

Yogic Detox Melon Diet

The Melon Diet (MD) is a means to rid your body of toxins stored in your fat cells. The first part of the MD will clean your digestive organs, so they can efficiently process the waste removed from burning your fat cells. The second part of the MD opens the stored body fat (burns it) to release the toxins within. It requires discipline and resolve to complete the recommended procedure. The really good news is that you are not hungry on the MD, just totally bored with the limited selection of food. Eat as much melon as you can stand, and eat often to keep your brain from falling asleep. Remember, you are eating **ONLY** the melons listed here for the duration of the 21-day detox melon diet, and drink plenty of water too. Note, no coffee or tea either (not even Yogi Tea).

The benefits of the Melon Diet are quite amazing, including:

- Reduced Body Fat (a pound per day is common).
- Food Cravings Diminish (even chocolate).
- Cleans the Liver, Kidneys, and Colon.
- Gives a New, Healthy Relationship to Food.
- You Will Naturally Cut-Back on Food Portions.
- Curbs the “Food Addiction” Mentality.
- Healthy Foods Will Be More Appealing to You.

Melon Diet Procedure

PHASE 1 – CLEAN THE SYSTEM

Days 1-3 Eat Cantaloupe (cleans the kidneys)
Days 4-6 Eat Watermelon (cleans the liver)
Days 7-9 Eat Papaya (cleans the colon)

(THE FOLLOWING 3 “WATER” DAYS SHOULD BE SCHEDULED WHEN YOUR ACTIVITIES ARE FEW)

Day 10 Water with lemon (may be sweetened)
Day 11 Water only
Day 12 Water with lemon (may be sweetened)

PHASE 2 – BURN FAT

Days 13-15 Eat Papaya (cleans the colon)
Days 16-18 Eat Watermelon (cleans the liver)
Days 19-21 Eat Cantaloupe (cleans the kidneys)

Things To Avoid

1. Do not take multi-vitamins or other products with vitamins (such as sport drinks). Phase 2 of the MD (burning fat cells) works because the body goes searching for the missing nutrients you are not eating, by seeking them in stored fat.
2. Avoid activities which require peak performance of your body or mind. It is best to adopt a calm and peaceful lifestyle during this time. You will not be able to perform at your best on physical or mental tasks, so plan accordingly.
3. Avoid Dehydration – drink lots and lots of water because your body will use that water to rinse your system.
4. No Other Melons – only eat the melons listed here because they have medicinal qualities needed for the detox to work.

Food Tip

Papaya is the most difficult to eat by itself. To make it more appetizing, try adding lime juice to the papaya. It also tastes better (or at least more fun) when blended with ice and lime. If you need to sweeten the melons or water then try Stevia drops or powder, which is a plant extract with no sugar impact.

Side Effects

The body and mind is altered during the MD and you need to be aware of how it may affect you. Not every body will experience side effects, but do watch for them. Always take the advice of your health care practitioner; the MD may not be right for your situation. The following are side effects that have occurred for some people on the MD. Watch for these as they may happen to you.

1. **Muscle cramping** may occur if your body flushes out too many “electrolyte” minerals, which could happen while the cantaloupe is cleaning the kidneys. You will definitely be losing lots of water during this phase as the cantaloupe acts like a diuretic. We recommend taking supplements of potassium, slow-release magnesium, and sodium (simple salt) if you experience muscle cramps (be sure to get *slow-release* magnesium to avoid diarrhea). A popular drink additive, **Emer’gen-C**, is a possibility even though it contains vitamins (even the “lite” form has vitamins) so it is not the best choice. A related product called **ElectroMIX** is a better choice for replacing only the electrolytes but you may still need to add salt to your diet.
2. **Blood Pressure** may go very low along with a rise in heart rate. This happens when the body is freed from working so hard to digest way-to-much food in the gut (a common problem in our society). Here again we recommend the electrolyte supplements mentioned above, start putting salt on all of the melons you eat. It would be very good to get a blood pressure monitor to keep track of your numbers. If you currently take a blood pressure medication you must work closely with your physician while on the MD.
3. **You may become light headed** or unable to think well during the MD. This is usually due to your blood sugar going too low, which will happen if you do not eat often enough. Eat a lot and eat often to keep your brain working properly. If you will be driving a car or operating machinery, then stay aware of your ability to think clearly. Eat prior to any activities in which you must be fully alert, and keep some food readily accessible as you travel. If you simply cannot get enough melon to make your brain OK, then get some pure Whey Protein powder to supplement your melon meals. Be sure the powder is not fortified with vitamins; just get the plain whey powder. By adding this type of protein to your diet it will help smooth out the blood sugar highs/lows that give your brain a fit.

