

## THE FIRST STEP (A) Days 1 - 5

### PRE – CLEANSE STEPS

#### Kidneys / Colon / Parasites

##### **Kidneys / Pancreas Cleanse (1 bottle every 6 months)**

You start first with the Kidneys and what works for the kidneys also works for the Pancreas, Adrenal Glands, Prostrate and all the acidic crystals accumulated in the body that results in lumps on the bones, gout, etc. **“IF”** you kidneys are clogged and you attempt cleansing and restoration using any means possible, your method will fail. With our good Kidney Function, the blood will forever have problems with acids and waste. Luckily, the best herbs used by humans, are the class used for Kidneys. Our formula is a blend of the best I have read of and all my formulas naturally; I will say are the best, for the simple fact; If I ever here of an herb for formula that works GREAT, I naturally am going to obtain and make those herbs part of my formulas. I have those desires and ability to “change” while commercial sources only need make a “sellable” product. While I want the best I can make, if you know of an herb of any kind that works great for any condition, please tell me and I will check it out and if I see it is a wise choice, you will see that herb added to the proper formulas.

Ideally you use the Kidney Herbs day on of all “cleanses” and you can use these herbs for a week in advance or with other formulas. With what we make, most of the formulas can be started on day one! If not, then I will make mention of it. Please keep in mind, all use of herbs are self-experimentation unless you are prescribed by a medical doctor that has diagnosed and prescribed herbs while under his / her supervision. Such medical doctors are very rare to find and almost always use commercial made “standardized” herbs which are very close to be a drug like made product. In general I suggest 1 teaspoon of **Kidney / Pancreas Cleanse** tincture every day until the 8 ounce bottle is empty and to do this every 6 months if desired. The absolute best time to take is before bedtime so the herbs are in the system all night, otherwise people take this formula anytime of the day and a few take larger doses or fewer yet take a teaspoon every day for life as prevention. The most I have ever heard is 1 teaspoon very hour for a total of 8 per day. There are no set standards for herbal doses, the best you can do is start slow and determine what is best for your situation. We have one customer that buys one bottle every year and her dose is to suck on a tooth pick that was soaked in the **Kidney / Pancreas Cleanse** tincture and 1 bottle should last a full year at that dose. Note, the best prevention for Kidney Health is to avoid all forms of inorganic minerals, water being the largest natural source and vitamins, commercial drinks, etc. being none natural sources. People, who are serious about their health, use their water distiller daily for life.

##### **Colon Cleanse (1 large bottle started day one)**

Once the Kidneys are functioning well they will naturally remove more waste from the blood stream and this can reduce or eliminate all the acidic diseases such as gout, bone spurs, etc. if the Kidneys are restored to proper function over time. The intestines / colon being the primary elimination organs, they are seen as responsible for up to 85% of all illness and naturally the most over worked of all elimination organs. Enemas, colonics are not “natural” and only suited for the elderly that have lost their elimination organ’s functions or for specific conditions as a “treatment”. Herbs are of a great help to aid in the restoration of colon function and these herbs aid the stomach, liver, and gallbladder, etc. The most famous and oldest herbal capsule formula in herbal history coming from Germany has been called **Lower Bowel Balance**. This was the first herbal powder formula I ever made and the only formula I have taken from day one and will take the rest of my life. As a first cleanse, Dr. Christopher who made this formula famous in America and further perfected it, suggested taking this formula daily for 9 months and then take as needed for life. In early experience Dr. Christopher used this type of formula for new born babies that were born with defective colon function and he believed it to be a very safe “herbal” food. Under normal circumstances the formula should not need to be used for children and milder liquid formulas more suited for children use. For adults 8 capsules daily for 9 months is a good cleanse dose. At this dose various cleansing results may be experienced. Diarrhea is the greatest sign of “constipation” and the **Lower**

**Bowel Balance** is not a “Laxative” formula, but depending on the health and condition of the Colon; diarrhea can be a temporary result. If the health of the stomach is poor, you may feel the small amount of cayenne in this formula when taken on an empty stomach and to avoid this; simply take the capsules with your meals. Ideally always take 1-2 capsules with all poor meals or heavy meat meals. After 9 months of use, determine daily how many capsules are needed and eventually 1 bottle per year is enough to keep the colon functioning well, unless an all natural fruit diet has been used and in that case 1 bottle should last 10 years or more.

### **Parasite Cleanse**

Parasites are well covered in these newsletters and I have one of the best medical written old parasite books ever written on our website and there are many books written on parasites available from medical sources and herbal sources for those that seek to study parasites. I seem to be the only one seeking to make the best adult de-wormer formulas and de-wormer sprays for the skin, etc. while most all commercial sources are just copying Christopher / Schulze / Clark who have all failed to find a solution in their lifetime. All I can suggest is what ever method you choose to aid your life with de-worming is that you do something every day of your life, because parasites are always there, always eating, always the cause of ill health. Using our products would go like this as a general suggestion:

**P / W** – 1 tablespoon morning and night for 30 days, then at least 1 tablespoon weekly for life. Some people have suggested taking daily for 9 months.

