

The Hallelujah Recovery Diet

Aggressively Supporting the Body's Innate Self-healing

Since most of us make little preparation for our health until facing a chronic condition, we may be in need of a much more aggressive approach to quickly equip the body so that it can perform radical healing in a crisis.

For this situation, we recommend The Hallelujah Recovery Diet, which is identical to The Hallelujah Diet but increases the number of servings of an optimally processed barley juice powder (fiber-free 100% juice powder processed at low temperatures to retain heat sensitive nutrients and live enzymes) and the number of servings of vegetable juice (2/3 carrot and 1/3 greens).

For example:

- Start with barley juice powder at 7:00 a.m.
- Then a vegetable juice at 8:00 a.m.
- Have another barley juice powder at 9:00 a.m.
- Alternate the two juices every other hour (skip juice during the lunch and supper hour and extend juices into the evening).

Juicing is the most efficient way to nourish the body at cellular level.

Consuming a vegetable or barley juice drink on an hourly basis will provide the body with powerful nutrition in an easy to assimilate form. These 12, hourly juices provide the body with a broad spectrum of naturally occurring vitamins, minerals, and trace elements often missing from our foods, that the body uses to rebuild its self-healing ability.

In addition to aggressive juicing, those using diet to aggressively support the body's self-healing have often implemented many of the following:

- Using a good probiotic supplement aggressively for 3 to 4 weeks by taking up to 24 billion CFUs three to four times daily to help in rebuilding a healthy balance of intestinal flora. Afterwards, many choose to continue a maintenance serving of 1 to 2 capsules daily.
- Using a good digestive enzyme with each juice and 2 to 4 with each meal for the first 3 to 4 weeks to maximize the absorption of nutrients from foods so that the body receives the most nutrition available from these foods.
- The use of curcumin, the biologically active extract of the turmeric spice, can help supply the body with an abundance of free radical fighting nutrients.
- Iodine supplementation to support the thyroid and the immune system.
- When following a plant-based diet, it is important to insure that a good source of essential fats is available. Taking 1 to 2 tablespoons of flax seed oil or 3 to 4 tablespoons of ground flax seed daily (if dealing with prostate issues, research indicates the use of flax seed rather than the oil may be more advantageous) will help meet the essential fat needs of the body.
- It is also important to avoid a B12 deficiency by taking a sublingual (dissolved under the tongue) B12 supplement (the active methylcobalamin form) daily.
- As the body begins cleansing, it is important that the toxins are eliminated timely and efficiently through optimal bowel function (2 to 3 well-formed stools daily). A good fiber supplement may be helpful in achieving optimal bowel function.
- Stress can have a detrimental impact on the body's ability to heal and should be eliminated.
- Ample amounts of sunshine are important for optimal production of vitamin D. If adequate sunshine is not possible, a vitamin D3 supplement can help meet the body's need for vitamin D. It is wise to have vitamin D levels tested prior to supplementation. Contact Hallelujah Acres for details regarding the availability of an inexpensive option for determining vitamin D levels.

It may take as long as 12 to 18 months of following an aggressive nutrition plan to provide the body with the best opportunity for rebuilding.