

## NEWSTART

### “Fresh Fruit Blend”

## Detox Protocol

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*simple, easy, tasty, inexpensive,  
flexible, powerful!  
it’s from the Garden of Eden!*



### FRESH FRUIT BLEND:

- **Blend fresh daily:**
  1. Papaya (newly ripe)
  2. Pommelo (grapefruit)
  3. Watermelon (red fruit AND white rind)
  4. Other choices:
    - Apple, honeydew, cantaloupe, mango, nectarine, peach, berries, cherries, bananas
    - Other fruits of choice
- **Adjust proportions to taste!**

### 3-7-day Detox:

1. 8-oz or 16-oz-glass FRESH FRUIT BLEND three to five times a day
2. Pure water in between courses

### Maintenance:

1. FRESH FRUIT BLEND:
  - Drink 16-oz glass of fruit blend early every morning before breakfast
  - Have two or three 8-oz or 16-oz glasses of fruit blend a day (before meals)
2. Eat a NEWSTART “First Class” Vegan Diet:
  - unrefined, whole-food, nutrient-dense, high-fiber,
  - high-antioxidant,
  - cholesterol-free, casein-free
3. Drink pure water throughout the day
  - Minimum 2 liters a day for most healthy individuals
  - (Ask your doctor for exceptions – heart and kidney conditions)
4. Avoid all TOXINS
  - coffee, decaf, black tea, sanko, cola, coke, soda, chocolate, refined sugar
  - tobacco, nicotine, alcohol, wine, beer
5. Avoid all animal products (*anything that has a face or a mother!* 😊 )

“If thou wilt diligently hearken to the voice of the LORD thy God, and wilt do that which is right in his sight, and wilt give ear to his commandments, and keep all his statutes,

I will put **none of these diseases** upon thee, which I have brought upon the **Egyptians:**

for **I am the LORD that healeth thee.**”

*The Bible, Exodus 15:26*



"May Heaven's beauty, power and love fill your heart today"

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*In this wide world, God's loving eye specially cares for you!  
And our prayers ascend for you each day.*

