

# Dietary Rule #6 What to drink or not

Water

Coffee black

Tea with or without lemon.

No added sweeteners (artificial or natural) or creamers or anything else.

No soda or fruit juice, both of which have been linked to an increased risk of diabetes and obesity.

No beverages from a plastic bottle or metal can.

## EXCEPTIONS:

I frequently add an organic mushroom extract powder to my coffee. My favorite source right now is [realmushrooms.com](http://realmushrooms.com). All of their products are pure mushroom extracts without anything else added.

I will also add various minerals. For this, I use Purblack or Pure Encapsulations Mineral<sub>2</sub>O Powder.

These products contain insignificant numbers of calories and, therefore, do not break a fast. They also do not contain any fillers or sweeteners.