

DR. JOHN GRAY'S
MARS VENUS WELLNESS SOLUTION
SUPER CLEANSE EBOOK



Welcome.....	3
Introduction: the Mars Venus Wellness Solution consists of three products.....	4
Make a commitment.....	5
Preparing for the Cleanse.....	6
Overview of the Seven-Day Cleanse	10
Days One & Two: Superfood Shake Days	10
Days Three & Four: The Two-Day fast	12
Days Five, Six & Seven: Shake Days	13
Step-by-step fasting protocol	13
Strengthening your immune system.....	14
Aiding the lymphatic system with exercise.....	14
Neutralizing the effects of heavy metals.....	16
Generating growth hormone.....	16
Aloe Vera for your immune system.....	17
What makes this cleanse unique	18
Building the muscle of 'delayed gratification'	18
Staying with the program.....	19
What you have achieved in two days.....	20
Set yourself up for success	20
Days five, six and seven—off the fast and back on the shake	21
How to sustain fat-burning.....	21
Giving yourself the power of choice	22
The ideal diet plan for the next three days	23
Fructose, the addictive sugar.....	23
Bump up your metabolism.....	24
Stages of losing fat.....	25
The fat-burning diet.....	25
Let's talk about lunch.....	25
Good fats	26
Nuts are your friends.....	26
Fat-burning carbohydrates	26
The unique challenges we face today.....	27
How this cleansing program fights back.....	27
Global warming and our health.....	28
Why do we love to eat?.....	28
Sugar keeps us out of the fat-burning zone	29
Counteracting the effects of carbon dioxide exposure.....	29
Eat fat, grow thin.....	30
Maintenance program	30
Let's 'go nuts' for fat burning.....	31
The Seven Keys.....	32
Frequently asked questions.....	33
Disclaimer:	38

Welcome

Welcome to the Mars Venus Diet and Exercise Solution, the only program that focuses on the ways diet, nutrition and exercise affect men and women differently. This program, combined with simple physical exercise, is designed to optimize brain function, improve relationships, and balance your body.

The brain is involved in everything we do. How we think, feel, communicate and love is directly determined by the actual moment-by-moment function of the brain. With optimal brain function, we experience sustained energy, unconditional happiness and automatic positive feelings for others, our future and ourselves. Optimal brain function is the foundation for making dreams come true in all areas of life. Protecting and optimizing brain function is essential, not only to be the best we can be, but also to sustain loving and positive relationships.

Eating the right foods is essential for optimal brain function. The precise balance of protein, fat, and carbohydrates for your gender can help realize your full brain potential. Easy to digest proteins in the right amount provide the brain with the necessary amino acids to produce healthy brain chemistry. “Good” carbohydrates provide the necessary fuel for the brain to function. Combined with “good fats” specific to the unique needs of men and women, we begin to feel increased energy and happiness.

In our eat-on-the-run, fast food world, it is no surprise that many things we eat are deficient in key enzymes, minerals, essential fatty acids and vitamins. Without these proper nutrients, the brain suffers. The Mars Venus Wellness Solution provides the ideal combination of these nutrients for men and for women.

This ebook is compiled from transcripts of several phone conversations taking place from the beginning to completion of a seven-day cleanse protocol. Dr. Gray leads participants each day, discussing the principles and practices that make this cleanse extraordinary. He shares his own cleansing experiences and reminds participants of what exactly they can expect as they progress along each stage of the cleanse.

With this book you can follow along experientially with your own cleanse. You can purchase these products at marsvenus.com and initiate your own successful cleansing process. John will instruct and guide you each step of the way. What perhaps wasn't clear to you on day one will make more sense on day three or four as you experience the benefits and breakthroughs of the cleanse.

Dr. Gray walks you through each day in great detail, almost as if he knows exactly what is going on for you. He describes each product along with how and when to use it. He powerfully coaches you through difficulties and breakthroughs, explores how the cleanse works so effectively, and answers questions that often come up.

Introduction: the Mars Venus Wellness Solution consists of three products

The first is the **Super Cleanse**. The Super Cleanse should be taken upon rising in the morning, ideally on an empty stomach. Mix one scoop with six to eight ounces of water for a delicious lemon drink. The Super Cleanse is a combination of spray-dried Aloe Vera, lemon, ionic trace minerals, a complete range of vitamins from rice bran, plant-sourced enzymes, pro-biotics, pre-biotics and sweetened with molasses. This beverage not only cleanses your body, but also assists in digestion. Lemon stimulates more bile in your system, which promotes fat burning, and efficient release of toxins.

As explained in my book *The Mars Venus Diet and Exercise Solution*, Aloe Vera is a super nutrient that helps the liver remove toxins from your blood. The added enzymes both break down toxins and assist with the complete digestion of the super food shake. The Super Cleanse can be taken at any time during the day for extra energy or before meals to assist digestion. You may also use this product in either hot or cold water to satisfy food cravings.

The second part of this program is the **Super Minerals**. Men and women require different quantities of minerals for balance in their bodies. There are six super minerals that I recommend to support your body's creation of brain chemicals. They are zinc orotate, lithium orotate, chromium chelate, chromium picolinate, magnesium orotate, calcium orotate, and potassium orotate.

As you can tell, most of the super minerals are bonded with orotates. Orotate, a neutrally charged salt, is an advanced mineral transporter that delivers the minerals into the body's cells. If these minerals were not bonded by orotates they would be more difficult for the body to assimilate, thus being less effective. I have chosen the six minerals because of their dramatic benefits to our bodies and particularly for our brain function. Take two capsules of the super minerals first thing in the morning with your Super Cleanse.

The third component of this wellness system is the **Mars Venus Superfoods Shake**. This is one of the best ways to get your nutrients because it is in liquid form and very easy for your stomach to digest. In addition, it is nutrient dense and very low in calories, thus supporting your body to naturally eliminate extra pounds while assisting the brain.

Mix two scoops of the Superfoods Shake with six or eight ounces of water, three to four pieces of ice, and half a cup of fruit (I suggest an apple). If you wish to have a bigger shake, it is fine to add another scoop and a few more ounces of water. Because the shake is loaded with enzymes, I suggest that you consume the shake within ten or so minutes. As soon as you mix it with water the enzymes start to break down the proteins, which helps with digestion. Ideally, you want this to occur while in your stomach and not in the glass.

How much is a half a cup of fruit? Optimally you want to add about 50 calories worth of fruit into your shake every day. This would equal four strawberries, three slices of peach, or half of an apple. Ideally, men and women should use the Superfoods Shake blend specifically designed for their gender. It would not be unhealthy for a woman to use the men's blend or for a man to use the women's blend. But the unique balance of ingredients in the different shakes ensures optimum brain function for each gender. The main difference lies in the balance of protein to fat. There is a universal difference in men and women's muscle-to-fat ratio that needs to be considered.

High quality, fresh ingredients in the right quantity and the right balance ensure you'll get the best results. We use only the best ingredients to promote and support health benefits for everyone. The shake is made up of seven groups of ingredients. The first is a time-released protein formula containing whey, casein, and milk solids, which provide much needed amino acids to our diet.

The second group contains “super fats.” These are the good fats that our bodies need to function. This includes ground flax seed, an ideal vegetarian source for the omega-3 fatty acids required by the body to produce healthy brain chemicals. Medium chain fatty acids are also included, they are easily used by the body to create energy. Lecithin breaks down fat in the liver to be used as energy. Finally, the little crunch you taste in the shake comes from almonds, high in arginine that supports the production of human growth hormone.

The third group includes “super carbohydrates” that provide fuel for the brain. The ideal balance of carbohydrates comes from the fruit you add along with molasses, which is already in the Superfoods Shake. Molasses is super rich in the very minerals your brain requires to activate the production of healthy brain chemicals. In addition to creating optimum brain function, if your goal is to lose weight, use half an apple for your carbohydrate. Also included are Wolfberries that not only taste good but also brighten your mood.

The fourth group of ingredients is plant-sourced full-spectrum enzymes and Betaine Hydrochloride, wonderful aids for breaking down and digesting protein. The fifth group is the vitamins, which are particularly needed by the brain to convert protein and fat into healthy brain chemicals. Included in the Superfoods Shake are folic acid, Vitamin B6, B12, Vitamin C, Vitamin E, and Vitamin D. The sixth group of ingredients is the ionic trace minerals, which help to activate the enzymes for thousands of body and brain processes.

The seventh important ingredient to the Superfoods Shake is purified water. Make sure whenever possible to avoid regular tap water. Using filtered water will always give you better results. For more information about these healthy ingredients, please order my book *The Mars Venus Diet and Exercise Solution*. ([on sale at our website store](#))

As many of you know, most diet and exercise plans don’t work because they require too much willpower. Any program that requires a sense of effort, willpower or deprivation can’t last for long. The reason why the Mars Venus Wellness Solution works so well is because it is easy and natural, with results that are immediate and consistent. The one drawback of this program is that it works so well. It’s so easy and fast that when people begin to feel good, they mistakenly assume they don’t need to do it anymore. Without regular use the results may gradually disappear. For ideal results it is good to be consistent.

I am excited to be able to bring you this line of Mars Venus Wellness products. ([Click here for product description](#)). Be healthy, happy and always grow in love.

Make a commitment

Now that you have an overview of the cleanse I’d like to say a few other things to enhance the benefits of your program. Make a commitment to write a clear list of your goals in doing this cleanse. Putting it in writing is very important, as an acknowledgment to your subconscious mind that you are taking this on. It gives you the strength to carry through.

Next, pick three friends, call them up and say, “I’m going to do this cleanse. Here are my goals. This is why I’m doing it: Sometimes in the middle of a cleanse, people get hungry to break the cleanse. So I need to remember why I am committed to this, and I want you to have this list as well so you can remind me of why I’m doing this.” And I promise you, knowing that three of your friends know you’re doing it—you will be able to be much more effective. But they need to know, and you need to articulate your intentions. Setting goals helps to set our purpose—get our whole brain focused on, “Okay. This is the job at hand.” And you’ll find that automatically you’ll do the right things.

When Plato taught his students, before he would give out higher information they were required to do a 40-day fast simply because they couldn’t comprehend his ideas if they didn’t. And you’ll begin to experience a higher level of intelligence, a higher clarity, a higher objectivity, as well as an increased depth of feeling, more focus, more motivation, more optimism, more

positive feelings—the things that really make our life feel good, along with a body that doesn't drag us down. And these are our goals of cleansing. It literally can enrich our lives on all those levels.

Preparing for the Cleanse

I am going to walk you through every step of what we'll be doing during this 7-day cleanse. We will be using the basic program, which includes the Mars Venus products—the shakes, the Super Cleanse and the Super Minerals. In addition to those products we'll make a little trip to the grocery store—ideally, a Whole Foods or something equivalent, which is more of a health food place. They will have these ingredients immediately available, although most grocery stores today also tend to have them. These additives just increase the benefits of the normal Mars Venus products. But since these are the extra things, you need to go to the store. I'm letting you know about those first.

The first ingredient is a bottle of coconut oil—the best kind is unrefined organic coconut oil. And the kind I use is Spectrum. There are other brands that are organic and unrefined. The next ingredient you'll purchase to add to the cleanse is blackstrap molasses. Now, molasses is rich in iron, and iron is particularly important as a supplement during a cleanse. With the coconut oil and all the other nutrients, your body will start moving very quickly into a fat-burning mode. You might notice the temperature of your body increasing. That's normal.

If during the week you don't experience any kind of increasing of your temperature of the body—you'll just feel kind of hot inside—then take more coconut oil. That's sort of self-regulating. Some people need more. Some people need less. But that is a sign that your body is in the fat-burning mode, when you notice your body's heating up inside. And that's a good thing. Some people in the beginning, might think, “Oh my gosh. Am I having a hot flash?” And you're not. This is perfectly normal. One of the benefits of coconut oil is that it will speed up your metabolism. What happens is that you move into fat-burning mode as opposed to carbohydrate-burning mode. There are two sources of fuel for the body. One is fat, and one is carbohydrate, which breaks down into glucose. Glucose is a source of fuel for the muscles or fat is a source of fuel for the muscles. And the mitochondria in the muscles then generate energy from either glucose or from fat. The benefit of creating energy from fat is that you make 20 times the energy, and this energy has amazing benefits during a cleanse. All that extra energy—you'll feel wonderful at times. Your body will be able to use that energy to start regenerating itself, healing itself, helping itself. It's a wonderful, wonderful gift to give to yourself—what we're going to do.

When your muscles begin burning fat for energy, what occurs is with the little bit of glucose that is in the program (and each day, we do take some glucose, just to maintain a stable blood sugar) that blood sugar then becomes immediately available to the brain, so the brain is always getting the glucose that it needs in order to manufacture an abundance of healthy brain chemicals—brain chemicals like dopamine to keep you focused and motivated, brain chemicals like serotonin to make you feel optimistic and also help heal the body because when you have a balance of healthy brain chemicals, then your cortisol levels will start to drop even further.

We want all stress indicators in the body to come back to the way they would be if you were feeling very safe and secure and happy because it's in that place that you're in the most efficient fat-burning state. You're producing maximum energy.

So there's the coconut oil, which raises metabolism. It causes your body to move into the fat burning. Then we add the blackstrap molasses because it's a natural source of iron, and it's the best source of iron that I've found. And it's completely healthy and good for you, and is rich with

all kinds of minerals—a whole lot of potassium and magnesium as well. Basically, all of the minerals that they take out of sugar when they're processing sugar is what's left in molasses.

In a sense, if you've been eating sugar in your life, you are missing all the minerals that nature gives you in order to process that sugar. Most people are extremely deficient in the very minerals that are in molasses. And one of the most important is the iron because when you start going into fat burning, what will occur is very quickly, your body says, "Okay. To burn fat, we need more oxygen." And to get more oxygen, we need iron because iron is necessary to methemoglobin, which carries the oxygen into the cell.

