



ULTIMATE HEALTH GUIDE

The only detox guide you will ever need!



Certified Detoxification Specialist
Trained by Dr. Robert Morse





TABLE OF CONTENTS

- **Recipes Page..... 3**
- **My Story..... 4**
- **About This book.....5**
- **Why Raw foods..... 6**
- **Alkaline vs Acids.....7**
- **The Truth About Sugar..... 8**
- **The Lymphatic System.....9**
- **Astringents.....10**
- **Kidney Filtration..... 11**
- **The Power of Grapes..... 12**
- **How To Succeed On Raw..... 13**
- **Detoxification.....14**
- **Slowing Detoxification.....15**
- **Social Challenges..... 16**
- **Emotional Struggles.....17**
- **Using Herbs.....18**
- **Fasting Part 1..... 19**
- **Fasting Part 2..... 20**
- **Breaking The Fast..... 21**
- **Doing An Enema.....22**

CLICK ANY TITLE TO TAKE YOU TO THAT PAGE



RECIPES

- **How Much To Eat..... 23**
- **Fruit Meals And Smoothies..... 24**
- **Dried Fruits + More.....25**
- **The Perfect Smoothie.....26**
- **Mango Guacamole..... 27**
- **Savoury Maple Salad.....28**

- **Common Questions Pt 1..... 29**
- **Common Questions Pt 2..... 30**

- **Work With Me..... 31**

- **Medical Disclaimer..... 32**

NEED IMMEDIATE HELP?

CLICK HERE!



Rawgenerate's

MY STORY

Hey everyone, my name is Jake. Thank you all for taking the first step in getting your health back.

When I was a child, I had many health issues, from a ruptured appendix at 15 months old and eroding teeth. As a teenager and adult I developed psoriasis and malabsorption, and the skin and teeth issues continued to worsen....

After becoming a practitioner of regenerative healing, everything changed! It then made sense why I had so many problems: and so I applied what I learnt, and never looked back. It was through Dr Robert Morse that I turned my life around, and now as a Detoxification Practitioner and student of Dr Morse, it is my mission to help you out of your suffering, just as I helped myself.



With love, Jake - Cert. Detox Practitioner



Rawgenerate's

ABOUT THIS BOOK

Everything You Need

It is my hopes that this little e-book is of immense value to you. I have packed it with absolutely everything I deem critical, so that you don't make the same mistakes I made along the way.

Getting our health back can be so overwhelming, but only because we don't know how.

I will show you how in this book, and I promise you that YOU WILL SUCCEED in living a life of vitality and strength if you follow the principles in this book!

Before we begin, I ask that you put aside all fear and begin your journey to wellness on a positive note.

Now, let's get YOUR health back!



WHY RAW FOODS?

A Raw Food World

- We are the only animals out of 8.7 million animal species that consumes our foods COOKED.
- There is no other species with as much DIS-EASE and suffering than us.
- If we can safely say anything, it is that eating our foods RAW is how nature intended it to be!

Which Species Are We?

- It is known that we share roughly 96% DNA with primates, so perhaps our answer lies here? That would make us FRUGIVORES: living on herbs and fruits alone.

The Power of Raw Foods

When we put raw foods into our bodies, everything changes for the better:

- Rested sleep
- Perfect bowel movements
- No more sickness
- Clear skin
- Unlimited energy
- Immense strength
- A calm mind
- Improved sensors
- Healthy organs and glands
- No deficiencies
- No more DIS-EASE!





ALKALINE vs ACID FOODS

Alkaline Foods

- Alkaline dominant foods are the most powerful foods on the planet. They encompass virtually all fruits and vegetables.
- They are high in carbon molecules: which is alkaline fuel for our body.
- Herbs and fruits range from about 8 pH to 5 pH: perfectly balanced chemistry.

NOTE: *Even when a fruit is acidic, such as a lemon, after metabolism, it leaves an alkaline ash in the body. Many people are unaware of this.*

Acidic Foods

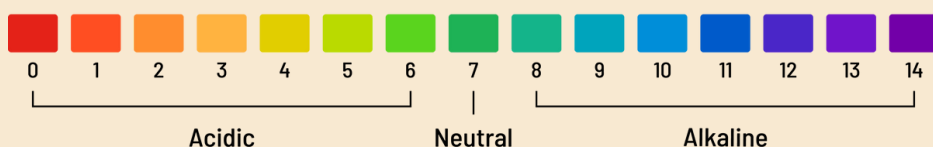
- Any animal flesh, eggs, pasteurised dairy, beans, grains, breads, refined foods and coffee are all **ACIDIC** and weaken the body, ranging from about 4 pH to 1 pH.
- Acid dominant foods are high in nitrogen molecules: which is acidic and destroys the body.

