

# THE GRAPE CURE

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## IMPORTANT

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### What is the Grape Cure?

The grape cure is possibly the best known fruit "mono-diet", and consists of 2.75 kg of grapes being eaten per day, for up to 2 weeks to detoxify the body.

Other grape cures are used to treat various illnesses, including cancer.

### How are the grapes prepared?

Washed and eaten raw with skins and seeds.

### Is anything else permitted?

Spring or mineral water (not tap water), and apple or grape juice to drink.

### What is this diet used for?

This diet is used for hypertension, heart disorders, and fluid retention.

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### The Johanna Brandt Grape Diet

Johanna Brandt (b. 18 Nov 1876 in Heidelberg / Transvaal – d. 13 Jan 1964 in Nuweland) was a naturopath from South Africa who claimed that, "*The grape is highly antiseptic and a powerful solvent*

*of inorganic matter deposits, fatty degeneration, morbid and malignant growths. It acts as a drastic eliminator of evil while building new tissue."*

She believed that it was such a powerful "builder" that a patient could gain eight pounds in only two days. Brandt further claimed that "*abnormal growths, cancers, tumours, ulcers, abscesses, and fibrous masses seem to be dissolved by the powerful chemical agent in the grape.*"

(Picture right - Johanna Brandt)

She also stated that "*the secret of the Grape Cure in wasting diseases is to be found in the rich proteid supplied by the grape,*" that grapes are "*the most magnetic food,*" and that every tendril of the grape is "*a living receiver of cosmic magnetism.*"

### **The Brandt Method**

The Brandt method has five phases:

- 1) Fasting for two or three days, during which only cold water is consumed.

A daily enema is also given to flush out excreted toxins.

- 2) After the fast, a diet of only grapes is followed for one to two weeks.

One to three ounces of grapes are eaten every two hours during the day (seven meals a day).

Water can be drunk as needed.

- 3) Fresh fruits, tomatoes, and sour milk or cottage cheese are then added to the diet.
- 4) A variety of raw foods are then introduced.
- 5) A mixed diet is then begun, which consists of one kind of fruit each day for breakfast, a cooked lunch, and a salad for supper.

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Brandt noted that unsweetened grape juice may be substituted for grapes and, in the very weak patients.

Where fresh grapes are not obtainable, unsulfured raisins may be added to the grape juice to give bulk to the diet.

For the treatment of external cancers, Brandt recommended grape poultices or grape juice compresses.

Depending on the site of the cancer, grape juice gargles, enemas or douches may also be used.

In Brandt's day, the diet was also administered by "drugless practitioners" and at health spas.

(Some authorities believe that Brandt's grape cure is worthless).

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