CLEANSING

You have to be in relatively good health to do a cleanse. Certainly not if you have diabetes or hypoglycemia where it is important to eat a regular special diet.

BREAKING A CLEANSING FAST

A fast should be broken slowly. It should take half as long to break the fast as the length of the fast (eg. five days for a 10 day fast). It is important to eat small portions, eat slowly and chew your food very well.

FOR A FOUR DAY OR LESS FAST
Day One: Eat melons or if unavailable other juicy fruit. Small portions only.
Day Two: Fruit for breakfast, raw vegetable salads for the rest of the day, still with small portions.
Day Three: At least 3 days of the Inner Cleanse diet at normal portions.

IF FIVE DAYS AND OVER
Day One: Eat a small portion of melon for breakfast. Drink diluted apple, grape or orange juice during the day and a small portion of melon for dinner.
Day Two: Eat three fruit meals (small portions); drink fruit juice.
Day Three: Fruit for breakfast, raw vegetable salad for the rest of the day. Drink vegetable juice near vegetable meals and fruit juice near fruit meals.

Master Cleanse - for blood and toxins

Cleansing toxins and congestion while revitalizing the body. This cleanse is good if you want to do a longer cleansing program for it doesn't create a lack of physical energy even after 10 days. In its simplicity it is easy to follow at home, work or travelling.

For 2-3 days prior to the cleanse it is recommended you eat only raw foods.

The first day of the start of the cleanse, the basic routine is to make the following mixture:

2 tablespoons freshly squeezed lemon or lime
1 tablespoon Maple Syrup
1/10 teaspoon Cayenne pepper (optional)
Put in 8-10 oz warm or cold water and drink. The fruit must be fresh. The maple syrup works best if it is the cheaper B or C grade which has the higher mineral content.

Drink between 6-12 glasses daily (more if desired) slowly. If you want to lose weight also, stick close to 6 cups daily.

During this program it is necessary to keep the bowel active to assist in eliminating toxins so for the first 3 mornings do an enema with warm water. Then do as you feel necessary.

Also suggested to take 2 Wild Rose LBT3 three times a day with a large glass of water to help the bowels moving while cleansing. If you are unable to do this to increase the bowel flow, use water enemas twice a day. The bowel must be free flowing in order for the poisons to leave the body. This is especially important for the first 3 days you stop eating.

Take no vitamins or other supplements, or food. For a change you could drink a cup of mint tea in the evening. You may stay on this diet for 2-3 weeks as long as you feel o.k. If you experience heart palpitations or nausea, you are detoxing too quickly for the amount of toxins in the system and you should back off and do raw foods for a few weeks instead of this cleanse.

SALT WATER FLUSH

This has been used to cleanse the colon, help constipation and detox. The best time to do this is first thing in the morning upon waking however if you wanted to do it at night, wait for several hours after your evening meal so you are doing it on an empty stomach.

Drink a a quart (4 cups) of pure warm water to which you have added 2 tsp sea salt or Himalayan salt. You can add a little lemon juice to improve the taste if you need. Drink as quickly as possible on an empty stomach.
You will usually have urgent bowel movement within 30-60 minutes.
Side effects: Blood pressure may go up temporarily because of higher salt intake.
Some may experience some nausea or vomiting, cramping, bloating
Avoid doing a saltwater flush if you have heart problems, are diabetic, have edema or kidney problems, have quite high blood pressure, inflammatory bowel disease or ulcers.

Wet Sheet Treatment - Overnight Toxin Cleanse

A friend used to do this treatment on the miners that were toxic from working in the mines in British Columbia. They would come into that clinic, stay overnight and leave in the morning, cleaner and a bit weaker.
First they were given an enema to cleanse the bowel. Then they drank a cup of hot yarrow tea. Vaseline was smeared on the genitals, and they then quickly got into a very hot bath that had cayenne pepper in it. They remained in the bath for about 30 minutes.
To prevent fainting while taking a hot bath, a cold towel or wash cloth was put on their forehead. As soon as they stepped out of the bath bath, they were wrapped in a cold wet sheet so only the head and feet could be seen.
Next they were put to bed, covered with wool blankets, garlic was smeared on the soles of their feet (which you could smell coming out of the breath within minutes), and a sock was put onto the foot to hold the garlic in place.
The head was left out, but a cap was put on the head so heat couldn't escape. They usually fell asleep quickly.
In the morning the wet sheet was crisp dry and stained like a rainbow with all the various toxins that had come out of the body during the night.
They came in once a month for the treatment to keep them alive from the poisons in the mine.