What I've seen is when people begin doing a fast often they display symptoms of anemia, which is iron deficiency. And why is that? Because suddenly, your body is beginning to burn fat. Just fasting—giving up any carbohydrates for over six hours—your body will start moving in the direction of fat burning. But it may stop if you don't have enough iron, and you'll begin having symptoms of anemia. And some of the symptoms of anemia are dizziness, palpitations of the heart, fatigue, low energy, irritability. It may be that you're not iron deficient, and you may have a little bit of those symptoms during the cleanse because then toxins are moving out. Sometimes it can cause headaches and low energy. What we want to do is recognize that that means something's on its way out, and it got stuck in a sense. It's interfering with the body's ability to manufacture energy for you. The easiest solution is use a little will power to go for a walk. If you can go for a walk or if you can do the bounce and shake exercises ([click here to order Isoflex DVD](#)) that I teach, it would be most helpful at those times.

In the ideal cleanse you would do the 45-minute routine that I have in my isoflex exercises every day. That would be the ideal. I know some people can't make that, can't do that. But if you want the best and easiest cleanse, you give yourself that 45 minutes of easy exercise, which stimulates the lymphatic system. These are available through my website or through my office at 415.381.8025. Otherwise, just going for a walk is a great exercise as well. What's happening is that you are stimulating fat burning. And if you want to prepare now you can start doing a walk every day for an hour, because that stimulates a process called angiogenesis, which is the creation of capillaries. When you're walking, your body will literally start making more capillaries.

A capillary is about 1/10 the size of a hair, and it will deliver fat into the muscle cells. If you have plenty of capillaries, you get plenty of fat moving into the muscle cells. And so what we want is more delivery system to deliver the fat and deliver the oxygen to the cells when we go into the cleanse. That's the real magic because when we get into the fat-burning mode something miraculous happens, which is when fat is used for energy by the muscle cells, in making energy from fat, the byproduct is water—literally. The fat, which has been delivered through these little capillaries, converts right into water, and that water then washes away the waste and the toxins and the pollutants that are in the cell. So this is the most powerful way to get toxins out of the system and allow the body to function in a healthy way.

In very simple terms—although it can be much more complicated with more details to this—but in very simple terms, when there's waste in a cell, there's less chance for oxygen to get to that cell and trigger fat burning to give you energy. What happens is when you are burning sugar—when you eat a candy bar, you have a piece of cake or some ice cream or whatever—and your body says, "Oh. All this sugar—let's go into sugar burning." When the muscle cells burn sugar for energy, the byproduct is acid waste, and that acid waste then accumulates in the cells, and that actually prevents oxygen from being delivered into the cell to stimulate fat burning. We've had years and years of too much carbohydrate in our system, and these acids have built up. And that's saying nothing of the toxic influences of pesticides and chlorine and fluorine and all the toxic substances that we're exposed to all the time.

Let's leave that out of the picture and just look at the fact that we eat high-carbohydrate diets. Just that in itself, particularly with the refined sugars, we could have eaten this way 20 years ago, but those wastes could still be there clouding up those cells. This is why people as they get older

experience a drop in energy levels. And ironically, they don't have to. I know people, myself included, who actually have higher energy levels than they had when they were younger. I won't say I can do more pushups than I could then, but I certainly have the ability now to work hours and hours longer. I can drive my car six hours, for example, without even blinking an eye or getting tired. I could never do that as a young person.

The stamina and energy that I have is so much greater, and that's because I keep my cells clean to allow that oxygen and fat to get into those cells. A very, very important gift that we're giving to ourselves is cleansing our bodies so that we'll be burning fat all the time, which has numerous benefits beyond just giving you more energy, which is the most important thing there is. The second thing is it produces water, and it keeps the body clean. You must hydrate those cells. Certainly drinking water can help a little. But if your cells are very dehydrated, then it's difficult for water to get to those cells. If your cells are already hydrated through fat burning, then if you need extra water, it's easily absorbed by your cellular walls.

So these are all benefits that we're going to get. People notice that, when they go on a cleanse or a fast, the pain goes away in their body. They may notice during the fast a pain here and a pain there, and it lasts for a few hours or something. Then it's gone. When you notice pains in your muscles or joints this is literally when acid is moving out of your body. The movement of acid will actually awaken your awareness that there was pain in that area. And as the acid moves away, the body stops feeling the pain, and you actually begin feeling your body more. And it feels more pleasurable to be in your body. Literally, if you have pain in your joints, pain in your muscles, tension in your body—you will tend to become more aware of it as the acids are being moved out of your body.

It is very critical that we recognize things are on their way out, they're just passing their way out as your body becomes more aware of these areas that have become deadened due to lack of good circulation, good nervous system function and so forth. We're allowing the body to restore its natural health by removing these toxins or by moving, just simply, the wastes that are stored in our body.

But once your cells are burning fat, which you'll see will become quite easy in this program, you now want to be able to get those wastes out of the system, and they have to be dumped then into the lymphatic system. And the lymphatic system then has to move it into your blood system. And your blood system is then carried to your liver. And your liver then has to release it into the colon. And the colon then has to take it out.

So each of those factors has to be addressed in this cleanse—it's like there are several places where you've got to flush the toilet, and you've got to flush it again, and you've got to flush it again, and you've got to flush it again. And if at any place you're not flushing it, then it gets backed up. And that would then cause more of what's typically called detox symptoms. Again, kind of a sluggishness, lack of focus, wanting to go to sleep and so forth as opposed to feeling energized.

If you need to take a nap, that's certainly fine. But I would use a little will power instead and just go for a walk. You'll find that your energy will start to come back as the walking stimulates the lymphatic system to start moving those acids out of the body. They've got stuck, and they just need some help to move. Bouncing—bounce and shake can happen—and those of you who have never seen me do it, I'm going to stand up right now and describe what I'm doing.

I'm just standing. And now, I'm pretending like I'm on a trampoline, and I'm bouncing a little bit. But the difference in this kind of bouncing is that my feet are not coming off the ground. So you're really just sort of bending your knees up and down, up and down. And you have your hands just sort of shaking by your side. Gradually, you can have your hands over your shoulders—just kind of shaking like you're waving. And you do that for a little while. Then put

them back down and let them shake some more. And you can do some little chopping motions if you like.

Not that vigorous, just easy little bouncing. That's all it takes—the up and down movement. It will stimulate the lymphatic flow to help move these toxins through. Whenever I take the Super Cleanse drink, I try to do a minimum of ten minutes. During a cleanse, I want to do 45 minutes. You can do 45 minutes of the bouncing, it's just a little boring. In my DVD I have a variety of other exercises to do along with it so you don't get bored. But really the most important thing for a cleanse is to keep that lymphatic system emptying the toxins into the blood system so that the liver can cleanse the blood and move it out.

Then, of course, every day we want to make sure that we help the liver to dump into the colon all of the toxins accumulated. And we do that with the Super Cleanse. One of the most powerful things for the liver is the lemon. The lemon goes into the system on an empty stomach, and it goes right to the liver, stimulates the production of a fluid that then carries toxins out of the liver, and also breaks down fatty acids which have become solid and gooey in the liver so that they can flow out as well. We're releasing all these old fatty acids that become hard in our liver. And the liver just rejoices in that because now it can do even a better job in cleaning your blood for you.

Then we want to make sure your colon is moving things through and that you're regular. And by that, I mean at least once a day that you have a bowel movement in the bathroom, and that's just an easy, automatic thing for you. Not that you couldn't do a cleanse without being regular, but it will make your cleanse much easier and more effective. Your body has an innate intelligence that it just won't release the amount of toxins it could, it won't release the amount of acids it could, if it knows it's not going to be able to excrete those toxins.

We want to make sure of this regular movement. There are two choices I'm offering you. One is that tomorrow after you get your coconut oil you can make a little tea out of it. Those of you who already have the Mars Venus shakes, when you do your shakes in the morning, you can add one tablespoon of coconut oil to it. And if you're a woman, you can add two tablespoons of coconut oil to your shake, and it makes it taste absolutely delicious. But more importantly, it already puts you in the fat-burning mode. But it also helps keep you regular.

If doing that twice a day, if you don't have a movement, you know you're not regular. You will want to increase the amount of coconut oil. You can go five or six tablespoons in a day quite easily and not overdo it, and that will stimulate things to move. But you want to make sure you're moving down there before we get to our cleanse.

Another thing you can do if you have tried that a couple of days and it doesn't seem to be working is make another trip to the health food store and just buy an herbal laxative. Sometimes people caution you against herbal laxatives. They say, "Oh, you can get addicted to them." You're not going to get addicted to them. Don't worry about that at all. All we're doing is helping, during this critical time during this week—helping the body to move everything out. And then your body will be so much healthier, it won't need a laxative. It will just naturally move things through.

If you take herbal laxatives every day, then you do become addicted to them after a while. You become dependent upon them, and your colon gets lazy. But why anyone would become dependent on a laxative is simply because they're not also cleansing their body. They're just using the laxative to keep moving out the poor diet that they're eating, and they're not strengthening the body as we are doing. So not to worry about that.

But there's a choice. You could just go get an herbal laxative, or you could just increase your dosages of coconut oil. And there's a way you can take coconut oil, even if you're not adding it to a shake, which we'll be doing throughout the cleanse. We take a cup of warm water, a tablespoon of coconut oil and a teaspoon or two of blackstrap molasses. Generally for women it's best to take

one teaspoon. But if you like it, you can go for two. For men, you can easily take two—not a problem.

Blackstrap molasses does have a little sugar in it, and I don't want you to take too much sugar. But some is always good for the brain, and men can always handle a little bit more sugar than women can, just as women can always handle a little bit more fat than men can. So those will be some of the preparations to make sure that you're moving things down there before the fast continues so we can make sure everything comes out of your body.

The coconut oil and blackstrap molasses are the two additional products that we'll be adding to the cleanse.

The Mars Venus Cleanse is really the only gender-related cleanse that there is, and it is unique in the world today. There are many different ways of cleansing and fasting, and this is one. It has tremendous results. And for many people, it's very, very easy. Some people are still going to have some of the detox symptoms, and then we have these little remedies to help you have less of those.

But the basic principle is one of fat burning. Rather than going on, say, a vegetable fast of vegetable juices, if you are your ideal weight, and you didn't have heavy metals in your body and various things that we have today, then it would be great. But this is just a different approach. Vegetable juices would have good minerals, but they're carbohydrates, and they won't put you into the fat-burning mode nearly as powerfully as what we're doing. You could do a juice fast, but juice fasts definitely inhibit the fat-burning mode. And all of our acids are stored in the fat. We must get into that fat-burning mode. You see, when you're having juice, it's all carbohydrates, so your body stays in the carbohydrate mode. You'll certainly cleanse somewhat, but not even close to what happens when you have a fast which is designed to put you in the fat-burning mode. And we do that in a variety of ways. All of the extra fat that we're taking beforehand with the coconut oil is a big part of that. But another big part of getting us into the fat-burning mode is based upon all my gender-related research, which is knowing that, for women, if we're not fat burning it's generally associated with low serotonin levels in their brain and low oxytocin levels. For men, if they're experiencing less fat burning, it's generally associated with low dopamine levels in the brain and low testosterone levels.

As you've heard in all my talks, that for men depression starts out when our testosterone or dopamine levels start dropping, we're now on the road towards depression. And for women, the low serotonin and low oxytocin levels can bring about depression, which is one of the symptoms of elevated cortisol. It could be depression, it could be anxiety, it could be resentment; chronic unhappiness. Basically, it all has to do with elevated stress levels.

Overview of the Seven-Day Cleanse

Days One & Two: Superfood Shake Days

We have two shake days during the cleanse. Then we have two Super Cleanse days, which are the fast days. And then we do three shake days.

So what does a shake day look like? You start every morning with a Super Cleanse and two Super Minerals. Then you do your exercise, and then you have your Superfood Shake for breakfast. If your energy is low, instead of just two scoops as it says on the label, you can use three scoops. We want to really amp up your body's ability to make brain chemicals. So we're increasing the dose of nutrients that make the brain chemicals.

The Mars Shake is designed with those minerals to help the body with the nutrients it needs to make plenty of dopamine. The Venus Shake is designed to help women's body and brain make plenty of serotonin. When you're making an abundance of these brain chemicals, not only are you feeling good to various degrees, you're allowing your stress levels to go down. As soon as

cortisol levels go down, your body goes into a more efficient fat-burning state. All we have to do at that point once we're in that state is to stop feeding the body carbohydrates and give it more fat. It will really kick into gear, your body starts to really heat up, and you know you're fat burning.

We do two days of amping up our nutrients by having the shake for breakfast and dinner, and in between, having a healthy lunch. A good lunch is a salad with raw vegetables or a few cooked vegetables, but mainly a salad and some form of protein, which could be for vegetarians beans and rice or lentils. For others, it would be chicken or fish (tuna or salmon), even steak. If you're a steak eater, it's fine. Just make sure it's lean meat without hormones in it.

We want a nice protein for lunch, and make sure it's something that would comfortably fit in the palm of your hand. You're getting protein and you're getting raw veggies, but more importantly, you're getting, also, lots of fat. We like you to use olive oil. You can mix the olive oil and lemon, or you can make olive oil and apple cider vinegar. You can do all three together for a great dressing. You're getting lots of fat. Avocados are good fat.

You've got nuts: the best nut is the pine nut; the second best is the almond. The pine nut really triggers the body into fat burning, and the almond has the highest amount of magnesium of anything. Magnesium is so good to keep your brain and body calm and relaxed. You've got almonds for that (my preferences are pine nuts, almonds and walnuts, which are high in omega-3). It's best to have them during your lunch as opposed to trying to eat less and then feeling hungry later.

One of our basic guidelines on shake days is to have our shake in the morning, and then to wait at least four hours before we eat anything. What happens is around that time your brain will release growth hormone. When you don't eat for four to five hours, your brain releases growth hormone, and it starts regenerating your body. Normally, people only experience growth hormone when they're sleeping, and that's because they don't eat when they sleep. There is well-documented research that this is the only time people experience more growth hormone. Other times are when fasting or going for four to five hours without eating—or if they're weight lifting, because if you're weight lifting you're breaking down tissue, and then your brain releases more growth hormone to rebuild that tissue.

With the cleanse you're not even breaking down tissue, so that growth hormone goes about regenerating the body. And for those of you wanting to build muscle mass, you don't have to weight lift during one of these cleanses, just do a little easy exercise to challenge your muscles, and they will start building. This will help put weight on for people who need more muscle mass. And it helps to remove excess fat on your body. So it works both ways, whether you're underweight or overweight or the right weight it's going to make you healthier.

