

Cultured Cabbage Juice

*To implant friendly lacto-bacteria in the colon and heal damaged mucous membranes of the GIT, you need to drink about **1 and ½ cups** daily.*

Ingredients:

- 1 Green cabbage, chopped
- Filtered water

Method:

1. Fill blender with chopped green cabbage and add distilled or filtered water until about 2/3 full. (Do not use well water or tap water).
2. Beat at high speed in the blender for 1 min.
3. Pour mixture into bowl and repeat with 2 more batches.
4. Cover with Saran wrap or similar material and let stand at room temperature.
5. After 3 days, the cabbage juice solution is ready to use.
6. Strain the mixture to separate the liquid from the pulp.
7. Place the cultured cabbage juice in refrigerator.
8. Drink ½ cup of this solution diluted with an equal part of water 2 or 3 times a day.
9. When the supply gets low, make 2nd batch just like the 1st one, except add ½ cup of the juice from the 1st batch to the 2nd batch. This batch will be ready in just 24 hrs. since the starter greatly speeds the process.

This process may be repeated indefinitely. Each serving contains several billion friendly lactobacteria. The lactic acid in the culture cabbage juice will purify the GIT and kill most strains of fungi, parasites and other pathogens. You should drink this mixture until your stools float in the toilet bowl and are odour free. When that happens, you may lower your dosage to 1 serving per day for maintenance.