

NEERA™ NATURAL

*All-Natural Lemon Detox
& Cleansing Lifestyle Plan*

Handbook

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FIVE TIPS FOR A SUCCESSFUL CLEANSE

Congratulations on your decision to do the Neera Natural Lemon Detox and Cleansing Lifestyle Plan. You have made a big step in taking charge of your own health! Here are 5 basic tips for success:

1) **Get motivated and ready to start!** Proper preparation will help you to successfully complete the program.

- Make a list of all the reasons you are doing the cleanse. It's important to be clear with yourself why you have chosen to start this program. This will help you get through any tough parts.
- Talk with your friends and family; get their support and maybe even get them to do the cleanse with you. It's great to share the cleanse with others and to be of support to each other.
- Read the Neera Handbook. It will help you understand the program, inspire you during the cleanse, and it will ensure you do it properly.
- Write down your start and stop dates on a calendar. This will help cement your commitment and will motivate you. Plan to start when you are not over-committed with work or personal engagements. The weekend is a good time to start for many people.

2) **Drink lots of the Neera Drink.** One of the biggest mistakes people make is not drinking enough of the drink mixture, especially during the first couple of days.

Don't let yourself get too hungry. A good suggestion is to mix a 2-quart batch of the Neera Drink every morning (instructions on page 12). Keep it with you; whenever you feel hungry or low in energy, take a big sip. You'll likely find that you drink more during the first few days than you will later on. Be sure to drink lots of water, too.

3) **Have patience and perseverance.** Once you have been on the cleanse for a few days, you will probably find it gets easier. However, it's not uncommon to have a period of difficulty, usually during the first couple of days. You may experience various symptoms or a "healing crisis" (page 25) as your body heals and cleanses itself of toxins. This means the cleanse is working. Remember to take it easy and take some extra rest if necessary. Cleansing symptoms usually only last a day or two, and then clear up and are replaced by a feeling of clarity and high energy. It's likely that you'll feel better than you have felt in years.

4) **Enjoy the extra time you have.** You will probably notice that you have extra free time, since you don't have to cook and you're not going out to eat. This is a great time for reflection, planning for your improved diet after the cleanse, taking nice walks, starting a new hobby, catching up with friends, etc.

However, be careful about social engagements that involve eating. The temptation to cheat can be really strong when you are around others who are eating. We recommend that you keep some Neera Drink with you. It can actually be a good conversation starter, and you can satiate any physical or emotional urge to eat.

5) Get help and support if you need it. If you can, do the cleanse with a friend, family member or co-worker. The mutual support can help, and you can actually have a lot of fun doing the cleanse as a group. If you are on your own and need some help or support, no problem! Send us an email (support@neeranatural.com) or call us at (925) 961-1111 or (888) 961-1121. If we don't answer the phone, feel free to leave us a message, and we will get back to you as soon as possible. We would really love to be able to talk with you. You may also find that many of your questions are answered on our website: www.NeeraNatural.com. Take some time to explore it!

Congratulations again on starting the Neera Natural Lemon Detox and Cleansing Lifestyle Plan. You're going to love it!

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1. INTRODUCTION

*“Are you looking to lose a few extra pounds
and to feel great? Then you’re ready
for the Neera Natural Plan.”*

More than just a motto, this phrase really encapsulates the Neera Natural Lemon Detox and Cleansing Lifestyle Plan. The Neera Natural Plan is an amazingly effective cleansing diet that will help you to lose excess weight and cleanse your body of accumulated toxins. You will feel great, because your body frees up so much energy when it has a chance to cleanse and revitalize itself. The plan is natural, simple and safe. It has been helping thousands of people to improve the quality of their lives for over 30 years.

The Neera Natural Plan works to stimulate your body’s own natural cleansing process by giving it a break from the constant work of digesting, assimilating and eliminating solid food. During the Neera Natural Plan, you replace solid food with the Neera Drink - a combination of lemon juice, Madal Bal Tree Syrup, cayenne pepper and water. The Neera Drink supplies liquid nourishment that feeds your body and stimulates the cleansing process, satisfying hunger while giving your digestive system a rest.

Some people worry about the prospect of going without solid foods, but the Neera Natural Plan is a health program, not a total fast. A true fast is complete abstinence from food of any kind. The Neera Drink, however, is liquid food, nourishing and energizing.

Why We Need to Cleanse: Toxicity

Every once in a while, every machine needs an overhaul, every system needs a cleaning, every worker needs a break. Your body is no different. It is said that the body is the temple of the soul - yet most of us treat it more like a garbage dump. What you put into your body has far-reaching consequences for your whole being. The very purpose of food is to strengthen the body and maintain health, yet many of us have turned eating into a deadly act of weakening our bodies and destroying our health.

In our modern consumeristic age, much of what we eat is useless or even harmful: processed foods, excessive animal proteins and fats, chemical additives, pollutants and drugs. Everything that we eat has to be digested, assimilated and eliminated. Anything that can't be digested, assimilated and eliminated becomes a toxin in our system. This is in addition to the normal load of toxins created by our cells' processes. According to Dr. Elson M. Haas, the Detox Doc™ and one of the country's foremost medical authorities on toxicity and preventive medicine, "The primary cause of disease is the accumulation of unnecessary wastes that are not properly eliminated, resulting in poison retention and subsequent health problems."

Typically, the body tries to defend itself by building up mucus around these toxins or by storing them out of the way in the body's fat. In time, this toxic load can build up to the point where it interferes with the nourishment and oxygenation of cells, slowing down their formation and regeneration.

We are as healthy as our cells. As the cells become submerged in toxins, we start to suffocate in our own

wastes. Like a river polluted beyond its capacity, we lose our vibrancy and energy.

Toxins also enter into your body from the surrounding environment. We are exposed to toxic substances on an unprecedented scale. Industrial chemicals, additives, pesticides, heavy metals, etc., are so widespread that we are often unaware of them. Analysis of cord blood of newborns at Mt. Sinai Hospital found more than 200 chemicals already in the blood stream at birth. A recent study on adults found a total of more than 200 synthetic chemicals in their blood—with an average of 67 different chemicals in each individual.

These toxic substances can damage your cells. Often referred to as *free radicals*, these chemicals can alter or destroy parts of living cells, causing them to die prematurely, work improperly or mutate. They often cause allergic reactions, and many toxins have been linked with an increased risk to certain types of cancer. Many common ailments are associated with toxicity:

Headaches	Joint pains	Coughs
Wheezing	Sore throat	Tight/stiff neck
Angina pectoris	Circulatory deficits	High blood fats
Backaches	Itchy nose	Frequent colds*
Irritated eyes	Immune weakness*	Fever
Sleepiness*	Sinus congestion	Runny nose
Nervousness	Insomnia*	Dizziness*
Mood changes	Anxiety	Depression*
Fatigue*	Skin rashes	Hives
Nausea	Indigestion	Anorexia
Bad breath	Sexual dysfunction*	Constipation
Environmental Sensitivity		

*These symptoms could also result from diet deficiency.

History of the Neera Natural Plan

Neera Natural owes its origins to the *Master Cleanser Diet* created by Stanley Burroughs in 1975. The great success and popularity of the *Master Cleanser* spread to Europe where it became widely popular in the 1980s and '90s. Over the years, the diet was further developed and refined to its present form.

Neera is a Sanskrit word which roughly translates to palm syrup, but its fuller meaning is “life essence of the palm tree.” It is the life force of the palm tree, the energy that would become the flower and the fruit of the tree. Neera has been used for thousands of years in traditional Ayurvedic medicine.



In the late '80s, neera (or palm) syrup was added to the original diet, because it was found that it contains many important minerals lacking in plain maple syrup, and is a richer and more nutritious syrup. The neera syrup is the essence of the Neera Natural Plan, which is explained in further detail later in this booklet.

The Neera Natural Lemon Detox and Cleansing Lifestyle Plan has become very popular as a cleansing and safe weight-loss diet, but it was originally created by Stanley Burroughs as an effective, naturally healing diet. He used it to help patients heal ulcers, acid reflux and other diseases. More detailed information concerning the diet as a natural remedy can be found in Burroughs' book entitled *Healing for the Age of Enlightenment*.

History of Fasting

In the wild, animals will often fast when sick. Fasting is nature's cure for most illnesses, and the body has developed over the centuries to use periods of food abstinence to heal and rejuvenate. Ancient civilizations understood this well. Native Americans, as well as many tribes in Africa and other parts of the world, used fasting for health and ritual. The Zulus have a saying: "The continually stuffed body cannot see secret things."

The practice of fasting was also used throughout the ancient Mediterranean world. Galen, Paracelsus and Hippocrates, who are recognized as the fathers of Western Medicine, prescribed fasting for all serious ailments. Plato, Socrates, and Aristotle all practiced fasting, and Pythagoras required it of his students before they received his highest teachings.

Even in America there have been several famous fasters. One of our founding fathers, Benjamin Franklin, practiced regular fasting. An accomplished businessman, scientist, and politician, Franklin also penned *Poor Richard's Almanac*--one of the best-selling books of its day. Throughout the almanac, he cautioned that overeating is far worse for the body than undereating:

"Eat few suppers and you'll need few medicines."

