FASTING TO FREEDOM

A guide to safe detoxification for healing, overcoming addictions and spiritual renewal.

Tom McGregor
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**Books by Ron Lagerquist and Tom McGregor**

**Fasting To Freedom** focuses on the much-misunderstood subject of fasting. There are many delicious juice recipes, and information on the specific, rejuvenating qualities of a variety of fruit and vegetables. We will look closely at the physical and spiritual blessings found in fasting. How to fast safely and successfully. The information provided in this book will help you make wise lifelong choices.

**North American Diet** is addresses the negative nature of how our diet has undergone drastic changes over the last twentieth century.

**Eating In Freedom** deals with addiction and compulsive eating and provides practical, daily solutions to subtle food addictions. Surprisingly, many who believe themselves to be disciplined have eating disorders. We are convinced that this book can help everyone.

**God’s Banquet Table** is packed with food information, from recipes, growing sprouts to how to pick a ripe watermelon. Inside its pages is a world of healthy food to explore in often-humorous ways.
INTRODUCTION

The cares and responsibilities of the world clamor for attention. We can lose our peace, values and our direction. We become lost on a path we do not want to travel. We rush to get there quicker, becoming addicted to business, frantically running a race. Yet if we were to stop, we would see that we are not running for the goal, we were running away from ourselves. But no matter how fast and how far we go, all earth’s roads have an ending.

Does your heart hunger for freedom and the passion of your youth? To make a difference? To become the person you have dreamed of? If you do, we offer a pathway through the desert. It is traveled by few. A place of life and death. Some desires will die, but some desires need to die.

The path is called fasting. An inner journey into the sanctuary of God. Its credentials are truly impressive: heal, detoxify, refresh, restore lost vision and deepen faith. A time to unclutter the soul, down to the few things that really matter. We have compromised and paid the price in our heart. It is time to break away from the routines of this world, and find your way through the desert.
Chapter 1

DESERT MAN

The desert’s countenance was void of any expression, no pretence for the weak, nor hate for the proud; its face was as indifferent as death. Even the granite teeth that rose in defiance above the dunes were eventually reduced to dust. Waterless storms whipped across vast empty regions, blasting everything in their path. However, there is no malice driving the sand squall, only a deliberation of the harsh law that rules here. A law that reduces stone to dust and men to bone.

Today, there was no storm, not a stirring. Chimera heat waves rippled the tanned sand like a phantom ocean. This could be the desert’s most deadly face, the magnified ferocity of the silent sun. No creature stirred, buried deep to escape the heat. As the sun rose from the east, the life-sustaining shade slowly disappeared, finding a solitary figure alone, exposed.

His face was a baked brown, the color of the blistering sand below worn leather sandals. He looked thin, a dried reed in late summer, swaying like a drunk man, leaving a meandering trail of footprints along the base of a colossal frozen wave. Behind his eyes there boiled determination, like a man who had a great destiny to fulfill, or a lost madman, doomed to the desert’s law.

Coming from the far side of the dune, walked a completely different sight. Defying the silent sun, he swaggered proudly as if the desert couldn’t touch him. And his footprints aimed straight as an arrow toward the faltering man. Dressed like a king, long ornate robes lightly touched the sand, making a strange swishing sound. He towered over the desert man.

Jesus looked up at the haughty face of Satan. The testing had come. Fasting for forty days, He was prepared.

Behind Lucifer’s head the sky was strangely empty of angels, only blue luminous reflected the presence of His Father. At that moment, Jesus understood Adam in a fresh way. Flesh is impulsive, His body groaned for food. The opulent presence of the Serpent seemed to punctuate His physical need. The desert appeared to strip Jesus of Deity, he felt as human as any man.

Satan spoke, “if you are the Son of God, tell these stones to
become bread."

But this fruit was as forbidden as the two trees in the middle of the Garden of Eden. Jesus replied, "it is written, 'Man does not live on bread alone, but on every word that comes from the mouth of God.'"

Jesus knew the taste of dust, the weakness of human flesh and the gall of Satan’s cunning. He understood the paradox of strength that can arise from weakness. The desert was well-made. Within its fires, God had forged countless vessels to house His glory. Fasting is the pilgrimage to the desert of your soul. There, you will meet your greatest foe, and in weakness discover the strength of Jesus.
Chapter 2

THE DONUT SHOP

He hated driving at night on those dark, country roads, especially in the rain. The headlights of oncoming cars created thousands of jewels across his windshield. He could feel the tension building in the pit of his stomach. Beyond the headlights, there was darkness. A lifetime of failure. But this time it is going to be different.

He fixed his eyes on the yellow line in the center of the road. Focus, he thought. Yet the black drew his attention—demanding answers. He dreamed of being free from the inner clamor. This fast must be different! This will be my new beginning!

The rain increased in its intensity, pelting sheets of water against the windshield. The thunderous passing of a truck shook him out of his thoughts adding to the increasing tension.

Gloom. Old memories lived in gloom. He remembered back when he was six years old, seeing a little boy falling out of a canoe—arms flailing in panic. Helpless. I’m drowning! The black abyss beneath pulling him down. A terrifying memory brought on by this lonely rainy night.

Please, God, this must be different, he pleaded. But the darkness beyond the headlights whispered—you’ll never amount to anything! Maybe you’re mentally retarded. You’re just a spoiled brat. You can’t do anything right. He knew this thinking. A pattern replayed throughout his life so many times. A pattern that always dragged him down to failure.

I must be strong. He knew how to stop the pain—how to run away. It’s been a crazy night. I can start my fast tomorrow. The circumstances will be...

The rain slowed down and the driving became easier, tension tolerable. Tomorrow. The decision felt good.

About a mile up the road he saw the flash of a distant neon sign. A donut shop. Behind the blinking sign, stars began to peek through the disappearing clouds.

I’ve got to stop oppressing myself. Fasting should be done in freedom.

A crescent moon shone brilliantly above. There it was. He
knew it would come; anticipation, a part of the pattern he enjoyed the most. *Tomorrow. Yes, I will fast tomorrow.*

The donut shop was vacant, except for a couple of young lovers huddled in the corner. *Let’s not overdo this.* But this was the *last indulgence.* He would never eat this stuff again. The young girl behind the counter turned, “May I help you?”

_Can she see the guilt on my face? This is ridiculous._ In his most casual voice, “I would like a cinnamon bun, apple cruller, a slice of that cherry cheese cake and a large coffee, double-double.”

*Does she know?* With a bland look that spoke of her monotonous job, she served him as he fled out of the donut shop with the forbidden treasure.

This was a ritual, steeped in ancient tradition. As old as man himself. He could hear the tribal beating of drums. Bodies glistening with sweat, milking the glands of an euphoric rush. Seeking Eden at the end of a hypodermic needle or the bottom of an empty bottle, or maybe a dirty hotel room outside of town. Or simply a donut shop at night, along a lonely, country road. With frantic passion, he ate. Even the nausea building in his stomach could not slow him down. The beast within howled to be fed. As he finished his last mouthful of cheese cake, the beast slept, leaving him with the sour aftertaste of guilt and shame. _You have done it again_, a part of the pattern he hated the most.

He found himself again hiding in the bushes, naked and ashamed, grasping at leaves to cover his filth. Separated from God, hopeless and filled with fear. _I’m drowning in years of failure, a circle that cannot be broken._

The rain had come again, beginning with a small drizzle, building into a steady downfall.

*If we confess our sins...* he knew it by heart. He had no right to ask God for forgiveness. How many times... and expect God to forgive. Sitting in the dark, he took pride that he would not be like the other hypocrites in using God to appease guilt. After all, a man reaps what he sows. _I deserve to feel guilty. I am sickening in the sight of God._ At least I feel guilty when I sin. _Please, God, help me! I feel so..._

Thoughts flew from his mind like terrified demons, eyes became blinded by their own storm. In the midst of searing guilt, love smashed through. His heart heaved with sobs. It was God!
How can it be? Unmistakable, God! The crushing force of God’s passion broke through the dark starless night. Father God reached down and grabbed hold of a son’s flailing arms, lifting him from the black watery abyss. Old patterns of thought and emotion groaned under the pressure of this new grace then finally broke into millions of harmless pieces.

He sat in his car weeping with hope, all of the years of suffering and failure took on clear purpose, became vital to his radiant future. In that moment, he understood. The years of suffering had taught him to speak another language. From one loser to another. From one drug addict to another. From one drunk to another. From one battered and abused to another. He could speak the language of suffering.

The plow had done its job.
Chapter 3

WHAT’S SPIRITUAL ABOUT FASTING?

How much of your daily routine do you perform subconsciously? You may be surprised. Sleepy patterns that barely needs your presence to execute. A day of well-rehearsed reflex actions from brushing your teeth to dinner table talk. I once met someone who said, “My wife and I have been married so long that I know what she is going to say even before she says it.” Over the years they simply stop talking, tired of repeating the same old things or simply having nothing left to say.

The behavior of a caged animal is like that. Clearly seen in the worn path where day after day, the poor creature circles in the same course with automated steps. An endless rut of same-o same-o where the romance of life is gone. Replaced by dull duty, repetitious responsibility and hopeless escaping. It is difficult to become awakened to how much your life is driven by impulse and instinct. Survival tactics to push down the clamor, filling our lives with empty ritual and behavior patterns that do not reflect our true character or will. Instead, we reflect patterns of the insane culture in which we live. And so we have millions of teenagers trying to find themselves in fashion, music and subcultures. Growing up without identity. Introducing Generation X, a community of broken grownup children. Cappuccino or expresso, cherry-red or turquoise, ranch-style or split-level, liberal or conservative, little empty circles of self-expression that end in a spiritual vacuum.

Today’s contemporaries are desperately trying to find a new spiritual identity. We have surrounded ourselves with a plethora of techno-gizmos that furnish an illusion of being in control. The feeling of mobility provided by computers, TV and internet are able to hide the powerlessness we have over our own inner will and emotions. This impression of power is a well-contrived veneer, hiding the uncontrollable storms of the soul. Storms fed by emptiness, hopelessness and depression that plague a cold super-computer world. Dysfunctional with wounds inflicted by a prior generation of parents who in their grand pursuit of the All-American Dream, ran roughshod over the fragile souls whom God had placed in their care.
What’s Spiritual?

Their crime? They simply got in the way.

It’s time for a change.

Fasting is a knife that cuts away superficiality, getting to the bone. Effective, because it is able to break up daily patterns upon which you have become so dependent. When those patterns of pleasure are removed, you are left with your own internal resources. If those resources are bankrupt, then during fasting, you will come face to face with a vacuum that only God can fill.

Fasting also applies pressure to the flesh, and, you may be appalled at how much the flesh will squirm. But it is high time that the flesh is removed from the role of God, dethroned and placed under the foot of your will. It is the creativity of a freed will which lifts us above animal instincts and releases us from the cages of empty routine.

Fasting accomplishes two purposes. First, it will reveal how much the flesh has taken control of your emotions. And secondly, it will serve in breaking the flesh’s hold upon the will.

Fasting will invariably bring to the surface deep seated fears which affect thinking and decision-making. It does this by challenging that complex human instinct called self-preservation. This instinct has been created in every living thing on earth, including man. But you are a New Creation in Christ, recreated not to be controlled by instincts. Because of your rebirth, you have been recreated into a creature of a higher and grander design than that of your former life.

Fasting forces us to face the chaos of addictions, compulsive behaviors, depression and internal pain. It’s like pressing the pause button of life, and quietly observing how crazy and detached we have become to who we are.

Want to get off the conveyer belt of life? Smash those meaningless patterns--the ones you hated in your youth when you had passion, a sparkle for living, when you really believed in something--promising never to get trapped in the horrible mundane in which mom and dad lived as you grew up. Do you want to live a life with meaning, driven by conviction, even willing to take a chance--becoming the best you can before God? Do you want to be empowered by the Master of your destiny? His desire is for you to be decisive, powerful, self-controlled and free.

But first we must come to grips with those hidden, subtle demons of our character: fear, hopelessness, worry, doubt and selfishness. Beat the bushes, flush them out, expose them for what they are and
destroy them with the power of the Word.

They don’t die quietly, because their tentacles can reach into your emotions. They taint everything they touch, no matter how pure. Their presence will rise up against you with great force when you try to fast.

When you begin to face them, you set yourself up for failure. There is a risk of pain, especially if you are willing to go deep. It takes courage to go down to the bottom. Who knows what you may find? Faces from the past. Forgotten horrors in the root cellar of your soul. But God is there too. There is no part of you which He does not see, no matter how well you hide. And He loves you and longs to see you set free.

During fasting, patterns of living are broken. Fasting can be an oasis of spiritual refreshment in a life that has become a desert of uselessness. A spiritual desert that has been left in the wake of selfish materialism.

We have been warned not to conform to the patterns of this world, but if you are honest, very little of your lifestyle is different from that of your neighbor’s.

Quite frankly, for Christ to become front-and-center in your life, things will have to be sacrificed. And at the start, it is going to hurt.

True, spiritual fasting smashes religion and draws a distinguishable line in the sand. It is a magnifying glass that allows us to examine our unconscious patterns of living. The driving force of where our life is going. That is why Satan has invested so much energy towards controlling the subconscious patterns of mankind. He will be appalled if you attempt a fast because fasting exposes how much he has been able to infiltrate the destiny of your life.

♦ REAL FASTING

The Israelites fasted regularly. It was a part of their culture. As with so many things, fasting had become so ingrained in tradition that it had lost its true meaning. When something becomes an empty ritual, it no longer has the power to affect a heart. (Isaiah 58:2)

Their fast seemed noble, they were eager for God to come near. They would lie down, dressed in sackcloth and ashes, wailing and crying. But, as with the modern church, ancient Israel was plagued with religiosity—a disease of convenience. Fasting had become a pretty little package to offer it to God in hope that it would appease
It is tough to pull the wool over God’s eyes. We can pull the wool over our own eyes but not God’s--He sees the heart.

God does not want our works or pretty little gifts. He wants our hearts, and that is where the Israelites made their mistake! Their fasting was an insult to God's intelligence. *Do you really think that you can appease Me by offering your little fasts and expect Me to turn a blind eye to the corruption and rebellion in your heart?*

God does not respond to the things which we do, He responds to a change of heart, and it is here where we come to the true purpose of spiritual fasting.

**Fasting is a tool to help us change our hearts before God.**

Fasting is not something which we are offering up to God, but, instead, it assists in offering *ourselves* up to God (Rom. 12:1-2).

Going to church, fasting, speaking in tongues, reading the Bible--we offer these things up to God as being pleasing to Him. Yet, these are the tools which assist in giving to God what He truly wants--our hearts. Our passions are the dish that delights the heart of God.

♦ **THE GUEST**

Jesus says that the fulfillment of all the Law and Prophets is to love the Lord your God with all your mind, heart and soul.

You will sacrifice much for something you deeply love. Time, money and energy become a means to fulfill your heart’s desire.

Think of fasting as an invitation for Jesus to come and live with you for an appointed period of time. If it helps, set a bed and place-setting at the table. It may sound strange yet useful if only to solidify in your mind the reality of the presence of Jesus. And, be sure that it delights God’s heart when we put any energy towards creatively making Jesus real in our thinking and imagination.

If Jesus came to live with you during your fast, would you act different?

How much time would you spend watching TV? What kind of music would you listen? Would there be books that you would have to hide under the chesterfield? What would you feed Him? What would you do for entertainment? Would you take Him out on the town?

What you listen to, He listens to. What you imagine, He imagines. What you eat, He eats.

Feeling a little trapped? Don’t, because you’re the one who invited Him in when you became a Christian. He wants to commune with
you so that He may become the Center of your existence, the Foundation of your house, Healer, Friend and Lover.

Too close for comfort? Yes, God can make you feel uncomfortable at times, but there’s a purpose. It causes growth and maturity that results in a deeper relationship.

The fullness of God has been set within us, we don't need more of Him; it is just that our lives have become so cluttered with distractions, fears and dependencies on this world that we are unable to sense and experience that fullness. We become spiritually numb, the part of us that is connected to God becomes cold and indifferent. The Holy Spirit grieves and grows silent, creating an emptiness which He uses to draw us back into fellowship. The problem is that we so often fill that emptiness with things.

Don't do that!

