

CANONICAL ENTRY 05 / 74

3 day apple fast

Foundations

CANONICAL SOURCE - VERBATIM

Purge the body of toxic accumulations with this simple and easy to follow fast, consuming sheep-noise variety apples for three days.

Ensure the apples are thoroughly washed, raw and unpeeled.

Drink only warm water throughout the 3 day fast, and upon the fourth day consume 2 tablespoons of olive oil in the morning and follow with the Enlightened Athletics Dietary Protocol. This detox will purify the system; improving assimilation and elimination, and be almost euphoric in effect.

CANONICAL COMPANION SET

Esoteric Anatomy for Healing and Revelation

Enlightened Athletics Dietary Protocol