So we have our lunch. We have our olive oil. We have our pine nuts, our almonds, our walnuts. We have our vegetables. It can be whatever greens—organic lettuce and tomato and zucchini. Whatever you want that feels good to you. But stay away from breads, pastas, cheese and dairy products other than the raw dairy, which is in the shake.

If you really want to have a little cheese, a little bit would be okay, but only raw cheese. We want to stay away from dairy products. And that's a nice lunch. You can really work that in anywhere, so this isn't so hard to do. Just get a Caesar salad with chicken, and you're done. If you need to have two shakes during the day—a shake in the morning, but you want to have dinner with friends—you could have a shake for lunch. Just make sure you have about four to five hours between them, and you'll be getting the most benefit.

When you're doing those shake days, if for some reason you get hungry and want a snack between meals, then the snack I recommend is a little coconut tea, which I mentioned before. You just take a cup of water, if you want to put some herbal tea in it, you can. And just put coconut in it—a tablespoon of coconut, add a little bit of blackstrap molasses to give it a little sweetness, and

stir it up. And just gently drink that down, and that will satisfy you. You won't be hungry after that. Also remember to drink a glass of water, you can also just drink a glass of water sometimes, and that will take away hunger if you're feeling it.

These are shake days, and then in the next chapter I'll describe very briefly our two-day fast. You'll be doing the shake day. You'll wake up. You do a Super Cleanse and take two minerals. Then you do some exercise or a walk, and then you'll have the shake. You'll put two scoops of the Super Shake in it. You'll add a tablespoon of coconut oil. You'll add a couple of teaspoons to a tablespoon of blackstrap molasses. And you put it in a blender and stir it all up. If you don't have blackstrap molasses, then you can add a piece of fruit. But if you're adding the blackstrap molasses, you don't need the fruit. That would be too much carbohydrate. And on this particular cleanse, I strongly urge you not to eat any fruit—if you really must have fruit, go for an apple. Apples are always fine, half an apple at a time. But with the extra blackstrap molasses, you won't need the fruit in the shake.

So you've done your shake, now you wait four or four and a half hours. You have your lunch, then for dinner you have your shake again. You don't do the Super Cleanse again, but you do two minerals and the shake—two scoops, a tablespoon of coconut oil, a couple of teaspoons to a tablespoon of blackstrap molasses. And that's a shake day. Then you do that again the next day.

Days Three & Four: The Two-Day fast

We're ready to go into our first day of cleanse after having our two days of pre-cleanse shakes. This is the most exciting part of the program. We've provided our body with an abundance of nutrients designed to stabilize brain chemicals. And the coconut oil added to the shake is helping to increase metabolism, which gets us into the fat-burning mode to prepare us for the two-day fast. And we've also taken the molasses, an excellent source of iron, because on the first day of the fast the body will go into a higher accelerated version of fat burning, which tends to happen when you limit carbohydrate intake, then the body will start moving into the fat-burning mode, and it will be able to stay there as long as we can keep getting oxygen to the cells.

To burn fat, you need oxygen, so your body will start making more hemoglobin out of the iron in order to deliver the oxygen to the cells. And many people, when they do a fast, often feel weak or tired or dizzy. And sometimes, they have headaches or other discomfort. One of the major causes of that is just iron deficiency. Those are all signs of anemia. So we've bumped up the iron level. And also, there is some iron in the Super Cleanse.

I want to make sure that the first day of the fast you know clearly what instructions to follow, and that you follow them very closely, to minimize any side effects of cleansing. There can always be some. There could be high moments of energy, then a little bit low. But that just means your body needs a little rest. Many people have reported to me that they felt great during their cleanse, and others had some of the typical cleansing side effects.

In one case, a wonderful observation was made by a doctor. She really doesn't get much sleep and she tends to run her life on adrenaline. When she did the fast, she didn't experience a lot of increased energy but felt the need to rest more. And that is probably a good description of what happened. Her body was making up for the lack of rest, a sort of sleep debt that needed to be paid. So sometimes our body just says, "We need to rest."

By going into the natural state that fasting allows your body to go into, a resting, relaxed state, if you have been overly fatigued, you might feel tiredness in the beginning of the fast. That can happen. Typically, your body takes about 24 hours of no solid foods—if you have no solid foods or just a little bit of food (what we have in the Super Cleanse—just enough to keep that blood sugar balanced) then after 24 hours the body will begin releasing toxins.

For some people, it can start even more quickly—just missing a meal, they'll perhaps feel a headache coming on. If you're drinking lots of water and you're drinking the Super Cleanse and

taking a mineral each time, you will have less of those symptoms. However, if you're used to drinking a cup of coffee, or two or three cups of coffee, typically you'll have the headaches. They won't be lasting. They will pass if you drink more water.

What happens when you have caffeine is it lowers the circulation in the brain. And then when you stop being on caffeine, your blood circulation suddenly starts increasing in the brain. So actually, you're getting more oxygen to the brain, but the capillaries and the vessels there have shrunk. But it will pass; I just want you to know that.

Some people are doing a cleanse because they have headaches, and I want you to know the Super Minerals actually have helped many people to relieve headache pain. That doesn't mean you take a large quantity all at once.

Right now, just to give you an overview—just so you have a sense of what's going to happen on the fasting day—we start the day the same, with a Super Cleanse—and wait four hours. And then have another Super Cleanse and two minerals. Then wait four hours and have another Super Cleanse and have two minerals. And basically, you're doing that four times. So you have four Super Cleanses in a day with two minerals each time. In between, every hour and a half, you have a glass of water or tea. To balance our PH we can add a product called Alkalife (www.alkalife.com) because when your body starts releasing a lot of acid, which are stored in your cells and in your tissue, if they're not able to be released from the tissue in the cells—if they can't be removed, then once again oxygen is blocked from getting to the cells. You may feel tired or bloated because your body will start absorbing water to dilute those acids. One way of neutralizing those acids is to drink eight ounces of water or tea with Alkalife drops. And along with that glass of water, if you are feeling hungry at all, then have an extra Super Mineral that will typically take away any hunger.

So you're going to take between eight and twelve Super Minerals on that day, depending on how you're feeling. If you're just smoothly going through the whole thing, then no problem. But if you find your energy lagging or you feel yourself hungering, then take another Super Mineral. You can always have the coconut tea—a little bit of molasses and a tablespoon of coconut—and that will definitely satisfy you. That's giving you almost 100 calories. It's a big meal just to take that little drink, but don't be worried. If you're having lots of detox symptoms, you can slow down the detox and help the detox by putting yourself back into the fat-burning mode. If it starts becoming uncomfortable, just take more coconut oil, and that's fine. The fat will slow down the detoxification, but it will increase the fat burning, which will hydrate your body again, which will make it easy for the detoxification to occur. And then it will start happening more efficiently again.

I think I've reviewed those basics. We'll be doing two days of the shake days. We talked about what that is. We're going to do two days of the fasting days. I talked about what that is. And then we're going to be doing three days of the shake days again.

Days Five, Six & Seven: Shake Days

After the two fast days we end with three shake days again.

Step-by-step fasting protocol

The basic program is that as soon as you wake up in the morning, you immediately have the Super Cleanse—that's one scoop of the Super Cleanse powder and a glass of water. Drink that down with two minerals. Then, wait two hours and drink another glass of water or tea. If you're feeling any side effects of detoxification, then take another mineral—meaning if you're feeling tired or a little disoriented because you haven't eaten your normal food, your blood sugar may be dropping. This would be the time to take an extra mineral.

One of the ingredients in the minerals is chromium, which helps the body to balance blood sugar. We also have lithium orotate, which helps to stimulate the production of brain chemicals. And we have calcium orotate, which is particularly good for taking away hunger cravings. So if, for example, you start to feel any symptoms or hunger coming on, just take a glass of water, and take another Super Mineral with that glass of water.

The general program is to start the day with a Super Cleanse. Wait two hours, and then drink a glass of water or tea with Alkalife (optional). If you have any symptoms of detoxification, take an extra mineral. Then wait two hours, and take another Super Cleanse, and then wait two hours, and have another glass of water or tea. You wait two hours. You do another Super Cleanse, and then wait two hours and do another glass or water or tea, with your mineral if you're feeling any of the detox symptoms. And by that point, you've now had three Super Cleanses and three glasses of water or tea. And you just keep doing that until you get to the next two hours. You do your fourth Super Cleanse, then have a glass of water or tea two hours later.

So that is our fasting protocol for the next two days. What's going on in the body is something amazing when we fast, and it's important to understand. Remember once again why you're doing this—know what your goals are because there's a purpose to all this. If you don't continue the fast for the next two days, you really don't get sufficient toxins stirred up. You don't get the acids released from the tissue. And typically, you're not going to get to anything deeper than the usual waste your body's always dealing with if you don't do a second day.

The first day is like a rinse in terms of detoxification. It is in the second day that your body is going to go deeper. As a result of cleaning out the system, then on the fifth day when you go back to shake days adding your coconut, you'll literally feel your body temperature heating up because now your cells are cleaner. They're willing to burn that fat. So you may not burn as much fat on the two days, but you'll certainly start burning some, and more important, you're getting rid of the acids stored in the tissue. You're killing parasites—all sorts of critters that are in our body get wiped out when you do a fast. And this is because when you're not digesting food your immune system can begin to process the things that it normally can't take care of because we're digesting food.

Strengthening your immune system

When you fast, without solid food in your stomach your pancreas, which would normally be producing an enormous amount of enzymes to digest your food, can now use those enzymes. The very same enzymes that are used to digest our food go around and break down toxins and parasites. They're necessary to activate the immune system to wipe out parasites, worms, yeast, Candida—helping the body to rid itself of excess amounts of them. We are giving the body a chance to do its job, because literally, the pancreas makes those enzymes, and those enzymes are the workers. Any activity in the body—any detoxification activity, any nourishing activity—is dependent on an abundance of enzymes. One of the reasons why when we eat a huge meal and feel bloated or stuffed, or we have no energy, is because the pancreas has literally used up all of its enzymes to digest the food, or at least attempt to digest the food, and then there are no enzymes left to make brain chemicals.

That's why many people get high in terms of mental clarity and focus and energy, and all this clarity comes through fasting because you have an abundance of enzymes, and they're not being used to digest your food. The pancreas then makes what are called metabolic enzymes that produce brain chemicals.

Aiding the lymphatic system with exercise

In the first few of these cleanses, you won't experience the full benefits of the clarity that fasting can bring simply because rather than make a lot of metabolic enzymes to produce brain

chemicals, your body's using those same digestive enzymes to break down the toxins so that they can be eliminated into your lymphatic system.

I've been doing the Super Cleanse, and it's been a very easy process—no side effects because I've understood. I know that what happens in a fast is you've got to give your body a chance to move. For example, today I did a two and a half hour walk on Mount Tam, which was spectacular—one of the highlights of my life. It was a beautiful day, and on the fast with a friend we went for a walk. And later I went to work out in the gym, and did just fine in the gym and felt fantastic. So that's what can happen. And other people say, "Oh, I'm tired. I need to rest." Well, sometimes you do need a little nap. When I got back from the gym, I took a nap for a few minutes, but mainly read a book.

What happens is you think you're kind of sluggish. That's just these acids floating around your body. When the acids are stored in your cells, every time you eat a candy bar, every time you're under stress, every time your body reacts to a pesticide, it produces excess acid—more acid than your body can deal with. Your body will store these acids inside the fat cells, and as soon as you go on a fast the acids start getting released. Your body says, "Okay. We don't need those anymore," and it releases them into the bloodstream, right out of the cells, actually. It has to get into the lymphatic system to get into the blood system. And once it's in the blood system, it goes to the liver, which can remove it to the colon.

So that's the whole journey, but to get it into the lymphatic system is the first step. There's nothing to replace walking. We just need that easy walking. All it took me was ten minutes of walking with a friend to start feeling really, really good. And that's because the acid wastes were moving out of the cells, going into the lymphatic system where it could then do what it needs to do to get it into the blood system with increased circulation and start cleansing itself.

So I just want to give you that little pep talk. If you could possibly get in an hour of walking, your fast will be much, much better. And if you feel like, "Well, I could take a nap, that'd feel better," just try even 15 minutes of walking, and see if it doesn't put you in a good state of mind so that you can then continue walking for a while. Also, if it's bad weather, you could also just put on the Isoflex exercises. I do the bounce and shake exercise. It's just as good, even more efficient. It's not as fun as going for a walk, but it's more efficient in terms of getting that lymphatic system stimulated. So you can watch a TV show while you're just standing in front of the TV doing the simple bounce and shake exercise—it's like being on a little trampoline.

If you have a trampoline, you could do that, but just little tiny movements on the trampoline. You don't even let your feet come off the mat. All you want is this little movement up and down, and without a trampoline, you're on the floor, and you're just doing a little movement up and down. I'm doing it right now as I'm talking to you. Your feet do not come off the floor. Just kind of a slight bounce with your knees, and your hands are effortlessly shaking by the side. Then after a while, you gradually bring your arms, shake them out to the side around your chest level. And then you can bring them up to your shoulder level. For those of you that have seen me do this, it'll make more sense. And then all the way above the head, like you're at a rock concert, and your hands are going along with the crowd up in the air. And just do that for a few minutes. Don't let your arms get too tired. Bring them back down, but keep just a little bounce movement going, and that will always stimulate your lymphatic system—very, very key.

Some of you may practice yoga; you can certainly go to a yoga class. If you work out in a gym, you can certainly do that. I wouldn't work out as long, just because you don't want to put too much of a burden on your body—particularly the first few times you do a fast. After you fast several times, your body gets so clean that you can easily work out during a fast.

What we're doing is fasting for our health, to feel good, and for those people who want to lose weight, you'll lose weight. But lots of people have written to me that they lost the weight they needed to lose—quite dramatic results—but they're doing another fast simply because they

want to keep getting the brain functioning better. They want more focus. They want more energy, and this is what will do it. It's very powerful. There was a study done in Russia with people who had bipolar disorder, and they did a fasting program there for 30 days. It wasn't a strict fasting, but it was a cleansing program. And they had 100 percent recovery with everybody, with no recurring symptoms.

Neutralizing the effects of heavy metals

Something we know today is that lack of peak potential in our brain has to do with heavy metals—not the only thing, but one of the things is the heavy metals that get caught in our brain. Mercury, cadmium and lead are everywhere today, which we absorb, and our body doesn't know what to do with it and can't tell the difference between these heavy metals and zinc.