REMEMBER THIS:

Alkaline = carbon molecules = simple sugars = cell energy for the body.

Acidic = nitrogen molecules = high protein chains = cell energy loss and damage.

pH scale





THE TRUTH ABOUT SUGAR

Fruit Sugar is Key

The misunderstanding of sugars is mind blowing. I will make it very simple for you.

- Not all sugars are the same. The most superior sugar is **FRUCTOSE**, which is highest in **FRUITS**. (not to be confused with high fructose corn syrup).
- Fruit sugar **IS** alkaline. Wait what? Yes, you read that right: fruit sugar is alkaline, because it is made of **CARBON MOLECULES**.
- Greens are full of sugars, known as **GLUCOSE**, yet no one ever questions eating too many greens.



Unripe Fruit is Acidic

- Fruits that are unripe will be more acidic, because the simple sugars have not developed properly.
- **EAT YOUR FRUIT RIPE!** This cannot be overstated enough.
- Acids are not the enemy, rather a **dominance** in acids is. Certain fruits contain more acids which is vital for cleaning out the body.
- The higher acid fruits, such as lemons, contains proper ratios of acids to alkalies, and are powerful in astringents. (*refer to page 10*).



THE LYMPHATIC SYSTEM

The Unknown System

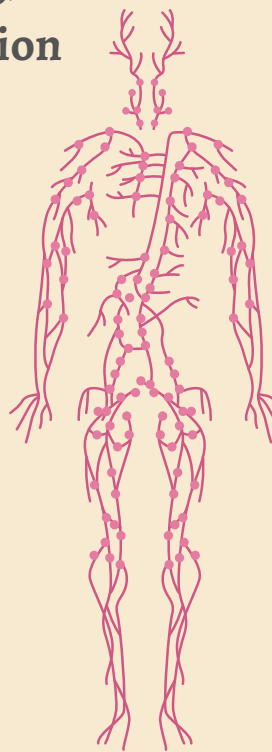
- The lymphatic system is the main fluid system of the body, comprising about 80% of the fluid, with blood comprising the other 20%.
- This system is the sewer system of the body, connected to **EVERY CELL, TISSUE, ORGAN and GLAND** in the body.
- It is responsible for removing cellular **ACID** wastes out of the body, by means of the kidneys.
- When this system stops moving, this is when we see skin problems, tumours, decaying tissues and the dying of the human body.

The Lymph Nodes

It is said that there are around 600 lymph nodes throughout the body, and all of them have the same job:

- To break down acid waste.
- Destroy dead cells.
- Destroy viral loads.

You could say that the lymph nodes are the garbage trucks of the body, doing everything they can to keep the lymph fluid clean and moving, so that the cells can function optimally.





ASTRINGENTS

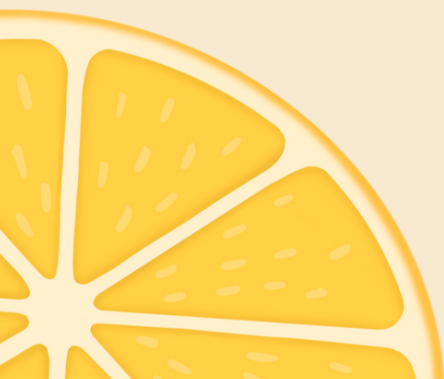
What are Astringents?

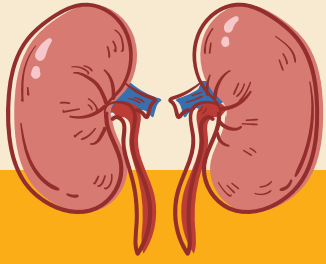
- Astringents are properties mainly found in fruits, that help to move lymphatic fluid.
- The highest astringent fruits are the citrus family, and move lymphatic fluid very aggressively and quickly.
- We must have astringents in our diet, otherwise we won't be able to clean up the lymphatic system, and move lymph waste.
- Vegetables are very low in astringents, if any at all.

When to Astringe?

- Sometimes balancing out with less astringent fruits, greens and vegetables is necessary.
- I like to focus on the sweeter fruits, such as bananas, mangoes, dates and papayas, when I want to slow down lymphatic movement slightly.
- If you have swollen lymph nodes, I do not recommend eating high astringent fruits until proper kidney filtration is achieved.