Feel empty! Feel the pain! Allow your heart to suffer. Don't be afraid, it will draw you to Jesus.
Chapter 4

FASTING AND THE BODY

For most of us the attempt to fast has not been a pleasant experience. Even to go a few hours without food will cause headaches and discomfort. The tongue turns yellow, breath becomes foul, weakness and dizziness set in, which confirms what you already suspected—fasting is unhealthy and dangerous!

Truth is, most North Americans eat in such a way that the body is never allowed to cleanse itself. What many experience in the early stages of fasting is the cleansing of built-up waste. The result of an unhealthy lifestyle.

Historically, man has lived on a sparse diet, free from pesticides, food additives, drugs and toxins. Today, we consume more toxic substances than all generations before us. The level of lead built up in our bones is 200 times compared to those excavated from the period of Christ. Through air, water, food and even mother's milk, we have absorbed thousands of toxins and chemicals that exist in the environment as a result of modern technology.

During fasting, these toxins are released into the bloodstream which can make water fasting difficult, even painful. Graciously, God has provided a way to fast, in spite of the abuse to the body. Juice fasting can be used as a launching board for water fasting.

Human fat is valued at 3,500 calories per pound. Each extra pound of fat will supply enough calories for one day of hard physical labor. Ten pounds of fat is equal to 35,000 calories! This is equivalent to 35 pounds of fish or 192 pounds of carrots, good value for your fat. We carry around a supermarket of reserves, capable of sustaining us for many weeks.

All living things have the ability to survive harsh circumstances. Organisms are able to store nutrients in the fat, blood, bone marrow and other tissues. Camels are capable of storing fat and water in their humps, tadpoles abstain from eating when their legs are developing, subsisting on their tails which are no longer needed. The Mexican Gila Monster stores up reserves in its tail when food is plentiful and can survive for six weeks when food is scarce. The
marine iguana of the Galapagos Islands is named the *Vegetarian Dragon* because it lives on seaweed. It can abstain from food for over one hundred days. In the Western World, food is plentiful and often rich in calories. Unless involved in exercise, we do not have the opportunity to use up the excessive fat reserves stored conveniently around the expanding waistline.

There is a vast difference between fasting and starving. During the absence of food, the body will systematically cleanse itself of everything except vital tissue. It continually readjusts to make minimum demands on reserves. Starvation will occur only when the body is forced to use vital tissue to survive.

Humans adapt amazingly well to lack of food. A. J. Carlson, Professor of Physiology, University of Chicago, states that a healthy, well-nourished man can live from 50 to 75 days without food, provided he is not exposed to harsh elements or emotional stress. There are numerous examples of water fasts over the 75-day mark. Granted, 75-day water fasts are unusual, but it shows that God has wonderfully created the body to be able to live for extended periods without food.

**HEALING THROUGH FASTING**

Fasting intensifies healing. Tissues and organs are repaired rapidly. To heal illness the body must pull all of its resources towards cleansing and repairing. To do so, it attempts to reduce or stop digestion by removing the desire to eat. Wounded animals will fast, emerging to eat only after their wounds or broken bones have healed. This is the reason why there is little desire to eat food when sick--the body wants to focus all of its resources on healing.

Our body goes into a state of fasting while we sleep. With great patience, it waits until we start dosing off, and finally, in the sleep state, it begins its miraculous work of cleansing. Upon awakening from this short fast, the tongue is coated, breath foul, skin puffy, and the mind foggy. These are all early symptoms of the body in a state of detoxification, short little holidays taken every night from a life of feasting. Bacon, eggs, a side order of pancakes, and a cup of coffee is a sure way of halting detoxification--of course, you feel instantly better, attributing it to a greasy breakfast. *Break-fast* is appropriately named, breaking a nightly fast with a morning meal.

One of the blessings you will experience later in a fast is effervescent energy when rising out of bed in the morning. No
sleepy dirt or puffy eyes and your hair in perfect place. A breath sweet as the morning mist that flows over hills covered in spring flowers. Fasting, followed by a healthy diet, is the way of rediscovering the birth of a new day.

♦ MICROSCOPIC TUBES AND MEMBRANES
Ingestion of mucus-forming foods clogs the body's microscopic tubes and membranes. This allows internal waste to build up, increasing the chance of illness. Fasting dissolves this internal mucus, allowing the body’s natural cleansing to occur. It is common, during fasting, for the nose and throat to pass sticky mucus, clogging the sinuses. White strands of mucus may be found in the stool after the first meal.

Eliminated during the cleansing process:
* dead, dying or diseased cells
* unwanted fatty tissue
* trans-fatty acids
* hardened coating of mucus on the intestinal wall
* toxic waste matter in the lymph and bloodstream
* toxins in the spleen, liver, and kidneys
* mucus from the lungs and sinuses
* imbedded toxins in the cellular fibers and deeper organ tissues
* deposits in the microscopic tubes responsible for nourishing brain cells
* excess cholesterol

About 600 billion cells in your body are being replaced daily. Fasting helps remove old built-up cellular waste. Approximately one-quarter of your cells are either dying, old or need to be replaced. Unless the body rids itself of dying cells, it cannot build new ones. In the fasting state, the body scours for dead cells, damaged tissues, fatty deposits, tumors, abscesses—all of which are burned for fuel or expelled as waste.

♦ MUSCLES MAINTAINED DURING FASTING
Another unwarranted fear of fasting is that strength diminishes from the catabolism of proteins from muscle fibers. Even during long fasts, the number of muscle fibers remains the same. Although the
healthy cells may be reduced in size and strength for a time, they remain perfectly sound.

In December, 1903, under the supervision of Mr. Macfadden, eight athletes entered an athletic contest in Madison Square Gardens. Amazingly, all were on the seventh day of a water fast. Joseph H. Waltering, one of the eight, won both the 50-yard dash and the 220-yard run. Another member of the eight, Gilman Low, won first prize in the strength contest. The following day on the eighth day of his fast, in front of 16,000 well-fed spectators munching on popcorn and peanuts, he established nine world records for strength and endurance that would stand for years.

- dead lifting 950 lb. three times in four seconds
- leg lifting 1,800 lb. 18 times in 18 seconds
- back lifting 2,500 lb. five times in ten seconds

After the competition, instead of going home and watching TV, he worked off some extra energy lifting a ton, 22 times in the presence of physicians, demonstrating that there was no deterioration of strength after a week of fasting. The athletes were guarded to ensure authenticity. But even more astonishing, are authenticated reports of parents spending whole days, cleaning house, doing laundry and feeding hungry children, while fasting!

Dr. Ehret who was an avid faster, walked for ten days through the mountains, fasting on water. Bragg, another fasting enthusiast, walked 30 miles across Death Valley in July during a fast. It was an invigorating walk for Bragg, but for the ten athletic college students who went with him through the blistering heat, it would be an experience which they would never forget. Enjoying his first stroll so much, he decided to hike another 30 miles the next day. Not bad for a great-grandfather!

♦ METAMORPHOSIS

The butterfly is a magnificent example of catabolism (tearing down) and anabolism (building up). During metamorphosis the butterfly’s muscles and organs dissolve into a thick yellow solution. All internal structures are torn down and rebuilt into a different animal. It emerges from the chrysalis, a new creation. The miraculous aspect of metamorphosis is that it occurs while fasting. All the substances needed for rebuilding come from within.

Why does fasting have such a powerful effect in healing the body? Fasting dissolves diseased cells in a systematic manner, leaving
healthy tissue. The result is a thorough cleansing of the tube, membrane and cellular structures. There is a remarkable redistribution of nutrients in the fasting body. It hangs on to precious minerals and vitamins while disposing of excess elements and inferior materials.

During a fast, a metamorphosis occurs. The body undergoes a tearing down and rebuilding of damaged materials. For this reason, fasting is famous for its ability to rejuvenate and give the body a more youthful tone.

**During fasting:**
* mental clarity is improved
* rapid safe weight loss is achieved without flabbiness
* the nervous system is balanced
* energy level is increased
* organs are revitalized
* cellular biochemistry is harmonized
* the skin becomes silky, soft, and sensitive
* there is greater ease of movement
* breathing becomes fuller, freer and deeper
* the digestive system is given a well-deserved rest

There should be no doubt that fasting is not only healthy, but a physical blessing. Yet, this healing is just a fringe benefit to the true value of fasting. Fasting can reach down to affect the very core of your relationship with God.

♦ **BRAIN**

There is much to be said for the effects of fasting on the brain and senses. The brain is sharper when hungry. When University of Chicago students fasted for seven days, while attending classes, mental alertness increased and their progress in school work was cited as *remarkable*. The universal testimony of fasters is that their thinking is enhanced.

The mental and physical senses are heightened and often there can be a feeling of euphoria, especially during longer fasts. Some, for the first time, will experience emotional stability. There can be a number of reasons for this, the first, being the elimination of the emotional dependence on food. Secondly, the elimination of stimulating foods. This includes caffeine, processed sugars and
trans-fatty acids, which have a devastating effect on the chemical balance which impairs emotions.

♦ DETOXIFICATION

The lymphocytes seek out the dirtiest toxic residues which have accumulated in the cells as a result of years of unhealthy eating. They burn this toxic filth as fuel. This reaction is a double-edged sword--the body is finally able to rid itself of damaging carcinogenic pollutants which have built up in the system, but at the same time the burning of this unclean fuel results in physical discomfort, you are ridding yourself of health-robbing poisons. As the fast progresses, you will become cleaner and energy will increase, yet changes can happen within hours, passing from a cleansing crisis due to toxin elimination, to an energy peak.

While fasting, the blood sugar level drops below 70 mg/dl. To restore the blood to the normal glucose level, liver glycogen is converted to glucose and released into the blood. This reserve is enough for half a day. The body then reduces the basal metabolic rate (BMR). The rate of internal chemical activity in resting tissue is lowered to conserve energy.

Fats, composed of transformed fatty acids, are broken down to release glycerol from the gliceride molecules and are converted into glucose. Ketones are formed by the incomplete oxidation of fats. It is suspected that the ketones in the blood depress the appetite by affecting the food satiety center in hypothalamus. You may feel hungry for the first few days of the fast. This effect is temporary. The desire to eat will disappear. The body embraces the fast as the digestive system is able to take a much-needed rest, focusing all of its energies on cleansing and healing.

It is easy to forget that you are fasting, especially during a juice fast. On the latter part of an extended fast you can experience more energy, clear mindedness and healing than you have had since childhood. Appetite returns only when the body has finished its internal cleansing. Lack of hunger may last 40 to 60 days, depending on whether you are on water or juice.

An interesting phenomena may occur during an extended fast. Old injuries may become irritated and painful. This is a result of the body's increased ability to heal during fasting. If you had broken your arm 10 years ago, there would be scar tissue that has built up around the break. At the time of the break, the body's ability to heal
was directly related to lifestyle. If you lived on a junk food diet, the body's natural healing ability was compromised. A child's broken arm will heal much more quickly than the arm of an 80 year old. This is because the child does not have years of toxic build-up.

During fasting, the body's healing process is at optimum efficiency. As the body scours for dead or damaged tissue, the lymphocytes enter the older damaged tissue surrounding the break, secreting substances to dissolve the damaged cells. These substances irritate the nerves in the surrounding region and cause a reoccurrence of aches that may have disappeared years earlier, completing the healing process.

♦ NO PAIN NO GAIN
During a cleansing crisis, all of the chocolate bars, French fries, and potato chips enter the bloodstream, not a pleasant experience. But your body is finally able to rid itself of years of accumulated, damaging substances. During water fasting the process of catabolism is more intense than in juice fasting. Lowering the calorie intake intensifies cleansing. When the toxic residues enter the blood, they affect mind and body functions. Ketones, an intermediary metabolic product, may accumulate in the blood to high levels and cause ketoacidosis. Combined with high levels of urea, resulting from protein metabolism, this state can cause intense discomfort, headaches, back pain, dizziness, weakness and nausea; more commonly known as a cleansing crisis. The greater the quantity of toxins in the blood, the worse you will feel.

Enduring a cleansing crisis is the hardest part of the healing process. Unless called to a water fast, when in a cleansing crisis, sip melon juice, carrot juice, or herbal tea with honey and wait it out. Do not eat during a cleansing crisis. The body is overloaded with the work of removing toxins. Digestion will make matters worse. Using the enema kit and drinking juice will help. Focusing on the Lord during a cleansing crisis will give you strength and determination. After the body rids itself of this toxic cargo, you will experience a wash of health!

When the cleansing crisis is over, the body has been able to eliminate toxins that have accumulated for years. Now comes the reward; boundless energy, clarity of mind, soft supple skin, emotional stability and loss of cravings for unhealthy foods.

The experience is similar to driving an old car that has needed
major repairs. The brakes squealing, paint peeling, and engine knocking. You pick the car up after a week in the garage, it shines with fresh paint, new brakes, shampooed interior and a finely-tuned engine. It’s like rediscovering your car all over again.

We should not be surprised at the physical benefits of fasting. Jesus fasted and His short time on earth is a road map to mankind on how to live in freedom and in the blessings of God. Following in His footsteps will always lead to God’s fullness and joy. Yet the benefit to fasting to the body is only the beginning of the story. There is a great spiritual authority in fasting. An authority needed now more than any time in our history.
Chapter 5

JUICE AND WATER FASTING

Except for a miracle from God, fasting on water has become a near impossible exercise for a body that has been nurtured on poisons. This is no accident. Satan has effectively robbed the modern day church of one of the most powerful, offensive tools against the kingdom of darkness. But God is always one step ahead! In His grace, He has provided us with a solution, we may enter a Spirit-filled fast and re-arm the body's natural ability to water fast. The juice of fruits and vegetables is filled with healing, cleansing properties which allow the body to gently and safely detoxify. Juice fasting has become an effective stepping-stone to water fasting.

Cells are like tiny sponges, they absorb what you breathe, eat, drink and apply to skin. As a result of man-made chemicals and processed foods the body's natural ability to fast has been compromised. Water fasting becomes a hellish experience where more time is spent gagging on toxins than enjoying deepening fellowship before God.

Juice fasting has a greater ability to encourage healing, compared to fasting on water. Juice fasting cleanses the body while supplying a dramatic increase in vitamins, minerals and enzymes.

Look out cancer cells, toxins, built-up chemicals, excess body fat, transformed fatty acids, impacted mucus in the bowel, sickness and disease, here comes the juice!

Radiating with God-given power, ruthlessly attaching itself to anything harmful in the body, giving it the heave ho. A living fuel that takes no digestive energies from the body, allowing the body's entire focus to be on healing and rejuvenation. Packed with vitamins, minerals, living enzymes, antioxidants, phytochemicals, yet low enough in calories to force the body to cannibalize on its filthy waste, propelling you to vigorous physical health and clarity of mind. Sure, there will be periods of toxic crisis, but once you learn not to fear them, they can bring an exciting anticipation that your body is going through a deep cleansing that we call The Babylonian Bends.
TOXINS OUT
1. Eliminate life-robbing food that hinders the body's God-given recuperative abilities.

NUTRIENTS IN
2. Ingest foods that energize the body's natural regenerative abilities.

It was theorized that protein loss during fasting was harmful and that a fast should be supplemented with protein. Fasting with protein became known as the Opti-fast. Fasters took nothing but water and a protein drink. Sadly, several people died. Protein digestion during the fasting state created an overload of urea and the blood become acidic. In this condition, the organs become more damaged instead of healing.

To a healthy clean body, fasting comes as natural as eating. During water or juice fasting, the protein levels of the blood remain constant. Although protein is being used, a person fasting 40 days on water will not suffer a deficiency of protein, vitamins, minerals or fatty acids. In the breakdown of dying and diseased cells, all essential substances are available while fasting for reuse within the body. These are utilized and conserved in a most extraordinary manner.

For most health conditions, juice fasting is the best method to transform health. Through juice fasting, thousands of individuals have been freed from serious diseases such as cancer, leukemia, arthritis, high blood pressure, kidney disorders, skin infections, liver disorders, alcoholism and smoking.

This system of removing waste and supplying a full spectrum of nutrients has an advantage over any weight-loss program.

How long should I fast? The Lord will lead you. Do not be afraid if you are taken on a fast involving 20, 30 or even 40 days. Longer juice fasts enable the body to cleanse toxins that have been accumulating in your cellular tissues from birth. The length of juice fasting can range anywhere from three to forty days. Thirty days is the standard therapy used by health sanitariums in Europe.

