



BASTIS Foundation

5-Day

Vitality Cleanse Program

The simple cleanse recommended below takes only five days to complete. It can be repeated the first five days of every month, if desired, to keep the vital organs free from congestion, or it can be the launch point for a complete cleanse, which takes about a month of hard work — but at the end you will be a new person!

This cleanse, which takes a small load off the digestive organs, is just the first step toward balancing your body's digestive system. To effect any healing, especially from a chronic disorder, you will need to engage in a longer and much deeper cleanse under the guidance of a natural-health professional.

Important *** Important *** Important

1. The recommendations provided herein are suggestions only, and not intended as replacement for medical care from a licensed physician or healthcare provider. For additional complementary or alternative medicine (CAM) advice, please seek out a local naturopathic physician, Chinese medical doctor, or qualified herbalist.
2. The **Power Tonic** used throughout this cleanse requires **two weeks' preparation**. We highly recommend that you use **large amounts of Power Tonic** whenever you do a cleanse. It helps chase away **candida** (yeast), a condition present in **most people's bodies**. For more information on this important program element, see "Yeast: It Does a Body Bad" at bastis.bastis.org.

Basic Guidelines

- ◆ Avoid all **processed** foods
- ◆ Avoid **low-fat** and **sugar-free** pre-packaged foods.
- ◆ Since the purpose of this cleanse is to give your digestive organs a rest, **avoid all animal, bird, and fish foods** during these 5 days. Meats, refined foods and processed foods will interfere with the cleansing process, and may make you feel worse.
- ◆ Drink **one gallon** of detoxifying fluids (distilled water, herb teas, or freshly squeezed juice) daily. Drink **constantly** throughout the day.
- ◆ Always use **distilled water**. It is “empty” water, which means it has no minerals in it that will interfere with the cleansing process.
- ◆ Use **organic** fruits and vegetables whenever possible. Avoid canned, packaged and frozen products.
- ◆ All juices should be **freshly squeezed**.
- ◆ Use large amounts of **Power Tonic** throughout the cleanse. **BASTIS Foundation** has seen incredible results with this cleanse by including **heavy use** of Power Tonic throughout.
- ◆ Add a liver/gallbladder cleanse by using the **Liver/Gallbladder Flush Drink**.
- ◆ Flush out **toxins, poisons and unwanted salts and acids** while providing a concentrated amount of vitamins and minerals by adding **Elimination Broth**
- ◆ **Avoid mixing** fruits and vegetables together (except for apple juice).
- ◆ Always **eat fruit before** any other food. Wait at least **20 minutes** *after eating fruit* before you consume any other food. Wait at least **2 hours** *after eating any other type of food* before you consume fruit to avoid gas buildup and bloating.
- ◆ You can prepare **broths** ahead of time, either that morning or the night before.
- ◆ Breakfast should not be eaten until **one hour after** the first-thing-in-the- morning drink.
- ◆ Drink 1-2 cups of Detoxification Cleansing Tea with or within one hour of dinner.

BASTIS Foundation 5 Day Vitality Cleanse Program

What You Will Need

Products

4-oz of Power Tonic
1 bag of detoxification cleansing tea
14 oz of fiber-greens combination
1 bottle of vitamin C crystals
Liquid Aminos®
Green tea
Distilled water
Spring water

Equipment

Juice extractor
Blender
Citrus juicer
Food processor

Recipes

Morning Drink
Alternate Morning Drink
Miso soup
Soybean Treat
Natural Sauerkraut
Fresh vegetable soup
Raw vegetable salad
Detoxification broth
Elimination broth

Raw Organic Vegetables

Arugula or asparagus
Avocado
Beets
Broccoli
Brown rice
Cabbage
Celery
Cucumber
Onion – white, yellow, sweet, spring
Parsley
Peppers – green, yellow & red
Romaine lettuce
Scallions
Soybeans
Spinach
Sweet potatoes
Tomato – regular & roma

