

Note: this diet is not for pregnant women and nursing mothers. Also note that a 3-day Neera may be a potentially better option for a very short time period like 3 days for some.

3 Day Protein Deload (based on *The Swiss Secret to Optimal Health: Dr. Rau's Diet for Whole Body Healing* by Thomas Rau and Susan Wyler)

The purpose of the **3-day protein deload** is to cleanse the primary emunctories by breathing deeply, drinking lots of water, brushing your skin, relaxing your emotions, and reducing amino acid load on the digestive system and liver. Eat in a relaxed state and chew your food thoroughly on this cleanse for the best digestion benefit - not just to break down the food for swallowing but to expose the food to saliva. Eat no less than the following meals. At any point, you can eat more steamed green leafy vegetables to satiety. You can use sea salt if desired

Items needed - organic preferred where applicable:
spring water, pure flaxseed oil, pure extra virgin olive oil (EVOO)
grapefruit, lemons, avocados, dates, apples, herb teas,
sunflower seeds, pumpkin seeds

Vegetables - organic preferred always:
Zucchini, Green Beans, Celery, Carrots, Beets, Broccoli,
Potatoes, Spinach, Lettuce, Cauliflower, Sweet potato, Swiss
chard, Butternut Squash, (Carrot Juice), (Beet Juice)

Making Dr. Rau's Alkalizing Soup:

- 12 oz finely diced zucchini
 - 8 oz thinly cut green beans
 - 6 oz finely diced celery
 - 6 oz finely diced carrots
- 1 Bring vegetables to a boil in 2 quarts of pure spring water and skim off any scum that rises to the top.
 - 2 Reduce heat to a simmer, partially cover, and let the vegetables cook for 10-12 minutes or until soft.
 - 3 Remove from heat and let stand.

DO:

- at lunch, eat both raw and cooked vegetables, but at dinner, only cooked vegetables
- drink at least 3 liters of un-chlorinated spring water and herb (non-caffeinated) tea per day
- start every day with . teaspoon of baking soda in 8 oz warm water
- start each day with a cup of broth of Dr. Rau's Alkalizing Soup
- eat soon after waking
- drink water after meals, not during

DON'T:

- use Teflon, non-stick cookware, or aluminum alloy cooking surfaces
- eat fruit after 4pm
- skip midmorning and midafternoon snacks
- eat processed foods
- eat table salt
- drink commercial fruit juices
- eat genetically modified foods
- eat sugar
- drink alcohol or decaffeinated coffee or teas

Day 1:

Breakfast:

- 1 cup broth only from Dr. Rau's Alkalizing Soup
- ½ grapefruit
- 1 tbsp pure flaxseed oil
- ¼ cup steel-cut oats cooked in 1 cup of water with 1 date until very soft

- 1 small apple or . avocado with 1 tbsp freshly squeezed lemon juice and 1 tsp EVOO
- 1 cup herb tea

Midmorning snack:

- 1 small apple or carrot

Lunch:

- your choice shredded raw vegetables (carrots, zucchini) dressed with fresh lemon juice and EVOO
- steamed vegetables (broccoli florets, beets, carrots, potato) dressed with fresh lemon juice and EVOO and 1 tbsp sunflower seeds

Midafternoon snack:

- 1 avocado or apple

Dinner:

- 4 oz fresh carrot juice
- Bowl of Dr. Rau's Alkalizing Soup including . cup diced vegetables from the soup
- ½ cup steamed spinach dressed in EVOO
- ½ cup steamed broccoli florets
- 1 cup herb tea

Day 2:

Breakfast:

- Same as Day 1

Midmorning Snack:

- Same as Day 1

Lunch:

- your choice shredded raw vegetables (lettuce, carrots) dressed with fresh lemon juice and EVOO
- steamed vegetables (cauliflower florets, green beans, sweet potato) dressed with fresh lemon juice and EVOO and 1 tbsp pumpkin seeds

Midafternoon Snack:

- Same as Day 1

Dinner:

- 4 oz fresh beet juice
- Bowl of Dr. Rau's Alkalinizing Soup including . cup diced vegetables from the soup
- 1 cup steamed broccoli florets and . cup steamed sliced potatoes dressed with fresh lemon juice and EVOO
- 1 cup herb tea

Day 3:

Breakfast:

- Same as Day 1 and 2

Midmorning Snack:

- Same as Day 1 and 2

Lunch:

- your choice shredded raw vegetables dressed with fresh lemon juice and EVOO
- steamed vegetables (swiss chard, zucchini slices, celery) dressed with fresh lemon juice and EVOO and 1 tbsp sunflower seeds

Midafternoon Snack:

- Same as Day 1 and 2

Dinner:

- 4 oz fresh carrot juice
- Bowl of Dr. Rau's Alkalizing Soup including . cup diced vegetables from the soup
- ½ cup diced butternut squash and 1 cup loosely packed baby spinach leaves, steamed and tossed with fresh lemon juice and EVOO
- 1 cup of herb tea