

Preparing for the Cleanse*

Read these instructions through several times before beginning the program.

One week before you begin:

Take 1 capsule of Colon Cleanse with a glass of water with your evening meal and increase dosage by one additional capsule each evening until you are having at least 2 to 3 loose bowel movements per day. If your bowels are not moving daily, take a **Water or Coffee Enema**.

Eat lots of fresh fruits, salads and vegetables, and drink 8-10 glasses of water during this time as you prepare for the cleanse.

Remember to obey God's laws of health :

Trust in God, fresh air, exercise, sunshine, adequate rest, pure water, temperance, hygiene and proper nutrition - during and after this program.

Diabetics- Dilute all juices with 50% distilled water and check your blood sugar daily. Add greens or Barley Grass to the juices to slow digestion. Always consult your physician first. Your pancreas needs the enzymes in the live food. If sugar remains high, cut back on apple and carrot juice. Use mostly greens for juices or water and Barley Grass. Drink the Poultrice with water instead of apple juice. Recommendation to treat the liver beforehand with coffee enemas.

Candida Patients- Use only Granny Smith apples, cranberries, lemons or limes for juicing or eating and no other fruit for the ten days. Also use less carrots and more greens when juicing. Fresh garlic is a natural anti-fungal. Mix a finely chopped clove of garlic in a little water and drink.

Now you may go to **START.**

You will need:



Always wash fruits and vegetables **with Organic Fruit and Vegetable Wash** (1 organic lemon, 2 tablespoons distilled white vinegar, 1 cup tap water, 1 spray bottle) before juicing.

Always use fresh fruits and vegetables for juicing. To save money and obtain fresher produce, purchase fruits or vegetables that are in season. Keep your fruits and vegetables ready for juicing by washing them before storing.

10-Day Detoxification Schedule

Time	Day 1 - Day 4	Day 5 ADD	Days 6 -Day 8 ADD
6:45	Morning Flush Cleanse your kidneys and bladder and stimulate your bowels by drinking 32 oz. of warm water with the juice of 1 or 2 fresh lemons. Drink all of it while warm. May add a pinch of cayenne.		
7:15	Herb Drink Take 3 caps of Anti-Parasite formula, Liver Formula, and Kidney Formula in 1 oz. of organic apple juice (three times a day) and until the bottles are empty. Parasites are hungry in the morning, so you want to shock them. Children—1/4 to 1/2 dose depending on age and weight. 1 cup of Detox Tea (If you experience any swelling or other reactions discontinue to use it)	3 caps of Blood Detox Formula	
7:30	Poultice Drink Take 1 teaspoon of Colon Detox for a total of 5 servings a day for 5 days. Shake it vigorously in a small jar (or stir it rapidly) with 8 oz. of organic apple or grape juice and water (50/50) and drink all of it immediately, for it thickens fast.		7:45 4 oz. Liver/gallbladder Flush Blend together the following ingredients: 4 oz. fresh Orange juice, 4 oz. fresh Lemon juice, 8 oz. Distilled water, 5 cloves of fresh Garlic, 4 oz. virgin, cold-pressed Olive oil, Cayenne to taste (approx. 1/4 to 1/2 tsp.), and an inch of diced fresh Ginger. Keep refrigerated and make more as needed. Note: Some start with 1/2 the olive oil and garlic and increase per day.
8:00	Breakfast Drink Blend 10 oz. of fresh organic apple juice with 1 scoop (2 tablespoons) of Green Nutriment(or Barley Grass) and 1 tablespoon of Flaxseed oil.		
10:00	Poultice Drink		
11:00	10 oz. of fresh Organic Apple/Carrot juice, 50/50		
12:00	Herb Drink and Poultice Drink 1 cup of Detox Tea	3 caps of Blood Detox Formula	
1:00	10 oz. of fresh Organic Carrot juice		
2:00	Poultice Drink		
4:00	10 oz. of fresh Organic Carrot juice and 1 tablespoon of Green Nutriment		
5:00	Herb Drink and Poultice Drink.	3 caps of Blood Detox Formula	
6:00	10 oz. of fresh Organic Carrot juice with Parsley, Celery, Beet tops, 1/4 Beet, and Swiss Chard		
6:30	1 cup of Detox Tea		Drink before Detox Tea 4 oz. Liver/gallbladder Flush
7:00	10 oz. of fresh organic carrot juice This drink is optional, skip it if you are absolutely full. Take Colon Cleanse at this time.		

NOTE: If your bowels are not moving daily, take a **Water or Coffee Enema. Drink an additional 1/2 to 1 gallon of water a day, but not with the juices. Drink all juices slowly.**

You may modify times to fit your schedule but keep the sequence the same.



