exercise includes speed walking, jogging and running, aerobic classes, riding a bicycle or using a step machine. The primary goal is to maintain a cardiovascular workout for at least 20 minutes. Most exercise physiologists recommend this regimen three times a week for the average individual.

## ***Rebounding***

You can most effectively accomplish moving lymph out of the body by bouncing on a small trampoline called a **rebounder**.

At first, this should be done for only a few minutes at a time, gradually working up to ten minutes twice a day.

Of course, walking for 45 minutes to 1 hour 3-4 times per week also helps move Lymph!

Bouncing encourages lymph fluid to flow back into the bloodstream, where it can be delivered to your elimination organs.

A fantastic book that details the benefits of rebounding is *The New Miracles of Rebounding* by Albert Carter.

## ***Dry Skin Brushing***

Once a day for up to 10 minutes, take a dry brush or loofa and scrub your skin until it is slightly pink. Always stroke toward the heart for the most efficient lymph drainage. Pay particular attention to the areas of "lymph nodes", the ankles, knees, groin, abdomen, rib cage, around breasts, under arms and along the neck. This also stimulates the circulation in the skin and assists in the removal of subcutaneous waste, including toxic metals. Skin brushing is most effective when done prior to soaking in the Sweat Bath or taking a Hot/Cold shower described previously.

## ***Massage***

Massage, particularly lymphatic massage, stimulates the release of trapped toxins and wastes from muscles, adipose tissue and the lymphatic system into the bloodstream, where they can be eliminated more easily from the body. During the Seven Day Cleansing and Detoxification Program is a good time to treat yourself to a massage. You'll feel great!

## ***Sun Light and Fresh Air***

It is important to spend time outside, as often as you can, so that you benefit from full spectrum light and are in a more natural environment. The full spectrum of frequencies present in sunlight are essential to the normal functioning of the body. In most areas, the hours between 11AM and 2PM are a great time to sunbathe. Please use your own discretion.

## ***Stress Reduction***

Use meditation, bio-feedback, relaxation, music, etc. to connect with your inner self throughout the day. Find a place you can be quiet and use that time to free the tension from your mind and body.

Do things that bring you joy as often as you can! Begin to image yourself feeling well and strong. Read writings that inspire you. If you have a favorite hobby, do more of it. Find ways to express yourself through creative endeavors. Turn off the TV and turn on to more active pursuits. The local library can be a great resource for things to read and do. Clubs and organizations can also be a great support for trying new adventures and enhancing your life. Reach out to others and begin to expand your vision of life.

## ***Castor Oil Packs***

Castor oil has long been known for its healing powers, which appear to be due to its ability to facilitate detoxification. When used as an abdominal castor oil pack, this works by stimulating the flow of lymph fluid through the thoracic duct. When lymph flow is stagnant, symptoms of toxicity develop such as depression, fatigue, decreased appetite, wasting, neuropathy, etc.

Because of the ability to increase lymph flow, Castor Oil Packs are a valuable component of The Seven Day Cleansing and Detoxification Program. This is important in the treatment of cancer, colitis, ulcers, gallstones, hepatitis, neuritis and all chronic viral, bacterial and parasitic infections and infestations. These critters "reside" in the lymphatic's and are difficult to destroy by therapies that only affect the blood. The mobilization of these critters, through increased lymphatic flow, results in their being dumped into the blood where cells of the immune system can destroy them.

The vicious cycle of chronic infection and infestation occurs when toxic particles accumulate in the lymphatic's, deep within the abdomen and cause a blockage of fluid moving through the system. This stagnation of flow results in a build-up of toxins in the lymph system, which impairs the function of the liver and digestive system. This impairment of digestion and detoxification then leads to malabsorption, starvation and self-poisoning/auto-intoxication.

By opening up the lymphatics in the abdomen with Castor Oil Packs, Colon Therapy, exercise, body work and eating properly, nutrients, especially essential fatty acids, will gain the ability to be absorbed more fully, thus improving liver function. This will result in opening the channels of elimination and in the removal of toxins.

## ***The Pack***

The items you will need for the pack include:

- A piece of wool flannel
- A gallon size zip lock bag
- A piece of plastic wrap
- 8 oz. bottle of castor oil
- A heating pad
- Diaper pins

Fold the flannel to make an 8" x 10" piece of fabric. Pour the oil on the flannel until it is soaked, then place it over the right upper abdomen (over the liver). Cover the flannel with a piece of plastic, then place the heating pad over this. The last step is to cover the whole thing with a bath towel and use the safety pins to hold it in place. Turn the heating pad on high until you feel the warmth, then turn to medium. This procedure should be done for at least an hour each day, usually before bed. Do not leave this on overnight as you could burn yourself.

When done, place the flannel in the zip lock bag. The next day you can pour a little oil on the flannel to replace that which was absorbed by the first treatment. You will reuse this flannel, adding more oil daily, throughout the cleanse.

To get the most benefit from the Castor Oil Pack, this procedure could be done everyday during your cleanse.



## Sedona Pro Plus (PEMF) Wellness System

Pulsating Electro-Magnetic Field Therapy  
Advanced Frequency Technology



This unique and highly effective “Advanced (PEMF) Frequency Technology” delivers life enhancing frequencies present in Nature to every cell in the body while you lay on a comfortable mat. PEMF Therapy may be summarized as follows: 1) Super oxygenation of the cells, organs and tissues 2) Increase of blood circulation to reduce inflammation 3) Enhancement of metabolism, supporting proper cell nutrition and detoxification. **A session is 30 minutes and is profoundly relaxing and life affirming. Many people sleep on this mat with extra-ordinary benefits**

### ***“Healing Happens in Deep States of Relaxation”***

As inflammation is one of the primary causes of our distress, PEMF has been shown to reduce inflammation. Energy levels are increased by opening up micro circulation and inflammation is reduced, thereby alleviating pain. Here is a partial list of possible benefits: rejuvenation, relaxation, increase in energy levels, decrease in fatigue and depression, reduction of inflammation and pain, boosting the immune system, improved lung function, relieve allergies, expansion in consciousness, stimulation of the lymph system, digestion and elimination improvement, relief of PTSD and stress, balance chakras and meridians, supportive resolve of Lyme’s Disease, Parkinson’s, Dementia, Alzheimer’s and other chronic conditions, and MUCH MORE!

For more information go to [www.SedonaProWellness.com](http://www.SedonaProWellness.com)



**Our mission** is to enhance people's ability to receive, process, and express Life Force through the supplementation of high-frequency liquid minerals, vitamins, and essential nutrients. As a result, people can live fulfilled lives contributing individual gifts to humanity and the world.

**Ambaya Gold`** products empower **health through resonance** by the use of Fulvic, Humic, and **Platinum Group Element** proprietary solutions. Their efficient bio-availability, super-conductivity, integrity, and efficacy enhance **cellular, physical, and mental health** at a holistic level.

We've been proudly manufacturing **high-frequency** nutritional supplements inspired by **Ayurveda** for **over 13 years** here locally in **Sedona, Arizona**.

**To purchase these fine products, go to [www.Ambayagold.com](http://www.Ambayagold.com)**

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***C60 Evo has a unique atom structure, a carbon 60 molecule, with multiple sides to stabilize many free radicals.***

**C60 Evo** is a nano-antioxidant that can neutralize free radicals to slow down aging and assist the body healing. Free radicals damage DNA, cell membranes and other parts of cells by stealing electrons from other molecules, damaging them in the process. Antioxidants neutralize free radicals by giving up some of their own electrons, breaking a chain reaction. While foods can have antioxidant properties, and vitamin C is noted as a very strong antioxidant, the term antioxidant actually refers to a chemical property rather than a nutritional property. C60/ESS60 is a nano-antioxidant that is actually 172 times stronger than vitamin C.