The amount of juice you drink will determine the intensity of cleansing. Drinking small amounts of juice supplies fewer calories, thereby increasing detoxification. The more intense the cleansing,
the greater the discomfort. Juice fasting allows you to have control over the process of elimination. However, when the body enters a cleansing crisis due to toxins in the blood, no amount of juice will eliminate the discomfort. You must wait it out.

Juice fasting can include fresh juice, herbal teas, sweetened with honey or Sucanat, vegetable broth, Barley Green, wheatgrass juice, and supplements helpful to your specific condition.

♦ **MODIFIED JUICE FASTING**

You may consider modifying the fast by including quarter slices of avocado or banana to slow the cleansing process. Modified juice fasting is good for those with health restrictions such as diabetes or hypoglycemia. Bananas and avocados are slow to digest and maintain a stable blood sugar level. Their high calorie content slows the intensity of the fast and, because they are easy to digest, the body still devotes energy to cleansing.

The natural healing ability of juices reinforces the compassion that God has for supplying our physical needs.

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**WATER FASTING**

*Then Jesus was led by the Spirit into the desert to be tempted by the devil. After fasting forty days and forty nights, he was hungry.*  
*Matthew 4:1,2*

The desert is a place of temptation, refinement, intense heat, and great loneliness. No green pastures and still waters--the desert was a place of internal struggles and death.

Do you want to be like Jesus, have His authority, possess the purity of His heart? Walking in the footsteps of Jesus will lead you to the desert. When the path leads to dust, most of us turn away. We desire the land flowing with milk and honey, but are unwilling to enter into desert experiences.

The desert is a place of preparation. A spiritual battleground where internal warfare with the flesh is overcome. John the Baptist, Elijah, the Apostle Paul, Moses, and David--the footprints of these men of God can be found in arid, lifeless places.

Jesus was led into the desert by the Holy Spirit. The desert is the will of God for every Christian who desires to be spiritually mature.
His Spirit will lead you there. Some of the greatest gifts God gives us are wrapped in suffering.

Why did Jesus fast forty days in preparation for Satan's temptations? Was Jesus capable of sinning? No! Jesus did not have a sin nature. There was nothing in Jesus' heart that could rise up in temptation. Jesus' 40-day fast in the desert was for you--an example for you to follow.

The washing of the disciples' feet, going to the cross, the purity of His life, and the spirit of servanthood were living examples of how to walk a Spirit-filled life. He is the Pillar of Fire going before us, guiding and leading us into paths of righteousness.

♦  **ARM YOURSELF WITH SUFFERING**

*Therefore, since Christ suffered in his body, arm yourselves also with the same attitude, because he who has suffered in his body is done with sin (1 Pet 4:1).* A forty-day water fast will result in suffering. There is no question that water fasting is a deeper suffering to the body than juice fasting. No sweet nectars of fruit or sustaining vegetable juices to comfort the body. Only the Holy Spirit, the Great Comforter. No need for cantaloupes, oranges, carrots, beets, pineapples and endless varieties of delicious nutrient-filled juices. Instead, chlorinated or non-chlorinated, hot or cold, large or small, glasses of water.

Not much to look forward to. No preparation needed. Only Jesus to nourish and satisfy an aching heart.

Juices are filled with enzymes, vitamins, minerals, anti-oxidants, phytochemicals, cell salts and trace elements. Every cell in our body sings with pleasure being bathed in healthful nutrient-rich substances. Because of this, it can be a challenge during juice fasting to be Christ-focused.

There are times of healing and times of suffering. Both are essential to our spiritual growth.

There are no calories or nutritional value in water. In a water fast you have given your body no options but to turn to its *Life Bank* for fuel. This can create a problem when you have spent years depositing counterfeit fuel. Living exclusively on dirty fuel during a fast takes tremendous courage, strength and prayer. We recommend short water fasts in intervals, either while juice fasting or eating a raw-food diet. Basically, take as much pain as you can bear. It is the most efficient, yet difficult way of cleansing the body.
It is not advisable to water fast under the conditions of hyperglycemia, hypoglycemia, schizophrenia or a chronic heart condition--but God rules over hyperglycemia, diabetes, schizophrenia and chronic heart conditions. Hence, if you are called by the Holy Spirit to go on a water fast, in spite of how foolish it may seem to the world, we encourage you to be obedient.

Avoid water straight from the faucet. Distilled water is the best for cleansing because of its inherent, magnetic properties and ability to absorb and suspend large quantities of toxins, flushing them from the body. The perceived value of mineral water is misleading because the inorganic minerals are like huge boulders to the cellular membranes, making them impossible to assimilate. Plants are able to break down the minerals from the soils, allowing them to be completely absorbable to the cells of the body. The best water is distilled, secondly, spring or filtered. A Brita Filtration System is inexpensive and effective, but change the filter regularly.
Chapter 6

THE TEN PRINCIPLES OF FASTING

The following provide some practical principles that will assist you in fasting with the least number of distractions. They come from a resource of personal experience of those who fast often and have been forced to learn the hard way to find the smoothest path into the sometimes difficult personal terrain of fasting. During a fast, focus is critical. You will become painfully aware of how nosy, chaotic and cluttered your world has become. This is because fasting will force you to slow down. Vacations allow us to leave our busy life for awhile and escape to a quieter landscape. Fasting is quite the opposite, instead of an escape, you will come face to face with your life in a new way. It can be overwhelming, even unmanageable when all the years of useless pursuits flash before you, demanding focus and attention.

Here are ten principles which will help manage the chaos and find victory and power over your life again.

1. **Tell the least number of people that you are fasting.**

Fasting is an exciting event and it is easy to blab off to everyone that you are on a fast, especially when you begin to experience the incredible benefits. The problem is that you set yourself up for failure and disappointment when you make your fast public. There are two reasons for this:

First, most people will think that you are crazy. They will not understand. And if you do not have any fear of fasting, they will supply all the fear you need. Satan often uses those who are closest to us to cause the most trouble.

*You look like you have aids!*

*You’re becoming a fanatic!*

*You’re going to become protein deficient!*

*Times have changed. People don’t fast any more!*

*Are you under a doctor’s supervision?*

*Fear, fear, fear, fear*—the last thing you need on your fast is fear. Keep in mind that fear does not come from God, it comes from the
Secondly, do not tell people that you are fasting as it can cause the fast to become a law to your heart. When you are tempted to break the fast, the thinking will be that, Aunt Myrtle, Uncle Ed, Dad, Mom, and half the church know I’m on a fast. If I quit now, I’ll be humiliated in front of all of them.

Your fast is between you and God and no one else. And when you are being tempted to break, it is not Aunt Murtil you need to be concerned with. You are fasting because you are in love with Jesus. The key to a great fast is to stay fixed on Jesus, not people or circumstances. Keeping your fast between you and God will help you stay focused in times of temptation.

2. *Turn off the TV.*

Watching TV while on a spiritual fast will become increasingly ridiculous. In every commercial you are being tempted with food. Most of all, it destroys your Christ-focus. It is not going to kill you to turn off the TV and radio, and stop buying the newspaper. The world will continue happily along without your presence. Of the many times I have broken a fast, I can usually root it back to allowing myself some form of earthly distraction.

Even a short fast has many different stages. Fasting speeds up emotional states to the point where one moment you will have a sense of closeness to God with a feeling of well being and the next moment the bottom falls out and you feel empty and cold.

Remember that a tug-of-war is going on in the soul between the flesh that is being inflicted, and the spirit that is being strengthened.

You are the most vulnerable when you’re feeling deprived. That is the time when you must be aware of the temptation to find an escape. Let God be your entertainment. Turn to Him when you feel deprived.

Look for your Bible, not the converter!

3. *Get alone with God.*

Fasting and solitude have always gone hand in hand. The Holy Spirit led Jesus away from the crowds and into the desert. (Luke 5:15)

What kind of man would King David have been if he had not spent countless lonely nights as a shepherd. Where the stars were his friends and the harp, a way of expressing his heart to God. It is in
loneliness and the quietness of solitude that we learn friendship with Jesus. It does not matter how large a ministry you have, you need to get alone with God. Your ministry will survive without you—and if it doesn’t, it was built on the wrong foundation, you not Christ!

4. **Feast on His Word.**

Just think of all those lost hours of time spent on radio, television and newspapers. Well, during your fast make a diet adjustment. Saturate yourself in His Word. Use every available means possible—tapes, books, videos, Christian television, but most of all, the Bible.

But be careful, you might develop a renewed mind. You may begin to think differently. Behavior patterns may begin to surface that others will think fanatical. The Word will develop within you an irrepressible enthusiasm that, you can do all things in Christ who is your strength, and you are the righteousness of God. You might have the nerve even to think that the only difference between you and the apostle Paul is that he didn't have a cordless phone. In your spare time, you may start a new hobby, like casting out demons or healing the sick.

We are not ignorant of the power of media to change peoples’ thinking. Can you imagine the power the creative Words of God will have on your thinking if you begin to fill yourself with His spiritual food.

5. **Meditate.**

Christians, especially in North America, have lost the art of meditation. In fact, we almost consider it a pagan practice. **But his delight is in the law of the LORD, and on his law he meditates day and night (Psalm 1:2).**

For the most part, our thinking, especially for the undisciplined, has a mind of its own. We are victims of our own thoughts. I’m sure that you’ve experienced it time and time again. You could be driving your car, and without any conscious decision you begin to worry. You envision yourself in the worst case scenario and before you know it you are embraced by a mood of melancholy and despair.

Through meditation we wrestle down negative thoughts and emotions that plague us every day. Meditation is a discipline of the mind where you take charge of your thoughts, directing them towards God.

We are a society of lazy thinkers. Television has become an
The Ten Principles of Fasting

Electronic imagination. It determines, with vivid stereo and full color imagery, how we feel and think.

Try sitting down, closing your eyes and allow your imagination to be filled with a single thought. You have been chosen by God before the creation of this world, according to his good pleasure and will.

Allow your mind to be filled with the implication of how that single truth affects who you are, and your importance to this world. This will be difficult because negative thoughts come easiest to the mind. They are safe.

As you travel throughout your thinking, you will begin to experience obstacles of fear and unbelief. Those thoughts will oppose themselves against the Word of God. You will find that often your first experience with meditation is like a wrestling match in the mind, instead of an experience of peace and stillness. As you begin to experience the authority you have over your own thinking, the floodgates of joy will burst within you, maybe for the first time. You will develop an awareness of how you and the Word of God are one in your thinking.

There may be fifty years of hardened residue built up that you will have to come up against as you meditate to internalize the Word. The Word of God is the single force in all of eternity that is able to enter your thinking and recreate your character, mind and emotions, conforming them into the image of Christ.

There is nothing spiritual about opening a Bible and reading it. Christians all over North America do that in their personal devotions and remain unchanged. Meditation opens the soul to the Word that it may begin to come in and make great change.

We suggest that you take a scripture or a single nugget of truth and meditate all day. Look at your reflex-thinking, see if it conforms to that truth--and if it does not, cast it down as an evil thing that hinders you from communing with God.


Clouds, a breeze in the face, flowers, trees, sun, moon and stars. These are the expressions of God to you--His creation, and as you fast, your five senses will become sharp and clear, allowing the loveliness of God in all that He has made, to impact your soul. Whether winter or summer, go for long walks with God. Invite Him to come with you. Experience the beauty of what He has made to. Feel the quality and vastness of His universe. Reach outward with
your soul, embracing God through what He has made.

**7. Take a phone break.**

Clear your schedule. Take a break from the phone. No interruptions! This is a period of time to minister to Christ and your own spiritual need for deeper intimacy with Him. Whatever ministry you are involved with it can survive without you. If it falls apart without you, God’s not running it.

Withdraw from people’s lives for a time of intimacy with God. Jesus did it often. He would wander the desolate hills and valleys, the no-man’s land of Israel. It must have been hard to leave those who were sick and emotionally shipwrecked, those searching for some meaning and purpose, but he left them repeatedly. If Christ needed to refresh His spirit, then even more so do you.

Many have found escape by submerging in ministry. They leave themselves behind by focusing on the needs of others. They draw people like a magnet with kindness and compassion. However, what seems to be selfless devotion is just a search for identity and purpose, a desperate attempt to prove value. Men and women rise to large ministries, teaching millions of people, through television and radio, yet have never quieted themselves enough to meet their own inner terror. If only they knew that in that quietness, they would find the smiling face of their God. A God who does not condemn, reject or criticize, but accepts, embraces and loves us as we are.

Dear friend, during your fast, find your peace. Pause your soul. Deal aggressively with every thought of rejection, loneliness and self-contempt. Tell yourself that you are fully accepted by God and that you need nothing more. Christ’s blood paid for your acceptance. Are you trying to give more than that?

Enter the solitude of loneliness. No ministry or throngs of people, only God. A place of inner reflection to realign the heart. When you emerge from the desert, your ministry will take on a depth which will profoundly touch the lives of those whom you serve.

**8. Be quiet.**

*Much dreaming and many words are meaningless. Therefore stand in awe of God.*

Ecclesiastes 5:7

With pride come many words. Tame the tongue. Bring it into submission. Be silent. There is humility in silence. The literal interpretation of the word fast is to *cover your mouth.* The noise of
words can cover insecurity, drowning the murmurs of a restless soul. What vulnerabilities do our face show when we are silent? We use words for boundaries, for protection, for meaningless distraction. Yet it is only in silence that we can quiet the soul to experience the awe of God, an experience of majestic greatness that transcends the emptiness of words.

9. Do not enter into needless temptation.

The smells and sight of food can be difficult during a fast. As you continue along the path of fasting, all five senses will increase in sensitivity. When the next door neighbor opens a jar of fresh peanut butter, you will know it. Every desire to draw closer to God will be obscured in peanuts. All you can imagine is the smooth, delicious flavors of peanut butter melting on freshly-browned toast.

During a fast, you will be surrounded with the hostile world of food, especially in a country that has become addicted to eating. Do all you can to separate yourself from temptations--the neon signs, commercials and the golden arches.

You will learn that you can live quite happily without food. God can supply all your needs emotionally for the trials and difficulties of the day. Caffeine, fat and sugar are crutches that we depend on to keep us moving when we feel emptiness. God will fill all emptiness if we are simply willing to give Him a chance.

Take a risk. Get hungry! Explore the emptiness of your own stomach. Of course, your children need to eat. Do your best to arrange a schedule where your spouse is able to do the cooking. This also can be an excellent situation for your children to experience a sense of responsibility in the home. You can plan meals for the next five, 20 or 30 days or however long you decide to fast. They may not want too, but once your family sees that your decision is firm and that this is important to you, they will support you. You are displaying a powerful example of seeking God that they will never forget.

10. Sleep.

If you are going to detoxify you ought to do it on a good night’s sleep. The last thing you need during the difficult part of your fast is to be tired and overworked. It is worth investing time and energy toward a fast, as if you were investing in a vacation. We look forward to a vacation, saving money, planning as if it will become a highlight
of our year. Fasting is a spiritual vacation with God, traveling to foreign parts of your character, learning more about yourself. Breaking old patterns and developing a brand new culture that will affect the rest of your life.

Most of us live on the edge, rarely getting the sleep that we need to function with clear-mindedness. During a fast it is essential that you get enough sleep. Come home from work, take a shower, and allow yourself time to quietly and restfully meditate and pray.
Chapter 7

GIANT KILLERS!

Be strong and courageous, because you will lead these people to inherit the land I swore to their forefathers to give them.

Joshua 1: 6

There are pitfalls carefully set by the enemy to sabotage any who have the audacity to attempt a fast. On top of his attacks, your mind can be your worst enemy. A battleground where thoughts are being waged against one another.

Before you can begin to experience the new life you need to grow a renewed mind. Thinking that is controlled by faith, a memory that is filled with the Word, being able to quote scripture at need, and an imagination inspired by the sure promises of God. A mind that is fit to house the Holy Spirit freed from stinking thinking from your stinking past. Christ crucified that destructive rubbish on the cross.

Yes, but you don’t know my past! No, but you know the Word, and have made a quality decision to believe in His Word with every breath you take. The Word has power to change the mind, besides, who wants all that fear, doubt and guilt anyway? It’s useless trash, useless to you and useless to God. I hate to say it, but I know godless men who are getting more accomplished than many hide in their church Christians. We have been empowered by the Most High God! It’s time we get aggressive with our thinking. The cross was an aggressive act.

