



p u r i t i

Programs for Life

8 Day Purification Program
Manual



Puriti Pre / Post Eco Diet (Plant Based)

Before you begin your 8 Day Puriti Purification Program we would strongly advise you to follow the Puriti Eco Diet for at least three - eight days prior to beginning your program and at least three - eight days after the completion of your program. By following the Puriti Eco Diet you will prepare your body for purification and assist in the return of a healthy, balanced diet once you have completed your Puriti program.

To complete your 8 Day Puriti Purification Program you will require 8 x 1 day boxes, 1 day = 1 box, sachets are marked with the times of the day when the sachet must be used. This program should be followed exactly to provide you with maximum results.

IMPORTANT; The information provided is of a general nature and should not be used as a substitute for medical advice. If you think you may suffer from a coconut allergy, on heavy medication or a disease that requires medical attention, please discuss your symptoms with your general practitioner. This program is not intended to diagnose, treat, cure or prevent any disease. These products are grown and produced in Thailand in an FDA approved facility.

This program presents a method that can lead your
body to optimum health and vitality.

Honor your Body and your Body will Honor you.

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Welcome To Puriti

Congratulations, you are taking your first step towards a longer, healthier, happier and less toxic life.

Your 8 Day Puriti Purification Program has been designed, created and personally tested by the founders of Puriti in order to provide an accessible solution for personal purification, which can lead to optimum health and vitality.

In order to achieve the very best results, we highly recommend that you read, fully absorb and understand all the information contained in this manual.

Please ensure that your Puriti products are taken as per instruction in order to ensure maximum purification.

During your 8 Day Puriti Purification Program, only certain liquids and juices may be ingested. No solid foods of any kind are advised unless recommended by your physician or if you suffer from extreme drug or heavy metal toxicity.

If you smoke, drink alcohol or use recreational drugs, now is an excellent time to stop and consider your future health.

If you take prescribed medication, are under 16 years old, or there are any mental or physical concerns, you should seek the advice of your general practitioner before starting this program. If you are or think you may be pregnant you should not consider the program until after the birth. If you intend to breastfeed please wait until breastfeeding has completely finished before you begin your purification.

Most importantly, be committed to your program and your health, be well, love yourself and others and may you live a long, pure and passionate life!

PURITI

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Why Purify?

Toxic chemicals are everywhere in our world today. They easily find their way into our bodies through the air that we breathe the food we eat and the water we drink.

We also ingest foreign chemicals if we use legal or illegal drugs and if we indulge in alcohol or tobacco. Although your body is designed to eliminate toxins, it cannot always handle the overload present in today's toxin-filled environment.

Toxins not only come from external sources; they are also produced within your body during normal metabolism. Nutritional imbalances, mineral insufficiencies and food allergies can compromise your evacuation pathways, allowing the progressive build-up of toxins to impose a significant and sometimes overwhelming toxic burden on your body.

Your body absorbs and then excretes water soluble chemicals to which it is exposed. The fat-soluble chemicals are absorbed but not excreted. Toxins accumulate in your fat cells, cell membranes and become harmful internal poisons. When your body is under stress, it releases toxic chemicals from the fat which circulates in your bloodstream, thus creating more stress and ill-health.

To purify simply means to remove the harmful toxins that are being stored in your body which, in turn, allows your body the opportunity to achieve optimum health and vitality.

The Puriti Purification Program is designed to support your body's purification process by improving intestinal health so that your body can clear out excess toxins and operate at it's highest potential.

Box Contents

Puricaps

A herbal blend to aid purification

Purflora

Pre-biotics to replace friendly
bacteria

Purberry

Thai organic Mulberry extract to cleanse the body of toxins

Purigreen

A super food powder, to assist in blood purification, promotes kidney
function and clears the blood of harmful acids

Puroil

Organic virgin Coconut oil
To speed the metabolism

Purevac

A herbal blend to aid evacuation

Shen Nong Tea

Lemongrass, Galangal & Mulberry to
refresh and revitalise

Puriti Pakwan Tea

Sweet vegetable tea to aid
restful sleep

Puriti Tantra

A foot bath mineral to purify the skin

Daily Schedule at a Glance

7.00am	3 Puriti Puricaps
7.30am	30 Minutes Aerobic Exercise
8.00am	1 Puriti Purigreen & Puriti Puroil
10.00am	1 Puriti Purberry
10.15am	45 Minutes Swimming or Gym Exercise
11.00am	3 Puriti Puricaps, Fruit Juice & Puriti Puroil
11.30pm	Herbal Sauna/Steam & Spa Treatment
1.00pm	1 Puriti Purberry
1.45pm	Yoga & Meditation
3.00pm	3 Puriti Puricaps, Vegetable Juice & Puriti Puroil
5.00pm	1 Puriti Purberry
5.45pm	30 Minutes Walk or Swim
7.00pm	Evening Broth
7.00pm	Puriti Tantra Bath or Foot Soak
8.00pm	2 Puriti Purflora
9.00pm	1-3 Puriti Purevac & Puriti Pak-Wan Tea
9.30pm to 10.00pm	Lights out and restful sleep

The small boxes contain sachets for one whole day and should be taken in order.

The 8 Day Puriti Purification Program

The “Puriti Purification Program” is a comprehensive purification program which incorporates deep purification of the colon, small intestine and the other major organs. By purifying these parts of our bodies, all organs have an opportunity to function to their optimum level.

The program uses a blend of natural ingredients which purify the organs, supports and generates cell rejuvenation. Puriti recommends fresh fruit and vegetable juices whilst on the program combined with a gentle exercise schedule designed specifically for your needs.

The 8 Day program removes toxins, old waste matter, mucoid plaque and intestinal parasites from inside your body. All of these contaminants create ill health and life cannot be lived to the full if these toxins, parasites and impurities are allowed to fester within.

This program should be used by anyone who has a deep-seated desire to be well. Many people who have completed this program have reached their target weight and enjoyed more energy, clarity and vitality. Research shows that purification helps a variety of ailments including depression, joint pains, backaches, skin problems, fatigue, emotional issues, loss of libido, lethargy and many more symptoms of today’s toxic and stress-filled world.

Purification usually starts with a purification reaction. The reaction has been described by some as “feeling like a train has run over me in the night” or “my body aches and I do not want to get out of bed”. This is a positive purification reaction which is a clear indication that your program is working. Be delighted with your progress, stay focused and motivated.

We recommend at least eight 8oz glasses of water per day at the rate of around one per hour. This water should not be iced or cold and can be taken in the form of Puriti herbal teas and electrolyte forming juices, for example: Puriti Shen Nong Tea, coconut water and carrot juice.

There is no magic key, no pill we can take to remove the symptoms and consequences of years of lack of consideration for our bodies. One must expect to “pay the price” in some way. This program makes it easier for you to get back on track with your health.

Once you have successfully completed your Puriti Purification Program the sensation of wellness becomes a reality and as the post-purification weeks progress you begin to experience the true wonder that comes only from a thoroughly purified system.

Our outer appearance is a reflection of our internal health. You may begin to feel vibrant and alive; you may enjoy a feeling of well-being and health. Your skin becomes flawless, eyesight can improve and your sense of smell may heighten. Psychologically, many people say that they feel “happy, relaxed and focused” sometimes for the first time in many years.

Upon the successful completion of the 8 Day Puriti Purification Program many people continue life with their new found health and knowledge. It takes discipline to give up old negative thought patterns, bad behavior and negative life styles. Purification, good nutrition and exercise are necessary to eliminate or at least reduce, illness and disease in the future.

Purification is a gift to yourself. It is a simple and natural process to engender a feeling of well-being for the rest of your life.

By following a healthy lifestyle, many of us may be lucky enough to reach 100 feeling fit and emotionally content. Optimum health and vitality are more than just a possibility; they are a reality!

Puriti supplements...

Puriti Puricaps

A blend of certified organic Thai herbs, which tones, cleanses and supports the body whilst gentle purification takes place. The herbs used are as follows;

Garcinia; aids weight loss and appetite suppression. **Asafoetida**; eliminates Candida. **Neem**; traditionally used to treat skin disease, psoriasis, arthritis and eliminating intestinal parasites. **Bael**; cleans and tones the intestines.

