



# **START TODAY**

## **'CLEAN' Lifestyle**

**CLEANSE** - with Fasting

**LIFESTYLE** – avoid abuses

**EXERCISE** – to great fitness

**ASSIMILATION** – eating well

**NUTRITION** – build health

You can never  
break health  
laws **without**  
**consequences**

One of the greatest  
discoveries of all



is that man can rejuvenate himself  
PHYSICALLY, MENTALLY, SPIRITUALLY BY

**FASTING**

# THE HUGE BENEFITS OF FASTING

- Fights and removes mucus (clogging)
- Even in urine – do Urine test, keep for a few days and see mucus
- Fights colds, flu, etc
- Breaks tobacco, alcohol, cola & coffee habit
- Go on a mucusless diet
- Restores skin tone and muscle tone
- Melts away pounds and unnecessary weight
- Every pound of excess fat, there is a mile of blood vessels more
- Cleanses, renews and rejuvenates
- Gives increased energy
- Empowers & improves health, looks & lifespan
- Keeps arteries youthful

# **BENEFITS RE-STATED 1**

**Makes you strong & rejuvenated  
Not weak & lethargic – has great effects**

<b>Lose Weight</b>	Quickest way to lost 5 kg or more in the first week – safe and efficient
<b>Improve health allergies</b>	Alleviate frequent tensions, insomnia, mental illness and allergies
<b>Energizer</b>	Gives you abundant energy levels
<b>Sex</b>	Gives you vigor and helps in the energy and drive
<b>Remove bad habits</b>	Eliminating & modifying smoking, drug & drinking addictions

# BENEFITS RE-STATED 2

Does not deprive the body of essential nutrients  
Accumulate appetite – hunger pangs disappear in 1-2 days  
Done properly, it is absolutely safe

<b>Detoxify</b>	Helps body get rid of toxins – much like having an internal shower
<b>Helps the mental side</b> <i>Awakens the mind</i>	Alleviate frequent tensions, insomnia, mental illness and allergies
<b>Looks</b>	Makes you look younger by 5-10 years – improves faculties
<b>Rejuvenator</b>	Strengthens faculties and helps in maintaining youthfulness
<b>Anti-aging</b>	Proven to be one of the fastest ways to induce the HGH factor

# FASTING THE GREAT CLEANSER & PURIFIER

- Fasting helps you build your Vital Force
  - Then it helps you SELF-CLEANSE
  - And also helps you SELF-HEAL

- Energy is a precious vital ingredient
- It cannot be purchased in a bottle or can
- Bad habits rob your energy
- When it is low, you cannot properly cleanse
- Then poisons accumulate taking its toll
- Cause you illness, aches and pains
- *Most people start to blame everything and everybody for problems*

# WHEN YOU FAST

When you fast, vital force is doing cleansing

- Vital force used to convert food into energy & body tissue
- Used to flush toxins from body
- FAST REGULARLY & Wonderful miracles will take place
- The body is cleansing, repairing and healing itself to super health



# YOU CAN LIVE A LIFE OF **GREAT YOUTHFULNESS**



**AND LIVE TO SEE YOUR CHILDREN'S  
**CHILDREN** & THEIR CHILDREN'S **CHILDREN****



# Grow younger as you grow older

- Fasting has been around since time immemorial
- Mother Nature's best remedy – restores health
- Miracles can happen with fasting – no side effects
- Most natural way of cleansing & purifying body

# BREAK THE HOLD OF ABUSES

- You can have glorious health, unbelievable strength, tremendous vital force and a trim & fit body
- But too many people have horribly unclean insides – caused by years of overeating, eating when not hungry, wrongful food – leading to great accumulations of toxins
- **START TODAY – TAKE ACTION**

# **SIMPLE GUIDELINES FOR FASTING**

- Juice enough for a glass... each time
- Eg - 3 apples & some carrots should give 1 glass
- Try not to mix fruits and vegetables
- If you mix, apples & carrots are the best
- Other fruits & vegetables may not mix so well
- Don't use a fast speed blender
- The heat from speed will kill off the enzymes
- A “press” Juicer is excellent for juicing

# TRY YOUR OWN CONCOCTIONS

Don't be afraid to experiment

- Any combination of vegetables is fantastic
- Fruits can combine with other fruits
- For gastric, use cabbage, celery & other greens
- Don't add any salt or sugar – stay off from it
- Try bitter gourd in combination with others
- Grape juice can be therapeutic by itself
- You can drink more than the recommended
- Pound in a pestle & then hand-press is OK

