

1 Corinthians 10 v 31: "So then, whether you eat or drink, or whatever you may do, do all for the honour and glory of God."



EAGLES' WINGS

NUTRITION PROGRAM

MINISTRY SESSION 10



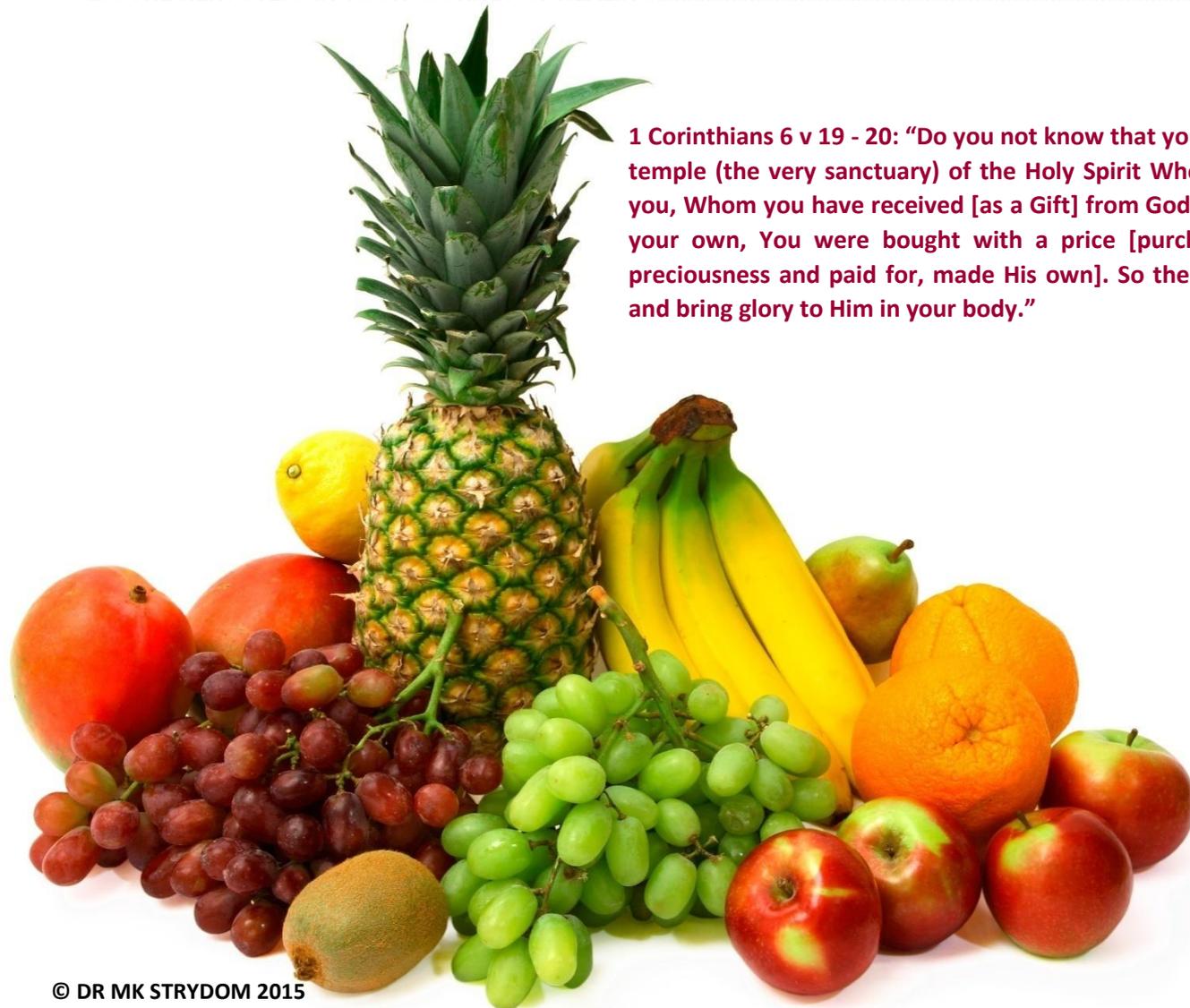
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1 Corinthians 6 v 19 - 20: "Do you not know that your body is the temple (the very sanctuary) of the Holy Spirit Who lives within you, Whom you have received [as a Gift] from God? You are not your own, You were bought with a price [purchased with a preciousness and paid for, made His own]. So then, honor God and bring glory to Him in your body."



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INTRODUCTION



This nutrition program is designed to be applied after working through the 9 ministry sessions in “The General Approach to Disease Work Book” offered by Eagles Wings ministry.

(“The General Approach To Disease Work Book” uses Biblical principles and knowledge from latest medical research, and is designed as a practical tool for pastors, doctors and others in the healthcare team and anybody else in the healing ministry. See our website for details for where this book is available.)

In the 9 sessions of ministry, you learnt the impact that your thought life has on your health and in each ministry session you dealt with a specific toxic mind-set that causes disease and you began the process renewing your mind in each of these key areas. After dealing with the toxic mind-set behind a disease, your body’s healing mechanism will kick in. In order to assist and boost this healing process, we then supply the body with high quality nutrients through the nutrition program explained in this document as well as implementing good sleeping habits.

Going through the 9 ministry sessions is essential before starting this nutrition program because dealing with toxic mind-sets is most important in overcoming disease. Your thought life has a greater impact on your health than your eating and sleeping patterns. Toxic thoughts override the digestive process so that your food is not digested properly, thus cancelling out the benefits of healthy eating (An example of this is fear in your thoughts can cause cell wall rigidity where-by the lining of your intestines cannot absorb the nutrients in the food you are eating). In Mark chapter 7 Jesus explained that food means nothing if your heart stays the same and you continue in your evil ways (toxic, sinful ways of thinking). **Good nutrition does not replace repentance.** For example you can achieve a measure of control of diabetes or high cholesterol problems through a healthy diet but the underlying disease will always be there. Total eradication of diabetes and high cholesterol only comes through repentance of the sin (or toxic mindset) which causes it in the first place. **Healthy eating and sleeping patterns are important, but this alone is not the answer to healing or disease prevention.** For example we can eat healthily and have lots of fruit with vitamin C to boost our immune system, but at the same time destroy it through fear, anxiety and stress in your thought life (which results in high levels of the stress hormone cortisol which kills the cells of the immune system). So once again, good nutrition does not replace repentance and obedience to God’s Word. If good nutrition was all that is needed to bring health in our life, then you wouldn’t need God because your God would be your belly. The Bible says that the kingdom of God is not what you eat or drink:

Romans 14 v 17: “[After all] the kingdom of God is not a matter of [getting the] food and drink [one likes], but instead it is righteousness (that state that makes a person acceptable to God) and [heart] peace and joy in the Holy Spirit.”

The kingdom of God is not nutrition, it is righteousness. You will not have joy in the Holy Ghost if you do not have peace. You will not have peace unless you have righteousness. Nutrition does not sanctify you. Sanctification of the heart through removing toxic thinking is of primary importance in healing. However the picture is not complete without healthy eating and sleeping habits based on God’s Scriptural principles.

To help you understand the role that nutrition plays in healing, I will use the analogy of a house catching fire. To prevent the house from being completely destroyed, you would need to remove the cause of the problem through putting out the fire. However you cannot expect the house to return to its original state, just by putting out the fire – it is still a very burned out and damaged house! Therefore you need to bring in **new building materials** such as bricks, cement, wood and so on to rebuild the areas of the house that were damaged by the fire. But it is important to do it in the right order: first put out the fire, then bring in the new building materials! You would achieve nothing if you brought new building materials without first putting out the fire, because the new furniture, wood, paint etc. would also be burnt up and destroyed in the fire.

The same principle applies to your body: your body is like the house which is being destroyed by the fire (i.e. the toxic thinking patterns that cause the disease). Therefore to prevent the body (house) from being destroyed by the toxic mindset (the fire), you need to deal with the cause through repentance and renewal of the mind. However just like you can't expect the house to immediately be restored to its original condition after putting out the fire (you need to get new building materials to rebuild the house), so you have a very damaged body that for example was burnt out by chronic stress and high levels of stress hormones, the toxic effects of drugs, radiation, chemo etc. So your damaged body also needs to be repaired and rebuilt!

Once the toxic mindset has been dealt with the body's natural healing mechanism will kick into gear and it will begin to heal and rebuild the cells, organs and tissue in the body that were damaged by the disease. But it can't rebuild itself with fresh air! On a practical, physical level, it needs new building materials to rebuild the body with. The supply of these building materials comes entirely from what you eat... and here is where the role of nutrition comes in. But once again – the right order is essential: just as it would be stupid to bring new building materials into a burning house before putting out the fire, it would be a waste of time to eat healthily without dealing with the toxic mindset behind the disease through repentance. As mentioned earlier, if you try to eat a healthy diet with lots of fruit with vitamins to boost the immune system but live in chronic stress with fear, anxiety and worry going wild in your thought life, your body will be producing high levels of cortisol. So as fast as the fruit and vitamin C is boosting the immune system, it is being destroyed by the high levels of cortisol and your net gain is zero! Thus the healthy eating is a waste of time. This is why nutrition cannot replace repentance.

Furthermore, when you are rebuilding your house, you would not bring straw instead of bricks, inferior paint, low grade cement etc. because you would end up with a pathetically weak house! In the same way, you need to supply your body with high quality building materials during its process of healing by eating high quality food.

Although our meals should be lovely and enticing, it is important that they be comprised of the nutrients that our bodies require. There are so many different ideas about what types of foods are healthy and nutritious. New information is continually being added on a daily basis as on-going research tries to find the ideal diet for mankind that provides supreme energy, keeps weight off and combats disease. In their greed for profit, multi-billion dollar companies have tapped in to the increasingly popular demand for this and are marketing all sorts of diet plans and so called health products. However few of them produce the results or provide the answers people are looking for. There is also tremendous confusion and debate because there is so much conflicting information from research concerning nutrition and which foods are best to eat. One medical journal will have research proving the benefits of a certain type of food and why it is good for you and then there will be research in another journal about the same food proving just the opposite. One advantage about all this is that it has caused more people than ever before to turn back to God and search His Word for the answers.

Psalm 119 v 105: "Your Word is a lamp to guide my feet and a light for my path."

If you want to find wisdom in any area of life – you'll find it in the Word of God and so that is the standard that this nutrition program is based upon. We literally use the Word of God to light the way through all the confusion and conflicting information in the field of nutrition. Although there is much that has been discovered in medical research, there is still a lot that we do not know. Since we do not have a complete understanding and knowledge about nutrition and how different foods affect our bodies, it would be wise to come back to the simplicity of God's Word and pay attention to the Creator of the human body Who gave instructions and guidelines about what foods are best to eat. This is the only way that we can ensure that we are eating the best diet with the healthiest foods possible.

There is still so much that man has to discover about health, but if you have the wisdom to study God's principles in Scripture, you can have certain knowledge long before science reveals what is healthy and unhealthy. Much of what medical science is proving today is what the Bible said about health and disease thousands of years ago. It is not a case of God catching up with science – but rather the other way around. God's health guidelines were passed down to the Hebrew people generation after generation by means of the Scriptures. Thousands of years later, science is finally starting to agree with many of the health guidelines found in those Scriptures.

In churches today there are more prayer requests for healing than for any other topic. It is sad that the church is so full of disease when it has in its hands the greatest health book ever written.

There are countless researchers and people in the health field who are searching for other ways to attain great health, but there is no other way in the history of the world that has superseded the knowledge in God's Word. There is no greater intelligence than the wisdom of God. He is the Divine Designer of the human body and He knew from the beginning exactly what it needs to function at its optimal potential. Our Creator knows our bodies better than we do. He is the Greatest Physician, the Ultimate Doctor. All we need to do to achieve the best health possible is listen to and obey the instructions in His Word.

Proverbs 4 v 10: "Listen, My son, receive what I say, and the years of your life will be many."

THE SCRIPTURES ARE A TREASURE MAP TO THE HIDDEN SECRETS

ABOUT NUTRITION AND THE ULTIMATE DIET

Proverbs 2 v 1 - 9: "1My son, if you will receive my words and treasure up my commandments within you, 2Making your ear attentive to skilful and Godly Wisdom and inclining and directing your heart and mind to understanding [applying all your powers to quest for it]; 3Yes, if you cry out for insight and raise your voice for understanding, 4if you seek [Wisdom] as for silver and search for skilful and Godly Wisdom as for hidden treasures, 5 then you will understand the reverential and worshipful fear of the Lord and find the knowledge of [our omniscient] God. 6For the Lord gives skilful and Godly Wisdom; from His mouth comes knowledge and understanding. 7He hides away sound and Godly Wisdom and stores it for the righteous (those who are upright and in right standing with Him)...9Then you will understand righteousness, justice and fair dealing [in every area and relation]; yes, you will understand every good path."

Proverbs 2 v 1 – 9 describes the Scriptures like a treasure map which will guide us to the answers and solutions to what man has not yet figured out. Within God's Word lies the hidden secrets about nutrition and the ultimate diet that can transform our health.

Proverbs 3 v 5 – 6: "Trust God from the bottom of your heart; don't try to figure out everything on your own. Listen for God's voice in everything you do, everywhere you go; He's the One Who will keep you on track." *Message Bible*

Therefore this nutrition program is based as closely as possible to the instructions and guidelines given in the Word of God. The book "*Healing Begins With Sanctification of the Heart*" has a section called "*God's Principles of Eating and Rest*" on pages 199 – 323 which takes you back to the beginning and explores the history of how God's diet plan unfolded in Scripture and how it applies to you and me today. **This is essential background reading which we insist you work through before starting this nutrition program because you need to understand the "why" behind each step of this program and how it will affect your body.**

BOOSTING THE BODY'S ABILITY TO SELF HEAL



A book called “Acres of Diamonds” tells the story about somebody who travelled across the world in search of wealth only to come back with nothing and discover an acre of diamonds in their own back yard. For years people in the medical profession have spent a fortune in research trying to find cures for the diseases that afflict mankind. We put all sorts of toxic poisonous drugs into our bodies whilst we forget that our intelligent Creator has built an amazing self-healing ability into our bodies called *the immune system*. This self-healing mechanism is more capable of defeating diseases than the most well equipped hospital. Our Master Designer built into our bodies, incredible self-healing tools including painkillers for emergencies, antibiotics for infections, dressing for wounds and microsurgery theatres capable of replacing damaged cells with new healthy ones.

The body's miraculous self-healing qualities are demonstrated when you cut yourself by mistake. The first thing that you saw was blood oozing out of the wound. Blood is a natural antibiotic and cleanser. The next thing that happened (if an artery wasn't cut) was the blood coagulated and formed a scab. This natural wound dressing protected the injured tissue whilst the healing process continued. When the healing process was complete, the scab knew when to fall off. You have just witnessed The Great Physician's masterpiece in the art of healing!

With all that said, I would like to shed light on a very exciting truth: our Creator not only built us with a self-healing ability in the skin and tissue on the *outside* of our bodies but every organ and cell *inside* our body has the same self-healing ability! After dealing with the toxic mind-sets behind a disease, you can boost this self-healing ability by providing your body with the proper building blocks and fuel that it needs for repair and rebuilding through eating according to God's design and giving your body time to heal through resting according to God's design.

