



# **Fruits & Herbs to Cleanse and Feel Great!**

By: Krystel Aara Love  
- QuietQrew Herbal-

# Start Healing.

## But here's a Disclaimer.

This book is not about diseases but about natural healing. Diseases to me are concepts or names of symptoms of a deep underlying cause. In natural healing we don't address the effects but the root cause. So we do not treat, cure, diagnose in natural healing. So this book is not about treating, diagnosing or curing but about getting well and healthy. That being said, always see your doctor to diagnose, treat or cure a disease. All content found in this book including: text, images, audio, or other formats were created for informational purposes only. The content is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read on it in this book. If you think you may have a medical emergency, call your doctor, go to the emergency department, or call 911 immediately. The author does not recommend or endorse any specific tests, physicians, products, procedures, opinions, or other information that may be mentioned on here. Reliance on any information provided here is solely at your own risk. The Content in this book is provided on an "as is" basis.

Use at your own risk.





# What Happened?

What happened to me to where now I am writing this mini book...

One day, in 2019, I was rushed to the hospital. Shooting pains and aches all throughout my body. I passed out and woke up, I had no idea what happened. Once I woke up, the doctors mentioned I had a brain growth that looked like a tumor. They were telling me that they were going to schedule me in for an appointment with a neurosurgeon to operate on it once imaging was taken and, were requesting my consent. I asked myself and the universe.. Why? What Happened? What have I done wrong? I was terrified to live or die. But I still found myself alive, and felt that I had power to live at the very least to prove dedication in something. I laid in bed days before I had to make a decision on whether to book the neurosurgery. And I came to the decision that I was going to do everything in my possible will, in whatever God wanted me to do to get better and beat the odds without going to surgery.

Shortly after, I received a message through social media, to start on a fruit cleanse. I started exactly that as I felt that it was a message from a divine source, as I was, at the time, on a keto diet. I went full force while learning about herbs on this fruit cleanse and didn't follow through with setting up the appointment.

Consuming fruits for about 3 months.

When my next appointment came up for an MRI screening to see what was going on. The doctors mentioned that the tumor that was once growing was insignificant in the imaging! It was gone!

I have found that tapping into nature, with following a righteous lifestyle with what was provided to us (Fruits), has turned my life 180 degrees around, in under 3 months. All while feeling better than I have ever did in my life! Now I am mentoring and guiding those who are walking down a similar story, and who want to get better with sharing my journey.

This led me in being a continued student and teacher on fasting, consuming fruits-as we should, herbalism, futurism, and a healing way of life with using the fruits of what we all share; nature.

With this passion, I have manifested purposeful connections all around the world! The creation of QuietQrew Herbal was made and now has grown into such a beautiful healing, lighted path for those who are just starting their healing journey and who will become successful in doing so! <3

- Thank you  
**Krystel Araa Love**

# Alkalizing



**Alkalizing your body...  
is the major step to healing.  
Citrus fruits; such as lemons  
can quickly help.**

If you take steps in alkalize the body, you'll see immediate improvements. This is a guide and although, there is much information and books out there: This is a mini start guide into your healing journey.

Take action as soon as you are done with this.. So whenever you find yourself wanting to get better, or help anyone else around you, you can just do it! With fruits and herbs.

The proof and testimony is when you start.

I am going to share with you simple steps you can use right now to help yourself feel better. How? Because whatever you are experiencing right now, it is most likely 99% due to acids building inside your body. This is what is called "acidosis". Which is usually from what you're eating! This can be reversed. Because everything in this life is cause and effect.

You fix the cause; you fix the effect.

Again; If you fix the CAUSE then you'll be able to FIX the Effect. If you have bad health, you can fix the likely cause of it by reversing the actions of what made it begin in the first place. These new actions you will take will help make you feel better within hours and eventually you'll get significant improvements in days..

Unfortunately, the actions that we take regarding our food consumption is the main cause. What humans eat today (acid forming foods) promotes the natural defense mechanism of the body in trying to Alkalize the body with producing its own mucous to help protect itself by taking efforts in neutralizing the acidity.

Acidosis brings in all of the ill health concerns we experience. Or in other words, the "dis-Ease." If we Fix the Cause, and being to take action we can Reverse The Effects.

The fact is, the normalized foods today aren't natural. That's why people are getting sick. It's the food we are eating.

Cooked food in general is not good to consume long term. Once we put fire to the food, or melt it, boil it, etc.. we change its chemistry. While changing the chemistry, there is always an acidic or toxic by-product left upon the body once we consume it.

