

The Seven Day Intensive Cleansing Program

Recipes

Psyllium Seed Husk/Bentonite Clay

Take 2 teaspoons of the [Psyllium Seed Husk/Bentonite Clay](#) powder in a glass of juice first thing in the morning and 4-5 times during the day. Each time follow this dose with a full glass of water. These substances are not to be taken with the green foods or virgin coconut oil as they will absorb some of the nutrients. The additional glass of water is very important.

Green Food Feast and Virgin Coconut Oil

Take 1 Tablespoon of the [Green Food Feast](#) in a glass of juice with warmed (liquid) [Virgin Coconut Oil](#). Or you can substitute 9 capsules (9 capsules = 1 Tablespoon) of [Green Food Feast](#), followed up with a glass of juice or water with warmed (liquid) [Virgin Coconut Oil](#). Take these an hour after the psyllium/bentonite mixture, and allow an hour before your next dose of the the psyllium/bentonite mixture.

Parasite/Bacteria Cleansers

Take [Ionic Copper](#) (1 tablespoon twice a day during this cleanse) and [Wormwood, Cloves and Black Walnut capsules](#) (3 capsules of each, 3 times a day) for really effective parasite and bacterial cleansing. For more information about using herbs, [click here](#).

To read more about parasites [click here](#).

If you want to do a fasting cleanse, then every 1-2 hours you should be taking either the [Psyllium Seed Husk/Bentonite Clay](#) powder or the [Green Food Feast/Virgin Coconut Oil](#) (See the sample schedule below).

For optimal cleansing you may do this for seven days at a time. For health maintenance you may add these to your daily routine.

If you cannot or do not want to do an intensive cleanse, you can simply add [Green Food Feast](#) to your diet by making a green drink every day. Sometime in the evening, when your food is pretty much digested, you can make a [Psyllium Seed Husk/Bentonite Clay](#) shake. This is the way to gradually (over months), slowly detoxify, get good minerals and vitamins in the body, and cleanse the colon.



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Sample Intensive Cleansing Program Schedule

8:00	AM	2 tsp. Psyllium/Bentonite mixture in juice, followed by 1 full glass of water
9:30	AM	1 Tbsp. Green Food Feast with 1 Tbsp. of Virgin Coconut Oil and 3 capsules each of the 3 Wormwood, Cloves and Black Walnut capsules (nine capsules total)
11:00	AM	2 tsp. Psyllium/Bentonite mixture in juice, followed by 1 full glass of water
12:30	PM	1 Tbsp. Green Food Feast with 1 Tbsp. of Virgin Coconut Oil and 1 Tbsp. of Ionic Copper
2:00	PM	2 tsp. Psyllium/Bentonite mixture in juice, followed by 1 full glass of water
4:30	PM	1 Tbsp. Green Food Feast with 1 Tbsp. of Virgin Coconut Oil and 3 capsules each of the 3 Wormwood, Cloves and Black Walnut capsules (nine capsules total)
6:00	PM	2 tsp. Psyllium/Bentonite mixture in juice, followed by 1 full glass of water
7:30	PM	1 Tbsp. Green Food Feast with 1 Tbsp. of Virgin Coconut Oil and 1 Tbsp. of Ionic Copper
9:00	PM	2 tsp. Psyllium/Bentonite mixture in juice, followed by 1 full glass of water
10:00 to 10:30	PM	(or when you go to bed) 1 Tbsp. Green Food Feast with 1 Tbsp. of Virgin Coconut Oil and 3 capsules each of the 3 Wormwood, Cloves and Black Walnut capsules (nine capsules total)

On Day 3 or Day 4 you may want to do a [gallbladder/liver flush](#) to flush out toxins in your liver and gall bladder. **However, you will need to stop using the coconut oil 24 hours in advance** of starting the [gallbladder/liver flush](#). You can resume taking the coconut oil after you complete the [gallbladder/liver flush](#).

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To do a [gallbladder/liver flush](#), do the same schedule as the sample schedule listed above, except on the day of your cleanse do this:

- 6:00 PM Add 1 Tablespoon of Epsom salt to an 8 oz. glass of water and drink. The colder the water the easier it is to drink. Some people say it is easier to drink it through a straw. To me it tastes very metallic. Drink it fast and get it over with!
- 8:00 PM Repeat the Epsom salt and water drink listed above (see the directions at 6:00 PM). Now do all your "bedroom chores" such as brushing your teeth, going to the bathroom, showering or anything you want to do prior to retiring.
- 10:00 PM Add 1/2 cup of freshly squeezed lemon juice to 1/2 cup of extra virgin olive oil. Shake thoroughly. Drink and immediately go to bed. Lay on your right side for a while with your knees tucked if you can (fetal position). Stay in bed as long as possible. Sleeping all night is ideal. Of course you will not always stay on your right side. That is fine.
- In the morning Repeat the Epsom salt and water drink listed at 6:00 PM.
- Note:** **You can also repeat the entire process for one more day.**
- One hour later You may begin your cleansing program again or eating if you are not on the cleanse.

If you are under a doctor's care, it is best to discuss this program with him and seek his counsel and support. If your doctor is interested in natural and preventive health care, he will understand that a clean body is more responsive to any therapy. The seriously ill and the elderly should go easy with this program, seeking the advice of their doctor in modifying any features to conform to their specific needs and limitations.

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