

Grape Juice Fast

How to make it:

- Juice a quart of grapes (*seeds and small stems as well*).
- Any type of grape is okay; however the dark, seeded ones are the best.
- A juice extractor or juicer is necessary.



How to take:

Drink **GRAPE JUICE** as often and as much as you want. Grapes are high in antioxidants and astringent properties, which help remove toxins from the body. Eating grapes and drinking grape juice always makes for an excellent fast. I have “fasted” people for over 75 days on just grapes. A 5 or 10 day grape or grape juice fast is superb and extremely beneficial.

Grapes and lemons are two of nature’s greatest lymphatic cleansers and “tumor busters.” I have seen lymphomas gone in forty-five days and stomach cancer gone in fifty-six days using these fruit juice fasts in combination with herbal therapy and a raw food diet.