There are two types of people in this world, those who see giants and those who see the land flowing with milk and honey. Yes, there are giants inside which will rise up against a fast. Be strong! God is on your side. Fast with His promises, and inherit the land. We are going to give you some nuggets of truth while you’re fasting. Put them in your sling of faith, and take your stand against your enemy. The battle is yours for the taking!

Stone 1

God made him who had no sin to be sin for us, so that in
Him we might become the righteousness of God.
2 Corinthians 5: 21

You are the righteousness of God.
When the giant of guilt starts spewing out all your failures, past, and judgmental words of your friends, place this little stone in your sling of faith, take aim, and fire! I’m the righteousness of God.

It will create chaos in the spiritual realms and an ugly old giant will be laying dead at your feet. You are the righteousness of God, is a proclamation from heaven, it’s how God sees you. Every thought about yourself that contradicts that truth is a lie.

When you start to believe that you are His righteousness, you will begin to see evidence of it in your living. Don’t try to act as if you are righteous. The only act of obedience that you are called to perform, under the new covenant, is to believe. The righteous live by faith. Besides, getting this truth down into your soul, will keep you busy enough.

The amazing thing is that when you begin to believe that you are God’s righteousness, you won’t want to sin. You won’t need to sin because you will find His righteousness fully satisfying.

Stone 2

Therefore, there is now no condemnation for those who are in Christ Jesus, because through Christ Jesus the law of the Spirit of life set me free from the law of sin and death.
Romans 8: 1-2

This is more like a rock than a stone so let’s break it up into bite-sized pieces so that we can force-feed our next giant.

First, there is no condemnation for those who are in Christ. Do you believe that Jesus is the Son of God, sent in the flesh, died on the cross, bearing your sin rose from the dead and is seated at the right hand of God, interceding for His church? Have you prayed and asked for forgiveness of your sins and invited Jesus to come into your life? If you answered yes to these questions then you are in Christ, and you are free from fear forever.

The God of the Universe thinks you’re perfect, and is pleased with you. In fact, He is so deeply in love with you that He is now in the
process of building a home in heaven so that you can always be close to Him. You have become an object of His grace, never being able to out-sin the Father’s love. You might as well just believe it, you’ll be far happier.

But the giant of fear will say, be careful not to get too cozy with God’s grace, you might use it as a license to sin.

Through Christ Jesus the law of the Spirit of life set me free from the law of sin and death. Put this little stone in your sling of faith, aim and fire!

Those who are born of the Spirit are earnestly trying to get the sin out of their life, not looking for a license to sin. Confidence in who you are in Christ will always result in holy living. Fear and guilt always lead to rebellion--the church needs to learn this and stop using these two demons to control their people!

Jesus set the captives free, we preach a gospel of freedom not condemnation. You are free from the law of sin. Law + sin + guilt + sacrifice = forgiveness; this Old Covenant system has been nailed to the cross because you are no longer a sinner. When you sin you are acting out of character. And all sin comes from unbelief. Fix your faith on the wonder of the cross. Take Communion while fasting, to remind you of the New Covenant God has made with you. Once and for all put religion to death and learn to do everything by faith and you will begin to experience a Promised Land of freedom, joy and peace all the day long.

Stone 3

. . .do not worry about tomorrow.

Matthew 6: 34

I remember visiting friends who were living right beside railway tracks. When a train came in the midst of eating supper, I thought the world was coming to an end. The entire house shook. As I looked up from the meal to see if my friends were sharing my discomfort, I was greeted with the strangest sight. While the house threatened to shake to the ground, they ate peacefully, oblivious to the chaos around. Even their child, eating in the high chair showed no signs of fear. They seemed amused at my great concern and said something that I would never forget. You get used to it.

Most of us are plagued with worry. It easily becomes the
background of our thinking. Worry is an incredibly, powerful giant, but like my friends, you get used to it, desensitized to its wicked pressure.

Worry is a twisted form of hope. Hope projects the sovereign faithfulness of God into the tomorrows of concern. Worry projects a godless future where we become helpless victims of a foreboding tomorrow.

Be still, and know that I am God (Psalm 46:10). Take the stone of stillness, place it in your sling of faith, aim and fire!

Worry and stillness do not live well together. One will destroy the other. But I have so much on my mind. You don’t understand the responsibilities I have before me. I need to clear my schedule. Then I can begin to practice fasting and stillness. That kind of thinking is an illusion. You will always be busy and stillness was made by God to be exercised in the midst of incredible responsibility. The command to be still and know that I am God, is meant to be obeyed immediately, this moment, today.

I want you to put this book down and try something. Close your eyes and focus your mind on this single truth, He is God. Every time a thought comes to try to distract you don’t push it away, embrace it in the truth, He is God.

I’ve got to do six loads of laundry by tomorrow night. He is the God of my laundry.

I’ve got an exam. I need to study. He is the God of my exam.

I’m angry at my husband for being so insensitive last night. He is the God of my marriage.

Every worry or care that crosses your mind you place within the absolute Sovereignty of God. He is in complete control of every nuance, breath and situation in your life. Your life is His life, because to live is Christ (Php. 1:21).

Stop trying to be God. Be still and let God be God. He is better at it than you are. It comes naturally to Him because it’s His nature. He can handle the stress of holding the universe together, you can’t. Your body wasn’t built for the stress of sovereignty. People are dying of stress.

Kill the giant of worry with stillness. A stillness that shouts, He is God! Watch him writhe in the death throws of utter silence. Starve worry with a soul that has been quieted before the awesome Sovereign control of a loving God.
For we know that our old self was crucified with him so that the body of sin might be done away with

Romans 6: 6,7

_Self_ is the biggest giant of all, and he doesn’t like to go hungry. During a fast, _Self_ will raise his ugly head, and he won’t be happy. He is going to try to demand all your attention, bawling and whining about how much he’s suffering. _The world is against me. I’m always being hurt, they’re so insensitive to my needs. People just don’t understand me. They don’t know what I’ve been through._ In this death-trap of self-focused thoughts, the presence of God will dim.

Take the stone of _servant hood_; place it in your sling of faith, aim and fire! Deny your-self. Lay all your needs and pain at the feet of Jesus, then turn your back and walk away, not giving them a second thought. _But how can I do that! My mind is always filled with my problems._ This world is lost and needy. We invest so much of our time in useless selfish pleasure. Imagine if you were to spend as much time reaching out to others as you do watching the garbage on TV. Some of the most emotionally healthy people I have ever met are those who are vigorously involved with people.

Most of our problems stem from living such incredibly self-centered lives. The giant of _Self_ has done very well on a diet of North American Materialism.

_Self_ loves to be god with everything under control. The latest toys at the fingertips. Meanwhile, grubby hands search for a piece of crust. A lonely abused boy needs a friend. Strange, dangerous people that you can see when you drive in your warm car. If you look closely you might catch a glimpse of Jesus. But when self is center, there is nothing that will pull the heart to action. All you see are your own interests. The lost sheep become meaningless faces in a dreary landscape.

_Each of you should look not only to your own interests, but also to the interests of others (Phi 2:4)._ During your fast, see those around you through the eyes of Christ. Feel His compassion for them. Seek His heart, His interests, His goals. Deny your needs and you will experience the child-like freedom of God.
Chapter 8

INTERCESSION
A POSITION OF POWER

Separated between heaven and earth, Moses stood before the face of God on Mount Sinai. Forty days without food and water, the Glory of the Almighty was Moses' strength. Engulfed in the Presence and unaware of the sin below. Moses sensed a change in God's attitude. Intensity was building around Him. God had had enough! His anger burned toward the people of Israel. They had made a golden calf in the presence of God and proclaimed it to be the source of their deliverance from Egypt, mocking the God of heaven. God spoke to Moses and said, "I have seen these people," the LORD said to Moses, "and they are a stiff-necked people. Now leave me alone so that my anger may burn against them and that I may destroy them. Then I will make you into a great nation" (Ex 32:9-10).

Any normal man would have fled in terror but Moses was not a normal man. From the humble beginnings of a burning bush, he had been transformed into a man who was deeply concerned for his people. Moses stood his ground and reasoned--Yes! Reasoned with the Eternal.

Didn't Moses know that God is Sovereign? Didn't he fear God? God said that he was going to destroy the Israelites, and that should have been the end of the conversation. He even asked Moses to leave Him alone. But Moses knew God more deeply than any on the earth. Instead he stood and reminded God of His covenant with Abraham, Isaac and Jacob. He expressed a concern for God's reputation among the other nations. Then Moses did an astonishing thing that must have warmed the heart of God. But now, please forgive their sin--but if not, then blot me out of the book you have written (Ex 32:32). Moses was willing to lay down his eternal inheritance for a disobedient people. We can only imagine that this must have reminded God of His own Son who was to die for the sins of the world. God listened to Moses and relented on the disaster He had threatened.

What would have happened if Moses had not interceded for his people? We can be assured that God doesn't play games. History would have been very different if Moses had not made a stand and
reasoned with God. Some may say that God had His plan laid out beforehand and was testing Moses' commitment to Israel. That may be partly true, but we see no indication of that in the Scriptures. He had destroyed wicked nations before and He would do it again. But Israel had a faithful Intercessor.

_Say sera sera, whatever will be will be, the future is not ours to see, Say sera sera._ Many Christians take such an attitude about prayer. _After all, God is sovereign, whatever is going to happen will happen. He has a master plan that is fixed and cannot be changed by little old me._

When we look at how God operates, a pattern develops—if God wants to send a message, He uses an angel. Couldn't He send the message Himself? Yes! But just as He chooses to use angels to do His heavenly work, He chooses to manifest Himself through you. Couldn't God appear 50 feet tall with thunder and lightning, with a mighty earthquake, with angels descending at the foot of the bed of every man, woman and child on the face of the Earth? Certainly! But He chooses to use you. God loves to work with His creation. You see it all through the Bible. He shares His authority and power with us so that we can take part in His sovereign will. In intercession, our voice is harmonized into His eternal sovereign song.

Your prayers can move the heart of God—can change His mind! He will listen to what you say. Your prayers can change the course of history. You can participate in the operations of Heaven.

God searches among men. He searches for broken hearts. He calls; _Who will pray for my people? Who will weep with the wounded and the suffering?_ He sees man too busy to pray, to stop, look and care.

Intercession is the highest form of prayer. You forsake your inner warfare, and through love, attack Satan's kingdom head on. With the authority given to you by the blood of Jesus, you tear down spiritual strongholds, and fight for the deliverance of another precious soul. You stand shoulder to shoulder with angels, mighty warriors of God and Jesus Himself who is continuously interceding for us in heaven.

He delights in hearing something other than _bless me Lord._ When we intercede through fasting, it is a period of time set aside exclusively for someone else's need. This has a great credibility before God and is a powerful force against Satan.

Satan constantly comes before God with accusations against His
church. All they care about is themselves. If you remove all your spiritual niceties and blessings, they would drop You like a hot potato. Their whole life revolves around making themselves feel good.

Let us give God something He can be proud of--children of God that radiate the selflessness of His Son.

1. GROANING IN PRAYER

In the same way, the Spirit helps us in our weakness. We do not know for what we ought to pray for, but the Spirit himself intercedes for us with groans that words cannot express. And he who searches our heart knows the mind of the Spirit, because the Spirit intercedes for the saints in accordance with God's will.

Romans 8:26-28

There are times when we are weak and don't know what we ought to pray. The Holy Spirit knows exactly what to pray for because He is not weak! There are times when we are blind and confused to our inner needs, but our Guest is not because our heart is an open book to Him. He searches hearts, not to condemn, but to pray and intercede.

You may think, if only I could pray like the Holy Spirit, what wise words He must use, what great theological truths He must express. Not great truths, but deep groans that words cannot express. Sounds of groaning, coming from suffering like a woman bearing a child. Picture the Holy Spirit groaning in prayer on your behalf before God, and you will have the perfect picture of intercession.

Intercession must go far beyond eloquent prayer. There is no eloquence in groaning. It is not comfortable to enter into a suffering soul. But you have something the other person needs--clarity, where for him, there is confusion. Strength and faith--where for him, there is only weakness and doubt.

Have you ever watched a sister or brother flounder in the faith? It is so easy for us to judge. Yet what we should be doing is falling on our faces, interceding with tears for a soul that is walking down the path to destruction.

As your interceding becomes deeper, God will begin to allow you to enter into that man's heart. You will sense his pain, confusion and suffering. You allow it to become your pain, your suffering, your confusion, wrestle through it for him before the presence of God, so he may be free. You are investing part of yourself in his situation. If he triumphs, you triumph, if he fails, you fail. His suffering is no
longer held out at arm's length, it becomes personal. Our groans mingle with the groans of the Spirit. We become one with the sufferings of Christ.

The whole body works in fighting and healing infection. For the body of Christ to function the way God intended, we must all work together to bring healing and wholeness to even the least important parts. If infection runs unchecked, it will kill the rest of the body.

You cannot carry self into the deep realms of prayer. It must be laid aside like old baggage, freeing you to go to the cross for another soul's need, a great blessing because you are letting go of all that hinders from entering into God's heavenly places. You will mount up on the wings of an eagle, soaring with another man's soul into the very throne room of God. Becoming endued with power, shaking the foundation of the heavenlies, you will move the Sovereign hand of God. Unshackled, unhindered by any selfish motivations.

Therefore intercession has a double blessing; it touches a suffering heart and realigns the intercessor's heart before God.

♦ WHERE TWO OR THREE

There is a momentum that builds when a group of people pulls together as one. This is how riots and revolutions begin, like a wave in the sea that begins small, then builds until it becomes a tremendous force. Political leaders have nightmares about such a power. Satan also shudders at the thought.

The Pharisees were terrified of Jesus because they knew the potential of such a leader. When people are mobilized by a single cause, the momentum is enough to plow down anything that stands in its way. God desires His church to be a mighty force against the kingdom of darkness. Satan, on the other hand, has done all he can to defuse that force through division and strife. What kind of power can a group wield when people come together to fast and pray for a common goal?

At church functions we have coffee and dainties before the main meal, which is laid pleasingly on a platter of indulgence. After eating to capacity, dessert, I really shouldn't. Sitting back in the chair with a look of complete satisfaction, the guest speaker leads everyone in a song in which we are barely able to gasp for air. Afterwards, a well-prepared message that cannot penetrate the sleepy fog that accompanies a full stomach.

Oh how the Holy Spirit must delight in the opportunity of moving,
when Christians come together. Just think of it, all those gifts and talents in one room at the same time. The place ought to be shaking with the presence of God. Yet, the tragedy is that, in most cases, the focus is more on satisfying stomachs.

When we fast and pray together, each one of our gifts become unified in a common focus. What power, authority and clarity of sight we can have under such conditions. Prophets, teachers, evangelists, the gifts of healing, working together. Nothing would stand in the way.
Chapter 9

CONCERNS ABOUT FASTING

This chapter is especially written to answer the questions which we are most commonly asked about fasting.

Will I gain my weight back after the fast?
The ability to utilize food is increased. Even people formerly underweight due to impaired digestion will normalize. For those of you who desire to keep the weight off, your fast should usher in a change of diet. Returning to bad eating habits will recreate the problem.

How can I be sure that fasting is safe?
Your physician will monitor a fast if you request it. Pray and ask God to give you peace about going on a fast. Besides, Jesus did it!

Can I exercise while fasting?
You will feel weak during water fasting and rest is advised. While juice fasting, you may experience an abundance of energy that makes exercise easy and fun. Exercise oxygenates the blood. The pumping action of the muscles flushes the lymph and cells of metabolic waste. If you experience energy loss, limit yourself to stretching exercises, light walking or deep breathing.

How much should I drink?
When water fasting, drink 8-10 glasses a day or when thirsty. On a juice fast, working 14 hours a day of hard physical labor, you may need three cantaloupes or honeydews plus herbal tea with honey and a vegetable juice combination to maintain a high energy level. Be careful not to drink too much acidic juice in the morning. Gastric secretions are also waking up to activity. Too much acidic juice early in the morning may cause stomach cramps for some. If you do not have to work at hard physical labor you can cleanse more quickly by drinking smaller amounts of juice spaced 30 minutes to an hour apart.
Concerns About Fasting

Should I continue with my medication?
It is wise to consult your doctor regarding the effect of fasting combined with your medication. If you must take medication and intend to fast, then you should juice fast because the vegetable juices will help protect the stomach from harsh medications. Do not water fast while on medication, unless lead by the Holy Spirit.