CLEANSING WITH CHARCOAL

As a prevention to toxic build up, you can take charcoal a couple of days a week to keep the body cleansed. It is a little easier to do the pill form of charcoal for this, but if you wanted to do the powdered activated charcoal for an adult, it would be 20-35 grams a day divided into 3 doses. Take on empty stomach morning and evening and sometime in between meals.

VITAMIN C FLUSH

This basically takes in enough Vitamin C throughout the day to bowel tolerance. When you take in your limit you will have loose stools.
Best Vitamin C to use is ascorbic acid powder or buffered ascorbic acid powder. You can even add this to Club Soda for an effervescence experience.
Drink lots of water throughout, when doing any flush.
So, take 1,000 mg Vit. C in 8 oz of pure water every 20-30 minutes, keep track of the total amount of ascorbic acid is taken.
If you have inflamed hemorrhoids, irritable bowel syndrome – might not be the best way to flush your body. Most people need between 2-10 grams to get the results they need.

MAGNESIUM FLUSH

Get 750mg of natural magnesium oxide. Many have used magnesium citrate successfully.
You want the bowel producing large stools, until the bowel is clear.

LIVER CLEANSE

Also see the information for Liver.

The liver performs 2 phases of Detoxification.

Phase One Liver Detoxification:

Phase One the liver detoxes chemicals and metals from food, water, air, which are converted into less harmful chemicals through many chemical reactions.

Liver uses oxygen and enzymes to burn toxins. This is called oxidation and makes the toxins more soluble in water so they can be more easily excreted from the body by the kidneys or liver. Most environmental toxins are fat soluble to start with, therefore difficult or impossible to eliminate without the liver's help.

Phase One is crucial but can be more dangerous than the compound being detoxified. Benzene is a dangerous organic solvent, is present in gasoline and cigarettes and a known carcinogen. Phase One enzymes oxidize benzene, producing benzene quinones, which are a source of increased toxicity. To complete the detoxification of benzene, your liver relies on Phase Two enzymes, which are described below.

The bottom line on Phase One detoxification is: you need it but you don't want Phase One activity to exceed the ability of your liver's Phase Two enzymes to finish the job, otherwise you're in trouble.

Increased Phase One Liver activity without a balancing increased in Phase Two activity can be caused by: Tobacco smoke, high alcohol intake, consumption of standard vegetable oils, eating char-broiled meats, consuming BHT.

Medications can also increase or decrease Phase One liver activity in ways that are highly specific to the drug and its duration of use. Intense scientific research is examining how nutrition can help facilitate the detox process. Foods can increase Phase One liver detoxing and at the same time balance it with an increase in Phase two detoxification. They are:

Cruciferous veggies such as cabbage, broccoli, brussel sprouts
Oranges, tangerines
Caraway seeds, dill seeds

A deficiency of zinc doesn't stop Phase One, but shifts the activity of Phase One enzymes in a direction that encourages the formation of cancer promoting chemicals. Zinc deficiency is quite common. Few foods are really rich in zinc, so supplementation is useful. Raw Pumpkin seeds are one food that is high in zinc.

Phase Two Liver Detoxification

To rid itself of toxins produced by Phase One, the liver performs a second phase, called conjugation. In this phase oxidized chemicals are combined with sulfur, specific amino acids or organic acids, then excreted in bile.

Phase 2 converts fat soluble toxic chemicals and transforms the toxins into water soluble chemicals so they can pass out through body fluids such as bile or urine.

This phase is inhibited by nutritional deficiency, toxic exposures, and medications such a acetaminophen (Tylenol), alcohol, low protein intake that depletes glutathione which is needed for acetaminophen detoxification.

Amino acids Cysteine and Methionine are important amino acids for Phase Two. They are the main dietary sources of sulfur found in meat, fish, poultry, eggs, dairy products. Vegetarian sources would be nuts, seeds, beans. The usual RDA of cysteine and methionine is 700-1000mg per day but is never fixed, because it fluctuates with the liver's burden of toxic compounds. The body's stores of these amino acids are depleted in the process of detoxification so the greater the toxic stress, the more the body demands.

