

Seawater Flush - Cleanse

- 1) 6:00am Drink 1 Gallon of Heated Seawater**
- 2) 9:00am Drink 1 Quart of Vegetable Juice (Shake)**
- 3) 12:00pm Drink 1 Quart of Fruit Juice (Shake)**
- 4) 5:00pm Drink 2 Bowls of Vegetable Broth**

(5-10 Days) Final 2 Days

- 1) 6:00am Drink 1 Gallon of Heated Seawater**
- 2) Eat normally with Fruits and Vegetables then eat more Complex Carbohydrates (Starches) and Proteins (Animal Products) gradually.**