While taking C60/ESS60, people have reported less inflammation from arthritis and injuries, better sleep, more energy, clearer vision, and sharper mental focus. Imagine feeling some or ALL of these benefits by simply taking a spoonful of C60 Evo in the morning! We recommend taking your spoonful before noon and with food for maximum benefits.

**<https://www.c60evo.com/ref/rahgold/>**

## ***The Seven Day Cleansing and Detoxification Program***

- **The Program and How it Works**
- **What You Will Accomplish**
- **Tips for Good Digestion**
- **Causes of Immune System and GI Tract Damage**
- **Introduction to the Program**
- **Menu Plan**
- **Liver Cleansing**
- **Recipes**

The Seven Day Cleansing and Detoxification Program is outlined in detail in this section. You are encouraged to adhere to it without deviation. All meals are properly combined and will enable you to not only cleanse and detoxify, but feel well also. With whatever condition you suffer, great care has been taken for you to accomplish your goal. Using the Menu Plan prepares you very adequately for a liver cleanse, as well as gets you feeling Vibrantly Healthy.

**If you are pregnant or nursing, please eat more food than suggested. If you feel hungry and/or overwhelmed, feel free to eat your favorite meal now and then. Do what you can, not what you should.**

***The goal is to slowly incorporate enzyme abundant living raw foods into your daily life  
So, you will experience Vibrant Health.***

# ***The Program and How it Works***

The Seven Day Cleansing and Detoxification Program consists of the following daily practices:

1. Drinking the appropriate amount of purified water  
To calculate how much you need go to page 8
2. Drinking at least 12-16 ounces of Veggie Juice per day—page 10
3. Daily enemas.
4. Colon Therapy - at least two during duration of program.
5. Eating the specified diet as outlined in the Menu Plan—pages 26-33
6. Sweating to aid in emotional/mental/physical elimination.
7. Liver and Gallbladder Cleansing—pages 32-34
8. Exercising at least 3 times per week. Walking is great
9. Getting plenty of rest!

***The most essential part of cleansing and detoxifying is keeping the channels of elimination OPEN.***

***The first channel of importance is the bowels. When the bowels are open, the liver, skin, kidneys and lungs follow.***

# ***Here is What You Will Accomplish***

Reduce the toxic load in all cells of your body, leading to their more efficient functioning. Strengthen and rebuild a weakened and often damaged Gastro-intestinal (GI) tract and Immune System.

Create a new lifestyle of Healthy Habits offering you a lifetime of lasting benefits. Rebuild digestion so your body will become more efficient in absorption, assimilation and elimination.

Create the best insurance possible for preventing disease.

## **The Causes of Immune System and GI Tract Damage:**

Eating devitalized, cooked and processed foods, devoid of the essential enzymes and minerals necessary for proper breakdown, absorption and assimilation. Taking prescription medications, particularly antibiotics, without following them with corrective post treatment remedies like flora cultures. Consuming refined sugar, caffeinated and carbonated beverages, eggs, dairy products, animal flesh foods, nicotine and alcohol. Drinking chemically-treated water.

This gradually leads to poor digestion and mal-absorption, along with the development of abnormal bacteria, yeasts, and parasites in the GI tract. In advanced stages, gaps form between the selectively absorptive cells of the intestines, known as Leaky Gut Syndrome. This allows large undigested particles of food to leak into the bloodstream, resulting in a continuous energy draining low-level immune system response and/or chronic allergic reactions to many foods and chemicals.

# ***Tips For Improved Digestion***

1. Create a relaxed, conscious and loving atmosphere.
2. CHEW, CHEW, CHEW - eat slowly.  
**Chew your liquids / Liquefy your solids**
3. Eat until you are only partially full. When you burp, you are either eating too fast or you are full.  
While on the program, eat only the specified meals.  
Drink Rejuvelac before, with and between meals.
6. Drink liquids 2 hours after meals.
7. Do a Liver/Gallbladder Cleanse - see page 32
8. Follow the food combining tips, page 51, when planning and preparing your own meals.

**To order the Liver/Gallbladder Cleanse  
go to [DigestiveWellnessCenter.com](http://DigestiveWellnessCenter.com)**

## ***Reconnect with Nature ~ Rebuild Digestion Rejuvenate Within***

**To receive the optimal benefits from the foods we eat, they  
must have an abundance of living enzymes and minerals.  
The lack of these essential nutrients  
is the reason for so much disease.**

## **SO, LIVE RAW and LOVE LIFE!**

***As you begin nourishing your body properly, with  
Living/Raw foods  
great things begin to happen.***

**Your body becomes more efficient, able to process and  
digest much better.**

**The stored toxins begin to eliminate. The encrusted  
matter stuck along the walls of the intestines begin to  
slough off and your Colon and Immune System get  
healthier.**

# ***Introduction to the Seven Day Program***

Welcome to the Seven Day Cleansing and Detoxification Program.

Before you begin, take some time to read it over and get familiar with the ingredients of the recipes, pages 38-50, so your next shopping trip will be better organized. Also review preparation times for sprouting and making Rejuvelac, Seed Cheese and Nut Pates if you choose to make some of these delicious foods. We have tried to keep it very simple so you won't feel overwhelmed.

The more living foods you introduce to your daily eating habits, the faster the cravings for sugar, salt, coffee, alcohol, cigarettes, overeating, etc. will vanish. Skin problems, bad breath, excess water in the tissues, urinary and intestinal problems, mental and emotional imbalances and much more begin to clear up.

The following Menu Plan is designed to accomplish several things. One is to begin the process of cleansing and detoxification. Another is to prepare you for a liver cleanse. The main accomplishment is to **learn how to nourish yourself properly**. If you do not elect to do a liver cleanse, the following Menu Plan can be utilized quite effectively on its own to facilitate very deep healing and can be practiced for a lifetime.

If you have not done any colon therapy or enemas, and have experienced constipation, it is recommended you take a Probiotic and follow the Menu Plan before receiving your first colonic. Then follow the recommendations below. This will promote greater ease of elimination.

If you have received colon therapy and are regular, that is, have at least two bowel movements per day, it is recommended to have 2 Colonics during the seven-day program, one on the second or third day of drinking apple juice and one 1-2 days after the liver cleanse. This gives the body a chance to rest. Even if you elect not to do the liver cleanse, Colonics are recommended. Adjust the amounts of wheat grass juice and Green Food to fit your needs. Six ounces of wheat grass juice and up to 2 Tbs. of Green Food per day is sufficient, in most cases.

Please feel free to substitute any meal with another recipe in the Living Raw Foods Recipe section, **or invent one of your own**. As long as you follow the food combining principles, all is well.

# ***Menu Plan ~ Day 1***

Before you do anything, drink water, add fresh lemon juice if desired. Refer to page 8 to calculate how much water is appropriate for you...

**7-8 am or whenever you normally eat breakfast.** Prepare veggie juice, page 41 or the Golden Flax Seed Grapefruit Drink, page 50.

**9 am** Drink more water now!

**10 am** Now is a great time to either have more juice or, in the summer, eat as much watermelon as desired.

**11 am** Drink more water.

**12-1 pm** Have a delicious bowl of Living Energy Soup of choice, pages 39-43. If you are really hungry have a salad and some Sunflower Seed Pate, page 47...See page 43 for tips on making a Basic Salad.

**3-4 pm** You guessed it, drink more water. If you are hungry, wait 1 hour and eat soaked nuts or have some dehydrated snack, page 47.

**5-6 pm** Eat a small salad if desired, drink more veggie juice or have a Pate Rollup, page 49

**After dinner treat** if you are hungry after dinner have some Sesame or Almond Milk. You may try some chocolate! Yum! Page 45

***Always practice proper food combining page 54.***

Congratulations! You made it through your first day.

## **Menu Plan ~ Day 2**

Before you do anything, drink water, add fresh lemon juice if desired. Refer to page 8 to calculate how much water is appropriate for you...