Bioflavonoids are beneficial for stimulating Phase Two enzymes - abundant in fruit, vegetables and tea and are the active ingredient in many herbs. Bioflavonoid luteolin has antioxidant, anti-inflammatory and antimicrobial activities and is found in peppers, celery, carrots, rosemary, thyme, oregano, peppermint, olive oil.

A good example is MILK THISTLE which is an herbal folk remedy for the liver. The active ingredients are a group of bioflavonoids collectively called 'silymarin'. Milk thistle may offer protection from liver disease. Standard dose is 70-210mg three times a day.

Phase two helpers include:
Adequate protein intake
Alliums such as onions, scallions
Citrus fruit, grapefruit juice
Curcumin
SAMe
Milk Thistle
Cruciferous veggies such as cabbage, broccoli, brussel sprouts
Blue green algae
Bee pollen
Aspartic acid
Molybdenum
NAC, Taurine or Methionine
Sulfur containing amino acid foods: meat protein, eggs (if vegetarian do lentils, beans, whole grains)
Sulphur containing plants: garlic, onions
Vitamin B12
Glutamine, Glutamic acid, Glycine

Note: diet low in protein, low fat, can dramatically slow phase 2 detoxifcation. Aspiring and other non-steroidal, anti-inflammatory drugs including Ibuprofen, Advil, Nuprin, also slow phase 2 detoxification.

Liver Tomato Cleanse:

Buy large cans of stewed tomatoes (make your own is better), do not add fat. Eat as much as you can, also drink tomato juice. It is amazing how hungry you become, so at bedtime of the second day, you will look forward to this cocktail:

3 oz olive oil
2 oz castor oil
3 oz whip cream
Stir.

Drink before bed when you are ready for sleep and relaxed. You may chew a little piece of lemon afterwards for taste. At 3-4 a.m. you will feel urged to have a bowel movement. Do not be surprised if it is dark and foul smelling.

CLARKE'S LIVER/GALL CLEANSE:

First do a parasite cleanse. Then a kidney cleanse. Dental work should be looked after, no metal in mouth, cavities taken care of. A toxic mouth puts a heavy load on the liver, burdening it immediately after cleansing.

Now you can go ahead with the flush - Best done on a day such as Saturday if you can rest the next day:

1/2 cup extra virgin olive oil
1 large grapefruit or 3 lemons (if using the lemon juice, do not blend the juice with the oil, drink a little oil, then a little juice, back and forth from two different cups.
4 tablespoons epsom salts
3 cups water (or 3 cups freshly pressed grapefruit or apple juice.
Optional: 20 drops Black Walnut tincture 4 capsules Ornithine (amino acid to help sleep)

1. Take no medicines, vitamins or pills that you don't absolutely need. Stop any programs such as parasite cleansing or kidney cleansing the day before.

2. For breakfast eat no fat eg. cook cereal with fruit, fruit juice, baked potato or vegetables, bread, preserves or honey - no butter, milk.

3. At 2pm is the cut off time - nothing to eat or drink after this. Get the mixture ready: 4 Tbsp Epsom salts in 3 cups water (or grapefruit juice or apple juice), put in jar (makes 4 servings of 3/4 cup each). Set in the refrigerator to get cold so it tastes better.

4. At 6pm drink 3/4 of a cup of the mixture. You may drink a few mouthfuls of water afterwards or rinse your mouth. Get the olive oil land grapefruit out to warm up.

5. At 8pm drink another 3/4 cup of the mixture. You have not eaten since 2pm but shouldn't feel hungry.

6. At 9:45 pm pour 1/2 cup olive oil into a sterilized pint jar (can sterilize it with boiling water prior to using it). Wash the grapefruit in hot water, dry it, cut it open and squeeze it by hand into the measuring cup, remove any pulp with a fork.
Have 1/2 - 3/4 cup of grapefruit juice. Add this to the olive oil. If you wish to add 20 drops Black Walnut Tincture to the mixture you may do so. Close the jar tight and shake hard until watery.

Visit the bathroom one or more times, even if you are late for the 10:00 drink. Don't be more than 15 minutes late.)

7. At 10 pm drink the oil and grapefruit mixture. Take 4 ornithine capsules with the first few sips if you can obtain them to help you sleep (take 8 if you suffer from insomnia). Drinking through a large plastic straw helps this go down easier. You can take a little honey in between sips if you need to. Drink while standing up. Get it all down within 5 minutes (15 min. if very elderly or weak).