"Dine with little, sup with less; do better still, sleep supperless."

"To lengthen thy life, lessen thy meals."

Few people may know that the writer Mark Twain was also a strong fasting advocate. He wrote: "A little starvation can really do more for the average sick man

than can the best medicines and the best doctors. I do not mean a restricted diet; I mean total abstinence from food for one or two days. I speak from experience; starvation has been my cold and fever doctor for fifteen years, and has accomplished a cure in all instances.”

With the rise of modern medicine, we have forgotten about the benefits of occasional fasting, but today that is changing. Several scientific studies have shown that occasional fasting has significant health benefits. Recent studies at UC Berkeley, Louisiana State University and the National Institute of Aging have demonstrated that fasting can reduce the chance of developing diabetes, Alzheimer’s disease, Parkinson’s disease and certain types of cancer. These studies and others have also shown that fasting lengthens lifespan. More information about these studies can be found in chapter 5 (page 35).

2. HOW THE NEERA NATURAL PLAN WORKS



The main aim of the Neera Natural Lemon Detox & Cleansing Lifestyle Plan is to cleanse the various organs of the body and to dissolve and eliminate accumulated waste material. When this process is successful, you invigorate and

rejuvenate your body's health and wellness.

The Neera Natural Plan allows the body to cleanse itself of accumulated wastes and toxins that are the root causes of most illnesses. The cleanse washes these poisons away, eliminating them from your system and allowing your body to naturally heal itself once the toxic burden is removed.

Weight loss is one reason many people try the Neera Natural Plan and, indeed, it is a remarkable slimming diet. Many lose up to two pounds of fat per day. The body receives all the necessary nutrients it needs for the length of the diet. Not only will you lose weight, but you will also likely notice clearer skin, shinier hair and a general vibrancy in your body which may have been missing for a long time.

Most people also notice an increase in the efficiency of the digestive system and in the speed of recovery from illness. They also notice that they feel great emotionally, that they have more clarity of thought,

more grounded emotions and just an overall feeling of well-being. The brain is full of complicated chemical reactions that affect the mental state in many ways. Imagine how much better it functions in the absence of toxins and wastes!

Throughout history, experience has shown that a periodic abstinence from solid food is a blessing for mind, body and spirit - the best investment in improved health and a longer natural lifespan. According to a 2003 Harvard study, lifespan is not simply dependent on accumulated wear and tear or metabolism, but is partly controlled by an active genetic program in cells. An ultra-low-calorie diet stresses the body. That stress signals a group of genes in the body to produce certain enzymes. These so-called “SIR2 genes” generate enzymes called sirtuins. Sirtuins switch on defenses that protect all the cells in the body.

The body is very energy-efficient. In the absence of newly ingested proteins, the body literally lives off itself by a process called autolysis, in which amino acids are extracted from tired and damaged cells, re-synthesized and re-used. The old cells are thus effectively disposed of, and the formation of new cells is sped up. However, the body will never consume or damage its own essential tissues or vital organs. Meanwhile, the eliminative organs (lungs, liver, lymphatic system, kidneys and skin) are themselves cleansed, ensuring the rapid expulsion of accumulated metabolic wastes. The digestive, assimilative and protective organs all benefit from a well-deserved rest. There is a positive effect on all vital physiological, nervous and mental functions. The biochemical and mineral balance of tissues is normalized, and glandular chemistry and hormonal secretions are stimulated.

Lose 7-12 Pounds in One Week?

While the Neera Natural Plan is primarily a cleansing diet, it has also become popular as a safe weight-loss diet. During a fast, the body moves toward its optimum weight. During the cleanse, you restrict the amount of calories consumed, and the lemon juice included in the diet “literally dissolves fat” according to Stanley Burroughs.



Is losing weight important? We believe everyone should feel comfortable with his/her own body whether overweight

or not, but it is important to know that there are serious health risks connected with being overweight. According to the U.S. Center for Disease Control (CDC), obesity is responsible for over 300,000 deaths in the U.S. annually, and even being only moderately overweight decreases one's expected lifespan and increases the chance of illness. The CDC has linked being overweight or obese to an increased risk of developing hypertension, diabetes, heart disease, stroke, osteoarthritis and respiratory problems, as well as some types of cancer.

But is it possible and safe to lose 7-12 pounds in one week? Yes, it is safe while fasting with the Neera Natural Plan. Most people lose 1- 2 pounds a day while on the diet. It is even more amazing that most people gain little, if any, weight back after the diet. In past tests, 70% of those who followed the diet exactly as described in this booklet lost between 7-12 pounds, while most of the remaining 30% lost at least 5 pounds.

If you are underweight, you need not be fearful of losing weight when you begin the diet. You may lose a few pounds during the diet, but your body will regain it quickly after the diet. The Neera Natural Plan should actually help you to achieve your optimum weight, because underweight conditions are often caused by an overly toxic system that is preventing the body from assimilating needed nutrients. The primary materials that the body will lose during the diet are mucus and waste. Healthy tissue won't be affected.

A practical test is more revealing than thousands of theories, and the vast success of the diet in over 30 countries proves it. In the last 25 years, over 2 million cans of the Madal Bal Syrup have been sold in Europe, Asia, the U.S. and Latin America. Hundreds of thousands of people have enjoyed the health benefits of the diet.

Breaking Bad Food Habits

Those who have tried the Neera Natural Program have reported all sorts of benefits, but one of the most important long-term benefits for most people is that they break their bad food habits. Many of the typical foods of our modern diet are highly processed, resulting in elevated levels of sugars, saturated fats and processed carbohydrates. Over time these foods can actually become physically addictive and hard to give up. During the Neera Natural Plan, you give your body a clean break from all these foods, helping to end any mental or physical addictions to them. Also, after completing the plan, you'll probably feel so good that you'll notice just how poorly you feel when you eat a lot of junk foods. You won't want to go back to them.

3. THE NEERA NATURAL PLAN

During the Neera Natural Plan, you replace all solid food with the Neera Drink. All of the nutrients you need are in this drink mix. It gives you the energy you need, and it stimulates your body's cleansing process.

The Neera Drink

Mixing the Neera Drink is easy. To make one glass (12 oz), add two tablespoons of the Madal Bal Natural



Tree Syrup, two tablespoons of fresh lemon juice (not from concentrate or lemonade), a pinch of cayenne pepper and water. You can use cold or warm water, whichever

you prefer. You may also use limes in place of lemons.

The Neera Drink fulfills all the important functions of the cleansing/fasting process:

- It supplies the nutrients necessary for the body's continuing alert functioning, assisting to restore the biochemical and mineral balance in tissues and cells, and expediting cell regeneration.

- It quickly and easily assimilates into the bloodstream, freeing the energy of the body normally used for digestion to perform other bodily tasks like detoxification and cell regeneration. The drink supplies very little protein, further aiding the elimination process.

- It provides a liquid medium essential for the efficient flushing of wastes from the system.

- The ascorbic acid in the lemon juice assists the cleansing process, acting like an internal detergent to dissolve excess fats.

- The cayenne pepper helps speed up metabolism, promoting circulation and elimination and is a good source of vitamins A and C.

Mixing Chart

Batch Amount	Syrup	Lemon Juice	Cayenne	Water
12 oz	2 Tbsp	2 Tbsp	to taste	10 oz
1 quart	2.5 oz	2.5 oz	to taste	27 oz
1 liter	80 ml	80 ml	to taste	840 ml
2 quarts	5 oz	5 oz	to taste	54 oz

Cayenne should be added to your personal taste. Some people like the Neera Drink with a lot of kick, while some will want it milder. Experiment to your own preference.

How Much Should I Drink?

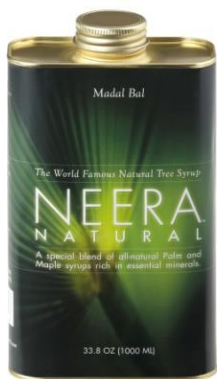
On average, most people drink about two quarts per day, but amounts vary greatly. Many people make a large batch of the Neera Drink in the morning to last them all day. This way you can squeeze your day's supply of lemons all at once and you'll have the Neera Drink available to sip on whenever you feel hungry. Two-quart containers are commonly sold at many kinds of stores. You might also want to invest in a lemon juicer.

Whenever you start to feel hungry, take another drink. Remember that you are giving your body an internal flush and you will need the liquid. Drinking at least a few glasses of water during the day is also a good

idea, but stick mainly to the Neera Drink because it will satisfy your physical hunger and give you energy.

Ingredients of the Neera Drink

A) *Madal Bal Natural Tree Syrup*



Madal Bal Natural Tree Syrup was formulated in Switzerland, combining pure Canadian grade C maple syrup and various Southeast Asian palm syrups. A team of alternative health care practitioners designed the Madal Bal Syrup, because they determined that maple syrup alone lacks some important minerals that are especially needed while cleansing. It took five years and thousands of

tests to produce a mixture that meets all the requirements of the Neera Natural Lemon Detox & Cleansing Lifestyle Plan.

During the Neera Natural Plan, the body cleanses itself of impurities. The consumption of further impurities at this time in the form of processed products will only compound the problem and undermine the diet. Therefore, Madal Bal Syrup uses only the sap from selected trees growing in natural, chemical-free conditions. Its production is painstaking and uncompromising.