**7-8 am or whenever you normally eat breakfast.** Prepare veggie juice, page 41 or the Golden Flax Seed Grapefruit Drink, page 50.

**9 am** Drink more water now!

**10 am** Now is a great time to either have more juice or, in the summer, eat as much watermelon as desired.

**11 am** Drink more water.

**12-1 pm** Have a delicious bowl of Living Energy Soup of choice, pages 39-43. If you are really hungry have a salad and some Sunflower Seed Pate, page 47...See page 43 for tips on making a Basic Salad.

**3-4 pm** You guessed it, drink more water. If you are hungry, wait 1 hour and eat soaked nuts or have some dehydrated snack, page 47.

**5-6 pm** Eat a small salad if desired, drink more veggie juice or have a Pate Rollup, page 49

**After dinner treat** if you are hungry after dinner have some Sesame or Almond Milk. You may try some chocolate! Yum! Page 45

*Yeah! You made it through your second day.  
Give yourself some love!*

## **Menu Plan ~ Day 3**

Before you do anything, drink water, add fresh lemon juice if desired. Refer to page 8 to calculate how much water is appropriate for you...

**7-8 am** or whenever you normally eat breakfast. Prepare veggie juice, page 41 or the Golden Flax Seed Grapefruit Drink, page 50.

**9 am** Drink more water now. If doing the Liver Cleanse, begin drinking your Ultra Phos cocktail and take the Malic Acid today. (Page 35 for details.) Go to [DigestiveWellnessCenter.com](http://DigestiveWellnessCenter.com) to order our New Improved "No Apple Juice Liver/Gallbladder Cleanse". Refer to page 35 for complete instructions.

**10 am** Now is a great time to either have more juice or, in the summer, eat as much watermelon as desired.

**11 am** Drink more water

**12-1 pm** Have a delicious bowl of Living Energy Soup of choice, pages 39-43. If you are really hungry have a salad too...See page 43 for tips on making a Basic Salad.

**5-6 pm** Eat a small salad if desired, drink more veggie juice or have a Pate Rollup, page 49

**After dinner treat** if you are hungry after dinner have some Sesame or Almond Milk. You may try some chocolate! Yum! Page 45

*Hey, your journey has just begun  
You're doing great!*

## **Menu Plan ~ Day 4**

Before you do anything, drink water, add fresh lemon juice if desired. Refer to page 8 to calculate how much water is appropriate for you...

**7-8 am** or whenever you normally eat breakfast. Prepare veggie juice, page 41 or the Golden Flax Seed Grapefruit Drink, page 50.

**9 am** Drink more water now! If doing the Liver Cleanse, continue drinking your Ultra-Phos cocktail today. Drink between meals and 2 hours before or after meals. Avoid drinking in the evening. Drink a total of 1 quart today.

**10 am** Now is a great time to either have more juice or, in the summer, eat as much watermelon as desired.

**11 am** Drink more water now. If tolerated, take another 1 ounce shot of wheat grass juice or another Green Food drink.

**12-1 pm** Have a delicious bowl of Living Energy Soup of choice, pages 39-43. If you are really hungry have a salad too...See page 43 for tips on making a Basic Salad.

**5-6 pm** Eat a small salad if desired, drink more veggie juice or have a Pate Rollup, page 49

**After dinner treat** if you are hungry after dinner have some Sesame or Almond Milk. You may try some chocolate! Yum! Page 45

*Be strong and clear. Have faith that  
your body is Self Healing!*

## ***Menu Plan ~ Day 5***

Before you do anything, drink water, add fresh lemon juice if desired. Refer to page 8 to calculate how much water is appropriate for you...

**7-8 am** or whenever you normally eat breakfast. Prepare veggie juice, page 41 or the Golden Flax Seed Grapefruit Drink, page 50.

**9 am** Drink more water now! If doing the Liver Cleanse, continue drinking your apple juice Ultra-Phos cocktail today. Drink between meals and 2 hours before or after meals. Avoid drinking in the evening. Drink a total of 1 quart today.

**10 am** Now is a great time to either have more juice or, in the summer, eat as much watermelon as desired.

**11 am** Drink more water now. If tolerated, take another 1 ounce shot of wheat grass juice or another Green Food drink.

**12-1 pm** Have a delicious bowl of Living Energy Soup of choice, pages 39-43. If you are really hungry have a salad too...See page 43 for tips on making a Basic Salad.

**5-6 pm** Eat a small salad if desired, drink more veggie juice or have a Pate Rollup, page 49

**After dinner treat** if you are hungry after dinner have some Sesame or Almond Milk. You may try some chocolate! Yum! Page 45

*You're Doing Fantastically Well!*

# **Menu Plan ~ Day 6**

***This is the day of the actual Liver Cleanse.  
Try to eat lighter than usual.***

Before you do anything, drink water, add fresh lemon juice if desired. Refer to page 8 to calculate how much water is appropriate for you...

**7-8 am** or whenever you normally eat breakfast. Prepare veggie juice, page 41 or the Golden Flax Seed Grapefruit Drink, page 50.

**9 am** Drink more water now! If doing the Liver Cleanse, continue drinking your Ultra-Phos cocktail today. Drink between meals and 2 hours before or after meals. Drink a total of 1 quart today, before 2 pm.

**10 am** Now is a great time to either have more juice or, in the summer, eat as much watermelon as desired.

**11 am** Drink more water now.

**12-1 pm** Have a delicious bowl of Living Energy Soup of choice, pages 39-43. If you are really hungry have a salad too...See page 43 for tips on making a Basic Salad.

**If you are doing the Liver Cleanse,  
Do Not Eat After 2 pm. You May Drink Water**

You do not need to take your evening Ashi Flora

**If you are not doing the Liver Cleanse,  
choose an evening meal from the Menu Plan.**

# ***The Liver Cleanse Ingredients***

- 4 Tablespoons Epsom Salts
- ½ cup organic olive oil
- ¾ cups fresh squeezed pink grapefruit juice
- 10 drops Black Walnut Hull tincture

***The times outlined for the Liver Cleanse  
must be followed carefully to ensure your success:***

**6 pm - Mix** four tablespoons of Epsom Salts in 3 cups water. Divide this into four, ¾ cup portions, and drink the first now. Drink a few swallows of water after. You will use the remaining 2 doses tomorrow.

**8 pm - Drink** the second ¾ cup of Epsom salts. If you haven't had a bowel movement yet, take an enema, page 12.

**9:30-10:00 pm - Mix** ¾ cup of yellow or pink grapefruit juice, ½ cup olive oil and 10 drops of Black Walnut Tincture in a jar with a lid, very well. Stand by your bed and drink this mixture, ALL OF IT! Lie down right away and lay, MOTIONLESS, on your back for at least 20 minutes. This will move the stones along the bile ducts and position them for easier elimination. There should not be any pain because the Epsom Salts keep the ducts open.

If you can, just fall asleep now. You may feel nauseous or crampy. Massage the abdomen with the essential oil of Lavender, Lemon, Ginger or Cardamom. If you need to have a bowel movement before the twenty minutes, please do so.

It is common for there to be minimal discharge of stones after the first, and even the second, Liver Cleanse. If you experience little to no stone evacuation, it is an indication that your liver is very congested and it will take a series of cleanses to get the job done. Do not be discouraged. All is perfect in Natural Healing.

## ***Menu Plan ~ Day 7***

**If you have just experienced the Liver Cleanse...Wow! Did you have a good night? We hope so. You did survive, however. Follow the following times carefully to complete your cleanse. You will begin eliminating allot!**

**6-6:30 am Drink** the third  $\frac{3}{4}$  cup of Epsom Salts. Drink water if thirsty.

**8 am** Drink the last  $\frac{3}{4}$  cup of Epsom Salts. You will begin to have bowel movements this morning, possibly very watery. Large and small green stones will float in the water of the toilet. The large ones are from the liver, the small ones from the gallbladder. There also may be pea sized, beige colored balls. These are fatty deposits of cholesterol. Hundreds, maybe thousands of these various-sized stones will be eliminated. Thanks to the apple juice, the stones are very soft and eliminate with total ease!

