

Seneca Indian Fast

First Day -eat all the fruit you want, apples (especially Granny Smith), berries, watermelon, pears, peaches, cherries, whole citrus fruits. (NO BANANAS, strawberries, oranges, tangerines or grapes!)

Second Day -drink all the herb tea you want including raspberry, green, hyssop, chamomile, peppermint, etc. You may sweeten the tea slightly with honey or maple sugar if you must (absolutely no other kind of sweetener, unless it is whole-leaf/ground stevia herb and not commercial “stevia” products sold in mass-market!)

Third Day -eat all the vegetables you want; have them raw or steamed or both.

Fourth Day -Make a big pot of vegetable broth by boiling cauliflower, cabbage, onions, green peppers, parsley, squash, carrots with tops or any other vegetables you like (*except potatoes, peas, corn, or other starchy vegetables*). Simmer for 1-2 hours, then discard the vegetables. Drink ONLY the mineral rich broth from this mixture; you may season it with sea salt and pepper.

Drink only the rich mineral broth all day.

The Seneca Indian Cleanse has the following effect:

Day 1-Cleans out the colon.

Day 2-releases toxins, salt and excessive mineral deposits in the muscles, organs and tissues.

Day 3-supplies new healthful, mineral rich bulk to the digestive tract to aid with future digestion.

Day 4-provides nutrients to the blood, lymph and inner organs

By Hanna Kroeger