



Acidity Cleanse

Green Vegetable Juices

Fresh green vegetable juices work as detoxification drinks and have a powerful effect on the recuperative powers of the body because of their rich, easily absorbed nutrients. Fresh vegetable juices contain proteins, carbohydrates, chlorophyll, mineral electrolytes and healing aromatic oils. Most importantly, fresh juice therapy makes available to every cell in our bodies, large amounts of plant enzymes, an integral part of the healing and restoration process.

Blood Tonic - Chlorophyll

Green drinks are critical to the success of every cleansing program. The molecular composition of chlorophyll is very close to that of human haemoglobin. These drinks can act as mini-transfusions of blood and tonics for the brain and the immune system, since chlorophyll is absorbed directly into the blood stream.

Formula of human blood (haemoglobin) - $C_{34}H_{32}O_4N_4ClFe$

Formula of plant blood (chlorophyll-b) - $C_{55}H_{72}O_5N_4Mg$

Blood and chlorophyll resemble each other structurally.

1. Both have porphyrin nucleus. Also, the substitutions in 1, 3, 5, 8 (methyl groups) and 2 (vinyl group) position are the same.
2. Both yield porphyrin on degradation.
3. Both are composed of carbon, hydrogen, oxygen and nitrogen. Both have metallic portion in a complex form. For example, there is iron in blood and magnesium in chlorophyll.

Fresh vegetable juices provide
an instant blood transfusion to your body.





The chlorophyll contained in various green juices is highly alkaline in nature, which forms the basis of our treatment.

Green vegetable juices are an excellent nutrient source of vitamins, minerals, proteins and enzymes. They contain large amounts of vitamins B₁ (Thiamine), B₂ (Riboflavin), B₆, B₁₂, C, carotene, choline, folic acid, pantothenic acid etc. They are high in minerals like calcium, copper, iron, magnesium, manganese, potassium, phosphorus etc. They are full of enzymes that are useful for digestion and assimilation, with some containing over a hundred of the known enzymes necessary for human cell response and growth. Green drinks also have anti-infective properties, carry off acid wastes, neutralize low body pH levels and are excellent for mucous cleansing. They can also help to clear the skin, cleanse the kidneys and purify and build up the blood supply.

Green drinks and vegetable juices are potent fuel in maintaining good health; yet they do not come burdened by the fats that accompany animal products. Those that are included here have been used with therapeutic success for many years. You can have confidence in their nutritional healing and regenerative ability.

Check Whether Your Stools Sink or Float?

Whether stools sink or float is dependent on their water content. Stools that have spent a relatively long time in the large bowel (as in somebody who has constipation) will have had most of their water removed and will therefore be dense and heavy, so will sink. In comparison, where someone is suffering from diarrhoea, the stool is being rushed along the large bowel so very little water is being removed. This results in loose stools, which tend to float. The amount of fibre in your diet can affect the time that it takes food to pass through your gut. The other condition that can affect the colour and density of stools is malabsorption where some of the important

Drink as much fresh vegetable juice as you can –
it does not have any side effects and the body
always regulates its own requirement.



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constituents of a healthy diet are not absorbed from the gut but are left in the stool. This occurs especially when the pancreatic gland is not working properly and can result in the passage of large, pale-coloured stools which float due to their high fat content, a medical condition called steatorrhea. Sometimes they float due to air bubbles in microscopic form trapped inside.

Whatever be the condition, just observe after drinking 200 ml green vegetable juice three times-a-day for a week. Ingested food will be well digested and absorbed. All the fats will have been properly metabolized. As a result, stools become soft and sink.

How to Make Vegetable Juice?

Use only clean fresh vegetables. You may combine different vegetables in any proportion to suit the needs of your body and your taste. Do bear in mind that it is impossible for us to imbibe such juice in excess, since NATURE has designed us to eat raw food and has provided inbuilt limiting mechanisms that help us know when to stop. Use a juicer if available, otherwise you may use a mixer-cum-grinder. Most households have a mixer and a few have a juicer as well. I use a heavy-duty juicer. Do not mix fruits and vegetables while extracting juice. However, different vegetables can be combined for mixed juice.