Now, zinc is something that's needed for all the brain function to occur in the brain. But the zinc receptor sites—the place where zinc is stored and then activated for the brain—can't tell the difference when mercury comes along. Particularly when we're children, we're way more vulnerable to this because the brain's developing. And if those heavy metals get into the brain, then the zinc receptor sites can't make the right RNA to build the brain as we get older in order to have the brain function. Even with Alzheimer's patients, it's now documented that aluminum has somehow gotten into their brain. And again, that's a metal that gets caught in the brain and receptor sites and prevents the brain from normal functioning.

So we're helping the body to do that, and what we're doing is providing the lemons in our Super Cleanse to alkalize the body and help neutralize acids—one of the great things. That means oxygen can get to the cells, and we keep making energy. The way we make energy when we're not eating carbohydrates is the body makes it from fat. The miracle of fasting is that when you burn the stored fat on your body for energy the byproduct is that it converts into water and hydrates those cells to wash away those acids. So the body is perfectly designed to do this. We just have to give it a little help.

Generating growth hormone

I mentioned two powerful things about fasting, and one is we're not eating solid foods and don't have to use all of our digestive enzymes to break down proteins, fats, and carbohydrates. The body can use those enzymes for breaking down toxins. That's one of the benefits. But another one of the benefits is that when you don't eat for four to five hours your brain will start releasing growth hormone, which regenerates your cells and makes you younger. In studies with mice, with a choleric restriction of 30 percent less calories the mice live 30 percent longer and stay healthier.

And then we have another method, which isn't often recommend because people think it is perhaps too rigorous. But we're seeing it's not at all. What they did with mice is that they had them fast every other day, and on the off day when they weren't fasting, they actually let the mice eat as much as they wanted. And then they would fast again and then let the mice eat as much as they wanted. The mice would actually eat twice as much food. They would actually end up eating, in a week, as much food as the control group who got to eat as much food as they wanted, whereas the ones that fasted would overeat every other day because they were trying to get their nutrition in their body. These mice *also* lived 30 percent longer—in one study, they lived 50 percent longer. They don't know the reason for this, but it could have something to do with the findings of the Swedish study on growth hormones, that if you don't eat for a certain amount of time your growth hormone levels go up.

There are two things that have been proven to stimulate extra growth hormone that allows the body to regenerate and keeps you young and moving and healthy. Fasting does it, and also working out in a gym. The reason you produce more growth hormone after working out in the gym is your muscles have literally broken down, and you need more growth hormone to rebuild them. In a very quick time, you've broken down your muscles so growth hormone gets released.

And the same thing happens when you don't eat food. You just give yourself time between meals—and actually, you don't even have to fast to get an extra dose of growth hormone. By taking the four to five hours between meals, your brain will start releasing growth hormone.

Aloe Vera for your immune system

So those are the two great benefits of sticking to the liquid foods. One of the problems with any juice or fruit, other than lemon, is that it would cause us to go too much in a carbohydrate-burning mode and not into the fat-burning mode. Even vegetable juice, if during this cleanse you wanted to have some, wouldn't be bad, but again, it puts you in a carb-burning mode as opposed to a fat-burning mode. Vegetable juice has always been a fasting ingredient, as well, because it's so rich in vitamins, and particularly rich in minerals. But we're getting those vitamins and minerals in our Super Cleanse. So as far as the release of heavy metals, which makes the brain function better, it just takes time to fully detoxify.

What we have is the Aloe Vera, and Aloe Vera is so potent as a detoxifier, it's an amazing substance. I found out recently that another one of its unique qualities is that it's rich in vitamin B17. Many of you may have heard of laetrile (vitamin B17 that comes from apricot), that for a while was being used as a cancer treatment. It is also in the Aloe Vera, which is basically a strong support for the immune system. There was research at University of Texas showing that Aloe Vera was reducing tumors in cancer studies, and there were Aloe Vera drips. The FDA closed this research down as they hadn't approved it. But the point I'm making is that if any of these programs really were working, it's because they were strengthening the immune system.

We are taking Aloe Vera to strengthen the immune system, and in doing that it reduces inflammation. When there's inflammation in the body, it's more difficult to release the heavy metals. And even as the heavy metals are being released through the body, they will tend to cause inflammation, which again causes them not to be released. Aloe Vera also contains glutathione, which is beneficial for reducing inflammation and removing heavy metals. Children who are autistic will often be given shots of glutathione because that helps to release the heavy metals. And again, as with all my products, I always recommend just go to nature. Go to the old-fashioned remedies that are there, and they're all there. Cultures have used lemon for the longest time. They've used Aloe Vera. They just take it right out of the plant. We've taken it right out of the plant, and then we've spray-dried it. It's very pure, cold-processed.

And then we have enzymes. We're fasting, so our body's going to make so many more enzymes, but why not give it more. It just helps to amp up the enzymes. In Germany, in the last hundred years, enzyme therapy has been used for so many different ailments. And fasting, of course, is a shortcut to producing more enzymes. As people get over 40 years old, even if they're fasting, their enzyme production starts to drop. And if you have any health condition, clearly your enzyme levels are going to be compromised, as well, for whatever reason. So that little lemon drink is a rich source of enzymes. Then you've got Rice Bran, which is a source of all the vitamins you need, and it gives your body a little fiber to help move things through the colon.

Ideally everyone's elimination system would be regular. You may find that on the first fast day you have one movement based upon the meal you had on day two. Then throughout the next two days of fasting if you don't have a movement, that's okay. Not to worry. But then once you start eating again, a movement will occur. And that will move everything out of the colon. So one of the reasons we don't want to fast for too long is because we don't want to have all these toxins released in the colon and then just sitting there. There are programs with longer fasting times. People have terrible side effects, and then they find that those side effects become less if they take an enema or colonics. But we're not including that in this program. If for some reason, somebody is a fan of doing enemas, you can certainly do those. It would not hurt the process at all. But we want to make this simple and fit into our life so it's not difficult. And two days is perfect because it is in that second day when the most toxins and acids get released.

What makes this cleanse unique

It's like a slingshot, really, to do a two-day fast, and then go right into eating again, and the way we're going to do it literally bumps the metabolism up. People who do long fasts certainly cleanse, but their metabolism slows down so much that they're not going to burn the fat, which is necessary to release the toxins at a deeper level. So we have to remember that it's burning fat that is critical to this program and makes it unique. The fat-burning part hydrates the cells to continue to wash out the wastes that are in the tissues and muscles, which gives your body an opportunity to cleanse itself. The first two days are about releasing all these things, and the next three days are stirring up the body to burn fat and continue cleaning up what was released from the two days of the very intensive fast.

For clarity, I'd like to say the whole week is a cleanse, with two shake days as a pre-fast, and then the next two days the true fast, then three days as shake days. This fast allows a powerful release and resting of the whole digestive track, along with resting the body and helping the body handle the toxins and acids that get released, helping to neutralize all those acids. The Cleanse also helps to restore a healthy balance of good flora in the gut, where the acidophilus is. You'll just be filling your body with acidophilus, which is good bacteria. We put that in the Super Cleanse, as well as inulin, which is food for the good bacteria. Strengthening the good bacteria in the gut is what helps to limit bad bacteria growth, such as Candida.

Your body's going to be so happy that you went through this. And once again, for those going through it the first time, when you see how you feel once you eat again, it's such a spectacular experience. And if you're inclined to, you can certainly do one more cleanse. Some people have told me they're going to do the four-week breakthrough cleanse, which is for four weeks. That's what I'm doing right now, and I'm doing a six-week breakthrough cleanse just because I'm leading so many groups through it, and I'm enjoying it so much. Once you get through the first one, the next one's much easier.

Whenever I've done long fasts before, it was always just the actual fasting part for longer periods of time. This is the first time I'll be doing the fasting alternating for six weeks with the shakes the way we're doing it. And it's a very, very powerful program. It's designed to make it easier, but I think not only is it easier, but it actually is way more efficient, because it allows you to then give your body a rest from all that detoxification, time to integrate the cleansing and the clean-up. It is also a time to recharge the brain with the nutrients and the coconut and the iron, which we will continue to use as supplements after the fast is over.

Building the muscle of 'delayed gratification'

One little tip for fasting is to practice deferred or delayed gratification, the ability to wait in order to obtain something you want. I have these very healthy chocolates in the refrigerator, low sugar and really good chocolate. My daughter pulled one out for desert, and I said, "Oh, I see that. When I go off my cleanse, I'm going to have that." That helps me to feel like I'm not depriving myself. It literally is a muscle, and this concept of delayed gratification is a third benefit of fasting that actually improves our life on all levels, because when you fast, you're exercising the muscle of delayed gratification. That's one of the reasons people feel so much peace after they've gone through one of these cleanses. It's like a great accomplishment, and anytime you've felt great in you life, there was some accomplishment. There was some challenge, and this is certainly a challenge.

Really, the major challenge we're facing here is the challenge of delayed or deferred gratification, and it is like building a muscle. They've done studies on children, testing them for their capacity for delaying gratification. They then traced these children in their lives, and found that the children who had raised their ability to delay getting what they wanted were successful at

a much higher level in their life; higher achievers, certainly, but successful in many other aspects as well.

Another way of saying ‘delayed gratification’ is integrating into our lives the most spiritual of all blessings, love. And of course, for love to flow, there has to be trust and faith; faith that I will have what I need, trust that I will have what I need. The impulsiveness, if we look at all of the dysfunctional behaviors in our life—emotions and upsets—is generally because we want it now. I want my cookie now, I want my chocolate now. It is this immature part of us that never got the nurturing and emotional support to develop the ability to wait for something rather than demanding to have it now. By going through this training of being on this cleanse, you actually develop a muscle, just as if you’re going to the gym, and that’s the muscle of delayed gratification. Then you’re able to sustain that feeling of trust and faith that we’re in the right place at the right time, and we’re doing exactly what we need to do in order to achieve our goals.

But my trust is that eventually what I’m wanting and achieving and working towards is going to happen. Why would I bother doing it if I didn’t think it was going to happen? Having delayed gratification allows you to stay in the moment of trusting your inner source—trusting your heart—trusting your inner knowing. You’re able to hold on to that when you have strengthened the muscle that is committed to delayed gratification.

So in my own life, this has been the most powerful way to develop that muscle, which gives you peace and relaxation as you go through life’s challenges and ups-and-downs. We all go through them, but some people do it more gracefully. By this fast—just for the next two days—you will be strengthening those muscles so much.

And with that, those are our three benefits, the last being a very spiritual benefit, but quite wonderful. And for those of you who practice some form of prayer or meditation, it’s a great opportunity to spend a little more time in nature while your body is resting. That doesn’t mean you have to spend all day in bed. Go about your daily activity, just make sure you walk more than usual. If you can get out in nature for an hour or two, that would be the ideal gift to give to yourself over the next two days.

Staying with the program

I encourage you to stay with the program exactly as I’ve laid it out, and it’ll be much easier for you. And remember, if at any time you feel like deviating from it, just grab a glass of water and take a Super Mineral. Researchers have found that when the body starts becoming dehydrated, it often feels hungry. We can’t really determine the difference between dehydration and hunger. We start thinking we’re hungry. It could be that your body’s becoming dehydrated.

Why would your body get dehydrated when you’re fasting or drinking all this water and all this lemon? Because when the body detoxifies the cells release acids. Too much acid would then block oxygen from reaching the cells, and then you’re not able to burn fat for energy. And if you can’t burn fat for energy, those cells will start becoming dry. So what we want to do is keep oxygenating the system. If you start feeling really hungry, you probably need more water to get into those cells, and more minerals to activate the enzymes. The minerals activate every enzyme process. We need the enzymes to do it, but we need the minerals to activate the enzymes

Some people get such a burst of energy from the program that they have difficulty sleeping. One technique is just simply to do some bounce and shake for ten minutes, and you’ll become so bored doing it, but it will also help move the toxins so you can just fall right back asleep.

Those are some of the insights that I’ve gained over the many years of fasting, and I hope that will help you through this program. You’ll get major support from the wonderful ingredients in the Super Cleanse and the Super Minerals. These will help your body go through this most important cleansing time.

I wish you all great success in your cleansing. If ever you have any difficulty, just think about me and drink a glass of water and some Super Minerals.

What you have achieved in two days

What you've accomplished in just two days is probably one of the healthiest things you could ever do for your body. Just as we all need to rest every night, you just rested your whole digestive track. When you rest your digestive track by not putting solid foods in your body, then your pancreas doesn't have to use all of its enzymes to digest that food. Those enzymes for the last two days have been busy breaking down toxins. As the body started to clean itself of all this residue it just hadn't been able to clean out, it said, "Oh, well, the house is pretty clean, and I've got extra time and some help. I'll go into the closets."

Your body's been digging deeper to bring out toxins. There is a huge benefit to finishing the cleanse tonight without any solid food. Tonight while you're sleeping, your body's going to continue detoxifying, getting out that deeper level of toxins. But not all the toxins have been released. There are lots of closets back in there, but the can only be emptied one at a time. And as you emptied that closet of toxins and waste and acids, many parasites have been killed through this cleansing process. They have to be broken down and removed.

Set yourself up for success

All of this cleanup will be happening while you're sleeping tonight. Tomorrow when you get up, you're going to be eating again. And do those shakes taste good! What really happens is your brain gets to enjoy peak performance. You'll be able to have that shake, and all these nutrients that the brain is ready to receive.

It's going to use those nutrients, and you're going to make higher levels of dopamine and serotonin, which gives you a clarity and a focus and a purposefulness. You'll feel fantastic because you worked hard. You stepped out of the box. You didn't fall into social pressures and the kind of unconscious behavior that pervades our society where people are stuck in sugar burning, and just keep eating processed foods, carbohydrates and sugary cookies. They give us a burst of energy, but they leave us not feeling so good later. Even more important, the byproduct of burning sugar is acid. And when your body becomes more and more acid that gives rise to disease.

All disease can be directly linked to the body's inability to effectively absorb oxygen, and acid is one of the most important deterrents to oxygen. When your body becomes overly acidic, then the cells cannot absorb oxygen. So guess what you've just done? You've just cleaned out your cells. You've experienced cellular cleansing. You'll continue doing it through the night, and then tomorrow you've got clean cells that are getting more oxygen. As soon as you take your shake you've got more calories to burn than you've been burning over these last two days.