The *Acer Saccharum*, or Sugar Maple tree, is one of over 75 varieties of maple trees in North America and

must be about 40 years old before it can be tapped. The Sugar Maple only produces sap within a 4-6 week period between March and April. It takes freezing cold nights and warm days for the sap to run. At this time of year, the forests are still covered by several feet of snow, so harvesting the sap is a cold and arduous task.

Every morning the sap is collected from buckets hung on the trees. It is carried to a facility where the fluid is heated over a wood fire until it reaches the consistency of syrup. To prevent the syrup from spoiling, the sap is concentrated. It requires 40-50 gallons of sweet sap to obtain one gallon of grade C syrup. This is the amount that one large tree produces in one year. Madal Bal Syrup uses only the darkest and richest grade of maple syrup.

Palm syrup (*neera*) is the primary ingredient of Madal Bal Syrup. Like the production of maple syrup; the production of neera is equally painstaking. Each day the tree's flowering fruit stems are cut a little bit. The tree's sap is then harvested from the stem. This delicate, laborious task effectively condenses the most potent life-force energy of the tree, the sap that would otherwise become the fruit of the tree, such as coconuts or dates. The sap is then heated over an open fire, gently concentrating the syrup to avoid fermentation.

Madal Bal Syrup uses neera from several Southeast Asian palm species, including the Coconut Palm, the Arenga and Kitul Palms of the rainforests, the Nipah Palm of the



swamps and marshes, and the Palmyra Palm of northern Sri Lanka. Madal Bal Syrup contains only neera produced on small farms, using techniques introduced and monitored by Madal Bal employees. This intensive form of production is more expensive than large-scale plantation methods, but it ensures the highest-quality syrup, and it helps local communities develop by supporting family-based enterprise.

The blend of syrups in Madal Bal Syrup is designed to precisely balance a rich mixture of essential minerals. Maple syrup is abounding in manganese and zinc, two minerals that are almost non-existent in palm syrup. On the other hand, palm syrup contains large quantities of potassium and calcium, elements required by the cells to function properly and, therefore, important to the purification of the body. When mixed in the right proportions, we get a unique natural tree syrup with ideal mineral ratios--like ratios of calcium to magnesium and sodium to potassium.

Madal Bal Syrup is ideal for performing the cleanse. It tastes great, satisfies hunger better than maple syrup alone, and aids the body's cleansing process.

Madal Bal Syrup Mineral Content

(varies due to climate change)

Mineral Content	mg per 100g
Iron	2.88
Manganese	1.20
Zinc	2.69
Magnesium	20.3
Calcium	86.8
Sodium	45.7
Copper	0.15
Potassium	395.0
Composition	g per 100g
Water	23.3
Protein	0.56
Fats	0.30

Calcium

Calcium is essential for the normal growth of bones and teeth. It helps in the healthy functioning of the muscles and the nerves, as well as the circulation of the blood. It helps nerve conditions, muscle contractions, blood clotting and membrane permeability. Clinically, it can be used for preventing or treating osteoporosis in postmenopausal women, reducing blood pressure in hypertensive patients and providing possible protection against colon cancer. The association of citric acid and calcium is very positive.

Iron

Iron is indispensable for all living creatures. It is an essential mineral necessary for many important metabolic functions in the body. As a part of hemoglobin, iron is the oxygen-carrying component of the blood. Iron not attached to the hemoglobin in red blood cells is stored in the liver, bone marrow, spleen, and muscles. It has an important relation to the cycle of citric acid (lemon). The most important reason to take iron as a supplement is to alleviate anemia that is caused by too little iron in the body. People who are deficient in iron are usually pale, have poor circulation, suffer vertigo, melancholia, and have difficulty in concentration.

Manganese

Manganese is an indispensable element as it is a regenerator of carbohydrates, cholesterol, iron and copper. It plays an important part in the skeletal and genital glands development. Essential for all reactions that require adenosine triphosphate (the energy currency of the body cells), it regulates all muscle contractions. Manganese is used in the prevention or treatment of

many types of heart disease, and also enhances bone formation in sufferers of osteoporosis, and improves lung function in asthmatics.

Zinc

Zinc helps with the growth of the body and the skeleton, the regeneration of the skin and the hair cells, and activates the scaling process. It also plays an important part in the metabolism of albumin and assures the normal secretion of insulin. The amount of zinc present in the body is often on the low side, and this can be balanced with grade C maple syrup.

Potassium

The most important functions of potassium are the transmission of nerve impulses, control of skeletal muscle and maintenance of blood pressure. It is essential for protein synthesis and the storage of glycogen. It is used for the prevention and treatment of high blood pressure, diseases associated with malnutrition, gastrointestinal disorders and alkalosis.

Carbohydrates (Fructose and Glucose)

Apart from its high content of mineral salts, vitamins and enzymes, Madal Bal Syrup also supplies the body with a high degree of carbohydrates, which are easily assimilated.

This constitutes the energy source for the body during the cleanse. The high levels of fructose and glucose in Madal Bal Syrup ensure the necessary support to the body, in particular the nervous system and the brain cells, which essentially depend on glucose as a source of energy.

The glucose content of the Madal Bal Syrup and the vitamin C of the lemon juice protect the liver, where

numerous vital metabolic reactions are carried out, and detoxification of the liver is sped up through the treatment. The relationship between the intestines and the liver plays an important part, which is why the daily cleansing of the intestines is absolutely necessary during the Neera Natural cleanse.

B) Lemon Juice

Lemons have been used since ancient times for their rejuvenative qualities. They originated in India, Myanmar (Burma) and southern China. Alexander the Great took them to Greece, and throughout the classical period they were an expensive luxury food. With the fall of the Roman Empire, lemons disappeared completely from Europe until the Crusaders discovered them in Palestine in the thirteenth century.



During the fifteenth century, lemons became the principal souring agent in European cuisine; but it wasn't until the late eighteenth century, long before the discovery of vitamin C, that their medicinal qualities were recognized in the west. At this time, the British Navy was losing more men to scurvy than it was losing in combat. When lemon juice was added to the sailors' daily half-pint ration of rum, the mortality rate immediately declined.

As an effective agent in fat metabolism, lemon juice is frequently used in natural remedies as a cleanser and detoxifier, especially for the liver. Fresh lemon juice supplies essential vitamin C and potassium, helps

dissolve mucus and wastes, and provides a deeply satisfying and refreshing taste.

Lemon juice is also one of nature's best alkalizing foods. Many people today suffer from acidosis, a condition where the blood has become too acidic due to poor diet. Acidosis can lead to general fatigue, kidney stones, and serious illness. Alkalizing foods alkalize the blood, keeping it from becoming acidic, and citrus fruits like lemons and limes are some of the best. This is discussed in more detail on page 39.

C) Cayenne Pepper

Cayenne pepper adds a nice zing to the drink, but more importantly, it also helps dissolve built-up mucus. Cayenne adds heat to the system and stimulates circulation. Its active ingredient, capsaicin, increases metabolism, burns fat, helps break down mucus and curbs appetite. As an aid to circulation, it helps the blood reach remote areas of the body, which is so important for effective cleansing and elimination.



Other Drinks

During the diet it is all right to drink a little herbal tea, such as peppermint or chamomile, from time to time. A little fresh fruit juice is also acceptable if absolutely necessary, but try to stick to the Neera Drink as much as possible. The Neera Drink will better satisfy your hunger and is important for stimulating your body's cleansing process.

Drinking ordinary water is also advisable. Lime juice may be substituted for lemon juice in the Neera Drink, for a nice change.

No Extra Food or Pills

In general, taking vitamins or supplements during the Neera Natural program is not recommended. In some cases, certain supplements can interfere with the proper cleansing of the body. During the detoxification process, the cells get rid of impurities, which also accumulate in the lymphatic glands, which often get blocked. Only when all impurities are eliminated can the body assimilate correctly again. Unless you are taking vitamins or supplements for a specific medical condition, we recommend waiting to take them until you are done with the cleanse.

If you need to take medication that a doctor has prescribed, keep taking it. In general, these also can obstruct the purification process and are not recommended during the diet, although good results have been obtained during the cleansing program with homoeopathic treatments. However, it is always necessary to consult your doctor regarding the possible effects of stopping any medication. Consult a doctor who is sympathetic to natural curative methods. Experience has shown that even in these cases, cleansing has a beneficial effect on the overall health of the body.

It is also not recommended to have additional food during the Neera Natural Program. You are giving your digestive system a chance to rest by not having to digest solid food. This starts the cleansing process within the body, so eating obviously interferes with that. Unless you are doing the Neera Natural + Food Plan (see page 32), avoid eating any solid food.

The consumption of stimulants such as caffeine, alcohol and tobacco also hinders the cleansing process and is not recommended during the diet. For many people, giving up coffee or other caffeinated drinks is difficult. Caffeine is powerfully addicting, and coffee can be toxic in the body when over-used. We recommend that you gradually reduce the amount of caffeine you consume **before** you start the diet, so you can stop completely during the diet. If this is too hard, try drinking green tea. Green tea is better for you than black tea, and both are better than coffee. If you do drink any of these, don't add cream, sugar or honey; you may add lemons. The Neera Natural Plan is also a good diet for breaking addictions to alcohol and tobacco (see page 27 for more details).