**P / W A** – adults only, 1 tablespoon morning and night for 30 days, then at least 1 tablespoon weekly for life.

**P / W Spray** - The only product of its kind on earth, exclusively created by us and ideal to use daily anywhere on the body, especially the joints and anywhere that hurts.

**P / W Elimination Capsules (A)** – The greatest herbal combination capsule ever created that addresses parasites, colon health, heart health, kidney health, liver health, prostate health, mineral supplementation, and health in general for self-experimenting adults only. Ideally taken daily for life as the greatest “preventive” supplementation possible in a simple to take capsule. My **opinion** is every man on the planet should be taking this for life and great for all *none pregnant* and *none nursing* women.

**P / W Elimination (B)** – Liquid 4 ounce dropper bottle is designed to be taken with the capsules as a complete kit using the most powerful anti-parasite herbs from around the globe as my best solution for lymes, syphilis and every possible worm / infection on the planet that herbs can be a help. This formula packs a punch taste wise and for self-experimenting adults only! Ideally taking drops or 1 dropper per dose as desired. The capsules are a daily de-wormer where this formula could be used for a 30 day period and then as desired as long as the capsules were being used daily. **A & B** is the most complete adult herbal supplementation ever created and a result of many years making herbal products for myself and family.

**P / W Elimination (C)** – This is the B formula with almost 50% powerful Garlic extracts and Garlic essential oils that will knock your socks off taste wise and the best possible anti-parasite liquid I can make for general adult use. Can be taken a few drops by mouth at a time per dose as desired.

**Air Freshen** – is a standard essential oil formula to be used in the air while we sleep. We all use 1 dropper per machine in each bedroom every night of our lives. Our air enters our lungs and is carried by our blood to every cell in the entire body and best while we sleep as our body always “cleanses” while we are sleeping. We have settled down on 2 different machines to apply these formulas. One machine cleans the dust out of the air as it spreads the herbs through the entire house. This machine has several purposes and holds 1 gallon of distilled water, its only draw back is that it is very noisy and most people

refuse to make proper use of it because of the noise. This caused us to keep searching and settled down on a smaller machine that holds about a quart of distilled water and still removes dust from the air, but on a very small scale, the advantage is it only makes a small amount of noise, similar to that of a fish tank air pump and even has a night light built in that can be turned on or off and everyone seems to love this device, so they will use it, which is the main goal and it distributes the herbs into every breathe we take and in my opinion, the greatest all purpose method for the entire family that can change our entire health with no efforts and best of all, no complaints! I suggest every human on the planet to use 1 dropper or more as desired in either machine, every night while they sleep. Would be great used in a sick room 24 hours a day as a treatment for any situation for young and elderly alike.

**Air Freshen Garlic**- same as Air Freshen with powerful garlic added. If I had a terrible health situation of any kind, I would choose to add garlic to my solution. Naturally most people do not like the smell of garlic, but garlic is one of the oldest medical herbs in history.

All of our herbal products have anti-parasite qualities, we believe parasites to be the major problem in human health and you can see by our P / W formulas, no one else takes parasites as seriously as we do! I believe we are the only ones making “real” anti-parasite herbal formulas. **We give these same herbs to our beef cows, our pets and I bath in them nightly and we all breathe them in our air nightly.** I believe we are the only people on the planet that has beef cows that are raised every day of their life with a powerful herbal de-wormer that the cows have no problem taking and never would we use any commercial product for these cows; never a drug, a shot, a vaccine, etc. We give them such powerful / spicy herbs that we call them “Mexican” Hot Tamales! Their drinking water is so hot / spicy no human could stand to drink such water, while these cows have been raised on these herb and love them. I suggest every horse should be treated the same from conception through out its entire life and should live 50 years old if it is drug free and fed properly.

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The above 3 steps can all be started **Day 1 - Kidneys / Colon / Parasites!** The elimination organs must be functioning properly to make sure all the waste goes down the toilet where it belongs. Those that have any skin issues simply means their internal elimination organs are struggling and their external organ, their skin has been forced to over work and expel waste directly up and out the skin. Those that “**ignore**” helping their internal elimination organs, can have various results, such as throwing up, skin eruption, mucus in the lungs / sinus, head aches, etc. as their elimination channels can not flow properly and the drainage backs up.

The above cleanse would be called a **PRE – CLEANSE!** This alone could be a life changing event for many adults that are not in the best of health or a great herbal method for prevention by the wise ones. “IF” we humans lives the perfect life on the perfect diet, our weight would be perfect, our organs in great shape, but we would not be worm free and worms forever waiting for our immunity to drop and their numbers increase and the main reason for death for all mammals. This is why herbal use dates clear back to biblical times and ancient times known as the “spice” trade or medical trade of herbs for human health. In current times most of living far too north and adapting to every sort of food and people traveling world wide we today can have any assortment of the known 20,000+ different varieties of parasites, not to mention that virtually every mammal / pet and biting bugs of all kinds have or can be carries of what has been called syphilis or lymes for the past 300 years world wide that has been increasing by spreading to so many different species of life, that some call this the great plague. The above steps is **the minimum** I suggest for all serious adults based on our general diets and habits and most of all, our environment.