More on kidney filtration on the next page.





Rawgenerate's

KIDNEY FILTRATION

What is it?

- The kidneys are the main pathways of elimination for the lymphatic system.
- The lymphatic system filters acid waste through the kidneys, and out through the urine.
- If you have CLEAR URINE, this is not good!
- THE LACK OF FILTRATION IS THE REASON WHY PEOPLE DON'T HEAL.
- We must see filtration of acids, otherwise we cannot get well!

What to Look For.

Pee in a glass jar first thing in the morning and look for floating sediment. Expect to see any of the following:

- White particles.
- Strings of white mucus.
- Murky, cloudy urine.

You may notice that your urine is darker in colour and may have a strong smell. NOT TO WORRY. It is the filtration of acids that is important!

Checking filtration throughout your healing journey is recommended.





THE POWER OF GRAPES

The Queen of Fruits

- Grapes have been known to heal the body at levels that are almost in the realms of the supernatural.
- The grape is the most perfectly balanced fruit, with just the right ratios of astringents, water, acids and fibre.
- I recommend ANYONE to go on an exclusively grape diet to experience this wonderful fruit for themselves.

The Grape Diet

It may seem extreme to eat only grapes, but I ask you, is not suffering and dis-ease extreme?

- Doing a grape diet is easy: eat only grapes.
- I recommend to eat 1 - 1.5 kg (2.2 - 3.3 pounds) of grapes per day. Though I encourage us to follow our awareness with this.
- Eating this way can be done for months at a time.

To learn more, I strongly suggest reading The Grape Cure book, by Johanna Brandt.





HOW TO SUCCEED ON RAW

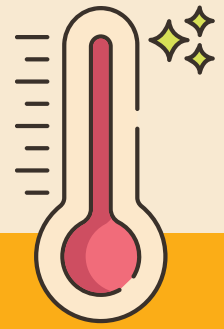
Tips for Success

- Use transition diets: move yourself from cooked foods towards raw foods slowly.
- Eat as much fruit as you want! (*the less food you eat the more you will detox*).
- Eat a salad a day to slow down detox (more on this on page 15).
- Use herbs to support the bodies organs and glands.
- PRO TIP: Have fruit in the evening for vivid dreams and sleep instead of a salad.
- Start your day with fruit, ALWAYS!

Transitioning to Raw

- If transitioning, it is a good idea to consume the cooked foods - such as grains, nuts and or legumes - with a BIG salad of raw greens, tomatoes, cucumbers and other raw vegetables.
- This combination can be used at ANY TIME when you find yourself wanting to eat something cooked.
- The salad will make it much easier on the body to eliminate the cooked foods.





DETOXIFICATION

What is Detoxification?

- Detoxification is merely the process that the body goes through to remove wastes and poisons.
- When we start to consume fruits and raw foods, detox begins almost immediately.
- Detoxification can also be known as hydration: when we hydrate the cells, they can then clean out old waste.
- For optimal detox, eat before fullness is felt, and go to bed slightly hungry.
- Think of detoxification as a deep house clean or home renovation.

What to Expect?

One can experience any of the following:

- Cold and flu symptoms.
- Headaches, aches and pains.
- Low energy.
- Diarrhea.
- Experience of immense sadness and anger.
- Fevers.
- Lethargy.

We can experience DIS-EASE symptoms during detoxification. We must not let this make us fearful, since this is the elimination process.

As the body cleans itself out, these detox effects will be less and less as time goes by.





SLOWING DETOXIFICATION

When to Slow it Down?

- Detoxification can be slowed down at any time if you feel like you are cleaning out wastes too rapidly.
- Because our bodies are sick, it can be very uncomfortable when we experience all these sensations during the healing process.
- It is reassuring to know that one can slow down the healing process at any point by introducing food items that are not cleansing.

A word of warning: it is not recommended to slow down detox with junk food EVER!

How to Slow it Down?

I like to slow down detoxification in 2 different steps:

- 1: eat more greens instead of fruit.
- 2: eat more raw and cooked vegetables.

The more greens and vegetables you eat, the less you detox. This is because they are less powerful than fruits.

A good balance for slowing detox is:

- Fruit for breakfast.
- Salad for lunch with cooked vegetables added.
- Fruit for a snack.
- Salad for dinner.





Rawgenerate's

SOCIAL CHALLENGES

Eating Out?