How much weight will I lose?
Weight loss can initially be as high as three to four pounds per day, but as the fast continues, the average loss will be one pound per day. If you are juice fasting and not losing weight, the juice is supplying all the calories you need. You may have to cut down on the juices or alternate between water fasting and juice fasting if losing weight is part of your goal. The slower your metabolism the slower the weight loss.

Will fasting or living on a fruit diet slow my metabolism?
Initially any calorie reduction will cause a lowering in the BMR or base metabolic rate. Cleansing will bring health that will increase metabolic performance and energy output. In other words, you will eat less and feel more energetic.

Will I get too thin?
If you are thin or average weight and you fast for 30 days on juice or 10 days on water, you will become thin. Ribs will show, the face will become gaunt, and friends and family will display concern. But the body will quickly normalize its weight in 5 to 10 days after the fast. If you are thin to start with, fasting may allow you to gain additional weight after the fast. Metabolism is normalized due to the cleansing process. It is very important not to try to gain weight too quickly. The body can rebuild only at a set rate. Overeating will burden the body and undermine the rebuilding process.

Will fasting shrink my stomach?
From years of over-filling the stomach, it is no surprise that it has lost its natural elasticity. Fasting helps recover the stomach's natural elasticity, restoring a flat stomach.

Since I have finished fasting, I find that I am more sensitive to food. Unhealthy foods cause a reaction. Why?
After a fast your body is clean, and has far less tolerance to the poisonous foods which you were used to eating previous to the fast. Understand, feeling sick when eating poison is a sign that your body is functioning normally. Fasting restores the body’s ability to violently react to harmful, health-damaging, food. If you desire, you can desensitize your body by slowly introducing harmful foods into your diet. Having a healthy body may limit your ability to tolerate what you were previously free to indulge in—consider that limitation a blessing from God.

Are there any conditions that restrict fasting?
Most people can juice fast safely for up to 30 days. The exceptions are those with hypoglycemia or diabetes. For these conditions, add quarter slices of avocado and banana every few hours to regulate blood sugar levels.

**COMMON PHYSICAL REACTIONS TO FASTING**

**BACKACHES.** Back pain may increase due to toxins in the lower intestine. The blood vessels that draw nutrients from the colon are very close to the nerves of the spine. Back pain often decreases after elimination of the toxins. Back exercises also can relieve some pain. A cold pack also will help. Using the enema kit will be the best remedy.

**BAD BREATH.** Waste passes through the lungs which are an eliminative organ. Brushing the tongue with a tooth brush, using dental floss and rinsing with mouthwash will reduce bad breath.

**CANKERS.** These may develop from a toxic buildup in the mouth. Unhealthy bacteria increase between the teeth. The tongue becomes coated with waste. To stop cankers, gargle with sea salt mixed with water several times daily. Dabbing the sore with tea tree oil or vitamin E quickens the healing process.

**COLD VIRUS.** Mucoid is the perfect food for viruses. Toxins weaken the immune system. When large quantities of toxins and mucus are in the blood due to a fast, they can cause a susceptibility to colds. To fight a cold, continue fasting to eliminate the mucus. Reduce the liquid intake and drink lemon juice. When your body is clean from
Concerns About Fasting

mucus, you will never catch a cold again.

**BLACKOUTS.** During fasting the body conserves energy. The heart pumps slower and blood pressure lowers. Standing or moving quickly from a resting position will cause the blood to flow to the legs. For a few seconds, the brain may not get enough oxygen, causing blackouts and dizziness. To stop a blackout, get down on one knee or sit. Lowering your center of gravity will instantly stop a blackout. Blackouts are more frequent during water fasting.

**DIARRHEA.** Fruit juices have a laxative effect which is more pronounced after water fasting. It can be stopped by using the enema. Using psyllium husk during diarrhea will help regulate the system.

**HEADACHES.** Toxins can cause muscle tightness in the neck and shoulders. This can result in *tension headaches*. Massaging the neck and shoulders will help relieve the tension. The herb Fever Few, which is available in health food stores, is well worth trying.

**MUSCLE TIGHTNESS.** The muscles may become tight and sore due to toxin irritation. The legs can be the worst affected as toxins accumulate in the legs. A self massage, hot baths, stretching and exercising will help to release the toxins.

**NAUSEA.** When waste is released too quickly by the lymph glands, some of the toxic overload is taken by the liver and secreted with bile into the stomach. This causes nausea. Drinking water or carrot juice will dilute the bile and toxin mixture helping to flush it from the system.

**NERVOUSNESS.** The elimination of toxins can irritate damaged nerves. Exercise will relieve tension. Use quarter slices of avocado to slow the fast.

**SKIN DISTURBANCES.** The skin may become oily as rancid oils are purged from the body. People with problem-free skin may have a few days of pimples or boils. A pallid complexion is also a sign of waste in the blood. When cleansed of mucus and toxins, the skin will be healthy, soft and unblemished.
Concerns About Fasting

**TIREDNESS.** Tiredness is normal during water or restricted juice fasting. If the tiredness is too much, increase the quantity of sweet juices like melon and carrot juice.

**HEART DISEASE.** Include bananas and avocados when juice fasting to balance the blood sugar level. Toxins in the blood and reduced blood sugar levels may cause a weak heart to labor. Like any other organ, the heart needs nutrients, a toxin-free environment, and time to heal. (Refer to How to Get Well by Paavo Airolea)

**HYPOGLYCEMIA.** Do not juice fast unless you use bananas and avocados to balance the blood sugar level. (Refer to How to Get Well and Hypoglycemia: a Better Approach by Paavo Airolea)

**KIDNEY PROBLEMS.** Fasting can irritate damaged kidneys due to the amount of toxins they filter. Try short juice fasts of 3 to 5 days before progressing to longer fasts. Avoid high-protein meals, refined flours, commercial oils and fats. (Refer to How to Get Well by Paavo Airolea)

**LIVER DISEASE.** The liver can become toxic due to abuse. If the liver is badly degenerated, cleansing must be done in stages. Start with short juice fasts and lead to fasts over five days. Avoid heavy proteins, refined flours and fatty foods. Eat meals of fruits or vegetables between the fasts. (Refer to How to Get Well by Paavo Airolea)

**AGING.** There is no such thing as being too old to fast--it is exactly what the body needs to feel young again. Shorter fasts are recommended to start. Assess your physical state as you proceed. If juice fasting becomes too intense, bananas and avocados will lessen the intensity by slowing the cleansing.

**ULCERS.** Fasting will help significantly. Choose the juices that do not irritate the condition. (Refer to How to Get Well by Paavo Airolea)
Chapter 10

BREAKING THE FAST

You have completed a thirty-day fast. It has been a wonderful spiritual retreat, a time of refreshment with God. A withdrawal from the temptations of this world. A period of inner reflection, quiet meditation and prayer lifted out of this world into a lofty realm where there are no earthly distractions from communing with your Father.

But now the fast has ended. It is time to return to the world of eating, a world that may have represented addiction, bondage and control.

Breaking an extended fast can be difficult. This is especially true if you were in bondage to food. It is often a period of attack. Satan wants control over your life and food has been a powerful lever. Is it possible to re-enter the world of eating and remain self-controlled? The answer is yes! Fasting was never meant to be an escape from Satan's kingdom, but a springboard to equip you in overcoming. Fear not--God has developed within you the Spirit of self-control, authority to say no!

When waking up a slumbering digestive system, the desire to eat will be intense. The flavors and textures of food will be enhanced by super clean nasal passages. Eating will be a brand new experience. This is the time to flex your new-found muscles of discipline and self-control. As the body screams, I want more, wisdom whispers, you have had enough. Fasting has schooled you in the fact that contentment does not come from a full belly but maintaining spiritual fellowship with the Bread of Life. My food is to do the will of him who sent me (John 4:34).

Eating small amounts of raw fruits and vegetables for the first five or six days will allow the body to gently wake up the digestive system. The body will continue to detoxify and cleanse during this period. Any toxins that have accumulated will begin to move due to the sweeping action of the soft fibers of fruits and vegetables.

chewing. Temptation turns to desire and your Buick turns into Ding Dong Donuts, as you sit in the car going through war. God seems a million miles away. You drive up to the drive-through and a sweet voice comes through the speaker phone, *May I help you?* Christ is my Help. *Do you have any ice water?* Satan screams in horror. His kingdom is shaken. Wisdom reigns supreme.

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**GUIDELINES FOR BREAKING A FAST**

1. For six days gradually increase the amount of raw fruits and vegetables in your diet. To break a fast and gorge on meat, bread or junk food will be disaster. Jarring the system this intensely when the digestive system is in a sensitive state can cause stomach cramps, nausea and weakness, negating much of the benefits of the fast.

2. Eat slowly and chew your food well. Saliva has enzymes that assist in digestion. Up to 80 percent of the starch, 30 percent of the protein and 10 percent of the fat can be digested by the enzymes in saliva.

3. Do not overeat! Discover the amount of food that your body needs to live a vibrant, healthy life.

4. Make juices during the breaking period. Juices are gentle nourishment to the body. Most continue to include juice in their daily routine, for the rest of their lives.

5. Continue in the same prayerfulness you had during the fast. God should be just as much a part of your eating as He was part of your fasting.

6. Educate yourself on how to begin a lifestyle of healthy eating. Fasting is a wonderful new beginning, a foundation for a lifelong, healthy diet.

7. Discern the difference between cravings and hunger. Never feed your emotions.

8. When breaking a fast over ten days, the break-in period should be
extended one day for every 4 days of fasting.

An interesting phenomena occurs after a fast. The years of conditioning your body to tolerate unhealthy foods is reversed. The body is as clean as that of a new-born baby. Try feeding a new-born baby Grandma's apple pie.

When the body is full of toxins, its defense systems are not able to operate effectively. After a fast the natural defenses are able to perform the way God intended. Sensitivity to unhealthy food is increased. You will feel satisfied with smaller amounts of food and sluggish and tired when overeating. Rich foods, full of fat, salt and processed sugars will cause nausea, headaches and weakness. A handful of fruit will be thoroughly satisfying. Because the digestive system has to work less, there will be boundless energy to spare.

For those who insist on returning to their old diet, here are some helpful suggestions to:

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**RECONDITION YOUR BODY FOR A TOXIC DIET**

1. Slowly begin to reintroduce harmful foods. Suggestions are potato chips, pizza with extra cheese, white bread, milk, coffee or coke, milk shakes from edible oil products, fried chicken, french fries deep fried in beef fat, eggs from chemically-raised chickens, steak with barbecue sauce and a small portion of overcooked vegetables. Throw in a couple of chocolate bars to insure an optimum toxin level.

2. Eat very few raw fruits and vegetables. If you must eat vegetables, make sure the life has been cooked out of them. The best fruits are canned and preserved in sugar syrup.

3. Give your juice machine away. Drink bottled or canned juices with brominated vegetable oils. Canned vegetable juice is fine because all the enzymes have been destroyed through pasteurization.

4. Swallow food whole. Use butter as a lubricant. Deep fried foods will require less chewing.

5. Eat as much as you possibly can at one sitting. This conditions the
muscles that support the stomach to expand, accommodating an increased volume of food.

6. Avoid fiber at all cost. If forced to eat whole wheat flour, pick the bits of bran from the bread. This will allow the food to pass more slowly through the intestine so the body may absorb optimal toxic chemicals.

7. Do not exercise. Exercise oxygenates the cells and triggers the lymphatic system that cleans the body. Try to remain in an inactive horizontal position.

8. Snack regularly during the night so as to curb the body’s natural tendencies to detoxify during sleep.
Chapter 11

GOD'S MEDICINE CABINET

A cheerful heart is good medicine, but a crushed spirit dries up the bones.

Proverbs 17:22

Health can be an extremely frustrating and complicated world. Although there are health products that have value, we believe that God has called us to a life of simplicity and faith. Removing toxic food from your diet and eating an increase of fresh raw fruits and vegetables will have a greater impact on your health than any product. And fresh raw fruit and vegetable juices are filled with every essential element the body needs to heal.

Herbal remedies have been used effectively for medicinal purposes for thousands of years. Forty percent of our present-day medicines are synthetic reproductions of natural substances. If you analyze medicinal herbs, you will find only small amounts of nutrients. The active ingredients are alkaloids or organic compounds that alter the metabolism of the body. God has created herbs to help man heal.

Herbs affect the body in the same manner as medicines. For example, ASA, more commonly known as Aspirin, was synthesized from the natural pain-relieving compound found in White Willow bark, which is a natural medicine that has been used for a thousand years.

Herbs have a therapeutic effect because they either adjust the body's healing mechanism or stimulate a cleansing reaction. Herbs often have a specific effect that can benefit kidneys, liver, thyroid or various organs.

Herbs work in alignment with the body, rarely causing side effects. Chemical medicines ignore the body's natural balance, often resulting in side effects and depositing toxic chemicals that can stay lodged in the tissues for years, causing deterioration of cell metabolism. Medicines are notorious for their side effects, stimulating healing in one area of the body while having a negative effect on the whole system. They work in opposition to the way God intended us to heal.

Chemotherapy is a clear example of this. Powerful chemicals and radiation destroy the cancer, and for a time, the cancer goes into
remission. Unfortunately, the immune system is harmed and often the cancer returns to run unchecked through a defenseless body.

No herb or medicine can compensate for a continual ingestion of dead, toxic, mucus-forming food. With vitamins, minerals, herbs, enzymes, antioxidants, ginseng, lecithin, herbal teas, magnetic therapy--any of these products are going to impact a body that is groaning under the weight of a toxic, nutrient-deficient diet. As your diet improves, these health products will have less of an effect on a body that is being saturated with life-giving, nutrient-rich fuel. After health returns, a simple diet, high in raw food will supply all your nutritional needs.

In our opinion, here are some of the best natural products that can assist in healing. They can be used safely during a juice fast or as part of a healing diet.

♦ MULTI-VITAMIN AND MINERAL SUPPLEMENTS
In healing, there can be great value in high quality vitamin and mineral supplements. We recommend organically-grown, naturally-derived vitamins and minerals which have a cellular delivery system.

♦ CHLOROPHYLL PRODUCTS
High quality chlorophyll products are excellent because they oxygenate the blood, building its hemoglobin, similar to iron. This increases healing and detoxification. Barley Green juice is an excellent source of enzymes and is high in chlorophyll. Wheat grass is less convenient and is less tolerable in flavor but an excellent source of chlorophyll and trace minerals. Wheat grass and barley juice have unknown medicinal healing qualities yet to be discovered.

♦ COLON CLEANSERS
There are some very effective products in cleansing the colon. Psyllium husk, which is the base for most colon cleansers, turns into a soft gel. It neutralizes toxins and fermentation in the colon during fasting, passing it harmlessly through the body. Psyllium husk is not needed in a raw food program because of the abundant soft fibers in fruit. However, there are various herbal blends designed for the recovery and healing of the intestines.

♦ ANTIOXIDANTS
These are naturally present in fruits and vegetables. The most
commonly known are, vitamins C, E and beta carotene. Flavinoids have been recently discovered as a powerful antioxidant, neutralizing and damaging free radicals, and are naturally present in vegetables and fruits. One of the most powerful flavinoids is proanthocyanidins. The leading source is found in pine bark and extracts from grape seeds, grape seeds being the best. The proanthocyanidins and gallicesters, which are found only in grape seed extract, enhance the power of vitamins C and E, strengthen capillaries, enhance circulation, improve eyesight, restore skin elasticity and softness and block blood platelet and LDL oxidation. At the turn of the century, Johanna Brandt, in the revolutionary book, The Grape Cure, writes that grapes seem to ferret out the most deep-seated cause of trouble and drive it from the system.

♦ ALOE VERA
Most Aloe Vera products on the market are useless because they have been pasteurized. Look for whole-leaf, cold-processed. Aloe Vera is excellent for the healing of digestive and intestinal problems and has found success in treating colitis and Crone’s disease.
Chapter 12

CLEANSING THE COLON

There are two types of fiber, soluble and insoluble. Soluble fiber dissolves in water. In the blood, soluble fiber helps to lower serum cholesterol by binding with low density lipoproteins. Water-soluble fiber can be found in apples, oranges, oat bran and beans.