The **Puriti Puricaps** are taken three times per day, with water, Puriti tea or juice.

Puriti Purigreen

Organic wheatgrass and burdock assists in neutralising toxins and carcinogens in the body.

It is excellent for balancing blood sugar and helps to eliminate heavy metals. Improves digestion whilst reducing high blood pressure.

An abundant source of detoxifying chlorophyll, moreover, they are extremely rich in trace nutrients that nurture the body's natural defenses.

Taken in the morning, mix with water, juice, or morning shakes.

Puriti Puroil

Certified organic, non-hydrogenated Coconut oil is one of the healthiest oils you can consume. Coconut oil contains nature's richest source of medium-chain triglycerides (MCTs).

There have been remarkable scientific studies done on Coconut oil and we encourage you to research this incredible gift from nature.

For further information on coconut oil please visit;

www.coconutresearchcenter.org

Please note the following regarding the Puroil.

- * Puroil is taken three times per day.
- * Add the **Puroil** to the last inch of your juice, some people find it more agreeable served this way.
- * It can be taken by spoon for those who enjoy the coco-nutty taste.
- * Keep above 75 degrees else it will go hard in colder climates.
- * Coconut oil is an excellent body moisturiser.

Puriti Purberry

Thai organic Mulberry extract contains plentiful nutritious elements, excellent for diseases of the digestive tract, promotes gastric juice secretion, strengthens the ability to digest and assimilate whilst eliminating abdominal distention and constipation.

Purberry, nourishes the blood and aids the detoxification process.

Used on a regular basis Mulberry has shown to be excellent for anemia, dizziness, insomnia, and heart-palpitations.

Taken three times per day, mix with pure water, fresh apple juice or fresh coconut water.

Puriti Purflora

Natural intestinal balancer, strengthens the immune system, combating allergies and other immune diseases in a natural wholesome way.

The rationale behind replenishing the body's intestinal flora gives a helping hand to the body which naturally contains a miniature ecology of microbes, collectively known as the gut flora.

The body's natural bacterial flora can be thrown out of balance by a wide range of circumstances including exposure to toxic substances in our food, water and air.

Taken at 8pm with pure water.

Puriti Purevac

Gently evacuates your body of waste products, helping to rid it of harmful toxins.

Senna acts as a laxative and stimulates the bowel action.

Licorice root soothes irritated mucous membranes.

Chamomile has been traditionally used as a carminative and is an excellent herb that benefits the central nervous system.

1-3 capsules to assist evacuations, taken at 9pm with pure water.

Puriti Pakwan Tea

A delicious Thai **Sweet vegetable** infusion used by generations of Hill Tribe elders, an excellent remedy for those who wish for a restful nights sleep, brew for 5-7 minutes for maximum results.

Shen Nong Tea

A delightful blend of energising herbs, **Lemongrass, Galangal and Mulberry leaf** are used to revitalise and cleanse the system. This tea can be drunk either hot or cold at any time of the day.

Puriti Tantra Foot Soak

For best results find a quiet comfortable place to relax, add Tantra to a bowl of warm water and have a fluffy towel ready to dry your feet.

Tantra & Ginger: add **Tantra** crystal powder and 2 tablespoons of ginger to water. Soak feet for 30 minutes.

Tantra and Coconut Oil: add **Tantra** crystal powder, one cup of sea salt and one cup of coconut oil to foot bath, soak for 20 minutes. Watch you don't slip after you have finished, it's always better to have a towel ready for your feet.

Normal Symptoms of Purification at a Glance

You may experience “feeling worse before feeling better”. This is due to an overload of toxins which are moving through your body. If you get any of these symptoms be kind to yourself and listen to your body.

The symptoms below should be embraced as a positive sign that your body is clearing toxins out of your system. Follow the recommendations to assist your body during your program.

Headaches - A glass of coconut water or carrot juice. Eat a baked potato if you wish to slow down the healing process

Heartburn - Eat a banana, ensuring that it is properly chewed before swallowing

Nausea - Rest

Aching Bones and Joints - Massage and exercise

Irritability and Anger - Stop and remember you are purifying

Evacuation Process Slow - Increase your dosage of Purevac

Unable to focus on anything - Persevere and it will pass

Tired and Lethargic - Listen to your body and get plenty of rest

Please remember that the cure comes from within and generally from the head down.

If you have no strong physical reaction to this program; congratulations, you have a strong and healthy system and are well on the way to optimum health and vitality.

If you do have a strong physical or emotional purification reaction to this program; congratulations, you will soon have a strong and healthy system.

Healing Opportunity

A healing opportunity may occur at any time when the body is releasing toxins faster than it is able to eliminate them. The liver is the primary organ which filters the toxins. If the liver is unable to handle all of the toxins a healing opportunity may occur.

Any kind of discomfort whilst purification is taking place is usually due to the removal of toxins from the system. Some people may experience the following symptoms:

Headaches, aching muscles or joints, fever, sweating, body odor, rashes, bad breath, loss of appetite, insomnia, weakness or exhaustion and irritability.

These symptoms are all evidence that the liver is weak, sluggish and unable to do its job. As a result the body is forced to remove the toxins in other ways; via the skin, lungs and urine, to some degree poisoning your system upon evacuation.

One of the most important elements for controlling the healing opportunity is to acquire a full electrolyte reserve. We suggest that one 8oz glass of coconut water or vegetable juice be drunk at least twice a day. Both of these juices are rich in electrolytes and will help top up depleted reserves.

The Puriti Puricaps will greatly reduce the effects of these toxins which will be entering the blood stream. It is also imperative that sufficient water and Puriti Shen Nong Tea is drunk through out the day, as this will assist in the evacuation of toxins and help flush the liver, so reducing the negative reactions.

It is also recommended that hot baths or foot soaks are taken daily, using Tantra the Puriti Bath or Foot Mineral, as part of the skin purification regime. Dry skin-brushing, steams, saunas, body wraps, scrubs and massage will also assist with the elimination of any toxins.

A healing opportunity may mimic any disease or condition you may have had in the past. It may last hours or days depending on the toxicity levels within your body. The healing opportunity is a sign of progress; it means that your body is successfully removing the harmful waste products and emotional negativity which have been stored for many years.

It is sometimes difficult to keep the larger picture in mind when you are expelling toxins from your body. Be aware, it is quite normal to feel a little irritated and angry, however, it will pass as you continue with your program.

If whilst on this program you suffer from headaches the best remedy is to drink coconut water. If you find this does not help and the headache is debilitating, please eat a baked potato. See recipe on page 36 under heading "The Last Resort".

If you find you have heartburn, drink one glass of coconut water. If this does not alleviate your symptoms then please eat a banana. The banana must be eaten slowly and chewed until smooth in consistency before swallowing.

Above all stay strong, this part of the program is only temporary and does not usually last for longer than four days.

When the healing opportunity passes, optimum health and vitality are able to return.

The 8 Day Puriti Purification Program is designed to eliminate toxins gently from your system; your first purification will not remove all toxins from your system. Puriti would therefore advise you to purify your system three times in the first year and twice per year thereafter.

Possible Symptoms

Whilst on your Puriti Purification Program your body is becoming alive, active and is throwing out poisons rapidly. Your body is beginning to build power. When toxins are discarded from your body it can prevent serious diseases. These can manifest over time if you allow the toxins to remain.

The following symptoms may occur at the beginning of your program: headaches; fever and or colds; skin eruptions; a short interval of bowel sluggishness; occasional or frequent diarrhoea; feelings of tiredness and weakness; disinclination to exercise; nervousness; irritability; negativity or mental depression; frequent urination and other symptoms associated with purification.

People who have had a tendency to suffer from recurring skin rashes or eruptions will tend to eliminate poisons and harmful toxins through their skin. New rashes or eruptions may occur during your purification but will pass quickly as you move through your program.