It is very important to get a colonic within 1 to 3 days after the Liver Cleanse. There are particles from the Epsom Salts that need to be flushed out of the colon. Waiting 1 day after the cleanse gives the body some rest. Have a wheat grass juice or acidophilus implant done, or do it yourself. If a colonic is not available, give yourself an enema followed by the implant,  
page 12.

**10 am Have a glass of fresh pink grapefruit or watermelon juice.** Take it easy and relax! Your body has just gone through a tremendous healing and cleansing experience.

**11 am Be** good to yourself and choose something light to eat from the Menu Plan. **Continue nourishing yourself this way for the rest of your life!**

*You're Worth It!*

# ***The Importance of Liver Cleansing***

People with acute, chronic and degenerative illnesses are likely to have a large number of stones congesting the liver and gall bladder and their ducts. This in turn affects the entire digestive function. By removing the stones through a series of liver cleanses, as outlined in the next section, and maintaining a healthy diet and lifestyle as outlined in this book, the liver and gall bladder have the ability to be restored to their natural efficiency. Symptoms of discomfort and disease are given the chance to subside and health regained. Allergies and back pain may also lessen or even disappear. Energy and the sense of well-being are encouraged to miraculously return. Cleansing the liver and gall bladder from stones is one of the most important therapies to do for improving health. For best results, it is recommended to do 6 liver cleanses, 2 weeks apart.

Andreas Moritz, author of "The Amazing Liver Cleanse" and a health consultant and a practitioner of Ayurvedic Medicine, outlines the importance of liver cleansing very succinctly. He writes, "Because the liver is the main organ responsible for processing, converting, distributing and maintaining the body's fuel supply, obstructive gallstones can greatly impair the capacity to deliver the right amount of nutrients and energy to the right places at the right times. This can upset the very delicate balance in the body, i.e., homeostasis, and disrupt any of its systems and organs. Freeing the liver and gallbladder from all stones, not only helps to restore balance and set the precondition for the body to heal itself, but is perhaps one of the best precautions one can take to protect oneself against illness in the future."

You can expect dramatic results even from the first cleanse. The morning after, you will have bowel movements mixed with food particles and floating green and tan colored stones in all shapes and sizes. The ones that float contain cholesterol and the ones that sink contain heavier toxic metals.

*Aren't you glad you have come across a way  
to rid your body of such toxicity!*

# ***The Liver Cleanse***

## ***How it works***

Malic acid and the Ultra Phos liquid soften stones that have collected in the liver, the gall bladder and their ducts. You will add 2 dropperfuls of Ultra Phos into 1 quart of pure water and drink 1 quart per day for 4 days prior to the actual Liver Cleanse. Drink slowly between meals and 2 hours before or after meals. Avoid drinking in the evening. You will also take 2 tablets of Malic Acid 3 times per day.

**Epsom Salts** are ingested to relax the smooth muscle lining of the bile ducts, making it possible for larger gallstones to pass. The oil that you drink at the end of the sixth day of the flush acts as the stimulant for gall bladder contraction, forcing the loosened bile and waste materials out of the gall bladder through the relaxed bile duct. Finally, two Epsom Salts drink are taken on the following morning to release any remaining wastes from the liver, gall bladder, small and large intestines.

**To order the “No Apple Juice”**

**Liver/Gallbladder Cleanse**

go to [DigestiveWellnessCenter.com](http://DigestiveWellnessCenter.com)

## ***Mini Daily Liver Flush***

**If there is illness, DO NOT do the full liver cleanse. Begin with cleansing the organs as outlined in the Menu Plan.**

If desired, you may start your day with 1-2 Tbs. of olive or flax seed oil blended with 4-6 ounces of freshly squeezed orange or grapefruit juice, with either garlic or ginger to taste. You may omit the garlic or ginger if your digestion is too sensitive or you plan to be around others. Follow this by drinking two cups of warm herbal tea like peppermint, licorice, fennel, ginger or other herbs that enhance digestion. Wait for at least 1 hour then have your Green Food Drink, green juice or wheat grass juice.

The Mini Liver Flush supports liver cleansing and will slowly detoxify the liver to get you more ready to do the full Liver Cleanse. You may take this drink for as long as it feels good to you, a matter of weeks or months should be fine.

*Heal  
from the  
Inside Out*

*Vegan Living Raw  
Food Recipes*

# ***The Following Categories of Foods are the Foundation of the Heal from the Inside Out Menu Plan***

***Rejuvelac*** - Rich in enzymes and friendly bacteria.

***Green and Veggie Soups*** - In Dr. Ann Wigmore's most recent research, she stressed the necessity of eating Green veggie soups every day to promote healing.

***Sprouts*** - All sprouted beans and seeds make delicious ingredients for many Living Foods recipes. They can, of course, be eaten alone and are wonderful in salads

***Wheat Grass Juice*** - Of superior healing ability, there are over 40 benefits. The primary benefits are the super oxygenation and antioxidant qualities for the cells of our body and the detoxifying it encourages.

***Green Juices*** - Although juices are not as nutritious as whole food drinks, they are considered a good source of nourishment. Green juices, however, digest easier and are a good choice for deep cleansing and detox. For those who have infestations of candida, parasites and cancer, fruit should be totally avoided and green juices taken liberally. See page 41

***Greens*** - This refers to all dark leafy green vegetables like chard (red and green), collard greens, kale, spinach, beet tops, dandelion greens, all lettuces except iceberg, herb mixes and field greens, sunflower sprouts and buckwheat lettuce and Whole Green Food Powders.

***Organic Fruits and Vegetables*** - We need the benefit of the minerals that produce grown in nutrient rich organic soil offers us. It is a good idea to wash organic produce since it is grown with natural, animal fertilizers.

***Soaked and Fermented Nuts, Seeds and Veggies***- A totally different protein and nourishment source than raw nuts and seeds. Soaking and fermenting foods increases enzymes and helps rebuild digestion.

# *Rejuvelac*

## **The fermented wheat berry drink that is easy to make. Let's drink to health!**

$\frac{3}{4}$  - 1 cups Organic Quinoa, Rye Berries or other grains

Always begin with a clean 2-quart glass jar. Rinse seeds well and soak overnight 8 hours in filtered water. Put screened top on jar and drain water. Place jar at a 45-degree angle to drain. Rinse seeds 2-3 times per day depending on temperature. When the tails of your newly germinated sprouts are  $1\frac{1}{2}$  to 2 times the length of the original seed, rinse sprouts **3 times** by running water into jar and letting it overflow. Drain all water and refill with fresh water. Now, let this water and sprout mixture stand in room temperature for 48 hours or less if it is hot. Hey, you just made your first batch of Rejuvelac! Scoop off the natural yeast floating on top of the water. Toss it out or rub it on your face. This is a wonderful skin tonic. Pour the remaining Rejuvelac into a clean jar and store in the fridge, leaving small amount covering the sprouts for the next batch. You can use the same sprouts 2 more times. Fill original jar, with sprouts and remaining Rejuvelac, with water again and let stand for 24 hours. You succeeded in making the second batch. Do this 1 more time for a third batch and throw sprouts into the garbage or compost: they have given their life to you. You may substitute Rejuvelac for water in many recipes. Refrigerate for up to 1 week.

In the beginning of regaining health, drinking Rejuvelac is most important. Rejuvelac is the best natural aid for digestion, assimilation and elimination because it contains very high levels of enzymes that help to properly digest food. Rejuvelac replaces the missing enzymes that cooking food destroys.

