

"THE THREE-DAY APPLE DIET"

As too many wild and crazy rumors have spread about the old traditional three-day apple diet, I have decided to write down the instructions and a part of the rationale. That way people cannot say that beer, coffee, peanut butter, Twinkies, Diet Pepsi, vitamin pills, and Kraft Cream Cheese are a part of it. As you will see, the instructions for the three-day apple diet are intensely complex, and should be read and followed with great precision.

INSTRUCTIONS: PARTAKE ONLY OF AS MANY HEALTHY, CRUNCHY, RAW, ORGANIC APPLES OR RAW APPLE JUICE AS YOU LIKE, AND AS MUCH GOOD WATER AS YOU LIKE, AND NOTHING BUT FOR THREE DAYS, STARTING IN THE MORNING, AND NOT EATING OTHER FOODS UNTIL THE FOURTH MORNING OR LONGER.

Rationale: Many folks' bodies are loaded down with excess waste products and bad gut microbes, as they are eating more than they are eliminating or using. If this continues, there comes a time when your bowels poop out, your body's vitality is cut way down, and all your organ systems begin to weaken. You are sick and depressed. At this late point you need to rest your body by allowing it to stop trying to assimilate food, and instead concentrating on elimination. Remember, when an animal gets sick, or breaks a leg, it stops eating and looks for a cave to crawl into. The animal can then use its surplus energy to eliminate excess waste products, and heal with more vital force.

As waste products and bad microbes are eliminated from your body, you have access to more energy, and you quickly become more flexible and dynamic. Why did Jesus go into the desert for 40 days and presumably 40 nights? He needed to be able to center in and focus on his job description. Remember, your body knows how to get healthy if you give it a chance to heal with deep rest.

A three-day water fast is even better than a three-day apple diet, but in this society most people are basically too neurotic, schizophrenic / bipolar, psychotic, paranoid, or suffering from attention deficit to allow themselves to have extra time to think about their lives, and to have nothing extra in their mouths to pacify their perceived lack of personal attention. Thus, it is easier to at least eat apples all day and fidget less.

A three-day grape diet is even more effective, but I prefer to use apples, because people seem to tire of grapes sooner than they do of apples, and thus may cheat. Anyway, people on "grapes only" may cheat with bottled fermented grapes. All in all, fresh organic grapes are much more relevant to healing than even the mighty apple, as they draw toxins out more effectively. It's your choice.

The apple is a great stimulator of elimination due to its pectin, and malic acid, both of which act similarly to charcoal in drawing out poisons from your system. Apples also provide excellent fuel for your good gut microbes, and roughage, which is needed to stimulate your normal bowel action, and maintain normal bowel tone. Apples are also a top source of oxidizing enzymes, which are important in bringing oxygen to, and healing all body tissues hurt by such things as hydrogenated oils and Aspartame. Your normal bowel bacteria love apples, which they make into amazing healthy substances, which then get shipped to your liver to export. If you have any questions about the technical aspects of the directions please phone me at the office, 530-265-2220.