

NEWSTART

“Fresh Fruit Blend”

Detox Protocol

©July 2007 MelodiesOfPrayer.com – HeavenlyVeggies.com

*simple, easy, tasty, inexpensive,
flexible, powerful!
it's from the Garden of Eden!*



FRESH FRUIT BLEND:

- **Blend fresh daily:**
 1. Papaya (newly ripe)
 2. Pommelo (grapefruit) (* *except certain meds*)
 3. Watermelon (red fruit AND white rind)
 4. Other choices:
 - Apple, honeydew, cantaloupe, mango, nectarine, peach, berries, cherries, bananas
 - Other fruits of choice
- **Adjust proportions to taste!**

3-7-day Detox:

1. 8-oz or 16-oz-glass FRESH FRUIT BLEND three to five times a day (1 glass every 3-4 hours)
2. Pure water in between courses

Maintenance:

1. FRESH FRUIT BLEND:
 - Drink 8-oz or 16-oz glass of fruit blend before meals
2. Eat a NEWSTART “First Class” Vegan Diet: (*see First Class Nutrition List*)
 - unrefined, whole-food, nutrient-dense, high-fiber, alkaline-forming
 - low-calorie, high-antioxidants/bioflavonoids, rich in omega-3 essential oils
 - anti-inflammatory, cholesterol-free, casein-free
3. Drink pure water throughout the day (*have one clear urine at least once daily*)
 - Minimum 2 liters[quarts] a day for most healthy people (10 glasses a day) (*bring two 1-quart bottles to work – finish 1 quart before lunch, 1 quart before supper*)
 - Do not wait until you are thirsty (*wet your lips and tongue on schedule!*)
 - (* *Ask your doctor for exceptions – heart, liver and kidney conditions*)
4. Avoid all toxins, stimulants, energy-robbers and cell stressors/dehydrators:
 - coffee, decaf, black tea, sanko, cola, coke, soda, chocolate, refined sugars
 - tobacco, nicotine, betel nut, MSG, aspartame, alcohol, wine, beer
5. Avoid animal proteins/fats, all animal products (*anything that has a face or a mother! ☺*)
6. Avoid highly refined and processed foods

“If thou wilt diligently hearken to the voice of the LORD thy God, and wilt do that which is right in his sight, and wilt give ear to his commandments, and keep all his statutes,

I will put **none of these diseases** upon thee, which I have brought upon the **Egyptians:**

for **I am the LORD that healeth thee.”**

The Bible, Exodus 15:26