

Fruit Fast

This fruit fast can be done on one day a week.

Ideally choose the same day of the week so that your body can get into a routine of weekly cleansing. It may be easier to choose a day that you know you will always be able to do the fast - for example for some people weekends may not be so good as you may be invited out during the day and so not be able to complete the fast.

On your chosen day you may eat **Apples OR Pineapples OR Grapes**. Do not mix the fruits or add any other fruit. **Apples** work the best in this fast, others will also give good results. (If you want, you can eat one kind of fruit in the morning and another kind in the afternoon.)

Start your fast as soon as you wake up and finish it at 6pm, at which point you may eat a light meal - vegetarian is the best to have but you may also eat fish or chicken. Avoid red meat on your fast days.

During your fast day you may eat as much of your chosen fruit as you need to. You may find for the first few weeks you are eating a large amount of fruit and this is absolutely fine and will gradually decrease as you discover that you don't need to eat a large amount of food to feel satisfied.

During the fast you may drink water and any herb or fruit teas. Avoid any caffeinated teas and take no dairy.

Optional elements to your detox...

If you wish you can help with the elimination of toxins by following the routine below on your fruit fast days: -

Skin brushing: First brush your whole body with a body brush - always remember to brush towards the heart. This aids the lymphatic system to remove the toxins.

Epsom bath soak: Then soak for 15 minutes in a warm Epsom salts bath - extra-large mug of Epsom salts in a deep bath. The Epsom salts will draw out the toxins through the skin for a final boost to your detox day.

And finally Sleep Well!