

The Apple Diet

Obtain organic apples if possible. The Jonathan, JonaGold, and Golden Delicious varieties are recommended. Gala and Red Delicious are allowed but are not ideal since the others contain the most pectin; a fiber which will bind with many toxins and cholesterol. Try to get a colonic on the first day. A series of salt and soda enemas followed by a glycothymoline enema may be substituted. The addition of fresh squeezed lemon juice between apples adds to the cleansing effect and is recommended. One or more lemons, depending on one's taste, are desired. Be sure to brush your teeth with baking soda afterwards to prevent enamel dissolution.

FIRST DAY

Eat as many apples as you like. Most people consume between 6-8 apples on day one, 4-6 on day two, and 2-4 on day three. However, many eat 8-10 every day.

If organic, the apples may be eaten with the peel; if not organic, be sure to peel them. If you don't like the whole apple, they can be mixed in the blender into uncooked applesauce; this way they are quite tasty and easy to consume. Preferably at the end of the day, have your first colonic, although it can be taken anytime the first day.

If there is no colonic service available in your area, you must have an enema at the end of the first or during the second day. Otherwise, you may begin to reabsorb the toxins you are throwing off from the lower colon. (For those unwilling to do either, then Magnesium oxide or citrate should be taken to loosen the stool and alkalize the gut.) Be sure to take a fume or steam bath, and try to get a massage and do some general exercise. Walking, stretching, yoga or other mild aerobic non-strenuous exercise will help increase the circulation and clearance of toxins from the tissues.

SECOND DAY

Have a colonic or enema and any number of apples per one's taste or appetite.

THIRD DAY

Continue with apples, another colonic or enema in the evening, if possible.

Olive Oil

One to three teaspoons of olive oil (depending on individual tolerance) should be taken at bedtime each night to stimulate the flow of bile from the liver and biliary tree. You may take it with hot water if the taste of straight oil is unappealing. The liver usually has its maximum flow of bile between 11PM and 2AM. The olive oil helps facilitate this. The alkaline apple fiber will bind the toxins and bile acids released and carry them out of the body. The key organ that is cleansed in any fast is the liver. (Thorne's herbal combo **Liver Cleanse** taking 2 at bedtime is an excellent addition to increase bile flow and more during diet.)

Enema Instructions

Prepare the first two enemas using one level teaspoon of baking soda and one rounded teaspoon of table salt per 2 quarts of warm filtered or spring water. The entire half-gallon need not be infused. However, if infused slowly with massaging the left side of colon up toward the ribcage, the entire volume is sometimes possible.

To deliver the enema, one should be in the knee-chest position. An enema or hot water bottle with necessary accessories can be obtained from most drug stores. All air is flushed from the hose and Vaseline is applied to the nozzle. The control valve should be handy so that the speed can be regulated. The fluid is best instilled intermittently with occasional rest allowing any cramping to subside. Be careful not to cause excessive pressure as this can stretch the colon and weaken its wall.

After the majority of the fluid has entered, hold it as long as possible. One may lie on the right side and massage the course of the colon to break up any hard matter inside. Walking around after ten minutes or so will improve circulation through the bowel and assist in clearing of the liquid.

The third enema should consist only of a tablespoon of glycothymoline or Alkathyme in 1 quart of water. This is very soothing to the mucus lining of the entire intestinal tract.