As you begin to nourish your body with the foods God intended, it will begin to use the high quality nutrients to build a new body, cell by cell, all at the same time. Once the body has rebuilt the cells of the immune system and vital organs, it will almost always seek out the damaged area and heal it, wherever it may be. This is not a magic cure – it is simply co-operating with the body by removing the things that are causing disease and assisting the body by providing it with the high quality nutrients and building blocks that it needs to function as God designed it to...which is to naturally self-heal.

HOW YOU APPLY THE STEPS OF THIS PROGRAM VARIES: depending on the disease you suffer from, your occupation and other personal circumstances



There are several ways to climb a mountain: You can run straight up it - this is the most difficult (for example your muscles may burn with tiredness) but it is over quickly and you are able to enjoy the beautiful view sooner. Or you can slowly climb the mountain in a zig-zag pathway – it will take longer to get to the top but it is less tiring and you will eventually enjoy the same beautiful view.

The nutrition program outlined here is the most extreme method of applying these nutritional principles to help your body heal (this is equivalent to sprinting straight up the mountain). It is the most difficult (although very do-able if you are serious and determined) and it induces the most severe detox. However the detox is over quickly and your body heals more speedily. For this reason it is essential to follow this nutrition program exactly, with excellence, when you are dealing with diseases such as cancer where time is critical. However, if you are wanting to overcome a disease that is not immediately life-threatening or you just want to improve your overall health, you can apply the steps of this program in a more moderate way – for example not juicing for as long a period of time and introducing changes more gradually (this is equivalent to climbing the mountain slowly in a zig-zag fashion).The detox symptoms will be less severe and you will still eventually enjoy the same results although the improvements in your health will take longer to manifest.

BEGIN WITH A COLON CLEANSE and then a liver cleanse



“No disease, especially degenerative diseases including cancer and AIDS, could survive longer than a few weeks in the presence of a healthy liver.” Immune Perspectives - Dr Leo Roy MD, ND

Restoring the health of the liver is essential to recovery of disease, especially cancer because the liver is the master organ of the body, and the master organ of the immune system. Its main functions include detoxing and purifying the blood, storing large quantities of glucose (for cells) and producing bile for digestion.

IN THE CASE OF CANCER: In the cancer chapter of “Healing Begins with Sanctification of the heart” on pages 388 – 393 I described how cancer develops: I explained that when the immune system is weakened, healthy somatids (tiny organisms) that live in your blood change into a harmful pathogenic viral-bacterial-yeast-like fungus. These fungus micro-organisms enter healthy cells to feed on their stress-induced high sugar content. As they ferment the sugar they produce highly acidic mycotoxins which in turn cause the body cell to become acidic. This impairs the cell’s ability to take up oxygen and the cell reverts to anaerobic respiration and causes cell mutations (cancer cells).

The fungus micro-organisms also target the liver cells for their large quantities of glucose and excrete their mycotoxins into the liver cells.

These viral-microbes also damage the liver’s ability to repair and strengthen the immune system and to repair itself, as it becomes over-loaded with toxins. This is the reason why cancer patients nearly always have a diseased liver. Other toxins that build up in the body come from a poor diet, microbe and parasite secretions, chemicals, alcohol, tobacco, antibiotics and other medical drugs, chemotherapy, fermentation of stress hormones, lactic acid from a lack of exercise, dead microbes and parasites and dead cancer cells. All of these toxins tend to accumulate in the liver. The more the liver is damaged, the more the immune system is damaged, the greater number of healthy, somatids change, into harmful cancer-causing viral-bacterial-yeast-like fungus in other parts of the body, and the vicious cycle begins all over again.

So it is very important to stop this cycle, by cleansing and detoxifying the liver, for optimum cancer recovery. However, it is very important to first cleanse the colon before detoxifying the liver.

The colon is one of the elimination organs where toxins are removed from the body. The body needs a healthy colon to function optimally. An unhealthy colon is a major source of toxins in the body. If you detoxify the liver without first removing the waste in your colon, the toxins you have eliminated from the liver will become trapped in the colon whereby they cannot be released through the bowel. As a result they will be recycled back through the body into the liver again. So it is a good idea to first have a once off colon cleanse with natural herbal products in order to get rid of putrefied food debris and dead fecal matter that may be incrusting on the colon walls.

After you have recovered from cancer, there should be less toxins that accumulate in your body if you continue with the healthy thinking, eating and sleeping habits you have learnt. However it is a good idea to do a detoxification of your liver (the master immune system organ), the colon (intestinal immune system), the gall bladder and the kidneys every 3 to 6 months, to prevent toxins building up within your body. Otherwise an 85% raw fruit and vegetable diet will be sufficient to keep it healthy once the colon is cleaned out.

FIRST THING EVERY MORNING: Do natural liver cleanse with lemon and olive oil.



A very effective way to cleanse/detox the liver is with a drink consisting of one lemon put through a juicer and one table spoon of Extra Virgin olive oil in 1½ glasses of clean water. This must be drunk every morning an hour before eating to flush and detox the liver and gall bladder. This drink manages to restore the pH of your saliva which in turn helps you to absorb the nutrients from the food you eat.

Caution: Start off with 1/4 cup of the above lemon drink, and gradually build up to the full amount over 4 weeks (this is especially important if you have a severely weakened liver or liver cancer). Consuming the whole amount in one go, can cause a “healing crisis”, resulting in a dramatic drop of bilirubin levels, fever, diarrhoea, and generally feeling unwell.

STAGE 1: INTENSE HEALING AND DETOX PHASE: 6 weeks of raw vegetable juice only



Stage 1 of this nutrition program is 6 weeks of drinking vegetable juices only with no solid food at all.

WHY 6 WEEKS?

6 weeks is the body's average healing time. For example, when you break a bone – you have to wear a plaster of Paris cast for 6 weeks. If you have an operation (for example a Caesarean), the surgeon will usually tell you that it will take 6 weeks for the tissue and scar to heal.

THE IMPORTANCE OF RAW FOOD

Our bodies digest fruit and vegetables most efficiently and obtain the maximum amount of nutrition from them when they are raw. Cooking food has a devastating effect on nutrition:

1. Many important **vitamins and minerals are lost**. According to John Michael Douglas, M.D., Ph.D., Dr.P.H., F.A.C.P.: “When we treat food with thermal fire, we lose up to 97% of the water soluble vitamins (vitamins B and C) and up to 40% of the lipid soluble vitamins (Vitamins A, D, E and K).”
2. The **structure of proteins is dramatically changed** by heat. This is clearly illustrated when you fry an egg. When the clear runny albumen, which is the protein of the egg, hits the hot oil it immediately changes to a white rubbery texture. The protein is obviously not the same substance that it was before it was cooked.
3. **Minerals** are changed in a similar way to proteins when they are cooked. They lose their life and vitality and **transform back to an unusable, inorganic form**. There is a difference between minerals that are in the ground versus minerals in plants. Our bodies are not able to use minerals straight from the ground because they are in an inorganic form that cannot be assimilated by the body. Through photosynthesis and the help of lots of micro-organisms below the ground surface, the plants take the inorganic minerals from the soil and convert them into living, organic nutrients which we are able to eat and use to build new, living, vital cells that become a part of our body. The molecules of a mineral within a living substance such as a plant are alive and vibrant – and they vibrate at a different level to an inorganic, lifeless substance such as a rock or particle of soil. When these minerals within plants are cooked, they are converted back into the dead, inorganic form that has harmful effects in the body.

For example, green leafy vegetables such as spinach contain oxalic acid. This is a very healthy beneficial substance for the body in its raw organic form. It helps with peristalsis which is the wave like movement in the intestinal walls that pushes food along the gastro-intestinal tract. However when spinach and other green leafy vegetables are cooked, the oxalic acid is converted into the inorganic, unusable form which can then form oxalic acid crystals that accumulate in the kidney resulting in kidney stones. Furthermore oxalic acid combines with calcium in food. If both of these nutrients are in their raw, organic form this is a good combination that has constructive benefits for the body. However when oxalic acid is transformed into its inorganic form through heating, then it binds to calcium, destroying the nourishing value of both. This results in a serious deficiency of calcium that causes decomposition of bones.

4. When food is heated above 41 °C (105°F) the **enzymes are destroyed**. Water boils between 82 – 100°C and baking begins at 97°C. Therefore enzymes are lost almost immediately from the start of any cooking process, even in steaming vegetables. This is very bad news because when you lose all the enzymes, you are losing more

than just the enzymes because enzymes are required for every function in the body. Nothing in the body works the same without enzymes.

Stephen Blauer who wrote “The Juicing Book” very nicely explained the role of enzymes: “Enzymes are the body’s labour force, the active construction-and-demolition teams that constantly build and rebuild the body. Approximately 1000 different enzymes are known. At any one time there will be millions of enzymes working in every living body. Without enzymes a human would be a lifeless pile of unusable chemicals. Outside the human body, enzymes are found in all living things, including food in its raw, uncooked state... Fresh juices are excellent sources of important food enzymes, as are all raw foods.”

There are three types of enzymes:

- i. **Metabolic enzymes** – these are necessary for the organs in the body to function. They are found in every cell and tissue. Some of their functions include boosting the immune system, repair of damaged tissue, rebuilding new healthy cells, regenerating skin, slowing down the aging process and removing toxins from the body.
- ii. **Digestive enzymes** – which are manufactured by the body, break down the food that is eaten so that the nutrients can be absorbed and used.
- iii. **Enzymes** in raw fruits and vegetables, soaked nuts and seeds – some examples of foods high in enzymatic activity are raw figs, dates, pineapple, grapes, avocado and bananas. There are four types of enzymes found in food which are:
 - a. **Lipase** – breaks down fat
 - b. **Protease** – breaks down protein
 - c. **Cellulase** – breaks down cellulose
 - d. **Amylase** – breaks down starch

Among the seemingly infinite functions of enzymes, they facilitate the absorption of all vitamins, minerals and amino acids (protein) so that the body can utilize all these nutrients. ***Loss of enzymes in the food will impair the absorption of all the other nutrients in the food.***

When we are born, God builds into our bodies a supply of enzymes or an “enzyme bank”. However, each fruit and vegetable that is an organic plant has enough enzymes already in it for our body to digest it without having to take out any enzymes from the bank that we were born with. When we cook or process our food, those vegetables for example, no longer have their living enzymes in it for our body to naturally digest it. As a result the body has to withdraw enzymes stored in its bank to digest that food. As the person grows older the body produces fewer enzymes and the enzyme reserve gradually become depleted whilst the build-up of toxins begins. Because there are no nutrients being provided to regenerate the enzyme supply the person becomes lethargic and the immune system is weakened, allowing disease to gain a foothold whilst the body uses all its reserves just to stay alive!

On the other hand a diet consisting of predominantly raw fruit and vegetables supplies the enzymes which enable the body to work more efficiently without robbing the organs of enzymes in order to digest the food.

The enzymatic content in our bodies has a direct impact on the quality of our health. The simple fact is that enzymes are required to sustain life and without them we would die. A good example of the effect that heating and the subsequent destruction of enzymes has is the pasteurization of cow’s milk. A calf that drinks raw milk from its mother will grow up to be healthy and strong. However if the calf is separated from its mother and fed its mother’s milk after it has been pasteurized, the calf will die within one to two months. Heat destroys the life in any form of food. Our bodies are composed of living cells which need living food to be properly nourished. Living foods are foods that still contain their enzymes which are the life force. All cooked food is devoid of enzymes and therefore is dead food that does not supply adequate nourishment for humans or animals.

A good way to demonstrate the difference between living and dead food is to take five raw carrots. Cut the top off the first carrot, and place it in a shallow basin of water. Over time you would notice this carrot grow. Take the other four

raw carrots and cook them – boil one, steam one, bake one and microwave the other one. Then cut the tops of these four carrots and also place them in a shallow basin of water. Will the four cooked carrots grow? No because they are dead i.e. the enzymes which are the life force have been destroyed.

Although most people are able to survive on a cooked food diet, over time their bodies begin to break down. When we are young, the body can handle a lot of abuse because it is able to adapt to our unhealthy, unnatural lifestyle. However, just because we can fairly well train our bodies to accept our bad eating habits, it doesn't make it safe to do so. Sooner or later we will experience the consequences of those habits in ill health.

In summary by cooking food you kill all its enzymes, lose most of the vitamins and transform the proteins and minerals into a form that the body cannot use to make new, vital, living cells. The body then has to work overtime trying to move the dead, denatured, nutritionally deficient cooked food through the digestive system, causing tremendous stress on the colon whilst leaching the bones and other organs of their enzymes to finish the process. The fibre in raw fruit and vegetables acts as a broom that cleans out the colon and keeps it healthy. This in turn has an impact on waste elimination and cleansing of every cell and organ in the body. However, when food is cooked, the heat destroys the fibre's magnetism and leaves a mushy coating on the intestinal wall which putrefies leading to disease. Raw food is digested very quickly, usually within 30 to 60 minutes compared to the hours and sometimes even days that are needed to digest cooked food. Remember that when food sits in the intestines, it ferments leading to the production of toxins.

The white blood cells are part of the immune system whose function is to destroy cancer cells as well as harmful germs such as bacteria, viruses, fungi and parasites when they enter the body before they cause a disease. Research that was done in the 1930's revealed that when cooked food is eaten, the white blood cell count increased immediately - indicating the body is treating the food as a toxic harmful substance. So when cooked food is consumed, the white cells have to stop their work in protecting the body in order to assist with the digestion of toxins that have entered the system. When the same foods were eaten raw, there was no change in the white blood cell count.

Another experiment was performed in the 1930's by Dr. Francis M. Pottenger who fed 900 cats the same food for 9 years. The food was given raw to half the cats and cooked to the other half. The cats that ate raw food over the entire nine year period never developed any type of physical disease. The other half of the cats that ate the same food, only cooked, developed many of the diseases that are common to mankind today. Furthermore, they observed that many of the cats that were producing healthy kittens when they began the cooked food diet became infertile over time, whilst the cats which ate the food raw continued to reproduce normally. Dr. Pottenger also found that the longer the cats were on a cooked food diet, the sooner the kittens developed diseases. This has also occurred in recent generations in human children, beginning from around the time that large amounts processed foods, fast foods and meat became part of the average diet. Diseases such as arthritis, type 2 diabetes and cancer which used to be known only to develop in old age are now occurring in increasingly younger children and even babies. Never heat or cook any of your food in a microwave oven because any food prepared in them is harmful to your health. Microwaves may be convenient for the fast pace in which we live but they have no role in God's eating plan because they completely destroy the nutrients within food, even if it is just briefly heated. They emit high-frequency electromagnetic waves that alternate in positive and negative directions which reverses the polarity of food molecules up to 100 billion times per second. These vibrating molecules then collide at destructive speeds, creating friction and heat. There are no cells in any living raw food that are able to withstand these violent destructive electromagnetic waves – they are torn apart and destroyed and the molecules are completely deformed by the friction. When this lifeless, useless food is ingested it has a degenerative effect that causes deterioration and pathological changes in the body cells and even in the blood. For example the haemoglobin levels drop (which can lead to anaemia), the white blood cells (which make up the immune system) sky rocket in numbers indicating that the body is treating the food as a toxic substance and there is an increase in radiation levels of light emitting bacteria which indicates that the microwave energy is transferred from the food to the body.