- What happens when I go out with friends?
- What if I eat something that's not good?
- What do I do?

I know what it's like to feel like the odd one out, it's not fun!

There are different choices you can make, based on what you are willing to prioritise:

- Eat a little amount of something.
- Eat a meal with the most vegetables in it.
- If you can order a salad too, DO IT!

Preparing for Junk Food

If you know that you will be in a situation where eating some junk food is unavoidable, then there are steps that I deem vital to minimise the negative effects:

- Bring a herbal GI tract formula with you to take after the meal.
- Eat more cooked vegetables and salads the day before, to not shock the system as much.
- Hydrate yourself as much as possible before you eat.

Eating junk is something I would limit AS MUCH AS POSSIBLE!





EMOTIONAL STRUGGLES

Feeling Down?

- The biggest challenge - from my experience - is the emotional aspect.
- We must understand that when our bodies clean out acidic wastes, we also detoxify hidden and suppressed emotions.
- There is always the PHYSICAL side and the EMOTIONAL side of healing.
- Supporting the **ADRENAL GLANDS** with herbs is a powerful way to help with emotional detoxification.

Letting Go

Here are my top ways of overcoming negative emotions:

- Observe the feeling, don't react!
- Occupy yourself with something that brings you joy. For me that is playing guitar and helping others.
- Get yourself into nature. (I love the ocean).
- Cry to let the feeling go. THIS IS POWERFUL.
- Remind yourself why you are on this path.

More information about herbs on the next page.





Rawgenerate's

USING HERBS

Why Herbs?

- Herbs help to assist the endocrine glands and organs of the body. Without proper functioning organs and glands, our body cannot work properly.
- Herbs have been used since the dawn of time, given to us by nature.
- As a Detox Practitioner, the difference between a client using herbs and not, is night and day.
- It is said that herbs increase the healing process by THREE TIMES.

Herbs to Use

There are so many herbs out there, and doing some research on specifics would be recommended, however, the following formulas would be vital for anyone:

- Endocrine daily
- Kidney and bladder restore
- Lymph drainage gentle mover
- GI Renew

This is the the FAB 4 kit by master herbalist, Dr Robert Morse.

If you would like a personalised herbal protocol, [CLICK HERE.](#)





Rawgenerate's

FASTING Pt 1

Why Fast?

- Fasting has been used by cultures throughout human history, and is used by animals all the time in nature.
- It gives our bodies a break from digesting solid foods, so that the body can focus its energy on healing deep issues.
- In some cases, fasting is an absolute must in order to overcome a health problem.

Which Type of Fast?

I recommend juice and water fasting, in that order, though there is dry fasting: the abstinence or all food and drink, which I only recommend under strict guidance for up to 36 hrs.

How to Prepare?

I recommend to be 100% raw 1 week leading up to the fast, and nothing but fruits and fruit juices the day before the start of the fast for the smoothest transition into the fast.

I recommend liquid fasting to be done for 3-7 days to begin with, and working your way to deeper fasts down the track: up to 90 day fasts are achievable with the correct preparation.

*The cleaner you become,
the longer you can fast for.*





FASTING Pt 2

When Not to Fast?

Fasting is a very powerful tool, but it is not always recommended. When in doubt, consult myself or another practitioner.

I do not recommend fasting during the following circumstances:

- During pregnancy.
- Heavy menstruation.
- After heavy pharmaceutical drug use.
- After living on the standard western diet, with no transition.
- With any debilitating condition that could result in serious damage to your body.

A Successful Fast

Here are my tips for making a fast smooth and as easeful as possible.

- Herbal tea and lemon juice enemas to assist the body in elimination. (*More on page 22*).
- Drink 3-4 litres (2.6 - 3.5 quarts) a day. The less you drink, the deeper the fast.
- Spend your time relaxing in the sun, and bathing in lakes and the ocean.
- Practice observation rather than thinking.





BREAKING THE FAST

When to Stop?

Choosing the right time to break a fast is so important. We must be in a good frame of mind when breaking the fast.

Times to break the fast:

- When we are feeling mentally clear.
- We are not craving other foods excessively.
- When we feel it safer to end the fast, rather than to continue.

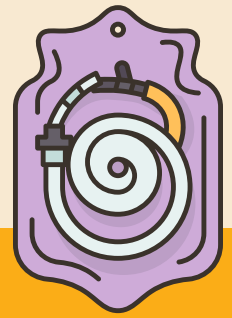
How to Break the Fast?

