

The Six Day Inner Cleanse - A Vegetable and Fruit Feast!

Vannette Keast Health Consulting Ltd. - <http://www.vannette.ca/>

For six days you will be filling your body with nature's life-giving foods! Live fruits and vegetables contain precious vitamins and minerals that cleanse, flush, detoxify and revitalize every cell of your body. The benefits of this diet are varied and many!

What to Expect:

The first day or so you may feel slight discomfort from the change of your regular routine of eating. This is completely normal. About the 3rd day the kidneys and bowels will begin to move freely - this happens when toxins begin to be released & pass as your digestive system moves more freely. Minor symptoms of mild constipation, headache, nausea, gas and aches and pains are normal and can be expected. Know that there will be days when you will need more sleep and that your sleep pattern may change. Be patient and do all you can to go with the flow of what your body and energy tells you is required. For example, if you feel exhausted & need a nap at 5pm or at noon? Go for it! You may be surprised to wake from a deep sleep/nap and then go on to sleep soundly for 8 hours that night too.

About the 5th day, most people feel:

- 1) a surge of energy or more calm and/or balance,
- 2) complexion improves in tone and colour,
- 3) thoughts and brain function improve,
- 4) a dramatic improvement in general health. By the 6th day, you may even feel so well that you choose to extend the duration or that you might wish to incorporate some of the meal ideas into a new regular daily regime.

What to Do:

- **Mark the start and finish of your cleanse on your calendar (6 days)**
- **Make the vegetable broth daily. Use fresh organic produce, as much as possible:**
 - Take 7-10 medium carrots, a large onion and 3 stocks of celery- chop fine. Place in 2 quarts of water and slow or gentle boil for 15 minutes. Add the following greens, that have been chopped fine: a large handful of spinach and 3 large leafs of swiss chard. Slow boil for an additional 5 minutes and then simmer for another 10 minutes. Let stand and cool slightly.
 - In blender, puree 4-6 red ripe tomatoes and handful bunch of parsley or cilantro. Once the broth is cooled somewhat, combine the two liquids.
 - Flavour to your liking with: sea salt, onion or celery salt, cayenne, chilli spice &/ organic tomato juice. The above makes about a 1 day supply per person. It can be enjoyed hot or cold. You can make excess broth and store it in refrigerator.

(Important: Using organic fruits and vegetables is preferred because they do not contain the pesticides, chemicals, or hormones that lead to toxic upset of the body. Always thoroughly cleanse all produce with your choice of cleansing agents such as soaking in a water and vinegar solution.)

- **Organize yourself to follow the following protocol. Eat only the following in the specific quantities noted:**

BREAKFAST

- 15 min before you are ready to eat breakfast, squeeze the juice of a fresh lemon into medium glass of very warm water and drink it. Wait for 5 minutes.
- Grapefruit or other citrus juice - 8 ounces or more if desired.
- Cottage cheese or plain yogurt - 5 level Tablespoons.
- Fresh fruit - 1 half pound. You may eat more but be sure to eat at least 1/2 pound. You can eat a single type or a mix of many types. Most organic fruits and berries are excellent

NOTE: No bananas or avocados. No potatoes

BETWEEN BREAKFAST AND LUNCH

Consume as much broth (above), fruit and vegetable juices, as you can hold. A min of 8oz of plain pure water is suggested too. Eat a variety of raw vegetables and fruits. (The more you consume the more effective the cleansing. The minerals in the broth are very important)

LUNCH

- Vegetable broth- drink 2 cups during the meal.
- Salad - Make a chopped salad of fresh raw vegetables. Use a dressing of cold pressed organic olive oil or organic hemp oil, lemon juice and salt. Use at least 4 of the vegetables listed below:

(Artichokes, asparagus, beans, beets, brussel sprouts, cabbage, carrots, cauliflower, cilantro, cucumbers, celery, dandelions, endive, egg plant, fresh green corn, fresh green peas, garlic, green peppers and all colours of peppers, kale) kohlrabi, lettuce, okra, onions, parsley, parsnips, pumpkin, radishes, rutabagas, spinach, squash, swiss chard, tomatoes, turnips, (you may use the leaves and tops).

- Dessert - Fresh fruit Beverage
- 8 ounces glass of organic plain soy or rice milk

BETWEEN LUNCH AND DINNER

Drink all the fruit and vegetable juice, and prepared broth that you desire. Eat all of the fresh fruit and vegetables you want - the more the better.

DINNER

- Vegetable broth - drink 2 cups during the meal, more if desired. Cooked (very gently) vegetables
- select 2 or more of the vegetables from the list above and steam or stir-fry them. Serve with butter or ghee. (Do not over-cook them. The goal is to only heat the vegetables that they will retain their natural food value.)
- Bread - one slice of 100% rye, or a combo of ancient grains like kamut, spelt or sprouted 12 grain bread.
- White Fish or Salmon - cook by poaching, steaming or BBQ (see recipe ideas at bottom of page)
- Dessert - a) fresh fruit salad or any fresh fruit. b) baked apples (see recipe at bottom of last page.)

AFTER DINNER

If you feel hungry after dinner, eat fresh fruits and vegetables, and drink fruit and vegetable juices or prepared vegetable broth. Optional Tea - 1 cup of peppermint or chamomile or combo of those two.

Reminder: This Inner Cleanse is a purge & cellular flush that comes from the vitamins and minerals and healthy ingredients in the foods included in this protocol. Please be sure to eat plenty. It is important to always be satisfying yourself with the accepted foods listed above

Feast, feast, feast! This is not a fast!

CONGRATULATIONS

Recipes

Baked Apples

1. Heat your oven to 350 degrees
2. Core organic apples/s, ensuring to leave base not punctured, You Want to have fluids contain themselves within the apple, Place them in a coverable "corelle-type" dish.
3. Sprinkle generous amount of non-radiated cinnamon inside the apples. Be certain to get all over the entire chamber,
4. Add 1 teaspoon to 1 tablespoon organic butter to inside of chamber of the apples,
5. Place in oven and cook until very well cooked, approximately 45-60 minutes
6. When cooked, remove from oven and let cool for a short time,

For the purpose of this cleanse, it is lovely served with plain organic yogurt or without..

White Fish or salmon

1. Rinse fish in vinegar water. Pat dry
2. Cook in one of a number of ways. The following are two ideal:
 - a. BBQ - place on grill in uncovered heat-able glass or corelle- style heat-able dish, Season as you wish with salt and pepper. Lemon pepper & onion powder work well.
 - b. Poached - place between two layers of tin oil, Place the fish fillets on top of sliced onions & sliced whole lemon. Place another layer of onions and lemons on top. Season to personal enjoyment of salt & pepper. Bake in the oven until cooked.