Of all the ways of heating or cooking food, microwaving it is the most hazardous. If you have a microwave in your kitchen I strongly encourage you to get rid of it so that there is no temptation to use it. Please especially do not use it for a baby, for example to heat bottles. According to the April 1992 issue of the Journal of Paediatrics, even if breast

milk is heated just “a little” in a microwave in order to warm it, 98% of immunoglobulin A antibodies (which protect the baby from infection) and 96% of liposome activity (an enzyme that inhibits bacterial growth) is destroyed. Many people are convinced that microwaves are a convenience that they cannot live without but the health consequences are a lot more inconvenient.

The bottom line is that any fruit or vegetable that is steamed, boiled, baked, micro waved, canned or frozen does not have anywhere near the same nutritional benefit as fresh, raw fruits and vegetables. The human body is a living organism which was designed by our Creator to be nourished with energized, living raw foods – not cooked foods that are devitalized and dead.

THE VALUE OF JUICING – TO PROVIDE A HIGH QUANTITY OF HIGH QUALITY NUTRIENTS AS BUILDING BLOCKS FOR HEALING

I recommend 6 weeks of drinking vegetable juices to enable the body to cleanse itself of toxins and heal and rebuild its cells and vital organs. It is true that we don't see juicing in nature and God did not provide Adam and Eve with juicing machines in the Garden of Eden. However, the need for juicing arises because our bodies are not as pure, clean, strong and healthy as they were at the time of the original Garden. Our bodies have been starved of life-giving nutrients whilst we have filled them with toxins and poisons from unhealthy eating habits where we have consumed food that God never intended to be put into our bodies.

The cells that make up our bodies are continuously in the process of dying and replacing themselves. Throughout our whole lives approximately 300 million cells die and are replaced by 300 million new cells every minute. As the cells die, each new cell which replaces it is totally dependent on the building materials (nutrients from food we eat) within the body. The quality of the cell in terms of health, strength and vitality is determined by the quality of the building material that it was made with. If the building materials are of poor quality (for example from processed or cooked foods), the new cell will be weaker than the cell it is replacing! Over time as poor quality foods are habitually consumed, the cells and organs become weaker and weaker whilst toxins accumulate within them from the preservatives, artificial colourings and other harmful ingredients in processed food. These toxins have a degenerative effect on the body cells and they continue to deteriorate into a state of sickness. Today the physical bodies of most people, especially on the average western diet, have degenerated to a very serious degree. The reason is because they are supplying their bodies with the wrong building materials! Processed and cooked foods are devoid of nutrients – they have no enzymes, they have lost most of the vitamins and minerals, and the proteins have been converted into an unusable form...in other words they are dead low-quality foods! Dead food loaded with toxins cannot provide the proper building materials to make new, healthy, strong, vibrant living cells! It is simple wisdom that living foods are necessary to build living body cells!

Therefore the first two problems that have to be addressed in restoring your body back to health after dealing with the toxic mind-set behind a disease is:

1. Deficiency (of nutrients) i.e. high quality material to build body cells.

2. The build-up of toxins.

Juicing deals with both of these problems. Firstly it provides a high concentration of high quality nutrients (vitamins, minerals, amino acids and enzymes) that the body needs to rebuild and revitalize its weakened body cells and organs by creating new cells that are healthier than the ones being replaced. Secondly it induces a detox where the body removes all the toxins that have accumulated in the body cells.

The best possible source of nutrition for healing and rebuilding our body cells is fruit and vegetables. The unique nutritional composition of raw fruits and vegetables consists of vitamins, minerals, amino acids (the building blocks of proteins) and enzymes which are all in their natural form and proper combination. These essential nutrients provide all the necessary tools and offer precisely what the body requires for rebuilding our immune system, vital organs and different types of body cells, for example blood cells, cells that make up the blood vessel walls, hair cells, brain cells, heart muscle cells, bone cells, lung cells etc. No man-made vitamin or mineral supplements, no medical drug or any

other form of food that man has created can be used by the body to build as strong and vibrantly healthy body cells and organs as fruit and vegetables.

Raw fruits are the best cleansers of the human body, and raw vegetables are the best feeders and healers. Raw fruits are very good cleansers because they are easily and rapidly digested and they contain fibre which acts as an intestinal broom that clears out the colon and is able to flush out our system. Raw vegetables are the best healers because they are higher in most nutritional content than fruit, especially minerals. Vegetables contain the building blocks that develop powerful, healthy muscles, tissues, glands and organs.

I mentioned earlier that the cells in the body are continuously dying and being replaced by new cells. The quality of the cell in terms of health, strength and vitality is determined by the quality of the building material that they are made with. If the building materials are of poor quality (for example from processed or cooked dead foods), the new cell will be weaker than the cell it is replacing! Over time as poor quality dead foods are habitually consumed, the cells and organs become weaker and weaker whilst toxins accumulate within them from the preservatives, artificial colourings and other harmful ingredients in processed food. These toxins have a degenerative effect on the body cells and they continue to deteriorate into a state of sickness. However this process can be reversed - even if the deterioration of the body is quite advanced - if the dead foods are replaced with living foods (raw fruits and vegetables) that contain high quality nutrients and thus high quality building materials. When you supply the body with superior building materials on a daily basis, it will use it to build new higher quality, healthy, vibrant cells to replace the weak, degenerated, sickly cells. In this way the body rebuilds itself cell by cell, by replacing old cells with new, stronger cells until all the organs have been revitalized and it is functioning at its optimal level again (this takes approximately one year).

In his book, "The Hallelujah Diet", George Malkmus shared a testimony from his personal experience that powerfully illustrates the body's ability to heal and rebuild itself, once it is supplied with the high quality building materials that it needs: "At the age of 28, my eyes started to fail me. I could not focus properly nor see things clearly. So I went to the eye doctor, who gave me an eye examination, and as a result of the eye examination gave me a prescription for corrected lenses. I had the prescription filled and when I put on those glasses with those corrective lenses, I could see sharply and clearly again."

Now watch this – for 28 years I had been attempting to nourish my body with the Standard American Diet which is basically a dead (cooked) food diet. Thus, for 28 years I had been trying to nourish the living cells that made up my physical body of which my eyes were a part, with dead food. Thus, as the old eye cells died and were replaced with new cells, the new cells did not have high quality building materials with which to build strong new cells. For 28 years, as my eye cells died and were replaced with new cells that did not have high quality building materials, my eyes slowly deteriorated until I could not focus properly and had to obtain corrective lenses in order to see clearly.

So I brought these new glasses which enabled me to see clearly once again. But what did I do after receiving these new glasses? I continued to consume the same standard American dead-food diet that had caused my eyes to deteriorate in the first place. Thus, once again, as new weaker eye cells, which didn't have quality building materials, replaced the old eye cells, my eyes continued to deteriorate. When I went to the eye doctor a year after first receiving those corrective lenses, I had to have a strengthening of my eye glasses. Between the ages of 28, when I first started wearing eye glasses, and age 42, I had to have my eyeglass prescription strengthened at least three times, as my eyes continued to deteriorate on a mostly dead, cooked food diet.

At age 42, I changed my diet from the standard American diet (consisting of dead cooked food) of this world, to the basically living (Genesis 2 v 29) Hallelujah diet! The Hallelujah diet is comprised primarily of living plant foods and supplemented with raw vegetable juices. These juices are also in a living form and provide the most powerful cell building material I am aware of on planet earth. Now, with these superior building materials, the body has what it needs to build new, stronger, healthier, more vibrant cells, than the ones being replaced.

Now, watch what happened! At the age of 43, after just one year of consuming a living-foods, plant based, Hallelujah Diet, with lots of raw vegetable juices, I went back to the eye doctor, and he had to weaken my eyeglass prescription because my eyesight had improved. Between the ages of 42 and 65, I had to have my eyeglass prescription reduced

at least three times, and today, as I write this, I am in my 70s and have not had need of eyeglasses since about the age of 65, for distance or for reading. Hallelujah!”

Simply by switching from the dead food diet of this world, to the living-foods that God designed our physical bodies to be nourished with, George Malkmus’s body was able to heal itself and rebuild a literally new eye that no longer required glasses to see clearly. This incredible self-healing mechanism not only happens in the eye, but to the entire structure of the body! For example one surgeon had a massive heart attack. The blood vessels supplying his heart were narrowed and damaged. After changing to a predominantly raw fruit and vegetable diet which supplied his body with high quality living nutrients as building materials, his body completely rebuilt those blood vessels. The follow up angiograms revealed that his blood vessels had been completely rebuilt and were restored to the correct diameter. George Malkmus not only recovered his eyesight, but he was healed of colon cancer.

Psalm 103 v 1 – 5: “¹Bless (affectionately, gratefully praise) the Lord, O my soul; and all that is [deepest] within me, bless His holy name! ²Bless (affectionately, gratefully praise) the Lord, O my soul, and forget not [one of] all His benefits. ³Who forgives [every one of] all your iniquities, Who heals [each one of] all your diseases. ⁴Who redeems your life from the pit ... ⁵who renews your youth like the eagle’s [strong, overcoming, soaring]!”

The immune system and self-healing mechanism that God built into our bodies is more effective and more powerful than any treatment modality that science will ever be able to synthesize. This ability to heal cannot be purchased, you cannot buy it over the counter, no doctor can prescribe it, you can only cultivate it within. In other words all you have to do is co-operate with your body’s self-healing mechanism by bringing about conditions conducive to healing within it. Then the body will almost always heal itself of any physical problems. The body is a self-healing factory, with a whole team of little workers who renovate defective organs and cells, provided we supply the proper fuel and building materials for reconstruction. What we choose to eat comprises the entire shipment of building materials our body has to work with; so we either build strong healthy cells and organs that make up a healthy body or weak body cells and organs that cause the body to deteriorate into degenerative diseases.

The human body is a living organism which requires living food. Only living food contains the building materials that the body can use to build new living cells and heal itself. After your body has rebuilt itself with living cells, if you continue to eat a living food diet consisting of an abundance of raw fruits and vegetables, the body will continue to maintain its health – the organ systems will not degenerate and you won’t get sick anymore!

Unfortunately modern science does not pay much attention to the intelligent design of our Creator. Instead of working with the body’s immune system and self-healing ability, they subdue it and over power it with drugs which are nothing but toxic poisons to the body. Instead of focusing on healing and rebuilding, the body is forced to deal with these toxins. Many people with cancer are treated with chemotherapy – a drug that completely destroys the immune system. When the immune system is destroyed, there is no possible way that the body can heal itself.

If drugs don’t work, the next step is radiation: if they cannot poison it out, they will try and burn it out. Radiation has no healing abilities – it kills cancer cells and everything else around it as well. Then if poisoning and burning doesn’t cure the disease, they will attempt to cut it out via surgery. And then if surgery doesn’t work, the illness is considered terminal and the person is sent home to die.

None of these three treatment modalities (drugs, radiation and surgery) that comprise the approach of conventional medicine in the treatment diseases assist the self-healing mechanism in the body. Instead, they impair it. However the medical profession at large will probably never treat diseases by dealing with toxic mind-sets and assisting the body’s healing ability through nourishing it with high quality foods because there is no money in that. If everybody was healed in this way, what would happen to the thriving multi-billion dollar medical industry, insurance companies and pharmaceutical companies? They exist because people are sick and it is not good business to teach people how to avoid expensive treatments. The only hope is for people to take personal responsibility for their own health and apply the knowledge and wisdom that God revealed in His Word for us to enjoy divine health.

So far we have established that:

1. God built an immune system and self-healing mechanism into our body.

2. In order to boost this self-healing ability, we need to supply the body with high quality building material (living nutrients) that it needs to rebuild stronger, healthier cells and organs.
3. The best source of these high quality nutrients is raw fruit and vegetables.

The first benefit of juicing is that it enables you to take in a large quantity of fruit and vegetables which contain the building blocks for healing. This is important because our bodies have been starved of life-giving nutrients through eating a diet consisting of mainly cooked and processed food. Therefore you need to go through a period of juicing in order to correct this nutrient deficiency by supplying your body with **a high quantity** of high quality nutrients. For example half a kilogram of carrots makes one glass of carrot juice when put through a juicing machine. It would be very difficult to eat half a kilogram of whole carrots – after the first carrot you would have had enough! However it is easy and pleasurable to drink a glass of carrot juice.

THE VALUE OF DRINKING VEGETABLE JUICE ONLY – TO CONSERVE MAXIMUM ENERGY FOR HEALING

The second benefit of juicing is that it supplies the high quantity of high quality nutrients in a liquid form whereby the nutrients can immediately be absorbed into the blood stream and utilized by the body cells without the time consuming and energy depleting process of digestion. The energy that is conserved can then be used for rebuilding and healing.

Say I have a peach in my hand, for example – I know that there are nutrients inside it but how do I access those nutrients from the cells of the peach so that it can be available to the cells of my body? Well the first thing I instinctively do is take a bite. Are the nutrients inside the peach now immediately available at the cellular level of the body as fuel and nourishment as soon as I take a bite? No because the nutrients are locked within the liquid of the peach which is held together by the fibre and the skin. Therefore God had to provide our bodies with a way of extracting that liquid...hence He created our digestive system. The digestive system processes and breaks down the peach into a liquid form so that we can get the nutrients from the cell level of the peach to the cell level of the body where they can be utilized.

Say as another example I have a carrot in my hand which consists of an orange, hard, fibrous substance. I know that there are wonderful nutrients in there that are excellent materials for building healthy body cells, but how do I access those nutrients? Well I take a bite and start chewing and grinding it with my teeth, breaking down the carrot from a hard, fibrous substance into a pulp which is mixed with saliva. Once this first stage of digestion has been completed, I swallow.

Now that the carrot pulp has been swallowed, it is called a bolus which travels down the oesophagus to the upper chamber of the stomach. Here the enzymes contained in the raw carrot work on it for about 30 minutes and break it down further. Then the carrot pulp is transferred to the lower chamber of the stomach where digestive juices (hydrochloric acid) are added. Here it is broken down into a semi-liquid mass called chyme consisting of the nutrients in the carrot, liquid and fibre. As the chyme continues its journey through the digestive system, it passes the opening of the common bile duct where digestive juices from the gall bladder and pancreas are added to facilitate digestion. Then the chyme moves into the intestines where the nutrients along with most of the liquid are absorbed through the intestinal walls into the blood stream. Only now are the nutrients in that carrot able to be used by the body at a cellular level. Once the nutrients are in the bloodstream, they are transported through the network of blood vessels to the trillions of body cells to provide nourishment and building blocks for healing and repair. In the meantime the fibre is sent to the colon and then later eliminated from the body in the stools.

Note that the fibre has no nutritional value. It is important for helping move the food through the long digestive tract which has many pockets, loops and bends but the nutrients are in the liquid of the plant. In order to access those nutrients the digestive system needs to extract the liquid from the plant by processing and breaking down the food so that the liquid with the nutrients can be absorbed into the bloodstream where they can be utilized by the body cells.

Your body uses most of its energy for either digestion or healing/repair – but not both at the same time. When you eat, your body requires the expenditure of energy for digestion and so this stops your body from cleansing out toxins,

healing and rebuilding. The advantage of juicing vegetables is that it conserves energy that would have been used for digestion because the juicing machine does exactly what the digestive system does – it extracts the liquid from the plants. Therefore the nutrients within vegetable juice are already in a broken down form that can be easily and quickly assimilated by the body without the need for digestion. Whilst the digestive system is given a rest, the body is able to focus on cleansing out the toxins, healing and rebuilding.