Colds or fevers which you have not experienced for many years may re-occur. This is nature's way of 'house cleaning'. Understanding that these symptoms are a positive by-product of the process, even though unpleasant, may lessen such symptoms. Please do not try to stop these symptoms by the use of drugs or vitamins. They are part of a curing process; do not try to cure a cure.

The great majority of people find their reactions tolerable and are encouraged to bear with them because of the many improvements that are occurring and are becoming more evident with each day. This generally acts as an inspirational force - effort is equal to reward.

The symptoms will vary according to the toxins being discarded, the condition of the organs involved in the elimination and the amount of energy you have available. The more you rest and sleep when symptoms are present, the milder the symptoms will be and the more quickly they are terminated.

Those who have lived healthier lives in the past; those who have eaten healthier foods and those who have abused their bodies less will have differing reactions. These can range from almost none at all to mild purification symptoms which may be uncomfortable.

Those who have lived toxic lives and have poisoned themselves with poor diet, alcohol and tobacco may experience more severe symptoms. If the liver, kidneys, or other important eliminating organs have been damaged, they have to be healed. Resting these organs is an excellent way to heal and regenerate them. This regenerating process takes commitment; give it your best and reward yourself with a lighter, brighter and healthier future.

Be happy that you are experiencing healing symptoms. Realize deeply that your body is becoming younger and healthier every day you commit to your health and wellbeing. You are throwing out more and more toxins that would eventually bring pain, disease, and suffering. Those who have the worst symptom reactions and still follow through to their successful termination are thus avoiding some of the worst diseases that are prevalent in our society today.

It is important that we give ourselves the best possible opportunity to experience optimum health and vitality; to live our lives to the full whilst enjoying all that the world has to offer. We do not have to accept sickness and disease as we mature; we can have a healthy and fulfilled existence.

Make a difference in your life!

Be your body's best friend!

Systems of Purification

The five major systems of purification are the Gastro-Intestinal System (GI), the Liver, Skin, Lungs, and Kidneys. As with all other aspects of the human body, no one organ or system is isolated from the others.

By following your 8 Day Puriti Purification Program, all systems can be supported.

GI system: The GI system has various defense mechanisms against bacteria, viruses, yeasts, parasites and toxins. It is protected by enzymes, mucus, normal intestinal bacteria and intestinal secretions.

A diet rich in organic vegetables, fruits and whole grains provide needed fiber to ensure proper elimination and optimum health and vitality.

Liver: The liver is the major organ for the elimination of toxic waste. It processes all the foreign chemicals to which we are exposed every day. Using a complex system of enzymes the liver transforms these toxic chemicals into water-soluble compounds.

These compounds can then be released and eliminated from the body through the kidneys and GI tract. Hormones such as estrogen and testosterone are also metabolized in the liver.

Signs of a poorly functioning liver include: poor digestion, gas, constipation, frequent headaches, skin problems, irritability, loss of libido and infertility.

Skin: The skin is the body's largest organ and through a good exercise program, consisting of at least 30 minutes per day, toxins can be removed quickly and efficiently. Aerobic workouts assist in the elimination of toxins through perspiration and increased circulation. The regular use of a sauna is a great way to achieve similar results.

Kidneys: The kidneys filter blood, drain waste and are important in eliminating water-soluble chemicals. In addition, they regulate pH balance, calcium metabolism, electrolyte balance and extra cellular volume.

Drinking plenty of filtered water is necessary for proper elimination through the urinary system.

Lungs: The lungs have the greatest exposure to the environment. Gases, small solid particles, and contents of liquid aerosols can easily enter and be deposited within the lungs.

The lungs have immune responses and antioxidants to protect against inhaled organisms. They secrete mucus and contain enzymes to metabolize harmful substances.

We all have the ability to be healthy and happy. Your 8 Day Puriti Purification Program will kick-start the natural healing process within.

Effort Really Does Equal Reward

Undersanding your digestion

Ingestion

Always chew your food and eat slowly. This gives your body the best possible opportunity to digest and assimilate your food. Once you have chewed your food and mixed it with saliva, it passes into the esophagus. The enzymes in your saliva have already started the digestive process and at this point the food has become a soft paste.

It is then propelled towards the stomach via the gullet by a series of muscle contractions, known as 'peristalsis', which are waves of involuntary muscle contractions that transport food, waste matter and other contents through your intestine.

Digestion

Your stomach is a muscular bag closed at the top and bottom by thick muscles that act as one-way valves. Your stomach wall contains special muscle fibers that start to churn your food. Glands in your stomach then secrete acidic gastric juices, which turn your food into liquid. Your stomach secretes as much as three litres of gastric juices a day. It is vital to maintain a good diet to ensure the health of your digestive system.

Absorption

After the stomach, your liquefied food travels to your small intestine via a further process of peristalsis. Your small intestine is a tube of muscle 6 meters long; at this point water, fat and protein are taken from your food. This part of your digestive process is undertaken by enzymes in your gut wall, as well as by juice from your pancreas and bile from your liver. The contents of your small intestine pass to your large intestine or colon. Although only 1.5 meters long, it is called 'large' because it is much wider than your small intestine. This is where additional water, salts and minerals are removed from your food.

Evacuation

The final stage of the journey is towards your rectum, where waste matter is formed into stools and expelled via your anus. Your digestive system is a highly tuned system which ensures that your food travels at the right 'pace' and in the right 'direction' thus allowing for proper digestion. This in turn leads to optimum health and vitality inside and outside your body.

Being in Balance Acid -v- Alkaline

Alkalinizing your body fluids, balancing your pH is one of the single most important health regeneration benefits available. Disease-causing microforms (fungi, bacteria, viruses, etc.) cannot survive in an alkaline oxygenated environment.

Inside the human body the acid-alkaline balance is as important as the air that you breathe and your heart continuing to beat. Since many functions in your body occur only at a certain level of acidity or alkalinity it is important to maintain a healthy balance.

Many enzymes and chemical reactions in your body work best at a particular pH level. A small change in pH level can have a profound effect on body functions. For example: muscle contractibility declines and hormones such as adrenaline and aldosterone increase as your body becomes slightly more acid.

Balanced body chemistry is of the utmost importance for the maintenance of health and correction of disease. Acidosis, or over-acidity in the body tissues, is one of the basic causes of many diseases, especially arthritic and rheumatic. Your health can be seriously damaged by failure of the mechanism that controls the acidity of your blood and other body fluids or body tissues.

It is, therefore, vitally important that there is a proper ratio between acid and alkaline foods in your diet. The natural pH level in a normal healthy body is between 6.4 to 7.0. When the ideal ratio is maintained, your body has a strong resistance against disease.

Alkalis neutralize the acids; therefore in the treatment of most diseases it is important that your diet includes plenty of alkaline foods. These offset the effects of acid-forming foods thus leaving a safe margin of alkalinity within your body.

Puriti Purification Program

The Shake Plan

Aim to drink eight 8oz glasses of water per day.

The fruits and vegetables included in your program are to be juiced or blended as described in each recipe.

All drinks must be drunk at room temperature to allow for maximum assimilation of vitamins and minerals.

Please Note: Coconut oil becomes solid if added to cold drinks or put into the fridge.

Please ensure that your oil sachets are kept at room temperature.

A Coconut a Day Keeps the Doctor Away

The western world has been brainwashed into believing that coconut oil is a harmful saturated fat. This information was created by Phil Sokolof, a US millionaire, President of the National Heart Savers Association in the US and a recovered heart attack patient. Sokolof ran full-page ads in the US daily's in the 70's, which bannered coconuts as responsible for "THE POISONING OF AMERICA".

He accused food companies of poisoning America by using saturated tropical oils such as coconut oil. His position was based on results which used partially hydrogenated coconut oil for the tests (hydrogenation is a synthetic process which improves stability but creates dangerous trans-fatty acids). As a result, major food companies, sensitive to consumer fears, started to reformulate their products even to the extent of putting on their labels "No Coconut Oil".