## THE NEXT STEP (B) Days 6 - 7

### Liver / Gallbladder

Once the elimination organs are flowing, the body is ready to purge the waste and attack the invaders living in the flesh and fluids. The past diet and habits would have determined how much waste and parasites there are within. Weight wise, those with thick necks, heavy chest, heavy arms and legs have more lymph gland damage that will be addressed with additional methods later. Those that are too thin can also have serious problems. Actually, those that are too thin, often have the hardest time reclaiming their health, because if you're ill and also thin, that simply means you have "less" to work with.

This next step starts with the **Liver / Gallbladder**. The liver normally is extremely over worked and always clogged up and because of this "waste" and the liver's ability to re-grow new cells rapidly, the Liver area is the **parasites lunch room**. From what I have read, it appears the liver must be at least 85% destroyed by the time a person can die, if not completely shut down. When liver problems become too great to endure, the first step most people do is have their gallbladder cut out and sadly, this results in un-repairable damage that makes this next step vitally important and to those with no gallbladder, they have to work every day of their life a little "better" if they want to compensate for this great loss of a most vital function of the liver and digestion of their foods.

The liver fills up with waste from the blood stream and when clogged, it shoves this waste up into the neck, the chest, the arms, the entire lymph gland system, which most people have come to learn as "FAT" or "weight". It is a fact, the strongest human of a height of 6 foot 5 inches tall, should not weigh more than 165 pounds. Everything beyond that weight is an "accumulation". Large muscles are never as strong as healthy slim / tight muscles. This simply means all humans should be below 165 pounds if they are healthy and just being thin does not mean they are healthy, because often those that are too thin are very unhealthy. It all has to do with "balance" and all out of balance means the elimination organs are struggling to keep up.

This waste is truly the lunch room for worms, the most common the human fluke worm and the sheep flukes, these 2 we can see with the human eye, while there may be thousands that are too small to see, such as the rabbit fluke worm. Since sheep have been all over America and rabbits are everywhere, these 3 fluke worms are very dominant. All humans are said to be loaded with tape worm stages, all have pin worms to some degree and the closer you live with animals / pets of any kind, only doubles your chances of all sharing the same worms. For example, a worm common to the horse can find its way into the human brain and cause head aches, same as the tape worms seek to make the brain their home. Of all the places worms can live / hide in the human body, it is the liver that can allow us to **see them!** We can do this by "flushing" them out and collecting them if so desired to see who has been eating us! The Liver Flush will give a good "example" of our parasite load that are large enough to see with the eye or if you have a cheap microscope you can take a drop of the water from a liver flush and see thousands of parasite eggs or small swimming parasites. I see no use in identifying these unlimited varieties of worms and just find satisfaction in that we can kill them, flush them out and best of all, prevent them from returning!

Because so many worms can live in the liver, it is essential to do at least 5 days of the above PRE CLEANSE. If you fail to kill these worms for at least 5 days and fail to help the colon eliminate the waste, when you go to flush your liver, you could have a terrible experience like a clogged pipe that refuses to come unclogged, which can end up in throwing up through out the night instead of putting the waste / parasites down the toilet. The worms must be wounded or dead so they can be flushed out of the flesh of the Liver.

## Liver Flush

Pre-Cleanse for a minimum of 5 days.

Day 1, eat a good non fat, none stimulating breakfast. This means no meat, no fat, no butter, no milk; basically nothing from an animal source. Do not mix vegetables with fruits, pick one or the other to eat and or drink and drink as much water as desired. Repeat this for lunch and you can eat and drink up till 2 pm. At 2 pm take a large glass of water or juice and then you are done drinking and eating for the rest of this day. At 2 pm take 4 tablespoons of Epsom's Salts and mix with 3 cups of water and put in the refrigerator to get cold. (It tastes better cold). 4 hours before your normal bedtime, drink  $\frac{1}{4}$  of your Epsom's Salts water, then 2 hours before your bedtime, drink  $\frac{1}{4}$  more. 15 minutes before bedtime, juice and strain 2 pink grapefruits and pour into a normal 1 quart canning jar. Then pour in 4 ounces of cold pressed olive oil (Adding 1 drop oregano oil is a good option) and add enough water to make the jar at least  $\frac{1}{2}$  full. Put on the lid and shake very good as the oil and water naturally are not going to stay mixed very easy. Have your bed ready and prepared to get into bed directly after drinking this  $\frac{1}{2}$  quart of mixture. Ideally go to sleep as fast as possible and lay on your left side or your back. As an option, you can take as many of the **Sleep Eze** herbal capsules or liquid all evening during this process and at bedtime to aid in relaxation, because the more you can relax, the better your flush results. Once you start your Epsom's salts your work is done for that day, you must "relax" and prepare your self to expel the waste from your liver. If you must have something after 2 pm, you may drink water. Your breakfast and lunch should be vegetables or fruits, no butter, seasonings, salts, pepper, etc....keep it simple and you must eat. The biggest mistake people make with a liver flush is to skip eating.