In essence, the goal in juicing is to supply large quantities of high-quality nutrients to the body with minimal energy needed to digest and assimilate them. This enables the body to direct most of its vital energy and attention towards cleansing and flushing out toxins stored in the body so that it can heal and rebuild its cells and vital organs.

For example, as mentioned earlier you can put half a kilogram of carrots through a juicer and drink it as a 300 ml glass of carrot juice. The nutrients within the carrot juice would be absorbed into your blood stream and be on their way to your body cells in a matter of minutes with minimal energy being depleted through digestion. The energy that was conserved can then rather be used by the body for rebuilding and healing with the nutrients in the carrot juice that it has been supplied with.

On the other hand, the amount of nutrients that you would gain from eating whole carrots would be significantly less, because a person would not be able to eat half a kilogram of carrots in one meal. Once eaten, a lot of energy would be spent digesting the carrots and this process would take at least one hour (or longer if combined incorrectly with other foods). Whilst the body is busy with the time consuming process of digestion, the healing and rebuilding process is brought to a halt.

Fresh vegetable juice is the fastest way of nourishing the body's cells, rebuilding the immune system and boosting the body's self-healing ability to assist the body to recover from a disease.

Here is a quote by John Lust, from *Drink Your Troubles Away*: *"Natures medicines are locked in the cells of growing plants and released in their juices... These juices are subtle in their action but yet more potent than any medicine, and without the toxic effect of drugs... Fresh fruit juices are the cleansers of the human system. Vegetable juices are the regenerators and builders of the body... When we consider that vegetables and fruits have been naturally cooked by solar energy; that they contain all the elements the sun and earth have buried deep in their fibre cells; that they are nature's live-cell foods – then it follows as logical that if we crush the juices from the cells of these fresh fruits and vegetables and put their health-giving fluid into our blood stream, we will receive a share of their vital energy."*

THE VALUE OF JUICING – TO REMOVE THE TOXINS WHICH HAVE ACCUMULATED IN BODY CELLS

The third benefit of juicing is that it enables the body to cleanse itself and flush out the toxins which have accumulated in the body cells from all the years of eating cooked and processed foods filled with toxins and poisonous substances which God never intended to be consumed.

During this period of detox, you will feel worse before you feel better. Years of eating dead, processed and chemically-laden foods leads to a build-up of toxins in the body that have a degenerative effect on the body cells and vital organs. As you switch from a dead food diet to a diet that brings in raw, fresh, living, clean, high-quality nutrients, your body will begin using these nutrients as building blocks to regenerate new living cells and rebuild its immune system. Because your body now has this new high quality material from the vegetable juice to work with, it will discard the old, lower quality material and it will replace the old damaged body cells with stronger new ones.

As the rebuilding process continues, the body begins to "clean house" and remove the toxins that have accumulated in the body cells. The skin, lungs, colon, kidneys, eyes, ears, nose/sinuses and throat are the exit points where these toxins are eliminated from the body.

Whilst the toxins are passing through the bloodstream on their way to the exit points to be removed from the body, it causes unpleasant symptoms. This can be a great discouraging set back and it worries many people who don't

understand what is happening to their body during detoxification. When they give up processed food and start eating raw fruit and vegetables or vegetable juices – and then feel sick – they begin to doubt whether this natural way of eating is really good for them! They say, “My goodness I’m feeling awful – much worse than I did before going on this silly diet – so this does not work for me!” When we start eating healthily we expect to feel better, not worse! Therefore many people misinterpret the symptoms they experience at this stage as a bad sign, but it is actually a good sign because it means that you have entered the first phase of healing. In fact another name for this initial unpleasant period of detoxing is the “healing crisis”.

It is important that you do not begin this cleansing diet until you are aware of what detox symptoms to expect and what they mean. Not understanding how the body works and mistaking the detox symptoms as a negative sign is the most common reason many “give up”. At the first sign of unpleasant symptoms they abandon their newly improved way of eating and return to their old habits.

Symptoms that are often experienced during the detox period can include:

- 1. Dramatic weight loss** – when we eat unhealthily according to the typical diet that most people eat today, there is a build-up of toxins in the body. Eventually a point is reached where the body is not able to keep up with the river of toxins through our digestive and lymphatic systems and so it will isolate them. In order to protect your vital organs, your body surrounds these toxins with fat. When you start eating healthily, your body will start to release these toxins and the fat surrounding them is released as well which leads to the dramatic weight loss. Whilst this is good news for many who want to lose weight, this can cause a lot of concern, especially to patients with chronic illnesses who are already very thin. However do not worry about this because the weight loss will stabilize once all the toxins have been released and the detox is over.
- 2. Loss of energy/weakness/fatigue** – many people incorrectly think that when they experience weakness during the initial period of drinking only vegetable juices, is because they are not getting enough food/nutrition. However a glass of vegetable juice is one of the most superior sources of nutrients available on earth! The weakness is caused by the toxins being released into the blood stream. The weakness is relieved by eating, not because you are gaining more energy but because it temporarily halts the cleansing process. I explained previously that your body uses its energy for either digestion or healing/repair – but not both at the same time. When you eat, your body requires the expenditure of energy for digestion and so this stops your body from cleansing and therefore stops the old toxins from being released. Rather than being tempted to snack in between meals because of the weakness you are experiencing, allow yourself extra time to rest and sleep during this detoxing period. For this reason it is a good idea to take off work, if possible, during this time. When the detox is over, the weakness will subside and you will find that your energy levels will increase. Once they have gotten through the detox, many people report feeling better than they have ever felt in their lives, and have tremendous bursts of energy.
- 3. Fever, headaches, light-headedness and nausea** - Whilst the body is eliminating the toxins deep within your body cells and vital organs, they circulate through the blood stream on their way out of the body and this is what causes the fever, headaches and nausea. Another reason for headaches and a slump in energy is withdrawal from substances that are addictive such as cigarettes, coffee, tea, refined sugar, soft drinks, alcohol and prescription drugs. People who have been long term users of these substances often feel terrible during the detox period, especially when experiencing the withdrawal symptoms of caffeine and nicotine. However, remember that these symptoms are only temporary and you will feel much better in the long term. Some people can experience similar symptoms as a result of withdrawal from meat because the protein in meat has a stimulating effect on the body.
- 4. Pimples/skin rash** – this is caused by the elimination of toxins and impurities from the body through perspiration. You can minimize skin rashes by keeping this elimination pathway open and clear. Most people do not consider sweating a good thing because they don’t like to feel self-conscious about the way that they smell. However, it is one of the body’s best ways of removing toxins. So co-operate with this elimination system by encouraging the body to sweat so that the skin does not become congested with toxins (which causes skin rashes). During the detox period it is important to keep your skin clean by bathing or showering often in order to prevent the re-absorption

of toxins. Avoid commercial creams and mineral oils because they clog the pores in the skin. Rather not use deodorants during the detox period because they inhibit sweating. Your arm pits (where lymph nodes are located) are designed to sweat for a reason – if you block these outlets of toxic elimination it will cause problems because it forces the toxins back into the lymphatic system. Furthermore most deodorants contain aluminium and other chemicals which just add toxic poisons to the body. Once your body has cleansed itself of all the excess toxins, you will not need deodorant anyway because your perspiration will no longer smell. The reason being it won't have the backlog of toxins that cultivate odour-causing bacteria. Until then, it is better to put non-perfumed powder under your arms and to bath often in order to stay fresh.

5. **Flu-like symptoms** – some people mistake these symptoms (such as a runny nose or coughing up phlegm) for an allergy but they are simply caused by the elimination of excess toxins that have built up in your mucous membranes.
6. **Constipation/Diarrhoea**– old toxic faecal matter from your intestinal walls may be flushed out in the form of loose stools.
7. **Frequent urination** – this is because juicing has a diuretic effect as the kidneys are flushing out toxins from the blood stream.
8. **Your eyes may become more crusty than usual in the mornings, or they may form a mucus coating which causes you to rub them.**
9. **A white coating may form on your tongue** – this causes your mouth to feel dry and your tongue to feel furry.
10. **Body odour/bad breath**
11. **Sore joints or muscles or pain in an area where you previously had a physical problem** – this is a wonderful sign that the body is functioning as God designed it to - it is healing and rebuilding that damaged area.
12. **Difficulty in concentrating**
13. **Nervousness/irritability/mood swings**
14. **Inability to sleep well**
15. **Feeling generally under the weather**

If you experience any of the above detox symptoms, don't be alarmed and don't turn back – the good health and energy you desire is right around the corner. Be encouraged by any detox symptoms because they are a sign that your body's natural process of self-healing is kicking into high gear. Even though experiencing these symptoms is unpleasant and inconvenient, we can appreciate them if we understand the wisdom of our body's process of self-healing during this period of detoxification. It is better for our body to temporarily deal with these symptoms on a surface level than to continue storing these toxins deep within our body cells and vital organs where they have a gradual degenerative effect that can eventually culminate in a serious, life-threatening disease.

The symptoms experienced during detox vary from person to person. The chance of you experiencing all of the symptoms in the list above is very unlikely. You may even experience none at all. The specific symptoms that a person will have depend on the type and quantity of toxins that need to be eliminated and the health of the organs involved in this elimination. How severe the symptoms are and how rapid the detoxification takes place depends on how quickly you change your habits. If you make the change drastically and overnight (as outlined in this nutrition program), then the symptoms will be more severe but they will be over in a shorter period of time. If you make the change more gradually, the detox will take place more gradually and the symptoms will be milder and less uncomfortable.

Every once in a while somebody who is overloaded with toxins that are released too quickly will experience such severe symptoms that it is unbearable. In this case don't stop the diet – the toxins have to come out if you want to regain your health! In order to make the cleansing process easier to endure, slow it down, by moving onto stage 4, (maintenance) which is explained further on. Consume less vegetable juice but don't stop it completely because it is essential for rebuilding the body's cells. Adding back a little extra cooked, starchy vegetables such as a baked potato or sweet potato will cause the toxins to be released more gently over a longer period of time.

The detox symptoms, on average, last 2 days to a week, but rarely more than 30 days. Sometimes the symptoms of detox can be experienced in waves whereby a period of feeling ill is followed by a period of feeling great, then feeling bad again and then better again. In this case the extent of each detox episode gets shorter and less severe, while the periods of feeling good get progressively better and last longer.

Avoid taking painkillers and other drugs to mask the symptoms during the detox period as this will just dump more toxins into the body. Remember that during this time you are trying to remove toxins, so try as much as possible to limit substances which add toxins to your body: this includes any product that contains fluoride such as fluoridated water, toothpaste, mouth gargle, hair dyes, cosmetics, under-arm deodorants, lipstick, and lotions (including moisturising lotions). Flaxseed oil may be applied to the skin as a moisturizer and works just as well as these other products.

The sooner you get rid of the toxic substances in your body, the better off you will be. Rather than focusing on your temporary discomfort during this period of detoxification and allowing that to discourage you and tempt you to give up, remember that your long term health is more important. Just like the Israelites had to go through the unpleasant conditions of the desert before getting to the Promised Land, think of it as a short trip through the desert on your way to the Promised Land of divine health. Although it may feel like 40 years whilst you are going through it, it will pass and when it does, you'll feel fantastic. A feeling of energy and well-being will be restored to you that you may have forgotten since childhood. So take heart and don't give up.

When the symptoms of detox subside and you experience increased energy and feel better, it is a good indication that the toxins have been cleansed from your system and you are ready to move onto the next stage (although it is essential for people with cancer and other serious/life-threatening illnesses to complete the full 6 weeks of vegetable juice only). Once you have completed the cleansing, it is a wise idea to continue to eat only healthy foods so that those toxins you have cleaned out do not return.

If you are physically frail, for example as a result of a serious or chronic illness, are taking chronic medication or suffer from hypoglycaemia (low blood sugar), it is best to do this detox under the supervision of a doctor. The same applies if you are worried or confused, because anxiety can drastically slow down healing. If in doubt at any stage, consult a qualified medical professional that has specialized knowledge on nutrition (there are many who do not).

In summary the following is accomplished by juicing:

- i. A large quantity of high quality nutrients is supplied to the body which the body needs as building blocks for repairing weakened body cells and vital organs.**
- ii. The nutrients are broken down into a form that is easily and quickly absorbed without the time consuming and energy depleting process of digestion.**
- iii. Whilst the digestive system is given a rest, the body is able to focus on flushing out toxins as well as healing, rebuilding and repair with the nutrients in the vegetable juice that it has been supplied with.**

During the period of juicing all the body systems begin to function better as they are cleansed of toxins and are rebuilt with live, fresh high quality nutrients. The old unhealthy cells are replaced with strong, vibrant, healthy cells and your whole being will have more vitality than you ever imagined possible. Anybody who has ever given fresh vegetable juice (from a good quality juicer) a serious try knows that it will produce healthful results. The process of juicing was developed by a doctor called Norman. W. Walker. In his early 50's he developed a life threatening illness. Rather than going the conventional medical route, he drank vegetable juice and lived to be 119 years old. He wrote his last book when he was 115!

IN THE 6 WEEKS OF DRINKING VEGETABLE JUICE ONLY – THE FIRST 4 WEEKS MUST BE GREEN JUICE

It is strongly suggested that you do 4 weeks of what we call “green juice”. During this time, you cut out all forms of sugar – even fruit and vegetables which contain healthy forms of sugar. This has the following benefits:

1. In the case of cancer – it starves the cancer cells of sugar which is their food source.
2. It re-establishes an alkaline environment in body cells which is conducive to healing.
3. It causes the chemistry and metabolism of your body to “change gear” back to the state God originally designed it to be (i.e. from “sugar burning” to “fat burning”) and it restores your body’s feedback controls so that your body craves the correct food in the correct quantities.

1. THE BENEFIT OF NOT EATING ANY SUGAR

It is a well known medical fact that cancer cells feed on sugar. Doctors take advantage of this to be able to diagnose cancer: for example how a PET scan works is they inject radioactively labelled sugar into the person’s bloodstream and the cancer cells take it up to feed on it. As a result they light up on the x-ray/scan machine and this shows where in the body the cancer has spread.

If you have a plant in a pot and never water it, it will die as a result of a lack of “food supply”. In the same way, drinking green juice (where all forms of sugar are cut out) starves cancer cells of their food source and so they will die. For this reason, doing 4 weeks of green juice is essential for a person with cancer.

2. ACIDITY VS ALKALINITY

The second benefit of the 4 weeks of green juice is that it changes the pH of your body from an acidic state (in which disease flourishes) to a healthy alkaline state.

Nobel Prize winner Dr. Otto Warburg discovered that cancer cells, infections and many other diseases only thrive in a low-oxygen state. When your body cells and tissue are acidic (which means that the pH is below 6.5 - 7.0), they lose their ability to take up oxygen. As a result of this the body cells transfer from aerobic to anaerobic metabolism. (Aerobic metabolism is where the body cells produce energy using oxygen. Anaerobic metabolism is a form of energy production without oxygen). In this acidic environment where there is a lack of oxygen, cancer cells are able to thrive because the only thing that body cells can do with anaerobic energy is to grow and split....grow and spit... grow and split– and that is cancer (uncontrolled cell division)!

On the other hand, when your body cells and tissue are alkaline (which means that the Ph is above 7.0) cancer cells and harmful micro-organisms that cause infections (bacteria, viruses, fungus, parasites) find it difficult to survive because of the high amount of oxygen present. Alkaline tissue holds 20 times more oxygen than acidic tissue. This oxygen rich environment prevents further cancer cell growth. In a pH of 8.0 or greater, cancer cells and harmful micro-organisms cannot survive.