# NOTE SOME EFFECTS

*The Human body is self-cleansing, self-protecting, self-healing. Done well, it removes Auto-intoxification which comes largely from over-eating and eating the wrong foods – this brings in millions of microbes to fester in our colon or large intestines*

*FASTING ENHANCES SELF-HEALING & SELF-REPAIRING EFFECTS  
IT AWAKENS THE MIND*

## THE PROCESS FLOW

Could have cleansing & healing crisis

Negative effects are usually temporary

Creates optimum supply of Oxygen

There are nutrients & removal of waste

Done through River of Life

These are Blood system & Tissue fluids

# NOTE WHAT HAPPENS!

*When we have a liquid diet without food, we allow our body to be in complete rest so that it can burn up & eliminate waste materials from our system.*

*A JUICE FAST IS BETTER THAN WATER FAST – EASIER TO ADJUST*

*Does not deprive body of nutrients*

*Uneasy hunger pangs will disappear in 1-2 days*

## THE PROCESS EFFECTS

Rich juice nutrients aid in healing

Juice alkalinity restore body's pH balance

Alkalinity neutralizes acidic toxins of fasting

Fresh juice is energizing and exhilarating

Can be tailored to needs of the individual

Helps recovery/ rejuvenation of cells, tissues, etc



## Program for the longer-term

- Week 1 – 1 day fast
- Week 2 – 1 day fast
- Week 3 – 1 day fast
- **Week 4 – 3 days fast**
- Week 5 – 1 day fast
- Week 6 – 1 day fast
- Week 7 – 1 day fast
- **Week 8 – 7 day fast**

# JUICE FAST 1

*Cleansing and restoring health & vitality*



ISSUES	EXPLANATION
1...Ingredients	Combination of freshly squeezed fruit & vegetable - remains healthy because of wealth of Vitamins & organic complex minerals, live enzymes, nutrients
2...Healing effects	Rich nutrients aid in healing. Juice alkalinity restores body's pH balance and <b>neutrallizes the acidic toxins released during fasting</b>
3...Energizes	Freshly squeezed juice is energizing and exhilarating – <b>contains live enzymes, vitamins, nutrients &amp; minerals</b> (do not use sweetened juices)
4...Strengthens (can be tailored)	Supplements depletion of micro nutrients. Allowing complete rest for body ( <b>give it opportunity to burn up &amp; eliminate waste materials from the body</b> )





# JUICE FAST 2

ISSUES	EXPLANATION
5...Helps Recovery	Speeds up Recovery of health and rejuvenates cells, tissues, organ, etc
6...No burden on body systems	Juices are easily absorbed into the body
7...Balance & Normalization	Organically complex minerals helps to normalize the cell organization biochemically <b>corrects imbalance in minerals which causes aging &amp; cell mutation</b>
8...Elimination	Juices have “mystery” micro nutrients (Dr Ralph Bricher) – which causes micro-tension ( <b>enables Nutrient absorption &amp; elimination of heavy metal toxins</b> )

# How to start FASTING!

The more often you fast the longer you will be able to fast

## A. Start with 24 hour distilled water fast (Week 1)

- You might have healing reactions – headache if you are coffee, tea, or alcohol drinker. WHY? No more stimulants so nerves react But it will break down stimulant habit – flush many residues out

## B. Continue with 24 hour Juice fast (next week)

- Dilute juice with 1/3 distilled or purified water. For Vegetable & tomato combinations, add Liquid aminos. On non-fast days, add some Greens (Nutrigreens, Puregrena+ & D'Clenz) enquire from WPC



# How to start FASTING!

## C... Juice combinations to try

- (Cabbage, celery and apple)
- (Grapefruit, orange & lemon)
- (Cucumber, carrot & parsley)
- (Watercress, Cucumber & garlic)
- (Apple, Pineapple & mint)
- (Apple, papaya & grapes)

# An effective FASTING program 1

Practice affirmations – Talk with authority to your body

For 3 weeks, every week

- 1 meal of pre-cleanse diet
- Fresh Salads, fresh vegetables & fruits, Juices or Puregrena+ with ACV, Nutrigreen drink to stimulate waste elimination
- Then 1 day of actual fast (lunch to lunch)
- Juice Fast or Water fast – 8-10 glasses of water for water fast and 2-3 glasses of ACV, honey & water (diabetics use stevia). Keep urine as test. Use Puregrena+ with ACV as an option
- There are 2 million filters in kidney. When you fast, kidneys step up detox work. Vital force and nervous energy used to cleanse and heal your body. You will experience a body renovation. Initially, there will be some discomfort and this is natural.