Raw Organic Fruit

Apples
Bananas
Grapefruit
Grapes
Lemons
Limes
Oranges
Papaya
Pears
Pineapple

Organic Foods/Herbs

Apple cider vinegar
Basil leaves
Black olives
Cayenne pepper
Cilantro
Cinnamon
Garbanzo beans
Garlic
Ginger root
Olive oil
Sea Salt
Sesame oil
Tofu
Natural (organic) sauerkraut

Other Recommendations

Snacks

Carrots
Celery
Green beans (raw)
Miso soup
Natural Sauerkraut
Soybean Treat

Fruit Juice & Combos

Apple
Cantaloupe
Grape
Orange
Melon
Nectarine, apple, orange, banana
Papaya, banana, orange
Peach
Pineapple, apple, banana
Watermelon

Carrot Juice & Combos

Carrot
Carrot, apple
Carrot, beet, cucumber, ginger, garlic
Carrot, celery, beet
Carrot, celery, parsley
Carrot, celery, parsley, spinach
Carrot, tomato, onion, garlic, parsley,
celery, cabbage
Carrot, cucumber, broccoli, beet

Additional Recipes

Liver/Gallbladder Flush Drink

Ingredients

8 oz papaya juice OR
8 oz apple juice OR
8 oz cranberry juice OR
8 oz grape juice OR
8 oz citrus juice
8 oz distilled water
Garlic clove
1" piece fresh ginger root
Organic, virgin, cold-pressed olive oil

Equipment

Blender

Mix together 8 ounces of juice with 8 ounces of water.

Add 1 clove of garlic per day (1 clove on day 1, two cloves on day 2, etc.)

Add 1 tablespoon of olive oil per day (1 tbs. on day 1, two tbs. on day 2, etc.)

Add 1 piece of ginger per day (1" piece on day 1, two 1" pieces on day 2, etc.)

Elimination Broth (aka Potassium Broth)

Whole potatoes
Whole beets, chopped
Dark Greens
Garlic, 50 cloves
Distilled water

Carrots
Celery
Onions, chopped
Hot peppers (to taste)

Fill a large pot with:

25% potatoes

25% carrots and beets

25% onions and garlic

25% celery and dark greens

Add hot peppers to taste. Add enough distilled water to cover vegetables and bring to a boil. Reduce heat and simmer on low for 1-2 hours. Strain, or just dip your mug in.

Drink only the broth. Do not eat the vegetables.

Put the vegetables in a compost heap if you have one. Make enough for 2-3 days, refrigerating the leftover broth.

Day 1 Recipes

Miso Soup

Miso paste
Cubed tofu
Finely chopped scallions
Broccoli

Follow the directions on the miso paste to make one cup of soup. Add tofu, scallions, and broccoli to taste.



Soybean Treat

Soybeans
Sea Salt
Sesame Oil

Put soybeans in pot. Add distilled or spring water to cover. Bring to boil. Reduce heat and simmer to desired consistency. Add sea salt and sesame oil to taste.



Fresh Vegetable Soup

Vegetable soup is an easy staple, made by simply adding your favorite vegetables to a large pot, covering with distilled water, and simmering until the vegetables are cooked to taste. The following are only a sample of the vegetables you can use:

Okra
Arugula
Turnips
Parsnip
Parsley
Onion
Garlic

Chili
Beets
Mushrooms
Carrots
Celery
Mustard or Collard Greens

BASTIS Foundation 5 Day Vitality Cleanse Program

Day 1 Schedule

- | | |
|--------------------------------|---|
| 1. First thing in the morning | Drink 8 oz. unfiltered apple juice diluted with 8 oz. distilled water |
| 2. Before Breakfast | Exercise: short walk or stretch (at least 20 minutes) |
| 3. Breakfast | Miso Soup w/ cubed tofu, finely chopped scallions, broccoli |
| 4. Immediately after breakfast | 2 full droppers of Power Tonic |
| 5. One hour later | 16 oz of Carrot Juice or Carrot Juice Combo |
| 6. One hour later | 1 cup Green Tea. Soybean Treat , if desired. |
| 7. Lunch | Fresh Vegetable Soup , fresh green salad w/lemon juice |
| 8. Immediately after lunch | 2 full droppers of Power Tonic |
| 9. Mid-afternoon | 16 oz carrot juice or Carrot Juice Combo |
| 10. Dinner | Sweet potato and beets with sea salt and olive oil, Fresh Vegetable Soup , ½-1 cup Natural Sauerkraut , fresh green salad w/lemon juice |
| 11. Immediately after dinner | 2 full droppers of Power Tonic |
| 12. Within one hour of dinner | 1-2 cups Detoxification Cleansing Tea |

Day 2 Recipes

Fruit Salad

1 apple
1 pear
1 banana
½ bunch grapes
1 lemon

Cut up apple, pear, banana and grapes. Squeeze entire lemon over fruit.



Raw Vegetable Salad

Lettuce
Tomato
Onion
Cucumber
Garlic

Dressing

Sea Salt
Lime juice
Olive oil
Cayenne pepper

Dressing: blend in blender or with whisk.



Miso Soup

Miso paste
Cubed tofu
Finely chopped scallions
Broccoli

Follow the directions on the miso paste to make one cup of soup. Add tofu, scallions, and broccoli to taste.

BASTIS Foundation 5 Day Vitality Cleanse Program



Steamed Brown Rice

Brown rice

Lettuce

Tomato

Onion

Spinach

Garlic

Green Pepper

Black Olives

Olive Oil

Sea Salt (to taste)

Prepare brown rice according to package directions. Steam vegetables. Add and toss.
Season with sea salt to taste.

Day 2 Schedule

- | | |
|--|--|
| 1. First thing in the morning | Drink 8 oz. distilled water with 1 tsp organic, unfiltered apple cider vinegar |
| 2. Before Breakfast | Exercise: walk, stretch or work out (goal: 1 hour) |
| 3. Breakfast | 8 oz. carrot juice w/2 tbs. fiber-greens combination |
| 4. Immediately after breakfast | 1 full dropper of Power Tonic |
| 5. One hour later (mid morning) | Fruit Salad |
| 6. One hour later | 8 oz spring water w/ ½ tsp apple cider vinegar |
| 7. Lunch | 8 oz carrot juice w/2 tbs fiber-greens combination.
Raw Vegetable Salad |
| 8. Immediately after lunch | 2 full droppers of Power Tonic |
| 9. One hour later | 8 oz orange juice |
| 10. Mid-afternoon | Miso Soup sprinkled w/finely chopped scallions and arugula or asparagus. ½ cup Natural Sauerkraut |
| 11. Dinner | 8 oz Carrot Juice Combo. Steamed Brown Rice |
| 12. Immediately after dinner | 2 full droppers of Power Tonic |
| 13. Within one hour of dinner | 1-2 cups Detoxification Cleansing Tea |

Day 3 Recipes

Banana Breakfast

2 bananas

2 tbs. fiber-greens combination

Mash bananas with fork. Mash in fiber-greens. Mix well.

Fruit Salad

¼ pineapple

1 apple

2 bananas

1 orange

1 lemon

Cut pineapple, banana and apple into bite-sized chunks. Squeeze entire orange and lemon over fruit.



Layered Salad

Cabbage

Celery

Spring onions

Spinach

Dressing

2 peeled tomatoes

1 clove garlic

2 tbs olive oil

1 avocado

Sea Salt (to taste)

Chop finely and make layers of all dry ingredients. Blend all dressing ingredients in blender until smooth. Pour over layers.



BASTIS Foundation 5 Day Vitality Cleanse Program

Refreshing Salad

Romaine lettuce, finely chopped
2-3 celery stalks, finely chopped
2 tbs parsley
2 medium tomatoes, peeled and sliced
½ rip avocado, peeled and cut lengthwise

Dressing

Sea salt, to taste

Mix chopped lettuce, celery and parsley. Put on plate. Top with avocado and tomato. Sprinkle sea salt to taste.