When we are born, our body pH is near or at neutral. Maintaining this near neutral body cell and tissue pH is critical for staying healthy and creating an inhospitable environment for cancer cells and harmful micro-organisms to multiply. If you can keep your body tissue pH somewhere between 6.5 - 7.0 it is very difficult to get sick.

How Your Body Becomes Acidic

Nearly all cancer patients have high acidity in their body cells. There are two main reasons why the body’s pH becomes acidic (sick) as opposed to alkaline (healthy):

1. Prolonged internal stress, as a result of toxic mind-sets and suppressed toxic emotions (i.e. fear, anxiety, stress, anger, resentment, bitterness, grief etc.).
2. Poor diet high in acidic foods.

In the chapter on cancer, in the book “Healing Begins with Sanctification of the Heart” on pages 388 – 393, under the section on fear, anxiety and stress I explained that prolonged stress results in a depletion of adrenalin. The function of adrenalin is to remove sugar from cells and convert it into energy for the body. When there is a shortage of adrenalin, the sugar levels rise in body cells which then impairs the uptake of oxygen and thus breaks cell respiration/aerobic metabolism. The harmful virus-bacteria-yeast like fungus enters the body cells to feed on the sugar. As they ferment the sugar, they form highly acidic mycotoxins which cause the body cells to become acidic. Furthermore, the high levels of stress hormones (such as cortisol) during stage 2 and 3 of stress are themselves acidic.

The acidic environment of the body is exacerbated by poor nutrition. Every food has a pH value from very acidic to very alkaline. Raw fruits and vegetables are very alkaline. Lemons, watermelon and figs are extremely alkaline.

Neutral foods include: butter, cheese, honey, eggs, potatoes, oils, beans, lentils, olives, barley, wheat bran, oat bran or oatmeal, rice, wheat, lentils, soy beans, soy milk, rice milk and almond milk.

Highly acidic foods include: excess amounts of meat, seafood, processed foods, refined sugar, artificial sweeteners, white flour, salt, caffeine, breads, pastries, canned or glazed fruits, refined cereals, chocolate, custard, jams, white pasta, pickles, alcohol, cocoa, vinegar, mustard, pepper, aspirin, chemicals, drugs, tobacco and soft drinks/beer. For example coffee has a pH of 4 and coke has a pH of 2! Most beer has a pH somewhere between 2.5 and 4.2 depending on the brand. Coke is so acidic that it would take 32 glasses of highly alkaline water to neutralize one glass of coke! Thus people who drink large quantities of coke, coffee and/or beer are usually acidic and are magnets for most illnesses including cancer.

How To Make Your Body Alkaline And Keep It That Way

1. The toxic thought patterns and resultant suppressed feelings of anger, hate, resentment, and grief that put the body into a toxic state of chronic stress and create a drain and eventual depletion of the adrenaline reserves, need to be expressed and permanently released (this is dealt with in the first nine ministry sessions which are recommended you go through before starting this nutrition program).

2. Eating an alkaline forming diet: after one week of consuming green vegetable juice only, your body will be shifted from an acidic to a slightly alkaline pH. (Your body will be maintained at the right pH after the period of juicing, if your lifestyle of eating is based on the principles outlined in this nutrition program i.e. 80% raw fruit and vegetables with very small amounts meat and where processed products are limited as much as possible).

Whilst recovering from cancer it is essential that you avoid meat, processed products and the above mentioned acidic foods completely. It is essential for a cancer patient to eat a minimum of 80% alkaline foods and 20% neutral foods.

In the case of cancer, at least 10 glasses of vegetable juice a day is necessary to change the pH of the body from an acidic state back to the normal, slightly alkaline state. If for some reason it is not possible to drink this many glasses of juice a day (for example you have kidney failure and this volume of fluid would stress the kidneys), then take ½teaspoon of bicarbonate of soda in water three times a day. However this option is less ideal than vegetable juice because bicarb is a processed inorganic product.

3. RESTORING YOUR BODY'S FEED BACK CONTROLS

God built feedback controls into our bodies to let us know what type of nutrients/food we need, when we need it and how much we need. For example, we have taste buds which were created so that we can enjoy and take pleasure in our food. However, the way that God originally designed our body is that when there is a deficiency of a nutrient, the body will crave the taste of a food that contains that nutrient. For example, if you have low levels of potassium, you may develop a craving for bananas. When you have eaten enough bananas to satisfy the potassium requirement, there is a feedback mechanism which makes you feel full and you lose the desire to eat any more.

However, when we eat a diet high in sugar and processed carbohydrates, it over-rides these feedback mechanisms and they are eventually lost altogether. As a result you lose the ability to know what food you need and how much. Therefore you are able to eat more and more of the wrong foods – for example you end up eating too much protein

(e.g. meat), carbohydrates etc. before you feel full. And the more you eat these wrong foods, the more you crave it. Eventually the body cells develop receptors which produce a craving for sugar, processed and refined foods etc. which is the same cravings that a person experiences in addictions (for example to drugs or alcohol). Extremely obese people can get to the point where no matter how much food they eat, they never feel full or satisfied and are continually hungry with cravings for more food.

Consuming large amounts of sugar and processed carbohydrates also changes the body metabolism from “fat burning” to “sugar burning” where you put on weight more and more easily.

Drinking green juice for 4 weeks causes the chemistry and metabolism of your body to “change gear” back to the state God originally designed it to be which is “fat burning” instead of “sugar burning” (which is good for those who want to lose weight) and it also restores your body’s feedback controls so that you crave the correct food in the correct quantities.

For example, one of my greatest personal concerns after learning these nutritional principles was the small amount of meat that you are actually supposed to eat – which is approximately 300g a week (as I love meat). One side of my family is Afrikaans and the other half has a Greek background and in both cultures the members of my family ate a lot of meat. People used to joke that we are learning to cut down our meat consumption to three times a day! So meat was very important to me. Cutting meat out of our diet is something that the men in my family would not even hear of! However, to my utter amazement, soon after doing 4 weeks of drinking only green juice, I went to a restaurant and ordered a meal with a large piece of steak. After eating about 250g I was satisfied and felt as though I did not want to see meat for another week! My father experienced similar results which was even more amazing! This was because the feedback controls had been restored and now our bodies were craving the correct quantities of meat at the correct time when our bodies really needed it. The same applies to all the other types of food.

Starting with 4 weeks of green juice will make it much easier for you to maintain healthy eating habits in the long term. If you tried to go straight onto the lifestyle maintenance phase (which includes 80% raw fruit and vegetables) from your old way of eating, it will be a lot more difficult to maintain because you will still have the wrong cravings for the wrong food and will feel very hungry. Whereas if you begin with 4 weeks of green juice – the deficiency of nutrients is corrected (through consuming high quantities of high quality nutrients in the juices) and the body’s feedback controls are restored so you now crave the correct food in the correct quantities, whilst losing the craving and desire for the wrong things.

WHY 4 WEEKS?

Research has shown that it takes 3 weeks for the receptors (which produce the craving for sugar, processed carbohydrates and other wrong foods) to “fall off” and for the body to restore feedback controls and proper metabolism. Therefore it is recommended that you do it for 4 weeks to make sure the process is complete. Doing green juice for less than 3 weeks is not worth while because it will not achieve the desired effects mentioned above (except that the body is changed to an alkaline pH after 1 week). 4 weeks of green juice is essential for a person with cancer and very helpful for people who want to lose weight (for the reasons explained in the benefits of green juice). However, if you don’t have a disease that is immediately life-threatening, you can consider doing 6 weeks of vegetable juices (without cutting out the vegetables that contain sugar) and/or juicing for a shorter period of time.

WHAT DO YOU PUT IN A GREEN JUICE?

We only call it “green juice” because that is literally the colour that it comes out as through the juicing machine. However that does not mean that you must only include vegetables that are green (for example you can include cauliflower, red peppers etc.). During the 4 weeks on green juice, you need to cut out all vegetables that contain sugar which is carrots, beetroot, butternut and peas (note also that tomatoes and avocado pears are a fruit and must not be included here either).

Below is a list of vegetables that you can include in a green juice (try to include as many of these as possible depending on what is available to you):

1. Green cabbage
2. Red/purple cabbage
3. Spinach
4. Rape
5. Lettuce
6. Cucumber
7. Broccoli
8. Cauliflower
9. Baby marrows
10. Green beans
11. Celery
12. Mint
13. Green, red and orange peppers
14. Ginger (small amount because it is very strong)
15. Bean sprouts (and all other types of sprouts).
16. Sea vegetables e.g. kale, sea weed etc.
17. Barley green or maringa powder (which has micronutrients that are often missing in fruit and vegetables available because of soil erosion etc.). Write to cj.eagleswings@gmail.com to find out where maringa can be purchased. Barley green powder and maringa tree leaves are the only nutritional supplements recommended by Eagles Wings (the fallacy of vitamin and mineral supplements is explained on pages 261 – 271 of the 4th edition of the book *“Healing Begins With Sanctification of the Heart”*)
18. Lemons – this is the only fruit that you can include during the 6 weeks of vegetable juices. Lemons been used for centuries to purify the body and the bloodstream of toxins, impurities and most importantly, fungus. Since fungus is very involved in the development of cancer, lemons are ideally suited to help the body heal from this disease.
19. Add 1 teaspoon of flaxseed oil or olive oil to each vegetable juice - this is required for absorption of fat soluble vitamins (and must always be included in your vegetable juices, not just in this initial 4 week period). Dr. Johanna Budwig of Germany published extensive research on the tremendous anti-cancer properties of flaxseed oil. If you use olive oil, it must be extra virgin, cold pressed.

Herbs and spices including black pepper, paprika, basil, oregano, cayenne pepper, jalapenos and so on are not recommended during stage 1 as well as the next transition stage (i.e. stage 2) whilst the healing process is still in progress because they tend to interfere with the healing response. Also avoid alcohol, coffee and tea because it limits the blood’s ability to carry oxygen and places unnecessary strain on the liver to detoxify and remove it from the body.

HOW MUCH GREEN JUICE MUST YOU DRINK

According to Dr. Max Gerson (who had tremendous success in helping patients overcome cancer), the gold standard is 13 glasses of vegetable juice a day. However in our experience this many glasses of vegetable juice a day has not been possible for any patient we have worked with or for ourselves. The average that a person manages is 10 glasses (each glass being 200ml) a day which works out to be a glass every hour. If you have cancer – it is important to try to aim for this many glasses. If you do not have a life threatening disease, 10 glasses is not necessary (although you can have as many glasses as you like!). However try to have at least 4 to 6 glasses – this is not meant to be a starvation diet – remember one of the purposes of juicing is to supply the body with a high quantity of high quality nutrients in order to replace the nutrient deficiency.

FOR THE NEXT TWO WEEKS (AFTER THE 4 WEEKS OF GREEN JUICE) – RE-INTRODUCE THE VEGETABLES THAT WERE EXCLUDED

After completing the first 4 weeks of green juice, in the next 2 weeks you can add vegetables in your juices that were previously excluded (i.e. carrots, beetroot, butternut, peas). You can also include tomatoes and apples (lemon and

apples are the only fruits that you can combine with vegetables and they make the vegetable juices taste nicer). If you have cancer, still aim for 10 glasses of vegetable juice a day. Of these 10 glasses, 8 glasses should be what we call “the full roast” which has as many different vegetables as possible. Then 2 glasses should be carrot juice (which has very good anti-cancer properties). We don’t recommend more than 2 glasses because then it is too much sugar (even though it is good sugar). You can make different variations/combinations of carrot juice – two of our favourite combinations are:

- Carrot, lemon and mint
- Carrot and apple

Carrot juice is a key vegetable to put in your vegetable juices. Apart from the many benefits of the antioxidants and nutrients that carrot juice contains, it cleanses the liver. Whilst the toxins released from the liver are being eliminated from the body, the skin on your hands may temporarily have an orange tint. Do not worry about that, it will resolve once the cleansing process has been completed. Buy large California carrots, for your juices because they are sweeter than other types of carrots. If your first experience of carrot juice is bitter, you may miss the joy of juicing! Another way to make carrot juice sweeter is to peel the carrots before juicing them (however a large proportion of the nutrients is just under the skin).

If you don’t have cancer, you don’t have to have 10 glasses a day, but as explained above, try to aim for at least 4 to 6 glasses.

COFFEE ENEMAS

If you have cancer or another life threatening disease where time is critical, it is recommended that you start coffee enemas at this stage - twice a day (morning and evening) until clear of the disease. As well as providing the body with generous amounts of high quality nutrients, it is necessary to remove the toxins from the body as quickly and as efficiently as possible. This is partly achieved with renewing the mind and juicing. However, in the case of a life threatening illness such as cancer, the detoxification may not take place fast enough. Cancer, for example, grows very quickly, so you have to get ahead of it.

Detoxification can be speeded up using coffee enemas. There is a dense network of veins around the rectum which in turn are connected to the liver which filters toxins in the blood stream. Coffee enemas act “like a vacuum” which sucks or draws the toxins out the liver through the rectal veins. Coffee enemas also cleanse the liver by causing dilation of the bile ducts as well as facilitating the excretion of dead cancer cells and the dialysis of other toxins from the blood across the colon wall.

This lowers the quantity of toxins in the bloodstream, thus cleaning the poison out of the fluid nourishing the body cells. To find out more about coffee enemas and how to do them, see the following website: <http://www.raw-wisdom.com/coffee-enemas>.

It is not recommended that you start the coffee enemas during the first 4 weeks of green juice, because for most people the detox symptoms (especially weakness) are too severe and unbearable to handle.

TIPS ON JUICING

1. **Make sure you drink enough water!** Don’t drink water with your juices because it will dilute the enzymes, resulting in less absorption of nutrients. Therefore try to drink water approximately 30 minutes before or after drinking a vegetable juice. Therefore in order to get it right – it is helpful to develop a routine for your 6 weeks of juicing: for example drinking a vegetable juice every hour e.g. 7:00am, then 8:00am, then 9:00 am etc. and then drinking water in between at 7:30am, 8:30am, 9:30 am etc. You can drink as much water as you like. The vegetable juices induce a detox and act as a diuretic which means that you will urinate more frequently because one of the ways the body flushes out toxins in through the kidneys in the urine. For this reason, it is easy to get very dehydrated if you don’t drink enough water - we have even had to put some patients on drips because they did not take in enough water in between their juices – so be careful.