Coffee Enemas Directions:

The purpose of the enemas is to remove toxins accumulated in the liver and to remove free radicals from the bloodstream.

Patients coping with a chronic degenerative disease or an acute illness can achieve the following benefits from the lowering of blood serum toxin levels achieved by regular administration of coffee enemas: increased cell energy production, enhanced tissue health, improved blood circulation, better immunity and tissue repair and, cellular regeneration . Additionally, coffee enemas can help to relieve pain, nausea, general nervous tension and depression.

It is interesting to note that drinking a cup of coffee has an entirely different effect from that of using it as a cleansing enema. Drinking coffee causes the following problems: increases reflex response; lowers blood pressure; increases heart rate; causes insomnia and heart palpitation; over stimulates the adrenals; irritates the stomach; and leaves a toxic residue in the body. A coffee enema, when done properly, will not produce these effects.

How to prepare the coffee:

1 quart distilled water in a pot
6 heaping teaspoons (or 3 tablespoons) of ground organic coffee

**The Chemicals found in commercially grown coffee could damage the liver when used as a coffee enema.
Use ONLY organically grown coffee!**

Let the mixture boil for 3 minutes and simmer for an additional 15 minutes. Cool to body temperature and strain through a course cloth or fine strainer. Do not prepare the enema coffee as though you were brewing coffee. The coffee bean is very high in potassium, which is absorbed into the colon and is an “anti-cramping” agent. Normal brewing does not release the potassium, so the resulting coffee is deficient in this all-important mineral.

How to administer the enema:

There are two types of enemas: the retention enema and the cleansing enema. The cleansing enema should be done first. Then, add distilled water to the coffee solution and place in the enema bag. Insert the lubricated (Vaseline, vita. E or olive oil) tip into the rectum, while lying on your left side. After the fluid is in, clip the enema tube and remove it. **RETAIN THE FLUID FOR 15 MINUTES!!!** Roll to the center, lift pelvis up to get the coffee to the transverse colon and roll to the right. The primary action of the retention enema, which is held in the body for about 15 minutes, is to help rid the liver on impurities. The caffeine goes through the hemorrhoid veins directly into the portal veins and into the liver.

The body should be lying down on the right side, with both legs drawn close to the abdomen. **BREATHE DEEPLY.** Massage your colon. After 15 minutes, sit on the toilet, stand up, move around and try to expel again.

For Best Results

Juice fast for the entire 10 days. Some eat for the 10 days instead of juicing, or use a combination of eating and juicing. If you decide to eat, eat only raw, fresh organic whole fruit for the first two days. Then, on day three, have fruit for breakfast and a fresh organic salad (no head lettuce—use romaine, butter leaf, spinach, green or red leaf) with your favorite vegetables in it for lunch. Use Green Nutriment on it too. For dressing, use 1 to 2 tablespoons flaxseed oil, garlic powder, lemon juice, water, and herbs or a raw dressing. If you need a third meal, eat raw fruit only or a raw fruit smoothie. Do not snack! Remember this is a cleansing program and food is your medicine! Eating can slow the cleansing process.

After Day 10

Congratulations, you made it!

It is very important that you do not break the fast improperly! If you juice fasted for the 10 days, start eating fresh whole fruit or perhaps small servings of melons only for the first day or two. Then add a large salad and raw foods for lunch and dinner the next few days. Then you can add to your diet cooked organic whole foods: brown rice, oatmeal, legumes, nuts, seeds, whole-grain breads, potatoes, etc. Avoid all dairy and animal foods! If you ate for the 10 days, continue to eat raw fruit and vegetables and add cooked whole foods. Keep using the Colon Cleanse as needed and finish formulas until gone. Keep taking the Green Nutriment or Barley Grass and flaxseed oil (or substitute two table spoons of ground organic golden flaxseeds) on a daily basis.

How often should you do the cleanse?

Some cleanse their bodies with the seasons, others once or twice a year.

Other Cleansing Procedures:

Skin Brushing

Use a vegetable bristle brush and brush off the dead skin. Great in showers. Can use wet or dry.

Contrast Shower

First set shower to comfortable temperature. Put your hand on the hot water valve and turn it as hot as you can for one minute (don't burn yourself), then as cold as you can for 20-30 seconds. Repeat alternating hot and cold for 5 to 7 times ending with cold. You can go hotter and colder each time.

Steam baths and **Saunas** are excellent for the elimination of toxins.

****Check with your physician before you begin this program.***

We do not recommend this program for pregnant or lactating women or for people with chronic disorders.