

## Cleansing Diet: (2 WEEKS)

### On Rising:

Fresh fruit juice + 1 dessertspoon Olive or Almond oil blended, followed by 1 cup herbal tea.

### Breakfast:

Fresh Fruit with Plain Yogurt, or Oatmeal porridge with raisins / sultanas/ currants/ apricots etc..  
No milk added – use hot water or apple juice instead.

### Lunch:

Raw vegetable salad – including celery, cashew or almond paste and sprouts, plus 1 slice of wholemeal bread (if no grain consumed at breakfast). The nut butter may be replaced with 5 to 10 raw almonds or cashews.

### Dinner:

Steamed or baked vegetables (if broccoli or cauliflower used then boil – don't steam), or Homemade vegetable soup.  
6 – 8 glasses of water per day.

#### NOTE\*

This diet excludes coffee, tea, chocolate, dairy (margarine, milk, cheese, butter), red meat, poultry, seafood, sugar, alcohol, cigarettes or any foods containing refined sugars, preservatives or artificial colours and flavours. If required fresh fruits may be eaten between meals.

Avoid: Potatoes, Tomatoes, capsicum, eggplant, Chile's (alkaloid steroids)