

Diarrhea

Steps to take:

Maximize: Water intake (boil all water to eliminate any bacteria and cool for drinking. Drink Herbal teas, eat starchy foods.

Minimize raw fruits, raw vegetables, and dried fruits (except bananas). Eliminate alcohol, caffeine, dairy products (except organic yogurt with active bacterial cultures), sugars and sweeteners and food allergies and intolerances.

Best Berries (Juicing Bible 2nd Edition)

Serving size: 1 smoothie

Ingredients:

- 1 cup fresh or frozen berries
- ¾ cup pineapple juice
- 3 tbsp organic natural yogurt
- 1 Banana

Combine all in a blender and process until smooth.

Tea for Diarrhea

Best Berries (Juicing Bible 2nd Edition)

Serving size: 1 to 2

Ingredients:

- 1 tbsp raspberry leaves
- 1 tsp grated gingerroot or ½ tsp (2 mL) ground
- 1 tsp powdered slippery elm bark
- 1-½ cups boiling water

In a non-reactive teapot, combine raspberry, ginger and elm bark. Whisk while slowly adding boiling water; steep for 15 minutes. Strain into cups and drink warm