The only people I ever seen have a bad experience while liver flushing are those that did "chelation" that clogs the liver badly and those that are too nervous and their nerves make them throw up in the middle of the night. Those that follow the simple instructions always have success that changes their life for the rest of their life. Once in bed, what stones and worms that are going to come out of your liver will come out in the first 15 minutes, try you best to stay in bed and sleep until morning. In the morning, usually anytime after 6 am, take your 1/3 dose of Epsom's salts solution, then wait 2 hours and take your last dose. Your first liver flush is over. Ideally you stay close to the toilet from morning till about noon; hopefully by noon you will be done passing the waste out of your colon.

Ideally you will have passed many green stones, parasites, waste down and out of your liver. Try to go to the bathroom often the night before so there is little to no common waste blocking the liver. You will have diarrhea hopefully for 2-4 hours each morning of a Liver Flush, this is how the flush flushes the stones down and out. "IF" you seen no stones, no waste being expelled, then you could have a very blocked gallbladder and most likely been blocked for many years if not most of your adult life in my opinion. In that case, I suggest repeating the flush steps in 3 days and often a super large gallstone will emerge and a handful of liver stones will follow.

Your 5 or more days of **Pre-Cleanse** is essential in that you know your colon is working, because during your **Pre-Cleanse** you should be having plenty of bowel movements. If your bowel function is terrible, then I suggest you stay on your **Pre-Cleanse** until you know your colon is working well. I know one man that was in his mid fifties that was over weight and has some mental issues from birth and would not spend a dime on herbs and he tried his own version of a liver flush and he called me and said he didn't go to the bathroom at all during the flush. I said this is impossible to drink that much Epsom's salts and not have diarrhea. I told his brother that cares for this man, that they should go to the hospital and get him checked out, because this man had a huge pot belly and laid around and ate and watched tv for years and he could have some serious colon problems. Once at the hospital, the examination showed he had colon cancer and over 18 inches of his colon was rotten and had broken open. This man survived the operation and refused their chemo and radiation and asked me how he could cure his cancer with out him buying any herbs, because he hates to send a dime on his health. I explained how to use the sun on his bare skin and a fruit juice diet and he not only cured his cancer, he lost his pot belly and turned very

brown all over as he learned to love the sunshine. That was at least 12 years ago and he is still alive drug and herbal free as he will not buy anything.

The **Pre-Cleanse is very important!** To do the Liver Flush correctly, it is suggested to repeat every 2 weeks until all stones and all chaff has been expelled from the liver. Suggest that if the **Pre-Cleanse** is used every day, that after 3-4 liver flushes the liver will be cleaned out and most everyone loses 10 pounds of weight out of their neck / chest area as the liver reverses this storage of mucus in the breast / chest and neck areas. Then it is suggested to repeat every 6 months or some people just do one flush every 30 days. The color and smell of your flush results can tell your health story. The more it smells, the less green the stones, the more you needed the flush. Those with cancers often smell so bad it will make you sick to smell it and their stones pale yellow/ white in color. I have known cancerous people to repeat this liver flush every 2 weeks for 6 months as their chosen method to undo the cancers that were a result of a lifetime of wrong diet.

Most people are more than satisfied after they learn to liver flush and return to normal life and use herbs like medicines and not prevention and will do a liver flush when they get sickly. This falls way short of restoring ones health and normally about 3% have the will to continue and improve their total health. For the 3%, I will continue this newsletter with more advanced methods.

### **Liver Cleanse (Lymph Glands) Arteries / Veins Cleanse**

Liver flushing cleanses your liver and gallbladder the day of the flush and once emptied of the worms and stones, the lymph glands quickly back flow and fill the liver up again and soon stones form and clog the gallbladder again. This is why so many have stated they have done several hundred liver flushes over the years and passed thousands of liver / gallstones. These people never take it to the next step, because they don't have books telling them to. At the time I was learning about parasites, stones and flushing I would try something and then do a liver flush to see how I was doing, judging my results based on how worm and stone free my liver flush results were. This is when I discovered that plant fats dissolve liver / gallbladder stones and if you take 1 ounce of plant fats daily for 21 days and then do a liver flush, there are no stones!

WOW! That sure beat doing a liver flush and as I learned, I learned this dated back to the 1940's as a medical method to remove gallstones and is still used to this day in German Hospitals. I further learned that the proper plant fats not only dissolves the liver stones, they also aid the liver in dissolving all of the old cholesterol out of the arteries, veins, heart, brain, nerves and this lead me to create our **Liver Cleanse Formula**. I have not done a liver flush ever since! The draw back is that to properly work, a human needs to take at least 1 tablespoon to 1 ounce daily for life for plant fats to help the entire body and I believe this is the cheapest method with the greatest benefits to over all health of all humans. Those that can't afford my formula, they can simply take any natural plant fat they desire and do it their way. My formula is a blend of the best plant fats, oil extracted herbs, essential oils and naturally oregano oil. I suggest this method for all humans past age 6, they can take their plant fats direct from the bottle or even spread them on their toast instead of using animal fat (butter). Often people pour the plant fats over their salads. I have read of some doctors in the past suggesting 1 ounce daily as prevention and 3 ounces daily as treatment for MS, so somewhere 1 tablespoon to 3 ounces daily is ideal to never have a clogged liver / body again.

