

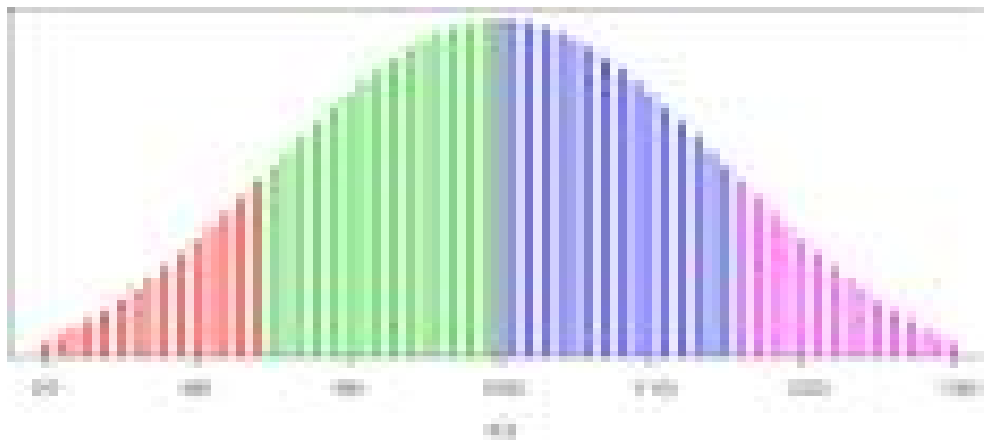
Your Personal Cleansing Program

Benefits

We are exposed to a much greater number and variety of chemicals and toxins than our ancestors ever were. Sources of toxins include residues in and on our food, exposures through the air that we breathe, and contact with common household products. In fact, studies show every human being has chemical residues in body tissues. The chemical burden we carry in our body can interfere with nerve, hormonal and metabolic functions. One of the best ways to encourage our bodies to detoxify and heal is through a cleansing program. This program is designed to focus your body's vital force in creating vibrant health while removing obstacles to cure. This is accomplished by consuming clean and easy-to-digest foods, and ingesting nutrients which assist the body's detoxification pathways. Elimination of toxins through the skin, lungs, bowel, liver and kidneys is supported through castor oil packs, Epsom salt baths, dry skin brushing, deep breathing and drinking a lot of water. Organic foods are recommended. By helping the body cleanse you can experience health on a new and deeply rewarding level.

Timing

The purpose is to gradually increase the detox intensity until culmination in a 3-4 day fast, after which time you will gradually reintroduce foods and ease into a more varied diet.



Pre Cleanse
Week 1

Cleanse
Week 2-3

Fast

Reintroduction
Week 4

Components

It is recommended you wean yourself from sources of caffeine, alcohol and nicotine at least a week prior to beginning the cleansing program, to improve your experience.

PreCleanse

This is a transition period in which you begin to reduce foods that require a lot of work on the part of your digestive system, and move towards a diet devoid of processed foods.

Days 1-7: Gradually eliminate meats, dairy, eggs, and sweeteners.

Protein smoothies are a helpful way to give your energy a boost, and can help you offset cravings.

Cleanse

The purpose of this phase is to increase high fiber foods to cleanse the intestinal tract while eliminating most fat and protein in order to ease the workload of the GI. This is also a way to support the liver's detoxification of your body's unwanted residues.

Days 8-10: Eliminate legumes (beans, lentils, peas, soy). Eat only whole fruits, vegetables and whole grains. Begin Master Cleanse drink 6-12 cups/d.

Day 11: Discontinue grains. Eat only fruits and vegetables

Fast

This can be both a physical and spiritual process. Your intention in this phase may be to create the most ideal physical, social, emotional, and spiritual environments possible.

Day 12-14 (or longer): Choose "mono" foods: single fruits, fruit juice (diluted with water), fresh raw vegetable juice, Biehler broth, or Potassium broth. Continue with Master Cleanse drink throughout the day. It's especially helpful to schedule a colonic at onset and conclusion of your fast.