The replacement oils offered, which are now widely used are "partially hydrogenated" or "Trans Fats" oils launched by Crisco upon an unsuspecting world in the form of partially hydrogenated cottonseed oil. This was previously used in the manufacture of candles.

Crisco launched a major advertising campaign stating "A Scientific Discovery Which Will Affect Every Kitchen in America -- partially hydrogenated oil". Perhaps the banner should have read "A scientific discovery which will affect every heart in the world". This would have been more appropriate.

Trans Fats cause significant and serious lowering of HDL (good) cholesterol and a significant and serious increase in LDL (bad) cholesterol. They also make the arteries more rigid and cause major clogging of the arteries. They also produce insulin resistance which causes, or at least contributes to, type 2 diabetes and causes or contribute to other serious health problems.

It is estimated that "Trans Fats" are responsible for the untimely deaths of 100,000 people a year in the USA alone. From January 2006, manufacturers have to state explicitly that foods contain Trans Fats, along with the quantity per serving.

Virgin coconut oil (natural, centrifuged, un-hydrogenated) is one of the healthiest oils you can consume. Unlike many other common oils like soy (vegetable) and corn, coconut oil will not make you fat or clog your arteries. Coconut oil contains nature's richest source of medium-chain triglycerides (MCTs), which convert to an easy fuel for the body to burn, without turning to fat.

Coconut oil may triple your calorie burn. Since coconut oil is an MCT it is converted to energy so quickly that it creates a lot of heat. In a study published in the American Journal of Clinical Nutrition, MCTs burn three times more calories for six hours after a meal than LCTs (low-chain triglycerides).

Coconut oil is also great news for people who have thyroid problems since coconut oil improves sluggish thyroids by stimulating the production of extra thyroid hormones. Most other common oils, like vegetable (soy) and corn, have been shown to inhibit thyroid function.

If you are diabetic or borderline diabetic, consumption of most fats should be avoided. However coconut oil is different, because it helps to stabilize blood glucose levels and aids in shedding excess body weight. It is probably the only oil a diabetic should eat.

Many people with chronic fatigue syndrome and fibromyalgia have found that adding coconut and coconut oil to their diet is highly beneficial. Researchers have been finding that coconut oil is of great benefit to liver health. The medium-chain fatty acids in virgin coconut oil go straight to the liver from the digestive tract. The anti-microbial fatty acids can then clean the liver of harmful micro-organisms as well as protect it from free-radical reactions.

Research laboratories in the USA; have found that medium-chain fatty acids are effective against Hepatitis C infections. Studies have also shown that both natural palm and coconut oils are effective in preventing alcohol-induced cirrhosis.

People who traditionally consume large quantities of coconut oil as a part of their ordinary diet have a very low incidence of heart disease and have normal blood cholesterol levels. This has been well supported by epidemiological observations recorded in many studies. If anything the studies show that coconut oil is heart-healthy and that there is no correlation between coconut oil consumption and heart disease.

Coconut oil also helps to reduce platelet stickiness. It stimulates metabolism, will actually promote lower cholesterol and has been shown to reduce your chances of suffering a heart attack. Coconut oil has been shown to lower fat deposition, reduce the tendency to form blood clots and reduce free radicals in cells. It also lowers levels of blood and liver cholesterol and raises antioxidant reserves in cells and has also been shown to lower the incidence of heart disease in many of the population studies which have been carried out globally.

Coconut oil is stable for 2 years at room temperature, liquid at 76°F and solid at lower temperatures, making it an ideal, healthy, tasty “spread” replacement. It is harder for coconut oil to go rancid, unlike other poly-unsaturated cooking oils which are usually rancid long before you even bring them home. Rancid oils cause free radical damage in the body which is a leading cause of cancer.

Another wonderful part of the coconut is the water; it has been used for re-hydration and as a health and beauty aid in tropical regions around the world for centuries.

Coconut water from the young green coconut is low in calories, has no fats or cholesterol (thus reducing the risk of cancer) and has a natural balance of sodium, potassium, calcium and magnesium. This makes it one of nature’s greatest supply of fatigue-fighting natural electrolytes, an essential component of a healthy life.

Coconut water is naturally sterile, anti-fungal, anti-viral and anti-microbial. It lowers arterial pressure, heals the digestive system and has even been used intravenously, straight from the nut, directly into the human blood stream. It has been used in the battle field, providing emergency plasma transfusions to wounded soldiers and to stabilise the body's electrolytes, treating people who have suffered from severe dehydration.

The young coconut water can be removed from the nut and kept cold in the fridge, providing a refreshing drink. It is an excellent basis for smoothies throughout the day which not only taste great but replenish used electrolytes. Coconut water restores a natural pH balance and actively promotes weight loss due to the MCTs found in this highly-beneficial, biologically-pure gift from nature.

Due to misinformation by the western food giants, we have lost many of the health benefits that coconuts have given the people of the tropics for centuries. At Puriti, we believe that "A Coconut a Day Keeps the Doctor Away" and in today's world of forced, vacuum-packed, chemically-processed food the humble coconut continues to offer many answers to the spiraling decline of global health.

For further information on coconut oil please visit

www.coconutresearchcenter.org

Why Juicing is so Important?

We all know fruit and vegetables are good for us. Here are some of the reasons why juicing raw fruit and vegetables is simply the best way to gain maximum benefit from these foods. Notice the emphasis on 'raw', which means not treated by heat in any way. It is also important to distinguish fresh juice from the varieties found packaged in stores and supermarkets.

Juicing is an extremely efficient way of obtaining large quantities of high quality nutrients in the form that your body is most able to use. By breaking down the cells of the fruits and vegetables we juice, we release the liquid contents and discard the fibres we do not need, whilst purifying our bodies.

Conveniently, we are also discarding the majority of any residual chemicals which are believed to accumulate in the fibres. The juice obtained is rich in nutrients and is in a form that your body can easily assimilate.

Drinking several glasses of fresh juice each day is a delicious and easy way of obtaining an abundance of nourishment from fruit and vegetables that would otherwise require a great deal of time to chew.

Juice is an excellent source of nutrients because it is in a raw state, one which your body is designed to deal with, there is no accompanying loss of energy on digestion.

Fresh juice delivers all the health benefits to your body in an instant. Juices are purifying, cleansing, energizing, delicious and tasty.

For maximum taste and benefits please ensure that the Puriti juices are blended or juiced thoroughly. The taste will be affected if it is not correctly blended; aim for approximately one minute for maximum results whilst blending.

Additional Information

Fresh green coconut water provides the basis for many Puriti shakes. If you have an allergy to coconuts you can substitute the coconut for juiced carrot as the basis for the shake ingredients. If this is not to your liking then please substitute pure water as the basis for your Puriti Shake Plan.

Coconut Powder Recipe: Many supermarkets in the world today stock powdered coconut in packets; this product is an excellent replacement for the fresh young coconut water and flesh. Please ensure that there is no sugar or other chemicals added to the powder. Just add pure water and blend together, this can then be the base for the purifying shakes.

Carrot Juice: juice three to five carrots and use as coconut recipes if coconut is not available.

Water: add ingredients and blend as recipes.

THE LAST RESORT Baked Potato

Should the need arise to slow down your purification process, simply eat one baked potato for dinner.

Take one medium size potato, scrub until clean and prick several times with a fork.

Bake uncovered in the oven for a minimum of one hour at 190°F (more if you prefer a crispy skin) slice down the center and add a small drizzle of coconut oil and pepper to taste (no salt). Take care not to burn your fingers whilst opening and handling the potato.

Puriti Evening Purification Broth Recipe

The evening broth is to be drunk nightly; this broth will allow your body to assimilate the vitamins and minerals which reside in the water after boiling. The broth is rich in minerals and helps balance the pH of your body, promoting purification of all the tissues in your body.

Wash and clean your selection of organic vegetables (use organic wherever possible) scrub well but do not peel. Add the roughly cut vegetables to a large pan of boiling water.

4 carrots, 1 bunch of celery (complete with stalk and leaves), 1 bell pepper (cut in half with seeds removed), 1 onion sliced in half, 6 garlic bulbs cut in half sideways, 1 sweet potato, fresh herbs and an assortment of fresh seasonal green vegetables.