One benefit of cleansing is that many people notice that they are able to reduce or eliminate their need for analgesics, barbiturates, laxatives and other medications they may have been taking regularly before the program.

Program Length

5 DAYS

The basic version of the Neera Natural Plan is five days. This version is popular for those trying the diet for the first time. The five-day version is convenient because one can of the Madal Bal Syrup, on average, lasts 5-7 days. This is a good amount of time to do the program - you get past the first couple of days, which are usually the toughest, and it's long enough to see some of the real benefits. You may find that by day 5 you feel so good that you want to keep going, or want to try the diet longer next time.

10 DAYS

Stanley Burroughs recommended doing the program for ten days, because the cleansing gets deeper the longer you go. By the time you get to the fifth or sixth day, you'll probably feel so good that going a few extra days will be easy. Going ten days will allow you to cleanse the deeper tissues of the body and to stay in fasting mode for the fullest recommended length of time.

15 DAYS

Those wishing to gain the maximum results may stay on the diet for up to 15 days. Many people have had significant health breakthroughs by staying on the program longer than 10 days. Others have extra weight they wish to lose or just feel so good they want to keep going. While some people have reported great results by staying on the plan for up to a month or more, we don't recommend staying on the diet for longer than 15 days at a time.

For alternative versions and information about repeating the Neera Natural Plan, please read chapter 4 (page 32).

Elimination, Laxative Tea and the “Sea-Salt Shake”

Proper elimination is a key component of the Neera Natural Plan. All the toxins and wastes have to be continuously washed away during the diet and not be allowed to accumulate again somewhere else in the body.



During the cleanse, it is normal to urinate frequently. After all, you are giving your body an internal flush, and most of the body’s toxins are eliminated this way.

Bowel movements often become less frequent during the Neera Natural Plan simply because you aren’t eating any solid food. As part of the cleansing process, you should have a bowel movement every day. If this is a problem, we recommend drinking a mild herbal laxative tea like Neera-Lax tea and/or drinking the “sea-salt shake.” Some people who are very regular with their bowel movements will not need any laxative stimulation.

For most people, we recommend drinking a cup of Neera-Lax tea at night before going to bed, in order to break up waste deposits in the colon, and again in the morning to stimulate a bowel movement.

If you need more help than this, you may substitute a “sea-salt shake.” It is a very effective laxative that is

also a good colonic. Mix one quart of warm water with two level teaspoons of sea salt. It is very important that you use sea salt and not regular table salt. Drink the whole quart first thing in the morning, and don't stray too far from a bathroom, because within half an hour you will probably have a very thorough bowel movement.



Although you may not like the taste, it is very effective. If the “sea-salt shake” doesn't work, try slightly increasing or decreasing the amount of salt in the mixture until you find the right balance for you.

Cleansing Symptoms

At some point during the diet, it is common to encounter weakness or slight dizziness.

Occasionally during the program, some people suffer from weakness, or even (rarely) need to vomit, and discomfort might occasionally be felt in different parts of the body. This may continue for a day or two and is not a result of any lack of nutrients or vitamins; it is simply the effect of the dissolved waste material circulating in the body before final elimination.

Take these symptoms as a positive sign that the Neera Natural Plan is working. Before the body's accumulated wastes can be eliminated, they have to be drawn out of the deeper tissues where the body has been storing them.

People generally report that the first day or two are the toughest. By the third day, most waste material has been dissolved, although it has not all left the system.

By the fourth day, there's a remarkable improvement. Each day after that gets better and better.

Should you suffer from a chronic disease, such as a skin disorder, you may notice that during the diet the condition temporarily worsens. Don't worry; the skin plays an important role in the elimination process. Once the poisons have been extracted, a natural balance of elements inside the body is retained, and the skin becomes clearer and healthier.

Be prepared to take some extra rest if necessary, especially during the first day or two. A good time to start the diet is on a weekend when you don't have to work, and can rest if you need to.

As wastes are eliminated, your body will regain its natural strength and vitality. Most people notice that by the fourth day, they feel clearer-minded, healthier and more balanced than they have in years.

Healing Crisis

What is a healing crisis? We usually treat illnesses with antibiotics, steroids, and other medications to alleviate symptoms. But the truth is that illness or disease can itself be a symptom of an underlying imbalance in your body.

Treating symptoms only suppresses the root cause of the problem, pushing it deeper into hiding where it may develop into a more acute condition later in life.

A healing crisis is a systematic healing from the inside out. It brings out the symptoms of suppressed conditions that may seem identical to illnesses you've had in the past. You may experience more acute cleansing symptoms or healing crises if your body is especially toxic. If you're suffering from a health

condition, you may experience symptoms identical to the sickness itself.

If you have any form of chronic illness, it's possible that the symptoms will become more severe during the Neera Natural Plan. Don't be concerned. This simply means that the body wants to get rid of all the toxins. As soon as the toxins have left the body, balance is restored and you'll feel better.

Common Cleansing Symptoms and Remedies

Headaches

Try not to use any chemical painkillers. Instead, try rubbing a little lavender oil on your temples, and close your eyes and relax. If the headache is severe, use a homeopathic remedy, if possible.

Diarrhea

Do not mistake loose stools for diarrhea. You may experience looser stools during the cleanse. If you do suffer from diarrhea, drink more water to stay hydrated. If the condition lasts for more than 36 hours, consult your practitioner.

Insomnia

Gently rub your body with circular motions. Soak in a warm bath with a few drops of lavender oil. Try an herbal pillow, and drink a cup of lime flower infusion before going to bed. Go to sleep listening to soothing music.

Nausea

Drink some ginger tea or juice of ginger. Ginger is probably the best known natural remedy for nausea.

Bad taste in the mouth

Rinse your mouth and brush your tongue regularly. For a change of taste, try a little herbal tea like peppermint or chamomile.

Feeling Cold

This is quite normal when you detox. Wrap up well to keep warm. You may also drink the Neera Drink warm, or have a little herbal tea.

Overcoming Addictions

This treatment is excellent for people who want to stop smoking, or drinking alcohol or caffeine. The chemical changes and the cleansing which occurs as a result of this treatment are able to reduce or even eliminate the sensation of addiction and multiple symptoms of withdrawal that normally appear. The desire to take artificial stimulants or anti-depressants is reduced and, with time, completely disappears. The difficulties, which normally appear when somebody wants to give up smoking, drinking alcohol or using other drugs, are greatly reduced by the diet.

If you are a heavy smoker, do not stop suddenly; it is better to reduce the daily quantity gradually before you initiate the diet so that you are able to stop smoking by the fourth or fifth day. The body then has time to eliminate the accumulated toxins, and often the physical desire or need to smoke disappears on its own once the program is completed. But the Neera Natural Plan can only cure imbalances that originate in the body. If your need to smoke is psychological, you may need use psychological methods or meditation to fight the addiction. However, your feelings of vitality and well-

being and the new sensation of a clean inner body will naturally discourage you from smoking.

Checking the Tongue

One way the progress of the cleanse can be gauged is by observing the color of your tongue. During the first few days of the diet, a coating will usually appear which is at first whitish then yellowish in color as toxins are released from the body. This may occur up to the third or fourth day, and it will then slowly disappear. You can remove this coating by brushing the tongue with a toothbrush or scraping it with a spoon. Your tongue will regain its pinkish color when the cleansing process is complete.

Although this process won't take longer than ten days for most people, it may take longer for some. If the coating remains at the end of the diet, it is advisable to repeat the Neera Natural Plan a month or two later. Having undergone a basic purification, the coating should disappear more quickly the second time.

Athletics

Keep training, but take it easy. Athletes in training may experience a reduction in stamina, and are advised to cut back to 60-70% of normal training intensity for the duration of the program. Avoid strenuous exercise, as intense exertion may encourage toxins to be re-absorbed rather than eliminated. When you engage in vigorous activity, your body is forced to call upon extra reserves of energy and to synthesize energy from protein and fats. This is a demanding process, distracting your body from its cleansing priorities. Too much muscular activity also releases lactic acid, which only increases

the toxic load that you are trying to eliminate from your body.

Nevertheless, gentle exercise is very helpful in the cleansing process. It increases circulation and stimulates many of the body's cleansing organs. The key is finding the right balance of activity and rest. Adequate rest is crucial during the program; while at rest, the body performs most of its vital cleansing tasks.

Far from interfering with your training, the Neera Natural Plan is a wise investment for any athlete. Most athletes return to full training after the diet with renewed energy and enthusiasm. You'll find your body performs far more efficiently when it has been cleansed and purified, experiencing higher energy levels and improved endurance.

Typical Timetable of the Neera Natural Plan

Day 1: You may feel some hunger and a little tiredness. Drink a lot of the Neera Drink and keep it with you so you can sip it whenever you feel hungry. You don't want to allow yourself to get too hungry, because that will create the temptation to eat.

Days 2 to 3: If there are going to be cleansing symptoms, this is when they tend to arise. Some feel the cold more. This is when the toxins are being drawn out. Be prepared to take a little extra rest if needed. If you have cleansing symptoms, hang in there, you are doing your body so much good!

