



PREPARING THE JUICE FOR THE 4TH DAY AND FURTHER FOR BODY-MIND TRANSFORMATION

- Each day each person needs about 1 L of fruit/vegetable juice and 1.5 – 2.0 L of warm water with lemon or apple cider vinegar.
- To prepare vegetable juice you need: beet root (200gr), carrot (100gr), celeriac root (50gr), radish (30 gr), cabbage (50gr), kale (100gr). You can juice them out or put all of them in the Vitamix blender then filter the fiber out.
- To prepare fruit juice you need to buy the fresh fruit or buy the juice without sugar added to it and mix with the following ratio: grapefruit/prune/apple/grape=3/2/3/2 to make 1 L
- The fruit/vegetable juice is used for breakfast, lunch, and supper time. In between, you can drink more warm water, each glass of warm water you can add 2 teaspoonful of lemon juice or apple cider vinegar
- Remember to chew or drink the juices in mindfulness, exercise, breath deeply and slowly, and meditate each day

BREAKING THE FASTING

or RE-EATING AFTER THE PROCESS (VERY IMPORTANT)

Day 1:

+ morning & dinner: drink broth cooked by roasted brown rice in slow cooker

+ lunch: 1 bowl of well-cooked brown rice soup (chewing for 30 minutes)

Day 2:

+ morning & dinner: follow as the same as lunch for the 1st day

+ lunch: some well-cooked (boiled/steamed) vegetables with 1 bowl of brown rice soup, thicker than the 1st day

□ **Day 3:**

+ morning: follow the same as for lunch on the 2nd day or some sweet potato or yam

+ lunch: some medium boiled vegetables and 1 bowl of brown rice with sesame salted (need to chew slowly & carefully in 45'-60')

+ dinner: skip or follow as the same as the 2nd day

□ **Day 4 & thereafter:**

+ back to normal life but cut 1/3 of regular portion before fasting and select foods/fruits more carefully, chewing slowly

***** Notes:**

Remember to eat less, and chew more than before the fasting. You should have a bowel movement every day in the morning before 7am. If not, you should take some prune juice, Epsom salt (MgSO₄) or eat more yam/vegetable/sesame oil.