Do not include any of the cabbage family: brussels sprouts, broccoli, cauliflower, asparagus and spinach, as these vegetables can release toxins as they are being blanched. Please do not use salt.

Fill a large pan four inches from the brim with pure water and add your organic vegetables. Bring to the boil, occasionally skimming the froth. Pepper and herbs are to be added about midway into the process. Boil for approximately two hours, to a point where the vegetables no longer have any taste or form; they will now have transferred their healing properties to the liquid broth.

For a concentrated broth boil uncovered until the liquid level drops. For a regular broth, boil covered with lid.

Once finished strain to produce a top quality, ultra nutritious broth. You will have enough broth for approximately three nights; place in containers and either refrigerate or freeze for later use. Do not keep at room temperature overnight.

Miso may be added to the pan for extra taste. Miso helps to neutralize environmental pollutants in the body and is also considered to be a longevity tonic. Choose a lighter colored miso, as it tends to be less salty.

Shopping List for The 8 Day Puriti Purification Program

Quantities	Ingredients
12	Apples Green & Red
10	Asparagus Spears
2	Bananas
1 bag	Basil
3	Beetroots
1	Broccoli Heads
1	Cabbage Red or Green
1	Cantaloupe Melon
16	Carrots
2 pack	Celery
½ teaspoon	Cinnamon
620ml	Coconut Cream
2	Cucumbers
1	Dragon Fruit
1	Fennel
6 inch piece	Fresh Ginger
3	Fresh Figs
6	Cloves
1	Guava
3	Kiwi Fruit
1	Lemon Grass Stalk
1	Lettuce
5	Limes
3	Mangoes
1 bag	Mint Sprigs
1	Papaya
1 bag	Parsley
10	Mangosteen
1	Onion
1	Pear
2	Pineapple
4	Pomelo/Grapefruit
150g	Prunes Pitted
2	Red Pepper
1 bag	Seedless Grapes
1 bag	Spinach
1	Sweet Potato
12	Tomatoes
100g	Tamarind
32	Young Green Coconuts
1	Watermelon

Puriti Purification Program

8 Day Schedule

DAY 1

8.00am Banana Coco Smoothie

1 large banana, 1 coconut water, flesh of one coconut,
20ml coconut cream & 15ml coconut oil.
Puriti Purigreen Sachet, blend and drink.

10.00am Puriti Purberry Sachet

Mix with pure water, apple juice or
coconut water.

11.00am Taster

150g prunes pitted, 250ml of pure prune water,
1 apple juiced & 15ml coconut oil.
Soak prunes in hot water for 10 minutes to soften, allow
cooling before blending.

1.00pm Puriti Purberry Sachet

Mix with pure water, apple juice or
coconut water.

3.00pm Energy Boost

1 apple, 150g cucumber, 4 celery stalks,
½ fennel, 1 tbsp fresh spinach, 1 tbsp parsley, juice
of half a pomelo & 15ml coconut oil. Juice and
drink.

5.00pm Puriti Purberry Sachet

Mix with pure water, apple juice or
coconut water.

7.00pm Evening Broth

DAY 2

8.00am Bromeiain Special

160g pineapple, 140g pomelo, juice of 1 lemon grass stalk,
1 coconut water, flesh of one coconut, 20ml coconut cream & 15ml
coconut oil, juiced pomelo, lemon grass & pineapple.

Blend and drink with Puriti Purigreen Sachet.

10.00am Puriti Purberry Sachet

Mix with pure water, apple juice or
coconut water.

11.00am Energy Special

140g pomelo juiced, 250g papaya, 1 mango blended & 15ml coconut oil.

Blend and Drink.

1.00pm Puriti Purberry

Mix with pure water, apple juice or
coconut water.

3.00pm Regulator

1 red pepper, 6 carrots,
20 lettuce leaves & 15ml coconut oil.
Juice and drink.

5.00pm Puriti Purberry

Mix with pure water, apple juice or
coconut water.

7.00pm Evening Broth

DAY 3

8.00am Holiday Cocktail

2 apples, 1 large bunch of seedless grapes juiced juice of
1 lime, 1 coconut water, flesh of one coconut
20ml coconut cream & 15ml coconut oil.
Blend and drink with Puriti Purigreen Sachet.

10.00am Puriti Purberry Sachet

Mix with pure water, apple juice or
coconut water.

11.00am Passion Cocktail

1 dragon fruit, 10 mangosteens juiced Blended together
with 1 mango & 15ml coconut oil. Mix and drink.

1.00pm Puriti Purberry Sachet

Mix with pure water, apple juice or
coconut water.

3.00pm. Red Body Cleanser

2 apples, 3 celery stalks,
2 beetroots & 15ml coconut oil.
Juice and drink.

5.00pm Puriti Purberry Sachet

Mix with pure water, apple juice or
coconut water.

7.00pm Evening Broth

DAY 4

8.00am Watermelon Juice

200g watermelon, mint sprigs, 1 coconut water, flesh of one coconut, 20ml coconut cream & 15ml coconut oil. Blend and drink with Puriti Purigreen Sachet.

10.00am Puriti Purberry Sachet

Mix with pure water, apple juice or coconut water.

11.00am Tamarind Tickle

100g tamarind flesh, 1 banana, 1 coconut water, 20ml coconut cream & 15ml coconut oil. Add hot kettle water to tamarind flesh until tender, sieve and allow to cool. Blend and drink.

1.00pm Puriti Purberry Sachet

Mix with pure water, apple juice or coconut water.

3.00pm Alkaline Special

100g cabbage (red or green), 3 celery stalks, 1 cucumber, 100g cantaloupe melon, 30g parsley & 15ml coconut oil. Juice all vegetables then add blended melon.

5.00pm Puriti Purberry Sachet

Mix with pure water, apple juice or coconut water.

7.00pm Evening Broth

DAY 5

8.00am Morning Tonic

½ pomelo juiced,
1 coconut water, flesh of one coconut,
20ml coconut cream & 15ml coconut oil.
Blend and drink with Puriti Purigreen Sachet.

10.00am Puriti Purberry Sachet
Mix with pure water, apple juice or
coconut water.

11.00am Action Juice
40g grapes, 1 pear, 1 apple, 150g pineapple & 15ml coconut oil.
Juice and drink.

1.00pm Puriti Purberry Sachet
Mix with pure water, apple juice or
coconut water.

3.00pm Rejuvenator
10g basil, 3 carrots, 3 celery stalks,
4 tomatoes & 15ml coconut oil.
Juice and drink.

5.00pm Puriti Purberry Sachet
Mix with pure water, apple juice or
coconut water.

7.00pm Evening Broth

DAY 6

8.00am Healing Smoothie

1 ripe mango, 1 firm kiwi fruit peeled,
1 coconut water, flesh of one coconut
20ml coconut cream & 15ml coconut oil.
Blend and drink with Puriti Purigreen Sachet.

10.00am Puriti Purberry Sachet

Mix with pure water, apple juice or
coconut water.

11.00pm Melon Smoothies

300g cantaloupe melon, peeled, seeded and chopped,
2 kiwi's, 10 fresh mint leaves, 50ml pure water & 15ml coconut oil.
Blend and drink.

1.00pm Puriti Purberry Sachet

Mix with pure water, apple juice or
coconut water.

3.00pm Energy Juice

5 asparagus spears, ½ lettuce, 2 carrots,
1 broccoli spear, 2 apples & 15ml coconut oil.
Juice and drink.

5.00pm Puriti Purberry Sachet

Mix with pure water, apple juice or
coconut water.

7.00pm Evening Broth

DAY 7

8.00am Morning Sunshine Juice

1 lime peeled and juiced, 250g papaya, 2 inch fresh ginger peeled and juiced,
1 coconut water, flesh of one coconut
20ml coconut cream & 15ml coconut oil.
Blend and drink with Puriti Purigreen Sachet.

10.00am Puriti Purberry Sachet

Mix with pure water, apple juice or
coconut water.