Any fool can fast, but it takes a wise man to break a fast!

I cannot emphasize enough, the importance of breaking a fast properly. These are the steps I follow and recommend:

- Always end a fast with a single juicy fruit, such as melon, oranges or grapes.
- Eat only fruits and fruit juices for the next day.
- Enjoy a salad on day 3 at midday if desired.
- For days 4-7 slowly introduce more complex salads and fruit and vegetable meals.





DOING AN ENEMA

The Enema

- Using an enema at any stage during the healing of the body can be absolutely vital, especially if you can feel that something has gotten stuck in your Gi tract and the herbs and diet is not enough.
- If you notice your bowel movements slowing down, doing an enema could be the answer.

I like to allow the diet and herbs to do the internal cleaning first, and focus on enemas as a last resort.

Doing an Enema

Fill up the enema bag with skin temperature filtered mineral water:

- Add the juice of 1 FRESH lemon. I always add Dr Morse's Heal All Tea to the enema too.
- Lay down on a towel, on your back, supporting your lower back with a cushion.
- Lubricate the enema tip with coconut oil, and insert.
- Release the clamp valve to let the liquid enter.
- Hold the liquid in as long as you can. Don't worry if you can't hold it for long.





HOW MUCH TO EAT

Quantities

- Eat as much as you want, until fullness is felt.
- On fruits and raw foods, it is very hard to overeat, but it is very easy to under eat.
- Observe the ENERGY you feel from the foods, rather than the calories!

Mono Meals

- 1 or 2 papayas as a meal.
- 800grams/1.7 pounds of grapes as a meal.
- 5 apples as a meal.
- 1/2 large watermelon.

Guidelines

- **FRUIT MEALS:** 4 medium (~6 inches) bananas chopped, 2 apples sliced. Sprinkle with cinnamon.
- **SMOOTHIES:** 5-7 bananas, 1-2 cups of berries and 1/3 cup juice, coconut water or water.
- **SALADS:** Usually 2 medium tomatoes, 1 cucumber, 1 avocado, and a 2 cups of herbs/greens will suffice.

NOTE: Never drink water with a meal.





FRUIT MEALS AND SMOOTHIES

Grape Meals

- Mono grape meal.
- Grape and banana.
- Grape and apple.
- Grape and orange.

Banana Meals

- Mono banana meal.
- Bananas and dates.
- Bananas and blueberries.
- Banana and orange.
- Banana and coconut
- Banana and apple with cinnamon.

Smoothies

- COCONUT BANANA: 5-7 Bananas, coconut and 3 dates. (use 1/2 cup of fresh or frozen coconut meat).
- BERRY BLISS: 1 cup blueberries and 5 bananas and a little water.
- BANANA POWER: 7 bananas, 1 tsp cinnamon.
- ORANGE BERRY: 1 cup frozen mixed berries, 5 bananas, dash of orange juice.





DRIED FRUITS + MORE

Melon Meals

- Eat melons alone for best digestion.
- Watermelon.
- Honeydew melon.
- Papaya.
- Rock melon.

Other Fruits

- Mango meals.
- Mango and banana smoothie.
- The list goes on forever...

Dried Fruits

- Dried fruits can be eaten alone, added to smoothies or mixed together with sweet and sub-acid fruits.
- Coconut and dried fruits is delicious and filling.
- Dried fruits throughout the day is a great way to keep you feeling fuller.





Rawgenerate's



THE PERFECT SMOOTHIE

Helpful Tips

- Adding orange juice, apple juice, lime juice or lemon juice, takes the smoothie to the **NEXT LEVEL**.
- Adding coconut meat or milk will make it like a milkshake, whilst also making it denser and **less detoxifying**.
- Smoothies are a great way to feel fuller in general, and the combinations are endless.

For Cravings

This is a smoothie that I have found helps so well for fullness and cravings.