Insoluble fiber is the substance in food which cannot be digested or absorbed by the intestine. This category includes pectin, cellulose, hemicellulose and gums. Fiber is found only in plant foods such as fruits, vegetables, nuts and whole grains. Eggs, dairy products, and meats do not contain any form of fiber.

Studies found that cultures who have a high fiber diet had a much lower incidence of diverticulosis, which affects 30 million Americans. This disease is produced by a weakening in the large intestinal wall caused by the pressure from hard feces. The American Journal of Digestive Disorders reported that 85% of diverticulosis sufferers were successfully treated with a high-fiber diet.

Fiber cleans out mucus from the intestinal tract and lowers cholesterol. Fiber decreases the transit time through the intestine. Cancer of the colon can be attributed to a lack of dietary fiber. Animal products do not have any fiber so their passage through the intestine is slow. The proteins ferment and allow harmful bacteria to multiply within the colon. The harmful bacteria secrete carcinogenic waste as a by-product which damages the intestine. Nutritionists recommend a salad with a meal high in meat or dairy products. The fiber in vegetables slows down fermentation and neutralizes some of the toxins in the bowel. It is important to break the fast with fruits and vegetables. Their high fiber content acts like a cleaning sponge within the intestine.

Although fiber is important for a healthy diet and a clean colon, during fasting, fiber slows down the healing process. It causes the digestive system to work. If you eat five pounds of raw carrots rather than drink the juice, your body will have to do the work of extracting nutrients and moving the fiber by peristalsis. Allowing the digestive system rest is essential in healing. For this reason, juice fasts are more effective in healing when the intestine is empty of
fiber. During a juice fast, it is best to use a strainer to filter the pulp from vegetable and fruit juices.

The process of discharging toxic waste is accelerated during a fast, especially during water or restricted juice fasting. Regular bowel movements are disrupted because of lack of fiber. Therefore the toxic waste discharged into the intestine ferments and can be reabsorbed into the bloodstream causing a cleansing crisis or general irritation.

♦ USING THE ENEMA KIT

Enemas are far from being a spiritual experience yet they can have a beneficial role to play in fasting. The thought of inserting a liter of water into the intestine to flush out waste may seem beyond consideration. But the quickest and most efficient way of removing toxic waste from the intestine is an enema. The lymph glands, which line the intestinal wall, absorb and filter fluid from the feces. Flushing water through the colon causes a healing reflex. Lukewarm water cleanses the lymph attached to the colon and waste is washed from the system.

At the start of a fast, using the kit can be uncomfortable. By the third time, the water will pass through the intestines without obstruction. To lessen this initial discomfort, live on a raw food diet for a few days before using the kit. Fill the kit full of lukewarm water, preferably filtered, spring or well water. Hang it approximately three feet above the floor. This height will create a comfortable pressure level. Release the clamp and void the first bit of water and air into the toilet. Lubricate the tip of the nozzle. Now lay on your left side and gently insert the nozzle into the rectum. The water flow is controlled by the release clip. As water moves up the intestinal tract, you may experience slight cramps. If so, press the clip to stop the flow. Relax for a moment and massage the stomach in an upward motion. This massaging also will release hardened mucus in the intestinal folds. As the cramps subside, release the clip again. Make sure that you have close access to a toilet for at least twenty minutes in case there is additional discharge.

Use the kit daily for at least the first three days of fasting. It takes this long to empty the intestine. Afterward, use the kit every second or third day. When the intestine is empty the digestive enzymes are able to cleanse the intestinal walls, especially the hardened deposits in the corners and folds. As fasting continues, more embedded
toxins are released. You can fast 40 days on water and still release toxins and impacted feces embedded in your colon. The cleansing process works best when the intestine is empty of food. The body can then easily dump cellular waste into the intestine. An enema is valuable in other situations such as food poisoning, diarrhea, constipation or sickness.

Do not use chlorinated water. It is harmful to the colon's beneficial bacteria. If tap water is your only alternative, replace the intestinal bacteria after the fast with the replacement technique mentioned farther on. It is preferable to use the enema on water fasts that are longer than three days and juice fasts that are longer than five days.

The more toxic your diet has been or if you are sick, the more you need to use the enema during fasting. Drug residues, food additives, toxic fat, pollutants, food additives, preservatives, flavor enhancers and contaminants are the leftovers of the North American Diet. You want to do everything possible to help their quick exit from of your body.

♦ COLONICS

Colonics cost about $40 and are conducted by naturopaths or colon therapists. Although not necessary before a fast, a colonic will effectively cleanse the entire intestine.

♦ PSYLLIUM HUSK AND FLAX SEEDS

For those who are uncomfortable with using the enema kit, psyllium husk or flax seeds are an alternative. You can safely juice fast for extended periods using psyllium husk. The substance is a bulking agent (mucilage). It swells within the intestine to a gel, helping to absorb toxins and speed transit time of waste through the intestine. This reduces the toxic build-up that can occur during juice fasting. Both psyllium and flax seeds contain a demulcent, which is an agent that soothes and protects the lining of the intestine. It also reduces occasional diarrhea which can be caused by fruit juices. The psyllium eliminates constipation upon breaking the fast. Two or three teaspoons of whole psyllium husk or two teaspoons of flax seeds a day (available at health food stores) as a regular supplement to a diet or while juice fasting can be beneficial. A drawback of using psyllium or flax seeds during a fast is the mucus-forming effect that slows down the healing process. Using psyllium on a water fast has a definite sinus-clogging effect. The enema kit is still the best for
assisting healing. Using psyllium and flax seeds to help cleanse the colon is a compromise

♦ COLON CLEANSING FORMULAS
These are mixtures of several dietary fibers, both soluble and insoluble. They may include various herbs which have a cleansing effect on the colon. These are superior to psyllium husk but are more expensive and range in prices from $10 to $30.

♦ INTESTINAL BACTERIA
Inside a healthy lower intestine are billions of beneficial intestinal bacteria or microflora. These bacteria are of the bifidus and acidophilus strains and were transferred by breast feeding into our intestines as new born infants.

The acidophilus and bifidus are used by the body in the final stages of digestion. They do this work and reproduce themselves in total harmony with the body. Toxins, especially drugs, can damage or destroy these beneficial bacteria, allowing harmful bacteria to take over. Harmful bacteria produce by-products like ammonia, purines and ethionine which can cause cancer. Deficiencies of beneficial bacteria are common especially after heavy use of antibiotics, narcotics or after a severe bout of diarrhea. The devitalizing effect caused by harmful bacteria in the intestine is rarely diagnosed. Headaches, skin infections, weakness and constipation can be symptoms of depleted intestinal bacteria.

♦ LAXATIVES
Fruits and fruit juices have a natural laxative effect. The soft fibers have a cleansing effect on the intestine. This laxative effect stops after the colon happily adjusts to the soft fibers. (If fruit juices cause excessive diarrhea during fasting, use psyllium or the enema to eliminate the problem.)

If used moderately for short periods, laxatives can help remove toxins from the intestine during a fast. Some people feel that the most effective cleansing is in using the enema kit combined with natural laxatives. Others prefer using psyllium and a glass of prune juice or senna tea.

If you choose herbal laxatives, never take them for prolonged periods. Moderate use of natural laxatives, while juice fasting or while on a mucusless diet is a matter of personal preference.
INTESTINAL BACTERIA REPLACEMENT

Fasting depletes the beneficial bacteria because large quantities of toxins are dumped from the lymph glands into the colon. There is little food substance left on which the bacteria can live. Using the enema kit also depletes the beneficial bacteria especially if chlorinated water is used.

To re-establish intestinal bacteria, purchase plain yogurt with the correct lacto bacteria content such as President’s Choice or Astro’s Biobest. Most other brands will not work because the culture is the type found in animals' intestines. You may use acidophilus and bifidus capsules available in health food stores. Mix one tablespoon of yogurt or 2 capsules with one-half cup of water. You may add some warm water but do not heat the mixture or use tap water due to chlorine. After blending the mixture, add it to the enema kit, hanging it high. Try to retain the mixture for ten minutes allowing the beneficial bacteria to pass up through the intestine. This procedure will ensure a healthy culture which will propagate indefinitely without further implants.

Bifidus and acidophilus capsules are heavily encapsulated to prevent destruction of the bacteria by stomach acid. On the day before you break the fast, before eating, swallow two capsules with a glass of warm water. It will take four days for the bacteria to reproduce themselves into a healthy culture.

Having a healthy intestine is vital to a healthy body. Eating overprocessed, fiberless foods has resulted in sickness and disease because of a dysfunctional colon. Eighty-percent of all the nutrients from food are absorbed through the intestine. If we eat the way God intended, our intestine will be healthy and clean. God has designed our food with a healthy intestine in mind.
Chapter 13

JUICE RECIPES

Orange, grape, melon and strawberry taste great alone. But hey!-let's have some fun. We will give you a few suggestions to get you started in becoming a fruit juice inventor. If you come up with something really spectacular, we'd love to hear from you so that we can bless the world with your new invention. It's really hard to go wrong. I guess that's all to do with the harmony that naturally occurs in God's creation.

If you have never taken a mouthful of cantaloupe juice you simply have not lived, or strawberry juice mixed with apple. Sipping blueberry juice is a taste of liquid heaven.

The produce in supermarkets is grown with chemical fertilizers. Fruits and vegetables are usually sprayed with various pesticides thus toxins become lodged in the fibers. When juicing, most of the toxins are left with the discarded pulp. Because fruit is far lower on the food chain than animal products, toxic build-up is much less. Cows, pigs and chickens accumulate and concentrate toxic chemicals and pollutants from the environment. Unlike meat, fruit and vegetables are equipped with antioxidants and detoxifying agents which help keep the body clean of toxins.

Yes, fruits and vegetables do have pesticides and toxins present, but eating a diet high in raw fruits and vegetables will assist your body in remaining protected, mucus-free and clean. If you are blessed enough to afford organic, pesticide-free produce, then we encourage you to do so. But for most of us, organic is simply not an option. Many desperately sick, even with terminal cancers, have been healed by juicing standard produce from the local grocery store. As Keith Green sings, you do your best and God will do the rest. During a cleansing fast, do not start resorting to bottled dead juices that have been on the shelf for six months. You are setting yourself up for a more difficult fast. There is a rush of well-being when you swallow a mouthful of living juice.

A good juice extractor is an essential tool. All the essential nutrients in fruit and vegetables are locked within the fibers. A juice extractor frees these essential nutrients so that they can be absorbed directly through the stomach wall without need of digestion.
Metabolic energy is then used fully to cleanse waste from cellular tissue.

Fruit and vegetable juices are the cleansers, energizers, builders and regenerators of the human system. A combination of either fresh raw fruit or vegetable juices will supply all the enzymes, vitamins, minerals, protein and fats critical to increased vitality!

♦ JUICE MACHINE NIGHTMARE

Tom and I went on a quest for the Perfect Juice Machine. After many calls to health food stores, manufacturers and distributors, we finally chose what we thought was the perfect machine. This state of the art beauty had a one quarter horse power motor to chew through carrots like butter. Made with brushed stainless steel, weighing in at ten pounds, it even had suction cups attaching it solidly to the counter.

Are you ready? $600 plus tax!

Tom bought it! With great anticipation, we unpacked this extraordinary piece of machinery. The carrots were peeled and ready. We turned it on.

It was so loud, the vacuum cleaner hid in the closet. Yelling over the machine, Tom asked me to hand him a carrot. As the carrot disappeared down the chute, a quiver like a small tremor reverberated throughout the entire house. A look of concern swept across Tom’s usually calm brow. The moment of truth--he screamed, Pass me a wedge of beet! With trembling hands, he dropped the beet down the chute. The need for suction cups became all too clear to us as we watched in horror as ten pounds of stainless steel vibrated violently on the counter. A distinct smell of smoke told us that something was wrong. I screamed at the top of my lungs, Turn it off! Turn it off! Finally, with a sigh of relief, Tom was able to find the “off” switch, putting the machine out of its misery.

A silence fell over the kitchen. We stared at one another in disbelief. Tom phoned the distributor to try and get his money back. Because they refused him a refund, there now sits under the counter, behind a pile of pots and pans, a $600 juice machine—A painful reminder of buyer beware.
Now, on the counter, there sits an $80 machine that has quietly produced thousands of gallons of juice including the ever-troublesome beet.

In our opinion, a good juice machine is the most significant step you can make in improving health. It will become the most important appliance on your counter.
♦ APPLES
All of these types are wonderful for making juice no matter what time of year it is. Apple juice is a powerful cleanser and a general tonic for the entire system. They have an abundance of vitamins A and C. The juice is strong-tasting and may be diluted with water or mixed with other fruit or vegetable juices such as carrots, cucumbers or melons. To keep apple juice from turning brown, juice a lemon before juicing the apples.

Apples should be crisp and firm. Soft, mushy apples do not juice well. Always store apples loosely in the refrigerator which will increase shelf life six-fold. In a refrigerator, less tardy apples can store up to 2 months.

♦ APPLE CIDER VINEGAR
If you have a batch of carrot juice with a tart flavor, a few tablespoons of cider vinegar will greatly help the flavor. It contributes to healthy veins, blood vessels and arteries. Apple cider vinegar has extraordinary potassium content and beneficial malic acid. When purchasing cider vinegar, it should have a fuzzy sediment (mother) on the bottom, proving that the vinegar is still in the live fermentation stage. A tablespoon of cider vinegar and honey in hot water is a tasty health drink.

♦ CANTALOUPES
Cantaloupes are considered the most nutritious of all fruit. The Center for Science in Public Interest compiled a list of fruits by their nutritional value. Cantaloupes came in first place, followed closely by watermelon then oranges. Next came strawberries, grapefruit, pineapples, tangerines and peaches. Sauntering in last place came the lowly plum.

Cantaloupes are packed with vitamins A and C. Per pound, this fruit has 15,000 I.U. of vitamin A and three times the vitamin C content of apples. It also contains myoinositol, a lipid which helps with anxiety, insomnia and in battling hardening of the arteries. Cantaloupes contain the greatest amount of digestive enzymes. Melons are recommended by the American Cancer Society as powerful agents in the fight against intestinal cancer and the all-too-common skin cancer, melanoma. One average-sized cantaloupe
contains approximately 100 calories, yet is dense in nutrients. This makes melons a perfect juice for weightloss.

Melons should be purchased firm, sweet-smelling with a soft navel. During the summer, cantaloupes are cheap. To check for ripeness press firmly against the fruit with your thumb. They should give a little but not be soft.

Melons can look decrepit, but produce excellent juice. A major part of the cantaloupe’s nutritional value is in the rind. Juicing the rind will give more nutrition but diminish the taste. In juicing cantaloupe with the rind, scrub the skin well with water and an organic cleaner. Slice and juice, seeds and all. When juice fasting, melons are the most convenient source for large volumes of cheap nutritious, delicious, refreshing, colorful, revitalizing, energizing juice.

♦ GRAPES
There are between 40 and 50 different varieties of grapes which come in a multiple of greens, whites, reds and purples. Grapes fill the mouth with an explosion of delicious flavors. Grapes are an excellent source of potassium, which encourage an alkaline blood balance and also stimulate the kidneys and regulate heartbeat. The restorative power of grapes is phenomenal, cleansing the liver and removing the uric acid from the body. In France, many people go on a grape-fast during harvest time. Studies have shown a lower incidence of cancer in the areas of France where this grape-fast is practiced yearly.

Grapes are the most over-sprayed of all the fruits, therefore wash thoroughly. Always look for a faint powdery appearance, indicating blooming. A grape bunch should have a few grapes either falling off or mushy. The stems should not be shriveled, but green-looking.
Grapes keep for a week in the refrigerator. Raisins are also a wonderful, healthy candy and a good source of iron.

♦ HONEYDEWS
Just like their name, when ripe, honeydews have a light green, juicy flesh with a sweet flavor. It is a good source of vitamins A and C, potassium and zinc and excellent in digestive enzymes. To juice, wash skin and juice with seeds.

Look for melons that have a creamy, yellow navel and are slightly soft when pressed by the thumb. Rock-hard melons will not be sweet and will take a long time ripening. They should also have a pleasant honey aroma. They will store well at room temperature or in the refrigerator.

