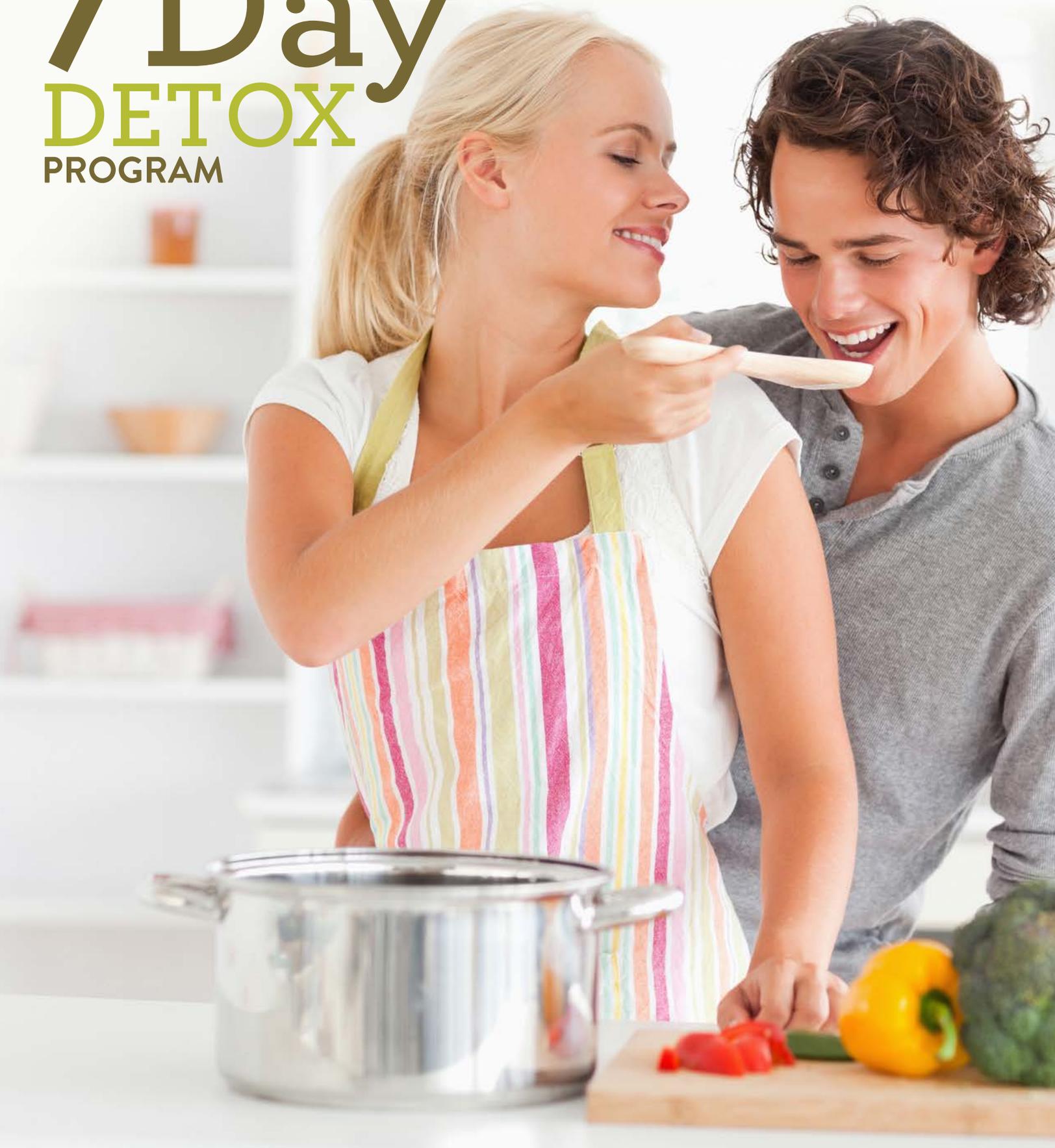


H/D HALLELUJAH DIET

Juice & Soup Recipes

7 Day DETOX PROGRAM



7 Day DETOX PROGRAM

Vegetable Juices:

