

Health and Wisdom Inc.



JOAN'S TIPS FOR THE 3-DAY CLEANSE

I have done this cleanse and it is wonderful but, here are some tips that experience has taught me ...

Use pure apple juice from a health food store not the grocery store stuff. If you decide to juice you own apples it will take between 17 and 20 pounds of apples to get one gallon of juice, depending on the variety. By the second evening, it is hard to look at an apple much less have to clean and juice it! By the third day forget it!! And, price wise, it is about the same.

Try to drink all your juice or water within a few minutes so you have almost a full ½ hour between juice or water instead of drinking constantly all day - although it will seem like that is what you are doing! You need this time for each liquid to do its part.

Plan on doing this when you will be accessible to a bathroom.

Dr. Christopher's booklet talks about possible constipation. As long as there is color in the waste, you are fine. (You will know what I mean about 10 am the first day!)

Do not eat anything during the fast other than the fruit or vegetable matching the juice or you will be uncomfortable.

Absolutely use Distilled Water. This is a hungry water and will draw toxins out of the body. I am continually amazed at this cleanse. After consuming 6+ gallons of liquid in 3 days, any swelling in my hands or ankles is gone. The prune juice is also used to help clear the system of toxins.

If you decide to do any deeper cleansing, be sure to cleanse the lower bowel, liver & gall bladder, and kidneys BEFORE cleansing the blood. This is very important regardless of which cleanses you use.

Extremely important - swish every swallow in your mouth to mix it thoroughly with the saliva. This starts the digestive process and makes the entire process much more effective. This applies to anything you drink along with chewing your food to a liquid state before swallowing. These makes digestion much easier and you will get between 50-80% of the food value from the food & drink this way. The typical gulp & run yields about 10% assimilation rate and we are constantly "hungry" because our bodies do not get the necessary nutrients.

If you have any questions, feel free to call or email! Good luck and think healthy!

Joan Schrader