2. **Start drinking your vegetable juices early** – for example between 7:00 – 8:00am so that your last juice is no later than 5:00am. Don't drink any water after 5:00pm so that you don't have to wake up at night to go to the toilet – the less sleep is interrupted, the more healing time is maximized.
3. **If possible – employ a maid or somebody to assist you**– on a practical level making vegetable juices and cleaning the juicer can be very time consuming and eventually very tedious, especially if you are drinking 10 glasses a day. It will also be very difficult for you to do it yourself, whilst experiencing the symptoms of detox, for example weakness. Furthermore during this time of healing and detox, it is better to use your time to keep your mind focused in a positive direction i.e. spending time with the God the Father in His Presence and in His Word, having thinking times on the Scriptures taught in the ministry sessions etc. Therefore if possible, try to arrange for somebody to help you make the juices during this initial 6 week period.
4. Remember that enzymes are the life force within the plants. When food or juice is heated over 39°C, the live enzymes are destroyed and other vital nutrients are transformed into an unusable form. Therefore **juices that are canned, frozen or bottled lack any nutritional value and should not be used.**
5. **It is important to consume your vegetable juice as soon as possible after you have made it** in order to obtain the optimum amount of nutrients (i.e. within 15 minutes of making it). The longer juice is left exposed to the air, the less nutritional value it will have because oxygen accelerates the enzymatic digestion of the nutrients which then break down. This is actually a good thing – but you want it to happen inside you, not sitting in a bottle in your basket at work or your fridge. If it is not practically possible for you to drink your juice immediately after it is made and you have to prepare it ahead of time, one way to reduce nutritional loss is to pour it into a glass jar or bottle and fill it all the way up to the very top and tightly screw on the cap. This will minimize the presence of oxidizing air.
6. I must emphasize the importance of having **vegetable juice only during this stage with not solid food at all** – if you also consume whole vegetables or any other food, you will not achieve the best results. Remember one of the main purposes of this period of juicing is to rest the digestive system so that the body can focus its attention and energy on healing, rebuilding and cleansing itself of toxins. The largest part of the immune system is in the gastro-intestinal tract. Consuming vegetable juice only enables the immune system to concentrate on diseased cells instead of what is inside the stomach and intestines. NB: Do not have potatoes during this stage – solid or in the juices.
7. **Drink as many vegetable juices as you can and spread it out:** Initially when you begin, you will be hungry if you have been eating a diet of predominantly dead, cooked or processed foods devoid of nutrients. It helps to drink as much vegetable juice as possible – between six and ten 200 ml glasses of juice a day (i.e. a glass every one to two hours). Spread it out, rather than drinking large volumes at once as this promotes better internal cleansing and more effective nourishment of your body cells. The 3rd and 9th hour principle (explained on pages 212 – 219 of the book *“Healing Begins With Sanctification of the Heart”*) does not apply here because the absorption of vegetable juice does not require the full functioning of the digestive system. When you re-introduce solid foods, then it will be necessary to eat at the 3rd and 9th hour when digestion is most efficient. By that stage your body cells will be so well nourished with all the high quality nutrients during the period of just drinking vegetable juice that your appetite will be naturally suppressed, thus eliminating the phantom hungers you've fed in the past. As a result you will find eating twice a day is more than enough. Furthermore as you progress through this stage, you will feel the need to drink less vegetable juice and you can reduce the amount you drink accordingly.
8. Another important tip for you during this time is to **watch what you allow your mind to focus on.** For example, I never got hungry whilst fasting on vegetable juice (because of the large quantities of high quality nutrients that were being supplied to my body). However if I allowed myself to start thinking about pizza and all the food I was missing, it didn't take long for me to start feeling the hunger pangs begin to rise up. As soon as I chucked those thoughts out of my mind and focused on something else, those feelings soon went away. Joyce Meyer has a saying, “Where the mind goes, the man follows.” In other words if you think about a chocolate long enough, you'll eventually go and get one! So be careful not to allow yourself to meditate on food too much.
9. **To help with the taste:** It can sometimes be a challenge to drink the vegetable juices in terms of the unpleasant taste – especially with the green juices and at the beginning before you get used to it. What we found helps to block your nose or drink with a straw and to add lemon in the juice and/or to suck a piece of lemon afterwards.

10. **Have a positive attitude:** Although the vegetable juice does not taste nice, don't allow yourself to develop a bad attitude towards it, for example hating it. Remember that whatever goes on in your thought life, your brain will convert into a physical reaction. If you hate the food you are eating in your thoughts, there can be a corresponding physical reaction where your body rejects the food by developing cell wall rigidity in the lining of the gastro-intestinal system, resulting in malabsorption of the nutrients. Therefore if you are struggling with the taste and feel dread when you are about to have a juice, develop a positive attitude on purpose, with for example saying before you drink it, "Thank you Father for this wonderful nutrition – I am looking forward to it because it is supplying life to my body etc."

Give your experience of juicing vegetables lots of time and try to enjoy it. Think of it as an adventure into new territory with the hope of discovering a level of divine health and energy above whatever imagined possible. Thousands of people across the world are juicing and enjoying the benefits. We are all here to encourage you to step out with the help of the Holy Spirit and experience God's best for you.

JUICING MACHINES

It is important to understand the difference between a blender and a juicer. Blenders are wonderful for making fruit smoothies but they are not designed to make juice because they leave the pulp or the fibre in with the juice. You do not want any fibre in the juice that you drink because it is hard to digest. The main purpose of juicing vegetables is to remove the fibre so that the nutrients are literally pre-digested and can be immediately absorbed into the blood stream without the time consuming and energy depleting process of digestion. A blender only produces a small amount of juice which is mixed with the fibre of the plant. In order to drink it as a juice, water has to be added, which creates a mushy, grainy and unpleasant beverage that still has to go through the process of digestion before the nutrients can be absorbed. In contrast a juicer extracts the juice from the fibres of the plant, thus separating the pulp from the juice.

When you purchase a juicing machine, it is important to find out how it works. There are two main types of juicers:

1. **Centrifugal Juicers** – are the most common type of juicers on the market today. They have a spinning basket that rotates at a very high rate of speed (usually 5 000 to 6 000 revolutions per minute), shredding the food and flinging the juice through the air. Juice from centrifugal juicers is of no benefit for a person who has cancer or any other disease because:

- i. When the juice is flung through the air it causes oxidation.
- ii. There is nutritional loss because the shredding action is not efficient in breaking open the cells to extract the nutrients from the pulp. Because less nutrients are provided in the juice from a centrifugal juicer, it does not produce the same results.

For these reasons a centrifugal juicer is not recommended.

2. **Masticating Juicers** – operate at much lower speeds to reduce heat and friction so that the enzymes and other nutrients are maintained. There are different designs of masticating juicers which work in the following different ways:

- i. Some designs (for example the Champion Juicer) have revolving teeth that shred the plant and then press the pulp against a stainless steel screen which forces out more nutrients. This type of juicer will produce the same amount of juice as the centrifugal juicers but it yields three to four times more nutrients.
- ii. There are other designs (for example the Green Power Juicer) which use revolving twin gears that draw the food down between the gears and press out the juice into an airtight chamber, without pumping oxygen into the juice. This type of juicer produces more juice with double the amount of nutrients than the other designs mentioned above and is the juicer which is recommended. Because juice from this type of juicer is not oxidized during the juicing process it is kept fresher for longer. This is especially beneficial for people who find it convenient to make a full day's supply of juice at one time, for instance because they need to drink their juice at work. For example, carrot juice from this type of juicer will still be bright orange in colour and will still smell and taste fresh after 24 – 48 hours. Carrot juice from most other juicers begins to turn brown after about 15

minutes and after about an hour it does not taste or smell like fresh juice which is an indication that its nutritional value has greatly deteriorated because it has oxidized.

- iii. There is another type of juicing machine that is better than any of the above, such as the Norwalk Press. This is the limousine of juicing machines and was designed by Dr. N.W. Walker who first invented juicing. It has large, heavy-duty revolving knife blades that force the pulp and juice through a fine strainer. The shredded pulp and juice is then dropped into a cloth bag. The bag is then placed onto a hydraulic press (which is part of the juicing machine) where it is pressed under high pressure. This method of juicing produces a greater amount of juice from the fruit and vegetables than any of the other machines. Although it is the best machine, the draw-back is that it is extremely expensive (approximately USD2000).

STAGE 2: TRANSITION PHASE: 5 days to 6 weeks



The days following the end of stage 1 are sometimes the most difficult, but are very important. As you come to the end of your period on just vegetable juice, psychologically you will probably be really looking forward to the fresh, sweet taste of fruit and other foods you have gone without and as a result the physical desire to eat may be intense. Eating will be a brand new experience as the flavours and textures of food will be enhanced because you have exceptionally clean nasal passages and the taste buds on your tongue would have been regenerated and revitalized. At this time you can be greatly tempted to binge on meat and other solid foods. Ending the vegetable juice fast in this manner can cause tremendous damage to your digestive system which is still “asleep” and in a very sensitive state. It can cause stomach cramps, nausea and weakness as well as nullify the benefits you received after completing stage 1. **Therefore the purpose of this transition phase is to gently and safely wake up your digestive system by gradually introducing whole foods.**

During this transition phase:

- A. Continue having vegetable juices up to approximately 1:00pm.
 - Aim for at least 6 glasses (if you were having 10 glasses before) or at least 4 glasses if you were having 6 glasses before. You can still have as many vegetable juices as you like. However, by this stage you would have consumed a lot of nutrients from the previous 6 weeks of juicing, and will be less hungry, and thus have less of a desire for more glasses of vegetable juice.
 - Have a maximum of 2 glasses of carrot juices to prevent consuming an excessive amount of sugar (even though it is the good sugars). The rest of the vegetable juices must be the “full roast”.
- B. In the afternoon have a fruit smoothie and a meal of whole/solid fruit between 2:00 and 4:00pm. Again, don't have more than one fruit smoothie a day to avoid excess sugar intake. However as well as a fruit smoothie, it is good to have squeezed orange juice as there is much research showing the benefits of vitamin C in fighting cancer and other diseases.

Juicing is very personal and as you go along, through trial and error, you'll develop your own favourite combinations according to your taste. An excellent book for different recipes for fruit smoothies and vegetable juices (as well as salads and other tasty meals you can make with raw food) is a book called “Rawlicious”. Hallelujah Acres Ministries have been developing lovely fruit and vegetable juices from 30 years of experience. Visit their website for other great tasting juice recipes at www.hacres.com and look for “Beverages” under the recipe page. You will be grateful that you did! One popular very nutritious smoothie recipe which we use with all our patients is included below – this is good for all diseases and health in general, but is especially good for diabetics or somebody who suffers from hypoglycaemia (low blood sugar) because the ingredients are low G.I and stabilize the blood sugar. Because this recipe has a low sugar content, it can be taken regularly. It may not seem appealing, especially with avocado pear in it but it is surprisingly delicious.

DEBBIE'S FRUIT JUICE RECIPE

1. Juice an apple, pear and lemon in a juicing machine. Then transfer this mixture to a blending machine.
2. Add a banana, avocado pear, a level teaspoon of cinnamon, 1 table spoon of raw coconut and ice/water. Blend the mixture and enjoy your smoothie!

Eating solid fruit is the best way to wake up your digestive system because fruits have very high water content and need a minimal amount of energy to break down and digest. Apples, melons, grapes, pears, plums and berries are ideal. Avoid pineapple and paw paw (papaya) in the first four days because they contain strong enzymes that may upset your stomach.

Continue to have good healthy fats such as olive oil or flaxseed oil in your vegetable juices. Do not add nuts, seeds, cooked foods, dairy products or meat yet. A diet of only raw, organic fruit and vegetables is best for the transition stage. This stage must be done for a minimum of 4 to 5 days which is required to reactivate your digestive system. However, in the case of cancer or other serious diseases – we recommend 6 weeks although you can choose to stay on if for longer.

In your smoothies, it is important to combine your fruit and vegetables correctly – so please revise pages 239 – 242 in the book *“Healing Begins with Sanctification of the Heart”* in this regard.

The transition phase can still be considered as part of stage 1 in the sense that a little of the detox and cleansing may continue during this period. You may occasionally experience slight symptoms of discomfort, but not as bad as during stage 1. Once all of the toxins have been flushed, you will begin to feel some positive effects, for example:

1. Improved complexion and more youthful, glowing skin
2. Shining hair and brighter eyes
3. Fresh breath – the need for deodorant and breath deodorizers often vanishes which is great because most toiletries contain chemicals that are toxic for your body.
4. Increased energy levels and greater stamina
5. Enhanced memory, concentration and clarity of thought.
6. Better quality sleep and less sleep needed
7. Improvement in strength and general health.
8. A desire to move around and exercise more.
9. Mood improvement
10. Increased libido.
11. Degenerative diseases begin to reverse – I explained earlier that the build-up of toxins in the body from years of eating incorrectly has a degenerative effect on the body cells and vital organs. Thus once you have gone through the detox and your body has flushed out the toxins, your body will begin using the high quality nutrients in the vegetable juice and fresh raw food as building blocks to regenerate new living cells and rebuild its immune system. Once new body cells are regenerated, the degenerative disease disappears.

Charlotte Gerson (daughter of the famous Dr. Max Gerson) said: “Yes you can heal so called chronic degenerative diseases...so called incurable diseases! Yes you can heal so called genetic diseases! It’s not a big problem – we’ve done it! We’ve got lots of those patients recovered. Cancer is the most severely advanced degenerative change of the body, with the most serious damage to all the body systems and defences. If that’s reversible, then all the other chronic degenerative diseases are reversible! And it’s true, that’s what we are seeing...most of our patients have cancer that has spread to the liver...you mean you can heal it when it’s in the liver? Absolutely! The human body is such a wonderful, beautiful organism. It is so finely tuned. It has such a tremendous ability to self-heal – if you injure yourself, cut yourself, God forbid you break a bone – it’ll heal!”

As you continue to deal with toxic mind-sets and renew your mind, whilst nourishing your body with high quality nutrients, even genetic defects will be reversed! That is phenomenal! Bruce H Lipton, bestselling author of *“Biology of Belief”* said, “Recently a cardiovascular surgeon in California called Dean Winters revealed a very interesting study on genes: he looked at a whole series of prostate cancer patients and instead of giving them conventional medical treatment, he helped them by changing their lifestyle. He gave them a better diet and helped them change their thinking by turning their stress responses into more favourable responses. He just gave them a way to handle life.

What was very interesting is that after several months of just changing lifestyle and behaviour he looked at the genetic readout of the patients and compared it to the genetic readout before he started the process...500 genes changed their readout simply by changing lifestyle!"

STAGE 3A: TEMPORARY LIFESTYLE MAINTENANCE PHASE: Until cleared of cancer



This stage is only important for people with cancer and some other serious diseases. Otherwise you can move from the stage 2 transition phase to stage 3B lifestyle maintenance:

A. In morning:

- i. 3 glasses of vegetable juices (2 glasses full roast and 1 carrot)...you can put a raw sweet potato in each glass of full roast (to help prevent further weight loss if this is a concern).
- ii. Between 7:00 and 9:00am: A big salad with as many vegetables as possible. You can also make it delicious and tasty with nuts and seeds which add substance, such as almonds, pecan nuts, cashew nuts, macadamia nuts, brazil nuts, hazelnuts, walnuts etc. and sunflower seeds, sesame seeds, poppy seeds (very nice!), lentils, pumpkin seeds, quinoa etc. NB: all nuts must be raw and it is good to soak them in water for 24 hours as this helps release important enzymes to digest them more efficiently. NB: salad is still 100% raw. Eating a few teaspoons of butter made from raw nuts (e.g. raw almond butter or raw macadamia butter) is delicious and very good for bringing a sense of satisfaction so that you don't feel hungry. Raw plant fats are very important and healthy for you – so continue to use lots of flaxseed oil and cold pressed extra virgin olive oil in your vegetable juices and as a salad dressing.

B. In afternoon: 2:00 – 4:00pm – fruit smoothie and meal with whole/solid fruit.

NB: You must not have any animal products (meat, milk, cheese, yogurt and other dairy products etc.) or processed foods (containing refined sugar, white flour, salt, caffeine, alcohol etc.) whilst your body is still in the process of healing and until the cancer has gone. Research has shown that even small amounts of meat and animal products can stimulate tumours to grow so it is important to avoid this until the healing process has been completed.

