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### 30 Days Mucusless Diet - Kristy's Brochures/Pamphlets

30 Days Mucusless Diet Agust 9th 9:00 Pm Mix 3 Table Spoon Epson Salt In A Glass Of Pink Grapefruit Juice. Followed By, A Table Spoon Of Grapeseed, Coconut Or Olive Oil Blend 6 Grain Of Garlic, 3 Sticks Of Ginger, Half Of An On-ion And 1 Handful Of Sea Mo Apr 2th, 2024

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Mucusless Diet Daily Consumption: 4 Pieces Of Fresh Fruit 1 Lb. Raw Vegetables (5-6 Different Kinds Per Day, 2 Different Kinds Of Dark Leafy Green) 1 Cup Legumes Or Beans 1 Serving Of High Starch Vegetable (squash, Potato, Carrots, Yams, Parsnips, Rutabagas, Pumpkins) 1 Cup Cooked Grains (bar Feb 8th, 2024

# Dr. Christopher's Mucusless Diet

Mucusless Diet. By Laurence Layne, LMT, CNMT, EWCH . At . Healing Waters Clinic & Herb Shop. The First Step Of The Cleansing Program Is The Three Day Juice Cleanse. The Second Step To Healing T He Body Is For An Individual To Eliminate The Mucus Forming Foods From The Diet. ... System And Remove Catarrh From The System. 1. Cayenne A. Take One ... Mar 3th, 2024

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