14 DAY DETOXIFICATION FEAST

with
PSC® Organic Unpasteurized Fresh Silver Birch – Betula Verrucosa (SAP)

By
Dominique Richard © 2016

This detoxifying feast is NOT a fast. When you flush and detoxify your internal body with a sufficient amount of nature’s life-giving Tree SAP, fruits, and vegetables – you will eliminate some of the long accumulated toxins. This body burden can greatly impair various organ functions resulting in all sorts of health problems and lowered energy. This 14-day detoxifying feast was designed as a first step in detoxifying individuals who cannot afford the cost of a Biotherapeutic custom-made program. It was also intended as a general “spring time detoxifying feast” for the removal of winter accumulated toxins that arise from a sedentary lifestyle and poor food choice decisions. SAP has been in use by many European Countries for many decades given the extensive health benefits from SAP.

The SAP of the Silver Birch is preferred. It tends to grow further away from city pollution in higher plane-altitude Apennine Mountains in Italy. The internal spring cleaning agent is considered the “Elixir of Life,” rich in minerals and oligo-elements. All Birches symbolize light, which represents hope and happiness. Birch is considered the “Nephritic Tree” and the “Tree of Life,” rich in minerals. The presence of potassium in large quantities is vital to the cellular process of the buds for growth, as well as for the health of human embryos. Potassium is essential for the detoxification of toxins stored in fats. Mother’s milk also contains 30% potassium – that is why, if necessary, the sap of Silver Birch (Betula Verrucosa) can replace mother’s milk, if stranded or in a dire situation, but this should be used only for emergencies and not for ongoing usage.
Sap functions for internal spring cleaning. It also provides nutritional support for *acne*, *broken capillaries*, *apthous ulcers*, and *cellulite*.

Silver Birch sap may be consumed both fresh and when naturally fermented. It has also been made into wine and vodka. In Russia, malic and citric acid are added to birch sap to produce a juice much like apple juice. Each mature tree will produce about a gallon of birch sap each day for 10 to 20 days, during a season that only lasts about a month. Birch sap must be collected before any green leaves have appeared in the spring, otherwise it becomes bitter.

The refreshing liquid is consumed as a tonic and traditional beverage in many northern European countries such as France, Italy, Poland, Russia, Lithuania, and Finland, as well as parts of northern China and Korea.

By combining the bottom (sap) of the Silver Birch – *Betula Verrucosa* with the top part (buds) of Black Currant – *Ribes Nigrum* (buds) 1:10 you can amplify the therapeutic action of the sap and reduce the amount used daily. In this way you reinforce the detoxifying action of the sap and diversify its properties. The buds of Black Currant exercise a revitalizing tonic action and fight fatigue due to their action on the adrenal glands. It relieves allergic reactions due to the manganese content in the sap.

*Purifies, strengthens and revitalizes.* The birch sap is one of the best natural detoxifying agents found in nature. It is a mild diuretic and depurating – detoxicant (that removes toxins) agent.

**Nutritional:** The sap is often a slightly sweet, thin syrupy-watery liquid. The tree sap contains sugars such as xylitol, proteins, amino acids, enzymes, potassium, calcium, magnesium, phosphorus, silica, zinc, manganese, selenium, cobalt, iron, copper, gold, chromium, and lithium. The sap also contains a Vitamin C-complex. Fat: < 0.1 g, Protein: < 0.1 g, Carbohydrate: 0.62 g, (malic 100-600, succinic 10-300, phosphoric 10-50, citric 5-20 mg/l) free amino acids: 25-700 mg/l. Periodate oxidation studies indicated that the polysaccharide found in the sap was branched and contained a high proportion of periodate resistant monosaccharides. The glucuronoglucosannogalactan has been described to form 2756 of the non-dialyzable material in birch sap. The remaining 73% was a complex mixture from which a small amount of an arabinogalactan has been isolated.

One liter contains roughly 410 mg calcium, 350 mg potassium, 78 mg magnesium, 27 mg manganese and 50 mg phosphorus.

The late natural health pioneer Professor Alfred Vogel (1902-1996) wrote in the Finnish Journal Terveyden Hoitouutiset that birch contains some ash and is very alkaline and therefore suitable for sour stomach.


**CHEMICAL CONSTITUENTS SAP**

*Glutamine* is most predominant component (up to 46 μmol/ml in the sap); its concentration exceeds that of asparagine and of all other amino acids by more than tenfold. During spring growth, xylem sap is considered to be a most essential source of nitrogen. *Arginine, Cysteine, Citrulline, γ-amino butyric acid (GABA), Glutamine,*
Glutamic Acid, and Aspartic Acid consistently represented around 80% of total amino acid and amide N in xylem sap.

