

Lesson XV

Transition Diet 1

Summary: Lesson XV

In Lesson XV, Arnold Ehret shares the first part of his "Transition Diet" process, which is a fundamental part of his overall *Healing System*. He emphasizes that chronic illness cannot simply be corrected through a long fast or radical fruit diet, but that a gradual approach should be used. Ehret defines a "mucus-lean" diet as one that still includes certain mucus-forming foods that may be used during certain periods of the "Transition Diet." He explains that the speed of elimination can be controlled and regulated through the quantity and quality of foods used. In general, mucus-forming foods slow down one's elimination, while mucus-free foods promote more rapid elimination. Ehret suggests that the non-breakfast plan, or taking in no solid food early in the day, is highly beneficial and recommended. He also explains that mucusless diet practitioners should never drink during meals since mixtures of solid food and liquid are hard for the body to digest. Finally, in the remainder of the lesson, Ehret offers menu recommendations for the first two months. Ehret does not intend this plan to strictly be used verbatim by each practitioner. With his examples, Ehret seeks to reveal the gradual and systematic nature of the transition diet as a whole. Finally, Ehret reveals the formula for his herbal intestinal broom, better known today as "Innerclean."

Outline: Lesson XV

1) Introduction

- a) Everything is perfectly performed by Nature through evolutionary, progressive changes (not by catastrophes).
- b) Ehret exclaims, "Nothing is more incorrect than the mistaken idea that a decades-old chronic disease can be healed through a very long fast, or a radically extended, strict fruit diet."
 - i) "Nature's mills grind slow but sure."
- c) After 20 years of experience working with thousands of the sickest people, Ehret says that a "carefully selected and progressive changing 'Transition Diet' is the best and surest way for every patient to start a cure, especially for the average mixed-eater."
- d) Mucus-Lean Diet.
 - i) As long as wrong foods are partially used, Ehret calls it a "Mucus-Lean Diet."
- e) Transition.
 - i) The slow change from disease-producing foods to disease-healing foods (Mucusless Diet).
- f) Speed of elimination.
 - i) Depends on the quantities and qualities of food and can therefore be controlled and regulated according to the condition of the patient.
- g) Non-Breakfast Plan (Introduction).
 - i) The worst eating habit is a heavy breakfast every day.
 - ii) No solid food should be eaten early in the morning for the best results.
 - (1) It is okay to drink something.
 - iii) If you find it difficult in the beginning, you may drink again, but leave enough time before lunch so the stomach is empty.
 - iv) A number of minor ailments can be healed with the Non-Breakfast Plan alone.
- h) Never drink during a meal.
 - i) An important principle on the Mucusless Diet: Do not drink during a meal.
 - (1) If you are used to a drink with your meal, wait until a short period after your meal before drinking.
- i) Avoid soups with meals.
 - i) Soups that include solid cooked vegetables combined with liquid are hard to properly digest.
 - ii) Broth would be a better option than soup with solid chunks of vegetables.
 - iii) Use broth if a warm drink is desired.

2) Menus for the First 2 Weeks

a) LUNCH:

- i) A combination salad, consisting of raw grated carrots or coleslaw or both, half and half, and two or three spoonfuls of a stewed or canned vegetable, such as green peas, string beans, or spinach.
- ii) Add to this one of the following items (whatever is in season): cucumbers, tomatoes, green onions, lettuce, or other green-leaf vegetables, celery, etc., but only a sufficient quantity for flavoring.
- iii) You may make an oil dressing according to your taste if desired, using lemon juice instead of vinegar—for flavoring purposes only.
- iv) The rest of the meal should consist of one baked or stewed vegetable such as cauliflower, beets, parsnips, turnips, squash, etc.
- v) If you still feel as though you were hungry, you may eat a small-sized baked sweet potato or one slice of toasted bran or whole wheat bread.
 - (1) Fats of any kind, including ordinary butter, are unnatural and therefore should not be eaten. However, should you crave fats, it is best to use peanut butter or some other nut butter on your bread.
- vi) The object of this menu is to supply the "broom" to provide the means for mechanically cleansing the digestive tract by quantities of raw, baked, and stewed starchless vegetables.
- vii) This may be called "Ehret's Standard Combination Salad," the "intestinal broom" spoken of so frequently and so necessary for properly eliminating the stored-up poisons now being loosened during the body's housecleaning.

b) SUPPER:

- i) Mix (half and half) a stewed fruit such as apple sauce, stewed dried apricots, stewed dried peaches, or stewed prunes with some cottage cheese or very ripe bananas, mashed, sweetened with brown sugar or honey to taste.
 - (1) Cottage cheese is optional and should only be used for people coming from a particularly bad diet, and not for a long period of time.
 - (2) The bananas would be for a less "mucused," or less acid, stomach.

