

# Precision Natural Medicine

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## **Fresh Start Diet**

Duration: 7 days

This temporary eating program is designed to help take stress off of your digestive tract so as to provide an environment for proper healing and repairing of the digestive tract. It's important to make up a lot of VEGETABLE BROTH—see recipe on last page. Drink lots of this broth. It is full of minerals.

At the end of your “Fresh Start Program” please refer to the body of your report and implement those recommendations.

## **WHAT TO EXPECT FROM THE FRESH START PROGRAM**

The first day you may feel slight discomfort by having changed your regular mode of eating, but do not allow this to disturb you, for it is natural. About the 3<sup>rd</sup> or 4<sup>th</sup> day the bowels and kidneys will begin to move freely. As a result of this cleansing process, you may experience symptoms of headache, perhaps nausea, gas, and a few aches and pains. Do not be alarmed. These symptoms are quite natural and to be expected. About the 5<sup>th</sup> day you should start to feel a surge of energy.

When you start this program—STICK TO IT! Don't try it, fall off the horse, then quit. Get back on the horse and continue! Follow the instructions and you will be surprised at how refreshed you feel at the end of the process.

## **BREAKFAST FOR EACH OF THE SEVEN DAYS**

Fifteen minutes before you are ready to eat breakfast, squeeze the juice of a lemon in a medium glass of hot water and drink it.

### CARROT JUICE

8 ounces. You can take more if you desire, but be sure that you take 8 oz. at least.

### BOILED EGGS

2 hard-boiled eggs.

### FRESH FRUIT (north of the Mason-Dixon line: blueberries, strawberries, raspberries, etc.)

One-half pound. You may eat more, but be sure to eat at least ½ pound. You can eat only one kind of FRUIT or you may mix.

Between breakfast and lunch you should drink all the VEGETABLE BROTH you can hold (see recipe on page 2). Also eat fresh, raw vegetables and FRUIT **The more of these that you take in, the more thorough will be the cleansing.**

## LUNCH FOR EACH OF THE SEVEN DAYS

### VEGETABLE BROTH

Drink two cups during the meal.

### SALAD

Make a chopped salad of fresh raw vegetables. Use a dressing of oil, lemon juice, vinegar and salt. Eat at least EIGHT LEVEL TABLESPOONS or more if you desire. Use four of the vegetables listed below.

**Artichokes, Asparagus, Beans, Beets, Broccoli, Brussel Sprouts, Cabbage, Carrots, Cauliflower, Cucumbers, Celery, Endive, Egg Plant, Fresh Green Peas, Green Peppers, Kale, Lettuce, Okra, Onions, Parsley, Parsnips, Pumpkin, Radishes, Rutabagas, Spinach, Squash, Swiss Chard, Tomatoes, Turnips.**

### DESSERT

Fresh FRUIT (North of the Mason-Dixon Line: blueberries, strawberries, raspberries, etc.)

Between lunch and dinner, drink all the vegetable broth your desire. Eat all the fresh FRUIT and vegetables you want. Drink lots of broth.

## DINNER FOR EACH OF THE SEVEN DAYS

### VEGETABLE BROTH

Drink 2 cups during the meal, more if you desire.

### COOKED VEGETABLES

Select 2 or 3 of the different kinds listed above and sauté' them with olive oil. Eat a generous helping of each. (NO POTATOES).

### BREAD

I would rather you do NOT eat any bread, however if you must: One medium slice WHOLE GRAIN BREAD with Earth Balance Spread or Coconut Butter (optional) - No Butter.

### DESSERT

Fresh FRUIT (North of the Mason-Dixon Line: blueberries, strawberries, raspberries, etc.)

If you feel hungry after dinner, eat fresh FRUITs and vegetables and drink vegetable broth or water—**all you want!**

## RECIPE FOR VEGETABLE BROTH

Take 7 carrots and 1 small bunch of celery and cut fine. Place in 2 quarts hot water and boil for 15 minutes. Add 1/3 bunch of parsley and a large handful of fresh spinach, cut fine. Boil 10 minutes more. Drain off the broth. Flavor with a pinch of salt, okra, tomatoes, green peppers or garlic. Mix with one quart of organic vegetable juice of your choice or V8 juice (low sodium).

The above recipe makes about one day's supply. You can make more if you desire and place in refrigerator. It can be used hot or cold.

The purpose of this broth is to provide an easy venue for concentrated nutrition and cleansing. Drink lots of it during the seven days. It is full of minerals from the vegetables.