THERAPEUTIC FRUIT LIVE-IT HEALING PROGRAM

Eating Healthfully Takes Much Thought. Furthermore, to detox with a primarily fruit program requires much planning. THE WHAT: This Live-It Fruit Detoxification Program Cleanses Your Lymphatic System, Revitalizes, Rejuvenates, and Builds Your Cells Bringing Life to Your Life. THE HOW: You May Progress Through Each Level in The Order Laid Out Below or You May Start on Any Level or Stay on Any Level as Long as You Desire Until You Are Comfortable Going to The Extreme Level. You May Stay on This Program Until You Reach Your Desired Results. Each Level Takes You Deeper into The Healing Experience.

Level One Beginners One to Three Weeks			Level Two Intermediate One to Three Weeks			Level Three Extreme Level One to Three Weeks or More		
		<u>\</u>					Three weeks of	INICIE
Choose Any Of The Fruits Listed Here And Blend Into A Smoothie, Cut Into A Salad, Juice Or Eat Whole Breakfast			Choose Any Of The Fruits Listed Here And Blend Into A Smoothie, Cut Into A Salad, Juice Or Eat Whole Breakfast			Choose Any Of The Fruits Listed Here And Blend Into A Smoothie, Cut Into A Salad, Juice Or Eat Whole Breakfast		
Fruits	Berries	Melons	Fruits	Berries	Melons	Fruits	Berries	Melons
Mangos, Grapes	Blueberry, Bilberry	Casaba,	Mangos, Grapes,	Blueberry, Bilberry	Casaba,	Grapes	Blueberry, Bilberry	Casaba,
Bananas, Figs,	Goji & Acai Berry	Honeydew,	Bananas, Figs,	Goji & Acai Berry	Honeydew,		Goji & Acai Berry	Honeydew,
Dates, Apples,	Strawberry, Goose	Cantaloupe,	Dates, Apples,	Strawberry, Goose	Cantaloupe,	The Darker the	Strawberry, Goose	Cantaloupe,
Pears, Kiwis,	Berry, Raspberry,	Papaya, Canary,	Pears, Kiwis,	Berry, Raspberry,	Papaya,	Better	Berry, Raspberry,	Papaya, Canary
Citrus, Peaches,	Black Berry, Logan	Watermelon	Citrus, peaches,	Black Berry, Logan	Canary,		Black Berry, Logan	Watermelon
Pineapple	Berry	Watermelon	Persimmons	Berry	Watermelon		Berry	
Mid-Morning Snack			Mid-Morning Snack			Mid-Morning Snack		
		10000						
Dark Leafy Green	Veggie Juice, Fruit Juice	e/Smoothie, Fruit	Dark Leafy Green Veggie Juice, Fruit Juice/Smoothie, Fruit			Fruit Juice / Smoothie, Fruit		
	Lunch			Lunch	0		Lunch	
Choose Any Of The Following And Have A Large			Fruits	Berries	Melons	Fruits	Berries	Melons
Alkaline Sa	alad Made With The Fol	lowing:	Mangos, Grapes,	Blueberry, Bilberry	Casaba,	Grapes	Blueberry,	Casaba,
Romaine Lettuce, Butter Lettuce, Dandelion Leaves,		Bananas, Figs,	Goji & Acai Berry	Honeydew,		Bilberry Goji &	Honeydew,	
Swiss Chard, Watercress, Arugula, Endive, Cabbage,		Dates, Apples,	Strawberry, Goose	Cantaloupe,	The Darker the	Acai Berry	Cantaloupe,	
	Seaweed, Cucumbers, Tomatoes, Zucchini, Avocado, 🛛 🌉			Berry, Raspberry,	· · ·	Better	Strawberry, Goose	Papaya, Canary
	nbers, Tomatoes, Zucch		Doors Kiwis		I Panava Lanary I			i apaya) canar
Seaweed, Cucum Peppers, Okr	a, Jicama, Celery, Onior	ns, Olives, 🛛 🇾	Pears, Kiwis, Citrus, peaches		Papaya, Canary Watermelon		Berry, Raspherry,	Watermelon
Seaweed, Cucum Peppers, Okr		ns, Olives, 🛛 🇾	Pears, Kiwis, Citrus, peaches, Cherries	Black Berry, Logan Berry	Watermelon		Berry, Raspberry, Black Berry	Watermelon
Seaweed, Cucum Peppers, Okr Artic	a, Jicama, Celery, Onior choke, Assorted Sprout	ns, Olives, s	Citrus, peaches, Cherries	Black Berry, Logan Berry	Watermelon		Black Berry	
Seaweed, Cucum Peppers, Okr Artic	a, Jicama, Celery, Onior	ns, Olives, s	Citrus, peaches, Cherries	Black Berry, Logan	Watermelon		Black Berry	ck