11.00am Apple & Ginger Juice

1 apple, 2 inch piece of ginger, juice of 1 lime,
350g guava & 15ml coconut oil.
Juice and drink.

1.00pm Puriti Purberry Sachet

Mix with pure water, apple juice or
coconut water.

3.00pm Popeye's Garden Tonic

250g spinach, 2 celery stalks, 5 asparagus spears,
4 tomatoes & 15ml coconut oil.
Juice and drink.

5.00pm Puriti Purberry Sachet

Mix with pure water, apple juice or
coconut water.

7.00pm Evening Broth

DAY 8

Puriti Eco Diet Re-introduction to Solids

8.00am Papaya Fruit Salad
250g papaya, 3 fresh figs, ½ tsp cinnamon,
1 lime juiced & 15ml coconut oil. Chop
all ingredients, mix and serve.

10.00am Puriti Purberry Sachet
Mix with pure water, apple juice or
coconut water.

11.00am The Big Apple
2 apples, 1 lime, 2cm piece of ginger root peeled
& 15ml coconut oil.
Juice and drink.

1.00pm Puriti Purberry Sachet
Mix with pure water, apple juice or
coconut water.

3.00pm Tomato Heaven
4 tomatoes, 1 carrot, ½ cucumber,
½ beetroot & 15ml coconut oil.
Juice and drink.

5.00pm Puriti Purberry Sachet
Mix with pure water, apple juice or
coconut water.

7.00pm Evening Broth

CONGRATULATIONS ON COMPLETING YOUR
8 DAY PURITI PURIFICATION PROGRAM

After Completing Your Puriti Purification Program

The fabulous benefits gained from your Puriti Purification Program may all be lost if you do not maintain a healthy lifestyle after completion of your program. The best effects of your Puriti Purification Program depend upon your food intake after you have completed your program.

Some of our greatest health risks lie in what we eat and by eating too frequently and too much at a time.

Your Puriti Purification Program can assist your body in making healthier lifestyle choices now and in your future. After completing your 8 Day Puriti Purification Program, Puriti advises you to follow these simple points.

By following these simple points carefully
your current state of wellbeing can be maintained.

- No dairy products
- No dried fruit, grains, beans or hot/spicy food
- No oranges or baked goods
- No sugar, honey, maple syrup or sweetening agent
- No pasta, preserved food or meat
- No coffee, black tea or alcohol
- No salt

IMPORTANT
ALWAYS REMEMBER TO DRINK PLENTY OF WATER

Enjoy your time of solid food re-introduction

Re-tox may only be a plate away

Liver & Gallbladder Flush Recipe

Please do not attempt your flush until at least day five of your program. This drink may bring back your healing symptoms and so it is advisable to wait until you have renewed strength and energy.

Blend 8oz of fresh pineapple juice or a citrus juice combination, lemon, lime or pomelo.

Then add: 8oz of pure water, 2 clove(s) of garlic, 15ml of organic coconut oil, 2cm piece of fresh ginger root. Once blended, drink immediately.

Cleansing your liver of toxins and gallstones dramatically improves digestion, which is the basis of your whole health. You can expect your allergies to disappear. With each cleanse that you do the results will improve!

It is the job of your liver to make bile; your liver is full of biliary tubing that delivers your bile to your common bile duct. Your gallbladder is attached to your common bile duct and acts as a storage reservoir. Eating fats or protein, triggers your gallbladder to squeeze itself empty after about twenty minutes and your stored bile finishes its trip down your common bile duct to your intestine.

For many people, including children, the biliary tubing is choked with gallstones. They can be black, red, white, green or tan colour. The green ones get their colour from being coated with bile. No stomach problems, such as ulcers or intestinal bloating can be cured permanently without removing gallstones from the body.

This drink may be used as frequently as you wish after day 5 of your program to assist in the purification of your liver and gallbladder.

Why Raw Foods?

After you have completed your Puriti Purification Program you may wish to continue with your new-found health and vitality. You will find your health and vitality can be easily maintained by following the Puriti Eco Diet.

By following this diet for eight days after your program you will find thereafter that it is easier to eat what your body needs as opposed to what your eyes tell you to eat. All the recipes included in your Puriti Purification Program can be incorporated into your daily life.

30% to 50% of food vitamins and minerals are destroyed when cooked and 100% of the foods' enzymes are destroyed. Cooked food depletes our body's enzyme potential and drains the energy that we need to maintain and repair our tissue and organ systems. A lack of enzymes within our bodies can shorten our lifespan and encourages disease and ill health.

By following the Puriti Eco Diet, you are giving your body an opportunity to heal. Cooked foods act malignantly by exhausting your body's energies, inhibiting your potential healing power and decreasing your alertness, efficiency and productivity.

Raw food encourages a healthy immune system

The heat used when you cook your food destroys many vitamins, enzymes, minerals, nucleic acids and chlorophyll within the food. Raw foods, on the other hand, retain all their nutrients and are easily digested.

The following recipes are based on one large portion, for one person. If you have a nut allergy please do not add the nuts to the recipes.

Why stop now, if you have completed your program, you are experiencing a feeling of renewed health and vitality.

The 8 Day Puriti Eco Diet

DAY 1

Breakfast Papaya & Avocado Salad

250g papaya cubed,
1 avocado cubed,
2 fresh figs chopped,
½ tsp cinnamon,
1 lime juice,
15ml coconut oil.

Chop all ingredients, mix with cinnamon, lime and coconut oil and serve.
This fruit salad is a great way to begin the morning.

Lunch-time Carrot Salad

150g carrot grated,
15g raisins,
1 red apple grated,
handful of rocket and 2 celery stalks finely chopped,
1 tsp sunflower seeds.

Peel and grate the apple and carrots; finely chop the celery. Combine all ingredients in a bowl and toss.

Almond Mayo

8 tbsp of almonds soaked in coconut water overnight,
4 dates soaked for 30 minutes in coconut water, juice
of 1 lime,
4 tbsp of coconut oil.

Combine all ingredients except coconut oil until thoroughly mixed.
Whilst blending add coconut oil.

Evening Broth

DAY 2

Breakfast Nana Papaya Pudding

150g papaya peeled and seeded,
1 banana peeled and cut into chunks,
20ml of coconut cream,
1 tbsp oats, 15ml coconut oil.

Put the papaya in the blender and blend just enough to break up the fruit.
Add the banana and cream blend until smooth.
Sprinkle with the oats and serve

Lunch-time Cucumber & Avocado Salad

½ small cucumber chopped,
1 ripe avocado cubed,
2 garlic cloves chopped finely,
¼ red onion chopped finely,
1 tomato chopped,
1 dsp walnuts,
Juice of 3 limes,
Pepper to taste,
15ml coconut oil.

Prepare vegetables and mix in large bowl. Blend lime juice
garlic, coconut oil and drizzle over salad.

Evening Broth

DAY 3

Breakfast Passion Smoothie

1 banana,
1 coconut water,
150g mixed fresh fruit,
20ml coconut milk, Pinch of
nutmeg & cinnamon,
40g grated 70% dark organic chocolate added to mix.

Sprinkle a teaspoon of the grated chocolate to the top of the smoothie.
Blend and drink.

Lunch-time Coconut Cream

1 flesh coconut,
½ coconut water,
5 cashews soaked in water for 10-12 hours,
4 dates pitted,
1 vanilla bean scraped and added to mix (optional).
Use as a dip for your favorite raw vegetables.

Raw vegetables chopped and served: broccoli, carrots, celery,
red pepper, green pepper, yellow pepper, cucumber & French beans.

Blend all ingredients until smooth. This is great as a dip for fruit or raw
vegetables; a great metaboliser.

Evening Broth

DAY 4

Breakfast Tropical Granola Delight

Soak the following overnight in coconut water for a healthy nutritious breakfast: 1 tbsp oats, ½ tbsp almonds, ½ tbsp walnuts, ½ tsp pumpkin seeds, ½ tsp sunflower seeds, 2 dates, ½ tbsp raisins, 1 cored and chopped pear, ½ tsp cinnamon.

