Also when you take warm baths you cause your pores to open and eliminate toxins as you sweat under the water. Go to bed early and try to break old habits. This is good for you to resolve not to slip back into the same patterns that make you sick or unhealthy in the first place. If fasting gives you nausea or bad breath remember that is part of the release of toxins. Watch your tongue daily. It will be heavily coated while the eliminating is taking place. Continue to flush out the toxins with vegetable juice or fruit juices mixed with Spirulina plankton. When your tongue is clear you will feel hungry again and you will be ready to go on to some solid fruits and vegetables and, in a few days, take up a new diet of nuts, fresh fruits and vegetables, with an occasional animal dish if you are not a vegetarian.

Many vegetarians are food faddists who all have their own theories about putrefaction. It is true that meat does putrefy in the intestine but this may not be because of the meat but because of the unhealthy system. A healthy meat-eater's stools do not smell foul whereas an unhealthy vegetarian's will. In perfect health you can theoretically eat anything and process it well but some people are just not suited to eating meat and some people are not suited to a strict vegetarian diet. There is no hard and fast rule in spite of all the fads, but there is one way to test it. Try being a vegetarian for a few months and if you have more vigor, feel clearer and your bowel is sweet and regular you will know the answer as to whether you are a vegetarian or not. Do not follow a fad but use common sense.

The amount of adrenalin you pump into your own blood when you get angry, even when you don't show it, is far more than the cow releases into its blood when it is killed. Its blood is drained after the slaughter anyway so the argument that you get more aggressive from meat-eating is

totally false.

I have known many meat-eaters who do physical work and they are not aggressive and I have met many self-righteous and opinionated, internally aggressive vegetarians. So you must think for yourself and try out your diet for yourself. If you are horrified at having to kill animals so you can eat meat then you can easily become a vegetarian on those grounds alone, and this is when you will need to get the extra protein from Spirulina plankton. People who have been big meat-eaters find it hard to get the same proteins and feeling of being "beefed up" from vegetables. By seeking out high-protein diets in plant materials like Spirulina they can compensate for this loss easily.

To understand fasting and diet properly the main thing is not to become a fanatic but to research your own personal diet because it makes common sense.

FASTING FOR HEALTH

Fasting with Nature's wonder food and mixing it with fruit and vegetable juices is the fastest and most natural way to flush out the system with liquids and chlorophyll without denying the body the needed nutrients for full and active metabolism.

The methods described in this booklet are simple ways of purifying the eliminative system and for having a healthy life.

For those with a weight problem they can reduce to their correct body weight quickly through natural means without any special dieting. Once they attain their goal they can stay on a fruit and plankton regime which will

supply all proteins and vitamins needed for health.

The use of special nutritious liquid foods or vitamins while fasting enables a clogged system to clear itself without feeling hungry or losing energy.

First we should clear the system properly through three days of pure fruit juice without taking any food except two tablets of Spirulina algae at each mealtime. The algae does not act as a solid food but actually works to purify the intestines through its chlorophyll content while supplying the full complement of amino acids necessary for healthy life.

Fasting is one of the best remedies available not only to the obese person but to anyone who has stomach troubles. It can also be used to increase our meditative and spiritual states of awareness. There are many examples in the Bible of fasting.*

Rejuvenation of body tissues and prolongation of our life was often the goal of ancient peoples through fasting. The practice was said to make the flesh of an older person as fresh and young as a child's. How does Spirulina plankton help in this process?

First we must understand that all healthy bodies create poisons in the normal process of living. These are the waste products of our cells and the unwanted parts of the foods we eat which are expelled by elimination. There are also many toxic materials in the modern foods we eat, the medicine we take, as well as the pollution in the waters and air which pile up in the sluggish system through inactive elimination. The secret of good health is in an efficient

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* Luke 5:33, Sam. 12:16, Ex. 34:29, I Kings 19:8, Mat. 4:2

elimination of waste.

One of the worst inhibitors of our eliminative system is our mind and its negative thoughts. A clogged mind will invariably clog the movements of the smooth muscle of the intestine just as a lazy mind will make our whole body inactive and heavy. If we do not get this under control we will not only die early but our body will be always loaded with toxic material which will affect the workings of our brain. Therefore always drink plenty of liquids not only while fasting but also as a regular practice.