# An effective FASTING program 2

Practice affirmations – Talk with authority to your body

- One day of Post-fast diet
  - Raw coleslaw cabbage salad (chopped cabbage, grated carrots & beets) with orange juice squeezed as dressing (sweeps intestines clean)
  - Bowl of stewed tomatoes or steamed greens (kale, spinach or broccoli (sprinkled with yeast flakes, 1/3 tsp ACV & 1/2 tsp Olive oil.)
  - Can add some fruits and continue with some juicing
  - Drink Nutrigreen mixed with some water and honey (option)
  - Before sleeping, drink Puregrena+ with ACV and water

# In-between fast DIET – keep it!

- Normal diet MODIFIED
- Wake up, drink ACV with water and honey
- Breakfast - Bran and soy milk; fruits, drink Nutrigreen with water
- In between drink Juice or Enzyme and cups of water or Puregrena+ with ACV
- Lunch – Salads, Steamed vegetables, potatoes & beans, fruits & yoghurt
- In between drink Nutrigreen mixed with water and cups of water
- Dinner – Salads, steamed vegetables, potatoes & beans, fruits & yoghurt. Can add some brown rice and add fish or egg (still stay away from milk, cheese, meat, etc).
- After dinner, take Nutrigreen with water. Later before bedtime, drink 1 sachet D'Clenz with water, ACV & honey.

# FASTING

RE-STATED (ANOTHER VIEW)





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# RIGHT WAY TO FAST 1

5 easy steps

## STEPS

STEP 1  
PLAN & MIND  
CONDITIONING

## EXPLANATION

You have to remove all negative thoughts as well as doubts. This is crucial to the success.

You need to be totally convinced that it will benefit you greatly.

**WORK THROUGH YOUR FAST PLAN**

Can be 24 hr, 36 hr, 7 day , 14 day fast.

Will-power & discipline are keys



# RIGHT WAY TO FAST 2

5 easy steps



## STEPS

### STEP 2 PRE-FAST PREPARATION

## EXPLANATION

1 day before fast, eat Pre-Fast diet

- Eat small and simple meals – vegetables raw or lightly steamed
- Should be high fibre ones - broccoli, cabbage, cucumber, eggplant, onions, garlic, tomatoes, carrots, lettuce, green beans
- Eat 1 or 2 salads a day
- Eat whole fruits 2-3 times a day (apples, oranges, plums, grapes)

**Purpose – Lighten digestive system load**

Alkalinizes body (cut out acid forming food) & maintains pH balance

One meal before, take only Liquid diet

# RIGHT WAY TO FAST 2

5 easy steps. Symptoms & healing reactions are quite normal.  
May last for a few days

## STEPS

### STEP 3 ACTUAL FAST

## EXPLANATION

Initially, there may be hunger pangs if done wrongly

If you follow Step 2, it will be good. Here, you must abstain from all solid food intake except liquid diet

**Soon enough, you will feel:** (depend on Toxic levels)

- No more hunger pangs
- Great mindset & spiritual wellness v- clear mind & consciousness
- Vitality restored
- Weight loss



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# RIGHT WAY TO FAST 3

5 easy steps. Symptoms & healing reactions are quite normal.  
May last for a few days

## STEPS

### STEP 3

### ACTUAL FAST

## EXPLANATION

Body Toxicity effect may lead to following:

- Encrustations & foul-smelling stools (dark & unpleasant odour)
- Skin irritation & eruptions; Bad breath
- Headache & heavy-headedness, Dizziness, nausea, fainting feel
- Tiredness, fatigue, lethargy & no energy
- Abdominal bloating or pain; Tongue with white coat & smelly
- Strong unpleasant odour and clouded urine
- Dry and cracked lips or mouth ulcers
- Hot and chills
- Abnormal vaginal discharge or irregular menstrual cycle