Day 3 Schedule

- | | |
|---------------------------------|---|
| 1. First thing in the morning | Drink 8 oz. distilled water with $\frac{1}{4}$ tsp vitamin C crystals stirred in |
| 2. Before Breakfast | Exercise: walk, stretch or work out (goal: 1 hour).
16 oz distilled water with $\frac{1}{2}$ tsp apple cider vinegar |
| 3. Breakfast | Juice 3 oranges, 1 grapefruit, $\frac{1}{2}$ lemon; drink.
Mash 2 bananas, add 2 tbs fiber-greens combination. |
| 4. Immediately after breakfast | 1 full dropper of Power Tonic |
| 5. One hour later | 8 oz Carrot Juice Combo |
| 6. One hour later (mid morning) | Fruit Salad |
| 7. Lunch | 8 oz carrot juice w/2 tbs fiber-greens combination.
Layered Salad |
| 8. Immediately after lunch | 1 full dropper of Power Tonic |
| 9. One hour later | 8 oz spring water |
| 10. Mid-afternoon | $\frac{1}{2}$ cup Natural Sauerkraut . Chew slowly |
| 11. Dinner | Carrot Juice Combo w/fiber-greens combination. Refreshing Salad |
| 12. Immediately after dinner | 2 full droppers of Power Tonic |
| 13. Within one hour of dinner | 1-2 cups Detoxification Cleansing Tea |

Day 4 Recipes

Fruit Breakfast

1 apple
1 banana
1 pear
1 lemon
1 slice ginger root, $\frac{3}{4}$ " thick
 $\frac{1}{2}$ cup papaya, chunked
 $\frac{1}{2}$ cup pineapple, chunked
Cinnamon

Slice apple, banana, pear. Juice lemon, ginger root, papaya and pineapple. Pour juice over fruit. Top with sprinkled cinnamon



Detoxification Broth

2 cups celery
2 cups carrots
1 cup fresh spinach
 $\frac{1}{2}$ cup parsley
1 quart distilled water

Grind all dry ingredients in food processor. Pour into large pot (with juices). Add distilled water. Bring to a boil. Reduce heat and simmer for approx. 15-20 minutes. Strain and drink the broth.



Color Me a Salad

$\frac{1}{2}$ head Romaine lettuce, washed & torn
2 stalks celery
 $\frac{1}{2}$ red and $\frac{1}{2}$ yellow bell peppers
1 carrot, grated
 $\frac{1}{2}$ sweet onion
 $\frac{1}{2}$ avocado

Dressing

Fresh-squeezed lemon or lime juice
or
Raw, unfiltered apple juice
Dash of honey

Slice celery, peppers and onion into bite-sized pieces and place in a bowl. Add grated carrots and lettuce, toss. Slice avocado, place pieces on salad.

BASTIS Foundation 5 Day Vitality Cleanse Program



Miso Soup

Miso paste
Cubed tofu
Finely chopped scallions
Broccoli

Follow the directions on the miso paste to make one cup of soup. Add tofu, scallions, and broccoli to taste.



Refreshing "Italian" Salad

2-3 tomatoes
6-10 fresh basil leaves, chopped
1 cucumber

Dressing

Fresh-squeezed lemon juice

or

½ cup fresh lemon juice

1 clove garlic

2-4 tbsp olive oil

¼ cup distilled water

Bragg's Liquid Aminos® to taste

Thinly slice the tomatoes, cucumber and onions. Place on plate or in bowl. Add basil and mix.

Dressing: blend all ingredients in blender.