Amino Acids
- **Indispensable (essential) Amino acids (IAA):** Histidine, Isoleucine, Leucine, Lysine, Methionine, Phenylalanine, Threonine, Tryptophan, Valine.
- **Dispensable (non-essential) Amino Acids (DAA):** Alanine, Aspartic Acid, Carnitine, Carnosine, Citrulline, GABA, Glutamic Acid, Selenocysteine, Selenomethionine.
- **Conditionally (essential) Dispensable Amino Acids (CDAA):** Arginine, Asparagine, Cysteine, Glutamine, Glycine, Proline, Serine, Tyrosine.

Highest concentration of amino acids is listed in blue font.

**Phytochemical Constituents:** 27 different amino acids, in particular glutamine, and citrulline, Coniferyl alcohol, Fumaric acid, Malic acid, Methyl Salicylate, Hormones in their esterified form, as well as Cytokinins. Abscisic acid (ABA), Enzymes. Flavonoids (antioxidant), Hexuronic acid as D-glucuronic, Polysaccharide, contained D-galactose, D-mannose, and D-glucose in a molar ratio of 2:1.4:1 and small amounts of D-glucuronic acid. Periodate oxidation studies indicated that the polysaccharide was branched and contained a high proportion of periodate-resistant monosaccharides. This was confirmed by methylation and hydrolysis which yielded 2, 3, 4, 6-tetra-O-methyl-Dglucose (2.0 moles); 2, 4, 6-tri-O-methyl-Dmannose (0.9 mole); 2, 4, 6-tri-O-methyl-Dgalactose (3.8 moles); unidentified tri-O-methyl hexose (1.2 moles); and 3, 5-di-O-methyl-Dmannose (1.8 moles). Sinapyl alcohol, Succinic acid.

<table>
<thead>
<tr>
<th>Values ppm</th>
<th>Calcium</th>
<th>Copper</th>
<th>Iron</th>
<th>Magnesium</th>
<th>Manganese</th>
<th>Potassium</th>
<th>Sodium</th>
<th>Zinc</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sap</td>
<td>88</td>
<td>0,02</td>
<td>0,04</td>
<td>12,5</td>
<td>21,7</td>
<td>124,8</td>
<td>8,2</td>
<td>2,5</td>
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<td>Blood</td>
<td>57</td>
<td>1</td>
<td>510</td>
<td>38</td>
<td>9</td>
<td>1800</td>
<td>1840</td>
<td>6,25</td>
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Because Silver Birch sap contains sugar, it ferments and becomes acidic and once opened must be kept refrigerated to stay fresh. Fermentation results in a birch wine similar to champagne. In order for Birch sap to produce its benefits, it must not contain any chemical additives or preservatives. It must be pure and vibrant, so the Silver Birch sap is harvested and packaged by craftsmen.

Its benefits are re-mineralization and purification (humoral and cellular). Drainage of some emunctories (liver, kidneys, lungs and skin).

**DETOXIFY FEAST RULES:**
1. During this 14 day “feast”, drink a minimum of 64 ounces (2 quarts or 1 ½ liters) of distilled water daily.
2. Herbal tea (sweetened with maple syrup) may be consumed at any time.
3. You may drink vegetable broth, as much as you’d like, in between meals. (The recipe for vegetable broth is provided below.)
4. Between lunch and dinner, you may eat all the fresh vegetables you want.
5. After dinner, if you are hungry, you can drink vegetable broth, eat vegetables or drink herb tea – as much as desired.

First Week of Detoxification Feast

15-30 minutes before each meal, take 20 ml of Birch Sap three times daily with or without Black Currant – Ribes Nigrum (buds) 1:10, 15 drops three times daily either straight or diluted into filtered or distilled water. Then squeeze the juice of a lemon in 8 ounces of water and drink it.

Breakfast
- 8 ounces of papaya, apple, or grapefruit juice.
- Fresh fruit – a minimum of one-half pound. You may eat one kind of fruit or combine fruits, however, NO bananas or avocados.

