

## **OrganiCleanse™ Testimonial**

I have been using OrganiCleanse™ for some considerable time and would not be without a supply in the house.

I soak all the produce from our own organic garden and fruit trees including citrus, produce from supermarkets, etc. All dried vegetables and lentils. Chicken, fish and meat.

The fruit and vegetable produce I soak and then place on a tea towel in a conservatory and dry in the sun before storing.

Dried vegetables, lentils, chicken, fish and meat I pat dry with a paper towel before either using or storing away.

I have had some very interesting results in soaking our food and I really wonder how many toxic herbicides and pesticides I have been unknowingly consuming over the years!

### **Bananas**

I have had bananas turn completely black. These I throw out.

### **Onions**

Under the first layer of skin I often find a layer of black mould. I peel the top layer off and wipe the mould off with a paper towel. Some onions have actually gone rotten when removed from the soaking and these I throw out. I have been reading for some time now that more and more people are being diagnosed with fungal infections in their digestive system and maybe the reason is that the fungus is within the food we are consuming rather than being obvious on the surface.

### **Carrots**

I bought pre-packed carrots from the supermarket – soaked them – and to my dismay every one of the carrots had long brown streaks running down them. I happened to be visiting a homeopath on this particular day and took a carrot with me. I asked if he could put it on his machine and identify what the brown streaks were. He advised me that they were nematodes.

On previous occasions he had warned me to cut the eyes out of potatoes as under these eyes nematodes could exist. He said if you ate food containing nematodes that they could continue to grow inside you!

### **Mushrooms**

I have had some very interesting experiences with mushrooms and as a result of these experiences I am getting close to not purchasing them anymore. If I make this decision it will be with regret as I really love mushrooms and also including them in my casseroles, etc. Even button mushrooms contain healing benefits and to me it will be a real loss.

I generally buy button mushrooms and I hand select each mushroom as I am very particular in my selection of them. I have found that beautifully white mushrooms can end up turning totally black or have large areas of black.

On my last shop I decided to try the large white skinned mushrooms. I took my time in selecting 3 mushrooms with perfectly white skins and no indication of a light brown colour in the skin. To me the light brown colour showing on the skin indicated that there was toxin beneath.

Below are two photos. The first one of button mushrooms and I was sorry that I had not taken a before and after photo as each and every one of these mushrooms had been perfectly white in colour. The second photo is of the large white mushrooms.



I have been urging people to take the time and soak their produce in OrganiCleanse™ before using.

Yes – it is a lot of work and takes me a considerable amount of time to do depending on how large my “fresh” shopping has been. Most of my shopping consists of fresh!

We have just purchased a Nutri-Bullet which processes the food into liquid without us ending up, when juicing, with a large amount of unusable fibre from the products. I have a large kitchen sink to soak produce in and I did 4 or 5 soaks before I had processed everything yesterday.

So yes I do know what a painful exercise it is but I would rather go through this than knowingly eat produce containing herbicides and pesticides which would be doing us harm.

Sincerely,  
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