

Aloe Juice Rehydration Cocktail

One of the signs of ageing is that the tissues and organs begin to dehydrate and lose their ability to hold water. Tissues begin to wrinkle or atrophy, constipation ensues, and cell activity diminishes. 90% of fluid intake is absorbed by the small intestine capillaries in the villi, so rehydration is important. The purpose of this beverage is to soak and saturate the villi of the small intestines so that the accumulations of mucus and sludge may be brought into a solution and moved out of the body with cleansing fibers and colonics. Once relieved of the excess accumulations in the intestine, the "chi" or energy of life force will be able to circulate more freely throughout the body, water and nutrient absorption will improve, resulting in better energy levels, memory and ability to focus, and a moist and supple skin.

Instructions:

Mix the following ingredients and drink daily throughout the morning:

- **1 Qt. Aloe Vera gel or juice****
- **1 Qt. Apple juice**
- **Juice of 2 lemons**
- **Ginger root juice (1" piece) or grate 1 – 2 Tbsp of ginger**

Optional:

- Add a bag of cranberries for a great kidney flush.
- If you have difficulty with sugar, dilute the juice with water.

**** Lilly of the Desert Aloe Vera Gel** for our purpose, is the best tasting and priced. There are other aloes that are more active but usually must be purchased from a distributor and are expensive. The whole leaf aloe has immune enhancing properties but is not necessary for this mixture. Purchase at Fred Meyer, Super Supplements, or PCC.

Ingredient Descriptions:

- **Aloe Vera Gel** has the capacity to penetrate and rehydrate the tissues of the most distal segments of the intestinal tract (22 feet of the small intestines and 3 – 5 feet of large intestines).
- **Lemons** are a great astringent for breaking up mucus, clearing the blood, and purifying the liver. For the full benefits of the bioflavonoids, remove the peel and juice the whole lemon, whites and all.
- **Apple Juice/Cider** is high in potassium, the mineral most needed by the body and an alkalizer for an over-acid system. Adding some sweetness helps the body "soak in" or hydrate.
- **Ginger** is the mover, the stimulator that helps move this mixture through the entire intestines and wakes you up on the way with antioxidant qualities.