The biggest health challenge we face is a deficiency of enzymes. Drink 1-2 glasses of Rejuvelac a day. Increase or decrease amount depending on tolerance.

If you have candida and parasites, begin drinking 1-2 ounces a day. You will be able to tolerate more as time goes on. Usually, Rejuvelac helps all digestive problems rather than exacerbating them.

Rejuvelac is economical, easy to make and supplies the body with sufficient enzymes that help rebuild digestion. It has all the nourishment of wheat and is loaded with the friendly bacteria necessary for a healthy colon and the removal of toxins from the body. It is full of antioxidants like vitamin C and E. Drink 2 cups per day and walk the road to discovering your true birth right of **VIBRANT HEALTH!**

## ***Living Energy Soup***

***Ann Wigmore Style—recipe page 41***

**LIVING ENERGY SOUP IS THE MOST IMPORTANT  
NOURISHMENT WE CAN EAT**

Living Energy Soup contains every nutrient that your body needs in a balanced form. It enables your body to cleanse and rebuild. One of the most important aspects about Energy Soup is that it is easy-to-digest which is so vital for those suffering from allergies, or shall we say, digestive problems. Each ingredient is a complete food containing the highest levels of nutrition. **Living Energy Soup has more nutrition than fresh juice because whole food is used in its preparation.** Let us take a look at the nutritional quality of the ingredients in Living Energy Soup.

***Rejuvelac:*** Rejuvelac contains all the nutrition of sprouted wheat, vitamins B and E, more vitamin C than orange juice, valuable friendly bacteria and enzymes for digestion. Rejuvelac prevents Energy Soup from oxidizing and enables you to keep your high energy nourishment throughout the day.

***Dulse:*** Any sea vegetable can be used. Dulse is preferable because it is one of the most nutritious and has a pleasant taste. Sea vegetables such as kelp and Dulse contain all 65 trace elements and minerals we know of. They also provide some vitamins and contain organic iodine.

***Sprouts:*** Mung beans, lentils, and green peas (whole green peas, (not split). Mung beans contain protein, vitamin C, iron, potassium and other valuable elements. Lentils provide protein, iron and vitamin C.

Sprouted green peas provide carbohydrates, vitamin A, iron, potassium, magnesium and energy food. Sprouts also contain high amounts of fiber. In the sprouting process, the nutritional elements become pre-digested.

**Greens:** Healthy, organic greens are the most important ingredient in Living Energy Soup.

**The protein structure in greens such as spinach, kale, chard, dandelion greens, etc, resembles the protein structure of man much more closely than meat protein.**

The chlorophyll in greens has the energy and vitality of the sun. Eating these healthy greens enables the body to absorb the energy of the earth, sun, air and water because these are the main components of greens. When you grow your own greens, you can make sure that they are grown in Healthy Organic Soil.

Energy Soup is always blended. This liberates the available enzymes, making it pre-digested and ready for healing.

**Living Energy Soup is very potent medicine, so eat it slowly at first.**

***\*\*\*Only fresh ORGANIC vegetables, fruits, nuts, seeds and grains, grown in healthy organic soil, have the capacity to rebuild and restore our body to Health.\*\*\****

***\*\*\*Always use Pure Filtered Water\*\*\****

***If a warm soup is desired, heat on low for a few minutes just to take the chill off.***

***This retains the enzymes!***

## ***Basic Living Energy Soup*** ***Ann Wigmore Style***

- ½ bunch chard (red or green) kale or spinach
- 1 carrot
- 1½ ripe avocado
- 1 medium size zucchini
- 1 tsp. Dulse flakes
- 1 ripe papaya or 1 small apple
- 1 small handful alfalfa sprouts
- 1 small handful sunflower or buckwheat greens
- ~ Ohsawa Nama Shoyu to taste
- ~ Rejuvelac or water to cover.

Blend all ingredients until smooth consistency. Garnish with green onions. Serve with stuffed avocado and lettuce leaves.

## ***Cream of Celery Root Soul Soup***

- 1 Medium Size Organic Celery Root (approx 2 cups)
- 2 Cups Water
- 1 Stalk of Organic Celery
- 1 Tablespoon Organic Olive Oil
- Squeeze of Organic Lime
- 1 Large Organic Avocado (or 2 Small)
- Celtic Salt or Himalayan Salt to Taste
- Optional: Pepper and or other Spices

Cut off all outer rough skin around the celery root and discard the skin. Chop the celery root into smaller chunks. Remove skin and seed from avocado and discard. Break celery stalk in two and remove stringy parts. Chop up into smaller pieces. Place all ingredients into blender and blend until rich and creamy.

## ***Great Basic Veggie Juice***

1 Peeled cucumber, 1 head romaine lettuce, handful parsley, 3-4 leaves spinach, 1 bunch celery, chard and/or kale, lemon, green apple and/or ginger to taste. Place all ingredients in a juicer and enjoy! If you do not have a juicer, the Jack Lalanne model is an excellent choice. On a 4-10-day juice diet, drink as much as you want daily. To transition, eat raw soups first then salads and pates. Makes about 32 ounces of the freshest juice, tastiest juice.

## ***Living Spinach Energy Soup***

- ½ bunch fresh spinach
- 2 stalks celery
- 1 green onion
- ¼ bunch fresh parsley
- 1 clove garlic
- ½ inch fresh ginger
- 1 grated carrot
- ~ Ohsawa Nama Shoyu or Celtic Salt to taste
- ~ Rejuvelac or water to cover

Wash spinach very well. Blend all ingredients, except carrot, for several minutes until smooth consistency.

## ***Living Green Goddess Soup***

- 1 Organic Avocado
- ½ large peeled Organic Cucumber
- 2-3 leaves Organic Chard—remove inner hard core and just use green leafy part
- 1 leaf Organic Kale—remove inner hard core and just use green leafy part
- 1½ cups water
- ¼ cup Organic Cilantro (optional)

Cut all veggies and place in blender. Blend until smooth and creamy. Pour into soup bowls and garnish with generous amount of sprouted mung beans and sprouted sunflower greens. (Regular blender will work on high mode)

# ***Easy Beet Soup***

For Two

- ½ Organic Beet
- 2 Organic Carrots
- 1 Stalk Organic Celery
- Organic Avocado
- ½ Peeled Organic Cucumber or ½ Organic Zucchini  
(Optional)
- Teaspoon Organic Raw Tahini
- ¼" Slice of Organic Garlic (Optional)
- 3/8" Slice of Organic Ginger
- ½ Fresh Squeezed Organic Lime Juice or Juice from  
Small Slice of Organic Lemon
- 1 Cup Water
- ½ Teaspoon Himalayan or Celtic Sea Salt

Blend all ingredients in your blender until smooth and creamy.  
Garnish with fresh parsley, cilantro, herbs, sprouts, sprouted mung beans and/or sprouted sunflower greens. etc. Regular blender will work on high mode.

## ***Basic Every Day Salad***

Preparing a salad is an art. To make it as nourishing as possible, include the following ingredients and eat at least one **BIG** salad a day. This will help regulate the bowels. Begin with field greens, add grated carrots, grated beets, grated zucchini, \*peeled cucumber\*, soaked nuts and/or seeds, a variety of sprouts and all of your favorite raw veggies. Use flax seed and/or olive oil, with Ohsawa Nama Shoyu or Celtic Salt, lemon juice and freshly minced garlic if desired.

\*Cucumber skins contain "enzyme inhibitors" and impair digestion. So, always peel cucumbers!

**Eat in a relaxed atmosphere and give yourself time to digest well.  
Eat slowly and CHEW, CHEW, CHEW!**

## ***Stuffed Avocado***

Fill ½ avocado with some Sunflower Seed Pate, page 50.  
Serve with your choice of Energy Soup and lettuce leaves.