It is important that you lie down immediately, don't even stop to clean up the kitchen. Lie flat on the back, head up high on the pillow. Lie still for at least 20 minutes, you may feel a train of stones traveling along the bile duct like marbles. There is no pain because the epsom salts opens the bile duct valves. Go to sleep (you may not get out the stones if you don't)

8. Next morning take the last dose of epsom salt mixture. If you feel nausea, wait till it is gone before drinking the mixture. Don't drink the potion before 6 am.
(expect diarrhea in the morning)

9. Two hours later, take the final dose of epsom salt mixture. Go back to bed if you wish. Some find taking a second dose of the oil mixture (only 1/2 cup) and then going back to bed for 2 hours, then taking the final epsom salt dose to be even more effective).

10. After 2 more hours you may eat. Start with fruit juice. Half hour later eat fruit. One hour later eat regular food but keep it light. By supper you should feel recovered.

11. You will be able to see any gallstones in the toilet with the bowel movement. Most are made of cholesterol which is why they float, calcified stones and stones containing protein may sink. Green colouring is from the bile produced by the gallbladder. You can use a colander to catch all the stones if you wish.

12. Clarke says to count the stones. You need 2,000 stones before the liver is clean enough to rid you of allergies or bursitis or upper back pains permanently. The first cleanse may rid you of them for a few days, but as the stones from the rear travel forward, they give you the same symptoms again. You may repeat the cleanses at 2 week intervals. Do not cleanse when you are ill.

After the cleanse you may feel tender or ill for a couple of days. Clarke says this cleanse is very safe, done on over 500 cases with people even in their 80's and not one went to the hospital.

GALLBLADDER, GALLSTONE FLUSH METHODS

Also See Gallbladder

Listed below there are several methods. Find out which one appeals to you. You will most likely need to do the flush on a weekly basis until the area is cleansed. Remember to improve the diet so you don't continue developing the stones in the future. Ultra Sound will sometimes show large hard stones, although in our experience the softer ones don't show up. It is always a good idea to have an Ultra Sound done to see if there are large stones. If you have a large stone, trying to flush it may cause it to be wedged in the duct and that may result in surgery or lazer treatment to get rid of the stone. Most small stones or gravel should pass with little difficulty. If you know that you have large stones from having had ultrasound, then take 6 months to reduce the size of the stone(s) before flushing by using appropriate herbs and diet.

You want the waste expelled from the liver and gallbladder to be carried swiftly out of the body through the large colon and rectum. If you are not having 3 bowel movements a day, it is a good idea to have a colonic or enema before the flush and the day after the flush.

TO SOFTEN GALLSTONES SO THEY CAN PASS:

Drink 1 quart apple juice daily for 5 days.
On day 6, skip dinner, at 6 pm take 1 tablespoonful of epsom salts with water. Repeat at 8 pm.
At 10 pm mix 4 oz olive oil and 4 oz fresh squeezed lemon juice. Shake vigorously and drink right down.
In the morning you will pass green stones varying from the size of grains of sand to some as large as your thumb nail.

IF GALLSTONES ARE VERY SMALL, OR GRAVEL TYPE (PASS EASILY):

Do not use if under 25 years old, or you have large stones.

1. **For 5 days, drink as much apple juice or apple cider as your appetite permits (at least 1 quart daily), in addition to regular meals. Best apple juice comes from a health food store, without additives.**

2. **At noon on the 5th day, eat a normal lunch. Three hours later, take 2 teaspoons of disodium phosphate or epsom salt or baking soda in 1 ounce of hot water. If the taste is objectionable, follow with a little fresh citrus juice.**
   Two hours later, repeat the epsom salt or baking soda and hot water.
   For your evening meal have grapefruit juice, or grapefruit, or other citrus fruits or juice.
   At bedtime, have one of the following:
   a) 1/2 cup virgin olive oil, followed by 6 oz glass of grapefruit juice. OR
   b) 1/2 cup warm, virgin olive oil blended with 1/2 cup fresh lemon juice.

3. **Go to bed immediately and lie on your right side with your right knee pulled close to your chest for 30 min.**
   You may experience discomfort during the night, if it becomes excruciating, go to the hospital.

