

## How to Assemble Your Food Mill



### Food Mill Includes:

- Assembly instructions
- Body
- Three interchangeable stainless steel discs
- Stainless steel cross bar and handle rod

### **How to Assemble Food Mill Parts:**

1. Wash the body, crossbar/handle rod, and discs. Dry thoroughly.
2. The medium disc is most used on the Gerson Therapy.
3. With the cone facing upward, insert the medium disc into the food mill body, positioning it so that it holds in place.
4. Place the handle rod so that it falls into the hole in the disc, then insert one end of the crossbar until hooked.
5. With slight downward pressure, hook in the other end.
6. Once both sides are inserted, the handle should rotate with only a slight amount of resistance.

### **Cleaning Instructions:**

- After each use, apply pressure on one end of the crossbar in order to unhook.
- Remove each piece and wash thoroughly with soap and water.
- Dry thoroughly.

We're here to help! Please don't hesitate to reach out for any questions or assistance regarding the Gerson Therapy.

Best wishes,  
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