# ***Great Dressings for Salads and Veggies***

## **Miso Dressing**

- ¼ Cup organic unpasteurized white miso
- 3 Tablespoons organic olive oil or safflower oil or sunflower oil
- ½ Cup purified water
- 1 Tablespoon Nama Shoyu
- 1 Tablespoon organic lemon or orange juice
- ½ Clove pressed organic garlic (optional)
- Tablespoon chopped organic red onion (optional)
- 1 Teaspoon finely chopped or grated organic ginger (optional)

Mix all ingredients in blender or small food processor. Makes 1 cup. Stores for several weeks in refrigerator. Wonderful on salads, sprouts, vegetable dishes, etc...

## **Ecstatic Asian Dressing**

- ½ cup Freshly Squeezed Organic Orange Juice
- ¾ cup Organic Safflower Oil
- ¼ cup Organic Raw Sesame Oil
- ½ tablespoon Raw Apple Cider Vinegar
- 2 heaping tablespoons Grated Organic Ginger
- ½ packet Stevia Powder
- 1 tablespoon Himalayan Salt or Celtic Sea Salt  
dash Pepper (optional)

Blend all ingredients in high powered blender. Serve on salads, sprouts, grains, etc.

## ***Marinated Vegetables***

Any veggie can be marinated! Just drizzle olive oil over the top, shake `em up and sprinkle Celtic salt and your favorite herbs over them. Place in the fridge for at least 3 hours and enjoy a savory feast. Our favorites are: grated yams and Japanese sweet potato, broccoli and kale (with stems removed).

# Organic Raw Cacao Bliss Brownies

No contemporary vegan living food book would be complete without a recipe for raw cacao, "Food of the Gods".

- 6 tablespoons Organic (Chocolate) Cacao Powder
- 4 tablespoons Organic Raw Almond Butter
- 1 tablespoon Organic Extra Virgin Cold Pressed Coconut Oil
- 1 teaspoon Stevia powder or liquid. Kal brand is good

## **Optional:**

- 1 teaspoon Raw Organic Almond Milk to add more moisture to consistency
- 1 tablespoon chopped Organic Walnuts and/or Almonds
- 1 teaspoon Hemp Seeds

Put all of the cacao powder into a shallow ceramic or glass container. Add almond butter, coconut oil and sweetener. Mash all ingredients together with fork until all dry ingredients are moistened. Can add nuts or hemp seeds to mixture and mix in. Place ingredients into 7-8" bowl. Mash ingredients into bottom to make into firm brownies about ¼" thick. Sprinkle on top with chopped walnuts or more hemp seeds. Cut into 4 pieces. Makes 4 servings. Rich and Delicious and Totally Satisfying to Chocolate Lovers!

# ***A Note on Fermentation***

## ***Eating Fermented Foods is Essential for Restoring and Maintaining Health!***

They are rich in enzymes which support every function of the human body.

They are predigested.

They are an abundant source of “friendly bacteria” important for our digestion and intestines tract.

They are a safe source of nutrition when we make them ourselves.

They are easy and economical to prepare.

## ***How Long do Foods Take to Ferment?***

The duration of fermentation depends upon the temperature. The warmer the temperature, the faster the fermentation. Food continues to ferment in the refrigerator, but at a slower rate.

3-5 days for Vegikraut.

16 hours for Sunflower Seed Cheese, page 46.

1 - 2 days for Rejuvelac, page 38.

## ***Vegikraut***

You can use green and/or red cabbage, or 80 % cabbage and 20% of the following ingredients; carrots, beets, soaked Dulse, sweet potato, parsnip, squash, fennel or your favorite vegetables. Begin your experimentation with cabbage first to experience the pure flavor of the VegiKraut. Then add other veggies to your next batches. All ingredients are processed through a Champion juicer or the equivalent machine with the solid plate. Before cutting cabbage, take off some outer leaves that you will use to cover the pulpy mixture. Put all ingredients through machine. Mix together well in a large ceramic or glass container.

Cover with cabbage leaves, put a plate over mixture and a weight, like a gallon jug of water, on top of the plate. Cover with plastic bag and let stand at room temperature for 3-5 days, depending on temperature and how strong a taste desired. Store in refrigerator for up to 2 weeks. If you have too much on hand, dehydrate for a snack or for hiking -backpacking trips.

## ***Germinated & Fermented Protein Sources***

As the body begins to detoxify from the addition of these wonderful living foods, the small and large intestines cleanse and enable more nutrients to absorb and assimilate into the cells. So, the amount of nutrients, especially protein, can now be utilized from the food we eat, eliminating the need to ingest **ALL** foods from the animal kingdom.

**Remember,  
there is PROTEIN in all foods.**

### ***Tips on soaking nuts and seeds***

Soaking nuts, seeds, grains and beans in pure filtered water increases enzymes and their digestibility. It also neutralizes "inhibitors" that have been linked to cancer and other serious symptomology.

Make sure to drain the soak water and rinse the nuts and seeds very well before use or storing in refrigerator. They will last for up to 1 week.

### ***Soaking Time for Nuts and Seeds:***

24-48 hours for nuts (almonds, filberts, brazil)

5-8 hours for sunflower and pumpkin seeds

8 hours for sesame seeds

8 hours for most grains and beans

## ***Basic Sunflower Seed Cheese***

Soak and sprout 1 cup raw organic sunflower seeds as follows: Rinse well, and soak in 4 cups water for 8 hours, overnight. Drain water in the morning, place upside down, and let sprout for 8 hours. Then place sunflower sprouts in a blender with Rejuvelac or water to cover. Add soaked nuts for variety. Blend very well for 3-4 minutes. Pour mixture into a clean jar. Loosely cover and let stand for another 8 hours to ferment. After fermenting for 8 hours, pour out the whey that has collected in the bottom by poking the handle of a wooden spoon down the inside of the jar. You've got Seed Cheese! It will stay fresh in the fridge for up to 1 week. Cheese can be used as a dip, salad dressing or sandwich spread. Be creative, experiment with the following:

**Add:** Dulse - a small handful. Soak for 1-2 minutes and add to taste  
Fresh or dried herbs like dill, basil, cumin, etc. to taste  
Sweet red pepper - diced  
Dash of brown rice vinegar  
Dash of Ohsawa Nama Shoyu or Celtic Salt  
Grated carrots and other veggies

## ***Shoyu, Cayenne Sunflower Seeds***

Soak 1-2 cups sunflower seeds in 2-4 cups water, 1/2 - 1 Tbs. Nama Shoyu and as much cayenne pepper as desired, for 5-6 hours. Drain liquid and dehydrate at 105 degrees or warm in low temperature oven for several hours until crisp.

## ***Nori seed cheese snacks***

Add to basic seed cheese your favorite herbs and spices and a small amount of flax seed oil. Spread seed cheese on nori sheets about 1/8 inch thick. Dehydrate at 105 degrees for 4-5 hours or warm on very low heat in the oven until fully dried. Cut into desired shapes with scissors and enjoy anytime of day. These tasty little morsels are very satisfying and full of enzymes, minerals and protein. **Pumpkin Seeds** are known for their anti-parasitic properties. Substitute 1/2 cup of raw, soaked organic pumpkin seeds. This helps encourage the parasites to exit the system and is a compliment to any parasite or intestinal cleanse.

## ***Sunflower Seed Pate***

This is similar to Seed Cheese but less fermented. Use this pate as a spread on crackers or in sandwiches, add to salad dressings or just enjoy it by the spoonful. Be creative!

### Ingredients:

2 cups (hulled) organic sunflower seeds

3 Tbs. parsley and/or cilantro

½ tsp. cumin

2-3 cloves garlic

1 tbs. lemon or lime juice

½ tsp. Celtic or real salt, substitute Dulse if desired

2 Tbs. Sesame Tahini

Soak sunflower seeds 6-8 hours. In the morning drain, rinse well and sprout for 2 hours in a large bowl. Leave sunflower seeds in bowl and fill with water to float the loosened seed skins out of the top of the bowl. This helps retain freshness and color of finished pate. Blend all ingredients in a food processor or put through a Champion Juicer with the solid plate, until creamy smooth.