Toxic blood is passed through the special cells of the liver for clearing and since blood is the carrier of nutrients to all parts of the body and brain it is important to understand that the presence of pigments such as chlorophyll and the natural chemicals in the blood do affect the correct functioning of all other organs of elimination such as the bowels, kidneys, lungs, and skin.

When all these organs are in perfect balance the person remains in perfect health. Only when toxins cannot be handled by our eliminative system do the signs of ill health occur. There are always signs which indicate the start of disease or toxemia.

There is an inner intelligence* acting on its own which attempts to bring on warning signs of disease so as to get rid of poisons accumulating in the body. Colds, diarrhea, fever, etc., are Nature's ways of eliminating toxins which cannot be removed by normal elimination. Automatically we do not feel hungry when the body intelligence wants to

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* A friend of mine, Dr. Oscar Morphis of the Oncology Associates in Texas, calls it *incelligence.*

eliminate its accumulated toxins. Animals do not eat while sick. Therefore fasting with Spirulina, while providing the essential amino acids, not only helps Nature's own process but is the most efficient method of correcting imbalance.

The ingestion of small amounts of Spirulina plankton (spray dried to remove the moisture from it) has an immediate effect on the muscle tone during periods of fasting. The following benefits show that fasting: (1) gives the vital organs a complete rest; (2) stops the intake of food which may decompose in the intestines and poison the body; (3) empties the digestive tract and disposes of putrefactive bacteria; (4) gives the organs of elimination an opportunity to catch up with their work and promotes elimination; (5) re-establishes normal physiological chemistry and normal secretion; (6) promotes the breaking down and absorption of exudates, deposits, diseased tissues and abnormal growths; (7) restores a youthful condition to the cells and tissues, and rejuvenates the body; (8) permits the conservation and re-canalization of energy; (9) increases the powers of digestion and assimilation; (10) improves function throughout the body; and (11) clears and strengthens the mind.*

HOW TO FAST

It is best to go on a fast gradually, cooperating with the internal intelligence of the cells so that they are not shocked by extremes. Therefore the following steps should be taken daily:

The first day there should be plenty of fresh juices but

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* These are given by Dr. Hereward Carrington, Ph.D., noted researcher into parapsychological states.

no solids. With the juices one can ingest the Spirulina plankton to line the wall of the stomach and intestine with the nutritious form of chlorophyll and other pigments provided by blue-green algae. There is no limit to the amount one can eat in its pure form as it is completely digestible. Unlike Chlorella which has a hard cell wall and is often totally indigestible to some people, the Spirulina plankton is easily absorbed. Therefore the Spirulina can be mixed as powder with fruit juices or just taken in 500 mgs. tablet form. Two tablets (or 1000 mgs.) is a normal amount with a juice drink for fasting but any amount up to ¼ pound could be taken without harm at each mealtime, although this would not be advisable. Do it gradually by building up the system to adapt to the richness of this new wonder food by increasing the amounts daily.

During the second day of the fast you may add a little solid fruit in addition to the juices. This is to aid the elimination of any solids still stuck in the eliminative system. The fruit should be chewed very well, mixed with plenty of saliva thoroughly before swallowing. It is important for people using Spirulina plankton as a normal diet food to chew all other foods finely to allow full digestion to take place.

During the third day of the fast the fruit component can be eliminated until the final days of the fast when the normalizing of a regular diet of Spirulina mixed with other natural foods can take place.

On the fourth day we take fruit juices with at least four tablets or 2 grams of Spirulina plankton at meal times. Drink plenty of liquids in between meal times.

On the fifth day we again double the ingestion of the

amount of the cleansing diet to eight tablets of Spirulina plankton or 4 grams of the powder mixed with fruit juice.

The sixth day is the day when we begin to level off the peak of our intake of Spirulina plankton to that which we feel should be a natural amount for us. The temptation to eat something solid should be resisted during the fast because it stimulates the stomach into activity and causes it to churn whereas the Spirulina merely coats the walls and keeps it passive and relaxed. A relaxed stomach is part of the healing process and gives rest to the entire digestive system. It is much more beneficial to go on a complete Spirulina diet fast for the first week than to go on a partial fast of fruit or solids, but everything should be gradual.

On the seventh day we can begin to go back on to solid fruits and gradually bring down the intake of Spirulina from a minimum of 4 grams per mealtime to 2 grams reaching to 1 gram per meal on the eighth day. These amounts are minimal for the elimination effect of Spirulina.