4. **The next morning, 1 hour before breakfast, take 2 teaspoons of disodium phosphate (baking soda) dissolved in 2 ounces of hot water. Your bowel movement will usually have small green stones and sediment varying in size from grape seed to cherry seeds. If there are a large number, repeat the process in two weeks.**

5. **1-2 hr later drink 1/2 cup apple juice with 1 1/2 oz lemon juice added. Each bowel movement for 3-4 times will send out more sediment and stones.**

If you experience nausea when taking the olive oil/citrus juice, it will disappear by the time you go to sleep. If the olive oil induces vomiting, do not repeat the procedure at this time.

APPLE CIDER VINEGAR METHOD - TAKES TWO DAYS (not for diabetics)

- **For 1 week before, upon arising, then again mid-morning, again mid-afternoon, and after dinner, drink slowly a 6 oz glass of apple juice with 1/3 teaspoon Apple Cider Vinegar, or dilute with distilled water if hypoglycemic. Apple juice is rich in malic acid, potassium, pectins and enzymes that act as solvents to soften and help remove debris (small stones & slush) and cleanse the body.**
- **No food is eaten during the next 2 day gall flush.**
- **Fill 8 oz glass with 1 part virgin olive oil and 2 parts apple juice (organic is preferred), and add 1 tsp apple cider vinegar. Drink this 3 times the first day. On the second day, take the mixture twice. During both of these days you may drink all the apple juice you desire, but no other liquid, not even water.**
- **Sleep on right side when on flush, pulling right knee toward chest to open pathway.**
- **About midmorning of 3rd day, eat a raw salad of cabbage, carrots, celery, beets, tomatoes, sprouts, lettuce with generous amounts of apple cider vinegar and olive oil. If desired, have a bowl of lightly steamed greens such as spinach, kale, collards, chard or other leafy greens.**

AIROLA'S GALLSTONE REMOVAL:

1. For 2 days prior to cleanse, eat only vegetables and fruits (pears) plus soaked prunes, figs and psyllium seeds. If you can, then do an enema to cleanse out the bowel.

2. That night drink 1/2 to 3/4 of a pint of olive oil. After drinking, lie on right side for 2 hours.

3. First thing in the morning on an empty stomach take 1 ounce olive oil, followed immediately with 4 oz fresh grapefruit juice. If grapefruit juice is not available, take lemon juice or 1 tsp apple cider vinegar in 4 oz water.

Take this treatment each morning for several days, even weeks, if necessary.

FINALLY, A USE FOR COKE- ANOTHER METHOD:

For those that just can't 'stomach' the other methods, try this one:

Eat lightly for 2 days, no red meats.
The day of the cleanse, have only a light meal in the evening (soup or salad).
Wait for at least four hours, then mix and drink:
5 oz Classic Coke
4 oz virgin olive oil
2 tablespoons fresh lemon juice.
Go to bed, lie on right side with knees up to chest.
In the morning drink 10 oz magnesium citrate.
Stay close to home for next 6-8 hours. Little greenies should show in stool.
Drink lots of water in the days following to cleanse bowel.

NOTE: If the stones are very large, it can take 6 months to make them small. It may be possible to have lazer treatments on them to break them up also.

ANOTHER OPTION USING COKE - CLARKE'S VERSION:

1/2 cup extra virgin olive oil
1 large grapefruit (or 3 lemons)
4 Tbsp Epsom salts
3 cup water (or 3 cups freshly pressed apple or grapefruit juice)
1/2 cup Classic Coke
Do when not working, eg. on a weekend.
Take no medicines, vitamins or pills. If doing parasite program or taking kidney herbs, stop the day before.
Eat breakfast and lunch that does not have any fat (eg. cooked cereal, fruit, fruit juice, baked potato or vegetables with salt, but no butter or milk. This allows bile to build up and develop pressure in the liver to help push out more gravel and stones.

2PM Don't eat or drink after this time or you will feel sick.
Mix 4 Tbsp Epsom salt in the water or juice, pour into a jar. This makes 4 servings 3/4 cup each. Set in the refrigerator to get ice cold so it tastes better.

6pm Drink 3/4 cup of the ice cold Epsom Salt liquid. If you didn't prepare it ahead of time, do it right now. You can also add 1/8 tsp powdered Vit. C powder to improve taste. You can also drink a few mouthfuls of water afterwards to rinse your mouth. Now The olive oil and grapefruit out to warm up.