- Collards, Green Beans, Carrots, Ginger and Garlic
- Carrot, Spinach and Watercress, Ginger and Garlic
- Beets, Kale, Celery, and Green Beans, Garlic and Ginger
- Kale, Carrots, Cucumbers, Celery, Garlic and Ginger
- Carrot, Beet, Cucumber and Garlic
- Carrot, Dandelion, Broccoli and Garlic
- Carrot, Cucumber and Parsley
- Beet, Green Beans, Brussels Sprouts
- Carrot, Beet, Asparagus,, Cucumber, Garlic and Ginger
- Spinach, Watercress, Cucumber, Green Beans, Garlic and Ginger

**Organic vegetables are strongly suggested*



*Broth, a green drink, or cup of herbal tea.
Drink at least 4 quarts of liquid on each day,
and preferably up to 6 quarts total liquid. The
basic healing juice combinations are: Carrot,
Beet and Celery*

- 2 parts carrot, 1 part beet and 1 part cucumber
(The cucumber mellows out the beet flavor.)
Carrot, beet and celery

Carrot, beet, celery and cucumber:

- The juices of these 4 vegetables are helpful for anemia, allergies, arthritis, for cleansing and healing the liver, gallbladder, kidneys and bladder, and all mucous membranes including digestive and respiratory tract, nervous system, etc!

Other Juice combinations to consider:

- Carrot, celery, endive & parsley (carrot should be 6 out of 8 oz).
- Carrot, lettuce and spinach (spinach only 1-2 oz. per glass).
- Wheat Grass: you can also add wheat grass juice for a shot of blood-building chlorophyll, or any other vegetable that you like, to the basic combination. Use the vegetable combinations that appeal to you.
- Hot herbal tea (such as Pau D'Arco) or broth is good to start with in the morning.

Alkaline Broth:

Use a glass, stainless steel, enameled or earthenware container. Take 1 cup carrots, 1 cup onions or celery, and 1 – 2 cups other vegetables - good are beet tops, carrot tops, parsley, cilantro, green onion. Chop vegetables and put in pot, cover with water and simmer for 1/2 hour. Let stand for another 1/2 hour. Strain and drink only the broth. You can season with herbs if desired.



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Soup Broth

To help you mitigate your hunger you can enjoy all of the soup broth you can drink through each day of the Detox. Freshly made, this broth is rich in nutrients with very few calories and will strengthen you and keep your hunger at bay.

Directions:

- In a large pot put 2 cups of cut-up vegetables such as onions, tomatoes, watercress, cucumbers, garlic, cilantro, celery, and one dark green vegetable such as spinach or collards or kale.
- Add 4 cups of water and cook until softened (about 20-30 minutes). Add your favorite spices such as curry, cumin, turmeric, paprika or cayenne, or vegetable seasoning without salt.
- After the vegetables are cooked put one cup of the vegetables into the blender and discard all other vegetables.
- Blend the other vegetables until liquid and return it to the soup broth in the pot. Now you have Freshly made, nutrient rich and flavorful soup broth for your day.



Pureed Steamed Vegetable Broth Recipe: INGREDIENTS

- 8 medium carrots, peeled
- 2 large onions, peeled
- 6 stalks celery
- 2 large leeks, trimmed and thoroughly washed
- 4 small potatoes, scrubbed but not peeled
- 1 cup coarsely chopped parsley (about 1 large bunch)
- 4 teaspoons fresh thyme leaves or 2 teaspoons dried
- 2 bay leaves
- 2 teaspoons salt, or more to taste
- 2 teaspoons whole black peppercorns
- 4 quarts (16 cups) water

PREPARATION

1. Chop carrots, onions, celery and leeks into 1- to 2-inch chunks; leave the potatoes whole.
2. Combine the vegetables with the remaining ingredients in a soup pot or stock pot. Bring to a boil. Reduce heat to maintain a simmer and simmer for 1 hour.
3. Strain the broth through a colander, then once more through a fine sieve. If the broth tastes weak, pour it back into the pot and simmer until reduced to a flavor you prefer, 20 to 30 minutes more.