If there should be headaches or stomach cramps during the fast this is not an indication that you must eat food but that the toxin accumulation is being thrown from the tissues and cells into the bloodstream and finds its way to the brain. This also affects the reflexes of the stomach, which has settled into a previous eating pattern which must be broken by the fast, rather than break the fast. Toxins cause pain and this is an indication that the body really needs to fast in order to get rid of toxins in the body. Healthy people do not get a headache merely by missing a meal; they only get a headache when the toxins reach the intestine or the bowel does not move. A bowel movement can instantly remove a headache.

If the bowel is constipated an enema made of the green spray-dried Spirulina mixed first as a paste and then introduced into a blender with distilled water should be used slightly warm to blood temperature. Do not use chlorinated tap water for your high enema as this will shock the sensitive walls of the intestine with chlorine, a very acid element which kills bacteria of all kinds. This is why it is put in drinking water, so you don't want it to kill the natural flora in your intestine which is building up through the use of Spirulina. An enema is good during a fast even if you do not have a headache but not essential, although it does speed the process of elimination. (See page 31 on for further information on the use of enemas with Spirulina.)

It is a mistake to set a rigid time limit to a fast, although a minimum of seven days should be allowed for purification of the digestive system and the cleansing of the blood. Your own feeling will determine how many days after the seventh day you should carry on the fast. Our body has natural signs which indicate the correct time to terminate a fast. The best time is when the tongue is clear and there are no white toxic adhesions and a natural hunger comes following the seventh day. If the tongue is not clear and a healthy pink color then prolong the fast until the hunger feeling coincides with a good clean color.

During the first three days while one is merely taking juices there will be a feeling of hunger while the system is cleaning itself. If one is sick, however, there may be no appetite during the first three days. Do not feed yourself to keep up your strength to fight the disease. This is a fallacy that food gives you strength to fight bacteria. If food cannot be processed and digested properly it acts as a poison rather than an energy source and merely clogs up the

system. Even vitamins can feed the bacteria as much as they feed the body, so should be used sparingly.

After three days the hunger sensation in normal people disappears and it is quite easy to continue on a juice diet for several days or even weeks. I have myself fasted for 30 days without any feeling of hunger. But of course not everyone can take off time to meditate during a long fast and it is not wise to prolong a fast if you are moving around a lot or exercising or expending large amounts of physical energy.

If the toxins are all eliminated from the body the feeling will be one of tremendous clarity and lightness and we will feel our body has become free and clear. Then the hunger sensation will come back again and that is the time to break the fast. You should have no fear about losing nutrition or becoming too thin merely by not eating solid foods. Your Spirulina plankton is actually the most nutritious food in the world and supplies all the elements needed for health.

Once you break the fast you should not go immediately back to eating solid foods but gradually introduce them first as fruits and then blended vegetables which should be savored and drunk little by little to mix saliva with the juices and vegetables. While fasting, canned juices should be avoided. Preferably one should not go back to them after fasting but natural fruit and juices should always be used. If this is not possible because of cost or time then the canned juices should at least not be used during the period of the fast. All juices should be swilled around in the mouth to activate saliva. Do not drink them down straight. Remember, chewing them up in the blender or juicer is taking the place of your teeth and you must not omit the

most important step to good digestion, assimilation and excretion, which is the action of our saliva.

Several members of the University of the Trees staff who fasted extensively with Spirulina found that it took a few days to readjust once the fast was broken. Elimination needs to be encouraged at this time. They came off the fast by eating algae "mush"—a soup with a tomato juice–algae base thickened with a large quantity of bran—up to 3 tablespoons per serving, and seasoned to taste. Eating this once or twice a day for a few days stimulated elimination and reestablished healthy peristaltic action. Additionally, the bran served to sweep through the intestines, cleaning out any matter not fully eliminated during the fast.
fast.

You may find your intestines are sluggish to respond after the fast. It is helpful to take unprocessed bran mixed with soups or juices to provide the bulk to move through the intestines quickly. Drink a lot of water if you take bran. You can mix it with apple juice warmed or cold to make a delicious breakfast cereal and combine it with yeast, sesame seeds and raisins to taste. Bran is indigestible but it provides the bulk to move wastes quickly through the intestines and keep a healthy intestinal tract. You can mix bran into algae and miso soups, or algae and tomato juice for delicious soups.