Organically grown vegetables are preferred. Alternatively, they may be soaked overnight in potassium permanganate (KMnO_4) solution. Wash them and cut them into small pieces, then grind and blend them with water in a mixer. Strain this mixture through a coarse strainer (*chhanni*) with large holes, so you get enough of fibre. These large holes in the strainer allow medium and small pieces of fibre to flow with the juice. Only large pieces, which you find difficult to swallow are strained. Drink it fresh, since it spoils fast. Do not use beyond 1-1½ days even if it has been stored in the fridge. The residual green paste can be used to fill in *chapatti* flour.

You can select almost any vegetable to make juice,
depending upon your taste.



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I use fresh vegetables purchased in the open market (which might have been treated with pesticides and fertilizers) without potassium permanganate. I feel that after undergoing numerous kidney and liver cleanses, the immunity of the human body is sufficiently enhanced to fight the detrimental effects of pesticides and fertilizers.

Remember that I want you to take enough fibre, chlorophyll, proteins, carbohydrates, mineral electrolytes and nutrients in their natural form and identity. Drink one glass (200 ml) three times-a-day, a total of about 600 ml in a day. Decide the quantity best suited for you. Store any unused portion in a refrigerator but consume everything within a day or two, since the juice spoils fast. Witness the miraculous cure for all your problems unfold within a week. Modify the dosage according to the tolerance level and physical condition of your body. Many of my friends have replaced their morning tea with a glass of green vegetable juice and they are very enthusiastic about this treatment. Drinking this fresh green juice overnight fights any stomach acidity caused and provides a great start to a new day.

Any modification to the above schedule or quantity only slightly affects the medicine. You may proceed as you like. Omit any vegetable, if it does not suit you or it is not available. You may also vary the quantity or use any combination to suit your taste.

Rather than emphasizing the alleviation of symptoms, cleansing therapy focuses on the treatment of the basic cause of illnesses.

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A random selection from the following vegetables can be used to start with same or less/more quantity.

Vegetable	Vernacular (Hindi)	Skin (<i>chhilka</i>)	Stem (<i>danthal</i>)	Seeds (<i>beej</i>)	Quantity (grams)
Alfalfa sprouts	Like <i>moong ki dal</i>	n/a	n/a	n/a	50
Beetroot	<i>Chukandar</i>	yes	yes	n/a	100
Bitter gourd	<i>Karela</i>	yes	no	yes	100
Bottle gourd	<i>Lauki</i>	yes	no	yes	500
Cabbage	<i>Patta gobi</i>	no cover	no	n/a	250
Capsicum	<i>Shimla mirch</i>	n/a	no	no	250
Carrot	<i>Gajar</i>	yes	yes	n/a	200
Celery	<i>Ajmod</i>	n/a	yes	n/a	200
Cucumber	<i>Kheera</i>	yes	no	yes	500
Garlic	<i>Lahsun</i>	no	no	n/a	25
Ginger	<i>Adrak</i>	yes	no	n/a	25
Goose berry	<i>Amla</i>	yes	no	no	50
Green tomatoes	<i>Hara tamatar</i>	yes	no	yes	250
Lemon	<i>Neembu</i>	yes	n/a	no	50
Mint	<i>Pudina</i>	n/a	no	n/a	50
Parsley	<i>Ajmod</i>	n/a	no	n/a	200
Radish	<i>Mooli</i>	yes	yes	n/a	100
Spinach	<i>Palak</i>	n/a	no	n/a	100
Turnip	<i>Shalgam</i>	yes	yes	n/a	100

n/a - not applicable



Specific Vegetable Juices

Some specific combinations for individual needs are given below. Try them thrice daily for a week to notice the difference. You may omit any vegetable if it is not available or does not suit you.

1) Potassium Juice

This is the single most effective juice for cleansing, neutralizing acids and rebuilding the body. It is a blood and body tonic that provides rapid energy and system balance.

