

How-To: Lemonade & Grape Juice Fasts

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“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-nine days using these fruit juice fasts in combination with herbal therapy and a raw food diet.”

A word of caution (Nichlas Brandon):

Bear in mind that a lemonade or grape juice fast are both powerful approaches to initiating the cleansing process. Those whom are just starting out on their new journey toward regaining health from a past of defiling their bodies with overly-processed junk foods, dairy products, sodas, caffeine, smoking, and so forth, should proceed cautiously and consider that moving straight into a fast of this magnitude - too soon - can throw a person into rapid and strong cycles of elimination which are **NOT** tolerated or handled well by many.

Therefore, unless circumstances are urgent and immediate [fruit] juice fasting is called for, it is wise that you take your time, begin your transition and work yourself up in preparation for whichever fast you decide to undergo. “Dipping your toe in the water” with a mild green juice fast (≤ 2 US quarts of juice daily) or feast (> 2 US quarts of juice daily) will give you a first impression of what’s in store for you with the more aggressive fruit juice fasts - and what it’s like to abstain from solid food for longer periods of time.

Having some degree of good intestinal health is also important prior to commencing a fast, hence, in preparation for the fast, spending at least 1-3 months on a diet rich in raw fruits and vegetables along with a restorative herbal intestinal formula (e.g. a [Stomach & Bowels Tonic](#) formula) is worth considering.

**Making Lemonade:**

- 2 tablespoons of lemon or lime juice (approx. 1/2 lemon)
- 1/2 to 3/4 tablespoons of genuine Maple Syrup (not maple-flavored sugar syrup)
- Pinch (1/10 teaspoon) of Cayenne Pepper (optional)

Combine the juice, maple syrup, and cayenne pepper in a 10-ounce glass and fill with medium/hot distilled or R/O (reverse osmosis) purified water. (Cold water may be used if preferred.) Use fresh lemons or limes only; never use canned lemon or lime juice, or frozen lemonade or lime juice.

Cayenne Pepper may be used with this formula as it adds extra vitamin C and B-complex. It also increases warmth for an additional lift. For those not used to hot peppers, start with a dash and increase it as you are able. You may eliminate the pepper if you wish. Pure sorghum, black strap molasses or raw honey may be used as a lesser replacement when maple syrup is not available. You might wish to make a quart of lemonade for the whole day.

For a Full Quart of Lemonade:

- 10 cups distilled water
- 1 1/2 cup of fresh lemon juice
- 1/2 cup of pure maple syrup

Shake well and refrigerate.

How to Take the Lemonade:

Drink this lemonade as much and as often as you want, but drink only this lemonade, no other foods or drinks. This fruit juice fast can be done for 1, 2, 3 or up to 10 days easily.

**Making Grape Juice:**

- A juice extractor or juicer is necessary.
- 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. And always try to use organic grapes.

How to Take the Juice:

Drink this grape juice as often and as much as you want. Grapes are high in antioxidant and astringent properties, which help remove toxins from the body. Eating grapes and drinking Grape Juice only makes for an excellent fast. I have “fasted” people for over twenty days on just grapes. A 5- or 10-day grape or grape juice fast is superb and extremely beneficial.