When we stop eating cooked foods, we can then begin to alkalize the body with actually choosing the righteous foods for the job!

And how do we alkalize?

By using raw fruits.

Citrus fruits such as lemons and oranges, are superb at alkalizing the body. but, Why lemons? Why oranges? We constantly hear that "Lemons are an acidic fruit" (pH 2.3), Yes, that's true, but when taken in by the human body, the human body metabolizes it and they become alkaline; turning the pH level to 7. Lemons offer the benefit of being astringent to the mucous membranes also. Exactly how we get that puckering sensation in our mouth when we suck on one? That is because of its pulling power, its astringency.

Astringency is what we need to help break stagnant mucus and acids that can cause ill health.

Mucus and the stagnation of it inside our bodies is the cause of dis-ease.

"Dis-Eases" are just a disruption in the ease of the function of the body. The excess mucus will cause lack of oxygen to the system, the organs, the glands and the cells of the body; and with that lack of oxygen to these areas will then lead to a poorly functioning body; This all then shows for bad health.

The body is much like a machine. It's made of energy.

And within its energy it has points of flow. When these energy flows are blocked by mucus and acids, there will be a negative effect on health as well.

Energy flow in the human body is shown as for the nervous system flow, circulatory blood system flow and the lymphatic system flow,

Nerve flow moves the cells and the body parts.

The Blood flow feeds the cells, and last but not least; the Lymph flow removes the metabolic waste, and acid accumulation from the hundreds of trillions of cells that make up our bodies. It lastly flows to the kidneys, where the waste products and cells get filtered and eliminated. If any of these flows are blocked, you will accumulate stagnation inside the body and a health concern, pain, and symptoms will manifest.

To stop the blockages, you must stop eating the foods that are causing them! And this begins by stopping the consumption of animal products and cooked starches/foods. And then?

Switching your diet, oops, LIFE-STYLE to 100% fruits.



# The Guide

to feeling better quick

**First :** Change the die-it, to a LIFE-Style. Utilize Fruits as your food consumption. They are one of the simple representations of life. If you are finding yourself hungry. Eat Fruit. It is best to stick to one fruit though for faster healing. The astringent fruits are best to use for this.

**Second :** Utilize the plants of nature, also know as herbs. Why herbs? Because Herbs help optimize the function of our bodily cells. By using the right herbs, we can vastly improve the strength of the cleanse. The herbs will help aid the removal of the stagnation and obstructions that are causing your health concerns.

**Third :** Stick to this for as long as you possibly can, and you will see your health improve in a way you never thought was possible! The moment you start, is the moment you will start healing.



## The First Step:

Is to analyze your position in starting this cleanse. Sometimes it is best to transition oneself into a cleanse, especially if previously consuming a Standard American Diet. In order to transition consider having breakfast as fruits or fruit juice.

Lunch as a Green or Fruit smoothie and Dinner as a big raw salad or steamed vegetables. Use this for 4 days and then move on to a single chosen fruit cleanse.

## The Second Step:

For a period of time, you will consume only one kind of fruit. For quicker healing results; use the astringent kind of fruit. (Such as the citrus kind; lemons, oranges, etc.) and nothing else but one kind. It could be 3 days or 7 days, but during this time, you consume nothing but this fruit. If you have any kind of gastritis or stomach issues like heartburn or acid reflux, go on another type of fruit, such as a hydrating kind; such as the melon kind..

Lemons are most powerful, but there are less aggressive methods if necessary. The reasons for trying Lemons first is because they are great lymph movers. If you consume the lemons, they will simply express what you have going inside you, that need to come out which can sometimes cause a Healing Crisis, or Purge.

People who have gastritis use it successfully though, but if you would rather transition slowly, it can be best.

## The Third Step:

Eat 3 fruit servings per meal.

Having 3 to 5 meals a day.

Continue it for 3–7 days.

That's all.

Stick to no other food but the fruit that you chose. If you absolutely must have something else to eat, make sure it is another raw fruit. Raw fruits won't stop the detox, but any other foods/ and or cooked foods will.

Go at your own pace.

Drink water in between the cleanse. And If you find yourself getting way too hungry and can't continue. it is acceptable to use other fruits and alkalizing herbs such as:

- The Parasite Detox Tea (help curve cravings)
- Sea Moss
- Burro Bananas (1–3 Bananas)
- Medjool Dates (1–2 to satisfy hunger)
- Avocado
- Grapes

## A Step Further

You can also juice your fruit in order to expedite healing. This can accelerate your detox process with bypassing deep digestion for cleansing. Switching up every so weekly with other fruits also brings on the body into cleansing.

