

AMISH FASTING AND CLEANSING PLAN

The following instructions are a suggestion on how to clean up the human body safely, and purify the internal environment. It is ten day cleansing diet using lemons, maple syrup, and salt water. Before starting the diet have on hand approximately 20 lemons, pure maple syrup (or sorghum or unsulfured molasses), sea salt, and pure spring water (or distilled). Cayenne pepper may also be needed.

The evening before starting the diet, take a good herbal laxative (or eat a pound of prunes and drink a glass of spring water). The purpose is to start loosening the bowel encrustations. **Do Not** use harsh laxatives such as Exlax, Epsom salts, or Milk of Magnesia. Use only a natural laxative.

The first morning and every morning after for 10 days, mix a full quart of warm spring water and two level teaspoons of sea salt. **NO** iodized salt. Drink the entire quart first thing in the morning. This serves to wash the intestines from top to bottom. The salt water stays in the intestines and washes all the way through in about 1 hour, causing several bowel eliminations. For those who are worried about too much salt, the salt stays in the bowel, and is eliminated along with the water without entering the blood stream.

For lemonade, mix approximately 1 tbsp natural lemon juice (1/2 lemon) or the juice of a lime and 2 tbsp maple syrup (or sorghum or molasses). **NO HONEY**. The sweetener may be adjusted to taste or for energy and laxative need. (diabetics should use only black strap molasses and start with one tsp, building up to the 2 tbsp). Add room temperature spring water to make 8 ounces of lemonade. A dash of cayenne pepper may be added for additional benefits. Whenever hungry, get another glass of lemonade. **NO OTHER FOOD**. Some of the lemon peel may be chewed thoroughly but no other solids. This allows the intestines to rest and get the backed up toxins from the body. Between 6 and 12 glasses of lemonade per day are acceptable. **IMPORTANT:** 3 or more bowel actions are needed daily for this cleansing to be effective. At times the action may discharge water but very little fecal matter. This is fine and necessary! Laxative herbal tea may be needed in the evening to

encourage better elimination.

11th and 12th day: Continue salt water in the morning. Have one glass of lemonade. Prepare a broth of mixed vegetable — **NO MEAT or meat broth**. Use vegetable the vegetable broth for lunch and have some of the vegetables for supper. No prepared soups. **IMPORTANT:** Coming back on solid foods must be done carefully. The solid intake must be increased slowly to normal. Start with a little only.