



## THE HEALING WATERS

### A Program for Weight Loss

This 21-day program focuses on cleansing and preparing your body for healthy weight management.

#### Daily Schedule: Morning

- **6:00 AM:** Drink 1 glass of warm water with fresh lemon juice.
- **6:15–6:20 AM:** Take 2 tablespoons of food-grade activated charcoal in warm water.
- **Wait 1 hour** before eating breakfast.

#### Breakfast (7:30 AM)

- **Days 1–7:** Drink 2 glasses of fresh fruit juice. Choose one fruit: apple, watermelon, grape, orange/tangerine, or papaya/pineapple.
- **Days 8–14:** Same juice as above, but add 2 tablespoons each of ground chia seeds, ground flax seeds, and molasses to each 2-glass serving.
- **Days 15–21:** Reintroduce light whole foods such as steamed vegetables, raw salads, and whole grains.

#### Colon Cleanse (Days 1–14 Only)

- **7:00 AM, 12:30 PM, 6:30 PM:** Take 1.5 tablespoons of an herbal colon cleanse blend (containing psyllium, senna, cascara, and slippery elm) in warm water 30 minutes before each meal.

#### Lemon Therapy (9:00 AM – Days 9–21)

- **Day 9:** Start with the juice of 2 lemons.
- **Days 10–15:** Gradually increase the number of lemons daily, peaking at the juice of 14 lemons on Day 15.
- **Days 16–21:** Taper down to the juice of 2 lemons by Day 21.
- **Always use a straw** to protect your teeth.

#### Lunch (1:00 PM) & Dinner (7:00 PM)

- **Days 1–14:** Follow the same juice protocol as breakfast.
- **From Day 15 onward:** Enjoy light meals consisting of steamed vegetables, large raw salads, whole grains, and legumes.

#### Exercise

- Engage in light to moderate physical activity daily, such as walking, or farming.



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- Aim for a minimum of 30–45 minutes daily.

### Hydration

- Drink at least 10–12 glasses of pure water daily.
- Herbal teas are permitted between meals.

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## 3-Month Weight Management Diet Plan

This plant-based diet plan is designed to support healthy weight management.

### General Principles

- **Eliminate:** All animal products (meat, dairy, eggs, fish).
- **Minimize:** All oils and added fats.
- **Exclude:** Processed foods, sugar, and caffeine.
- **Meal Timing:** Eat only at scheduled meal times—no snacking.
- **Meal Spacing:** Allow a minimum of 5 hours between meals.
- **Evening Restrictions:** No food after dinner; only herbal tea with lemon/stevia is allowed.

### Daily Meal Schedule

- **Breakfast (7:30–8:00 AM):**
  - 2 servings of fruit
  - 1 cup whole grain cereal
  - $\frac{3}{4}$  cup soy milk
  - 1–2 slices whole grain bread
- **Lunch (1:00 PM) – Main Meal:**
  - 1 cup legume or grain-based entrée
  - Unlimited raw salad with lemon juice or oil-free dressing
  - $\frac{1}{2}$  cup cooked vegetables (beets, carrots, peas, corn)
  - 1 slice whole grain bread
  - *Note: If eating potatoes, rice, or pasta, limit to  $\frac{3}{4}$  cup and omit bread.*
- **Dinner (6:00–7:00 PM) – Light:**
  - 1 slice toast (optional)
  - 1–2 servings of fruit
  - Herbal tea with lemon and stevia (optional)
- **Between Meals:** Water and herbal tea only. No food.

### Allowed Foods



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- Fresh fruits and vegetables (raw or steamed)
- Whole grains (brown rice, quinoa, oats, barley)
- Legumes (beans, lentils, sprouts)
- Nuts/seeds in moderation
- Herbal teas, water, lemon juice

### Prohibited Foods

- All animal products
- oils
- Sugar, sweeteners (except stevia)
- Vinegar, hot spices, mayonnaise, mustard
- Processed and fried foods
- Alcohol, coffee, caffeine

### Herbal Support for Weight Loss

- **Psyllium:** 1 teaspoon in water before meals.
- **Green Tea:** Drink daily.
- **Ginger:** Add to meals or drink as tea.
- **Fenugreek:** May help dissolve liver fat.
- **Weight Loss Tea:** Mix 2 tablespoons chickweed, 1 tablespoon Irish moss, and 1 tablespoon sassafras. Steep 2 tablespoons in 10 ounces of hot water. Drink 3 times daily.
- **Liver Cleansing Tea (if plateau occurs):** Combine equal parts milk thistle, alfalfa, and dandelion. Steep 1 tablespoon in hot water. Drink 3 times daily.

### Lifestyle Habits

- Weekly 24–48 hour water fast.
- Consistent sleep schedule (7–9 hours nightly).
- Daily exercise (1+ hours walking encouraged).
- Eat slowly, chew thoroughly, and sit at a table.
- Keep unhealthy foods out of sight.
- Use non-food rewards (walk, bath, hobby).