

Condiments and Spices for Good Digestion

<u>Taste</u>	<u>Condiment</u>
Bitter	bitter melon, lemon pickle, fresh parsley, parsley flakes, wild greens powder*
Sour	pickled ginger, sauerkraut, pepperoncini peppers, kim-chi, lemon, vinegar
Salty	kelp, nori, wakame, and other seaweeds, parsley, celery, gamasio, umeboshi plum paste
Spicy	peppers, stone-ground mustard, pickled ginger, hot sauces, salsa
Sweet	maple syrup, brown rice syrup, barley malt, honey, stevia herb, unrefined cane sugar, date sugar

3-day Fast:

For a novice faster, a short 3-day fast using fruit juices is often best. Water fasts usually are too severe for most people and are probably not the best kind of fast for today's world of industrial chemicals and heavy metals that may be stored in our bodies. Besides, fruit juices contain pectin and other purifying substances that help remove toxic wastes.

Always eat raw fruits and vegetables for two or three days before and after the fast, to ease in and out of the fasting period. During the fast, drink nothing but water and freshly extracted juices. If fresh juice is impossible to obtain during the fast, then use bottled organic grape or apple juice diluted 50-50 with distilled water. However, even fresh-squeezed grapefruit juice with distilled water is preferable to bottled juices—for the body responds best to the vitality of fresh juice. Note that the whole process lasts 10 days counting preparation and transition to a normal diet.

A good program for a 3-day fast is as follows:

Preparation Days 1-3: Upon rising, do 20-30 minutes of deep breathing and stretching (continue this throughout the fast). Then drink a liver flush as detailed in the following recipe:

1. Mix any fresh-squeezed citrus juices together to make 1 cup of liquid. Orange and grapefruit juices are good, but always mix in some lemon or lime.
2. Add 1-2 cloves of fresh-squeezed garlic, plus a small amount of fresh ginger juice.
3. Mix in 1 tablespoon of high-quality olive oil; blend and drink.
4. Follow with two cups of cleansing tea.

Eat raw fruits and vegetables, salads, whole apples, pears, grapefruit—but not bananas (juicy foods only). Drink as much distilled water with fresh lemon juice added to taste as desired. More herbal tea in the evening is optional.

Fasting Days 1-3: Start each day during the actual fast with the liver flush and tea, and follow one or two hours later with about 6-8 ounces of freshly squeezed fruit juice (usually apple, grape, or grapefruit) diluted 50-50 with distilled water. A few hours later, try 6-8 ounces of mixed vegetable juice, usually a combination of organic carrot and celery with a touch of beet or parsley. In the evening take another glass of fruit juice and perhaps a cup of herb tea.

Optional: Before bed take an enema consisting of 1 quart of warm distilled water mixed with the juice of 1/2 lemon. Hold the quart and lie on your chest with your hips in the air, allowing the water to get up into the colon as far as possible. Then lie on your right side for a few minutes, then the left side, and finally on the back while massaging the intestinal area with a clockwise motion. Then let the water out, which takes a few minutes to drain completely.

If you've never taken an enema, you will be surprised at how much comes out. Remember that during a fast the bowels will usually cease to move. The enema is a way to get out any waste material that is being eliminated into the colon and also to soften and remove old fecal matter that may be hanging onto the walls of the colon. It takes time to get it all these wastes out—even after seven days it still keeps coming. Paul Bragg, author of *Miracle of Fasting*, always said not to take an enema after a fast, but for today it may be necessary to remove potentially toxic pesticides, heavy metals, and other industrial pollutants that may be reabsorbed if they are not flushed out. Ill effects from an enema are rare if it is done properly.

Post-Fasting Day 1: According to Paul Bragg, always break a 3-day fast with a raw salad. Many people have tried different ways to break a short fast and have found this way the most satisfactory. The roughage in the salad helps make the bowels move and acts as a sort of broom to sweep out further wastes. This first salad consists of grated cabbage, carrot, finely chopped celery, a little grated beetroot, and perhaps some finely shredded romaine lettuce. Eat a good-sized bowl of this salad at about noon of the day after the 3-day fast (the 8th day overall). In the evening, eat more raw vegetables, or a little vegetable broth, depending on how you are feeling.

Post-Fasting Day 2: Eat fruits and vegetables during the day, with the addition of a steamed potato or other steamed green vegetables

Post-Fasting Day 3: Begin to eat regularly, but lightly. Chew each bite well, and combine foods carefully. You may find that by this time you desire no processed foods. It feels so good to have had the discipline and wisdom to fast that you will

find that you won't want to put anything in your body that is not the very best fresh, organic food.

Suggestions:

Serious problems during a fast are rare, but it is common to experience symptoms such as the following:

*dizziness

*mild heart palpitations

*weakness

*light headedness

*tiredness

*forgetfulness

*mild nausea

*a bad taste in the mouth, known as "faster's breath"

*a "gnawing" or empty feeling in the stomach and abdomen

If these become frightening or unpleasant, you can slow down the cleansing process a little by using a juice or broth that is less cleansing for a short time, until the symptoms abate.

Christopher's Chinese-inspired Noodle Soup—Good for what Ails You

1 t grated ginger and 1 t thinly sliced ginger

6 cloves garlic, sliced

2 leeks, sliced

1 medium onion, chopped

1 green pepper, diced

1 zucchini, chopped (for winter omit)

1 turnip, chopped

1 bunch kale, chard, or mixture

8-10 shiitakes, sliced

1 package soba (or other type) noodles

Sauté ginger and garlic in 1 T olive oil. Add onions, leeks, and green pepper and sauté a few minutes. Add rest of vegetables and 1 T hot sesame oil (or regular sesame oil, if preferred), and sauté until almost tender. Add 1 bunch of greens, and let cook 4-5 minutes. In another large pot heat to boiling 3 qts water and add 3-4 T kelp. When water boils, add noodles and all the vegetables from the other pan. After 15-20 minutes, add 2 T umeboshi vinegar (if available) and serve.