

# CLEANSING FAST

## Fruits

Eat one type at a time as per the chart below or combine according to SEED TYPE:

STONE Peach, nectarine, apricot, cherry  
CITRUS Orange, grapefruit, lemon, lime  
CORE Apple, pear  
MELON Cantaloupe, honeydew, watermelon, casaba

<u>ACID</u>	<u>SUB ACID</u>	<u>SWEET</u>
PINEAPPLE	APRICOT	BANNANA
STRAWBERRY	FIG	RAISINS
GRAPEFRUIT	APPLE	DATE
PLUMB	BERRIES	DRIED FRUIT
ORANGE	MANGO	
PRUNES	PEACH	
LEMON		

MELONS  
EAT MELONS ALONE

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## THE PLAN:

The night before you begin, drink 16 ounces of pure prune juice or Welch's 100% Concord Grape juice before going to bed (you can take several hours to do this).

### DAYS 1 & 2 Fresh Fruit only.

These can be eaten raw and cooked. Use dried fruit sparingly. Eat a variety, not just your favorites

### DAYS 3 & 4 Fresh fruit and steamed veggies.

When it comes to vegetables, greens and variety are the best for this plan. Make a big green salad with several other raw veggies like carrots, tomatoes, celery, bell peppers, etc. Avoid potatoes and corn during this week. Eat only fruit or only vegetables at each meal.

### DAYS 5 & 6 Fresh fruit, steamed veggies and whole grain brown rice. Eat rice and steamed veggies as a meal, starting with a green salad.

## THROUGHOUT THE CLEANSE:

BEVERAGES: spring water, hot water with lemon, broth from steamed veggies, juices diluted 3:1 with spring water.

DRINK UP TO 1/2 HOUR BEFORE EATING; WAIT 1/2 HOUR AFTER EATING BEFORE RESUMING BEVERAGES

EAT ONLY FRUIT (BY COMBINATION) OR ONLY VEGETABLES IN A MEAL. On Rice days, eat a green salad first.

YOU CAN PUT LEMON JUICE ON ANYTHING

DRY BRUSH SKIN

SWEAT DAILY, IF ONLY A LONG HOT SHOWER

MAKE TIME FOR WALKING & BREATHING

ENEMAS CAN BE USEFUL EVERY OTHER NIGHT, STARTING ON THE FIRST NIGHT. IN OPTIMAL HEALTH, ELIMINATION HAPPENS NATURALLY 20-30 MINUTES AFTER EVERY MEAL.



# You Can Become Less Toxic—STARTING TODAY!

**Begin following these steps to see amazing improvements in your general health.\***

**Decide to be healthy.** STOP doing what makes you sick and START doing what makes you well! Tell yourself, “I CHOOSE to be healthy and strong!”

**Start small.** Changing your eating habits does not have to be drastic! It isn't necessary to feel limited to a “diet”. Make simple changes at first and only the ones that you are comfortable with. The small successes inspire you to make more small changes when you are ready for them!

**Get support.** The more support you have, the more likely you are to stick with changes until you are self-motivated by your continued success. Our Detox Workshop provides support and a healing atmosphere. Family and friends who are willing to make these changes with you are also a great source of support.

**Begin to eliminate external toxins from your life and STOP taking more toxins into your body** through chemically laden personal and household products. Become familiar with the common toxins that are found in our every day personal care and household products. We have a list on our website—just go to [www.HealingTouchTherapies.com](http://www.HealingTouchTherapies.com). Product claims of “organic” do not guarantee that products are toxin free! Purchase products such as VivaTru™ that are guaranteed free of toxins (see more information on our website.) Choose organic foods whenever possible. Eat less animal meats and switch to brands that guarantee hormone and pesticide free meats.

**STOP self-sabotage** with low carb, high protein diets that don't give you the fiber you need to scrub your intestines and colon and clean.

**START eating fiber rich foods** such as fresh fruits and vegetables. The less a food is processed and the more natural state you can eat it in is best.

**Find out what your FOOD TRIGGERS are.** We have an easy and affordable assessment tool that will let you know if there are foods that keep you from great health! See information about VivaTouch™ on our website.

**Start a detoxification program that will restore your body's systems back to a natural, healthy state.** There are many good programs out there! Two of our amazing products are: A liver-loving One Day Detox Program and the Isagenix Cleansing and Fat Burning System—an excellent cleansing system geared toward more rapid weight reduction. Try our free Cleansing Fast on the other side of this page. Many other beneficial programs are available. Give us a call—we are happy to discuss which options would be most comfortable for you!

**Keep your body's pH balanced.** We have several high quality products, such as Himalayan Crystal Salt and bentonite clay. Visit our website for more details.

[www.HealingTouchTherapies.com](http://www.HealingTouchTherapies.com)

(512) 388-2243

*\*Length of time for noticeable improvement varies with individuals and depends on how many new habits are incorporated into your lifestyle. **Employees of Healing Touch Therapies are NOT licensed physicians.** The information provided by Healing Touch Therapies' website or employees is not a substitute for professional medi-*