

## *Nine Body Openings - 6 month Cleanse*

*Cell Cleansing Drink: (Eat nothing for 14 days)(2 Drinks-Drunken in succession 5x/day)*

**1st Drink:** (Place in Jar - **Shake (15 sec)** Drink quickly)

Squeezed **Lime** for flavor - 8 oz. Pure **Water** - 1 Tbsp **Bentonite** - 1 Tsp **Psyllium**

**2nd Drink:** (Place in Pint Jar - **Shake (15 sec)** - Drink quickly)

10 oz. Pure **Water** - 1 Tablespoon **Apple Cider Vinegar** - 1 Tsp Pure **Maple Syrup**

**2 Separate Cleansing Drinks & Supplements by 1.5 Hours (7:00 am Drink-8:30 am Supplements)**

<i>Supplements:</i>	<b>(4x per Day)</b>			<b>or</b>	<b>Juices</b>
	Day 1	Day 2	Day 3-7		
<b>Chlorophyll</b> (250c)	12	18	24		<b>Lemon Grass</b>
<b>Vitamin C</b> (300c)	200mg	200 mg	800 mg		<b>Orange</b>
<b>Pancreatic</b> N/A	6	6	6		<b>Green Papaya</b>
<b>Beet Tablets</b> (100c)	2	2	2		<b>Pineapple</b>
<b>Dulse Tablets</b> (100c)	1	1	1		<b>Seaweed</b>
<b>Enzymatic</b> (100c)	2	2	2		<b>Herbal Tea</b>
<b>Niacin</b> (120c)	50mg	100 mg	100 mg		<b>Niacin</b>
<b>Cod Liver Oil</b> (100c)	1	1	1		<b>Wheat Germ</b>

*Do Colonics: (Do Every other day with Colonist or Self-Colonic- 7 over 2 weeks)*

*(Flush 1<sup>st</sup> then use thumper while releasing finally have an implant & hold)*

**Implants:** Coffee; Coffee & Garlic; Garlic & Epsom Salts; **Acidophilus** (Final Day Implant)

*Ear Candling: (Ear Openings) Use 2 Candles per ear with an assistant during cleanse.*

*Mouth Flush: (Mouth Opening) Gargle with Hydrogen Peroxide, Baking Soda & Olive Oil separately.*

*Nasal Flush: (Nose Openings) Use Real Salt in warm water to douche nasal cavities during cleanse.*

*Eye Flush: (Eye Openings) Use Lemon or Apple Cider in warm water to douche eyes during cleanse.*

*Solar Bathing: Expose Body to Open Air & Sun & Eye Sunning.*

*Dry Skin Brushing: (Skin Pours)*

*(Use **Boar Bristle Brush** - Brush before Morning Bath & before Bed at Night during cleanse.)*

*Liver/Gallbladder Flush: (Do flush the day before last colonic so it cleans everything out)*

**Ingredients:** Epsom Salts (4 tbsp), Olive Oil (½C), Squeezed Pink Grapefruit (¾C), 8 Ornithine

**Preparation:** Drink 32 oz. of Packaged **Apple Juice** the day before Flush.

**2:00 pm** Do not eat or drink after 2:00 pm. Get your Epsom salts ready. Mix 4 tbsp. in 3 cups water for 4 servings (¾c each). Set jar in refrigerator to get ice cold for taste only.

**6:00 pm** Drink 1 serving (¾c) of the Epsom salts.

**8:00 pm** Repeat by drinking another ¾ c of the Epsom salts.

**9:45 pm** Pour ½C olive oil (Garlic Marinated Overnight) into pint jar with ¾ C of grapefruit.

**10:00 pm** Shake & drink with straw. Take 8 ornithine capsules with the 1<sup>st</sup> sips to sleep.

**Lie down immediately.** The sooner you lie down the more stones you will get out. Try to keep perfectly still for at least 20 min. Go to sleep right away.

**6 am (Next Morning)** Take your 3<sup>rd</sup> dose of Epsom salts. Go back to bed.

**8 am** Take your 4<sup>th</sup> dose of Epsom salts. You may go back to bed.

**10 am** You may eat. Expect diarrhea in the morning passing tan & green gallstones.

**11 am** Take final colonic with acidophilus implant.

*Breaking Cleanse: (Add Parsley & Garlic to Asparagus)*

*Kidney Flush: Steam Asparagus (5 Bunches)(3 meals over 1.5 days) & drink Cranberry Juice (1 qt).*