

Breaking the 5-day Fast

NOTES:

- The following is for the first days following a 5 day fast; includes notes for 4-day fast.
- Tri-cleanse is a powdered fiber supplement. Use only ½ serving.
- Green Magma: use 2 tsp, mix w small amount of water/juice, then add remaining water.
- Perfect-7: use 1 tsp, mix with 8-oz water/juice in a blender.

Order of introduction of foods:

Last day of fast (Day 5): Follow regular fast schedule, but introduce blended fruit at noon; blended veggies (cold soup) in evening

BF-Day 1: Morning: Can add mango to blended fruit. Lunch: Can add sprouted nuts, legumes. Dinner: Greens salad (raw) with simple vinaigrette; can also add avocado to raw cold soup.

If 4-day fast: can add presoaked grains, nuts (preferably sprouted) and full smoothie.

BF-Day 2: Morning: Can add presoaked grains such as oat porridge, or simple smoothie with fiber. Use coconut milk rather than dairy milk. Lunch: Can add non-sprouted nuts, and sprouted grains. Dinner: Can add raw dairy; lightly cooked or braised veggies.

If 4-day fast: can add fish or chicken, and regular dressing. Can also add a treat; e.g., custard or apple w cheese.

BF-Day 3: Morning: Can add full-meal smoothie with protein, eggs, and simply pasteurized dairy. Lunch: Can add cooked chicken or fish. Dinner: Can add red meat or pork, and meaty soups.

If 4-day fast: Resume regular diet.

Regimen and sample meals:

Fast Day 5 (last day of fast)

- AM: Regular fast schedule, with veggie juice, 2 Green Magmas and 1- Perfect 7
- Noon: Blended apple, peach, berries in water. Add ½ dose rice protein if needed.
Optional: add second Magma to blended fruit.
- PM: Green Magma and veggie juice (save part for next day); tinctures, detox tea.
Enema followed by dry brushing, bath
- Evening: Cold Avocado-Tomato soup (without avo). Blended fruit w mango and fiber.
OR Fiber in water/juice.
- Bed: MgCl₂, tinctures, probiotics

Continued, for each subsequent BF day.

Breaking the 5-day Fast

BF-Day 1

- AM-early: Probiotic; Green magma with tinctures and iodine;
regular supplements & meds, except use fast enzymes for AM
- Mid-AM: Blended fruit with mango, plus fiber. Can add leftover veggie juice.
Green Magma (can add to blended fruit if desired)
Also powdered green food, fresh parsley. Fast enzymes.
- Lunch: Liquid soup OR lite salad & lemon juice, garlic, olive oil. Add nuts, pea/lentil sprouts.
- Mid-PM: Green Magma with tinctures, probiotic, detox tea.
Enema; implant bifidus (optional)
3rd Green Magma or fiber 30 minutes before dinner.
- Dinner: Salad with avocado, nuts, sprouts; vinaigrette dressing; cold Avo-Tomato soup.
- Mid-eve: Blended fruit plus fiber and yogurt plus cottage cheese if need protein
- Bed: Probiotic

BF-Day 2 (last day for 4-day, unless need to postpone reintroduction of animal foods/fats)

- AM-early: Probiotic, iodine (if using); Green magma
- Breakfast: Porridge, or Smoothie w fiber, yogurt, cottage cheese; coconut or raw milk.
- Lunch: Salad with nuts and vinaigrette dressing. **If 4-day fast:** can add fish or chicken, and regular dressing. Can also add a treat; e.g., custard or apple w cheese.
If have not had BM, do another enema, and do not add meat until Day 4.
- Mid-PM: **Enema**, if needed. Homemade yogurt or cottage cheese.
- Dinner: Spinach pie; braised green beans and broccoli; salad with balsamic-basil dressing.
If 4-day fast, see Day 4 for added meat options (if have had BM)
- Mid-eve: Blended fruit with protein.
- Bed: Probiotic

BF-Day 3 (last day for 5-day fast, or if need to postpone reintroduction of animal foods/fats)

- AM-early: Probiotic; regular supplements, meds
- Breakfast: Complete protein smoothie; or porridge w fruit, cream & milk and fruit
- Lunch: Salad with nuts, sprouts, chicken or salmon and whole grain bread; or leftovers.
Treat and raw apple.
- Dinner: Vegetarian: 3-bean salad (sprouted) and Russian Vegetable Pie.
OR Minestrone soup (white or red sprouted beans)
Animal: Salmon coconut curry with fresh mandarin wedges; OR
Chicken cutlets sautéed with olives, capers and roasted lemons; OR
Borscht or homemade chicken soup.
- Bed: Probiotic

After fast Normal diet, but continue to reintroduce foods slowly, and keep track of any issues (allergies, sensitivities, etc.).