

Three-Day Cleansing Program Quick Reference

Supplies You Will Need:

- 48 ounces or 2 quarts prune juice
- 9 ounces olive oil
- 3 gallons selected cleansing juice (apple, carrot, citrus, or grape, etc.)
- 3 gallons water (preferably distilled)

Cleansing Steps:

Step One: Prune Juice

16 ounces or more upon arising in the morning

Step Two: Olive Oil

One or two tablespoons three times a day

Step Three: Cleansing Juice and Water

8 ounces of fluid every 30 minutes, alternating 8 ounces of juice with 8 ounces of distilled water

Suggested Time Schedule:

7:30 a.m.....16 ounces prune juice and 1-2 tbl. olive oil

8:00 a.m.....8 ounces or more cleansing juice

8:30 a.m.....8 ounces or more distilled water

9:00 a.m8 ounces or more juice

9:30 a.m.....8 ounces or more water

Continue alternating juice and water every half hour until noon.

12:00 p.m.....8 ounces or more juice and 1-2 tbl. olive oil

Continue alternating juice and water every half hour until 5:00 p.m.

5:00 p.m.....8 ounces or more juice and 1-2 tbl. olive oil

Continue alternating juice and water every half hour until early evening.

8:00 p.m.....8 ounces water every hour until retiring.

Remember:

One Juice for Three Days. Select any juice (apple, carrot, citrus, tomato, etc.) but use it only for the entire three days.

Juice Only. Do not eat anything during the three day cleanse, except matching fruit or vegetable with cleansing juice, apple with apple juice, etc.

Chew Your Juice. Make sure to swish each mouthful of juice thoroughly.

Constipation. Use more prune juice or take the lower bowel formula if you develop constipation during the cleanse.

3-Day House Cleaning. Repeat your juice detoxification for three consecutive days.

Fourth Day and On. After three days of juice cleansing, begin to take vegetable juices and vegetables and fruit, preferable all raw.

Becoming Weak. You will probably feel somewhat weak during or after this detoxification as your body uses all its energy to houseclean.

Enema. If there is the slightest tendency toward appendicitis, take a high enema, but only use enemas in cases of emergencies and not as a crutch for an inactive bowel.

Continued Fast. Once you have completed several three day juice cleanses, you can fast one to three more days using only distilled water.

Cleansing Symptoms. As your body begins to cleanse, you will probably experience periodic aches and pains as your body cleanses out its toxins and poisons, but this results in faster cleansing and quicker healing.