Bieler Broth: Another Vegetable or Broth Recipe

This day consists of 6 or more cups of vegetables and/or Bieler Broth. This “broth” (named after Dr. Bieler) is actually a vegetable puree that heals by re-alkalinizing the body. This recipe uses non starchy vegetables to help provide the greatest weight loss.

Directions:

- Steam (on low enough heat so that steam does not escape your covered pot) until soft - about 10-15 minutes: 2 medium zucchini, a handful of green beans, 2 stalks of celery. Place vegetables, steaming water and a tablespoon of fresh chopped parsley in a blender. Blend for 1-2 minutes until smooth, and drink.
- This broth is excellent taken only by itself (plus additional water) for the deepest cleanse. If you would rather complete your daily vegetable requirement - 6 or more cups - with other vegetables, this is fine. You may have your vegetables steamed or raw. If steamed, turn down to low enough temperature that steam does not escape the covered pot. The non-starchy vegetables will provide the greatest weight loss.
- Non-Starchy Vegetables: Celery, chard, cucumber, bell pepper, broccoli, cabbage, cauliflower, bok choy, summer squash, zucchini, artichoke, deep green lettuces, spinach, kale, onion, asparagus, garlic, green beans, snow peas, radishes, all sprouts.
- Note: Starchy Vegetables: All root vegetables - carrot, beet, parsnip, turnip, rutabaga, jicama. Jerusalem artichokes are good for stabilizing blood sugar. If you are too hungry with just these vegetables, winter squashes, yams, sweet potatoes and white potatoes are more filling.

Drink purified water according to thirst, and you may also start drinking raw vegetable juice.

Each 1 – 2 cups of juice is best alternated with a glass of water, a cup of Bieler Broth or “Alkaline Broth”



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Vegetable Broth Recipe:

A large crock-pot is handy for this recipe but you can use a large pot instead.

Base Ingredients

While good broth can be made from a variety of ingredients; there are four vegetables that are typically used as a base for good depth of flavor. These are onion, celery, carrot, and garlic.

- **Herbs**

Fresh herbs like parsley, bay leaf, and thyme give your broth a flavor boost. You can also include oregano, dill, and basil in smaller amounts. Fresh herbs should compose no more than one-fifth of your broth ingredients (not including water), otherwise the flavor can be overpowering.

Also, avoid using too many varieties of herbs or the flavors will compete and you'll have undesirable results.

Other Additions

- Leeks are a favorite for homemade broth. One reason (besides their great flavor) is that there is so much of the leek that isn't usable in cooking but is perfect for lending flavor to the broth.
- You can also add other vegetables, such as zucchini and other summer squash, asparagus, fennel, chard, parsnips, green beans, bell peppers, and eggplant.

- **Umami**

For the best-tasting broth be sure to include some foods that offer the umami flavor.

Umami is one of the five basic tastes: sweet, sour, bitter, salty, and umami.

- Some of the foods in which this flavor is found in abundance include sea vegetables (nori, kombu, dulse, etc.) asparagus, sun-ripened tomatoes, and mushrooms. It's also found in moderate amounts in potatoes, green peas, and Chinese cabbage, and in smaller amounts in other foods.

Note: Any of the sea vegetables have high umami taste. (Potatoes and cabbage don't make good-tasting broth, so they aren't good options.)



Other Examples of Easy Tasty Soup Mixes

- Collards, Green Beans, Sweet Potato, Celery, Onions, Curry, Turmeric, Cayenne, Cumin, Chopped Garlic, Chopped Ginger
- Kale, Cauliflower, Carrots, Green Beans, Bay Leaves, Paprika, Garlic Powder, Cajun Seasoning (without salt), Parsley, Cilantro
- Spinach, Kale, Broccoli, Scallions, Celery, Onions, Chard, Garlic, Cayenne, Mrs. Dash (without salt)
- Spinach, cauliflower, carrots green beans, Garlic, Onions, Vegetable seasoning (without salt) You may add some unpasteurized soy sauce or Coconut Liquid Aminos for flavor

Vegetable Stock and Broth Guide:

What vegetables make good stock or broth and which ones should be left out?