Seaweed, Cucum Peppers, Okr Artic	a, Jicama, Celery, Onior choke, Assorted Sprout	ns, Olives, s ck	Citrus, peaches, Cherries Mid	Black Berry, Logan Berry	Watermelon C k		Black Berry	ck
Seaweed, Cucum Peppers, Okr Artic	a, Jicama, Celery, Onior choke, Assorted Sprouts d-Afternoon Sna	ns, Olives, s ck	Citrus, peaches, Cherries Mid	Black Berry, Logan Berry -Afternoon Sna	Watermelon C k		Black Berry	ck
Seaweed, Cucum Peppers, Okr Artic Mi Dark Leafy Green	a, Jicama, Celery, Onior choke, Assorted Sprouts d-Afternoon Sna Veggie Juice, Fruit Juice Dinner oth-based soup filled w	ns, Olives, s ck e/Smoothie, Fruit ith alkaline	Citrus, peaches, Cherries Mid Dark Leafy Green Vo Same type of dinne	Black Berry, Logan Berry I-Afternoon Sna eggie Juice, Fruit Juice/ Dinner r as first level. Howeve	Watermelon Ck Smoothie, Fruit		Black Berry I-Afternoon Snac Veggie Juice, Fruit Juice	ck
Seaweed, Cucum Peppers, Okr Artic Mi Dark Leafy Green	a, Jicama, Celery, Onior choke, Assorted Sprouts d-Afternoon Sna Veggie Juice, Fruit Juice Dinner oth-based soup filled w ay add seed-based grai	ns, Olives, s ck e/Smoothie, Fruit ith alkaline ns (quinoa, wild	Citrus, peaches, Cherries Mid Dark Leafy Green Vo Same type of dinne living and uncooked	Black Berry, Logan Berry -Afternoon Snace eggie Juice, Fruit Juice/ Dinner r as first level. Howeve food made in very pal	Watermelon Ck Smoothie, Fruit r, try to eat more latable methods	Dark Leafy Green	Black Berry I-Afternoon Snac Veggie Juice, Fruit Juice Dinner Berries	C k /Smoothie, Fruit Fruits
Seaweed, Cucum Peppers, Okr Artic Mi Dark Leafy Green Our may have a bro egetables. You ma ce, amaranth, tef	a, Jicama, Celery, Onior choke, Assorted Sprouts d-Afternoon Sna Veggie Juice, Fruit Juice Dinner oth-based soup filled w ay add seed-based grai ff, Buckwheat). You ma	ns, Olives, s ck e/Smoothie, Fruit ith alkaline ns (quinoa, wild ny have any of the	Citrus, peaches, Cherries Mid Dark Leafy Green Vo Same type of dinne living and uncooked	Black Berry, Logan Berry I-Afternoon Sna eggie Juice, Fruit Juice/ Dinner r as first level. Howeve	Watermelon Ck Smoothie, Fruit r, try to eat more latable methods	Dark Leafy Green	Black Berry I-Afternoon Snac Veggie Juice, Fruit Juice Dinner Berries Blueberry, Black	c k /Smoothie, Fruit Fruits Cucumber,
Seaweed, Cucum Peppers, Okr Artic Mi Dark Leafy Green Umay have a bro egetables. You ma ce, amaranth, tef ariety of squashe	a, Jicama, Celery, Onior choke, Assorted Sprouts d-Afternoon Sna Veggie Juice, Fruit Juice Dinner oth-based soup filled w ay add seed-based grai ff, Buckwheat). You ma s and pumpkins. Steam	ns, Olives, s ck e/Smoothie, Fruit ith alkaline ns (quinoa, wild ny have any of the ned or roasted.	Citrus, peaches, Cherries Mid Dark Leafy Green Vo Same type of dinne living and uncooked to preserve the ene	Black Berry, Logan Berry -Afternoon Snace eggie Juice, Fruit Juice/ Dinner r as first level. Howeve food made in very pal	Watermelon Ck Smoothie, Fruit r, try to eat more latable methods e foods to impart	Dark Leafy Green	Black Berry J-Afternoon Snac Veggie Juice, Fruit Juice Dinner Berries Blueberry, Black berry,	ck /Smoothie, Fruit Fruits Cucumber, Tomatoes
