

THERAPEUTIC FRUIT LIVE-IT HEALING PROGRAM

Eating Healthfully Takes Much Thought. Furthermore, to detox with a primarily fruit program requires much planning. THE WHAT: This Live-It Fruit Detoxification Program Cleanses Your Lymphatic System, Revitalizes, Rejuvenates, and Builds Your Cells Bringing Life to Your Life. THE HOW: You May Progress Through Each Level in The Order Laid Out Below or You May Start on Any Level or Stay on Any Level as Long as You Desire Until You Are Comfortable Going to The Extreme Level. You May Stay on This Program Until You Reach Your Desired Results. Each Level Takes You Deeper into The Healing Experience.

Level One Beginners One to Three Weeks			Level Two Intermediate One to Three Weeks			Level Three Extreme Level One to Three Weeks or More		
Choose Any Of The Fruits Listed Here And Blend Into A Smoothie, Cut Into A Salad, Juice Or Eat Whole			Choose Any Of The Fruits Listed Here And Blend Into A Smoothie, Cut Into A Salad, Juice Or Eat Whole			Choose Any Of The Fruits Listed Here And Blend Into A Smoothie, Cut Into A Salad, Juice Or Eat Whole		
Breakfast			Breakfast			Breakfast		
Fruits Mangos, Grapes Bananas, Figs, Dates, Apples, Pears, Kiwis, Citrus, Peaches, Pineapple	Berries Blueberry, Bilberry Goji & Acai Berry Strawberry, Goose Berry, Raspberry, Black Berry, Logan Berry	Melons Casaba, Honeydew, Cantaloupe, Papaya, Canary, Watermelon	Fruits Mangos, Grapes, Bananas, Figs, Dates, Apples, Pears, Kiwis, Citrus, peaches, Persimmons	Berries Blueberry, Bilberry Goji & Acai Berry Strawberry, Goose Berry, Raspberry, Black Berry, Logan Berry	Melons Casaba, Honeydew, Cantaloupe, Papaya, Canary, Watermelon	Fruits Grapes The Darker the Better	Berries Blueberry, Bilberry Goji & Acai Berry Strawberry, Goose Berry, Raspberry, Black Berry, Logan Berry	Melons Casaba, Honeydew, Cantaloupe, Papaya, Canary, Watermelon
Mid-Morning Snack			Mid-Morning Snack			Mid-Morning Snack		
Dark Leafy Green Veggie Juice, Fruit Juice/Smoothie, Fruit			Dark Leafy Green Veggie Juice, Fruit Juice/Smoothie, Fruit			Fruit Juice / Smoothie, Fruit		
Lunch			Lunch			Lunch		
Choose Any Of The Following And Have A Large Alkaline Salad Made With The Following: Romaine Lettuce, Butter Lettuce, Dandelion Leaves, Swiss Chard, Watercress, Arugula, Endive, Cabbage, Seaweed, Cucumbers, Tomatoes, Zucchini, Avocado, Peppers, Okra, Jicama, Celery, Onions, Olives, Artichoke, Assorted Sprouts			Fruits Mangos, Grapes, Bananas, Figs, Dates, Apples, Pears, Kiwis, Citrus, peaches, Cherries	Berries Blueberry, Bilberry Goji & Acai Berry Strawberry, Goose Berry, Raspberry, Black Berry, Logan Berry	Melons Casaba, Honeydew, Cantaloupe, Papaya, Canary Watermelon	Fruits Grapes The Darker the Better	Berries Blueberry, Bilberry Goji & Acai Berry Strawberry, Goose Berry, Raspberry, Black Berry	Melons Casaba, Honeydew, Cantaloupe, Papaya, Canary, Watermelon
Mid-Afternoon Snack			Mid-Afternoon Snack			Mid-Afternoon Snack		
Dark Leafy Green Veggie Juice, Fruit Juice/Smoothie, Fruit			Dark Leafy Green Veggie Juice, Fruit Juice/Smoothie, Fruit			Dark Leafy Green Veggie Juice, Fruit Juice/Smoothie, Fruit		
Dinner			Dinner			Dinner		
You may have a broth-based soup filled with alkaline vegetables. You may add seed-based grains (quinoa, wild rice, amaranth, teff, Buckwheat). You may have any of the variety of squashes and pumpkins. Steamed or roasted. However, try to eat your vegetables uncooked to preserve the enzymes and nutrients intact. Cooking changes the chemistry of the food denaturing the enzymes. If you absolutely need hot food, you can also pan-sear or grill zucchini and eggplant (do not eat raw). Season to help the taste.			Same type of dinner as first level. However, try to eat more living and uncooked food made in very palatable methods to preserve the energy and vibration of the foods to impart its life to you. Use herbs and spices to flavor your food.					
			Fruits will digest very quickly therefore eat up to 2000 calories of fruit to get enough nutrients for you body too use to rebuild and rejuvenate itself and to curb the hunger pangs or desire to eat dense food and snacks.					
						Fruits Bell Peppers Zucchini Squash Eggplant String Beans Okra	Berries Blueberry, Black berry, Strawberry, Goji berry, Bilberry, Acai Berry, Raspberry	Fruits Cucumber, Tomatoes Pumpkin Avocado Olives

Results Will Vary From Person To Person and Your Personal Results Will Vary Depending Upon How You Follow The Program, Your Health, How Disease Manifest In Your Body! In Other Words, Results Will Vary Accordingly...