- C. The only nutrient which is not found in raw fruit and vegetables is vitamin B12. Therefore whilst you are avoiding animal products during this time, it is recommended that you have a course of vitamin B injections (1 mg intramuscularly for a week to 10 days) and repeat this every 3 to 6 months until you move onto stage 3B lifestyle maintenance.

Include a wide variety of vegetables in your salads. Take care to especially include the following vegetables which are particularly valuable for fighting cancer (and which should also be included in your vegetable juices after the first 4 weeks on green juice):

1. **Carrots** – contain **falcarinol** that suppresses cancer cell growth.
2. **Broccoli** – contains **sulforaphane** which causes cancer cell death.
3. **Tomato** - contains **lycopene** which is a powerful antioxidant for fighting cancer.
4. **Raw beetroot** - contains **betacyanin** that restores the cell respiration (aerobic metabolism) and inhibits cancer cell growth. Raw beetroot should be juiced without pre-cooking and should be mixed with the pulp, to preserve its anti-cancer properties.

NB: never drink raw beetroot juice by itself – it can temporarily paralyze your vocal chords and it over taxes the liver. Combine one beetroot with other vegetables to make a juice and grate it in your salad.

5. **Red onion** – contains **sulphur** which slows down and prevents cancer cell and tumour growth. It also helps to detoxify the body.
6. **Garlic** – restores natural killer cell function (natural killer cells of the immune system destroy cancer cells). Eat 3 to 5 cloves of garlic every day. Crush them and leave for 15 minutes prior to eating – this amount of time is needed to release an important anti-cancer enzyme called allinase. If you swallow the garlic without chewing, it won't make your breath smell.
7. **Apricot kernels** – also has excellent anti-cancer properties.

STAGE 3B: PERMANENT LIFE STYLE MAINTENANCE



After going through the healing and detox of stage 1 and a safe transition in stage 2, this is what we recommend as a general structure to maintain healthy eating patterns:

A. 5 days of Discipline:

a. In morning:

- i. 1 glass of vegetable juice (full roast and then carrot juice on alternate days)...can put a raw sweet potato in each glass of full roast (to help prevent further weight loss).
- ii. Between 7:00 and 9:00am: A big salad with a large variety of tasty, colourful, fresh, raw living vegetables. You can also make it delicious and tasty with nuts and seeds which add substance, such as almonds, pecan nuts, cashew nuts, macadamia nuts, brazil nuts, hazelnuts, walnuts etc. and sunflower seeds, sesame seeds, poppy seeds (very nice!), lentils, pumpkin seeds, quinoa etc. NB: all nuts must be raw and it is good to soak them in water for 24 hours as this helps release important enzymes to digest them more efficiently. At this stage you can include something cooked e.g. boiled potato/rice/home-made bread with ingredients that are not processed. Rule for salad is at least 80% raw, not more than 20% cooked. Eating a few teaspoons of butter made from raw nuts (e.g. raw almond butter or raw macadamia butter) is delicious and very good for bringing a sense of satisfaction so that you don't feel hungry. Raw plant fats are very important and healthy for you – so continue to use lots of flaxseed oil and cold pressed extra virgin olive oil in your vegetable juices and as a salad dressing.

b. **In afternoon:** 2:00 – 4:00pm – fruit smoothie and meal with whole/solid fruit.

B. **1 day fast** (total fast or vegetable and fruit juices only) – best day is a Saturday because that is when the digestive system slows down implying the need for rest and maintenance healing and repair.

C. **1 cheat day** – eat anything you like including meat.

WHY VEGETABLES IN THE MORNING AND FRUIT IN THE AFTERNOON?

Genesis 1 v 29: “And God said, See, I have given you every plant yielding seed that is on the face of all the land and every tree with seed in its fruit; you shall have them for food.”

It is common knowledge today that consuming fruit and vegetables together results in fermentation and other digestive problems. Since God was aware of this from the beginning, He not only showed the separateness of the two in Genesis 1 v 29, but also the order in which to eat them: vegetables first, during the morning meal and fruits second, in the afternoon meal. Grains, nuts, seeds and their oils can be eaten at both times.

This fact was pointed out to me by a Jewish man who has a very good understanding of the Scriptures in the original Hebrew. At first I thought he was reading a little too much into it until I saw research that confirms this. Eating fruit for your morning meal is detrimental in the long term. The reason is as follows: In order to have good quality sleep, your body is in an alkaline state which is the best environment for cleansing and repair to take place. As you wake up in the morning and your body adjusts to the next phase of the day, it swings to a slightly acidic pH which is needed for energy, motivation and enthusiasm for the activity and productivity of the morning.

However if fruit is eaten for the morning meal, it pushes the body back toward an alkaline pH when the natural body cycle is heading for a more acid swing. This inhibits the digestion of the next meal and also makes the brain sluggish. The resultant slump in energy often causes a person to use a stimulant such as coffee, tea, cigarettes or refined sugars for a boost. Furthermore, by inhibiting the acid pH cycle, fruit pushes the alkaline cycle further into alkalosis which impairs the control of blood sugar levels.

Vegetables should be eaten at the first meal of the day as they provide the best building blocks for the body, while fruits eaten in the afternoon provide the best materials for cleansing the system during sleep. Eating a hearty breakfast of vegetables will provide the energy to do the work of the morning and early afternoon as well as a sense of satisfaction which will sustain you until the afternoon meal. Fruit taken at the afternoon meal will provide you with the energy necessary to complete the day's work and for the body to complete its digestive processes.

Initially this was a strange adjustment for me because I was used to having fruit with my breakfast and vegetables and a salad was the last thing I felt like in the morning! However when I made the change, I experienced the difference and did not want to turn back. It did not take long to get used to and a big delicious, nutritious salad became something which I looked forward to in the mornings.

Eat protein foods with your vegetables in the morning. This is the best time of the day to have protein not only because it coincides correctly with the body's acid swing and combines well with vegetables, but it triggers the release of nor epinephrine and dopamine in your brain. These chemicals are needed for fast, clear thinking and memory building, which puts you in a good frame of mind for your day's work. If you eat your protein with a salad, don't eat the salad first because the hydrochloric acid needed for digesting the protein will be blocked. Therefore it is better for digestion if you eat the salad after the protein or while eating the protein.

EXPLANATION OF THE OTHER RECOMMENDATIONS IN THE MAINTENANCE PHASE:

1. The maintenance stage is where you can add a small amount of meat, eggs, milk, cheese and other dairy products and any other healthy foods that you plan to eat as a lifestyle on a long term basis.

It is important not to eat too much meat (please revise the section under "Don't eat too much meat" on pages 255 – 258 in the 4th edition of the book *"Healing Begins with Sanctification of the Heart"*). Your body only requires on average 300g of meat a week. Hence it is best to not eat meat more than once a week and not to eat red meat more than once a month.

Note that raw egg is an excellent food source for the brain because it contains amino-acids (building blocks of protein).

Eggs are a complete food with an excellent source of proteins and fats and they contain all the essential nutrients you need. They contain amino acids in an almost perfect ratio. Eggs contain lecithin which is used to make a chemical messenger called acetylcholine that helps with memory building and intelligence. As you are thinking, acetylcholine is burnt up and needs to be replenished. So eggs are a very good way of replacing that special type of fat in a nerve cell.

Make sure that the eggs you consume are from organic, free range and non-animal fed chickens. The healthiest way to eat an egg is raw. For most people the taste of a raw egg is not desirable but adding it to a smoothie (for example the Debbie's Fruit smoothie recipe given previously) would give you the benefits without the taste. Cooked egg is a toxic, nutritionally devoid substance which should be reserved for your cheat days if this is what you enjoy.

2. Once you start eating solid foods, begin eating at the 3rd and 9th hour when digestion is most efficient (reasons for this is explained on pages 212 – 219 of the book *"Healing Begins With Sanctification of the Heart"*). The 3rd hour falls approximately between 7:00 – 9:00am and the 9th hour between 2:00pm – 4:00pm.

It may take some getting used to eating twice a day but after feeding your body with the high quality nutrients in the vegetable juice during stage 1, your body cells will be so well nourished that your appetite will be suppressed and you will find two meals a day more than enough.

3. Remember to eat the solid food slowly and to chew your food very well. It is important to wait half an hour after you have drunk your vegetable juice before eating your salad and whole vegetables, in order to give your body time to absorb the vegetable juice first. I emphasize drinking your vegetable juice first on an empty stomach because if it is consumed at the same time with solid food, this will require the juice to go through the same time-consuming and energy-depleting process of digestion as the solid food and you lose the benefits of juicing.
4. It is important to make sure that 75 to 85% of the food you eat is fresh, raw fruits and vegetables. Ensure that the 15 to 25% cooked portion of your diet in your 5 days of discipline does not consist of processed foods that are full of chemicals, white flour, sugar, preservatives and other substances that are toxic and difficult for the body to eliminate.
5. One vegetable juice a day is still recommended as part of life style maintenance. Whilst the purpose of juicing in stage 1 is to assist the body with healing and cleansing, its value in this stage is to ensure that you obtain an adequate amount of nutrients. Even organic fruit and vegetables may not contain sufficient quantities of nutrients because the soil quality in many places has been reduced through loss of mineral content as a result of soil erosion and unwise farming methods. The decreased quantities of nutrients in fruit and vegetables that are grown today means that we need to consume more in order to receive adequate nutrition. However, it is difficult to eat enough whole raw fruits and vegetables in order to maintain good health. Furthermore even if your digestive system was working optimally, it wouldn't be able to process all the raw food that you need in a day. For example it would be very difficult to eat and digest half a kilogram of carrots in one meal. However if you put those carrots through a juicer, you can easily drink it as a 300ml glass of carrot juice. Thus juicing enables you to obtain a higher concentration of all nutrients and at the same save energy that would have been used in digestion. Furthermore there are some nutrients that are completely absent from the soil and thus not found in most fruit and vegetables. These can be obtained from raw barley green power or crushed maringa tree leaves (write to cj.eagleswings@gmail.com to find out where maringa can be purchased). Barley green powder and maringa tree leaves are the only nutritional supplements recommended by Eagles Wings (the fallacy of vitamin and mineral supplements is explained on pages 261 – 271 of the 4th edition of the book *"Healing Begins With Sanctification of the Heart"*)

A general rule of thumb in juicing is to "juice your vegetables and eat your fruits" (although you still need to eat whole vegetables as well). Raw vegetables take more time and energy to digest when eaten whole because they break down slowly whilst fruits have a more liquid content and when thoroughly chewed digest easily and rapidly. Juicing removes the fibre and therefore it is better to eat whole fruits because the fibre they contain sweeps and cleanses the walls of the colon, keeping it healthy. This in turn has an impact on waste elimination and cleansing of every cell and organ in the body. Fruits that contain pectin, such as apples and pears contain a digestive aid that helps regulate the body. Pectin is more easily obtained when the fruit is eaten rather than juiced. Fruit that is juiced or blended is very tasty but most fruit juices must not be consumed on a regular basis because they are too high in natural sugar.

6. Go back periodically to stage 1 and do a cleanse/detox as you feel the need to. The best suggestion for a cleanse and a maintenance diet is to fast or eat less (i.e. fruit and vegetable juices) one day a week.

Apart from the spiritual benefits that would be obtained from fasting once a week, there is also tremendous physical benefit. In order to maintain the engine of a car in good condition, approximately every 5000km you need to take it for a service where the oil and water, filter etc. is changed. If you skip doing this, the car will still run but the life span of the engine will be dramatically shortened and the car will end up needing an engine overhaul which is far more expensive than regularly doing a service.

In the same way, in order to maintain a maximum level of health in your body, it is good to fast for one day a week (which is equivalent to having a service in the analogy of the car). This gives the body a chance to rest and catch up on healing, re-building and repair.

You can choose any day of the week to fast, but the best day to rest and fast is actually a Saturday. Saturday was the original Sabbath day which God set aside for us to rest (revise God's principles of sleeping and rest on pages 205 – 212 in the 4th edition of the book "*Healing Begins With Sanctification of the Heart*"). It is interesting to note that there is research which shows that the body systems slow down on a Saturday implying the need for rest and maintenance healing and repair. In other words, you will gain more physical and health benefits from resting on a Saturday than any other day.

7. What you do the majority of the time will have the greatest impact on your health so follow the 80/20 rule. This means you eat correctly 80% of the time and 20% of the time you can cheat. For example if Sundays is your cheat day where you eat whatever you like, then you eat healthily with excellence and discipline on the other days. Having a cheat day is not ideal, but it makes it easier for the mind to accept to begin with and it helps you to maintain a healthy way of eating without grieving the total loss of your favourite meals. Further down the road, when you are ready, the Holy Spirit may convict and lead you to eliminate your cheat days too.

I would love to teach that these principles must be adhered to 100% of the time but very few people would be able to do that. They would attempt, but end up cheating and feeling guilty, with the result that they give up altogether.

IT IS ESSENTIAL TO DO IT WITH EXCELLENCE



Especially in the case of cancer, it is absolutely essential to apply this nutrition program with excellence – the importance of this cannot be emphasized enough! This is a strict program which requires dedication and discipline. However, in a life threatening situation it is necessary to be radical. It simply will not work if you do not adhere to it fully or if you cut corners and eat a few wrong foods here and there.

Rather than seeing a serious medical diagnosis as a death sentence, I encourage you to see it as an opportunity to change. It is a wake-up call that you have to change and you have to change: **IMMEDIATELY, PROFOUNDLY AND PERMANENTLY.**

Victory is a decision. If you believe that the disease you are suffering from is going to kill you, it will. Transferring from being a victim to being a victor or an over-comer is a decision, not something that happens by chance. You need to make the personal decision that you are going to get well with the help of the Holy Spirit, that you are prepared to do what it takes and that you can do all things through Christ who strengthens you.

Philippians 4 v 13: “I have strength for all things through Christ who empowers me [I am ready for anything and equal to anything through Him who infuses inner strength into me; I am self-sufficient in Christ’s sufficiency.]”

Anything that is done half-heartedly will produce mediocre results or it may not work at all. If you want to recover from an illness and develop your health to its maximum potential, it is essential that you follow God’s principles with excellence so that you get the best possible nourishment at the best possible times. However, although you need to know how high the standard in the Word of God is and you must try to stick to God’s ideal plan as closely as possible, don’t completely avoid it if you can’t do it 100%. Excellence does not mean perfection, it means doing something as best as you possibly can. For example, if you are trying to eat healthily by making fruit and vegetables the largest portion of your diet but you heat your vegetables in a microwave or cover your salad with a salad dressing full of processed fat and preservatives, you are not doing the best that you can and you will not enjoy the best possible results.

Luke 5 v 36 - 38: “³⁶He told them a proverb also: No one puts a patch from a new garment on an old garment; if he does, he will both tear the new one, and the patch from the new [one] will not match the old [garment]. ³⁷And no one pours new wine into old wineskins; if he does, the fresh wine will burst the skins and it will be spilled and the skins will be ruined (destroyed). ³⁸But new wine must be put into fresh wineskins.”