Seaweed, Cucum Peppers, Okr Artic Mi Dark Leafy Green Dark Leafy Green Umay have a bro egetables. You ma ce, amaranth, tef ariety of squasher owever, try to ea	a, Jicama, Celery, Onior choke, Assorted Sprouts d-Afternoon Sna Veggie Juice, Fruit Juice Dinner oth-based soup filled w ay add seed-based grai ff, Buckwheat). You ma s and pumpkins. Steam t your vegetables uncoo	ns, Olives, s ck e/Smoothie, Fruit ith alkaline ns (quinoa, wild ny have any of the ned or roasted. oked to preserve	Citrus, peaches, Cherries Mid Dark Leafy Green Vo Same type of dinne living and uncooked to preserve the ene its life to you. Use h	Black Berry, Logan Berry -Afternoon Snace eggie Juice, Fruit Juice/ Dinner r as first level. Howeve food made in very pale ergy and vibration of the herbs and spices to flave	Watermelon Ck Smoothie, Fruit Smoothie, Fruit r, try to eat more latable methods e foods to impart or your food.	Dark Leafy Green T Fruits Bell Peppers Zucchini Squash	Black Berry d-Afternoon Snac Veggie Juice, Fruit Juice Dinner Berries Blueberry, Black berry, Strawberry, Goji	ck /Smoothie, Fruit Fruits Cucumber, Tomatoes Pumpkin
Seaweed, Cucum Peppers, Okr Artic Min Dark Leafy Green ou may have a bro egetables. You may ce, amaranth, tef ariety of squashe owever, try to ear he enzymes and n	a, Jicama, Celery, Onior choke, Assorted Sprouts d-Afternoon Sna Veggie Juice, Fruit Juice Dinner oth-based soup filled w ay add seed-based grai ff, Buckwheat). You ma s and pumpkins. Steam t your vegetables uncoo outrients intact. Cooking	ns, Olives, s ck e/Smoothie, Fruit ith alkaline ns (quinoa, wild ny have any of the ned or roasted. oked to preserve g changes the	Citrus, peaches, Cherries Mid Dark Leafy Green V Same type of dinne living and uncooked to preserve the ene its life to you. Use h Fruits will digest ve	Black Berry, Logan Berry I-Afternoon Snac eggie Juice, Fruit Juice/ Dinner r as first level. Howeve d food made in very pal ergy and vibration of the herbs and spices to flave ry quickly therefore ea	Watermelon Ck Smoothie, Fruit Smoothie, Fruit r, try to eat more latable methods e foods to impart or your food. t up to 2000	Dark Leafy Green	Black Berry I-Afternoon Snac Veggie Juice, Fruit Juice Dinner Blueberry, Black berry, Strawberry, Goji berry, Bilberry,	ck /Smoothie, Fruit Fruits Cucumber, Tomatoes Pumpkin Avocado
Seaweed, Cucum Peppers, Okr Artic Min Dark Leafy Green Ou may have a bro egetables. You ma ce, amaranth, tef ariety of squasher owever, try to each nemistry of the for	a, Jicama, Celery, Onior choke, Assorted Sprouts d-Afternoon Sna Veggie Juice, Fruit Juice Dinner oth-based soup filled w ay add seed-based grai ff, Buckwheat). You ma s and pumpkins. Steam t your vegetables uncoo	ns, Olives, s ck e/Smoothie, Fruit ith alkaline ns (quinoa, wild ny have any of the ned or roasted. oked to preserve g changes the ymes. If you	Citrus, peaches, Cherries Mid Dark Leafy Green Vo Same type of dinne living and uncooked to preserve the ene its life to you. Use h Fruits will digest ve calories of fruit to g	Black Berry, Logan Berry -Afternoon Snace eggie Juice, Fruit Juice/ Dinner r as first level. Howeve food made in very pale ergy and vibration of the herbs and spices to flave	Watermelon Ck Smoothie, Fruit Smoothie, Fruit r, try to eat more latable methods e foods to impart or your food. t up to 2000 or you body too	Dark Leafy Green T Fruits Bell Peppers Zucchini Squash	Black Berry d-Afternoon Snac Veggie Juice, Fruit Juice Dinner Berries Blueberry, Black berry, Strawberry, Goji	ck /Smoothie, Fruit Fruits Cucumber, Tomatoes Pumpkin

Results Will Vary From Person To Person and Your Personal Results Will Vary Depending Upon How You Follow The Program, Your Health, How Disease Manifest In Your Body! In Other Words, Results Will Vary Accordingly...