Another way to stimulate the digestive process is to take acidophilus culture, between 1 and 3 tablespoons per day, to promote the growth of "friendly bacteria" to aid in digestion. After a long fast you can expect your intestinal flora to have changed. Taking acidophilus culture will help to normalize your intestinal flora.

If one does resort to an enema during a fast to hasten or assist elimination you must not overdo it and make a fad of it. Three nights in succession is enough for a healthy person. If one is sick, three more times every other night or every third night should be enough to flush the colon. Once normal body health has been restored the enema should be laid aside for Nature to carry out its own methods of elimination, and then infrequently a Spirulina enema can be used once a month.

Nine-tenths of human disease and the susceptibility to disease have their origin in the upper and lower intestines. Proper elimination of toxins through a clear alimentary system is the secret of health. To retain energy, cut down surplus body weight, clean out the system and at the same time use the most potent and nourishing form of food supplement known to mankind—Spirulina plankton—is the secret of health. Knowledge of how to clean the system is the essence of yoga. A mortuary in India examined the colons of 500 people who died and found the percentage of those which had colons greatly clogged with hardened fecal matter was 90% and only 10% had colons in good natural condition.

The color of the bowel movements is an indicator of our health. It does not always signify that we are healthy because we have a daily bowel movement because the upper part of the colon can still be impacted. Feces which are dark green, dark brown or black indicate they have been inside the colon a long time. The best color is light golden brown or yellow which shows they pass quickly through the bowel daily. If the fecal matter remains too long in its journey through the colon the toxic wastes contained in them are absorbed by the lower parts of the

system into the blood. This leads to poor skin, a furred tongue and bad breath in the morning. If we do not eliminate toxins our circulation of the polluted blood will be poor through the other organs resulting in rapid breathing, lack of memory, irregular heart action, dull eyes, impaired circulation to the brain leading to drowsiness and headaches.

Food which stays in the stomach, intestines and colon for longer than normal periods of 24 hours is apt to create fermentation and acid conditions. A sour stomach results from this. The liver and kidneys are forced to work overtime which results in susceptibility to infections.

In extreme cases Spirulina plankton fasting should be done with the use of enemas in order to purify the blood as soon as possible. Good clean blood is the source of all life to the cells and nerves and brain. To clean the blood of toxins will enable this dynamic fluid of our bodies to provide our organs with proper nourishment. Spirulina plankton is the most natural way to provide strength and power and purify and fast at the same time.

Spirulina plankton is several times more potent than wheat sprouts or wheat grass in providing the proteins and essential amino acids to complete nutrition. Although grass or wheat is all that a horse or cow requires to become fit and healthy as a range animal, the Spirulina is known to be five times more nutritious for humans.

The following instruction should be followed carefully because failure to do it right may end up with your enema bag or syringe tube blocked up with clotted plankton.

Take the following ingredients:

2 teaspoons Dr. Hills Spirulina green spray-dried plankton
2 teaspoons of glycerine U.S.P.
½ cup cold distilled water
1 blender full of distilled water
1 enema bag or syringe

METHOD

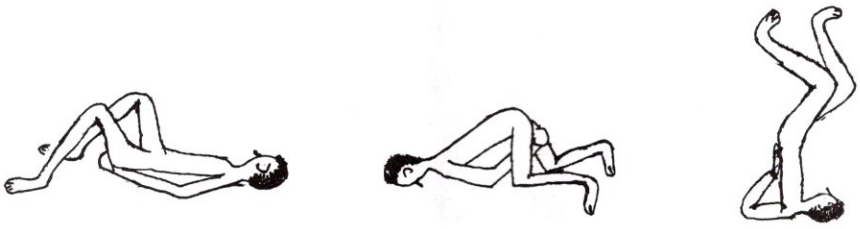
Heat the water to just above blood temperature. Mix 2 teaspoons of plankton green powder with ½ cup of cold water till it becomes a smooth paste and then add 2 teaspoons of glycerine and stir up well together. Add the plankton paste to ½ full blender and operate on "stir". (Liquid can be beaten with egg whisk if blender is not working or not available.) When thoroughly mixed up, add remaining distilled water as the mixture is stirring in the blender to fill capacity of blender. Fill enema bag with the result and use quickly before temperature cools below blood warmth.