## Open Up!

A healthy lifestyle is when, we consume the right foods to supply the cells with energy while also removing the waste from our cells activity. The accumulation of metabolic waste and the stagnation of these wastes build up mucus and eventually disease. It is important to open up! There are four eliminative channels of the body that should be supported while on a detox. The main eliminative systems are the skin, kidneys, the lungs, and the bowels. Utilizing herbs expedite the healing journey. So don't forget those. They are a life changer in making the cleansing go comfortable.

Open up the skin by – sweating a lot. Use a hot or steam sauna and start walking at least 30 minutes a day. Make sure you're staying hydrated as you do this on a daily basis, especially for the time you're cleansing. Walking does wonders as it helps to move the blood and lymph system as well. Dry brushing the skin also helps the nerves in moving the lymph system. Try not to perform any high-intensity workouts, as these activities generate lactic acid in the body which also is considered to be acidic waste. We want to minimize any acid buildup and focus on accelerating the acid removal from the body. Breathing exercises also help in removing waste as oxygen naturally brings energy to bodily cells. Using natural herbal enemas also can help clean the bowels.

## Life After A Cleanse

**The best diet to use after a cleanse is a high (70%) raw fruit/raw vegan diet and 30% cooked alkaline vegan.**

## How to Transition Out of a Cleanse

To get out of a cleanse, do so slowly by incorporating step by step:

- Fruit juices
- Mixed-fruit
- And Raw Salad
- Steamed veggies or alkaline cooked vegan meals.



# ***Herbs are used to Help Clean and Strengthen Your Cells***

Herbs are what nature has made for us to utilize. We use herbs to optimize the structure and function of cells. Herbs that are not manipulated in growth or hybridized by man are what holds nutritional and electrical value. Herbs are alive and hold consciousness, especially when being utilized for good.

They begin to work the moment they touch your mouth (yes, even before digestion) and the body knows what to do with them (science has not yet figured out as to how and why.)

The **System 5 QuietQrew Herbal Tincture** has over 20 herbs in bringing vitality while addressing the main parts of the body that need attending to.

## **While going on a Fruit Detox Cleansing..**

Herbs clean, strengthen, repair, rebuild cells, tissue, organs, and glands, and allow proper function of the human body to be restored.

Herbs also work by being tissue specific. QuietQrew Herbal has made a powerful propriety blended tincture to care for the systems of the body. Including herbs to aide the brain, adrenals, the kidneys, the lymph system, the blood system the stomach, bowels, and the endocrine glands. The tincture from the "**System 5** package" aids in creating the stepping stones for healing and should always be utilized as a healing basic.

Even if you feel your cells don't need help, you should make use of herbs. They will fuel your body, with adding a boost. When you use herbs, you are going to experience the power of plants that come from nature and their ability to optimize the human body.



# Herbs to Use

There are many, many herbs one can use to help expedite healing. On the website; [www.QuietQrew.com](http://www.QuietQrew.com) can be found the most potent propriety blends of herbs. On QuietQrew Herbal there are tinctures, teas, powders, capsules as well as oils to help you along your journey. These listed herbs below are just a few to help you along your journey if you do choose to do so alone. Be mindful that it is best to combine these herbs in tincture form though and mixing some herbs can be toxic. So only an herbalist should do so.

## **The Adrenals:**

Chaste Tree Berry  
Rhodiola  
Licorice Root  
Dandelion Root & Leaf

## **The Kidneys:**

Cordyceps  
Corn Silk  
Juniper Berry  
Parsley Leaf

## **Lymphatic System:**

Echinacea Root  
Plantain Leaf  
Poke Root  
Prickly Ash Bark

## **The Endocrine Glands:**

Chaste Tree Berry  
Ho Shou Wu Root  
Kelp  
Saw Palmetto Berry  
Wild Yam Root

## **The Bowels:**

Cascara Sagrada  
Ginger Root  
Plantain Leaf  
Slippery Elm Bark



# Don't go on this journey alone!

Email us at:

**QuietQrewHerbal@gmail.com**

For any Questions



Check out the website:

**<http://www.QuietQrew.com>**

For free information and your herbal needs.

Also Join the Facebook Group:

**"QuietQrew Herbal Help with Healing"**

For healing discussions and topics.

TikTok, Telegram and Instagram

**"QuietQrew"**

&

**"QuietQrewHerbal"**