

Stages leading toward pranic nourishment, to be used over a limited period of time.

The 10th stage: Vitalization

Vitalization consists of a fruit cleanse eaten whole or as smoothies, combined with a vegetable juice cleanse. One of the benefits of vitalization is to minimize digestive work and thereby provide a large amount of energy. It is practiced over a period of a few days during the dietary descent and refeeding phases surrounding a fast or a cleanse.

Consume exclusively:

- fruits (sweet or acidic), eaten whole or as smoothies, freely and without restriction, but no fatty fruits, oilseeds, or oils.
- vegetable juices freely, but no RAWcuisine preparations and no raw salads.

The 11th stage: The mono-diet

Mono-dieting is a form of vitalization and can therefore be used for the same benefits. It can also be practiced as a dietary approach as an alternative to fasting in the event of an elimination crisis.

Choose a single type of fruit, preferably the current favorite, and consume it freely, eaten whole or as smoothies.
No other food (solid or liquid) is consumed.

The 12th stage: The juice cleanse

It consists of consuming exclusively and freely vegetable juices and/or fresh fruit juices. This is also a form of vitalization and can be used as a dietary approach as an alternative to fasting in the event of an elimination crisis.

The 13th stage: Buchinger fasting

Each day, for several days or weeks, consume one or two glasses of vegetable and/or fruit juice diluted to 50% with water, optionally accompanied by a bowl of vegetable broth and herbal infusions. Maximum 250 kcal per day.

The 14th stage: Water fasting

Only water is consumed, with the optional addition of herbal teas or hydrosols.

The 15th stage: Dry fasting

No food, no liquids, not even water.