### **My suggestion**

**Pre-Cleanse** 5 days, 1 liver flush, then a lifetime of liver cleanse. The one liver flush is to expel the large stones and worms as a jump start. For those that don't like the idea of doing a liver flush, then they can start day one with the **Pre-Cleanse** with their **Liver Cleanse**. What we call the **ALL "N" ONE** Kit was created for an elderly lady that wanted the fewest possible bottles and to just empty those bottles periodically and that way she didn't need to start studying human health in her eighties and just wanted to do the best she could using herbs. After making her this all n one kit, I figured that would be great for all

first timers or life timers. The kit involves other herbs for heart health, etc. but covers the **Pre-Cleanse** and **Liver Cleanse** well. The theory is a lifetime theory using a small dose of herbs every day as prevention. When more herbs are needed, this same kit can be doubled up or as much as needed to help the situation. The kit “simplifies” herbal use, “IF” the person is willing to make use of the kit properly and empty the kit every month, for the rest of their life. Here lies the problem, of the 3% willing to even use herbs for their daily health; even fewer yet are willing to take them every day for the rest of their life. Just like their water, they want to believe it is “free” in life as their good health should be “free” and no one wants to spend \$\$\$ daily on their health. For those that do, we try to make the best as simple as possible and for those that make their own herbal methods, that is great. For those that want to see their doctors regularly that is also their freedom to do so. For me, I choose prevention.

## **THE NEXT STEP (C) Day 7 No Food at this time! (14 days)** **Orange Juice “fasting”**

- **Note:** Orange juice means you juice an orange and “strain” it and throw away all the pulp. The purpose of the **Orange Juice “fasting”** is for the stomach to rebuild and this happens by not eating foods that need “digestion”, so we throw the pulp away or give it to someone else to eat. **Water** always means your own distilled water.

I have mentioned what I call BOOK I often. This author was the most successful medical doctor in North American history. He was originally a surgeon, but when he developed Bright’s disease, he knew he had to return to nature, because medical had no answers and he did not want to die. This is where I first read of **Orange Juice “fasting”**. This M.D. is what I call the civil war babies, and there were many great medical doctors of this same period that by 1890’s they were discovering some of the greatest advancements in human health and they all had one thing in common, they “returned” to nature, using foods, herbs, water, etc. for the cure. Book I author put down his surgical knife and all drugs when he cured himself using orange juice and food education. He opened a clinic where people came to stay for 14 days and using orange juice and daily education on food, he states he cured 63,000 patients from around the world and the patients never returned, because when they left, they were trained to become their own physicians and knew the cause of their diseases and the cure.

This doctor took in coma patients and stated he could bring them out of the coma in minutes using a salt flush that is also part of his orange juice method. This is the doctor that knew of a group of South American people that the men never die a natural death and at age 250 they look like young men. This doctor stated that of the 63,000 patients he had in this orange juice clinic, he never used his knife and cured them all and if he would have used his knife, he may have used it on 4-5 patients just to cut off access dead cancer tissue, but he proved to himself that the knife is never needed to restore human health and that all drugs are bad and all vaccines even worse. This M.D. protested the use of all vaccines to the United States government way back before any of us was born. His book changed my life, saved my life and as I found more of these old medical books from what I call the civil war babies, I learned from each one and chose to call the first one, BOOK ONE.

This was a M.D. and he had no education using herbs, so his orange juice method which went down in medical history as the cure for all known human diseases, was a drug free, surgical free, herb free method that cost less daily than normal diet does. This is why I have suggested Book I world wide to all poor and wealthy people alike and made the book free to all on our website. I spent \$800.00 years ago on a scanner that we cut apart this first original printed book and scanned each page and made into a computer file that people around the world could then read for free. When I did this, I soon was able to quit the lead factory after 29 years and my life changed for the better and we were able to make a living off of making herbal products. So Book I saved my life in more ways than one. I personally believe the use of herbs makes BOOK I 10x more successful and all so much “easier”, but for those with zero money to spend on herbs, what worked back 100 years ago, surely will work for them.

Many people today want to believe their sickness is “special”, the only thing that makes their sickness “unique” in my opinion is the assortment of drugs they have taken to treat it, otherwise human disease is “common”, we are all made alike.

