



Quickstart Day

The original Rice Diet was to eat only rice and fruit. A woman ate only rice and fruit for 2 months with no ill effects, and all her health problems resolved.

In subsequent versions of the diet, there is a "rice and fruit day" once a week, but you can do this for as many days as you want to.

This day is the beginning of your Rice Diet journey. Do it for one day or as many days as you want, then continue to do this day at least once a week. You can do it once a week for the rest of your life.

Here it is.

1. Weigh your body and take your blood sugar (if you are monitoring these).
2. For breakfast, lunch, and dinner, eat the following at each meal:
 - 1 cup cooked organic brown rice
 - 2 cups fresh raw organic fruit

This may not sound like much food, but it really is a lot to eat.

Do not eat anything else. If you find the rice unpalatable, sprinkle a bit of any salt-free herbs or spices on the rice. But first, try to eat it plain.

Drink at least 2 quarts of water throughout the day, more if you can. It should be purified water or spring water bottled in glass (available at most natural food stores).

No salt whatsoever, of any type.

It is best to cook the brown rice yourself, as cooked rice from a natural food store takeout or frozen brown rice probably contains salt. But if you can't cook the rice yourself, get it any way you can, even if it contains some salt. See **Appendix A** for information about choosing and cooking brown rice.

Fruit can be any variety you like, as long as it is fresh, whole, and raw. No canned or dried or cooked fruit on Quickstart Day.

The next day, weigh your body and take your blood sugar (if you are monitoring these) and see your results.

Repeat. Or continue with the next phase of the Rice Diet.