Reintroduction

It is important to return to your normal diet gradually after a fast so your digestive system and body is not overwhelmed. Follow the protocol below as you begin to reintroduce foods into your diet:

Days 1-3: Add steamed greens and unseasoned grains

Days 3-5: Add legumes, cold-water fish and lamb.

Days 6-11: Include food items such as dairy, eggs, and wheat in very small amounts. Introduce these foods one at a time with 24 hours between different foods. Take note of how your body feels after you eat these foods.

Note: if you are interested in testing for possible food sensitivities, you may do a challenge phase in which a pure serving of each food is introduced one day out of four. Please consult with your practitioner for further guidelines.



Grocery List

Unfiltered apple juice	Zucchini
Organic flax seeds	Celery
Organic honey	Green beans
Cayenne pepper	Assorted dark leafy greens
Ginger root	Onion
Lemons or limes	Parsley, cilantro or watercress
Olive oil	Assorted fruit: apple, pear, papaya,
Filtered water	grape, pineapple, grapefruit
Whey or rice protein powder	watermelon

Liver supportive tea specially formulated for your needs. 2-4 cups daily
Vitamins C (1-3000mg/d), E (800IU/d) as antioxidants to enhance detoxification.
Otherwise, discontinue other supplements for the duration of the cleanse.

Recipes

Master Cleanse Drink

To cleanse and provide all six tastes-
Reduces cravings.

½ tsp honey
pinch cayenne pepper
¼-1/2 tsp. grated ginger root
pinch of salt
2 Tbsp. Fresh lemon or lime juice
4 oz apple juice (can use concentrate)
28 oz. filtered water

Blend all ingredients
Drink 6-12 glasses daily

Potassium Broth

8 cups filtered water
4 cups mixed chopped vegetables
(onions, garlic, celery, ginger, garlic, dark greens,
carrots, turnips, beets, zucchini, green beans, etc.)

Cover and cook for ½ hour. Let sit ½ hour, then
strain. Drink the broth. Do not use aluminium or
copper pot.

Biehler Broth

Steam for 10-15 minutes:

2 zucchini squash
2-3 stalks celery with leaves
handful of green beans
2 cups dark green leafy greens
1-2 cloves crushed garlic
1 tsp. cumin
1 Tbsp. grated ginger root
dash of cayenne

Blend everything with a handful
of chopped parsley, cilantro,
or cress for 1-2 minutes.
Dilute as desired, drink warm.

Other Activities

One aspect of a cleanse is to change our usual patterns, including communication, exercise, time use, and other habits. Keep this in mind as you engage in exercise or other activities. Some people advocate only gentle exercise. If you are an avid and heavy exerciser, you may want to slow down and maybe try a different form of exercise. Otherwise, let your energy level guide your choices.

Rest

Everyone's body reacts differently to a cleanse. Some people find they have more energy and other people find they need more rest. It is important to honor our bodies and allow for more sleep and quiet time if necessary. Because cleansing is a time when our energy is turned inward to the tasks of repair and rejuvenation, it is natural our outward energy may be less during this time.

Meditation

Fasting has been used by mystics and saints from all walks of life as a means to draw closer to Spirit. During a fast we have the opportunity to change our focus from the material to the immaterial and to begin to draw our sustenance from the pure energy that is all around us, rather than from the more indirect energy source of food. As the body becomes less restless with metabolic impurities and activities, many people find their mind becomes quiet also. For at least fifteen minutes a day, sit quietly somewhere you feel comfortable and safe. You may sit cross-legged or in a chair but keep the spine straight to allow for proper energy flow. As you breathe in, draw energy in through the top of your head as a white or multi-colored light. As you breathe out feel the energy permeating every cell of your body tissue. This exercise is especially effective if done while sitting in the sun. You may also use this time for prayer, chanting, mantra or simply sitting in silence.

Maintaining Elimination:

Castor Oil Packs
Epsom Salt Baths
Drink at least 8-10 glasses of water daily
Deep breathing
Use colonics, home enemas, Magnesium, Vitamin C., or ground flax seeds to keep
bowels moving, if needed.