Days 3 to 5: You'll probably be feeling better. Weak or sick patients may find that a 'healing crisis' (see page 25) temporarily makes the symptoms worse, but this

usually only lasts a day, at most. With each day, you will feel better and better. Feelings of clarity, lightness and well-being grow. Physical cravings for solid food decrease dramatically for most people.

Days 6 to 10: You will probably feel great! It is amazing how good we can feel when we give the body a chance. Most people are rarely hungry and feel healthy and refreshed. If you are still feeling hungry, drink more of the Neera Drink. Now that most of the toxins are gone and you've adjusted to the liquid diet, you'll probably feel more energetic and clear-minded.

After the Neera Natural Plan

The transition from the Neera Drink to regular food has to be undergone gradually; the tendency is to eat too much too soon. Since your digestive system has been relaxing for up to ten days, you must begin eating again with care.

Plan a gradual transition back to normal eating over a 2-3 day period, introducing more complex foods gradually. From freshly squeezed fruit juices, progress to vegetable juices, raw fruits, raw and steamed vegetables, complex carbohydrates, and finally fats and proteins. Here is a simple model:

Day 1: Start with freshly-squeezed orange juice, then add other fruit juices, and later vegetable juices. At the end of the first day, you may have some fresh pureed vegetable soup.

Days 2 and 3: Drink orange juice in the morning, soup at noon, and prepare a meal of raw or steamed vegetables, brown rice and salad in the evening.

Do not eat any meat, fish, eggs, bread or sweets, and do not drink soft drinks, tea or coffee during the first three days. On the fourth day, you should be ready to eat normally again. The most important thing is to listen to your body. It will let you know how fast you can come back to solid food. If you start eating too much too soon, your stomach will warn you by getting upset.

Try to change unhealthy eating habits now while you're thinking differently about food. Eat smaller portions, eat slowly, and stop eating when you feel full.

One of the delightful side effects of doing a Neera Natural diet is a heightened awareness of the sensations of taste and smell. By the time you're ready to eat solid food again, your intensified appreciation of the subtleties of taste, texture and fragrance will make this simple experience so much more delectable. Savor the moment.

4. VARIATIONS OF THE NEERA NATURAL PLAN

Extending and Repeating the Program

While people over the years have stayed on the Neera Natural Plan for several weeks or even months, we never recommend staying on the cleanse for more than 15 days. If you are very happy with the results, we recommend repeating the program as described in the Neera Master Program (next page) or repeating the 5-10 day cleanse every few months.

Neera Natural + Food Plan

The Neera Natural Plan was devised in Switzerland as a comprehensive cleansing and detoxification program. As the program spread throughout Europe in the 1980s, it became adapted to suit different lifestyles and needs. One popular version is called the Neera Natural + Food Plan.

Each night, we fast as we sleep: that is to say, we have no intake of foods and we allow the body to look after itself, to regenerate, purify itself, and recuperate energy. This is when the kidneys and liver become most active. With “break-fast” we halt this process of recuperation and cleansing.

During the Neera Natural + Food version, we lengthen this nightly cleansing period by substituting breakfast and/or dinner with 2-3 glasses of Neera Drink. While the effects of this version are not as dramatic as the regular versions of the Neera Natural Plan, trying Neera Natural + Food for an extended period of time (at least a month) will yield results.

For Neera Natural + Food to be most effective, it is important to also abstain from salt, sweets, processed foods, red meat, fried food, white bread and refined flour, dairy products, coffee and alcohol. These foods can be harmful to your body and will leave toxins behind that will divert your body's energy from cleansing.

The Neera Natural + Food Plan is recommended for those who wish to try Neera Natural, but are unsure of their capacity to last five days without solid food. Many people also like this version as a way to continue to lose weight *after* completing a 5-15 day cleanse.

The “One Day a Week” Version

Some people have tried a version of the diet in which they replace all solid food with the Neera Drink one day a week. While this doesn't have the same cumulative effect as the multi-day versions of the diet, giving the body a rest once a week gives it a chance to catch up on its need to cleanse and detoxify. Going without solid food for a day is easy, and many people who have practiced this program have reported to us that they had good long-term weight-normalization results.

This is also a good version to use for continued weight loss or maintenance after doing a longer version of the Neera Natural Plan.

The Neera Master Program

Many people who have tried the Neera Natural Plan have liked the results so much that they wish to make cleansing and Neera Natural a regular part of their lives. To start the Neera Master Program, perform the 10 or 15 day program and then continue the cleanse with either the Neera Natural + Food Plan or the One Day a Week Version. Then perform the 10-day program again every

three months. During the Neera Master Program, you gain the maximum results, cleansing your body of accumulated wastes and toxins and losing excess weight. Neera Natural + Food or the One Day a Week Version after the multi-day plan helps the body to maintain its toxin-free condition and is a great ongoing cleansing routine. Many people on the Neera Master Program like to do the 10-day cleanse with the change of the seasons as a reminder.

5. BENEFITS OF OCCASIONAL FASTING, STUDIES AND RESEARCH

UC Berkeley study shows that fasting every other day may reduce cancer risk

A 2005 study by researchers at the University of California, Berkeley showed that healthy mice given only 5% fewer calories than mice allowed to eat freely experienced a significant reduction in the chance of developing cancer. The research showed that cell proliferation in several tissues, considered an indicator for cancer risk, slowed or stopped completely. The amazing results occurred when the mice were fed intermittently, or three days a week.

“Cell proliferation is really the key to the modern epidemic of cancer,” said Marc Hellerstein, professor of human nutrition in the Department of Nutritional Sciences and Toxicology at UC Berkeley’s College of Natural Resources. Hellerstein was the principal investigator of the study.

Cancer is essentially the uncontrolled division of cells, and its development typically requires the presence of multiple mutations. “Normally, a cell will try to fix any damage that has occurred to its DNA,” said Hellerstein. “But, if it divides before it has a chance to fix the damage, then that damage becomes memorialized as a mutation in the offspring cells. Slowing down the rate of cell proliferation essentially buys time for the cells to repair genetic damage.”

Cell proliferation contributes to carcinogenesis in a number of other ways as well, collectively termed “cancer promotion.”

Studies over the past 70 years have established that substantial calorie reduction - up to 50% in some studies – not only can reduce the rate of cell proliferation, it can also extend the maximum life span of a variety of organisms including rats, flies, worms and yeast. The results can be dramatic, with 30-70% increases in life span reported in the studies.

“Significant caloric restriction is the one and only thing that has been scientifically proven to extend life span,” said Hellerstein. He noted that while exercise and good nutrition can prevent premature death by disease, they have not been shown to extend a maximum life span.

Cutting calories has also been shown to reduce the development of cancer, enhance insulin sensitivity and lower the risk of heart disease.

Hellerstein noted that animals in the wild regularly go through cycles of too much and too little food, though not by choice. Major predators, such as lions, may go days without eating and then binge when they make a successful kill. “It may be normal to have periods where we are not eating,” said Hellerstein. “But in domestic life, there generally is continuous access to food.” It has been theorized that the body evolved to use the periods of fasting to heal and rejuvenate, and that it is part of the body’s natural process.

National Institute of Aging Study

Another recent scientific study showed that mice that fasted every other day had a better chance of fending off diabetes and protecting brain neurons from developing Alzheimer’s disease. The National Institute of Aging (NIA) study also found that reduced meal frequency can produce these beneficial effects even if

the animals gorged when they did eat, and ate almost the same amount of calories.

“The implication of the new findings on the beneficial effects of regular fasting in laboratory animals is that their health may actually improve if the frequency of their meals is reduced,” says Mark Mattson PhD, chief of the NIA’s Laboratory of Neurosciences.

In the study, published in the Proceedings of the National Academy of Sciences’ *Online Early Edition*, April 28, 2003, Dr. Mattson and his colleagues found mice that fasted every other day, but were allowed to eat unlimited amounts on intervening days, had lower blood glucose and insulin levels than either a control group, which was allowed to feed freely, or a calorically-restricted group, which was fed 30% fewer calories daily than the control group. Despite fasting, the meal-skipping mice tended to gorge when provided food, so they did not eat fewer calories than the control group. This finding in mice suggests that meal-skipping improves glucose metabolism and may provide protection against diabetes.

Previous studies by Dr. Mattson and his colleagues suggested that nerve cells in the brains of rodents on a meal-skipping diet are more resistant to dysfunction and death in experimental models of stroke and other neurological disorders including Parkinson’s, Alzheimer’s and Huntington’s diseases. Dr. Mattson also has found that meal-skipping diets can stimulate brain cells in mice to produce a protein called brain-derived neurotrophic factor (BDNF) that promotes the survival and growth of nerve cells.

Human Longevity Study

While scores of scientific studies have linked fasting to improved health and longer life in animals, few

studies have been performed on humans. However, the preliminary findings of a study done by Dr. Eric Ravussin at Louisiana State University have strongly suggested that periodic fasting also lengthens life span in humans.

The participants in the study performed different kinds of low calorie diets, including a regimen similar to the Neera Natural Plan. All of the participants' insulin levels fell and had reduced DNA damage in their cells, which is a primary factor in aging.

