

How to Prepare for a Session

Before your session, please avoid the following:

Sugar	Carbonated beverages
Refined carbohydrates	Corn
Fried food	Nuts –Peanuts, Cashews, etc.
Cow dairy	Eggs
Soy	Coffee
Alcohol	Broccoli
Cauliflower	Asparagus
Gum	Rice cakes

Essentially, you want to avoid any foods or beverages that cause you gas.

Remember, no food 2-4 hrs before and no liquid, including water, 1-2 hrs before.

Reading List

The P.H. Miracle - by Robert O. Young
Alkalize or Die - by Theodore Baroody
Back to Eden – by Jethro Kloss
Tissue cleansing through bowel management – by Bernard Jensen
Mucusless diet healing system – by Arnold Ehret
Rational fasting – by Arnold Ehret
Survival into the 21st century – by Viktoras Burroughs
Colon Health – by Norman Walker
Eat right by your type – by Peter D'Adamo

You may eat GOAT dairy

Goat Milk –Oak Knoll (regular, 2% and chocolate), Albert's choice, Coach Farm, Hail Family Farm
Goat Yogurt – Redwood hill Farms
Sheep Yogurt – Chatham Shepherding co.
Goat Ice cream - Laloo