8pm Drink another 3/4 cup Epsom salt liquid. Timing is important for success, don't be late or early on the timing.

9:45 pm Pour 1/2 cup olive oil into the pint jar. Squeeze grapefruit into a cup by hand. Remove pulp with fork. You will have at least 1/2 - 3/4 cup. You can top it up with lemonade. Add this to the olive oil. Close jar tight and shake ward to mix well.
Now visit bathroom one or more times even if it makes you late for your 10 o'clock drink. Don't be more than 15 min. late.

10 pm Drink the potion you have mixed. If you can get ornithine caps, take 4 with the first sips to help you sleep through the night. Take 8 if you commonly have insomnia. Drink it standing up. Get it down within 5 minutes (elderly or weak can take up to 15 min).
Adding the Classic Coke equal to the amount of olive oil makes swallowing the mixture much

easier.

Lie down right away flat on y our back with head high on pillow for 20 minutes. Go to sleep.

Next Morning - after 6am.
Upon awakening take your third dose of Epsom salts. If indigestion or nausea, wait until gone before drinking the Epsom salts. Go back to bed if you wish.

Two hours later
Take the 4th and last dose of Epsom salts, you can go back to bed if you wish.

Two hours later
You may have fresh fruit juice, than half hr later eat fruit. One hour later you can eat light regular food. By supper you should feel recovered.

KIDNEY CLEANSING

Also see information regarding Kidney, Kidney Stones etc.

Best Herbs for Kidney Cleansing:

- **Cornsilk**
- **Cleaver**
- **Gravel Root**
- **Parsley**
- **Uva Ursi**
- **Marshmallow root (soothing)**

Diet should be:

- **Low Salt**
- **Low or no alcohol**
- **No chemicals**
- **Low amounts of meat, no red meat**
- **Drink 4-8 glasses of pure water daily**

LYMPH CLEANSING

Lymph drink:
Apple whey: 1 qt water, 1 qt apple juice, 1 qt milk. Bring to boil, as soon as it curdles, strain through sieve. Drink first very little, 6 oz twice daily. Then increase quantity to 1 qt a day. Environmental toxins will be neutralized.

Lymph Cleanser:
Boil 3 tbsp barley in 1 qt water for 30 min. Add little clove and cinnamon. Drink this in one day, it will help clear the congestion in the lymphatic system.

Decongest Lymphatic System:
1 pint each of white grapefruit juice, freshly squeezed orange juice, grape juice
1 pint water with juice of 3 limes and juice of 2 lemons
1 pint frozen pineapple juice, diluted and 1 pint papaya juice, diluted
12 whole eggs
6 egg yolks.
Frozen raspberries or strawberries to add flavor
Beat eggs and mix into fruit juice mixture. This is a one day's supply. If you are hungry, add one kind of fresh fruit. For lunch, green salad and/or sprouts with raw almond dressing. For supper, green salad and/or sprouts with almond dressing and one steamed vegetable.
Beat in clockwise direction - don't use blender.
Do for 7 days.

Cucumber Cleanse for Lymph:

4-5 cups a day for a week of cucumber juice purifies the lymphatic system and the blood and clears the complexion.

SAFEST TOTAL CLEANSE USING ONLY FOOD THERAPY

This is also called the High Enzyme Diet. Eat nothing but raw food for at least one month. Best month is usually August when the fresh product is readily available, but many do it throughout the year.

How do you get your protein:

- **raw eggs in a smoothie**
- **raw milk cheese – get at Nutters, or some health food stores**
- **raw fish or shellfish – best done japanese style, make sure fish is prefrozen for 1/2 hr to eliminate possibility of parasites.**
- **raw nuts**

Other foods to give the good nutrition you need for this diet:

- **raw oils – extra virgin olive oil, flaxseed oil**
- **Ezekiel bread – kept in the freezer at Superstore, Nutters etc. It is baked at less than 110F so considered raw.**
- **Make your own mayonnaise: oil, lemon juice, raw egg, salt and mustard. Lots of recipes online**
- **Eat a wide variety of veggies: avocado, lettuces, cabbages, tomatoes, onions, garlic, olives,**

For More Information see "Raw Food Diet" in Addendum which includes some recipes as well.