I first suggest the **Pre-Cleanse** and then **1 Liver Flush** before **Orange Juice “fasting”** and I will tell you why. The first time **Orange Juice “fasting”** requires a 3 day salt flush in the mornings and when you do a **Liver Flush**, you already did 2 days of salt flushing, so your 2/3rds done! You can read the books and decide what is best for you and I will provide what I believe is best based on my experiences. It goes like this:

On the morning of your **Liver Flush**, after you have drank your last 2 doses of Epsom’s Salts water, experienced the diarrhea as the salts flushes down and out the liver stones / worms / waste, drink as much water as you desire that morning and do not eat any foods what so ever. The **Liver Flush** has washed your intestines clean of loose waste and the stomach emptied and read for a good **Orange Juice “fasting”**. I suggest this, starting at noon the day your stones flushed out, juice one orange into an 8 ounce glass and then fill that glass up with distilled water and drink with 1 **P / W Elimination** capsule. You may drink all the distilled water you desire from now on through the entire **Orange Juice “fasting”** and if you desire more orange juice that is fine. A strong “fast” uses less orange juice, while a good “fast” allows all the juice it takes to keep you from being hungry. I often juice up to 30 good size oranges in a day, but book perfect is 8 oranges per day drank 1 hour apart, and there are no set in gold methods, each person makes their own choices and accepts their results based on the amount of effort they put forth. As long as your taking 8 **P / W Elimination** capsules or 8 **Lower Bowel Capsules** daily through out the entire “fasting”, you should have no problems. If you fail to use these herbal formulas, you would need to follow the old medical rule of 1 cool 85 degree enema each night before bed and I consider the enema inferior to the herbal use for many reasons and do not suggest enemas for anyone except in emergency use.

### Day 8

The next morning after your first **Liver Flush** that you finished the day with your strained orange juice and water with your herbal capsules, you wake up and finish your **Salt Flush**. Since you drank Epsom’s salts 2 days for your **Liver Flush**, you have already done the first 2 days of a 3 day **Salt Flush**. If decided to not do a **Liver Flush** and went straight to the **Orange Juice “fasting”**, then you would do 3 mornings of **Salt Flushing** by drinking 1 large glass of water with a full tablespoon of Epsom’s Salts stirred in. The reason for this is to flush the mucus from the stomach walls, often of which covers ulcers or scar tissue from years of acidic diet. This is a Key to a successful **Orange Juice “fasting”** because as the ulcers heal, the hunger pains go away. Normally once the ulcers are healed and the stomach healed, you never need to do the **Salt Flush** again, but if **you fail** your **Orange Juice “fasting”** because of hunger then in theory, your ulcers more than you could stand and you went back to eating to stop their pains. Ulcers and fear are the two reasons people fail to “fast” properly, while those with no fears can easily do a 40 day **Orange Juice “fasting”** anytime of the year with no problems and once capable of doing this, they can stop eating for 2-3 days anytime needed with no problems, which is a very valuable lesson all adults should learn.

We never know when we might find our selves with no food for a few days. So **Day 8**, 1 tablespoon of Epsom’s Salts in a large glass of water first thing in the morning, then 8 oranges juiced into an 8 ounce glass filled with your distilled water, with a total of 8 herbal capsules for the colon function. You can have all the extra water you desire and all the extra orange juice you desire outside of these rules of 1 glass per hour, 8 per day. Otherwise you can take all the natural herbs you desire during this **Orange Juice “fasting”** as a method to supply the blood stream with ample natural plant based minerals to make the blood stream stronger! I suggest staying on your **Pre-Cleanse Herbs** or the **All “N” One** kit, through out the entire process and at least 9 months, if not for a lifetime depending on your goals.



### Days 7, 8, 9, 10, 11, 12, 13

The first 7 days of **Orange Juice “fasting”** your elimination organs are purging the current accumulated **“loose”** waste. You will be very successful doing this “IF” you did your first 3 days of **Salt Flushing** and took care of those ulcers and mucus in the stomach. If you failed to do this and skipped it, you may find your self struggling to not eat. Starting on your 7<sup>th</sup> day with no foods other than **“strained”** orange juice, you have reach day one of a true “fasting” experience. The biggest mistake people make, especially older people, is they ignore all the stuff they don’t like and just do it “their” way and they just juice and drink unstrained juice or even eat oranges every day and fail miserably; rarely getting past day 2 before they eat dinner again. Done properly, every adult of normal health can easily do a 40 day **Orange Juice “fasting”**. **“IF”** a person is **TOO THIN**, they can not go past this mark and will need extra herbal care and diet care which will be discussed later. During these first 7 days normally 1-2 pounds of waste is expelled, so if you did the **Liver Flush** and 7 days of **Orange Juice “fasting”**, I would expect up to 10 pounds of waste to be expelled by now. Doing at least 1 **Liver Flush** gives an enormous head start over all the past medical and herbal books that did “fasting” alone. Having an unclogged liver, working gallbladder, not to mention working kidneys while you’re doing an **Orange Juice “fasting”**, I would expect this approach using herbs to be at least 10 xs better than the old doctor’s methods using juice alone.