According to Dr. Ravussin, the findings "are the first proof that what has been observed in rodents seems to be also working in humans." The results are from the first phase of research at the Baton Rouge center sponsored by a \$12.4 million National Institute on Aging grant. They follow unrelated research which suggested a very restrictive diet seemed to help the heart age more slowly.

The study appeared in the April 2006 *Journal of the American Medical Association*. "It's very exciting," said Dr. Evan Hadley, director of the NIA's geriatrics and clinical gerontology program.

The 48 participants, all slightly overweight, were randomly assigned to one of four groups:

- 1.) calorie restriction, which cut usual daily calories by 25%
- 2.) calorie restriction plus exercise, which cut daily calories by 12.5% and increased physical activity by 12.5% five days a week
- 3.) very low calories, with an 890-calorie liquid diet for up to about three months followed by a weight-maintenance diet
- 4.) a control group that aimed to keep weight steady

Blood tests showed substantial decreases in the amount of age-related DNA damage in each of the three

dieting groups compared with their initial levels. That kind of microscopic damage is linked to cancer and other age-related ailments, but it's unknown whether the small changes seen in the study would affect the study volunteers' disease risks.

Insulin levels also decreased after six months in all three reduced-calorie groups.

The results show that the diets are safe, and not impossible to follow, Hadley said. The researchers theorize that fasting may trigger a primitive survival response that provides better protection for the body's organs in time of famine. According to Dr. Ravussin, "Recent studies seem to favor a stress response that evolved early in most species to increase the chance of surviving adversity such as calorie restriction.

Lemons and Alkalinity

According to Paul Bragg, of Bragg's Apple Cider Vinegar fame, blood alkalinity is one of the most important factors to good health:

It has taken me all these years of research and study to discover the great fact that the bloodstream should be alkaline. Yet, with most of us, it is in an acid state. From headaches to indigestion, to pimples and the common cold, most problems arise from acidosis due to self-poisons caused by unhealthy foods. When the life stream is so polluted, how can our immune system defend the body against disease and illness?

The human body is composed of tissues and cells. These tissues and cells are composed of 16 chemical elements. The balance or equilibrium of these chemical elements in the body is an essential factor in the maintenance of health and healing of disease. The acid-alkaline balance plays a vital role in this balanced body chemistry. All foods, after



digestion and absorption, leave either an acid or alkaline ash in the body, depending on their mineral composition. The normal body chemistry is approximately 20% acid and 80% alkaline. This is the acid-alkaline balance.

A healthy person's blood is slightly alkaline with a pH of 7.41. Whenever the blood's alkalinity is reduced, even slightly, its ability to transport carbon dioxide is reduced. Carbon dioxide is acidic in the blood. Once the blood's ability to transport it has been reduced, it increases the accumulation of acid even further. This condition is known as acidosis or hypo-alkalinity of the blood. Its symptoms often include hunger, indigestion, burning sensation and pain in the pharynx, nausea, vomiting, headache, various nervous disorders and drowsiness.

Acidosis is the breeding ground for many diseases. Nephritis or Bright's Disease, rheumatism, premature old age, arteriosclerosis, high blood pressure, skin disorders and various degenerative diseases are traceable to this condition. It seriously interferes with the functions of the glands and organs of the body. It also lowers the vitality

of the system, thereby increasing the danger of infectious diseases.

Acidosis is probably one of the least diagnosed conditions, because it is so common. Its main cause is a faulty diet. Unfortunately, much of the food we eat today is acid forming, including such foods as:

Processed foods	Animal proteins
Most cooking oils	Corn syrup
Alcoholic beverages	Sugar
Soft drinks	Coffee
Most grains	

There are also many alkalizing foods, most of them vegetables:

Alfalfa	Barley grass	Beet greens
Beets	Broccoli	Cabbage
Carrot	Cauliflower	Celery
Chard greens	Chlorella	Collard greens
Cucumber	Dandelions	Dulce
Edible flowers	Eggplant	Garlic
Green beans	Green peas	Kale
Kohlrabi	Lettuce	Mushrooms
Mustard greens	Nightshade veggies	
Onions	Parsnips (high glycemic)	
Peas	Peppers	Pumpkin
Radishes	Rutabaga	Sea veggies
Sweet potatoes	Tomatoes	Watercress
Wheat grass	Wild greens	

Also, most fruits are alkalizing, but especially citrus fruits. Lemons in particular are one the most powerful alkalizing foods in the world. Lemon juice has tremendous alkalizing value due to a large percentage of alkaline salts, mainly potash, which it contains. It's

ironic that a food which in itself is very acidic has such a powerful alkalizing effect on the body. This makes the Neera Natural Plan a very powerful alkalizing diet to help reverse years of eating too many acid forming foods. Also, many of the minerals in the Madal Bal Syrup are very alkalizing:

Alkalizing Minerals:

Calcium	pH 12
Magnesium	pH 9
Potassium	pH 14
Sodium	pH 14

6. SPIRITUAL PURIFICATION

Spirituality and fasting have been linked together throughout the ages. Spiritual seekers have gone without food and practiced meditation and other disciplines in an attempt to come to a clearer understanding of life's purpose. By freeing the ties to the physical, the mind is able to turn to higher pursuits.

Also, a multitude of scientific studies have linked mental state with overall health. Toxic thoughts like anger, fear and worry create toxins inside our bodies and have been shown to increase the risks of all sorts of illnesses. There is an inseparable connection between mind and body. A good positive mental state is probably the best medicine we can use.

I fast for greater physical and mental efficiency. - Plato

Prayer takes us halfway towards God, fasting takes us to the gates of Heaven. – Mohammed

As my body loses its superfluous weight, my being becomes more luminous and my spiritual being clearer and more resolute. – Buddha

The Bible also talks frequently about fasting, and Jesus notably put it into practice during the forty days and nights he spent being tempted in the desert.

Many people find that one of the greatest benefits of the Neera Natural Plan is that they gain a deeper perspective about themselves. During the cleanse, most people find that going without food isn't the hardest part.

It is overcoming the emotional and mental attachment to food that is difficult. Most of us aren't even aware of these attachments until we try to overcome them. When we do face and overcome them, we become more empowered and freed from their control. We gain a deeper understanding of ourselves and a stronger ability to control our desires and attachments, instead of letting them control us. Many people have told us how spiritually uplifted they feel during the Neera Natural Plan, reaching a better understanding of themselves and their capacities.

Neera Natural is a great means of spiritual renewal and self-discovery. For those interested in exploring this facet of cleansing, we recommend some simple meditation exercises to go along with the program.

A Simple Meditation Exercise

As the body is cleansed and purified, so it seems our thoughts become clearer, our minds less confused and distracted. Many feel a sense of new life, free of worries, fears and anxieties. Here is a simple concentration/meditation exercise to practice in conjunction with the Neera Natural Plan.

Set aside ten minutes per day, preferably early in the morning, after your first glass of the Neera Drink, but before you enter into your daily routine. Choose a place where you can sit alone peacefully. It might be helpful to



set up a small sacred space, perhaps with flowers, candles, incense—whatever you like. Play some peaceful, meditative music. Alternatively, select a peaceful spot outside surrounded by nature.

Sit comfortably either in a chair or on a cushion with your spine erect to keep you alert. Try to direct your attention to your breath, focusing on each inhalation and exhalation. As you breathe in, feel that you are breathing in a feeling of peace and calm; and as you exhale, feel that you are releasing any feelings of tension or anxiety, allowing the peaceful feeling to spread throughout your body. Finally, try to allow your breath to become very calm and quiet, imagining that if someone placed a feather in front of your nose, it would hardly move. As you allow your breath to become calm and quiet, notice how your body becomes calm and quiet, which in turn allows your mind to become calm and quiet.

To help focus your mind, breathe in as you slowly count to five, hold for two counts and then exhale again for five counts. Breathe comfortably without straining your lungs. Try to make the counting regular and rhythmic. If other distracting thoughts enter your mind, try to let them go, and return your focus to your breath.

After a few minutes of counting, feel that what you are breathing in is not air, but solid peace. Imagine that this peace enters directly into the depths of your heart. From there it flows outward, permeating your heart, mind, emotions and physical body. If you believe in God, breathe in God as this peace.

In the same way you can breathe in any quality you would like more of: patience, love, power, tolerance, joy. During the course of the Neera Natural Plan, practice breathing in the feeling of purity. Feel this purity flowing from the center of your chest, throughout

your body, your mind and your emotions. Consciously imagine you are breathing out all the toxins and waste from your system, and that they are being replaced with vibrant energy, enthusiasm and joy.

7. TIPS AND FREQUENTLY ASKED QUESTIONS

Won't I put the weight right back on after the diet?

Generally, the weight stays off. Unlike many other diets where the pounds lost are primarily water weight, most of the weight lost during the Neera Natural Lemon Detox & Cleansing Lifestyle Plan comes from the loss of diseased cells and fat tissue. Also, one of the great benefits of the Neera Natural Plan is that people usually kick their “bad food” addictions. Eating foods that aren't very good for us is a major cause of overweight conditions. Junk foods, processed foods, sugary foods, and high carbohydrate diets can all cause the body to gain weight as a way of storing these excess carbohydrates. A lot of these foods become addictive. Studies have shown that high sugar diets and high processed-carbohydrate diets can become addictive. We literally crave sweets and other highly processed, high carbohydrate foods.