What occurs is that your metabolism will suddenly shoot even higher. The exciting part of this is that when you have food in your stomach, your body says, "Okay. I need to speed up my metabolism to create the energy to digest this food." Your metabolism speeds up, but you are no longer in sugar-burning. By taking these two days of no solid food, you are now gradually moving into fat-burning mode. If you don't put a lot of carbohydrates in your body, then what occurs is just what your brain needs. That's why we take the Super Cleanse. It has about a teaspoon every few hours of glucose, which is the fuel for the brain. Your brain is getting what it needs without a high quantity of carbohydrates. Your body has been remembering and learning and opening the channels for fat-burning.

If you are able to, go for some walks and use your body. On my fast, I was walking for two and a half hours. In the beginning, I was a little tired, but as soon as I started walking and fat burning, it produced energy to keep going and going and going. But more important than a great

walk, it was stimulating a process called angiogenesis, which is the creation of capillaries. By using the body during a cleanse, the body says, “Well, I’m in fat burning, so give me the fat-burning capillaries.” By now you’ve got more fat-burning capillaries, which will give you more energy. When your metabolism goes up, you’ll be in full fat-burning mode. And when you have a higher metabolism and you’re in fat-burning, then you’re going to burn more fat.

So you will continue to lose weight—particularly, you’ll burn fat and lose inches on your body during the next three days by maintaining the momentum. You worked really hard to create this momentum. You did what it takes.

Days five, six and seven—off the fast and back on the shake

Now, after the second day of the fast we will go back on the shake. When we go off the fast, the body goes back into the metabolism mode, and when we start having the shake, it’s an amazing experience. If you find yourself heating up, it’s okay. Not everybody heats up, but if you do, it is just your body being kick-started into fat burning.

As you suddenly put a lot of calories in your body in the right balance, you will go right into the fat-burning mode. There is some glucose in the shakes. And because we went for two days without a lot of glucose, but just enough to stabilize the blood sugar, the body has literally used up and emptied out all of the stored sugar, called glycogen, in the liver and the muscles. Then when you start eating, you’ll get the carbohydrates in the shake, your metabolism will speed up, and your body will then store that extra glucose in the liver, which then shoots you into a fat-burning mode.

How to sustain fat-burning

For the next three days, you will be able to stay, for many of you, 100 percent in fat burning. And I’m going to teach how to stay in this fat-burning mode. What you’ve done is the most difficult part of it, which is you’ve switched on the ignition. Your body, now, is capable of going into fat burning. When your cells are too toxic with acid waste, they can’t burn fat. The oxygen can’t get into those cells to burn the fat. So what you do is burn sugar. You’re going to be so happy to find that doing the shake days is so much easier for the next three days than it might have been for the first two days. It might have taken some willpower the first two days, but now you are in fat burning.

You can always tell if you’re in fat burning or sugar burning by your cravings. What are you interested in eating? If you’re interested in eating a carbohydrate—particularly, say, bread or pasta or crackers or potato chips or cookies—those are some of the easy-to-burn carbohydrates your brain wants to go after when you’re in the sugar-burning mode. After you’ve had practice being in the fat-burning mode, you look at cookies and M&Ms and ice cream and bread—and it really looks like wood. There’s no desire at all to eat wood, and there’s no desire to eat these foods.

I was just in a restaurant, and this happens to us all the time—usually by the time you get there and sit down, you’re hungry. And for most of the people in the world, they’re already in sugar burning because they’re stressed out. And what do they put on the table? They give you slices of bread. How can you resist that when you’re hungry and your blood sugar’s low and you’re in the sugar-burning mode, and they put a carbohydrate in front of you? This just encourages the most unhealthy habit we have. So really, we live in a mixed-up world, and I admire all of you for your courage to regain sanity.

Please remember this in the next few days because you’re going to be out in the world. You’ll be having dinner or lunch somewhere, and they’re going to stick that piece of bread right in front of you. And as quickly as you can, just move it out; just say, “Take away the bread, we’re not having bread tonight.” If you can do that, it is simpler not having to look at the things that aren’t

so good for you to eat. But if you are eating with your children or it needs to be there, another strategy is to say to yourself, “At the end of the cleanse, if I still want that, I’m going to have that.”

Giving yourself the power of choice

Now you get to eat all those things. And if there’s anything that you want to eat that is not allowed during the next three days—a non-fat-burning food, since we want to keep you in fat burning—you can say to yourself, “All right, I can have that one day if I want it. It’s still available to me. I’m just not going to have it now.”

Keep in mind that you’re never saying no to yourself. You’re saying, “Not yet. Not yet. Later.” But what you’re doing is that, literally, you’re going to the most important gym you could go to. You’re building up your muscles of delayed gratification. You’re learning. You don’t have to react to your impulses. You can wait. One of the best things for all success in life is not to be impulsive. If it’s just a reaction, you can choose not to react. You could respond. The difference between them is that a reaction is automatic. You don’t think about it. A response is that you notice, you have an awareness of your reaction, and you question yourself. You have seen that you have a choice.

And then you choose what you want—what is best for your good and the good of others. This is the highest state we can be in. This is the state of freedom. This is what choice is. And one of the ways we all lose choice in our lives—we don’t even realize how imprisoned we are in our lives to make changes and to do the things we want to do—is that our reactions control us.

One of the ways that we stay in that reactive state is by eating carbohydrate foods that our body does not need. Not that they’re bad, it’s just that our body doesn’t need them. What happens as you put something in your body it doesn’t need, it is thrown out of balance. And when you’re eating food that puts you in that reactive mode of doing what you don’t need to do, then in your life, you find yourself reacting in ways you don’t need to react and didn’t really choose.

The ability to respond rather than react might show up when things are challenging for you, and you don’t get upset. You take a ‘wait and see’ attitude, and just check it out. Why get upset about things if there might be a solution coming. You never know. And I’m not saying suppress emotions. Be aware of them, but notice, “Am I really reacting based upon the complete picture? Let me get the whole picture first.”

One of my favorite stories is an old Chinese story, and it’s different every time I tell it, because I didn’t make it up. It’s about a farmer and his son.

The son goes on a trip, and he finds this beautiful horse, and he ropes the horse and brings it home.

*The villagers say, “Oh, this is so great. You’ve got this fantastic horse.”
The father says, “Well, we’ll see.”*

The villagers ask, “Why aren’t you excited? It’s such a great thing.” The father answers, “Well, we’ll see.”

And then, he tries to ride the horse, and he can’t ride the horse. And they say, “Well, you must be really disappointed.” And he said, “Well, we’ll see.”

And then his son says, “Well, I can ride the horse.” The son rides the horse, and everybody’s impressed with the son, and he’s proud of himself. They ask the father, “Aren’t you excited?” The father answers, “Well, we’ll see.” The son’s out riding one day, and the horse bucks him off, and

the son breaks his leg. And everybody feels so bad the son broke his leg. And the father says, "Well, we'll see."

Then an army comes passing by. In those days, the army would come and take your children. And if the children didn't enlist, they'd kill the parents. The army enlists all the sons in the village except the son with the broken leg.

That's the moral of the story. It turned out to be fortunate for the man and his son that he'd broken his leg.

So many times, things happen, and we react to them. Instead, let's wait and see what unfolds and respond to that. This is all about gaining freedom to make choices—choosing how to respond, not letting our reactions control our life.

Going on a fast is actually one of the most powerful ways to gain this ability because you're dealing with the most powerful urge in the body, which is your reptilian brain, which controls digestion and regulates the body. You have such little connection between the prefrontal cortex of your brain, which has to do with making choices, and the reptilian brain that tells you what to eat. But by choosing what you're going to eat during the next three days and during this week, you're actually growing neuro-connectors between the reptilian brain and the prefrontal cortex of your brain. You have more control and choice in your life and more freedom to do the things you want to do, and your body will respond to your intentions.

The ideal diet plan for the next three days ...

I know you're all waiting to know how we stay in the fat-burning mode. We started up the engine. How do we drive this car? For the next three days, we want to go over what the ideal diet plan will be. The basic thing is to remember if ever you're out of control, then realize that you're kind of going nuts. So therefore, if you're out of control, just go nuts. What that means is to *eat nuts*. Eat lots of nuts this week.

What you want is the best nuts to keep you in fat burning. Nuts are filled with fat, and one of the greatest nuts is pine nuts. Pine nuts are not only great fat, but they're the most powerful of all nuts for stimulating fat burning. What you're doing is reigniting that fire. If for some reason you went off and really went nuts, and went off the program and didn't eat what we're suggesting, then make sure right after that to eat a lot of pine nuts. When you eat your pine nuts, make sure that they're raw. Not salted, not roasted, just good raw nuts.

If you're having almonds soak them overnight, which makes them more digestible.

If you have a strong urge for carbohydrates, cookies, breads, chocolates, pastries, potatoes, then say to yourself, "Wait a second. That's one possibility to make me feel good. But I've got another one. I can eat some of my nuts."

And literally, there's no limit to how many nuts you can eat. If you're comparing a cookie to a whole bag of nuts, eat the bag of nuts. You might eat a lot of calories, but at least you're going to stay in fat burning. And if you stay in fat burning, you will burn all those calories.

Fructose, the addictive sugar

Let me explain sugar again. I'll talk about Famous Amos's cookies because they are so often found in hotels, and I am frequently traveling. Originally, they contained much less sugar. But the Famous Amos brand was purchased by a major company that changed the recipe to include fructose sugar, which is highly addictive. People in the industry know that fructose is addictive, but most people don't know why. They don't think of it as a bad thing, they consider it a good

thing because customers keep eating their cookies. When you eat one fructose cookie, sugar provides a little bit of sugar for the brain—just enough to stimulate brain chemicals to make you feel good. And then it stops. But it felt so good that you grab another cookie. And you get a little bit of sugar for your brain, and then it stops. And you want another cookie. And you keep eating cookie after cookie, with more and more calories of sugar. At a certain point, insulin levels go very high and push sugar levels way down. When that happens, you have no ability to make the brain chemicals, and you begin to feel uncomfortable. That's when either more sugar urges come, or you become tired and exhausted, or have another effect from way too much sugar.

What is the difference between fructose and the glucose that we have in the shake, which will provide a major source of sugar for your bloodstream? The glucose is absorbed by the brain five to ten times more efficiently, so you don't immediately want more. That's why, generally speaking, if you use two scoops in your shake, you won't feel that you must immediately have more, even though you love the taste of the shake.

Bump up your metabolism

Tomorrow, we want to amp up the calories of the shake a bit more to bump up your metabolism. So add two tablespoons of coconut oil and one tablespoon of the blackstrap molasses when you make your shake. This provides more calories of really good things for fat burning along with the iron that you need, which is in the molasses. The molasses also has some sugar in it, and if you're very sugar sensitive, then take two *teaspoons* of blackstrap molasses, or even less. The two tablespoons of the coconut oil won't be a problem for most people. It will be an enormous benefit.

It may happen, and don't be concerned if it does, that your face will turn red, and you'll flush—kind of like if you took niacin, for those that know of the niacin flush. You'll wonder what's going on. I remember the first time this happened for me, I thought I was experiencing male menopause and having my first hot flash. It took a long time to figure it out. But because you've just shifted from a fast to solid food your metabolism is increasing suddenly, but you're in fat-burning mode. So your body starts burning fat to produce the energy it needs from your higher metabolism. This energy is not just normal energy, it is the thermogenic energy produced when you burn fat. So you'll naturally heat up. This is great.

Everybody's different. For me, it's like somebody has turned up the temperature in my body about two degrees—almost like a 24-hour hot flash. My body sweats a little bit. At any time if this is too uncomfortable just recognize that you're losing weight too quickly, and drink a cool glass of water to literally cool you down and slow down the fat burning. Drinking cool water will slow it down, or you can put ice in your shake. Ice in the shake is really good because it also helps stimulate the metabolism.

But once you've jumped to a higher level of your body heating up, you want to keep that heat going. It's almost like you're walking around in a sauna, and you get slight perspiration. If you're not getting it, you can go for an hour's walk, and you'll start getting that nice burn. It's the same burn I feel when I'm lifting weights or with intense exercise. And by 'intense,' I mean I'm always able to breathe easily. We never want to get out of breath when we're exercising because exercising will stimulate your metabolism.

But the amazing thing about fasting and then raising your metabolism and staying in fat burning is you have a higher metabolism, and you start burning fat. One of the exciting benefits of the coconut oil is that it will raise your metabolism. So we're doubly raising the metabolism, and it's perfectly fine when you start heating up a bit. Just know that your body is literally burning fat.

Stages of losing fat

And what is that fat? There are differences—what is called ‘brown fat’ is the very solid, hard fat that doesn’t go away fast. Long before fat turns into brown fat there are three basic stages. The first stage is just the oil floating around your body. It is acid, and to prevent being burned and polluted by those acids, the body absorbs water. So part of the weight loss over the last couple of days has to do with getting rid of excess water.

You will have the happy discovery that this water weight will not come right back. We are getting to the cause of the problem: why the body is holding on to water. It’s retaining water to dilute the acids and toxins in the body in order to remove them, which we’ve been doing. Then, the body won’t need to retain that water. The other part of the weight loss, generally, is actually getting to a deeper level of the fat—to the middle stage, and sometimes all the way to the brown fat. And that’s why we did this fast for two days. We wanted to make sure to complete the second day of the fast because it’s on the second day that the body goes back into the closets—back into the store rooms to start cleaning. The house is nice and neat. Now, we’re going to go into the garage and clean that up. Once it cleans out the garage, and these toxins are released out of this deep fat, then it can now burn the fat. And you are giving it a chance to do this.

That is where you are right now. You’ve got three more days left, at an accelerated rate, to continue to burn fat and remove the toxins that were released in the last two days and that are being released tonight. You have three days to finish that off.

The fat-burning diet

We stay in the fat-burning mode with our diet. On a shake day, for your breakfast, you’re going to have your shake with two scoops of powder and ice water. You’re not going to add fruit. You are adding a tablespoon of blackstrap molasses, and adding two tablespoons of coconut oil to the shake. You will have lunch, and I will go over that next, and then your next shake will be in the evening, the same as your breakfast shake, but without taking the lemon drink beforehand. However, you *do* take two minerals before the shake. You want to make sure you’re taking those two minerals in the morning and either two minerals in the afternoon or in the evening for dinner.