When You Must Have Something Else

Your resolve may weaken during the long days of melons, melons, and more melons. While we do not recommend the following “cheats,” the following items will not totally negate the process of the MD.

1. **Never Any Oils or Fats!** No dairy either. Your body will not digest them and you will feel very sick. No “dressings” or oils on the following items, salt and vinegar is OK. No “super green” foods because they contain too many nutrients which will interfere with the fat burning process.

2. Moderate amounts of Celery, Cucumbers, Lettuce, and non-starchy green things. This will provide you with some “crunch” that melons simply can’t.
3. Whey Protein powder without added vitamins. This digests easily and will help stabilize your blood sugar. Also try Rice or Soy protein powders if Whey protein gives you problems. You could add these powders to your blended melon smoothies.
4. No nuts! No seeds. No Nuthin.
5. Popcorn! In very low quantities, air popped (no oils, remember!), no butter, no “flavorings” other than salt. Drink lots of water before and after eating the popcorn.

Coming Off the Melon Diet

Be cautious and gradual as you introduce solid foods back in to your diet. This is a great time to “re-think” your eating habits because your system is so clean that you will naturally be drawn to nutritious foods. Totally embrace this shift! Your entire psyche will view food differently – as a means to good health rather than a quick fix for stress or comfort.

Start with easily digested foods such as steamed green vegetables for a few days; be very sparing with the oils or fats. Also add yogurt to help restore the digestive flora in your gut. Of course, eat small meals more often, which is a good habit to keep for life (it is much easier on your body). Then try some of the yogic classics like “Mung Beans & Rice,” “Solstice Soup,” summer salads – or any variety of lentils and rice for that matter – slowly adding back a bit more oils and fats. You can also resume taking vitamins and supplements now. After three days of this new diet your body should be ready for most foods you will eat. Just remember, you are now eating for good health, not for a full belly.

Other Issues

Here are some issues raised by people on the MD.

1. “Is this diet supposed to be started under a waning moon?” There is no relationship with the moon for the MD. You may want to start the MD so that the “water days” 10, 11, and 12 are on a weekend (or whichever days allow you to rest more).
2. “I have been eating cantaloupe and watermelon and find I have bloating and a heavy feeling in my stomach.” Some bodies will convert the fruit sugars into gas which causes the bloating. A “heavy” feeling in the lower gut is usually just gas pressure moving through the system.
3. “Can I do the MD for a shorter time period?” Yes, but your results will not be as dramatic. A 7-day version is simple, a single day for each melon and a day for water only. A 14-day version is just 2 days for each melon and 2 days of water. Note that the majority of the fat burning takes place in Phase 2, after the water days. So if your goal is to burn fat, keep up with the full program.
4. “I must travel during the MD, what do I eat on the road?” Melons! Find a store at your destination to purchase the melons. Take pre-cut melons with you on the plane or in the car. You can do this even though it is a bit more hassle, and the benefits far outweigh the extra effort.
5. “Is the liver cleansing meant for alcohol/drug addictions?” Having a clean liver is a vital step in the process of beating substance abuse of all kinds. Hence, the detox diet is a good adjunctive therapy for addictions. Of course, addiction includes a mental aspect which is beyond the scope of this diet; seek a counselor to help with that issue. But a good start to overcoming any addiction is to clean your physical system, which the melon diet will accomplish.