The word translated as “wine” in the Bible refers to either fermented or unfermented grape juice. However, if you have a little background knowledge about how wine is made, you will know that this Scripture is referring to unfermented grape juice. “New wine” was not stored in skins in order to ferment into an alcoholic drink because the skins would not be able to withstand the increased pressure from the gases released during fermentation without bursting. Strong wooden barrels with steel bands around them are usually used to ferment grape juice into alcoholic wine. Skins were used to store unfermented grape juice which had first been boiled down to a syrup-like liquid. In this form the grape juice would not ferment as long as it was sealed in new, unused skins. The problem that would be caused by putting new wine into a previously used, old skin is that some of the old grape syrup that was stuck on the inside of the old skins would ferment when it is exposed to air. This would then cause the new grape juice it comes into contact with to also ferment and the gases produced would cause the skin to expand until it bursts.

If you do not apply God’s principles about eating and sleeping with excellence – in other words you try to make improvements by incorporating some of His principles whilst still continuing with some of your worldly habits, unfortunately you are doing what Jesus spoke about in Luke 5 v 36 – 38.

You are trying to bring your new found principles (i.e. new wine) into your old incorrect practices i.e. old skins with fermented (corrupted) ideas. For example if you eat the right foods such as lots of raw fruit and vegetables but you stick to your old customary times of eating three meals a day, you are not going to achieve the best possible results that you are looking for. This is one of the primary reasons why conscientious people who try to eat healthily do not get the breakthrough that they need from the illnesses that they are suffering from. Dr. Dean Ornish, M.D said, “When people make only moderate changes in diet and lifestyle, they have the worst of both worlds. They have the sense of deprivation because they’re not able to eat and do everything they want, but they are not making changes big enough to make them feel much better or to have much effect on their health. On the other hand, when people make comprehensive changes in their diet and lifestyle, they begin to feel so much better so quickly that the choices become clear and, for many people, worth making.”

Luke 5 v 39: “And no one after drinking old wine immediately desires new wine, for he says, the old is good or better.”

In the beginning we may not desire the “new wine” which is the renewed knowledge of God’s ways because our heart is set upon the “old wine” which is our old pleasurable worldly habits that we are accustomed to. Initially it takes a tremendous amount of discipline to break old habits and develop new Godly ones. During this difficult time it is important to apply the next principle which is...

DO IT WITH JOY!

It’s one thing to walk in obedience and follow God’s guidelines and instructions for eating and sleeping, but to do it with joy is also important for your health! If you do something out of a sense of duty because you feel you have to, you will end up hating it. This is a toxic mind-set which leads to “toxic digestion” of your food, nullifying your efforts to eat the right foods at the right time. Obedience to a set of laws out of a sense of obligation is legalism and a form of bondage. The principles and instructions in God’s Word were not meant to enslave us, but set us free to enjoy an abundant life and divine health (John 10 v 10).

Scripture promises that one of the blessings of obedience is a long life (Deuteronomy 6 v 2, Psalm 91 v 16) but Jesus also came so that you could enjoy life (John 10 v 10). The word “enjoy” is so powerful and makes all the difference. What good is a long life if there is no joy? Although it takes a great amount of discipline to change unhealthy eating habits, it will be a lot easier if you purposefully choose to do it with enthusiasm and a positive joyful attitude.

DO IT BECAUSE YOU LOVE HIM

Why invest time to study God’s Word to gain wisdom and understanding on how to be a good steward of your body? Why make the effort to change your thinking and renew your mind? Why go to sleep and wake up at the right times? Why eat healthily? Why go through the painful time of discipline and dying to the flesh in order to establish new habits based on God’s principles? Our main motive for obeying God’s precepts should be our love for Him more than our desire for healing and good health. True obedience can only come out of an overflow of our love for Him.

John 14 v 15 “If you [really] love Me, you will keep (obey) My commandments.”

God gave us instructions and guidelines in His Word because He loves us and wants the best for us. We obey those instructions because we love Him.

SUMMARY OF NUTRITION PROGRAM



1. **Start with a colon cleanse.**
2. **Do a natural liver cleanse with lemon and olive oil each morning.**
3. **STAGE 1: INTENSE HEALING AND DETOX PHASE: 6 weeks of drinking vegetable juices** only in order to:
 - i. A large quantity of high quality nutrients is supplied to the body which the body needs as building blocks for repairing weakened body cells and vital organs.
 - ii. The nutrients are broken down into a form that is easily and quickly absorbed without the time consuming and energy depleting process of digestion.
 - iii. Whilst the digestive system is given a rest, the body is able to focus on flushing out toxins as well as healing, rebuilding and repair with the nutrients in the vegetable juice that it has been supplied with.
 - The first 4 weeks: green juice
 - i. In the case of cancer – it starves the cancer cells of sugar which is their food source.
 - ii. It re-establishes an alkaline environment in body cells which is conducive to healing.
 - iii. It causes the chemistry and metabolism of your body to “change gear” back to the state God originally designed it to be (i.e. from “sugar burning” to “fat burning”) and it restores your body’s feedback controls so that your body craves the correct food in the correct quantities.
 - Aim for 10 glasses a day (one glass is equivalent to 200ml).
 - For next 2 weeks:
 - Add vegetables that were previously excluded in juices (i.e. carrots, beetroot, butternut, peas)
 - Still aim for 10 glasses of vegetable juice a day – maximum 2 glasses of carrot juices.
 - Start coffee enemas - twice a day (morning and evening) until clear of cancer.
4. **STAGE 2: TRANSITION PHASE: 6 weeks**

The purpose of this transition phase is to gently and safely wake up your digestive system by gradually introducing whole foods.

 - C. Continue having vegetable juices up to approximately 1:00pm.
 - Aim for 6 glasses
 - Maximum 2 glasses of carrot juices
 - D. In afternoon have a fruit smoothie (see recipe on page 303) and a meal of whole/solid fruit between 2:00 and 4:00pm.

5. **STAGE 3A: TEMPORARY LIFESTYLE MAINTENANCE PHASE:** Until cleared of cancer

(This stage is only important for people with cancer and some other serious diseases. Otherwise you can move from the stage 2 transition phase to stage 3B lifestyle maintenance).

D. In morning:

- i. 3 glasses of vegetable juices (2 glasses full roast and 1 carrot)...can put a raw sweet potato in each glass of full roast (to help prevent further weight loss).
- ii. Between 7:00 and 9:00am: A big salad with a large variety of tasty, colourful, fresh, raw living vegetables. You can also make it delicious and tasty with nuts and seeds which add substance, such as almonds, pecan nuts, cashew nuts, macadamia nuts, brazil nuts, hazelnuts, walnuts etc. and sunflower seeds, sesame seeds, poppy seeds (very nice!), lentils, pumpkin seeds, quinoa etc. NB: all nuts must be raw and it is good to soak them in water for 24 hours as this helps release important enzymes to digest them more efficiently. NB: salad is still 100% raw. Eating a few teaspoons of butter made from raw nuts (e.g. raw almond butter or raw macadamia butter) is delicious and very good for bringing a sense of satisfaction so that you don't feel hungry. Raw plant fats are very important and healthy for you – so continue to use lots of flaxseed oil and cold pressed extra virgin olive oil in your vegetable juices and as a salad dressing.

E. In afternoon: 2:00 – 4:00pm – fruit smoothie and meal with whole/solid fruit.

You must not have any animal products (meat, milk, cheese, yogurt and other dairy products etc) or processed foods (containing refined sugar, white flour, salt, caffeine, alcohol etc.) whilst your body is still in the process of healing and until the cancer has gone

F. A course of vitamin B injections (1 mg intramuscularly for a week to 10 days) is recommended at this stage.

6. **STAGE 3B: PERMANENT LIFESTYLE MAINTENANCE**

5 days of Discipline:

i. **In morning:**

- i. 1 glass of vegetable juice (full roast and then carrot juice on alternate days)...can put a raw sweet potato in each glass of full roast (to help prevent further weight loss).
- ii. Between 7:00 and 9:00am: A big salad with as many vegetables as possible. You can also make it delicious and tasty with nuts and seeds which add substance, such as almonds, pecan nuts, cashew nuts, macadamia nuts, brazil nuts, hazelnuts, walnuts etc. and sunflower seeds, sesame seeds, poppy seeds (very nice!), lentils, pumpkin seeds, quinoa etc. NB: all nuts must be raw and it is good to soak them in water for 24 hours as this helps release important enzymes to digest them more efficiently. At this stage you can include something cooked e.g. boiled potato/rice/home-made bread with ingredients that are not processed. Rule for salad is at least 80% raw, not more than 20% cooked.

ii. **In afternoon:** 2:00 – 4:00pm – fruit smoothie and meal with whole/solid fruit.

1 day fast (total fast or vegetable and fruit juices only) – best day is a Saturday because that is when the digestive system slows down implying the need for rest and maintenance healing and repair.

1 cheat day – eat anything you like including meat (only eat meat once a week, and red meat not more than once a month).

FAITH CONFESSION FOR APPLYING GOD'S PRINCIPLES OF NUTRITION



In the 9 ministry sessions, the importance of faith confessions and speaking out the Word of God to renew your mind, change your thinking and develop new habits is explained. This is helpful not only for changing your thinking habits, but as you retrain yourself to eat differently was well! Below is a faith confession designed to help you in this regard, which we encourage you to speak out every day as you begin implementing these nutritional principles in your journey of healing:

"I am finished with living with the dissatisfaction of living below my potential and allowing the devil to rob me of years through the lie of procrastination. With the help of the Holy Spirit I choose once and for all to forsake the eating habits of the world that feed the lusts of the flesh – and without turning back or looking back, I choose to live by the eating habits controlled by the Spirit at the highest level of excellence.

Father, as a work of the Holy Spirit I ask you to change and purify my motives, so that even if I didn't get the health benefits of eating healthily that I desire, I would still do it simply in obedience to You, because I love You! Therefore, I dedicate my body to You as a living sacrifice as my spiritual worship. Father I totally surrender my **WHOLE** being to you – I will love You with my spirit, soul *and* **BODY** – come and reign in me. I declare that you are Lord over my body. I am not my own, I was brought with a price and purchased with a preciousness, paid for and made His own...so I honour God and bring Him glory in my body. I declare that my body is Your Temple – it is holy and devoted to You, it is consecrated and set apart for You – that I may be a vessel of honour, ready for Your use. My health is developed to its maximum potential and I declare that I will live my full 120 years in divine health so that I will fulfil my God given destiny – I will do all that You have called me to do and I will leave behind a legacy of Your love. I will be an example and inspiration and living testimony of God's best – I will glorify you in my eating, drinking and in my body.

My body craves a diet of raw fruit, vegetables, nuts and seeds and I enjoy eating healthily. I no longer have any desire or appetite for the empty food of the world. And I *enjoy* my body! I enjoy the feeling of looking good and being healthy and fit with lots of energy.

I have the anointing of discipline and self control...and I would rather have the pain of discipline, than the pain of regret for missing out on all God has for me. Thank You Father that You have used the area of food to teach me to sow to the Spirit and not to the flesh – to allow the fruit of discipline, self control, faithfulness and the other fruits of the Holy Spirit to be developed in me which will then flow over into other areas of my life. I will not give up or give in – I will be consistent and faithful in obedience day after day after day until I meet my King face to face."

SCRIPTURES RELATED TO ABOVE FAITH CONFESSION:

Romans 12 v 1 – 2: "I appeal to you therefore, brethren, and beg you in view of [all] the mercies of God, to make a decisive dedication of your bodies [presenting all your members and faculties] as a living sacrifice, holy (devoted, consecrated) and well pleasing to God, which is your reasonable (rational, intelligent) service and spiritual worship. ²Do not be conformed to this world (this age), [fashioned after and adapted to its external, superficial customs], but be transformed (changed) by the [entire] renewal of your mind by its new ideals and its new attitude], so that you may prove [for yourselves] what is the good and acceptable and perfect will of God, even the thing which is good and acceptable and perfect [in His sight for you]." *Amplified Bible*

Romans 12 v 1 -2 from the Message Bible: “So here’s what I want you to do, God helping you: Take your everyday, ordinary life – your sleeping, eating, going-to-work and walking-around life – and place it before God as an offering. Embracing what God does for you is the best thing that you can do for Him. Don’t become so well-adjusted to your culture that you fit into it without even thinking. Instead, fix your attention on God. You’ll be changed from the inside out. Readily recognize what He wants from you, and quickly respond to it. Unlike the culture around you, always dragging you down to its level of immaturity, God brings the best out of you, develops well-formed maturity in you.”

1 Corinthians 6 v 19 - 20: “Do you not know that your body is the temple (the very sanctuary) of the Holy Spirit Who lives within you, Whom you have received [as a Gift] from God? You are not your own, You were bought with a price [purchased with a preciousness and paid for, made His own]. So then, honor God and bring glory to Him in your body.”

1 Corinthians 10 v 31: “So then, whether you eat or drink, or whatever you may do, do all for the honour and glory of God.”

THE NEXT STEPS IN YOUR JOURNY OF HEALING...



After dealing with toxic mind-sets and developing correct eating habits, the next important area to work on is correct sleeping patterns and exercise:

- To understand the importance of correct sleeping patterns please read pages 205 – 224 and pages 409 – 415 in the 4th edition of the book *“Healing Begins With Sanctification of the Heart”*.
- Once you have passed the detox stage and begin to experience increased energy levels, start an exercise program.

Exercise of some form is vital to your healing and health in general. It is well recognized in the medical field that exercise improves the majority of diseases. On a physical level, healing begins with the removal of toxins from your body that accumulated as a result of toxic thinking and eating habits. An important part of detoxification is exercise. Exercise detoxes both your brain and body.

Exercise Detoxes Your Brain: You need to get your heart pumping in order to increase the blood flow to nourish, cleanse and detox your brain and all your organs. The increased blood flow also results in an increase in the oxygen supplied to your brain which makes your thinking sharper. The added benefit of exercise is a mood improvement because endorphins are released. Endorphins de-stress you and are natural anti-depressant hormones.

Toxic thinking leaves waste products in your body. Aerobic exercise helps to sweep away the debris left by toxic thoughts and emotions, and it helps you break down those toxic thorn trees in your brain and change your thinking by renewing your mind with the Word of God. Apart from increased muscle mass, fat loss and increased metabolism, the value of exercise in this context is that it helps you to renew your mind more effectively. Medical research has found that exercise helps generate new brain cells and stimulates the production and release of a chemical called BDNF. This is a nerve growth factor which plays a very important role in changing thinking/renewing the mind.

Exercise Detoxes Your Body: The lymphatic system is the primary system the body uses to deliver toxins to the elimination organs where the toxins can be removed from the body. It consists of a network of vessels that drain fluid with toxins and waste products of metabolism from the cells and vital organs in the body. The lymphatic system does not have a pump so it relies on the movement of muscles which squeeze the fluid along the lymph vessels. Inactivity invites disease into your body because the lymphatic system is not able to remove waste efficiently leading to a build-up of toxins in the system. As a result the cells and organs of the body are left with excess toxicity to deal with.

Exercise is critical for recovery and maintenance of good health. Find a form of exercise that you enjoy and stick to it. Whatever you do, you need to exercise.

See pages 305 – 307 in the 4th edition of the book *“Healing Begins with Sanctification of the Heart”* for tips from latest research on how to exercise effectively.

NOTE: There may be some minor discrepancies between this nutrition program and the chapter on nutrition in part 2 of the book *“Healing Begins With Sanctification of the Heart”*. The reason for this is that we will continue to update and improve this information as new knowledge emerges from latest research. Therefore this document is more updated than the book and should be adhered to instead of the book if there are any discrepancies.