For those of you that feel that you have been somewhat moody or you didn’t feel great during the fast, this is usually caused by constipation or not enough minerals. So now you have learned that you have a greater need for minerals, right now, than others do. If you’ve had mood swings or it seems difficult, then double the dose of the minerals. Take four minerals in the morning, two minerals for lunch and then four minerals before the shake in the evening. These extra minerals will make the next three days easier for you.

Let’s talk about lunch

Now I’d like to remind you about what to eat. Protein needs to be an everyday ingredient of your main meal, so make sure you have a protein. It might look like steak or chicken, ideally hormone-free meat. Chicken and turkey should be free range. Deli meat should be nitrate-free. Snapper, salmon and cod are your best fish. These tend to be low in mercury and heavy metals. There are certainly other good fish, but they’re just not as low in heavy metals. Oysters are fabulous, not necessarily great protein sources, but loaded with zinc, a great mineral for all of us.

Our favorite protein is eggs. Eggs are your best bet. Make a nice, delicious omelet. This is a low-carbohydrate three days, it includes certain carbohydrates that will keep your body in fat burning. Just keep that burning going, and you will lose weight and be healthier, and you will begin to train your brain to be free of the cravings for sugar, which is a big part of this whole thing. You also want to avoid cheeses and any pasteurized dairy products. The best thing is to just avoid dairy products altogether. Raw milk wouldn’t be bad, although I wouldn’t recommend it. But any pasteurized dairy products will interfere with this whole process.

Good fats

We've got our proteins in one column, and in our next column, we have our good fats. Remember, this is a fat-burning program. What keeps us in fat burning is good fats. Bad fats will stop it. Stay away from any trans-fats and refined oil. If it's not clear on the label as to the ingredients, consider who's making the product. If it's a major corporation, usually it will be junk. The best fat of all for your salad with your meal is going to be extra virgin olive oil. You can mix it with lemon, or with apple cider vinegar, or you can have it straight.

Don't worry about calories. We don't care about calories. We care about the right kind of calories, and we advocate more fat calories than you could ever imagine would be good for you. When I'm saying this, I'm trying to break out of the bondage that many women have that any fat is a bad fat. If you have no issue with fat, I'm not talking about stuffing yourself at a meal. Don't stuff yourself, but eat as much as you want, basically. You could always be a little out of balance and overeat, but we tend not to want to do that here. And the fats will satisfy you. That's what's great about the fats.

Nuts are your friends

Let me tell you about my favorite nuts. Pine nuts, which contain pinolitic acid, are the most powerful fat burner of any of the nuts. Almonds are your most concentrated per-calorie source of magnesium. Brazil nuts are the best source of a mineral called selenium, the mineral that facilitates Vitamin E to allow oxygen absorption to occur. If oxygen absorption is missing you can't burn fat. So Brazil nuts are another great fat burner. Macadamia nuts are the highest in omega-9 fats and amazingly valuable. They're just like olive oil. And this is fabulous for the body because it reduces inflammation. Lowering inflammation also keeps you in the fat-burning mode. And being in the fat-burning mode keeps inflammation lower, so it just cycles with itself. The pecan has been called 'the brain nut' because it looks like the brain, and it has been associated with higher intelligence. I always include a few pecans just because I want to stay smart enough to stay on the program. And remember, these are all raw nuts, not salted nuts or cooked nuts, or blanched nuts. Everything is unprocessed, all natural.

Having a Christian background myself, as a young faster and a Monk my guide and my inspiration in those days was Jesus and his fast. Now, I call the 40-day fast basically the four-week cleansing breakthrough. But if we look back to Jesus, he went on a 40-day fast, and in some renditions of the bible, basically all he ate was nuts. Nuts were the magic food.

You're going to get a most wonderful lunch tomorrow. What happens when you cleanse your body is all of your senses become enlightened or sensitized or activated, and you can smell things better. You can taste things better. You can hear. You enjoy the music better. Your whole capacity to enjoy increases, and your food capacity increases, as well. You'll savor the lunch. I suggest that you don't eat lunch alone, but have good conversation so you can take a long time talking and eating and chewing. Particularly in your first few meals, this is like heaven. Even when you're having your first shake, that's heaven too. Don't just drink it down. Chew it. Just savor it. Enjoy it.

Fat-burning carbohydrates

We have proteins from one column. The next column is fats. Then the third column will be your fat-burning carbohydrates. What are some of these fat-burning carbohydrates? With every meal, have salad greens, and all the little raw veggies that go with the greens. You've got zucchini, beans, tomatoes, bell peppers, cabbage. Cooked vegetables like zucchini, cabbage, broccoli or yellow squash are all known for keeping you in the fat-burning mode. Okra is one of the best Mars Venus fat-burning carbohydrates. You will be amazed at that gooey okra, but it keeps you in the fat-burning mode. It even feels kind of really fatty, but it's a carbohydrate. Those are the vegetables to stick to.

If you eat cooked vegetables on their own, for some people the body doesn't recognize the food. And you actually get an immune response, in which your white blood cells increase in response, but if you combine cooked vegetables with raw vegetables, then you don't get that immune response. When you put something into the body that is not natural, it's like bringing an unknown guest into your house. But if you put the raw vegetables with the unknown guest, it's like your friend bringing a friend into the house. So the body doesn't react in a negative way. And also, make sure not to overcook them, but just cook them lightly, so the color in your vegetables is still bright.

The carbohydrates we want to stay away from are sugar-burning carbohydrates, the obvious ones of which are breads, pastries, pastas, potatoes, cookies, crackers, chips and rice.

We want to maintain even more effectiveness than what you achieved in the last two days because we are so toxic and the body is limited by how many toxins it can release in relation to the amount of toxins in the body. If you don't have good fats in your body, then your body can't release those toxins. Part of what we're doing is getting rid of old toxins, but we're introducing more fats into the system with our fat-burning. More fats enter the system and old fats are released, and the body uses the new fats to store for energy, kicking out the old toxins. You might think, "Well, gee. I don't want to be storing any fat." No. You're going to end up replacing old fat with good fat, and it won't be in excessive quantities. We always need a little fat on our body because that's our backup energy.

The unique challenges we face today

We are facing challenges in terms of our health that no generations in the past have ever had to face. One is obesity, never previously a major issue. Obesity comes directly from the abundance in our diets of carbohydrates, refined carbohydrates, and processed and artificial sugars. We are also breathing pollutants every day and drinking pollutants in our water. Our home environments contain toxic chemicals that the body doesn't know how to process, some of them actually poisonous. Others are not outright poisonous, but the body in attempting to counteract the onslaught creates more acid than it is capable of getting rid of. With our sedentary contemporary lifestyles we are not able to remove all those acids. The lymphatic system that removes toxins, acids, poisons and waste materials has become sluggish.

How this cleansing program fights back

A simple water fast or vegetable fast or juice fast just isn't going to make the difference. There is now so much impurity and toxic material stored in the fat cells. A vegetable juice fast, while superior to a fruit-juice fast, is still based on carbohydrates, and your body will still move more into the sugar-burning mode. The superiority of vegetables is that they have more of the minerals we need, minerals that help neutralize acids in the body. The problem is that the vegetables we eat, even when we're juicing them, come from soil depleted in minerals. Even most organic soils were used previously with fertilizers, and depleted to a large extent in the minerals we need. This cleansing program makes sure that throughout the day we're replenishing our body with minerals that continue to not only neutralize acids but help to activate all of the thousands of enzyme processes that also become sluggish without minerals.

In addition, we supplemented our fast days with the Super Cleanse containing extra enzymes that help our pancreas. Taking hormones or hormone replacement therapies, while giving people symptomatic relief, actually prevents the body from making its own hormones, and literally the glands become weakened and damaged. And that's even with a bioidentical 'natural' hormone replacement. The distinction 'natural' is stating only that it did originate from yams. All of the different hormones they make come from yams. And they run it through a whole laboratory, and change it into many different hormones. They're just getting their raw materials from that, much like the artificial sweetener Splenda.

'Splenda' is said to be natural because it is made from sugar and tastes like sugar. Well, it is a chemical, it has been taken from real sugar which in excess we know is toxic as well. But they take sugar and run it through a similar process to the one they use to make pesticides. The sweetener 'Splenda' and other sucrose products are essentially chlorinated sugar. We've talked about the toxic side effects of having chlorine in your system. So now they are chlorinating sugar, not a healthy way to go. What we are doing is helping ourselves to move these toxins out in a way that no one's ever done before, really. We've combined the wisdom of the past and we've updated it to the new challenges that we are facing.

However, there is a big piece of the puzzle—the phenomenon of global warming and its effect on the environment—that few people talk about, although as many of us know, it has been around for a long time.

Global warming and our health

Global warming is an increase of carbon causing the temperature to heat up and cause an ecological imbalance. It is caused by increasing carbon dioxide in the air, and when we breathe that air it has a significant effect on us which, I believe, is one of the foundational changes occurring over the last 30 years. Up until the last quarter of the 20th century, the quantity of carbon dioxide in the air was measured at one percent. Some metrics currently report 25 percent carbon dioxide in the air.

One effect of carbon dioxide is that it relaxes all of the strident muscles in the body, the muscles that surround the blood vessels. When those muscles relax, something called the dilation of blood vessels occurs, and more blood goes to your cells as opposed to when those muscles are constricted. A constriction of the blood vessels increases blood pressure, which we want to keep from being too high. However, when you're breathing in a lot of carbon dioxide, dilation of the blood vessels lowers blood pressure which means we eventually get dizzy, low energy, or have headaches or other symptoms. So we don't want too much carbon dioxide and we don't want too small an amount of carbon dioxide.

When we are suddenly inhaling a huge amount of carbon dioxide our blood pressure will immediately begin lowering. Now, lowering blood pressure is not a healthy thing. So our body motivates us towards doing things that will increase blood pressure to balance the lowered blood pressure. The main way the body can lower carbon dioxide levels when they're too high is to eat food. Whenever you eat food it requires your body to make hydrochloric acid, and hydrochloric acid is made from carbon dioxide.

Certainly we breathe out some carbon dioxide, but when you're breathing in so much carbon dioxide it floods the blood system. The body is constantly trying to get rid of this excess carbon dioxide to balance blood pressure, stay healthy, and get oxygen to the cells. So balancing the pH in the blood is a life or death issue. With too much carbon dioxide the blood will start to become too alkaline, while the body becomes too acid. Everything in the body is about finding balance.

Why do we love to eat?

We tend to want to eat. We all enjoy eating, we just feel good when we eat. And part of why we feel so good when we eat is that the body is lowering those carbon dioxide levels, producing carbonic acids from the lowering of the carbon dioxide levels. Carbonic acid in the blood then allows more oxygen to get to the cells, but more important, it produces the hydrochloric acid in the stomach, which then digests the food. When you put something in your stomach, regardless of what it is, your stomach is going to start making hydrochloric acid and begin lowering carbon dioxide. The exception to this is an acidic drink, a soda or cup of coffee, which will actually stop that process of producing hydrochloric acid. As we're eating more and more food we feel hungry because we've got to keep the body in balance and that's one of the ways we do it.

Now, another way the body keeps in balance when we're taking in too much carbon dioxide is that it says, "Okay, well, we can't make any carbon dioxide, we're trying to lower carbon dioxide. The last thing we want to do is make carbon dioxide." And guess what makes carbon dioxide? Fat-burning is the way your body makes carbon dioxide, that is the way a healthy body is designed to burn fat and make carbon dioxide. Then that carbon dioxide goes in the blood stream, and exchanges with oxygen, which then helps the cell burn more fat.

But as we've explored throughout this whole program, when we're under stress or we eat sugar we get into the sugar-burning mode. In order to survive the body says, "Hey, better than dying right now of low blood pressure because of all this carbon dioxide we're going to try to keep the carbon dioxide levels low. And we can do that by keeping us out of the fat-burning zone."

Sugar keeps us out of the fat-burning zone

We stay out of the fat-burning zone by eating sugar. All you have to do is eat sugar, carbohydrates, foods rich in carbohydrates—I'll remind you what they are because we want to stay in the fat-burning stage. We are talking about pastas, breads, cakes, ice creams, all those foods that taste so good and that we're drawn to. As a matter of fact, the things we crave are the things that typically will give us the energy we need because we're not burning fat. Burning fat produces 20 times more energy than sugar burning, so in fat-burning we have an abundance of energy. Our brain works so much better when we're burning fat. When we burn sugar our blood sugar will always be unsteady because it repeatedly fluctuates up and down, then up and down again. The brain doesn't have a steady supply of brain chemicals either, which causes mood swings or less energy during the day, less focus, less motivation, more acid in the system. It gets into our joints and muscles and causes pain such as fibromyalgia or arthritis. These conditions are caused by excess acid.

When we can get back into the fat-burning mode we have the foundation of health. Even if we are sick, in the fat-burning mode our body can begin to heal itself. When we are out of balance we can find the things that will reestablish balance and give our body the ability to heal itself. The body has a very difficult time doing that when we're in the sugar-burning zone. And if the body says, "Well, hey, if I stop burning sugar I'm going to burn fat for energy. But if I burn fat for energy I'm going to make carbon dioxide and you're already pumping more carbon dioxide into my body. I can't take this much carbon dioxide." What is happening today is that the whole environment of this planet is suffering from carbon dioxide exposure, and we as organisms are suffering from carbon dioxide exposure, and no one yet has made this discovery.

Counteracting the effects of carbon dioxide exposure

This cleansing program is so effective because we are counteracting the effects of carbon dioxide exposure. We've provided the conditions to allow the body to get back into the fat-burning mode and produce carbon dioxide in spite of all that extra carbon dioxide. The way we do that in this program is by making sure that we're not depriving ourselves of calories. We have our shakes and we eat lots of fat. During our fasting days if at any moment we start to feel hungry we grab a cup of coconut tea.

In cases where people were blocked and not losing weight I had them take up to six tablespoons a day of coconut oil during their fast. And they actually began losing more weight again. Not everybody needs to take that much but it is a key factor in the whole process. We're not trying to lower calories.