Good for Stock or Broth

Asparagus	Good in small quantities (no more than 1/6 of the stock ingredients)
Basil	Good in very small quantities (no more than 1/10 of the stock ingredients)
Bay leaves	1 or 2 leaves per quart of liquid is a good amount
Beet Greens	Good in small quantities (no more than 1/10 of the stock ingredients). You may want to add greens toward end of cooking as they break down quickly.
Bell or sweet peppers	Good in small quantities (no more than 1/6 of the stock ingredients)
Carrots	Excellent for making stock/ broth.
Celery stalks	Excellent for making stock/ broth.
Celery leaves	While the outer leaves can make the stock bitter, a small amount of the inner leaves can be used with good results.
Chard	Good in small quantities (no more than 1/6 of the stock ingredients)
Chives	Good in small quantities (no more than 1/10 of the stock ingredients)
Cucumber	Good in small quantities (no more than 1/6 of the stock ingredients)
Dill	Good in very small quantities (no more than 1/10 of the stock ingredients)

Eggplant	Good in small quantities (no more than 1/6 of the stock ingredients)
Garlic	Excellent for making stock/ broth.
Green beans	Good in small quantities (no more than 1/5 of the stock ingredients)
Jerusalem artichokes	Good in small quantities (no more than 1/5 of the stock ingredients).
Leeks	Excellent for making stock/ broth.
Marjoram	Good in very small quantities (no more than 1/10 of the stock ingredients)
Mushrooms	Mushrooms add rich flavor to vegetable stock. However, be aware that mushrooms are not a vegetable, but rather a fungus. They have been shown to contribute to kidney stones and other health issues.
Lettuce	Good in small quantities (no more than 1/10 of the stock ingredients).
Okra	Okra can add body to broth. Use in small quantities to avoid overwhelming flavor.
Onions	Excellent for making stock/ broth.
Oregano	Good in small quantities (no more than 1/10 of the stock ingredients)
Parsley	Good in small quantities (no more than 1/6 of the stock ingredients)

Good for Stock or Broth (Continued)

Parsnips	Good in small quantities (no more than 1/6 of the stock ingredients)
Peas	Good in small quantities (no more than 1/6 of the stock ingredients)
Peppers, Bell Peppers	Good in small quantities (no more than 1/10 of the stock ingredients)
Potato peels	Can be used in small quantities. Potato skins add an earthy, but slightly bitter taste. Too many can make the stock cloudy. Be sure the peels are very clean, otherwise you'll end up with stock that tastes like dirt.
Romaine Lettuce	Good in small quantities (no more than 1/10 of the stock ingredients)
Scallions	Excellent for making stock/broth.
Shallots	Excellent for making stock/broth.
Spinach	Good in small quantities (no more than 1/6 of the stock ingredients). Best added toward the end of cooking.
Squash peel	Add good flavor to stock or broth. Use no more than 1/8 of the total stock ingredients.
Thyme	Very good in small quantities (no more than 1/10 of the stock ingredients)
Tomatoes	Excellent for making stock/broth. Be sure to avoid including too many tomato seeds as this can give a bitter flavor.
Turnip greens	Ok in small quantities (no more than 1/10 of the stock ingredients). You may want to add greens toward end of cooking as they break down quickly.
Zucchini	Good in small quantities (no more than 1/6 of the stock ingredients).



Vegetable Stock and Broth Guide:

What vegetables make good stock or broth and which ones should be left out?