When you go on a cleansing diet like the Neera Natural Plan, your body can overcome these addictions by getting a break from your normal diet. By the third or fourth day of the plan, you'll find you feel really good, healthy, vibrant and clear because your body is cleaning out all this junk in your system. When you come off the Neera Natural diet, you may not want to go back to your old diet, because you'll feel so good that the mere idea of eating junk food seems repulsive. Once you break these addictions, your body literally tells the mind, “I don't want this stuff in my system.”

Most people who try the Neera Natural Plan do so as a way of starting a new, better diet and lifestyle. The diet not only cleans out your system, you'll also lose some

weight and feel so good that you'll want to launch into a consistently better diet and lifestyle.

Insufficient liquid intake

Problems can arise because of insufficient liquid intake during the diet. You should drink about one gallon of liquid, including the Neera Drink, per day. This ensures that waste material will not be too concentrated in the organs of elimination as the body goes through the cleansing process.

Is it okay to change the mix of the Neera Drink?

Yes, you can change the amount of syrup but don't lessen the amount of lemon juice. You can make the Neera Drink less sweet by using 1 to 1.5 tablespoons of syrup to 2 tablespoons of lemon juice, or if you are especially hungry, you can add more syrup than lemon juice. Find a mix that works for you. You may also substitute limes for the lemons or use a mixture of both. If the taste of the drink is too strong, add more water. You may need to drink more often if you do this, however.

Should I do the diet while pregnant or nursing?

No, it is not recommended to do the Neera Natural Plan or any cleansing diet while pregnant or nursing. Any toxins that are locked away in the mother's body can get released and passed into the baby. However it is a great idea to do the Neera Natural Plan after weaning from nursing.

What about coffee/caffeinated beverages during the diet?

We recommend that you don't drink coffee or other caffeinated beverages during the Neera Natural Program.

Coffee can be toxic to the body, as can most caffeinated beverages—making it counter-productive to the detox. If you **must** have caffeine, tea is better than coffee, and green tea is better than black tea. Herbal teas are fine to drink now and then while on the plan.

Should the diet be attempted with a stomach ulcer?

The diet has been used specifically to cure stomach ulcers. But since these ulcers can have several causes, it is advisable to do the diet under the surveillance of a health professional.

Should I perform the diet if I have diabetes?

People with Type II diabetes have successfully and safely performed the Neera Natural diet. While the Neera Drink contains sugar from the natural tree syrups, (a no-no for diabetics) each glass contains a fairly low amount. The idea of the diet is to drink many glasses of the Neera Drink throughout the day, giving the body a steady dose of simple carbohydrates.

The great thing about the Neera Natural diet for Type II diabetics is that it is a great weight loss diet, which is a major factor in decreasing the effects of diabetes. Also, the cleansing that the internal organs get is great for increasing their efficiency and effectiveness.

Type II diabetics who have used the Neera Natural Plan tell us that they simply keep a close monitor of their blood sugar levels, as they normally should. Checking the levels 3-4 times a day is the safest.

If you have Type II diabetes and you would like to try the Neera Natural diet, we recommend that you get the permission of your doctor.

Should I refrigerate the syrup after opening the can?

Yes. While tree syrups like maple syrup and palm syrup have a very long shelf life, it is a good idea to refrigerate the can after opening it. It is not recommended that you mix more than one day's batch of the Neera Drink at a time. Once you add water and fresh juice to the syrup, it can go bad if left out in the heat for more than a few hours. Also the Neera Drink is best when the lemon juice is fresh. **Unopened** cans can be stored as long for as three years without refrigeration. Check the bottom of your can for a suggested expiration date.

8. COMMENTS AND TESTIMONIALS

From Health Professionals

“I have used the Neera Natural Lemon Detox and Cleanse on hundreds of my patients with outstanding results. I find it an exceptional way to allow the digestive tract to rest, which makes all of the future treatments work more effectively. The kit is now sold in such a user-friendly manner that my time educating my patients has been reduced considerably. If you are in the business of health, this is one program that doesn't disappoint.”

--Dr. Jeff Drobot, Medical Director of The Calgary Center for Naturopathic Medicine

“I have a pretty demanding job here and was concerned about doing the cleanse. I have to say during the diet I never felt tired, and I had a lot of energy. I lost nine pounds in five days. At my store, we have recommended the diet to older people, younger people, just about anyone can do this diet. We had a lady who was skeptical and was going to try it for three days, she did it for seven. During the diet you don't get hungry, you just keep sipping the Neera Drink all day. The diet allows you to cleanse your body on a cellular level. If you are trying to change your diet, or to improve your diet and lifestyle, this is a great way to get a fresh start.”

--David Stouder, owner, Apple Health Foods, Redwood City, CA, host of the “Vitamin Shelf” on KEST radio

“The fact that a person, after 10-14 or more days, can feel so full of vitality without having given up any of his/her normal occupations, demonstrates that the person is truly receiving all the necessary nutrients. It must be understood that the importance of abstaining from solid food lies in its acting at the very root of all functional and organic pathologies. In one of his aphorisms, the ‘father of western medicine,’ Hippocrates, stated that ‘humeral impurity is the cause of all sicknesses.’

“We should not be surprised, then, that a sufficiently prolonged fast, thanks to the syrup and lemon, achieves such extraordinary results. By allowing the digestive and assimilatory mechanisms to rest (anabolism), the body’s energy flows in a centrifugal pattern (catabolism), thus favoring the elimination of toxins and residues.

“Hippocrates also said, ‘In growing illness, one must stop eating...As one continues to feed an ill body, so the illness grows.’ The benefits of prolonged abstention from solid food are incalculable, affecting favorably all the components that integrate the human body: the physical-energetic plane, the emotional, the mental and the spiritual. Bearing in mind the words of Hector Durville, ‘The intoxicated person thinks and feels through his toxins,’ we may understand why, after this program involving intracellular and neuronal purification, a person feels more lucid and tranquil. It is this psycho-physiological and mental equilibrium which leads to a state of natural harmony, characteristic of a perfect state of health.”

**--Luis Juan Mompo, Naturopath,
Sant Bet, Barcelona, Spain**

“I have tested Neera Natural myself, and I’m now introducing it in practice. I can vouch that it tastes good, is easy to sustain over 5-10 days, gives a rapid detox, and is suitable for a wide variety of patients.”

**--Dr. Janine Leach, BSc PhD ND DO Hon MRPHM
Specialty: Naturopath**

“The main objective of our preconceptional program is to renew the adipose tissues of the body, in order to reduce the amount of all sorts of fat soluble synthetic chemicals such as PCBs and dioxins. During a weekend, there is no food available other than a specially designed cocktail made from Madal Bal Syrup (a mixture of maple syrup, and palm tree syrup) and lemon juice. Cayenne pepper is added after dilution (a way to slightly increase the body temperature). The cocktail can be consumed at any time without any restriction. Its mineral content is exceptionally rich. The ratio of zinc to manganese to iron is ideal (in the region of 5:2:1). The ratio of calcium to magnesium is around 2:5:1, and the ratio of potassium to sodium around 10:1. The lemon juice represents the main source of natural vitamin C.”

**— Dr. Michel Odent, Primal Health Research Center
Specialty: Obstetrician**

“Even using the Madal Bal Syrup as a meal replacement once a day can support a healthy and steady weight loss regime. At the same time, one gains consistent energy levels to face life’s demands. This works well combined with homoeopathy for full optimization of one’s health.”

**— Dr. Elizabeth Adalian R S Hom
Specialty: Homoeopathy teacher and clinician**

“One thing that really impresses me about the Neera Natural Plan is that energy levels remain high, so you can continue with normal leisure and work activities.”

— **Mr. Ian Barret BSc ND DO MRN MAO**
Specialty: Naturopath, Holistic Health Consultant

“I find the Neera Natural Plan very useful for women wanting to conceive – many people change their diet when they are actually pregnant. So much better to be prepared for pregnancy.”

— **Ms. Emma Cannon, Specialty: Pre-natal care, pregnancy, women’s health advisor, acupuncturist**

“Very useful to kick-start dietary changes that can be permanently incorporated in a patient’s lifestyle. Good way of eliminating toxins and habits; makes healing easier, giving energy to the liver where adrenal toxins are commonly found.”

--**Mr. Trevor Gunn BSc (Hons) LCH RS Home, Specialty: Homeopath**

“One of the best detox diets around. The results are excellent and long lasting. I have now started to incorporate the Neera Natural Program into my clinic.”

—**Ms. Marcia Harewood ND MRN DO MH DNI**
Specialty: Osteopath, Naturopath, Herbal Medicine practitioner, Iridologist

“I was turned on to the Neera Natural Plan by one of my coaching clients. I was using a different product at the time, but after listening to him rave about how great he felt, I had to try it myself. I feel our bodies are just like the cars we drive. Cars need tune ups, oil changes, flushing the engine--just like our bodies need. Doing a

cleansing 4 times a year at the start of each season gives your body a feeling like new! Cleansing the body will lead you to a much more healthy life and you won't need to replace parts due to getting old; you are keeping all systems clean, fresh and like new. I did the Neera Natural Program the first time for six days. The first two days were a bit hard, but by the third day I felt the most amazing energy, my eyesight was better and all my cravings for things such as the coffee I love were gone. At the end of 6 days, my skin was softer, my hair was shiny and people were saying, 'Wow, you look great!' I am a coach to people from all walks of life and with all kinds of goals. Twenty of my clients just completed the cleanse; we all did it together! Each one has their own testimonial to share, and each one will do it again next season.

