



42 Hour Fast

Let your noon meal on Friday be your last meal before beginning the fast. Sometime in the afternoon on Friday drink 12 ounces of prune juice. All the juice doesn't have to be drunk at once. You may prefer to drink it 4 to 6 ounces at a time.

At suppertime, after all of the prune juice has been taken, take the following herbs:

- 2 **Cellular Detox**
- 2 **Lower Bowel Stimulator**
- 2 **Black Walnut**
- 2 **Herbal Pumpkin**
- 4-6 **Psyllium Hulls**

Select what juice you intend to drink on your fast. Do not mix juices. Drink one kind throughout the fast. NOT orange or grapefruit they have too much acid. Cranberry or Cranapple is a good choice. If you choose grape juice, dilute it by mixing half and half with water. You may have all the juice you wish. Anytime you are hungry drink a glass of juice with some Psyllium Hull capsules.

At bedtime, take the same herbs listed as at suppertime. Take them again at breakfast, noon, suppertime, and bedtime on Saturday. DO NOT EAT.

You may feel discomfort in the stomach or even the muscles of the arms and legs or other large muscles of the body. This is cleansing. The herbs are drawing toxins out of the body. THIS IS GOOD! Do not be alarmed. You may feel as if you have a slight case of the flu. You will pass a lot of mucus through the bowels. Do not be alarmed.

Sunday morning take **Calcium** and **Potassium**. Your body has been depleted of these minerals during the fast. You may have a piece of dry toast for breakfast on Sunday morning. Sunday noon have potato soup with potato peeling left on. Have a light supper.

Monday, you may start your herbal health building program.

Potato Soup Recipe

Wash and coarsely chop enough potatoes to make 3 cups. Leave the peel on. Cover with water and boil until fork tender. Leave in water they were cooked in. In a separate pan sauté: 1 whole carrot - grated, 2 ribs celery - grated or chopped fine, 1 small onion or 2 fresh green onions (tops and all) chopped. Add this to potatoes and season with Sea Salt and **Capsicum**. Add 3-6 cups of milk if you wish to make soup with thicker consistency. Simmer 10 minutes. Enjoy!