Make juice using three carrots, three celery stalks, one bunch spinach and one bunch parsley.

2) Personal Best V-8

A high vitamin/mineral drink for normalizing body balance.

Make juice using eight tomatoes, four green onions with tops, one capsicum, two carrots with tops, two celery stalks, one bunch spinach, one bunch parsley, two lemons.

3) Cleansing Energy Tonic

A good afternoon pick-me-up juice during a three to seven day cleanse.

Make juice using four cups mixed sprouts (e.g. alfalfa, buckwheat, sunflower and/or *moong*), one large carrot, one celery stalk, one cucumber, one green onion.

4) Kidney Flush

A purifying kidney cleanser and diuretic, with high content of potassium and other minerals.

Make juice using four carrots with tops, one cucumber with skin, four beets with tops, one handful spinach and four celery stalks.

5) Fungi/Yeast Cleanser

Make juice using one bunch parsley, two garlic cloves, six carrots, two celery stalks and three Chinese kale or collard.

Juices of raw vegetables are unlikely to cause harm –
you can further raise your immunity levels
by doing kidney and liver cleanse.



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- 6) Daily Carrot Juice Cleanse
Make juice using four carrots, one cucumber, two celery stalks.
- 7) Prostate Sediment Cleanser
Make juice using two large handfuls mixed dark green leaves, especially spinach, Chinese kale, collard and dandelion and three large tomatoes.
- 8) Skin Cleansing Tonic
Deep greens to cleanse, nourish and tone skin tissue from the inside.
Make juice using one cucumber with skin, one bunch fresh parsley, 100 grams alfalfa sprouts and four sprigs fresh mint.
- 9) Excess Body Fluid/Water Retention Cleanser
Make juice using one cucumber, one beet, one radish, one apple without seeds and four carrots with tops.
- 10) Calcium/Magnesium High Blood Pressure Reducer
Make juice using two garlic cloves, one handful parsley, one cucumber, four carrots with tops and two celery stalks.
- 11) Arthritis Relief Detox
Make juice using a large handful spinach, a large handful parsley, a large handful watercress, five carrots with tops, three radishes.
- 12) Bladder Infection Detox
Make juice using three broccoli flowerets, one garlic clove, two large tomatoes, two celery stalks and one capsicum.
- 13) Piles And Varicose Veins Drink
Vitamin C, calcium and bioflavonoid boost collagen production which helps new elastic tissue to form.
Make juice using three handfuls of dark greens - chinese kale leaves, parsley, spinach or watercress, five carrots with tops, one green bell pepper and two tomatoes.

Life expectancy would grow by leaps and bounds if
green vegetable juices smelled and tasted as good
as butter chicken or *paneer tikka masala*.



14) Diverticulitis Detox

Make juice using one large handful parsley, one small green cabbage, two large tomatoes, four carrots with tops, four garlic cloves and two celery stalks.

15) Gentle Cleanse For Crohn's Disease And Colitis

Make juice using three handfuls greens - one bunch spinach, one bunch parsley and one Chinese kale or collard; three beets with tops, five carrots, one capsicum and one apple without seeds.

16) Constipation Cleanse

Make juice using one small green cabbage, three stalks celery and five carrots with tops.

Parsley, celery, Chinese kale, collard, alfalfa sprouts are available at shops which sell vegetables of foreign origin in big cities.

Specific Fruit Juices

Drinking fruit juices are like a quick wash from the inside for your body. Their high water and sugar content speeds up metabolism to release wastes quickly. Their alkalizing effects help reduce cravings for sweets. Wash fruit well if commercially grown. Fruits and fruit juices have their best nutritional effects when taken alone. Eat them before noon for best energy conversion and cleansing benefits.

1) Blood Builder

A blood purifying drink with iron enrichment.

Make juice using two bunches grapes, six oranges and eight lemons. Stir in two cups water and four teaspoons honey.

2) Cleanse For Allergies

Make juice using fresh ginger root, one fresh lemon, six carrots with tops and one apple.