"The best testimonial I received from a client was that his fear of running in a race was gone; he felt calm, peaceful and had a renewed sense of purpose and focus. Thanks you for helping us all live longer, healthier lives."

**--Lisa Smith-Batchen, Elite Ultra-distance Runner,
Life Coach: Dreamchasers Outdoor Adventure Club**

Acid Reflux Disease

"I am writing about my healing cleanse experience after more than 25 years of gastro-esophageal reflux disease. I had all the tests, including having a camera put into my stomach (twice) to try to determine why my condition was not improving. Finally through my husband, I learned about the diet and was blessed with a copy of Stanley Burroughs' *Master Cleanser*. I started my fast with the idea of fasting only nine days and ended it 42 days later. During the first 30 days, I lost 30

pounds, an incredibly good side-effect, and have had no other problems with Acid Reflux since.

“After completing and ending the fast as suggested by Mr. Burroughs, I waited a month before testing myself to see if, in fact, I was actually free of this ailment. I intentionally began to eat foods that I knew would send me into a gastro-intestinal attack that could continue for days and sometimes up to a week or more, before the fast. (Foods like beans, milk, highly seasoned foods, and by the time I started the fast, practically anything I consumed, even water at times.) Amazingly, I had no adverse effect except flatulence, which I would not have been able to pass prior to the fast, and now I passed gas without taking every prescription and over the counter medication known to man. After several weeks of jubilation and daily reports to my husband about my continued gastro-intestinal-distress-free life, I began to wonder how I could be free of an ailment just by fasting and drinking lemonade, with the most amazing side effect, weight loss!”

--Velma McKenzie-Orr, New York

Reducing Weight, Blood Pressure, Cholesterol

“I had my gall bladder removed in April. Before this I took a blood test, and my cholesterol was 253, my liver count was 160 and my blood pressure was 130 over 80. I bought one can of Neera Natural syrup in San Diego. I drank it for breakfast, a salad for lunch and anything for supper. I received my blood results in October. My cholesterol was 189, my liver count was 71 and my blood pressure was 106 over 68. I lost 25 pounds. I have never achieved this kind of amazing results before. This is the first time my cholesterol has

been below 200 in 22 years. I would like to say thank you.”

— **D. Owen, San Diego, California**

Skin Health

“My naturopathic doctor told me that I had a lot of toxins in my system (probably from my typical American diet). I had had acne problems for years. When I went on the Neera Natural Diet, the acne got worse for the first few days, but by the fourth day, it started to clear—and by the seventh day, it was totally gone. My skin hasn’t been so clear since I was a kid. My body is toxin free! I am really happy with the results. I plan on doing this diet at least once a year.”

— **M. Garcia, Richmond, Virginia**

Madal Bal Syrup vs. Maple Syrup

“I have done the Stanley Burroughs *Master Cleanser* diet many times, almost religiously. I love the diet, but it isn’t always easy. I tried your version of the diet with the Madal Bal Tree Syrup, and I have to say I noticed that I felt better with your syrup than just regular maple syrup. I had more energy and was less hungry. You can even see the difference in the syrups. Your syrup looks so much thicker and darker. I’m only going to use maple syrup on my *pancakes* from now on. Thank you!”

— **Jenny Goss, Ft. Myers, Florida**

Effect on Hair

The Neera Natural Plan is also beneficial to the hair. A Swiss hair institute uses Neera Natural as part of its treatment. “Waste products are deposited in the outermost cells of the body, which includes those in the hair,” says the head of the institute. “For healthy hair, the purification of the body is absolutely necessary, and nothing serves this purpose better than the Neera Natural Plan.”

General Inspirational

“I have never felt more pure in my life. I could actually feel the toxins and excess fat leave my body. Every morning while on the diet, I felt like a brand new person. The most impressive part of the diet was it was so much easier than I thought it would be. I didn’t really feel the hunger that I thought I would; instead, the Neera Drink gave me all the energy I required to last the full 14 days that I was on diet. I realized that hunger is more mental than anything else. I am going to remember that for the rest of my life, and eat much more cautiously--all thanks to the Neera Natural Plan.”

— **J. Bains, Richmond, British Columbia**

“I was on the program for 15 days. I lost 17 pounds, my skin glowed and I felt great. At the time I was on the program, I was caring for a terminally ill relative. During this stressful time, I noticed that I felt emotionally very clear. While I went on the program to detox physically, the emotional and spiritual benefits I experienced far outweighed the physical.”

— **R. Buhrman, Phoenix, Arizona**

“I have been battling with my weight since I had a baby at the age of 40. I had been skinny all my life, but then got into the habit of eating too much of all the wrong things. I tried every diet on the market, but nothing controlled my hunger. A friend told me about the Neera Natural Plan. I read up about it, and got excited about the fact that it gets rid of cravings. The first day, every time I felt like eating food, I drank the Neera drink, and within minutes my craving for food was under control. The first time I went on the diet, I tried it for five days and lost ten pounds. The best thing was the incentive it gave me to start fresh eating habits. I now eat more sensibly, and every now and then, I clean out my system and lose a few extra pounds with my ‘miracle juice.’ Many of my friends thought I had gone crazy when they saw me just drinking juice all day long, but when they saw the results, they went on the diet, too. So on behalf of myself and six of my once-overweight friends, thank you!”

--S. Warren, Margate, Florida

“My family thought I was crazy to even try this cleansing diet. My main purpose was to cleanse my digestive tract. After the first day, as I began to flush the toxins from my system, I felt a serene, peaceful feeling come over me that lasted the whole rest of the fast. I was amazed that I didn’t experience any cravings and looked forward to downing the sea-salt shake every morning. I started the diet with a cleansing laxative to flush out my bowels on Wednesday night, and then didn’t eat again until the following Saturday morning. I think I lost around 10 pounds. I couldn’t believe where the weight was going. I had energy to do all the things I normally

do each day. I am a healthy 45-year-old male. I currently weigh around 220 pounds. I look forward to trying the diet again.”

— R. Weeks, Taylorsville, Utah

Other Uses of Madal Bal Syrup

If you have any left over after completing the diet, the Madal Bal Syrup is an excellent sweetener. Palm syrup is a staple in south Asian cooking. It makes a perfect alternative to refined sugar or artificial sweeteners because the quality of its natural sugar is much superior to that of refined sugar.

The Madal Bal Syrup is particularly tasty with:

Breakfast cereals

Yogurt

Pancakes

Fruit salad

Ice cream

Fruit smoothies

Other tips

Cold remedy

Drink the Madal Bal Syrup with ginger, lemon and hot water.

Jet-lag

If you are going on a long-haul flight, follow the cleansing program the day before you fly, the day you fly and the day afterward. The Madal Bal Syrup will keep your stomach light. Japanese studies have reported the citric acid of the lemon is good for preventing blood clots.

RECIPES



(Sent to us by customers)

Tofu Oriental with Madal Bal Syrup and Curry Sauce

- 1 tbsp oil
- 1 onion
- 17 oz Tofu, cut into small cubes
- 1 small apple
- 1 banana
- 1 tsp sea salt
- 1 clove garlic, crushed
- 3-4 tsp curry sauce
- 2-3 tsp soy sauce
- 2 tsp Madal Bal Syrup
- Handful of currants and some chopped almonds
- ½ cup cream and a little water

Fry the onion and Tofu. Slice the apple and the banana and add to the pan. Add the other ingredients and stir. Serve this delicious sauce with rice.

Madal Bal Syrup & Banana Cream

3 ripe bananas
Juice and grated rind of half lemon
3 tbsp Madal Bal Syrup
2 plain yogurts (1-serving size)
5.5 oz cottage cheese or Tofu
Cream (add to make desired consistency)

Beat all together and serve with Filled Pancakes.

Filled Pancakes:

3 eggs
3 Tbsp. flour
Pinch of salt
10 oz. milk
1 Tbsp. butter
1-2 Tbsp. Madal Bal Syrup

Beat all the ingredients together and let rest for one hour. Use the batter to make very thin pancakes. Serve with the cream mixture.

Madal Bal Syrup Fruit Smoothie

7 oz. of ripe fruit
The juice of half a lemon
7 oz. of milk
2 Tbsp. of Madal Bal Syrup
2 scoops of vanilla ice cream

Blend together and serve with crushed ice.

Carrot and Madal Bal Syrup Cake

4 egg yolks
7 oz Madal Bal Syrup
7 oz grated carrot
Juice and rind of lemon
Pinch of cinnamon
7 oz ground almonds
3 oz whole meal flour
1 tsp powdered yeast
4 egg whites
Pinch of salt

Mix the egg yolks and the syrup. Slowly add the rest of the ingredients except for the egg whites and the salt. Beat the egg whites separately until stiff, add salt and cut in to mixture. Bake in a pre-heated oven for 45 minutes at 350°.

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