Gently blend to a chunky consistency.
Pour coconut water into the mixture after blending. This will give you energy and power for the day.

Lunch-time Mui Favorite Avocado Salad

1 avocado mashed, ½ small red onion finely chopped,
½ small red bell pepper finely chopped,
½ tbsp pistachio, 2 garlic cloves finely chopped, juice
of one lime, 1 tbsp fresh coriander chopped,
¼ lettuce and ½ cucumber coarsely chopped,
cayenne pepper to taste.

Mix all ingredients together and serve with mango chutney.

Mango Chutney

200ml chopped mangoes, 200ml chopped tomatoes,
1 tbsp red onion, 1 tbsp coriander, juice of 2 limes,
1 finely chopped chilli.

Evening Broth

DAY 5

Breakfast Sparkling Memory

2 medium size carrots,
3 celery stalks,
¼ small cabbage chopped,
1 lime juiced,
15ml coconut oil.

Juice all ingredients together and drink. This drink is delicious and is good for improving the memory. It is especially rich in B vitamins that increase acetylcholine, a substance that is involved in the transmission of nerve impulses to the brain.

Lunch-time Treat Rainbow Salad

¼ green cabbage grated or sliced very thin,
¼ red cabbage grated or sliced very thin,
¼ red onion, 2 tomatoes chopped,
½ carrot, grated, ½ red bell pepper,
1 julienne carrot, 1 tbsp almonds.

1 garlic clove, 2 dessertspoons of coconut cream mixed together with the juice of one lime and 15ml coconut oil.
Mix all the vegetables in a large bowl and drizzle the coconut cream dressing; add pepper to taste.

Evening Broth

DAY 6

Breakfast Energizing Smoothie

1 coconut water,
15ml coconut oil,
¼ of a pineapple peeled and juiced,
1 mango peeled and cut into pieces,
Blend and sieve 5 strawberries with ¼ of coconut water then
add to the mix.

Blend until creamy

Lunch-time Gingered Carrot Coleslaw

1 carrot, grated,
¼ shredded red cabbage,
2 tbsp raisins,
1 tbsp pine nut seeds,
1 tbsp of finely chopped parsley,
1 tbsp of finely chopped spring onion.

Toss together Puriti salad dressing:

Juice of 1 lime,
2 tbsp lemon juice,
1 tbsp grated ginger,
1 tbsp coconut cream,
15ml coconut oil.

Blend dressing, pour over salad and toss. This salad is especially
delightful if it is allowed to sit for about 15 minutes.

Evening Broth

DAY 7

Breakfast Arise & Shine Pudding

2 tbsp muesli soaked over night in coconut water,
1 apple juiced,
½ tsp cinnamon,
½ inch fresh ginger root juiced,
juice of 1 lime.

Combine the mix and serve.

Lunch-time Avocado and Apple Salad

1 small avocado, pitted, peeled and sliced,
5 black olives, 1 apple peeled cored and julienne,
¼ lettuce roughly chopped, 15ml coconut oil,
1 lime juiced, pepper to taste.

Blend together the coconut oil and lime juice dressing.

Season with pepper, add to the avocado, apple, olives,
lettuce leaves and gently toss.

Evening Broth

DAY 8

Breakfast Banana Coco Smoothie

1 banana,
1 coconut water, Flesh of one coconut,
20ml coconut cream, 15ml coconut oil,
40g of 70% dark organic chocolate grated; added to mix.

Blend and drink.

Lunch-time Cucumber Salad

1 cucumber peeled and sliced,
1 tbsp of coriander,
1 tsp of curry powder,
1 garlic clove finely chopped,
1 tsp of spring onion,
15ml coconut oil,
1 tbsp lime juice.

For curry powder use: ½ tsp mustard seed,
½ tsp of cumin seeds, 1 tsp coriander,
½ tsp cayenne powder, ½ tsp turmeric, ½ tsp fresh ginger.

Combine mixture and sprinkle 1 tsp onto cucumber salad.
Store the rest of the curry powder until needed.

Evening Broth

Exercise for Health

Exercise and the 8 Day Puriti Purification Program go hand in hand, complementing each other perfectly as tools to purify your system. Like the 8 Day Puriti Purification Program, exercise should be gentle, consistent, well planned and executed with commitment and intent.

It is important before starting any exercise routine that you ascertain your current level of fitness and if necessary, consult your regular general practitioner or doctor to obtain approval before undertaking any increases in physical exertion.

The main purpose of exercising whilst on your Puriti Purification Program is to elevate your metabolism and increase blood flow throughout your body. Your exertion will assist in the removal of toxins stored in fat reserves (cellulite).

Toxins in your body are easily removed by gentle exercise and your Puriti Purification Program. With the assistance of an improved metabolism, brought about by your coconut oil intake, fat reserves are broken down in order to free the stored toxins into your bloodstream. They can then be removed from your body by the liver and your evacuation organs.

Increasing your metabolic rate or the rate at which your body effectively utilizes its calorific intake, is the basis for your Puriti Purification Program. As your metabolic rate increases so does your body's ability to burn fat, recover from exercise, expel toxins and regulate your evacuations.

Weight loss and elevated levels of energy are wonderful side effects of an increased metabolic rate. The more you increase your metabolic rate the more you will discard redundant weight and the healthier and fitter you will become.

Yoga: an Excellent Purification Therapy

Though Yoga's origin is uncertain, evidence links the earliest Yoga tradition back at least 5000 years to the beginning of human "civilization". Scholars believe that Yoga grew out of Stone Age Shamanism because of the cultural similarities between modern Hinduism and Mehrgarh.

Early Yoga and Archaic Shamanism had much in common, as both sought to transcend the human condition.

Yoga has evolved into an inward experience. The first archaeological evidence of Yoga's existence is found in stone seals excavated from the Indus Valley.

The stone seals depict figures performing Yoga postures. These artefacts officially put Yoga on the history books circa 3000 B.C. and more importantly link it to the great Indus-Sarasvati Civilization.

Yoga is the most diversified spiritual practice in the world, crossing over many cultures including Hinduism, Buddhism, Jainism and Western philosophies.

Yoga also extends over multiple languages such as English, Hindi, Tibetan, Bengali, Sanskrit, Tamil, Prakrit, Marathi and Pali.

Yoga is positively encouraged whilst on your 8 Day Puriti Purification Program. It will enable you to improve flexibility, co-ordination, balance, strength and endurance. The benefits include reduced anxiety, relaxed breathing and lower blood pressure; it can alter brain waves and helps your blood flow more efficiently throughout your body.

The Yogic tradition continues to proliferate and spread its message of peace to this very day. Including Yoga during your Puriti Purification Program can add a sense of inner peace and physical relaxation whilst gently assisting the body in the elimination of toxins.

Spa De-tox Therapies

Spa therapies are important in the process of purifying oneself. Here are several methods which aid and strengthen the purification process:

- Healthy sleep has a profound effect on your appearance, weight and overall health. We recommend eight hours sleep per night whilst on your program. If you are tired.....Sleep.
- Herbal steams, saunas and infra-red therapies increase the rate of elimination of toxins and will give you a wonderful feeling of well being.
- Puriti mineral and herbal bathing therapies remove toxins from your body and skin-brushing prepares your body for the purifying scrubs.
- Body purifying scrubs eliminate dead skin from the surface and remove all surface waste matter, allowing your skin to breathe.
- Body wraps intensify the purification process and gets deeper under the surface layers of skin, bringing forth trapped toxins, leaving a smooth and beautiful glow to your skin.
- Massage releases energy blockages, opens up the meridian lines and transcends energy for manifestation.
- Ozone therapy blasts your skin allowing it to intensely purify, giving you the ultimate purification experience.
- Oxygen therapy replenishes the internal organs and maximizes elimination & purification.
- Healthy raw cuisine is a must in spa therapies; heal yourself from the inside out. What you eat has a major effect on your mood and on how your body ages.