## ***Pate Rollups***

Spread some of the Sunflower Seed Pate onto a Romaine lettuce leaf or a leaf of Chard or Kale. Add your favorite dressing and, voila, you have a great meal. Serve with organic olives or your favorite Living Energy Soup.

# ***Buckwheat Drink***

**Full of living enzymes, minerals, vitamins and protein!  
Great for breakfast or any `ole time!**

1 cup organic raw hulled buckwheat  
4 cups filtered water.  
Stevia to sweeten

Soak buckwheat for 3 hours. Drain and germinate overnight. Place in blender with all ingredients, the fruit and the water it is soaked in, and blend until smooth. Serves two.

***Remember to Chew your liquids! And Liquefy Your Solids!***

**For those who have low blood sugar and need more protein, adding soaked almonds, sunflower and/or pumpkin seeds to the Buckwheat Drink will keep the blood sugar levels stable throughout the day. This replaces the high protein soy shakes that are so popular today and does not have the side effects of constipation and bloating.**

# ***Golden Flax Seed/Grapefruit Drink***

**Great fiber to cleanse and regulate the colon**

2 tablespoons Golden Flax Seeds  
1 ½ cups water  
1 tsp.- tablespoon coconut oil or Omega 3-6-9  
½ fresh grapefruit  
1-2 teaspoons Greener Grasses or Spirulina made  
by Health Force Nutritionals  
Sweetened to taste with Stevia.

Blend all ingredients in blender until smooth. If your blender is not powerful enough to grind the flax seeds, grind them in a coffee grinder first, then place in the blender. Makes enough for 1 serving.

## ***Fresh Almond Milk***

For a delicious and nutritious treat, blend ½ cup of soaked almonds and 3 cups water very well. Strain through fine grid strainer or cheese cloth to separate the milk from the pulp. You can use the pulp in cracker recipes, etc. Refer to page 54 for a list of books that have recipes. Double the amount if desired. This is a great alternative to dairy and contains complete protein, enzymes and minerals, and tastes fantastic! Use on cereals, use in recipes instead of water or milk, or just drink a glass for refreshment and quenching thirst.

## ***Sesame Milk Shake***

***High in calcium, magnesium, protein, enzymes and minerals***

- 1 cups organic brown sesame seeds
- 7 cups or water
- Small piece fresh vanilla bean
- Flora Sweet to taste

Soak sesame seeds for 6-8 hours. Drain and place in blender with liquid . Blend on high speed for several minutes. Over a bowl or pitcher, pour mixture into a strainer and press milk in with a spoon. Throw out pulp. Put milk back into blender and blend with the Vanilla bean. Serves 2.

## ***Breakfast-Soaked Grains***

You can soak a variety of grains and make a delicious and nutritious breakfast. Soak them overnight in water or almond milk, 1 part dry to 2 parts wet. Try the following grains.

Scottish oats  
Quinoa flakes  
Hulled Raw Buckwheat  
Spelt berries  
Rye berries

For a real taste treat. add sunflower and/or pumpkin seeds, cinnamon, cardamom, stevia or Flora Sweet (order online or call us)

### ***A Note on Oil***

We need fat in our daily intake of nourishment to keep the body fit and functioning. Nuts, seeds and avocados are the natural, living/raw solution... When eating a living/raw food diet, the body responds very well to the fat in these foods. High quality, organic, cold pressed oils like flax seed, olive, Udo's Choice and coconut oil are also very beneficial. They are far superior to their animal kingdom counterparts. Two tablespoons seems to be the recommended amount for daily intake. Go to [DigestiveWellnessCenter.com](http://DigestiveWellnessCenter.com) for more detailed information on the nutritional and digestive benefits of oil.

# ***Food Combining for Better Digestion***

The human digestive system is really very simple, despite it's seemingly complex function. Proteins, starches, vegetables, fruits and fats are the primary foods that we eat. All of these foods require different enzymes for digestion. The stomach cannot separate foods that require different enzymes for digestion. Food winds up in one big ball with enzymes flying around trying to attach themselves to the right molecules. We get stomach aches, gas, hiatal hernias, reflux, acid conditions, constipation, diarrhea and so many illnesses from improper food combinations. The culprits here are the by-products of incomplete digestion in the small intestine and colon that turn into gases, then are transported through the intestinal walls into the bloodstream and auto-intoxicate the entire system. Food combining is essential in the restoration of health. When food combining is not followed, the system will not detoxify. You will remain in an acid state and disease will prevail.

***Follow the simple formula below and begin enjoying the feeling of "Wellness" for the rest of your life.***

- Eat fruits with fruits. Mix citrus with citrus and soft fruits with soft fruits.
- Soaked nuts and citrus combine well.
- Always eat melon alone and do not mix them.
- Combine starchy foods like grains, potato, non-yeasted breads, etc. with vegetables. Eat only one type of starch at a meal.
- Eat protein with vegetables.
- Avoid mixing protein with starches.
- Avocado is considered a protein along with nuts and seeds.
- Eat only one type of protein at a meal.
- Eat nuts and seeds with leafy greens, zucchini, yellow or summer squash.
- Papaya can be eaten with all foods.
- Eat celery and lettuce with all vegetables or fruit except melons.
- Tomatoes combine well with low starchy vegetables and either nuts or avocado.
- Avocados combine well with low starchy vegetables and fairly well with starches and acid fruits.
- Oils and starches, like grains and potato with ghee or flax seed oil are not the best combo, but o.k. in limited amounts.

# **Resource Guide**

## **Product Ordering Information**

To purchase the products mentioned in this book please contact:  
Reuel Ari Hesterman ~ 928-282-8982 ~ or visit us at our website

[DigestiveWellnessCenter.com](http://DigestiveWellnessCenter.com)

## **Reference Books**

### **Books with Wonderful Living Foods Recipes**

go to [Amazon.com](http://Amazon.com) to order the following books

Rainbow Green Live food Cuisine by Dr Gabriel Cousens M.D.  
Hooked on Raw by Rhio  
The Complete Book of Raw Food by Lori Baird, Editor  
The Raw Gourmet by Nomi Shannon  
Raw Food Made Easy by Jennifer Cornbleet  
Raw Food Real World by Matthew Kenney and Sarma Melngailis  
Naked Chocolate by David Wolfe  
Raw Power by Stephen Arlin  
Raw – The Uncook Book by Juliano  
The High Integrity Diet by Michael Blair Schleyer, PhD.  
Raw by Roxanne Klein  
Living Foods for Optimum Health by Brian R. Clement  
Sunfood Cuisine by Frederic Patenaude  
Rawsome by Brigitte Mars  
Live Foods Live Bodies by Jay Kordich

### **Informative Books on the Philosophy**

### **of Eating Vegan Living Foods and Vegetarian**

Conscious Eating by Gabriel Cousens, M.D.  
Spiritual Nutrition: Six Foundations for Spiritual Life by Gabriel Cousens, M.D.  
Eating for Beauty by David Wolfe  
Nature's First Law by David Wolfe  
The Sunfood Diet Success System by David Wolfe  
12 Steps to Raw Foods: How to End Your Addiction to Cooked Food by Victoria Boutenko

The World Peace Diet by Will Tuttle, Ph.D.  
Sevenfold Peace by Gabriel Cousens, M.D.  
Diet for a New America by John Robbins  
Mad Cowboy by Howard Lyman  
Seeds of Deception by Jeffrey M. Smith  
Eating in the Light by Doreen Virtue

## ***Informative Books for Well Being***

Alkalize or Die by Theodore A Baroody (Highly Recommended)  
Your Body's Many Cries for Water by F. Batmanghelidj  
Healing Miracles of Coconut Oil by Bruce Fife  
Heal From the Inside Out by Reuel Ari Hesterman  
Cleanse and Purify Thyself by Dr. Richard Anderson  
Colon Health: The Key to Vibrant Health by Dr. Norman Walker  
Food Combining Made Easy by Herbert Shelton  
Intuitive Eating by Humbart Santillo  
You Can Heal Your Life by Louise Hay  
Constant Craving by Doreen Virtue  
Take Off Your Glasses and See by Jacob Liberman, OD, Ph.D.  
Anatomy of the Spirit by Caroline Myss

## **Outstanding and Informative DVD's**

**Share these films with everyone you know!**

**The Future of Food** —What are you eating? This becomes an essential question to ask ourselves in these times of Genetically Modified Foods (GMOs) that are finding their way onto the grocers shelves more and more every day. We owe it to ourselves and our children to become aware of exactly what is happening to our food supply so we can make life affirming choices. "The Future of Food" is full of facts you need to know. Your health and the health of humanity depend on good clean food!