By washing out the lower and upper bowel with a full injection of water mixed with Dr. Hills Spirulina plankton chlorophylls, a proper peristaltic downward action of the whole alimentary canal is performed. By absorption of the plankton in the cell wall mucus and the loosening and diluting of the bowel contents, the whole of the abdominal intestine is cleaned out and purified. It is important to use the following method to ensure that at least 1 quart (and preferably with practice 2 quarts) of the plankton water penetrates the folds and corners of the sigmoid colon, the ascending colon and the transverse colon into the descending colon. It will take 2 quarts to fill the entire colon but

beginners should start with a full bag and see how much they can tolerate. In flushing the entire colon the mixture is gradually injected a little at a time while lying on the right side and turning over to the other side while injection takes place. Massage of the abdomen helps to send the mixture through to the upper colon. Another method is to apply the enema syringe in a kneeling posture with one's head on the level of the ground in front of the knees. Gently rock the body sideways while the mixture is undergoing injection into the anus. Before applying the syringe into the anus smear some vaseline or oil on the surface to help a smooth entry into the bowel. Most syringes extend 3 or 4 inches so as to pass the sphincter muscle in the rectal opening. If during the injection of the mixture the person feels a reaction or discomfort shut off the syringe to cut off the pressure until it has been absorbed and then let out some more mixture into the anus. If the person feels that retention of the mixture is impossible then the enema may be ejected into the toilet bowl immediately and the process started again. With practice the bowel will become adapted to injection of the mixture and eventually with more frequent use of the enema the bowel will be able to retain a full enema of 2 quarts.

After injecting the full mixture it should be kept inside the bowel for 5 to 10 minutes while massaging the intestine through the abdomen to loosen and soften any hardened fecal matter and to circulate the mixture throughout the intestinal tract. Those familiar with the shoulder stand, whereby the arms hold up the buttocks in the air, will gain increased circulation of the plankton enema into the higher intestine if they include this posture after injecting the enema in the rectum. The addition of glycerine not only helps to emulsify the mixture in the blender but also helps to quickly soften the impacted feces and lubricate the walls

of the intestine.



Begin the enema the first night of the fast. Even if you are not fasting and are using the Dr. Hills Spirulina plankton as a new dietary supplement, the enema will help the intestinal flora to adapt to the high percentage of chlorophyll and other cleansing pigments in the new food very quickly. Apply the enema three nights in succession, then every other night for three nights while drinking a larger amount of fluids than usual. If you like water drink it frequently when thirsty, then juice may be taken at meal times with the Spirulina plankton, but if you intend to fast longer than a week you should try to drink vegetable and fruit juices often to flush out the system. Once the fast is over an enema once a month is sufficient to maintain health. However if there is a record of much ill health, flatulence or constipation an enema once a week may be in order until perfect health has been restored.

Do not use any other but the Dr. Hills Spirulina plankton *spray dried* because freeze dried or drum dried does not go into suspension and is organically cooked dead matter. The enzyme in Dr. Hills Spirulina plankton is still alive and it will bond with the intestinal mucus leaving you feeling very clean and fresh in mind and body. For more details on enema and health practices associated with

blood purification and breathing you may refer to the book of my colleague:

May You Live in Health

by Dr. Aaron Friedell, M.D. available c/o University of the Trees Press.

FOR JOGGERS AND ATHLETES, SPIRULINA AND RAW VEGETABLE JUICES

One of the best ways to use the wonderful nutritional supplement called Spirulina plankton is to mix it with raw uncooked vegetable juice. In this modern society we live a paradoxical life of dietary inadequacy in a land of plenty. We eat great amounts of food but our cells are starved of the correct nutrients.

Natural fruits and vegetables supply the body with missing vitamins. Spirulina is one of those remarkable vegetables which contains all of the magic minerals, cell salts, amino acids, enzymes, etc., which are vital. To make Spirulina into a juice or to use it in foods is a skill we must learn to become perfectly healthy.

Raw vegetables should be fresh and free of preservatives and chemicals in order to capture the life force. Combined with the super vegetable plankton they can convert into body energy in less than fifteen minutes after drinking them. As a source of quick energy, Spirulina plankton in a vegetable juice makes available nourishment for the body's cells and tissues in less than ten minutes after ingestion. Can you imagine how important this is to joggers who not only need this energy for stamina but who need to replace many of the minerals and vitamins leached out by one of the body's most efficient elimination systems—