♦ LEMONS
Lemons are the king of citrus fruit. Because of their high source of bioflavinoids, they are powerful in detoxifying the body. They are also an excellent diuretic. During fasting, lemon juice has a tremendous ability to dissolve mucus and scour toxins from the cellular tissue. When juicing lemons, leave some of the inner white peel for the bioflavinoids. Dilute five to one with water. One of the most refreshing drinks on a hot summer day is chilled mineral water with a splash of freshly-squeezed lemon juice. Juicing a lemon before juicing apples keeps the juice clear and pleasantly colored. An excellent addition to vegetable juices. Acts as a delicious lift to the heavy flavor commonly associated with vegetable juice.

♦ LIMES
Similar to lemons. They are an excellent addition to any juice.

♦ ORANGES
Everybody loves oranges. And what is breakfast without a fresh tall glass of orange juice? Some of the highest quality oranges are grown in North America in the sunny state of Florida. Florida oranges have a higher juice content than oranges from California. The Valencia and Navel oranges from California are considered excellent for eating. Orange juice, fresh from the juicer, has a live taste. The powerful healing effects of fresh juice come from the dramatic increase in enzymes available to the body. Orange juice, frozen or bottled, has no enzymes, but can be added to freshly-made juice.
Green skin on oranges is not necessarily an indication of their being unripe. In fact, the familiar bright orange color is a result of an orange dye having been applied to the skin. Oranges in their true color are yellow and green. It would be far healthier if the consumer could grow accustomed to what would appear to be an esthetically unappetizing orange. Look for thin skin, heavy fruit, and store in the refrigerator.

♦ **PEARS**

When pears are perfectly ripe—not too soft and not too firm, they are the most delicious of fruits. The juice from a pear is thick and sweet and can be diluted with apple juice. They are high in thiamin, riboflavin, niacin and folic acid which help establish a healthy cardiovascular system. They are also a good source of vitamin C, calcium, potassium, phosphorus and minerals. Levulose is the fruit sugar in pears which is easily tolerated by diabetics. Pears are higher in pectin than apples, which encourages regularity. Common varieties are Bartlett, Bosc, Anjou and Comice. The sweetest and juiciest are the Bartletts with their bright yellow skin. Bartletts are available from summer to fall.

Look for slightly soft flesh around the stem area. For juicing, a firmer pear is desirable so that it will not clog the juicer. Firm pears can be ripened on the counter in a couple of days. Keep juicing-pears in the refrigerator.

♦ **PINEAPPLES**

Take a cold fresh glass of ripened pineapple juice in crushed ice. Find a quiet comfortable corner in your home and close your eyes. You will begin to hear the waves of the ocean lapping on the powdered, white shoreline of a tropical island. Above you, the gentle dance of palm leaves moved by hot tropical breezes. Add a pinch of coconut juice and you have been transformed into Robinson Crusoe, living a life of solitude in a tropical paradise. Pineapple has the taste of sun-soaked tropics, especially if you find one that was picked in its ripened state.

Pineapples are jam-packed with minerals, potassium, choline, sodium, phosphorus, magnesium, sulfur, calcium, iron and iodine. They have loads of vitamins including vitamin C and are an excellent source of bromelain, an enzyme that helps digestion. Bromelain has also been known to cure laryngitis and is soothing to the throat.
To cut pineapple for juicing, remove top and bottom. If not organically-grown, stand vertical and remove skin. Cut in slices, including the core and pass through the juicer. Learning how to choose a sweet pineapple may take some practice.

Your pineapple ought to have a strong, sweet aroma. Look for a large plump, heavy fruit. The leaves should easily pull out. The skin should be a dark golden color. The summer is prime pineapple season because the sun is at its strongest. *Jet-shipped or jet-fresh* are more expensive but have been flown from the field a day or two before you eat them. The majority of pineapples are shipped by sea and are often months old. Always keep pineapples at room temperature unless cut.

**WATERMELONS**

There is nothing more refreshing than a slice of watermelon on a hot day. Why, it is even better than beer-- legal to eat in a public place and does not result in a nasty hangover. For $2.50, you can produce a mother-load of juice. Whereas eating the rind would be hard on the stomach, juicing it is a wonderful source of chlorophyll, vitamin A, protein, potassium, zinc, iodine, nucleic acids and enzymes that aid in digestion. Ninety-five percent of all the nutritional content of watermelon is in the rind.

Thump a watermelon with your knuckles and if it sounds hollow, it’s going to taste sweet. They should be dark green in color, dull, rather than shiny and their underbellies should have a pale yellow color. Store whole watermelons in a cool place.
THE VEGETABLE GUIDE

♦ ASPARAGUS
Available in early spring. It can be expensive due to the difficulty in cultivating. Its claim to fame is the amino acid asparagine which is destroyed by cooking. Asparagine is a strong diuretic, stimulating the kidneys. Asparagus is a great blood cleanser and excellent for healthy bowel maintenance. Some find that it soothes a nervous mind. You may find your urine turning dark and develop a strong odor. This is a harmless by-product of asparagus. Asparagus contains beta-carotene, vitamins B1 and C, bioflavinoids, potassium, and vitamin C.

Fresh, it will be bright green and firm to the tip. Will keep a couple of days in the refrigerator. Asparagus is an expensive but delicious addition to any veggie juice drink. Excellent to juice with carrots.

♦ BEETS
Famous for their ability to cleanse the blood. Beets contain calcium, sulfur, iron, potassium, choline, beta-carotene and vitamin C. Beets are also high in minerals which strengthen the liver and gall bladder, and are the building blocks for blood corpuscles and cells. Beet greens are excellent for salads and juicing. Beet greens are a good source of carotenoids which help in the prevention of all types of cancers. They are high in manganese which is an important mineral for brain function.

Beet juice is very concentrated. Do not drink it alone. Dilute with a milder juice such as carrot or apple. Beet juice has been proven therapeutic in the treatment of leukemia and cancer. In a clinical trial, 22 patients with advanced inoperable cancers were given 10 oz. of beet juice daily for 3 to 4 months. Twenty-one of these patients showed marked improvement in health.

Beets cause the stool to turn red and may give the urine a reddish tinge. When juicing beets, alternate between pieces of beets and pieces of carrots, otherwise the beet pulp tends to build up on the side of the spinning extraction basket and causes the juicer to vibrate.

Lactofermented beet juice is fermented with lacto bacillus, making it sweeter. On a juice fast, this delicious juice is like a bottle of Champagne.

Purchase firm, rock-hard beets. Being a root, they can be stored
for months in the refrigerator.

♦ BROCCOLI
Broccoli is a flower top picked before it blooms. It is dense in nutrition, full of beta carotene and an excellent source of fiber. Inexpensive and available all year round. It is full of vitamins B1 and C and has a generous amount of calcium, sulfur and potassium. Surprisingly, forty-five percent of calories in broccoli is protein.

   The National Cancer Institute discovered a substance called indole-3 that emulsifies estrogen, reducing the risk of breast cancer in women. Broccoli is excellent when juiced, stems and all, but like all green vegetables, it should be mixed with lighter juices such as carrot or apple.

   When buying broccoli, look for tight tops with no yellow, firm but not limp. Will store well for 5 days in the refrigerator.

♦ BRUSSELS SPROUTS
In the cabbage family, similar in nutritional value to broccoli. They are a good source of vitamin C, potassium, calcium, sulfur, vitamin A, and contain a decent amount of protein. Forty-four percent of calories in brussels sprouts come from protein. Look for dark green coloration with no wilting or yellowing. Should have a light smell. A good addition to juice but adding too many will give the juice a sharp bite.

♦ CABBAGE
A vegetable full of history. It was a mainstay during the great depression, but unfortunately was often overcooked and garnished with fat.

   Cooking cabbage destroys most of its nutritious value and causes gas because of the sulfur. Raw is an excellent source of beta-carotene, sulfur, vitamin C and the trace mineral, selenium which is excellent for fighting cancer, protecting against heart disease, improving conditions of arthritis, slowing the aging process, giving beautiful skin and increasing male potency. Within cabbage is a delicate amino acid called glutamine which is excellent for healing stomach disorders including ulcers. When making cabbage juice, it must be consumed within 60 seconds or this precious amino acid will begin to decay. If straight cabbage juice causes gas, mix with carrot and celery.
Will keep up to two weeks in the refrigerator.

♦ CARROTS

Deep within the soils of the earth grows a golden root that has amazed nutritionists and scientists alike in its powerful healing qualities. One 8 oz. glass of carrot juice contains 20,000 mg. of vitamin A. Toxicity can occur when vitamin A is taken in supplement form or fish oil, but is completely safe in the vegetable form. Vitamin A is an antioxidant that is able to attach to free radicals in the body, stopping them in their tracks. The damaging effect of free radicals has been associated with cancer.

Carrots are a natural blast of high energy. The sugars are released more quickly than from white sugar but without the harmful effects. A mug of carrot juice in the morning will give you a competitive edge over coffee drinkers. Like all root vegetables, they are packed with minerals. Carrots are rich in organic calcium that is invaluable to bones and teeth. Inorganic calcium is almost useless to the body. The calcium in milk and white bread is inorganic and known to cause arthritis and gallstones.

Carrots are an excellent source of vitamin C, including most of the B complex, iron, potassium, phosphorus, and sodium. Carrots are easy to digest and cause the liver to release bile and excessive accumulated cholesterol. They also have an alkalizing effect on the blood, soothing the entire nervous system and toning intestinal walls. Carrot juice is the best base for vegetable juice combinations. It is delicious, sweet and readily accepted by children. Our family can go through a 50 lb. bag every two weeks.

Carrot juice is considered the Golden Juice of Healing. Even drinking a few glasses a day has healed many infirmities without fasting. During fasting, its healing effect is increased. Carrot juice helps in cleansing the liver. Drinking large amounts may cause the harmless effect of a slight yellowish color of the skin. Skin will feel velvety soft. The beta carotene present in the skin is a natural protector for the common skin cancer, melanoma. Also, the slight yellowing of the skin can makes a tan look deeper.

Juicing two to five pounds of carrots a day is standard for juice fasting. Unless carrots are fresh, the juice tastes better if they are peeled. If you don’t have the time to peel them, put the carrots in the sink and scrub with a brush. In purchasing carrots for juicing, your local vegetable wholesaler can supply you with large juicing
carrots in 50 lb. bags at an affordable price. Carrots should be firm, smooth skinned, without cracks or small rootlets. The brighter the orange the sweeter the carrots. They will keep for weeks in the refrigerator and months in a root cellar.

♦ **CELERY**
High in magnesium, iron and chlorophyll which is an excellent blood builder. One of the richest sources of organic sodium. This is excellent for those who enjoy vigorous workouts, maintaining valuable body fluid and electrolytes.

Celery juice is a superb nerve tonic. Celery juice alone tastes a little bitter and is usually mixed with carrots or apples.

Great for adding a salty taste to vegetable juices. Do you have a headache? Drink a glass of celery juice. Even the ancient Greeks used celery for the universal problem of headaches. Do you live in the inner city full of air pollution? Celery/apple juice is able to cleanse the body of carbon dioxide. Were you thinking of buying an air conditioner? Celery juice cools down the body and is great for hot weather. Are you on a diet and craving a snickers bar? Celery juice helps curb the craving for sweets. Do you have a problem with muscle cramps and fatigue during workouts? The potassium sodium balance in celery juice will be a great asset. Always leave the celery leaves on for juicing, but juice the celery last because it is stringy and clogs the juice machine.

Look for firm solid stocks with bright green leaves.

♦ **CUCUMBER**
Being *as cool as a cucumber* comes from the fact that the internal temperature of cucumbers remains 20 degrees lower than the external temperature on a hot day. People living in the Middle East and India have been eating cucumbers for hundreds of years as a natural coolant. When buying cucumber for juicing, look for non-waxed which allows you to juice the cucumber in its skin. Always wash vegetables thoroughly before juicing. This juice contains 40% potassium, 10% sodium, 7% calcium, 20% phosphorus and 7% choline. It is an excellent source of silicon. Cucumber is good to rub on your skin, giving it elasticity, resulting in a more youthful complexion. It is suspected to help in reducing hair loss. Cucumber juice is usually mixed with other juices.

Look for firm cucumbers with a dark green, wrinkle-free skin. Will
store in refrigerator for 6 days.

♦ COLLARDS
Per calorie, collards have more calcium than milk. Thirty calories of collards, one cup, contain an incredible 218 grams of calcium! It is twice as high in vitamin A as carrots. An excellent source of organic highly absorbable iron and high in chlorophyll.

Look for crisp leaves, free from wilting and without spots.

♦ FENNEL
If you enjoy the taste of licorice, you will love fennel. This unusual vegetable looks like a fat celery plant with feathers. In fact, it is in the celery family and has much of the same nutritional qualities. Its distinct flavor really spices up a juice or salad. Some have found fennel juice good for relieving migraine headaches and the eyes to become more sensitive, overcoming night blindness.

Look for white solid bulb with healthy leaves. Will keep in the refrigerator for one week.

♦ GARLIC
There are entire books written about the curative abilities of garlic. Research suggests that it reduces blood pressure, helps with the problem of blood clotting, lowering the LDL which increases bad cholesterol, boosts the immune system and encourages recovering heart attack victims. Garlic's famous smell comes from allicin, which inhibits bacterial growth and fungus. It also helps with an overgrowth of yeast in the body and is used in treating candida. Therefore, do not use odorless garlic pills. If they don't smell, your body can't tell.

Garlic increases the flow of digestive enzymes and encourages detoxification through the skin. Despite the odor which comes through the skin, garlic is good for you. Throwing a clove of garlic in your vegetable juice every day will be excellent for your health, nonetheless, it may reduce your social life. One clove in the juicer is enough. Five cloves will encourage a life of solitude, unless you can educate all your friends, family and people within a thirty foot radius of the incredible properties of fresh raw garlic juice.
♦ **GINGER ROOT**
If you feel a cold coming on, or if you have a bout of laryngitis, juicing a small piece of ginger root with your carrots is a perfect solution. Great for making ginger tea or spicing up herbal tea. For ginger tea, throw slices in boiling water to taste.

♦ **KALE**
Has a similar nutritional quality to its close relative, the cabbage. An excellent source of calcium. Look for solid, deep green leaves. Will store in refrigerator for 5 days.

♦ **LETTUCE**
Iceberg lettuce or head lettuce is useless. You might as well drink a glass of water for the amount of nutritional value. The leaves of romaine, Boston, Bibb or any leaf lettuce that is dark green in color will be rich in chlorophyll. Good source of sulfur, chlorine, silicon, B complex, all contributing to hair growth, healthy skin and defense against lung cancer. Lettuce is a wonderful addition to any vegetable juice. Adding any green, leafy vegetable to juice will add chlorophyll which immediately enters the bloodstream. Leaves should be crisp with no dark spots. The darker green the better.

♦ **ONIONS**
Onion is in the garlic family and has many of the same therapeutic properties. Their strong flavor is attributed to natural oil which strengthens the nervous system and encourages the growth of healthy bacteria. Large Spanish onions are sweeter and milder in flavor, which makes them better for juicing.

A sliced onion added to a juice mixture is excellent in helping to loosen and rid the body of excess mucus.

Look for firm onions with dry papery skins. Do not store onions in refrigerator.

♦ **PARSLEY**
Ancient civilizations have used parsley in medications, on wounds, poultices, boils, cysts and to draw the pus out of an infected cut. Parsley is one of the highest sources of life-giving chlorophyll which acts like iron to oxidize the blood. Chlorophyll will help neutralize the strong odor of garlic and is used in chewing gum to sweeten breath.
It is a cleanser of the kidneys, liver and urinary tract. Parsley is effective for upset stomachs by stimulating digestive enzymes. Excellent for the colon by encouraging the peristaltic wave in the intestines.

Parsley juice, added to vegetable juices, will enter directly into the bloodstream immediately impacting your body.

Both flat and curly parsley has the same nutritional value. Look for healthy, dark green leaves. Parsley can be grown inside and outside the house. Will store in the refrigerator for a week. Always add parsley with other hard veggies like carrot so it will not affect the juicer. Parsley alone can be hard on a juicer.

♦ PEPPERS
Peppers can come in many different colors. The most common is the green pepper which is an unripe red pepper. Red peppers are more expensive but sweeter and higher in vitamin C. Great for the skin and swelling due to arthritis because of the high silicon content. They are an excellent addition to any vegetable juice. Juice seeds, stem and all. Look for smooth firm nonwaxed peppers. Will keep in refrigerator for one week.

