

Tune-ups and Overhauls

“Well over ninety percent of all disease comes from an unclean body whose “sewer” is backed up. A backed up sewer means our filth has accumulated throughout the body. When this happens, you are dirty and filthy inside, the body does not operate well, and mental processes often dwell on lower thoughts and ideas rather than on a higher plane.

Our human mechanism is like a car loaded with carbon and sludge, the timing is off, the electrical system is shorting, and is badly in need of a tune-up and overhaul. By grinding the valves, cleaning out the sludge in the oil system, tuning the poorly functioning parts of the car, it will again run as good as new. Cleaning out our vehicles (our bodies) and getting a tune-up is the most important thing we can do to have a smoothly operating body that will use less fuel (food) and get better mileage and performance.

For this to happen we need to look at the bowel. Our bowels are the most neglected and ignored parts of our bodies. We need to know how this eliminative organ works so the large intestines can be kept clean and operate as desired and intended by the original creator of our bodies.

The first steps to having a smooth-running, happy, efficient body is to first give it a three-day juice cleanse and then start the mucusless diet as explained in *Dr. Christopher's Three-Day Cleansing Program, Mucusless Diet, and Herbal Combinations*.² This will start working on the cause of the malfunctions in the body, renewing the flesh and rebuilding the organs. By continuing with this program, you are guaranteed to not have the problems of constipation and ill health any more during your life.”

Overview of the Three Day Juice Cleanse:

Supplies:

2 quarts prune juice, 9 ounces olive oil, 3 gallons juice (carrot, apple, grape, or citrus), 3 gallons water (preferably distilled)

Steps: 16 ounces prune juice upon arising, olive oil 3 times a day, cleansing juice and water 8 ounces of fluid every 30 minutes, alternating juice and water.

Overview of Mucusless Diet:

The Don'ts: excessive salt, eggs, sugar (processed), meat (except a little white fish or clean poultry), milk (dairy), flour and flour products (especially bleached and processed).

The Dos: Whole grains, nuts, seeds, vegetables, and fruits, cayenne, honey and apple cider vinegar, kelp, molasses, wheat germ oil.

“Never will we have peace as long as we have constipated warriors sitting around the peace table glaring in hate at each other. Peace will come from clean, sweet, happy bodies and those who teach this natural lifestyle to their families through their example. These teachings can eventually spread worldwide.”

~This article is a compilation of excerpts of Dr. John R. Christopher's writings, taken from *Dr. Christopher's Three-Day Cleansing Program, Mucusless Diet and Herbal Combinations* and *Dr. Christopher's Herbal Home Health Care*. These books can be purchased online at [Christopher Publications](#) or call 1-800-372-8255.

References

- 1 Christopher, John R. *Herbal Home Health Care*. Christopher Publications, 2004.
- 2 Christopher, Dr. John R. *Dr. Christopher's Three-Day Cleansing Program, Mucusless Diet and Herbal Combinations*. 1996.
- 3 Legacy, Herbal. "Confectionary Bowel Aid". *Herballegacy.Com*, 2020, https://www.herballegacy.com/Bowel_Aid.html.