The Ancient Practice of Fasting

The history of fasting goes back thousands of years. Many different religions and philosophies used and still use fasting as a healing process for spiritual purification and communion with their God or spiritual self. Scientists and physicians have used fasting for generations as a healing process to cure sicknesses and disease.

Fasting not only affects our physical being but our mental, emotional, and spiritual self. Physicians with a spiritual orientation are more likely to prescribe fasting for their patients.

The rationale behind fasting places an emphasis on control over our habits. When we need to recharge, we take a break from our life and go on vacation. When our body needs healing, fasting gives our body a holiday away from food. Both methods of withdrawal from normal routine help us get back in touch with what our bodies need.

Fasting is a multidimensional experience in which total body transformation occurs. Whilst people are fasting they can experience a wide range of physical, mental and metabolic changes. The benefits of fasting include heightened spiritual awareness and relaxation of the body, mind and emotions. Fasting is a spring clean for your body.

During your fast you may experience a sense of letting go of pain from the past and develop a more positive mental attitude towards the present. Fasting allows your body to purify your systems because you are not expending energy towards your digestive organs. All of your body is therefore purified. Fasting reprograms your body to accept healthier foods and releases trapped negative emotions from your cells.

When fasting the release of toxins from your colon, kidneys, bladder, lungs, sinuses and skin, clears out complications that may have arisen from a bad diet and unhealthy lifestyle, leading you towards optimum health and vitality for many years to come.

Fasting - The Medical Evidence

Several research studies illustrate the medical benefits of fasting. The medical researcher Sir Robert McCarrison discovered patterns of health within the subcontinent of India that correlated with their eating habits. As the nutritive value of their food got progressively worse from north to south, so did the physical health and physiological health of the people.

He noted that the people in the south who ate more processed foods, which were stripped of vitamins and minerals, suffered from more mental and physical ill health. Whereas the people in the north who consumed more fruits and vegetables were overall, happier, healthier and suffered from less sickness than their counterparts in the south where the processed foods were more readily available.

His experiments provided a basis for understanding the relationship between nutrition and overall health. The need to have the right nutrients, whether fasting or not, is vital in order to sustain healthy living and a happy fulfilled life.

Studies have shown that the benefits of fasting are many and include: reduction of swollen joints, mental stability, healthy weight levels, increased strength and overall better health in the young and old. They found that there was a substantial reduction in disease activity in the people with diets of fresh fruits and vegetables who consumed little or no processed foods.

Hormonal changes are one of the many biochemical changes that take place during a fast. Most of these changes depend largely on your state of health at the beginning of the fast and the effort you put in to your program. Keep a positive attitude; it really will help your body on its path to optimum health and vitality.

The researchers concluded that sustained long-term health benefits result from fasting and in keeping a healthy Eco diet plan. Leave the processed food on the shelves; it really is not fit for human consumption.

Colonic Hydrotherapy

Puriti recommends Colonic Hydrotherapy; a series of five colonics will greatly assist in the removal of compacted waste and toxins from the body. Including colonics into your health program can assist you in alleviating unpleasant side effects caused by toxins in your body.

Colonics take good health a step further to optimum health. Colonic hydrotherapy is a safe, effective method for cleansing the colon of waste material by repeated, gentle flushing with water.

What is a colon?

The colon, or large intestine, is the end portion of the human digestive tract (food carrying passageway extending from the mouth to the anus). The colon is approximately 1.5 meters long and 6.5cm in diameter. Its major functions are to eliminate waste and to conserve water. There are bacteria living in the colon, which synthesize valuable nutrients such as vitamins "K" and portions of the vitamin "B" complex.

What is the purpose of having a colonic?

Waste material, especially that which has remained in the colon for some time, (i.e. impacted faeces, dead cellular tissue, accumulated mucous, parasites, worms, etc.), poses several problems. This material is toxic and poisonous. These poisons can re-enter and circulate in the blood stream making us feel ill, tired or weak. Impacted materials impair the colon's ability to assimilate minerals and bacteria- produced vitamins.

A build-up of material on the colon wall can inhibit muscular action causing sluggish bowel movements, constipation and may result in ill health and disease. It should therefore be evacuated as soon as possible.

What makes colonics so important?

Throughout history people have experienced that when they ensure that their colon is clean and healthy the well being of their whole body is greatly enhanced. Colonic hydrotherapy has been found to be the most effective process available to accomplish this work quickly and easily. The lungs, skin, kidneys and liver serve to eliminate toxins from the body and colonics assist in the purification of all of our organs, increasing their ability to work at optimum efficiency, leading you to true health and wellbeing.

What are the characteristics of a healthy, well functioning colon?

Healthy babies, animals and adults who are not subjected to the “refinements” of civilization (i.e. processed foods) have bowel movements shortly after each meal is eaten.

Therefore, assuming there is sufficient fibre and water available to the colon, one characteristic of a healthy system is a bowel movement shortly after a meal has been eaten. Once the urge to evacuate is honored by a trip to the toilet the evacuation should be easy and take no more than a few seconds. The stool should be long, large in diameter, light brown in color, without offensive odor and should float or sink very slowly.

What can I expect afterwards?

Most likely, you will feel great. Probably you will feel lighter and enjoy a sense of well being. Frequently, people having their first colonic will remark that it was one of the most wonderful experiences of their life.

Will one colonic completely empty the colon?

Almost never, many of us have a considerable amount of impacted faeces in our colon; this is hardened, rubbery or wallpaper-like material and substantial work must be done to remove it.

Frequently asked questions

Q: Is the 8 Day Puriti Purification Program a diet?

A: No. The program is designed to remove toxins, parasites and putrefied waste matter from your body. We do however strongly promote an "Puriti Eco" diet once your program has been completed. This is based on an acid/ alkaline balanced healthy diet, consisting of raw and juiced organic fruit and vegetables.

Q: If the program is not a diet why did my friends liberate themselves from unwanted weight on their 8 Day Puriti Purification Program?

A: Most people on their program remove three to six kilos of unwanted body weight. This is due to the evacuation of compacted waste matter from the digestive system combined with an increase in metabolism.

Q: Will I put the weight back on?

A: Not if you follow the 8 Day Puriti Eco Diet. Thereafter your weight will stabilize if you maintain a sensible dietary regime.

Q: Do I have to drink so much water?

A: Yes. Eight 8oz glasses of water per day is vital to flush the toxins from your body and maintain your perfect hydration.

Q: Can I survive on juice for 8 Days? Won't I be hungry?

A: Very few people feel hungry whilst on the program as it contains a herbal appetite suppressant, therefore people generally do not feel hungry during the 8 day program.

Q: I have a dinner date booked in the middle of my program, what should I do?

A: Be committed to your program, order broth instead of solids. Being on the program makes for great conversation and you will be empowered by your levels of commitment.

Q: I am on day two of my program and I have a headache; can I take a headache pill?

A: A purification headache may occur when your body is expelling toxins. Ensure that you have drunk enough fluids. Coconut water is an excellent cure and can relieve headaches. If fluids are not enough, then slow the purification process down by having a baked potato. This will temporarily arrest the process and relieve your headache. If symptoms persist you should always consult your general practitioner.

Q: I forgot to take my 11.00am Puriti Puricaps, should I take them later?

A: No. If you miss any of the scheduled supplements then simply carry on with the rest of the day as if you had taken them.

Q: I suffer from depression. Is it worth me doing the program?

A: YES. Depression can be caused by the continual re-absorption of toxins into your bloodstream. Removing these toxins will assist in lightening your mood and increase your general overall health.

Q: I have finished my program and feel amazing; what can I do to maintain this feeling?

A: Congratulations. We recommend the "Puriti Eco" diet to maintain and increase purification. The Eco diet consists of an acid/alkaline balanced, healthy diet consisting of raw juiced and blended organic fruit and vegetables.

Q: How often can I do the 8 Day Puriti Purification Program?

A: We suggest three times in the first year, whilst maintaining a healthy Puriti diet. Thereafter twice yearly will be an excellent way to maintain your levels of optimum health and vitality.

Congratulations on Taking Your First Step
Towards Your Future Health

Live a Pure and Passionate Life... Puriti