Day 4 Schedule

1. **First thing in the morning** 8 oz. distilled water with $\frac{1}{4}$ tsp vitamin C crystals stirred in
2. **Before Breakfast** Exercise: walk, stretch or work out (goal: 1 hour).
16 oz distilled water with $\frac{1}{2}$ tsp apple cider vinegar
3. **Breakfast** Juice and drink 3 oranges, 1 grapefruit, $\frac{1}{2}$ lemon.
Fruit Breakfast
4. **Immediately after breakfast** 1 full dropper of **Power Tonic**
5. **One hour later** 8 oz **Carrot Juice Combo**
6. **One hour later (mid morning)** **Detoxification Broth**. 8 oz spring water w/ $\frac{1}{2}$ tsp apple cider vinegar
7. **Lunch** 8 oz carrot juice w/2 tbs fiber-greens combination.
Color Me a Salad
8. **Immediately after lunch** 2 full droppers of **Power Tonic**
9. **One hour later** 8 oz spring water
10. **Mid-afternoon** $\frac{1}{2}$ cup **Miso Soup** w/chopped spinach and scallions. $\frac{1}{2}$ cup **Natural Sauerkraut**. Chew slowly
11. **Dinner** 8 oz Carrot Juice Combo w/fiber-greens combination. **Refreshing "Italian" Salad**.
Drink **Detoxification Broth** slowly, after salad.
12. **Immediately after dinner** 2 full droppers of Power Tonic
13. **Within one hour of dinner** 1-2 cups Detoxification Cleansing Tea

Day 5 Recipes

Banana Breakfast

2 bananas

2 tbls. fiber-greens combination

Mash bananas with fork. Mash in fiber-greens. Mix well.



Detoxification Broth

2 cups celery

2 cups carrots

1 cup fresh spinach

½ cup parsley

1 quart distilled water

Grind all dry ingredients in food processor. Pour into large pot (with juices). Add distilled water. Bring to a boil. Reduce heat and simmer for approx. 15-20 minutes. Strain and drink the broth.



Gazpacho

Tomatoes

Onions

Celery

Garlic

Carrots

Cucumbers

Lemon

Cayenne pepper (to taste)

Bragg's Liquid Aminos® (to taste)

Blend all vegetables in blender to make a cold soup. Add cayenne pepper and Lique Aminos® to taste.

BASTIS Foundation 5 Day Vitality Cleanse Program



Garbanzo Bean Salad

- 1 can garbanzo beans (approx. 14-15 oz)
- 2 Roma tomatoes, diced
- 1 yellow onion, finely chopped
- 4 cloves fresh garlic, minced or finely chopped
- 1 cup cilantro, finely chopped
- 2 tsp olive oil
- ½ fresh lemon
- ½ tsp cayenne pepper

Drain garbanzo beans and put into bowl. Lightly saute onions and garlic. Add onions and garlic, tomatoes, and cilantro to garbanzo beans. Mix gently. Add olive oil and squeeze lemon over entire mixture. Add cayenne. Stir until evenly mixed. Chill and serve.

Day 5 Schedule

- | | |
|---------------------------------|---|
| 1. First thing in the morning | 8 oz. distilled water with $\frac{1}{4}$ tsp vitamin C crystals stirred in |
| 2. Before Breakfast | Exercise: walk, stretch or work out (goal: 1 hour).
16 oz distilled water with $\frac{1}{2}$ tsp apple cider vinegar |
| 3. Breakfast | Juice and drink 3 oranges, 1 grapefruit, $\frac{1}{2}$ lemon.
Day-4 Breakfast |
| 4. Immediately after breakfast | 2 full droppers of Power Tonic |
| 5. One hour later | 8 oz Carrot Juice Combo |
| 6. One hour later (mid morning) | Detoxification Broth. 8 oz spring water w/ $\frac{1}{2}$ tsp apple cider vinegar |
| 7. Lunch | 8 oz carrot juice w/2 tbs fiber-greens combination.
Gazpacho |
| 8. Immediately after lunch | 2 full droppers of Power Tonic |
| 9. One hour later | 8 oz spring water |
| 10. Mid-afternoon | $\frac{1}{2}$ - 1 cup Natural Sauerkraut . Chew slowly |
| 11. Dinner | 8 oz Carrot Juice Combo w/fiber-greens combination. Garbanzo Bean Salad |
| 12. Immediately after dinner | 2 full droppers of Power Tonic |
| 13. Within one hour of dinner | 1-2 cups Detoxification Cleansing Tea |