♦ POTATO
They are in the same family as tomatoes and peppers. An excellent source of vitamin C and high in carbohydrates, potassium, calcium and iron. The most nutritious part of the potato is the skin. During World War I, a group of German soldiers, near starvation, were forced to live on raw potatoes. The soldiers with gastric disorders were relieved and cured. After the war, Dr. J. F. Magerl began treating gastric patients with raw potato juice. After 10 days of the treatment, most of the patients showed no symptoms.

Potato juice is a wonderful addition to any vegetable juice. When potatoes are juiced, a white silky paste will form on the bottom of the glass. This is potato starch and is mucus-forming with little nutritional value. Of all the vegetables, potatoes are slightly mucus-forming, but are still a valuable food, especially when juiced.

Red potatoes are less starchy and lower in calories than white potatoes, making them less mucus-forming. Look for potatoes with eyes, revealing the fact that they are alive with enzymes, ready to sprout, given the opportunity. Potatoes without eyes are mutants and are not desirable. They should be firm without black spots and
with no green color which can cause a slightly toxic effect. Never juice a green potato. Will keep well in a cool dry place for a number of months.

♦ **RADISHES**
Radish added to vegetable juice will help clear sinus cavities and calm a sore throat.

♦ **SPINACH**
Never cook spinach. Oxalic acid is destroyed when heat transforms it into oxalic acid crystals that are harmful to the kidneys. It also binds to iron making it unabsorbable. Spinach is important due to its chlorophyll content and also supplies an abundance of nutrients such as oxalic acid, beneficial in the cleansing and healing of the intestinal tract. Spinach juice, mixed with other vegetable juices, turns the mixture brown. Although it may look unsightly, it is a beautiful sight to the cells of the body.

Finding good spinach can sometimes be difficult. Look for crisp, dark green leaves. Rinse spinach well, removing sand and grit. Will store in refrigerator for only a few days, as spinach quickly becomes slimy.

♦ **SWEET POTATO (YAM)**
The darker the color the higher in vitamin content. They are one of the greatest sources of beta carotene. They are plenteous in vitamin C, potassium, carbohydrates, calcium, and a good source of fiber. History has shown that people can live exclusively on sweet potatoes and remain healthy and strong. Carrot and sweet potato juice is tasty and outstanding for complexion. Yam can be added to any fruit juice giving the juice a smooth, milkshake-like taste.

Look for firm, not too large yams that are tapered at both ends. Skin should be smooth without brown spots. Will store in the refrigerator for two weeks.

♦ **TOMATO**
Tomatoes are feeling a little out of place in this list because they are a fruit. But we assumed anyone looking for tomatoes would go to the Vegetable Section, so here they are.

Providing tomatoes are vine-ripened, they are a high source of vitamin C, in fact, one tomato is equal to more than 50% of the
recommended daily allowance. Good source of organic sodium phosphorus, calcium, potassium, magnesium, malic and oxalic acid and sulfur.

The problem is that most tomatoes found in the supermarkets during the off season have the quality, taste and vitamin C content of a baseball. Vine-ripened tomatoes may cost you a little more because of the difficulty in shipping, but it is well worth the money in nutritional value.

It is an absolute must to grow your own succulent sweet tomatoes. Even if you live in an apartment there are hybrids that have been created especially for growing in pots. We have tomato plants growing in every possible corner around our home. Our children love to go out in the morning and graze on these freshly-ripened ruby red treats.

Tomato juice has a wonderful taste that is quite different from store-bought juice which is boiled and stored in cans for months. The health-giving acids in tomatoes are beneficial to the body unless heated or canned.

Look for bright red, soft, sweet-smelling tomatoes. They ought to be plump, heavy and filled with juice. Always buy from your local farmer, when in season. Do not juice green tomatoes which may irritate the kidneys.

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**VEGETABLE JUICE MIXTURES**

*I tend to be a vegetarian when I juice, a fruitarian when I eat.*

*Jay Cordich, The Juice Man*

According to how healthy you are, the average person is able to assimilate between 1% to 35% of the nutrients in vegetables. All nutrients of vegetables are locked within the fibers. Your digestive system acts like a juice extractor. Through chewing, the action of saliva, digestive juices and enzymes, the body separates fiber and nutrients for absorption through the colon wall into the bloodstream. As the waste and fiber exit the body, soft sponge-like tissues gently clean and massage the colon wall.

A juice extractor is able to extract 70% to 98% of the nutrients from vegetables. When you pass a carrot through the juice machine, it effectively separates the juice that is locked in the fibers. In drinking the juice, the majority of nutrients is absorbed directly into
the bloodstream without the work of digestion. An abundant supply of nutrients in conjunction with minimum digestive effort is a perfect healing environment.

This is not to say that all vegetables should be consumed in the form of juices. Roughage is vital to human health. Although fiber has no nutritional value, it is necessary for maintaining a healthy bowel and removing toxic waste in the colon.

The juice of the vegetable is like the blood of the body containing all necessary elements that build, cleanse and nourish.

When was the last time you sat down and ate a 5 lb. bag of carrots? Yet, in juicing 5 lb. of carrots, your body is able to assimilate phenomenal amounts of minerals, vitamins, trace minerals, complex simple sugars and deposit vital enzymes into your enzyme bank.

It is best to consume the juice as fresh as possible. However, if you are working while juice fasting, making juice three to four times per day is impossible. Juice can be made in the morning and stored in a thermos. Although the juice will have a lower enzyme content, vitamins and minerals will be present, supplying the body with the nutrients needed for healing.

The charismatic carrot is the favorite among vegetables for juicing. They sweeten vegetable juice combinations, adding beta-carotene and are cheap and easy to juice. You can add a variety of other juices to carrot juice. Beets and lemons really spice up carrot juice. Celery, red pepper, cucumber, apple, and cider vinegar will add more nutrients and enhance flavor. After experimenting with various mixtures, you will find blends to activate your 9,000 taste buds.
Chapter 14

FRUIT AND VEGETABLE JUICE RECIPES

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**Jogger’s Paradise**

3 oranges
2 hard pears
1 small yam

Here is a muscle-blasting, power-pushing juice for joggers. Juice fasters often experience periods of phenomenal strength and endurance. Clean blood, clean muscles, and enzyme-rich, nutrient-packed, fuel make for intense aerobic activity. Water fasting usually requires rest, but not so with juice fasting. Look out! You can clean your house, run and lift weights with the best of them. Many elderly fasters such as Ehret and Bragg performed extraordinary feats of endurance while fasting. Try this juice out on a five-mile jog. Add a little crushed ice and let your taste buds sing. Sip slowly.

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**Flying Orange**

2 pears
3 pink grapefruit
1 sweet potato

A delicious alcohol free party pleaser that will blow both socks off. Ask the host if you can take your juicer to the party. Enjoy an enzyme high without a nasty hangover. It may be more expensive than beer, but who wants to drink yeast excrement (alcohol) anyway? Cut loose with the joy of the Spirit. And when all those social drinkers are drinking to numb the conscious, yours will be free and clear.
**A Taste of Heaven**

2 carrots  
1 sweet potato  
2 apples  
thin slice of Spanish onion  
pinch dulse powder  

He renews our youth—to run and not grow weary. The Lord renews our strength so that we will mount up on wings like eagles. It’s time to let go and let God. To trust, and have hope. He is with you and will never forsake you. And joy shall flow from your heart, like a child.

**Athlete’s Super Fuel**

1/2 watermelon  
1 lemon  
5 oranges  
1 can frozen pineapple concentrate  

So you're just entered the iron man contest. No more couch baby-sitting for you. Heading for the threshold of endurance. Developing a discipline like iron that will keep you running with power toward that finish line. Fixed and resolute, yet flexible and gentle. Driven and focused, yet child-like and joyful. Strong, yet dependent on God. Ready those muscles for training. Stir the soul. Be ready for action like a soldier awaits a command.

**Fantastic Fertility**

3 hard pears  
1 cantaloupe  
1 sweet potato  

A delightful surprise to both men and women is the increased vitality of their sexual organs. Juice fasting cleanses all the organs and when bathed in healing nutritious juices, those organs become ready and vigorous for the function they were intended.
God made sex to be enjoyed, giving fulfillment to the sacred bond of marriage. Marriage it is a holy act and pleasing to God. Juice fasting can bring back the long forgotten sparks. After an exciting night one woman responded to her 65-year-old husband “Honey you should fast more often!” When a husband and wife filled with God's love, passionately display selfless affection, there is great contentment.

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**Citrus Slurp**

1 grapefruit
1 orange

Citrus juice made from a hand citrus juicer and a centrifugal force juice extractor can be quite different. The electric juice extractor produces a thick frothy juice, which is more tart. The quality and the nutritional value of the two are similar so it is only a matter of preference.

This is an awesome waker-upper and is healthier than coffee. It may take a little more time to make, but you will gain time because of the sharp mind that you will have in whatever you do.

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**The Hyper House Cleaner**

2 yams
1 beet
1 slice Spanish onion
2 lemons
1 celery
slice of ginger

So you're ready to clean house. To scale the Mount Everest of dust and garbage. To enter the black hole of the basement. To chop a jungle trail through the kid's bedroom. To reach into crevices too horrid to imagine. Yes, you need juice. Not just plain juice, but hyper-housedcleaner juice. More powerful than a janitor in a drum. More thorough than Mr. Clean. Able to leap kid's toy's in a single bound. Polish up those cleaning utensils and get ready for an aerobic house-cleaning workout.
**Pineapple Piper**

- 1 pineapple
- 1 sweet potato
- 4 oranges

This juice is like music to your cells. Let this amazing juice parade down to belly to the applause of 9000 taste buds. If a juice can make us feel this good, what will the glory of entering heaven be like. All of heaven rising to its feet as you enter, tired, worn, and weary yet filled with joy. The finish line. The reward and all of heaven stands to their feet. They are chanting something softly growing louder to a cheer. It is your name. You may even get a standing ovation.

**Race Runner**

- 1 lemon
- 2 radish
- 1 beet
- 1 slice Spanish onion
- 2 sweet potato
- 1 celery
- 2 Tbs. cider vinegar

So you've made the decision to run the race of heaven. To give it your all. To live without needs or wants. To be a servant. To deny self. To live in the spirit of peace, kindness, hope and joy. To war against spiritual realms, praying always. To stilling the storms of the soul through trusting in God. To be willing to suffer. Then, here is the juice for you. Make it in the morning just before a brisk walk of discipline. Make it a walk of war against doubt, fear, worry, lazy thinking, role-playing and frustration. As you walk, adjust the face of your soul so that it shines with peace, love and joy. And do it with all your power and might.
**Red Ice**

1 beet  
1 sweet potato  
2 apples  
1 lemon  
1 tomato  
thin slice of Spanish onion  
1 garlic clove  
1/2 can of frozen apple concentrate

Crush ice or blend with water till slush. Add juice and get ready to chill out. Cool down those forces of frustration. Be at peace in the storm. This drink is made to refresh your cells like the Spirit is made to refresh your soul. Sit back and consider your blessings. Look at what is within. You are kind, loving, encouraging, full of hope and at peace. A sign that God is at work within.

**The Pain Remover**

1 lemon  
1 orange  
3 hard pears  
3 apples

Bruises, aches and sprains can be irritated by a toxic bloodstream and a high-protein diet. But a low-protein, natural diet, lessens irritation and reduces inflammation. Not only does this juice taste delightful, it assists in the healing process. Adam and Eve never woke up stiff with arthritis. Perfect food sustaining perfect bodies. It is our heritage to be healthy and pain free.

**The Brain Stimulator**

1 oranges  
1 hard pears  
1 yam  
1 grapefruit  
1 apple
Scientists have determined that we use only 10 percent of the brain. Living on coffee and donuts reduces that percentage to 2 percent. Here is a juice to stimulate all of that unused percentage back into activity. For this juice to be effective, you need a five-day juice fast to clear the coffee, donut and junk food residues out of the bloodstream. Once clear, this wide-spectrum, nutrient-rich juice will stir the brain into super-activity. Better memory, sharper thinking and good study techniques are the tools for great marks. No more morning brain fog. Now you can leap out of bed to study while brushing your teeth and preparing for the day.

**Super Duper Spicy Tomato**

- 3 ripe tomatoes
- 1/2 green or red pepper
- 1 celery stock
- 1 apple
- 1 Tbs. Good Tasting Yeast
- 1/2 tsp. onion powder
- 1/2 Tsp. garlic powder
- 1 tsp. Worcestershire
- pinch of freshly ground black pepper
- 3 drops Louisiana Hot Sauce (optional for the real man)

Do you enjoy bungi jumping? How about sky diving? If you have an adventurous personality, then this is the perfect juice for you. When you are fasting, drinking this juice may make you feel like you have just eaten a large pizza. If you are on a cleansing fast, eliminate the good tasting yeast.

**Fabulous Fennel**

- 1 fennel bulb
- 1/2 beet with greens
- 2 apples

If you enjoy the taste of licorice, you will love fennel. This unusual vegetable looks like fat celery with feathers. Fennel
helps your eyes to increase in sensitivity, overcoming night blindness. Some have found fennel juice good for relieving migraine headaches.

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**Garlic Breath Delight**

2 tomatoes  
2 apples  
1 clove of garlic  
sprig of parsley

This bacteria buster means business. Garlic reduces blood pressure, helps with the problem of blood clotting, lowering the LDL which increases bad cholesterol. Garlic boosts the immune system and encourages the recovery of heart attack victims. Garlic contains allicin which inhibits bacterial growth and fungus, helping with yeast over-growths, and useful in treating candida. Garlic increases the flow of digestive enzymes and encourages detoxification through the skin. The addition of parsley helps in combating the unpleasant odor of garlic. This juice is worth losing a few friends over.

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**The Cancer Killer**

1 beet  
1 carrot  
1 celery stick  
1/2 potato  
1 radish

Rudolf Breuss's, anticancer mixture has helped thousands of suffering people. This juice blend, during fasting, exerts a death blow on cancer. This was attested by over 24,000 patients who wrote him describing relief from their diseases. His patients were given small amounts of this juice over 42 days. A tea composed of nettle, St. John's wart, marigold, artemisi and monarda was also given. By "starving out" the cancer, Rudolf Breuss reported a 96% success rate for the thousands of patients he treated over 30 years of practice. (Rudolf Breuss died in 1989 at 93 years of
age.)
Its composition is: 55% beet root, 20% celery root, 20% carrot, 3% potato, 2% radish.

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**Apple-berry Better Bladder**

2 apples
1 1/4 cups of cranberries

Cranberry juice is a powerful healing tonic, filled with quinine which changes to hippuric acid in the liver. Hippuric acid is able to assist in the removal of purines, uric acid, urea and toxic build-up in the prostate gland, testicles, kidneys and bladder. An excellent preventative juice for North American men who are battling the increased risk of prostate cancer. It is a wonderful defense against yeast infections for women. Cut apples into wedges, seeds and all.

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**The Niagara Falls Cleanser**

1 wedge watermelon
1/2 lb. red grapes

Watermelon rind has chlorophyll, vitamin A, protein, potassium, zinc, iodine, nucleic acids and enzymes which aid digestion. Ninety-five percent of the nutritional content in watermelon is in the rind. The seeds may be a little noisy but are harmless to the juicer.

You may be curious about the name. When you put a sloppy wet piece of watermelon in the juicer it comes out like Niagara Falls. Because watermelon is a great diuretic, your kidneys and bladder will experience a honeymoon of youthful health.

If you are short on money, watermelon juice is the ticket. You can add just about anything to watermelon juice, so again, we encourage you to have some fun.
Tom's Favorite

one cantaloupe
5 ice cubes
2 Tbs. of Sucanat
dash of cinnamon

Juice the cantaloupe and blend with Sucanat, cinnamon and ice cubes.

This has become our favorite drink. Stunningly refreshing and full of flavor. Has more than 15,000 I.U. of vitamin A and over three times the vitamin C content of an apple. It also contains myoinositol, a lipid which helps with anxiety, insomnia and in battling hardening of the arteries. It also contains the greatest amount of digestive enzymes. Melons are recommended by the American Cancer Society as powerful agents in the fight against intestinal and skin cancer. Cantaloupe contains approximately 100 calories, yet it is dense in nutrients. This makes melon a perfect food for healing and weight loss. Delicious, filling and low in calories.
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