3) Menus for the Second 2 Weeks

a) LUNCH (Ehret's Standard Two-Course Meal):

- i) First a baked apple, applesauce, or other stewed dried fruit.
- ii) After ten or fifteen minutes, a combination salad as suggested in the first menu, and bran or whole wheat bread toasted if still hungry.
- iii) Cow butter should be gradually avoided and replaced by a vegetable or nut butter during the transition.

- iv) By allowing the cooked vegetables to soak on the salad for 10 or 15 minutes, it serves the purpose of a dressing.
- b) SUPPER:
 - i) A baked or stewed vegetable, as suggested in the first menu, followed with a vegetable salad made of lettuce and cucumber or raw celery or a little coleslaw.
- 4) Menus for the Third 2 Weeks
 - a) LUNCH:
 - i) During the summer, this should be an exclusive fruit meal—one kind only.
 - ii) In winter, a sweet dried fruit, for example, prunes, figs, raisins, or dates eaten with apples or oranges; or the dried fruits can be chewed together with a very few nuts, and then followed by the fresh fruits.
 - iii) If in the beginning this fails to satisfy, wait for 10 or 15 minutes and then eat a few leaves of lettuce or a cold vegetable either cooked or raw, but just a small quantity.
 - b) SUPPER:
 - i) A combination salad as suggested in the first menu, followed by a baked vegetable.
- 5) Menus for the Fourth 2 Weeks
 - a) LUNCH:
 - i) Fruits as in previous menus.
 - b) SUPPER:
 - i) First eat fruits, either baked or stewed, or fresh, followed a little later by a cold cooked vegetable, or better still a vegetable salad.
- 6) If You Are Losing Weight too Fast:
 - a) If you find that you are losing weight too rapidly, the elimination should be slowed down by eating bread or potatoes after the vegetables.
 - b) Should you feel an intense craving in the beginning for meat—a great desire returning which you cannot resist, then eat vegetables only on that day, and NO FRUITS.
- 7) A Dissolved Mystery
 - a) Doctors and naturopaths in general do not believe in a fruit diet because:
 - i) "Whoever experiments without experience with this diet of healing, whether sick or well, loses his faith immediately, as soon as they have a crisis, becomes what he or she believes to be 'seriously ill'; that is to say, a day on which a great amount of dissolved waste, debris, mucus and other poisons are taken back into the circulation, a day of great elimination."
 - (1) This causes a craving for wrong foods.
 - (2) This is why it is so important for every meal of a healing nature to leave the body as soon as possible.

- (a) Being mixed with loosened and dissolved poisons can be uncomfortable.
- b) Certain foods are more laxative under certain conditions.
 - i) Eat the foods that you have found to be the most laxative.
 - ii) If you do not have a bowel movement before going to bed, help with an enema, a laxative, or both.
- c) Ehret's Natural Laxative.
 - i) Eat a few dried prunes before the other fruits are consumed.
- d) Ehret's Herbal Intestinal Broom (Innerclean Formula).
 - i) See the *Annotated, Revised, and Edited Mucusless Diet Healing System* for the Innerclean recipe.
 - ii) The herbs can be taken ground and added to a glass of water. It can also be brewed as a tea.

Glossary: Lesson XV

Mucus-Lean: Term coined by Arnold Ehret to refer to the period of one's transition when some wrong foods are partially used.

Coleslaw: Shredded cabbage without mayonnaise or dressing.

Review Questions: Lesson XV

1. Why is it not good to drink or eat chunky soups?
2. Why should drinking be avoided during meals? What should be done instead?
3. Fats of all kinds should be avoided. (True or False) Explain.
4. Why is it important for a diet of healing to be digested and eliminated from the body quickly?
5. What does Ehret mean by saying that the vegetable meal should create a "broom"?
6. What does the term "mucus-lean" mean?
7. Describe the main components of "Ehret's Standard Combination Salad."