

10-Day Detoxification with Edgar Cayce

A favorite Edgar Cayce saying: After breakfast, work a while
After lunch, rest a while
After dinner, walk a mile

Your Cayce inspired program will involve three phases: cleanse, rebuild, and maintain. The goal of this program is to detoxify and coordinate the organ systems of the body.

Handouts you will need for the cleansing process:

- ❖ Instructions for the 10-Day Detoxification (see below)
- ❖ Castor Oil Packs
- ❖ Aiding Elimination Handout
- ❖ Be sure to ask your doctor for any other instructions or clarification.

The Cleanse:

Days 1 – 4: Pre-Fast Preparation and Bulking Diet

AM:

Olive oil drink upon rising ~ Mix the following in a blender or glass and drink: (DO NOT USE if you have or have a history of Gallstones)

- ❖ 3 Tbsp good quality olive oil (use 2 Tbsp if you have chronic liver problems or your gall bladder has been removed)
- ❖ 1 – 2 cloves fresh garlic, diced or pressed
- ❖ Juice of one lemon
- ❖ Juice of one orange

Cleansing Powder (psyllium husk powder) 30 minutes after olive oil drink.

- ❖ Mix 1 tsp in 2-4 oz juice or water in shaker and drink. Follow with 1–2 8-oz glasses of water, and one herbal laxative capsule or tablet.

Breakfast ~ 30 minutes after cleansing powder

- ❖ 3 un sulphured prunes
- ❖ 1/2 grapefruit
- ❖ 1 banana
- ❖ 1-2 apples or pears (may blend with apple juice in blender)
- ❖ herb tea/water

Noon:

Cleansing powder, water and herbal laxative capsule or tablet.

Lunch ~ 30 minutes later. Lightly steam or eat raw (there is enough here for lunch and dinner):

- ❖ 1/4 bunch green lettuce
- ❖ 1/4 bunch spinach
- ❖ 2 carrots chopped or grated
- ❖ 2 celery sticks
- ❖ 1 medium tomato
- ❖ 1 cucumber
- ❖ 1 c. sprouts (any kind)
- ❖ 2 scallions or green onions
- ❖ handful of parsley
- ❖ sunflower, sesame seeds

Add/alternate with endive, watercress, mustard greens, parsley, radishes, jicama, bell peppers, Jerusalem artichokes, and mushrooms. Try variety, use vegetables you've never used before. Avoid broccoli, cabbage, kale,

brussel sprouts, and cauliflower unless steamed. It is okay to use salad dressing on raw or steamed vegetables: equal parts olive oil, apple cider vinegar, and lemon juice plus herbs and garlic to taste.

PM:

Cleansing powder, water and herbal laxative ~ 30 minutes before dinner.

Dinner ~ same as lunch. One meal can be steamed and the other raw. Be creative. You may substitute any equivalent vegetables of choice.

Optional Snacks:

Celery and carrot sticks, apples, or other vegetables or fruits (whole or dried), ½ cup raw sunflower seeds – shelled, diluted (50% water) fruit or vegetable juice, or herbal teas.

Other:

You must drink at least 3 quarts of fluid daily. Drink distilled, filtered, or spring water (bottled), herbal teas, vegetable juices or fruit juices diluted 50% with water. (Water consumed following the cleansing powder is included in the 3 quarts required daily.)

Days 5 – 7: The Apple Diet

- ❖ Eat only raw, peeled, organic apples for three days. Eat as many apples as desired.
- ❖ Drink only distilled water: eight to ten 8-oz glasses per day.
- ❖ Have a colonic irrigation at the end of days 5 and day 7. An enema may be taken each of the three evenings if a colonic is not possible.

Exercise and do breathing exercises throughout the fast, but exercise should be gentle during this phase.

Days 8 – 10: Rebuild: Segue for you cells

The return to a regular diet must be gradual to avoid stressing your body. Use the following plan to slowly re-acclimate your digestive system. On all days you may eat as much as you like of the permitted foods.

Day 8:

Add raw juices from alkaline-forming fruits and non-starchy vegetables (leafy greens such as kale, lettuce, spinach, tat soy, bok choy, and mizuna, radicchio, celery, cabbage, napa, broccoli, and parsley).

Day 9:

Add steamed or raw unseasoned, non-starchy vegetables.

Day 10:

Add olive oil, live cultured yogurt, and egg yolks (do not eat the whites).

Add all vegetables (starchy vegetables include: root vegetables such as potatoes, carrots, beets, turnips, radishes; squashes; peas; and beans).

Eat starches and fruits or yogurt and fruits at opposite times of the day.

Congratulations! Your body thanks you!

Remember to maintain healthy patterns with the following guidelines:

Maintenance:

When you are finished with your cleansing program you may find that foods you desired before, like coffee or junk food, do not seem as appealing. You may also find that when you re-introduce certain foods, you feel sick or have symptoms that you suffered before the cleanse return. These are foods that you want to completely eliminate from your diet, or eat as infrequently as possible to maintain a balanced, healthy environment in your body.

It is difficult to maintain a “perfect” diet in our fast paced, fast food world. So instead of trying to be perfect all the time, here are some suggestions to help you maintain what you have achieved during your cleanse.

- 1. Eat to live, don't live to eat!**
- 2. Eat a rainbow salad every day!**

Know matter how good or bad you have chosen to eat in a given day, make it a requirement to eat one salad with as many different colored vegetables as you see colors in the rainbow. For example: red peppers, orange peppers or carrots, raw shredded yellow squash, green leafy veggies, purple cabbage. You can always add edible blue flowers if you want to get blue in there.

3. Cleanse twice a year!

Better times of the year to cleanse are fall and spring. Seek professional advice as to what type of cleanse you body needs at that time of year.

4. Make life giving versus life depleting choices!

The minimal goal you set for yourself should be to eat something life-giving every day, such as a salad. You can strive for eating life giving foods (raw fruits and vegetables) 80% of the time. You will find that you do not feel deprived if you allow yourself to eat those “forbidden foods” on occasion. By eating whole foods most of the time, when you do eat the *forbidden* foods they will not have the same negative effect on your body. Your body will be able to process those toxins because of the nutrition provided by the real food you have eaten.

5. Practice feeling healthy!

The more you practice habits the easier they get. The healthier you feel, the easier it is to make healthy choices.

References:

- Reilly, Harold J D.Ph.T. P.S, Brod, Ruth Hagy. The Edgar Cayce Handbook for Health Through Drugless Therapy. (New York, NY: Macmillan Publishing Co. Inc.). 1975, p244.
- Krohn, Jacqueline MD and Taylor, Frances, MA. Natural Detoxification, 2nd Edition. (Port Roberts, WA: Hartley & Marks Publishers, Inc.), 2000