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# RIGHT WAY TO FAST 4

5 easy steps

## STEP 3 continued ACTUAL FAST

- Take a lot of fibre –drink a lot of water
- Reduce busy lifestyle – take a good break
- Take off your handphone – do reading
- Exercise but use low impact routines
- Avoid worrying, talking & thinking too much
- Avoid sleeping late & abusive lifestyles
- Abstain from sex
- Avoid medication (where possible)

# RIGHT WAY TO FAST 4

5 easy steps



## STEP 4.1 POST-FAST

You must never return to food and activity too quickly. If you eat a lot after fasting, all the good will be negated

- Move into a  $\frac{3}{4}$  full meal
- Re-start by taking small & frequent meals
- Size of stomach & digestive juices reduced
- Post fast diet should be as long as fast
- Break Post fast period into 3 parts

<b>Post fast 1</b>	<b>Post fast 2</b>	<b>Post Fast 3</b>
Liquid diet	Semi-liquid diet	Simple Solid diet
Fruit/ vegetable juice, Vegetable soup	Brown rice porridge, Vegetable broth	Salad, stir-fried vegetables, potato

# RIGHT WAY TO FAST 5 - SUMMARY

5 easy steps

## STEP 4.2

### FAST PERIODS

You must never return to food and activity too quickly. If you eat a lot after fasting, all the good will be negated. Finish the 9 day period here & you should have **lost 2 kilos**

- Example of period division for full Fast

<b>Pre fast 2 days</b>	<b>Actual fast 3 days</b>	<b>Post Fast 4 days</b>
Reduce food intake	Take only juice/water	Increase food intake
Small , light and frequent meals	Take only Juice & water. Can take supplements too	Gradually go back to semi-solids

# RIGHT WAY TO FAST 6

5 easy steps



## STEPS

STEP 5.1  
BACK TO NORMAL  
SCHEDULE

## EXPLANATION

- After even the first fast, you should have a different perspective of the key of Detox
- The Juice fast is a fantastic Healing way & Rejuvenator – the post-feeling is great
- The diet after the fast should be different
- There should be a reduction of food that has a lot of oils, salt and sugar
- The following should be reduced/ avoided:

Gas drinks	Coffee	Fatty food	Fried food
Salted items	Sweet items	Rice-based food	Hot food
Oily food	Red meat	MSG rich food	Over-eating

# STEPS

# EXPLANATION



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## STEP 5.2

## RECOMMENDED

After the fast is over, follow the diet below for 3 months and see the effects..... Drink only good quality water (not boiled water)

DIET/ INTAKE	RECOMMENDED DIET MONTH 1	RECOMMENDED DIET MONTH 2	RECOMMENDED DIET MONTH 3
PRE-BREAKFAST	Take ACV, Honey & water 1 glasses water Fresh juice or Puregrena+	Take ACV, Honey & water 1 gasses water Fresh juice or Puregrena+	Take ACV, Honey & water 1 glasses water Fresh juice or Puregrena+
BREAKFAST	Take Bran & Soya Milk 1 slice of brown bread Take NUTRIGREEN	Take Bran & Soya Milk 1 slice of brown bread TAKE NUTRIGREEN	Take Bran & Soya Milk 1 slice of brown bread TAKE NUTRIGREEN
MID MORNING	Drink an Enzyme drink Drink water	Drink an Enzyme drink Drink water	Drink an Enzyme drink Drink water
LUNCH	Salad, soup or broth Low-oil-salt meal Maximum 1 Tbsp rice Fruits, Yoghurt	Salad, soup or broth Low-oil-salt meal Maximum 1 Tbsp rice Fruits, Yoghurt	Salad, soup or broth Low-oil-salt meal Maximum 1 Tbsp rice Fruits, Yoghurt
MID-AFTERNOON	Drink an Enzyme/ Juice Drink water/ Puregrena+	Drink an Enzyme/ Juice Drink water/ Puregrena+	Drink an Enzyme/ Juice Drink water/ Puregrena+
DINNER	Salad, Vegetable-potato Low oil-salt meal Fruits, Yoghurt, Vitamins	Salad, Vegetable-potato Low oil-salt meal Fruits, Yoghurt, Vitamins	Salad, Vegetable-potato Low oil-salt meal Fruits, Yoghurt, Vitamins
AFTER DINNER	Take D'CLENZ Drink water/ Puregrena+	Take D'CLENZ Drink water/ Puregrena+	Take D'CLENZ Drink water/ Puregrena+