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- 3) **Stomach Cleanser & Breath Refresher**
Make juice using one bunch grapes, one basket strawberries, three apples and four sprigs mint.
- 4) **Piles & Varicose Vein Tonic**
Make juice using one cup cherries without seeds, one bunch green grapes, two slices pineapple, one apple and one inch sliced ginger.
- 5) **Ginger Aid for Prostate Enlargement**
Make juice using one lemon, one inch sliced ginger and one bunch green grapes.
- 6) **Arthritis & Bursitis Relief**
Make juice using two peeled oranges, two slices pineapple and one apple.
- 7) **Constipation Cleanser**
Make juice using one firm papaya, one inch sliced ginger and one pear.
- 8) **Acne Fighter**
Make juice using two slices pineapple, one cucumber, one apple and one inch sliced ginger.

For further details, visit <http://www.healthyhealing.com>

All citrus fruits e.g. orange, lemon etc are acidic for a litmus test. However, they are alkaline for our stomach. It can be verified by burning the juice of these fruits. The residue is alkaline for a litmus test. All juices are burned in the stomach, giving alkaline effect as desired.

A smart mother often makes
a better diagnosis than a poor doctor.



Frequently Asked Questions Acidity Cleanse

Q.41	Should we boil the vegetables for juice?
A. 41	No, because you get vegetable soup if you boil them. They are not even to be heated.
Q.42	How many times-a-day should I take this vegetable juice?
A. 42	Try to take at least one glassful (200 ml) three times-a-day initially. Observe the results within a week. You will notice that your stools start to sink, whereas they used to float earlier, due to the undigested fat. This problem of undigested fats is resolved by drinking green juices. Later, you may decide the quantity that best suits your body and lifestyle. See intestine cleanse for more details on page 158.
Q.43	Can we add salt to the juice?
A. 43	Yes, you may add salt to taste.
Q.44	Can we add lemon juice to it?
A. 44	Yes, you can. You may juice it with the skin on but without the seeds. Lemon skin is very nutritious. We use ' <i>neembu (chhilka) ka achar</i> ' for relieving stomach pains.
Q.45	Is it possible to survive only on vegetable juice for a week?
A. 45	Yes, it is a wonderful experience. Initially, you have a craving for mastication. Then, you can chew carrots or cucumbers.
Q.46	What if I eat raw vegetables instead of making juice? Will it have the same effect?
A. 46	Obviously, you will get more fibre and benefit if you eat raw vegetables. However, the quantity consumed is very important. It is not practical to eat the large quantities of

On Earth, there is only one best child
which every mother has got.



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	raw vegetables necessary to derive the desired benefit and so I have prescribed juice for convenience.
Q.47	Vegetables are grown in dirty places and I fear infection if I make their juices raw.
A. 47	<p>You already possess good levels of immunity in your body. Eating raw vegetables or drinking their juice is unlikely to cause harm. We eat raw vegetable salads in restaurants. If you wish, soak the vegetables overnight in a solution of potassium permanganate for safety. I use them without soaking and I have faced no problems. You can raise your immunity levels further by undergoing kidney and liver cleanses. Just visualize the normal immunity level of a common person. On 26th July 2005, the entire city of Mumbai was flooded. Sewer water got unintentionally mixed with the water supply provided by the municipal corporation at some places. However, there were no outbreaks of disease or epidemics. This was not due to the spraying of insecticides or pesticides but because general immunity levels of people are good. I am also against drinking bottled or so called mineral water. Regular tap water is good for 98% of the urban population. The remaining 2% also have good immunity levels but the marketing jargon of water bottling companies confuses the consumer. They decide to avoid risk and drink bottled or mineral water. I drink tap water without any problems. Don't we rinse our mouths and gargle after brushing with regular tap water? Only a few drops of contaminated water contain enough germs to make us sick. However, we do not use bottled water but regular tap water for this purpose, without any ill-effects. We do not even need to boil water before drinking. The body's immunity is good enough.</p>

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