Lunch
- Salad – make a chopped salad of raw vegetables using a minimum of four of the vegetables listed below:
  - Artichokes, asparagus, string beans, beets and tops, brussel sprouts, cabbage, carrots, cauliflower, celery, cucumber, dandelion greens, endive, fresh corn, green peas, orange – red – yellow and purple peppers, kale, kohlrabi, lettuce (all), lotus, okra, onions, parsley, parsnips, pumpkin, radishes, rutabagas, salsify, spinach, squash (all), swiss chard, turnips – leave or tops also.
- Vegetable broth – 2 cups with salad
  - Vegetable Broth – Cut 7 carrots and a small bunch of celery into fine pieces. Place in 2 quarts of distilled water and boil for 15 minutes. Add 1/3 bunch of parsley and a large handful of finely cut fresh spinach. Bring to a boil for another 10 minutes more. Drain off juice or broth. Flash with ½ tsp of Celtic sea salt, Tamari wheat free low sodium, Spike or fresh herbs to taste. This recipe makes a 1-day supply. You can make a larger batch and keep it refrigerated. This broth, full of minerals, may be used hot or cold. It will flush your system.

Dinner
- Cooked Vegetables: Select two or three of the various vegetables listed above and cook them with clarified butter (ghee) or olive oil. Eat a generous helping of each – NO potatoes.
- Vegetable broth – 2 cups with cooked vegetables and/or salad
- Dessert – baked apple with cinnamon or fresh fruits salad. A little maple syrup may be used, if desired.

What to Expect during the Detoxification Feast?
Day 1: on the “Detoxification Feast” you may feel slight discomfort from changing your regular style of eating, this is natural.

The third or fourth day: your kidneys and bowels will operate more freely as they begin to move the toxins out of your body. While toxic materials are passed, there may be symptoms of a headache, nausea, gas or body aches and pains. There is no need for alarm; nature is working with you to cleanse your body.

The fifth day: you may experience a generous surge of energy! Enjoy it, you’ve earned it. Your complexion will have changed for the better, your eyes will be brighter and you should start feeling better. At this point the cells, which were full of toxins are now cleansed and in need of the nutritional food you are providing them.

The seventh day: your body will be well-adjusted and feeling like it can handle more food. At this point, follow the instructions to add more food back into your diet.

Please Note: If by now you are not feeling sufficiently better it is recommended to repeat 1st week again. Depending on your health state of affair, for some individuals this may take longer.

SECOND WEEK OF DETOXIFICATION FEAST

Day 8: Add either tofu, tempeh or edamame to your diet

Day 9: Add either tofu, tempeh or edamame with brown rice to your diet.

From a culinary perspective, the size of the individual rice grains influences their cooking time and what types of dishes for which they are best suited. Long, brown rice grains measure roughly 1/4-inch-long, medium-grain brown rice is about 7/32 of an inch long, which is twice its width, and the shortest grains measure about 3/16 of an inch or less. The length of the grain varies in most types of rice and has no relationship to nutritional value. Basmati rice has a particularly long grain which elongates further during cooking. Short-grained rices tend to be sticky when cooked.

The process that produces brown rice removes only the outermost layer, the hull, of the rice kernel and is the least damaging to its nutritional value. The complete milling and polishing that converts brown rice into white rice destroys 67% of the vitamin B3, 80% of the vitamin B1, 90% of the vitamin B6, half of the manganese, half of the phosphorus, 60% of the iron, and all of the dietary fiber and essential fatty acids. Fully milled and polished white rice is required to be "enriched" with vitamins B1, B3 and iron.

Recipe for pressure-cooked brown rice: 1/2 teaspoon good Celtic sea salt to 4 cups of short grain brown rice (organic) and 8 cups of pure water. Wash rice and put in pressure cooker. Add water and bring to a boil. Add salt and place cover on pressure cooker. Bring cooker up to pressure then reduce flame to medium-low. Put flame deflector under cooker and cook for 40 minutes. Remove pressure cooker from flame and let it sit for another 5 minutes without opening, then remove rice from the pot so it doesn't keep cooking.

OR

Rinse your rice thoroughly under running water and then remove any dirt or debris that you may find. After rinsing brown rice, add one-part rice to two parts boiling water. After
the liquid has returned to a boil, turn down the heat, cover and simmer for about 45 minutes.

**Day 10:** Add organic farmed raised fish to your diet

**Day 11:** Eat vegetarian

**Day 12:** Eat vegetarian

**Day 13:** Add organic chicken to your diet

**Day 14:** Ease in into a healthy normal diet and discontinue the use of distilled water now replace with high quality filtered water.

The SAP with or without Black currants MUST be continued for a minimum of two weeks and as much as three weeks in some case.