Should Be Left Out for Stock or Broth

Acorn Squash	The peels are great for stock, but the flesh is too starchy and should be left out.
Beets	Beets can be added, but they will turn the stock a very dark color, which may not work well for some purposes, such as butternut squash soup.
Bok Choy	1 or 2 leaves per quart of liquid is a good amount
Cabbage	Foods in the Brassica family, such as cabbage, are too strong for stock/broth and can impart a bitter taste.
Carrot tops (leafy part)	Use only in very small quantities (no more than 1/16 of the stock ingredients). Too many can make the stock bitter.
Cilantro	Cilantro is too strong for broth/stock. If you really want to use it, be sure to only use a very small amount. A little goes a long way.
Collard Greens	Foods in the Brassica family, such as collards, are too strong for stock/broth and can impart a bitter taste.
Corn	Corn doesn't add a lot of flavor and can make the stock/broth cloudy.
Greens	Avoid bitter greens and members of the brassica family (kale, cabbage, Bok Choy). Other greens can be used in small quantities.
Kohlrabi	Foods in the Brassica family, such as kohlrabi, are too strong for stock/broth and can impart a bitter taste.

Napa Cabbage	Foods in the Brassica family, such as cabbage, are too strong for stock/broth and can impart a bitter taste.
Onion skins	Onion skins add a lovely color. Just don't add too many of them unless you want your stock to have a dark color.
Peppers, Hot Peppers	Not recommended.
Pumpkin	Pumpkin is a little too starchy for good stock or broth.
Radish	Not recommended.
Rosemary	Some people like the taste rosemary imparts to stock/broth, but some find it lends a bitter flavor, so you may want to use it with caution
Rutabagas	Foods in the Brassica family, such as Rutabagas, are too strong for stock/broth and can impart a bitter taste.
Squash	Squash is a little too starchy for good stock or broth.
Sweet Potatoes	Sweet Potatoes don't add much flavor to stock or broth and some variety are too starchy for good stock or broth.
Turnips	Turnips are too strong for stock or broth.
Winter squash	Squash is a little too starchy for good stock or broth.

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The Enema:

For optimal health benefit during this fast, use an enema to relieve any fatigue, headache, irritability or depression that may happen while detoxing.

How to do an enema:

Use body temperature water for your enema solution. When you have filled your enema bag, insert a hanger through the hole at the top end of the bag to hang from a towel rack (should hang 3 – 4 feet above the floor). Use a natural ointment to lubricate the rectal speculum, and insert it while in a comfortable position. Knee-chest position is best, though lying on your side or back is fine too. Release and tighten the clamp as needed to slowly allow the solution in.

Once the solution is in, find a comfortable position and either gently massage your abdomen or rest comfortably. After 5 – 15 minutes (sooner if necessary), let it out into the toilet. It may take a couple of sittings to completely release the solution.

If necessary, it's O.K. to take in, then void, just 1 quart of enema solution at a time, rather than the whole 2 quarts.



Salt and Soda Enema:

Dissolve 1 tablespoon each of sea salt and baking soda into 2 quarts water.

Garlic-Epsom Salt Enema:

Can be very purging/anti-parasitic.

Finely chop 3 cloves of garlic, add to 2 quarts water, simmer 5 minutes and strain the garlic out. Add 2 tablespoons Epsom salt. Let it cool a bit, and pour into bag, adding enough extra water to fill the 2 quart bag.

Coffee Enema:

Great for the liver, gallbladder and skin.

Make a dilute coffee using 4 tablespoons ground organic coffee to 2 quarts water. (You can also do this by diluting 1 quart of standard drip coffee with 1 quart water.) Add 1 tablespoon each of sea salt and baking soda. When cool enough, pour into bag.

A 2 quart enema is able to reach the entire length of the colon; however, a colonic from a professional colon hydro therapist will do an even more thorough job of cleaning out the entire colon.

If you feel great on this liquid vegetable fast, using enemas as needed, you can extend the liquid diet to 7 days.

**The body tissues must be at the proper pH to be healthy. Toxic acids build up over time in the tissues from: refined sugar and food products containing refined sugar, coffee, regular tea, alcohol, chocolate, excess meat, stress, allergic reactions, inflammatory reactions, deficiencies of essential minerals. A good way to monitor your body's pH is to dip a strip of pH paper (purchased from a pharmacy or my office) into a catch of your first morning's urine. Optimal pH is 6.5 - 7. Continue your re-alkalinizing efforts until your pH comes up into this range.*

