

Watermelon Diet – The Best Diet For Losing Weight and Flushing the Body

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Editorial

My family name is Kuman and Kum-man means Spiritual Man in all ancient languages: Hebrew, Aramaic, Sumerian, Sanskrit, Galic, and Hawaiian. We were Celts and all my ancestors were Spiritual Leaders and Healers. To preserve the wisdom of my ancestors for the generations to come, I wrote the book “Delicious Herbal and Folk Remedies” [1]. In it I describe the ancient wisdom how to stay healthy: with periodic flushing of the body, eating the right food, and using delicious herbal and folk remedies when sick. One of the remedies for losing weight (and flushing the body toxins out) is eating only watermelon for 10 days.

Watermelon diet is the easiest diet. Each time you

feel hungry – you nibble some watermelon - it is a dieting without feeling hungry. And since the watermelon is mainly water, it makes the stomach shrink. So, you don't need a surgery to reduce the stomach volume (as they do in the US). The stomach is an elastic bag and if you don't put hard food in it for a while, it is going to shrink. Watermelon diet for 10 days (being a liquid diet) reduces the stomach volume. That is why, the restart of eating normal food, needs to be done with small amounts of soft food (like potatoes puree) with gradual increase of the hardness of food and gradual increase of the amount. The eating should stop long before the amount of food is reached, which was consumed before the watermelon diet. The watermelon diet is the only diet that does not make you feel weak after many

days of dieting. Just the opposite - after being on watermelon diet for a week, you feel so much energy that when walking you feel you are flying. This is because the watermelon diet flushes the whole body and provides just the right amount of carbohydrates and minerals to keep the body energy high.

Watermelon diet is the best way to lose weight – without starving and feeling hungry all the time. Try it – it is the best way to flush your body clean and loose some extra fat. Thus, if you want to live long when enjoying healthy life, practice watermelon diet. Do this periodically to maintain your weight and flush your body clean. When done periodically, watermelon diet adds life to your years, not just years to your life.

References

1. M. Kuman, Delicious Herbal and Folk Remedies, Health and Happiness Books, 1997.