### Days 14, 15, 16, 17, 18, 19, 20

Continue each day with 8 oranges and 8 glasses with water 1 hour apart with all the extra water and extra orange juice you desire, even if you think you need to drink a gallon of extra orange juice in the evening for your supper, it will do no harm, **YOU CAN NOT STARVE** while doing an **Orange Juice “fasting”** for **14 days!** According to the author of Book I, the surgeon that went down in medical history as the only M.D. with the cure for all diseases, when you do a 14 day **Orange Juice “fasting”**, you have **5 x more Red Blood Cells** than you started with on average and the top three institutes in North America agreed, this was the cure, because these red blood cells seek out the disease and destroy it and carry off the waste as the flesh blood rebuilds a new body. This Dr. states that during the 14 day clinic stay, the patient received 14 days of food education and explanation of how the human body functions, which explains why all humans become ill and what the natural reversal of all diseases must be. With this 14 days of intensive food education, each patient was trained to become their own physician for the rest of their lives, never seeking an operation, a shot, a drug, a vitamin ever again, which not only saves your money, but your life far better than anything modern has ever been capable of doing in medicine. This is why I cut up my original rare copy of Book I, spent 3 weeks wages buying a scanner and making a website that I could offer this book for free to anyone in the world that wanted it. People world wide can choose he original herbal / drug / operation free method explained by the doctor or they can try my herbal methods if they so desire if they read what I write from my personal experiences.

The doctor explains that proper diet of eating real human foods and not wrong foods leads to excellent stomach health which means you never need to **Orange Juice “fasting”** again, unless you have eaten wrongly and clogged up the elimination organs once again. His theory was this, any morning you wake up and do not feel **“healthy”**, and then you simply stop what you were doing and do the first 3 days of the **Orange Juice “fasting”** and restore function to your elimination organs before you actually do become sickly again. So the choice to his 63,000 patients was this, do your 3-14 day **Orange Juice “fasting”** at your own home or go to someone else, because the clinic only taught **“the cure”** and you either chose to do it or not and if you chose not to, then the clinic had nothing more to offer those not willing to take care of them selves.



### Years ago I made this picture showing 24 oranges!

What does the above picture represent? The cheapest cure known to man kind! After you have corrected your elimination organs by doing a 14 day **Orange Juice “fasting”**, for the rest of your life, if you believed this doctor’s book, you do a **3 day Orange Juice “fast”**, 8 oranges x 3 days = 24 oranges as **The “Cure”**. Twelve nice oranges like these Honey Bells from Florida cost about 50 cents each and even if you had to pay \$24.00 for a 3 day **“correction”** for all illness, it should be well worth it and if parents lived this way, you can understand how this theory would lead to a disease free family and end up suffering as each new generation became stronger and stronger. Those that can afford using herbs with the orange juice cure, I believe will make a difference in their life better than ever before thought possible. I believe the Book I education on proper diet and understanding of human disease should be learned by every child before they leave school and start their own family.

### **Orange Juice “fasting” Advanced / Heart (21 days)** **Days 21, 22, 23, 24, 25, 26, 27**

My favorite of all authors was a baby doctor by trade in Toronto, Canada, you might recognize a bread company he created along time ago that still exist today called **Roman Meal** company. This Doctor watched his parents and his brothers all die of heart disease and in his late 60’s his heart was shot, his blood pressure was staying near 200 and he was passing out often and he knew he was dieing like his family had all died before him. Luckily he knew the doctor of what I call BOOK I and he decided to try the **Orange Juice “fasting”** and like most of us, he chose to do it **“his”** way! He chose the 1 orange per glass 8 xs daily that I described above, while the original Book I method was a very strict 1 strained of pint of orange juice with water daily for 14 days. This doctor had x-rays of his beaten worn our heart and knew his poor health record as his body had aged badly and he had already our lived longer than his parents and brothers had. His method changed his life and he took the 14 day **Orange Juice “fasting”** and turned it into a 21 day **Orange Juice “fasting”**. He proclaimed one fact; he took a new x-ray after his 21 day experience and stated he had a brand new heart and not just a “repaired” heart. He then self-experimented for 2 years rebuilding him a new body and then decided to obey nature better and he became stronger and stronger until he was considered a superman in his 70’s capable of doing things men 40+ years younger than him could barely do. He also wrote a few books of his experiences and I have as many as I could locate also in our website school folder education and I will explain later a few of his best methods.

I personally believe every “normal” health adult can easily and safely do a 21 day **Orange Juice “fasting”**, the only restriction I know of for “fasting” properly with orange juice and herbs is for the TOO THIN people. I have one very simple rule:

For every day of **Orange Juice “fasting”**, plan on loosing one pound of waste from your flesh. This means at the end of your 14 day **Orange Juice “fasting”**, plan on loosing **14 pounds** and at the end of a 21 day **Orange Juice “fasting”**, plan on loosing **21 pounds**.

- **Important:** To avoid losing more weight, drink more orange juice or other juices. Weigh your self daily, if you are not losing one pound daily, then you are drinking too much juice, which is not a problem, you are your own physician, so you choose your goals. If you have some extra weight, such as 50# or more to get rid of, then it is not unusual to lose 5 more pounds than the above numbers or more. As long as your drinking juice, taking 8 herbal capsules daily and having at least 1 bowel movement daily, then you should be fine.

