

CLEANSING & DETOXIFICATION PROGRAM

A TIME FOR SPIRITUAL AND PHYSICAL CLEANSING

*"Having therefore these promises, dearly beloved, let us **cleanse** ourselves from all filthiness of the flesh and spirit, perfecting holiness in the fear of God." –2 Corinthians 7:1*

Upon completing this cleansing and detoxification program, be prepared spiritually and mentally to change your lifestyle and to follow in all the ways of GOD'S PLAN.

Preparation for the Program:

One day before the cleansing program begins your 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 fiber cleanse with apple, grape or prune juice.

Daily Program Schedule:

This program may be used as a 1 day cleanse, a 3 day cleanse, a 7 day cleanse, or a 10 day cleanse.

Upon rising, use of the following methods of cleansing the colon: (1) Enema (2) Cleansing teas

SCHEDULE FOR CLEANSING

7:00 AM	Fiber cleanse with fruit juice.
8:00 AM	Optional breakfast: Fresh raw fruit. (apples, grapes, pears, melons, citrus fruits. No dried fruits or bananas.)
10:00 AM	Lemon water tonic: (The juice of 2 lemons into 1 qt. of distilled water.)
11:00 AM	Vegetable green drink: (4 oz. Carrots, 4 oz. Celery, 2 oz. Beets, 1 oz. Parsley, 1 oz. Spinach, 1 oz. Cabbage, 1 oz. Cucumber), juice these vegetables and drink.
12:00 PM	Optional dinner: Fresh raw salad or potassium broth.
2:00 PM	Fiber cleanse with fruit juice.
3:00 PM	Lemon water tonic.
5:00 PM	Vegetable green drink.
6:00 PM	Optional supper: Fruit or potassium broth (See recipe below).
8:00 PM	Fiber cleanse with fruit juice.

After the cleansing program is over:

The first two days after the cleansing program, your 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. On the third day after your cleanse, you should begin to eat normally according to GOD'S PLAN. It is very important that you have a bowel movement for every meal every day.

A Bowel Movement for Every Meal, Every Day!

When we do not have regular bowel activity we create a toxic environment. Review the following illustration to get a glimpse of what happens when we have irregular bowel activity.

3 MEALS A DAY X 7 = 21 MEALS A WEEK
1 BOWEL MOVEMENT A DAY X 7 = 7 BM/ WEEK
21-7 = 14 BM/WEEK WE DO NOT HAVE
14 BM/WEEK X 4 =56 BM/MONTH X 12 = 672 BM/YEAR

Instructions for Making Potassium Broth

NOTE: Use this recipe to make the potassium broth that can be used during the cleansing program.

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 stalks 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. It may be seasoned with Bragg Liquid Aminos.