- 1 frozen banana.
- 4 ripe bananas.
- 1 cup coconut meat or 1/2 coconut milk or 1/2 cup dried coconut.
- 3 tbsp maple syrup.
- 1 cup frozen organic berries. **BLEND!**





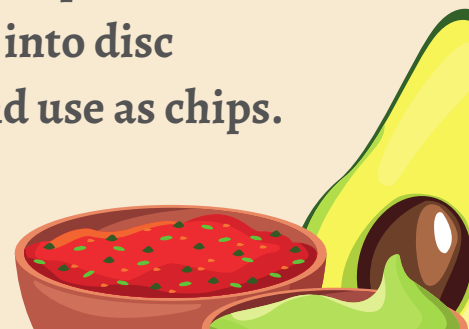
MANGO GUACAMOLE

Ingredients

- 1 avocado
- 1 mango
- 8 cherry tomatoes (2 large tomatoes)
- Pinch of smoked paprika
- Pinch of salt (optional)
- Juice of 1 lime
- A pinch of black pepper powder (optional)
- 1 clove of garlic, minced.
- 1 Cucumber
- Handful of cilantro (optional)

Preparation

- Peel and mash avocado in medium bowl.
- Roughly chop cilantro, add to avocado.
- Add minced garlic.
- Peel, and chop up little mango chunks.
- Roughly dice tomatoes.
- Mix everything together.
- Add seasonings and lime juice, mix.
- Lastly, slice up the cucumber into disc shapes, and use as chips.





Rawgenerate's



SAVOURY MAPLE SALAD

Ingredients

- 8 cherry tomatoes.
- 1 cucumber.
- 1 capsicum.
- 10 Kalamata olives.
(remove pits).
- 1/2 avocado.

Dressing

- Juice of 1 lemon.
- 2 Tbsp maple syrup.
- 1 clove of garlic minced.
- 1/2 TSP salt and pepper.
- Dash of water.

Preparation

- Dice cherry tomatoes.
- Slice cucumber into discs.
- Slice bell pepper into strips.
- Slice avocado into desired size.
- Add everything into a large bowl.
- Stir in dressing and olives. Enjoy!





COMMON QUESTIONS Pt 1

Should I exercise whilst detoxing?

- I do not recommend exercising when you have a serious condition to heal.
- Until kidney filtration is achieved, I would not be exercising.

Can I add salt and spices to my salads?

- I would minimise spices and use an unrefined salt sparingly in a salad.

I have no energy, and I am all raw, why is this?

- The body will use all of this energy to prioritise healing first. This will self correct in time. Make sure to rest when your body tells you.

Why is my skin getting worse?

- We often see the skin get worse at the beginning when the kidneys are not filtering properly.
- Keep the skin clean using: herbal baths, dry skin brushing and sunlight.

My period has stopped, should I worry?

- No, this is very common. The body turns off certain areas during deep healing.
- Your period will become much lighter as your body cleans itself.





COMMON QUESTIONS pt 2

Can I use herbs when I am taking medications?

- Yes. There is no known adverse effects from taking herbs whilst on medications in most cases. (consult a practitioner if unsure)

What if I am still hungry after eating a lot of food?

- You are likely emotionally hungry, so this would be a good time to do something you love.

The fruits make me feel sick, what can I do?

- Consuming green juices, steamed veggies and or salads can help. *The feeling of nausea is due to toxins being stirred up and released and will pass.*

How long will detox last for?

- It depends on the individual, but most experience an easing after a month.

Should I be taking supplements?

- No, these are not holistic and create imbalances in the body. Once the endocrine glands function properly again, the deficiencies disappear.

My mouth hurts from fruits, why?

- The fruits are pulling acids out through the gums, hence the soreness.
- Make sure to use a baking soda rinse to keep the mouth alkaline: mix 1 tsp baking soda to 500ml water.





Rawgenerate's

WORK WITH ME

If you found this book valuable but want more help, then please reach out!

- Ongoing coaching packages.
- One off consults.
- Iris analysis readings.
- Personalised meal plans.
- Full coaching support.

Book a **FREE** consultation to learn how I can help you!



 My Instagram

 Rawgenerate.com

 My YouTube

FREE CONSULT!

Medical Disclaimer



Rawgenerate's

MEDICAL DISCLAIMER

Any information shared by rawgenerate.com, and or any other persons shared in this e-book, be that in any written, audible or video material form either on or separate from rawgenerate.com, including (but not limited to) diet, nutritional, fasting, herbal, homeopathic, or any other health related modalities, is for educational purposes only, and does not involve in any way shape or form, the diagnosing, treatment, cure, prognosticating, prescribing of remedies for the treatment of diseases, and should not be replaced for medical advice. The opinions held within rawgenerate.com and any other persons in this e-book are only that: opinions, and do not replace medically recognised alternatives that conflict herein. If you choose to follow the recommendations and advice shared within this e-book and or from Jake himself, you do so with full self responsibility and understanding. If you choose to follow the information, suggestions, opinions or recommendations given on this website or by Jake himself, you may just find yourself in a new world of vital health, free from dis-ease, suffering and pain.