The whole idea that less calories will produce less fat *seems* to make sense but it just doesn't work. The theory that if you burn more calories than you eat, you will lose weight also doesn't work. I am offering you a wider perspective and a bigger picture. When you focus on the data, the caloric count, it is just simple mathematics, that's like addition. Now we're into algebra, and in

algebra all the rules change. I was explaining to a weight-lifter the other night, who was saying that it was all about just getting in there and working off those calories. And I said, “You know, if I eat the right calories, the fat-burning foods, then my body will heat up and burn those calories. If they are the wrong kind of calories, of course, I’ll gain weight.” Most people are eating the wrong kind of calories and being attracted to them because they don’t have a way to get into the fat-burning zone. The body’s job is to try to stay alive, and the brain has been doing its best to achieve that by just eating more food. Food feels good, but the problem is that eating the wrong kind of calories can create terrible side effects.

Eat fat, grow thin...

The answer is that we eat lots of fat. Eating a lot of fat will also cause the body to continue producing hydrochloric acid. If you want to eat snacks in a world that is marketing food made of carbohydrates and sugar, our program solution is to basically ‘go nuts.’ I am reminding you to eat a whole lot of nuts. Because the big question people have on the cleanse is, “if I stop cleansing what can I do to maintain the weight loss I’ve achieved and this wonderful energy level and sense of well-being?”

If it is time for you to go off the cleanse and you’re making that choice I want to discuss now what you can do. For those of you who are wondering, “Well, should I go on another cleanse?” what I ask you now is, “Was this difficult for you? Would you like to go on a cleanse? Are you liking how you feel?” What I want you to know is you can immediately stay on this cleanse and keep going until you get to the ideal weight for you, the way we’ve been doing it.

This is not a nutritional deprivation program. It is actually one of the best food plans you can follow. You wouldn’t have to strictly follow this regimented food plan to continue losing weight and getting better health, you can choose to do so at a slower rate. If you want to accelerate it and you enjoy the program you can continue doing one week after another week, after another week. That works out just fine.

Maintenance program

In the maintenance program after doing this cleanse you continue with the basic Mars Venus Wellness Solution and stick to those basic foods in the columns until you get to your ideal health. Occasionally you can be flexible and step out of those routines, then just come back and find balance on the program.

The first step is drinking a Super Cleanse the first thing every morning, along with two Super Minerals. Then do 15 to 20 minutes of the bounce & shake exercises. You can purchase a DVD of the Isoflex exercises at my Mars Venus website, www.marsvenus.com. There are four different routines, each about 15 to 20 minutes. This gives you variety and works different parts of your body. They’re very easy and effective. That’s the first step of the Mars Venus Wellness Solution—drink the Super Cleanse in the morning and take two Super Minerals, do about 15 to 20 minutes of exercise and then nourish your body with the Mars or Venus Shake.

My recommendation is to have two scoops of the shake unless you decide to eat something else for breakfast. If you have something else then use two scoops. For many people that is enough but I like to do three and give my brain a lot of nutrients. We are not burdening the body with too many calories. So you’ve got the two scoops in the morning. Keep in mind that if ever you’re feeling like you’re not making it through until lunch you can have nuts as your snack.

If you feel you’re not getting enough at breakfast then you can have an egg. Eggs are a great supplement to my program. And don’t worry about eggs raising your cholesterol levels. A Harvard study found that two eggs a day will not affect your cholesterol in a negative way. Eggs can help your body dramatically, particularly if you’re in fat-burning, in which case your body will take that egg yolk and convert it into hormones. A raw egg yolk is the best source of

hormone production. You can cook it over-easy so that the yolk is still somewhat runny. Or you can add that raw egg to your shake. It is perfectly fine. Don't worry about salmonella poisoning, that can happen in the handling of the outer shell of the egg. The egg inside is completely sanitized.

The Mars Venus Wellness Solution consists of Super Cleanse and minerals, a little exercise, your shake in the morning. Then have a nice lunch and dinner just as we described in the program, and always include with your lunch, with your salad, lots of nuts. Nuts are our salvation in this program. If between meals you feel hungry do not use willpower. The people who had problems and didn't lose four to six pounds a week were the ones trying to get through that time with willpower. If you're hungry, eat nuts.

Let's 'go nuts' for fat burning...

If you're interested in burning fat, your most powerful nut is coconut and coconut oil. You can simply make warm tea with coconut oil, and remember that when you take that tablespoon, or even two tablespoons of coconut oil, it is not going to put weight on your body. If I eat a lot of coconut oil all it will do is heat my body up uncomfortably because it is going to burn. Your body doesn't store coconut oil as weight. Another benefit of coconut oil is as a natural laxative that will keep you regular. Coconut oil has lauric acid in it—the only food in the world that has lauric acid other than mother's milk. It is a primary necessity for building and nourishing the brain and strengthening the immune system to keep that little baby healthy.

In terms of nuts, the most powerful fat burner is the pine nut. The pine nut is high in pinolenic acid and has the effect of stimulating your body to burn fat just as coconut oil does. The almond is often called the 'king of nuts' because it is the only nut that actually produces a greater alkalinity in the body. So it, in itself, will neutralize its acids. Plus, it is the highest source of magnesium you can get. Women particularly need plenty of magnesium, because that's what you're losing in your period, and without magnesium your thyroid doesn't function well, constipation can set in, it may be difficult to relax, and you don't sleep well. Magnesium is a super Venus mineral, not that we men don't need it as well, but almonds are magic. They also have potassium, important for hydration of the cells. They are also, of all the nuts, highest in fiber. And fiber is really key because we've got to keep those bowels moving.

Brazil nuts are highest in selenium, something most people are deficient in. And if we don't have enough selenium then we can't utilize vitamin E, which is the vitamin necessary to assimilate oxygen. We cannot fat burn without vitamin E and we can't use vitamin E without selenium. So Brazil nuts are fantastic. Walnuts are rich in omega-3. We already have them in the shake. Omega-3 helps build the brain, and particularly helps to make the brain chemicals, particularly serotonin.

Now, here comes the low fat nut, the cashew, lowest in fat and highest in iron. As we're increasing fat-burning we need to replenish the iron we're quickly using up as we make the hemoglobin, which is going to deliver extra oxygen to our cells, so no limit on cashews. One little thing about cashews is when you hold a cashew you'll see it has this little prickly point at the bottom. It's always good to just click that off. That's not easily digestible and not good for you. Macadamia nuts are rich in iron and also rich in vitamin E. Pecans are a wonderful food that stimulates fat-burning. Often people associate pecans with intelligence and brainpower because they actually look like the brain. Pistachios are also high in iron and phosphorus and are good for the bones, and they have a sort of aphrodisiac effect.

We have super-good seeds. Pumpkin seeds are very high in zinc. Men need lots of zinc to reduce prostate swelling, but pumpkin seeds are excellent for both men and women, because if your body doesn't have enough zinc then you can't make hydrochloric acid. Zinc is the mineral necessary to convert carbon dioxide into carbonic acid that then converts into hydrochloric acid. And to make that conversion you need zinc. A zinc deficiency will keep your body out of

balance. Sesame seeds (generally we eat sesame seeds in tahini) are the richest source of calcium that you can find, in a form of calcium that is easily assimilated. Sunflower seeds are one of the best snacks to take on a trip, to carry anywhere. They're high in fiber and vitamin E, they help oxygenate the body to burn fat efficiently, and they are the highest source of GLA, a fat-burning ingredient.

So that is another review about the value of nuts. I hope you'll be motivated to start eating nuts and carrying them with you. It is fun to have a little carbohydrate with them, and the best in my opinion is the goji berry, little red berries you buy in packages at health food stores. Raisins are very high in sugar. A few raisins are fine, but too many can push you into sugar burning.

This gives you an idea of the various ways to continue the momentum when you have completed the cleanse.

The Seven Keys

Let's briefly go through the seven keys for nurturing ourselves in good health, happiness, and lasting romance.

Key Number One is to cleanse, **Key Number Two** is to exercise, **Key Number Three** is to nourish our body with good nutrition (that's what we've been talking about up until now). **Key Number Four** is to make sure we're getting enough sleep. Sleep is everything. And with the first three keys you'll be able to sleep like a baby. If you find you can't go to sleep at night then for a while just purposely get up earlier and do the 45-minute routine after you do the cleansing. By getting up earlier and doing more exercise you will sleep better at night. That is the key. It could also be that you're drinking caffeine. Caffeine is another one of those things that we do to create energy instead of burning fat. As long as you're depending on caffeine for energy your body is not going to be burning fat.

Key Number Five is our thinking, our thoughts. I'm going to breeze over this but it is a vast subject. I wrote a book on this called *How to Get What You Want and Want What You Have*. ([on sale at our website store](#)) If we're always focusing on what we don't have, then we're going to continue not getting what we want and that creates stress, which inhibits fat-burning. If we're bothered by the fact we don't have what we want now (that sense of, "I want it now, it's not happening fast enough,"), then we begin to resist what we have in our lives and focus on what we don't have, which will just draw into our lives more of what we don't have. We'll focus on that rather than see what we do have. And when you are able to appreciate what you do have the symptoms will be that you'll feel grateful, or happy, or enthusiastic or excited.

Confidence is another thing present when we feel we have what we need. When we're experiencing fear or doubt, then we just create more resistance in our lives. When we notice ourselves in these negative emotional states we just need to be aware of them, rather than resist them, and know that everybody has them. I have doubts and worries and concerns, I get upset, but I can recognize these and quickly let them go. Just feel it and don't waste your time telling everybody about it. Feel it and then change your thoughts so that you are now focused on what you do have. Practicing that discipline it is even more powerful than lifting weights. You're building a practice of generating thoughts, feelings and attitudes that result in actions that carry you toward your goals.

Key Number Six is to create the ideal environment. Be aware that every day our environment has an enormous effect on us. The food we eat is a major contributor to our state of well-being and health. Another aspect to our environment is how we bathe and wash ourselves. Chlorinated water in the shower is a toxic influence on our body. Chlorine, I believe, is one of the major contributors to today's epidemic of cancer. It can be eliminated through a simple chlorine filter, widely available on the internet and in many stores. And, please never drink tap water. It's just too toxic. Some of the bottled waters are not much better.

Creating a supportive, responsive environment is going to nurture our relationships as well, because without good relationships our stress levels will go up. Women need to create a sustaining, relational environment with time during the day when they can generate the hormone oxytocin, because that will lower stress levels and promote fat-burning. Experiences of harmony, cooperation, collaboration, and sharing means taking time to be with other women who can relate to what you're going through, who know how to listen, who can share in your stories and feelings. If you expect a man to be your only environment you will not be producing enough oxytocin. Men can provide something for you, but you've got to do 90 percent of it yourself by designing your own nurturing environments and getting that kind of stimulation.

Ideally, I'd recommend that every woman get a massage once a week to help stimulate huge amounts of oxytocin. If you can find the time to grow a plant or a garden, it's good to have something in nature that you're watering and caring for. Whenever you're in a nurturing environment you are producing oxytocin. Those of you mothers who have children right now at young ages obviously don't need to grow plants, you've got little children. A pet is also very great for producing oxytocin. I talk way more about this in my book *The Mars and Venus Diet and Exercise Solution*. ([on sale at our website store](#))

Men need to have an environment where they can be in their cave when they come home, a time to spend alone, at least most days. That could be sitting reading a magazine, doing research on something you enjoy, or watching the news, a simple distraction from the problems of your day. This will actually help you to rebuild testosterone. In addition, have a hobby or things you enjoy, like driving your car. This is one of my major testosterone stimulators and works well for my relationship, because I tell Bonnie anytime she needs somebody to drive her somewhere or go to the grocery store and pick something up, or drive somewhere and get something, just ask me because I'll hop in the car and that will raise my testosterone levels. If you don't take that time to rest and recuperate your testosterone levels will lower, you become irritable and grumpy, you certainly aren't going to fat burn, and your belly's just going to get bigger and bigger.

Key Number Seven in nurturing ourselves in this wellness program is to make sure that you share your gifts and define for yourself what your gifts are and how you can contribute to the world. We always want to keep expanding our goals and generating a bigger future to live into. Envisioning that future begins to define who we are becoming. So sharing your gifts is an essential ingredient of this wellness program. One of my daily goals as I set my intentions is that in three interactions during the day somebody is going to ask me how I'm doing and I'm going to tell them I'm doing great, and then I am going to tell them why. I'll share something about the Mars Venus Cleansing Program. This is an exciting part of my life and as I share it, it reaffirms to me what I'm doing, why I'm doing it. And as I give that gift to others and don't keep it a secret then it takes root and grows stronger in me.

Frequently asked questions

Asked during the phone conversations and answered by Dr. Gray

Q&A

Q: Can I substitute the organic flaxseed instead of coconut oil?

A: You won't get the same benefit. The coconut oil is an amazing substance. It does two things. One is that it has medium-chain triglycerides, which is a form of fat that cannot be stored as fat. So you can eat as much as you want within reason, and you won't gain any weight. It would just raise the temperature of your body because your body has to heat up to burn it.

Your body will burn that fat, and helps put you into the fat-burning mode. That's what's great about it.

Coconut oil has something called lauric acid, and that is what's in mother's milk—coconut is the only substance on the planet that also contains lauric acid other than mother's milk. This is a wonderful benefit that the mother gives to the child through breastfeeding because the lauric acid goes into the body and kills pathogens and strengthens the immune system. So here we are. During our cleanse we want to kill harmful parasites, fungi and yeast. The lauric acid comes in and does that job.

I wouldn't replace coconut oil. Let's say, for instance, my joints hurt, and I wanted to find more relief from that. Then I would also add flaxseed oil. Both flaxseed oil and cod liver oil are rich in omega-3, which helps promote brain function as well. We've got plenty of that already in our shakes—in your two scoops of shake, you're getting plenty of omega-3. But if you had joint pain, a bit more omega-3 would definitely help. If you feel you have heavy metal toxicity, and you're starting to get headaches or your mouth is starting to feel metallic, you'll taste the metals coming right out of you. You could take more omega-3 to help reduce the inflammation.