## When to stop!

Normally you're **Orange Juice "fasting"** is over when you reached your desired goal of weight & health. You decide how many days and at what rate of weight loss. When you stop losing weight daily, then your "fast" is finished, you can choose to live on fruits and fruit juices the rest of your entire life or choose to return to what ever diet and habits you so desire. The important thing is you "taught" your self the cure for all diseases and you "know" and have empowered your self to become your own physician which was the goal of the author of what I call, BOOK I.

The "fast" should also be stopped when you no longer have daily bowel movements, because rule number one, the golden rule is this: You "MUST" have at least one bowel movement every day of your "fast" or stop your "fast". The 8 **Lower Bowel Balance** or 8 **P / W Elimination** capsules daily is the insurance that the bowels flow at least once daily. With out these herbal formulas, the **Orange Juice "fasting"** requires the nightly cool enema which I am not for as the ideal way to go. These herbs are the "keys" to success while "fasting".

## Heart

The heart normally is the strongest organ of the body and last to fail unless born with a defective heart due to various reasons. The heart like all human tissue can have parasite problems, otherwise the heart and various parts of the body improve as the elimination organs "cleanse" and restore proper function. There are specific herbs known for heart health and we blend the best of the best in a formula we call **Heart Drops** and taking 1 dropper doses for as long as desired can be of great aid. In general, they say the Kidneys must fail long before the Heart can. Many things can affect the parts of the body, with the Heart, the reproductive organs must be functional and never cut out or made non functional or risk of doing harm to the heart function. On our website I have what I believe to be the best of the old medical information on heart health and designed my herbal formulas on such information.

## Orange Juice "fasting" Advanced / Skin (40 days)

**Days 28, 29, 30, 31, 32, 33, 34, 35, 36, 37, 38, 39, 40, 41, 42, 43, 44, 45, 46**

14 days was the medical miracle cure for all human diseases, 21 days was the old baby doctors heart cure and I am here to tell you that every normal adult of average weight or over weight can easily do a 21 day Book Perfect **Orange Juice "fasting"** when they understand it and enjoy it. Getting past the first 3 days is the toughest for the beginner and if they do their Salt Flush properly they should have no problems, starting by day 7, their blood stream starts attacking the defective waste within the body, killing the bad stuff, dissolving it and expelling it out all the elimination organs of the entire body and if they use their herbs, this will be easier than it has ever been in history of these old medical book and their clinics. Those that only have minim weight to spare should drink more juice or if they reach their chosen lowest weight, then start eating all the raw fruits needed to maintain the ideal weight. So if a weight of 140 pounds was the lowest desired, then when 140 is reached, simply start eating all the fruits you need, even if you need to eat 3 meals of them daily, **YOU CAN NOT STARVE** and you can always stop when you choose to stop and return to what ever diet you choose, **you are always in control.**

Most adults doing the **Orange Juice "fasting"** are going to be between the ages of 50 – 80 and be 50 pounds over ideal weight and often 100 pounds past ideal weight and have no problems with the weight issues, the **TOO THIN** people will be discussed later. **The rules are the same** after Day 3 when the Salts

Flush is stopped. Weigh your self daily, keep control of your weight, ideally loosing 1 pound per day of fasting. I personally like keeping 10 pounds in the bank, that is; 10 extra pounds lost, so I can eat a few fruits if desired in the evenings as long as I know I am at least loosing 1 pound average.

What I have noticed is this: If you do your **Orange Juice “fasting”** well and you have a complete functioning body not damaged by operations, drug abuse, etc. then ideally I believe the old baby doctor in that we get a new heart within 21 days and I believe the Book I author that we have 5 x more red blood cells by the 14 day and I personally believe our liver and probably all our internal and external organs repair as we allow them to by **Orange Juice “fasting”** correctly. I believe sometime after 30 days, the skin will begin to “itch” and turn reddish as we itch it; as NEW SKIN pushes up and off our old skin! That was my first experience from **MY VERY FIRST Orange Juice “fasting”**! Our skin being our largest organ of all. I stopped my first **Orange Juice “fasting”** after 40 days. I was 6 foot tall & 160 pounds at age 12, full grown because I grew up on fat rich raw dairy milk and grew too quickly.

I stayed 160# till age 30 regardless what I ate and medically speaking, the best possible weight for 6 feet tall is 160 pounds. After age 30, I started gaining weight with each year as I ignored my health and new nothing about herbs or self-applied prevention. By the time I discovered what I called Book I, I had been using herbs for about 2 years and had improved my health a little, but my weight remained the same, 225 pounds, which was pretty much average compared to the rest of the guys I was working with in the lead factory. At the end of my first **Orange Juice “fasting”** I lost **55 pounds!** I felt better than I had for the past 20 years and my breathing and sense of smell had greatly improved and I was convinced that the doctor / author of what I call BOOK I was in deed, correct and I believed with the herbs I used, anyone could do this! This is when I decided to make this book available to the world for free and probably in the past 15 years, more people have read this book than they did when this author was alive. In our area, H & S citrus out of Florida drives a semi to our county once a month and because of my teaching of this **Orange Juice “fasting”**, it is not rare to see 100 people waiting on this truck to pull into the parking lot. We often would buy 50 cases a year when the Honey Bells were ripe in early January.