



Alkalizing Barley Gold Flush/Fast

This weight loss program is sometimes referred to as the Alkalizing Barley Flush/Fast or the Barley Weight Loss Program. This program was evaluated based on a short questionnaire, a nutritional evaluation and Electro Dermal Testing before and afterwards from several individuals. The resulting report showed to the program to be very successful with weight loss and healing of the body.

If you are interested in the program, you will need to be on the BG 1 for at least 2-3 months and up to 2 heaping tablespoons per day. This helps with releasing the toxins and starting the bodies healing process.

Next, you will move on to the ABG Flush/Fast. Increase the BG intake to 3 heaping tablespoons (1) three times per day and only eat if hungry (raw vegetables and fruit). Drink at least 8 glasses of RO water, with lemon. Try to stay on this for about 2 weeks.

Then add to supplement BG a smoothie drink:

- 1 Tablespoon of raw flax seed (ground before mixing) or Flax Hull Lignans
- 8 ounces of soy milk
- 1/2 a cup of berries or fruit
- 1 Tablespoon of raw unpasteurized honey
- 2 raw eggs

The whole mixture should be mixed in a blender with the eggs being added last and only mixed for about 10 seconds. This smoothie can then be added to the daily routine and be taken 3 times per day until the weight of the person seems to stabilize (about another 3-4 weeks).

Again, only eat if you are feeling hungry. After this time the addition of other food can be incorporated into the diet and reduce the smoothie down to once or twice a day. You should notice mild allergic reactions will happen when you start to consume other foods. Runny noses, watering eyes, and itching may occur. You may also feel nauseous or an immediate bowel movement with consumption of other food. If this occurs avoid these foods and note what your body is saying to you as each of us is unique. Either eat less of these foods or avoid them for the time being (ecosonoid metabolism). Of course some food that you liked previously, you will have no more desire for. Again that is O.K., your body will tell you what it needs.

For more information call your Barley Gold Distributor.

Name: _____ Phone Number: _____ Email: _____