Most people don't realize that when you're experiencing pain, it is inflammation. All of the pain in the body is due to inflammation, and inflammation is due to a lack of the right prostaglandins to help the body reduce inflammation. Your body is crying out for oxygen to come to that area. And literally, what inflammation does is draw the immune system to it. Oxygen actually comes, it makes energy, and also kills bad bacteria. So while we're oxygenating ourselves through fat burning, not only are we washing away waste products, but we're also wiping out the overpopulated growth of unhealthy bacteria in our bodies.

Q: I am a diabetic, can I take the blackstrap molasses without my sugar spiking? How much should I add to my shake?

A: You can start with one teaspoon and see how you feel. Then you can go up to two. I wouldn't go up to three.

Q: I'm from Canada, and I notice the new minerals don't have lithium orotate in them.

A: Lithium orotate is not legal in Canada. It's legal in America. The regulations have yet been updated. Canadians still have a misunderstanding about lithium orotate, and I've explained this to people before, but I'll let everybody know in case you didn't hear it in my talk about what's in the products.

The Super Minerals contain all the basic essential minerals that the body requires. But what's unique that makes them Super Minerals is the bonding element. Every mineral has to bond with something to be delivered into the body. With calcium glutamate you can take huge amounts of it, and it will never get into the cell of your mitochondria. It just doesn't get in. If you just take a small amount of calcium and bond it to vitamin B13, which is orotic acid, it turns into calcium orotate. And the calcium is then easily delivered right into the mitochondria and starts stimulating fat burning. So the Super Minerals have calcium orotate, and also the Canadian version does. But what's not in the Canadian version is another one of the most important minerals in the Super Minerals, and that is lithium orotate. And lithium is similar to a drug. It's called a drug, but really, it's simply a mineral that the medical association has called a drug. And they bond lithium with glutamate or with citrate, and they give people a hundred times the dose that we're taking, a hundred times the dose of what the body really requires because it's the only way they can get the lithium into the brain.

What lithium does is fight depression, bipolar tendencies and schizophrenia better than any other remedy on the planet, but it has lots of undesirable, unpleasant side effects: sleeplessness, itchy skin, dry throat, dry mouth. Excessive amounts of lithium can actually cause huge weight gain because it interferes with thyroid function. But that's only if you're

taking a hundred times the dose of lithium, and that's what we want to keep in mind. If you were to take a hundred times the dose of potassium, you would have a heart attack instantly, and you'd die.

So any mineral, when taken at a hundred times the dose the body requires, will become toxic. That's the case with any vitamin or anything. But the medical community started using lithium in massive doses because it did help the brain produce serotonin, and it is the mineral very widely known to trigger the production of serotonin in the brain. It also helps to balance the dopamine and serotonin levels in the brain. It is an essential part of this program. Unfortunately in Canada, the government doesn't allow its use.

There are Internet companies where you can buy it, and I would recommend that you buy it if you can in Canada. Just do a search for lithium orotate, and you can probably buy it over the Internet. And just so you know, the dosage that I have in my Super Minerals is 4.5 milligrams of lithium orotate. It's definitely a benefit. I recommend getting it, particularly for this cleanse. It makes it so much easier. At the same time, the cleanse will still work without it. What I did put in the Canadian version of the Super Minerals instead of lithium orotate is a wonderful adaptogen called rhodiola rosea, and that has the tendency of stimulating the production of serotonin. But for those of you that have the American version, you have the lithium orotate.

And I'm glad that the question came up so I could explain it to people in case you haven't heard that explanation because you might show your Super Minerals to a doctor, and they'd have no idea what that is. They think, "Oh my God! You're taking the drug. This has to be regulated. This is against the law. You have to have a prescription for this." And you do not need a prescription. You do not—it is not necessary to be regulated. There has been massive research done on it. There's never a side effect with it, and it is completely legal in this country.

The Super Minerals also have potassium orotate, magnesium orotate, chromium, zinc orotate. These are all your essential minerals to make sure your brain and body functions so well during the cleanse.

One of the benefits of drinking a vegetable—like a carrot juice fast and various things like that—is that it's very rich in minerals. So without the vegetables, we're able to accomplish that by just supplementing with the minerals, and of course, all the trace minerals are there, as well.

Q: If someone has really bad constipation what over-the-counter things will work?

A: Soaking prunes and purified water is a good one. That is an excellent all-natural remedy. At your health food store you can find several different laxatives to take on a short-term basis. I don't recommend you use them for a long period, but when you're on the cleanse, you're just going to use them for a few days. There are many brands with generally the same ingredients. And they're okay, but you wouldn't use them long-term. One other approach is when you go off of the two days of fasting, on that day after, you want to start getting your bowels moving. Every time you have your shake, take two tablespoons of coconut oil, and then throughout the day, you do what's called a coconut oil tea. When you take coconut oil, add a little bit of molasses to it and more water—just enough to melt it—you have a little tea drink. And you have three of those.

So in effect, you'll be taking two tablespoons of coconut oil with each of your shakes—that's four—and then three other drinks. That's seven tablespoons of coconut oil, and that's a guarantee to lubricate anybody, as well as burn a lot of fat. That's literally almost 800 calories right there. Actually, it's a lot of calories, but it doesn't matter. We are not concerned with calories. We're concerned with the *right* kind of calories. And those calories cannot be stored as fat. They will only stimulate fat burning. Your metabolism will get higher, and

you'll heat up. That is a good sign. It will also get your bowels moving and make them healthy again. So that's another old-fashioned remedy for moving the bowels.

Q: *When do you use the molasses specifically during the program—the entire program?*

A: Put two to three teaspoons of molasses in the Super Shake. When you make your shake on a shake day, you add two to three teaspoons of molasses. Now, some people tend to be more hypoglycemic. Two teaspoons may be all that you can handle. I use three, and I'm pretty sugar sensitive, so this amount seems to be fine for me. Remember, our bodies are always a little different. But don't use more than a tablespoon. You could use two teaspoons, which supplies a large amount of iron in a form that's completely organic and easy to be assimilated by the body. That iron keeps making the hemoglobin to keep delivering more oxygen to the cells. So we'll have that immediately, and that is one of the reasons you'll get such a lift when you go off the fast and get all that iron again in the shake.

Q: *What products do you recommend?*

A: For the unrefined virgin coconut oil I use the Spectrum brand, which you can buy in a Whole Foods. Really, it's like butter (it will become solid at room temperature). It's a saturated fat that's really good for you. The molasses should be organic unsulfured blackstrap molasses

Q: *I learned that to maintain muscle, you need to feed your body one gram of protein per one pound of lean body mass. Doesn't fasting for a period of time make you lose muscle mass in the body?*

A: Yes. If you do it more than a couple of days, you'll lose some muscle mass. In this case, you're not losing any muscle mass. And what we've seen is people building muscle mass through this program with the growth hormone. So your body will still have protein that it can rebuild muscle mass with.

Q: *Should I minimize exercise while I'm on the cleanse?*

A: To say you don't need to would be a mistake for some people who are running five or ten miles a day, and there are some athletes on this program, as well. Athletes on the fast days if you work out in the gym with weights, just do it one of the days. I would suggest you do it the first day of the fast if you can. I am not saying you should work out, but if you do, you should shorten your workout. All you need to do is move your muscles to the point of exhaustion in 20 or 30 minutes. That's enough. Don't push it more than 20 or 30 minutes of weight lifting. With aerobic exercise, you can do hours if you want if that's what you're used to. Just make sure that you never push yourself out of the aerobic zone, which means that you never push yourself out into the zone where you would be out of breath. If you're out of breath while you're exercising, you're interfering with this fast process working.

Just exercise at the level comfortable for you—maybe go a little easier, but not a whole lot easier than what you're used to—just make sure to attend to your breathing as that is your body telling you if you're going into sugar burning or fat burning. When you're comfortable, your body has a chance to go into fat burning, and it stays in fat burning. If you're out of breath, that means you're pushing your body into the sugar-burning mode, and we don't want that to happen if we can avoid it.

Q: *How can I find out about lithium orotate?*

A: The lithium orotate is in the Super Minerals. The best website that explains lithium orotate is Vitamin Research Products—the website is vrp.com. They have volumes of research about the benefits of lithium orotate. From my experience in researching it, there are some people who will take the lithium orotate who really need it, and they don't get benefit. And that's because those same people are also not getting enough protein or omega-3 or a good source of B vitamins, or they're eating junk food and MSG and those types of things. What we have is a program that satisfies all the other ingredients so that when lithium is introduced into the

body in the amount that the body requires—a very healthy amount—the brain will be more efficient in producing healthy brain chemicals, and you can see that research. It's wonderful. They've done a great job. We have the same quality of lithium orotate that they have.

Q: *I am really cold after drinking the second shakes on the shake days. And I have been generally very cold.*

A: Some people do get cold in the process. It's been such a long time since they went into fat burning that they actually go into a cold reaction to move into the fat burning. I'll give you an example of this. It used to happen to me. When it's cold outside, your body will actually go into shivering in order to generate the heat. So you kind of create cold, and then your body will create heat.

One of the reasons we use ice in the shake is because ice makes your body cold, and then your body has to heat up. The metabolism has to increase to create the heat to restore the body temperature. It does happen that your body gets cold sometimes. And definitely in my house when I'm doing my fasting part, everything seems a little bit colder because I'm not eating any fat at that time. But as you start cleansing more, your body will say, "All right. We released enough toxins so that we will let you burn this fat."

Your body is still adjusting and getting used to the idea of dumping more toxins into your system. Sometimes when people go into that two-day cleanse, their body gets cold. And one of the nice things to do is just take time to sit by a heater. I have the best heater for this, which is a far-infrared heater, in case you'd want this information for future cleanses. An infrared heater generates a heat that goes into your body, rather than just warming up the air in front of you. You can find far-infrared heaters on the Internet, and they're quite nice little heaters that don't use a lot of electricity, either. It's just a light, and the actual heating element itself isn't even hot. This infrared light was developed by NASA. It's completely safe, and way more beneficial than sitting in front of a regular heater.

But anyway, keep warm. That's the answer. You can also, when you're cold, take a warm bath. Forty minutes in a warm bath will do wonders for fat burning. Epson salt added to your bath will help you to detoxify. It's really inexpensive, and that's magnesium salt, which will help pull toxins out of your body and keep you in fat burning. But first, before you take a hot or warm bath, make sure that you do something to reduce the chlorine. And you can order chlorine balls on the Internet, they're not expensive at all, and you just put them in the bath for a few minutes, follow the instructions, to neutralize the chlorine in the bath.

So you have a chlorine-free bath. You have heat. That will help warm up your body. That also puts you in fat burning.

Q: *Can we also drink the Super Lemon Cleanse hot to warm us up, John?*

A: If you heat it up too much, you could kill the enzymes. But if it's warm, you're not going to kill the enzymes, and it will warm up your body. You can also have a warm or hot peppermint tea during your fast. If you feel like you're going to have difficulty sleeping or relaxing, then make it hot chamomile tea. Hot water always helps to heat up your body, as well, if you're cold.

Q: *I was feeling really weak today, so I took warm water with one tablespoon of the coconut oil and two teaspoons of molasses. And within one hour, I was feeling better and not feeling weak anymore.*

A: That's our special coconut tea. If everybody can remember that one, that's so key. Why she was feeling better, again, is whenever you're running out of energy, in most cases, it is that you're experiencing some symptoms of temporary anemia, which is iron deficiency. When we do something really good for the body with fat burning, then we actually use up iron

faster because we're oxygenating our cells. With the coconut tea, her body suddenly could make the hemoglobin to keep delivering oxygen to the cells.

Another thing you can do to stimulate thermogenics is to put more cinnamon in your shake.. Extra cinnamon will work as a thermogenic and is also great for people with diabetes, as it helps your body to stabilize blood sugar better. You can put cayenne pepper in your Super Cleanse to help stimulate more of the fat burning in your body.

Q: How often after finishing my first Seven-Day Cleanse should I cleanse for maintenance?

A: It's kind of like asking, "How often should you wash your car?" My car stays pretty clean when I keep it in the garage. I don't have to wash it that often. When I go to the ranch, I don't have a garage, and it becomes the dirtiest car in town in three days being out there. Just look at your exposure to toxic environments and determine how often you need to cleanse. That's one thing.

The second thing is to look at your history of exposure to toxic food and toxic environments. If you have a history of toxic exposure, then continue to cleanse until you feel healthy. For instance, I have had allergies all my life, and when my allergies show up I start cleansing. They usually go right away, but during that last three days, if they start to come back, then I know I need to go into my cleanse.

Allergies are my weak link. For some people, their weak link is exhaustion. They feel exhausted, overwhelmed or tired. Keep cleansing until, in that last three days, you don't feel any exhaustion or fatigue or tiredness. For some people, lose their interest in sex as they're getting older. And if your interest in sex becomes less, you cleanse and cleanse and cleanse. And then, when it starts coming back, you know that your body's in that shape.

This cleanse is such an incredible program because it's not like starvation in any way. You're providing your body with a lot of nutrition and everything you need during that time. However, we want more flexibility in our diet, and I like flexibility. I don't want to always be following something this structured. But in order to get that result, I'm happy to follow a structure for a period of time.

Another way is to do a Seven-Day Cleanse and then go into the maintenance program. The maintenance program is a lemon drink in the morning—Super Cleanse and two minerals and a Super Shake. That's your morning. That's your maintenance program. If you've got good fat burning, that will keep you in fat burning as long as you eat the good foods. And remember, that's the magic. This is a lifestyle shift. The magic of these products is that they help you make that shift, and then support your ability to stay in that shift.

Q: Typically when I work out I sweat but since starting back after the cleanse I'm sweating two to three times more than before. My heart rate goes up a little higher than it typically does. Am I fat burning or is my metabolism higher?

A: Your metabolism is higher and your elimination is better. One of the healthiest things you can do in most cases is to be sweating. That's a good sign of a higher level of health.

Disclaimer:

These statements have not been evaluated by the FDA. The programs and products described herein are not intended to diagnose, treat, cure or prevent any disease. If you have a health condition, we recommend that you talk to your healthcare professional before embarking on any kind of program.

And let me say that when you're going to a health professional, and asking how this program might go along with your particular condition, if your expert has never gone through a cleanse, I'd find somebody else who's actually done that. Most health experts know nothing

about cleansing, and if they know nothing about it they certainly are not going to value it. There are an abundance of healthcare practitioners who are experts at cleansing. You'd want to see a person who's had experience and knowledge of fasting.