

7 Day Super Cleanse

Times can be changed to suit your schedule. Remember to leave 1½ hour between the cleansing drink and the power drink.

NOTE: One day before your cleansing program begins, ones diet should consist of raw fruits in the morning, raw or steamed vegetables at noon, and an optional meal in the evening of fruit or vegetable broth. Before going to bed, take the cleansing drink. During the seven-day cleanse, only ingest power juice drink and cleansing drink. Do a colon irrigation on the 5th, 6th, and 7th day. On the 7-day, discontinue the power juice drink; and continue herbal cleanser with water for an additional three days, (*only twice daily*).

Potassium broth (*Optional to be used in case of hunger, need for energy, by the 3rd day or so.*)

* Blend 1 cup of raw rolled oats with 3 cups of water. Strain the liquid and use this liquid as a base in which to cook vegetables. Vegetables to be added to the liquid base include 1 white potato, 2 stems of celery, 1/3 to 1 whole onion, 3 carrots, and a handful of parsley. VEGETABLES SHOULD BE CHOPPED, BUT DO NOT CHOP THE VEGETABLES FINE. Cook vegetables in liquid base until carrots and potatoes are soft enough to be mashed. (it is not necessary to mash the vegetables.) Strain the liquid and drink the broth (*do not eat the solid pulp eat the broth only*). It may be necessary to add more water. Season with onion granules, garlic granules, basil and a little salt.

Breaking the fast after a week of cleansing (*Optional*)

1st day-eat JUST fruit for breakfast. Eat a small salad for dinner.

2nd day-eat fruit for breakfast (for dinner you can have millet, grains, rice, or oatmeal). Small salad and one steamed vegetable w/zwieback (bread twice toasted).

3rd day-Fruit and cereal (No Nuts). Regular supper can have bread or zwieback (preferred). (*Not proteins until day 5*)

4th day- eat a regular breakfast and supper. (No Nuts).

5th day-have regular meal, with the addition of nuts and seeds.

NOTE: Upon finishing the seven day cleanse take milk free soy based acidophilus as suggested on bottle. This puts the friendly bacteria back into your colon, for healthy intestinal flora.

7 Day Super Cleanse

Cleansing Drink

4 oz. Apple or Grape juice

1 tsp. Herbal Cleanser (*if its in capsule or tablet form take 2 of either*)

1 Tbsp. Liquid Bentonite clay (*Sonne's 7*)

1 tsp. Psyllium Husk Powder

(add this last to herbal cleansing drink, as it will gel quickly) drink an 8oz. glass of water following the cleansing drink.

Power Juice Drink

1 Heaping tsp. Of Barley green
and some fresh vegetable juice

(8 oz. Carrot, 2oz. Beets, 2oz. spinach, 2oz. celery can be substituted. (14 oz. Cup) (*Parsley can be used as a substitute for spinach*)

Cleansing Drink Times

8:30am

11:30am

2:30pm

5:30pm

8:30pm

Power Drink Times

10:00am

1:00 pm

4:00pm

7:00pm

7 Day Super Cleanse

Things needed for program:

Herbal Cleanser (*bowel cleanser*) Recommended: AIM HERBAL FIBERBLEND

Grape or apple juice

Acidophilus (*lactobacillus milk free sugar free acidophilus*)

Psyllium husk powder

Distilled water (*15 to 30 gallons for colema*)

Green powder (*barley green/ kyo-greens/ greens plus/ barley essence.*)

Liquid Bentonite (Sonne's 7)

Liquid Chlorophyll

Potassium Broth ingredients (Irish potatoes, onion, carrot, parsley, celery rolled oats).

Carrots

Beets

Spinach

Garlic 2 bulbs