**GMO Trilogy** — Jeffrey Smith, author of the world's bestselling book on GMO foods, *Seeds of Deception*, describes how biotech companies rigged research, hid health dangers and pressured government regulators to approve food that even FDA scientists said was unsafe. Shocking research results, inadequate regulations and warnings from eminent scientists, explain why GMO foods are dangerous and should be removed from kids' meals.

# **We strongly recommend that you view this most excellent video**

**Eating** — If you're tired of all the hype and destructive misinformation out there and want facts that could save your or your loved ones' health, Eating is must viewing.

The video presents many professionals and others who discuss how they have used the whole plant food diet to cure and reverse most chronic diseases, and to prevent their reoccurrence.

Eating, 2nd Edition: Introducing The RAVE Diet presents graphic evidence of how animal foods are not meant for human consumption, and how the suffering and death of the animals "takes revenge" on the humans who eat them by causing most of our chronic diseases, and how the switch to a all whole-food plant based diet can begin to reverse many of these diseases in as little as three weeks.

## **Some New Beginning Notes:**

Of course, there are many more videos, books and resources that support the non-gluten living food cooked and raw vegan diet.

**The jury has delivered its verdict:** At this point in history, there are enough scientific studies and medical doctors that support the notion that eating a plant-based diet with plenty of raw greens, taking plant based enzymes to supplement our daily intake and doing colonics and or enemas, may be the only alternative we have to reclaim our birthright:  
**Just to feel well...**

I congratulate you if you are pulled to live a life that is different. To do so takes courage: an inspiration from within that pulls one along this path.

Please continue in the footsteps of the great individuals that inspire, support and encourage humanity to persevere to its path of wellness...

# **Healing Retreats**

The Ann Wigmore Health Institute  
PO Box 429  
Rincon, Puerto Rico, USA 00677  
787-868-6307  
[www.annwigmore.org](http://www.annwigmore.org)

Optimum Health Institute  
6970 Central Avenue  
Lemon Grove, CA. 91945  
619-464-3346  
[www.optimumhealth.org](http://www.optimumhealth.org)

Tree of Life Rejuvenation Center  
686 Harshaw Road  
Patagonia, AZ 85624  
1-866-394-2520  
[www.treeoflife.nu](http://www.treeoflife.nu)

You will learn to prepare organic living/raw foods, plant and harvest wheat grass and all varieties of sprouts. You will also learn the importance of incorporating enzyme abundant foods into your daily diet. You will attend classes and have time for your own healing. The proper technique for doing enemas and retention implants and the anatomy and physiology of digestion is also taught... Colon therapy, massage and spiritual/emotional work is also a major part of these retreat centers.

There are wonderful choices all around the world for retreat centers where you can cleanse, detox and learn a new way of life.

The principles of Dr. Ann Wigmore, the pioneer in Natural Healing and the developer of The Living Foods Lifestyle are the foundation of these rejuvenative programs.

You Are The Miracle  
The Creator Intended You To Be!

***Be the change you want to see in the world!***

Mahatma Gandhi

## *Summary ~ Food As Medicine*

Food is a very powerful force in our lives. It literally has the power of giving health or taking it away. When we eat consciously and know what and how to eat, we can beat the odds against disease. Here are a few special foods that may help you beat the odds!

**Cinnamon** - This wonderful spice not only adds flavor to foods, it also protects the body from parasites and has been used in India for centuries. Mix it with either apple sauce or basmati rice. One to two tbs. per day should give relief from troubling diarrhea and/or indigestion. Buy organic!

**Watermelon** - Is a magical food! When eaten alone, it is medicine of the finest order. It cleanses the kidneys and the bowels and is a natural diuretic. It is thirst quenching and dissolves mucous throughout the body.

**Dulse** - I can't say enough about this wonderful sea vegetable. It is not only loaded with trace minerals and vitamin B12, it also has this great property of helping fight sugar and carbohydrate addiction and craving. When these cravings strike, eat a handful of fresh, organic Dulse. Always keep it handy! Dulse is available in bulk or in packages at most health foods stores.

**Ume** - Alkalizing the body, improving kidney, adrenal and immune function is of paramount importance. Ume, the concentrated paste from the ume plum, is one of the most alkalizing foods we can eat. It is very soothing and cleansing to the system and has a very interesting twist to it. When your body is acid, the taste will be very sour and tart. When your body is alkaline, the taste will be sweeter. So, it is a barometer as to how you are really doing. Ume is sold in small jars with a plastic gram spoon. Take 1-3 spoonfuls per day, either dissolved in warm water or licked off the spoon. Ume is a fun and healthy alternative for children who like the sour candies. Try using in place of lemon.

Foods either help build our internal soil and create a balanced eco-system or they deter from this essential process. The miracle is, we have a choice, limited as it seems at times, to persevere and succeed. The good news is, even if we have fallen yesterday, we can pick ourselves up today and make the best effort we can toward our healing journey. I know you can do it!

*Much Love and Success on Your Healing Journey!*

## *About The Author ~ Reuel Ari*

My journey back to health began in 1970 when I was diagnosed with ulcerative colitis. As I learned more about this condition, I realized that as a young boy I had experienced symptoms like aching knees, constipation, anxiety, anger, cravings for sweets and depression. This eventually led to the more severe condition of extreme inflammation.

By 1982, my body and mind were so filled with toxic "morbid matter", I literally shut down, physiologically and emotionally. My being was at its maximum saturation point. I could not experience another insult from the world, mentally, emotionally or physically.

My diet had been "normal" in that I consumed large quantities of refined sugar, carbonated beverages, refined white flour products, dairy and meat of all types. My consumption of fresh vegetables, fruits, nuts, seeds and whole grains was almost non-existent. I slowly began to change, but not fast enough.

On a Sunday morning in July of 1982, I was forced to my knees in physical and emotional pain and was directed to undertake a fast to completion. A total healing of my colon was necessary for my body to sustain life.

The fast took me into 42 days of miraculous rebirth, on all levels. I experienced "healing crisis" after "healing crisis", until the 35th day, at which point I started expelling copious amounts of well-formed stool for 2 days. Finally, my body had regenerated, my colon had repaired and the cells of my body were able to dump the stored toxins they so eagerly awaited disposing of.

I began to eat on the morning of the 43rd day. The opportunity and challenge of a lifetime presented itself. The food I began to eat, raw vegetables, fruits, nuts and seeds, in the proper combinations and amounts, was going to help rebuild my body, giving me a new foundation. With regular exercise and a new found spiritual connection, my life had a meaning as never before.

Today I have a full-time practice as a Certified Colon Therapist and Health Coach in Sedona, Arizona. I am grateful for the opportunity to help like-minded people regain health and increase the quality of life through teaching the concepts of Heal From The Inside Out...

*Blessings To All!*



