

Contents:

Liquid Feast Cleanse Manual

- A. From the Director
- B. The Benefits of Our Alkaline Lives
- C. Liquid Feast and More

Section 1: Cleanse Guidance

1. I Resolve to Live in the Now
2. Emotional Scale
3. Preparing-Cleanse Week
4. The Liphe Balance Liquid Feast
5. Detox/Cleansing
6. How to Amplify Your Cleanse (2pgs)
7. The Detox Bath
8. Toxic Facts
9. Symptom/Remedy Chart (2pgs)
10. Typical Day On the Cleanse
11. Dry Skin Brushing
12. Ayurvedic Oil Massage
13. Foot Reflexology Chart
14. Chlorophyll, Oil, etc (8 pgs)
15. The High Acid 'Forming' Diet
16. Sea Vegetables

Section 2: Products & Info

1. Alkavision Greens
2. Alkazon Mineral Drops
3. Nature's Complete Liquid Salts
4. The Benefits of Hemp Seed
5. Colon Cleansing Formulas
6. Why Do We Need Minerals
7. Benefits - Alkaline Ionized Water (2pgs)
8. Why Eat Organic Vegetables?
9. The Problem with Gluten
10. Where is the Protein?
11. Avoid/Substitute
12. New Discovery-Liquid Feast & Dementia
13. Cell Phone Radiation Awareness
14. Cell Phone Protection
15. Healthy Cookware
16. B12 Deficiency (2pgs)
17. An Avocado A Day
18. The Benefits of Chia Seeds
19. The Benefits of Coconut Oil
20. Turmeric
21. Fish Guidelines
22. Resources

Section 3: Mind/Body

1. What Would it Take (2pgs)
2. Shedding Light on Ourselves
3. Culling Out the Weeds
4. Plunging into the Deep
5. Qi Gong for the Lymphatic System
6. Five Tibetan Rites (2pgs)
7. 42 Ways to Rebounding (3pgs)
8. Shake, Rattle & Roll
9. Burning Desire
10. Burning Desire 2
11. Day Journal

Section 4: Recipes

1. Recipe: Liphe Balance Breakfast Shake
2. Recipe: Lemon/Lime Chia & Vanilla Shakes
3. Recipe: Almond Milk & Almond Shake
4. Recipe: Green Almond Milk Frappe
5. Recipe: Raw Soup
6. Recipe: Cauliflower-Tomato & Green Bean-Asparagus Soups
7. Recipe: Cauliflower-Celery & Broccoli-Cauliflower Soups
8. Recipe: Dressings
9. Recipe: Coffee Shake
10. Soak-Sprout Chart
11. Sprout DIY

Section 5: Transitional Recipes

1. Almond Cheese
2. Almond Flour Hemp Seed Crackers
3. Zucchini Hummus
4. Guacamole
5. Ana's Tempeh Vegetable Lasagna
6. Curried Vegetables
7. Cauliflower Pie
8. Raw Tomato Sauce & Raw Vegetable Pasta
9. Chocolate Avocado Pudding
10. Chocolate Chip Cookies
11. Butternut Squash Muffins or Cookies