



Detox for Liver and Colon

(The daily schedule is on the last page)

Lemon Water

The water should be warm. Drink it through a straw to avoid damaging your teeth.

It is beneficial to step outside into the yard or onto the balcony and watch the sunrise while drinking it.

Water Enema

You can do an enema using the shower hose. Remove the shower head and use just the hose.

Place the end of the hose at the entrance of the colon (do not insert it into the anus!).

The enema can be done while standing. The water pressure will cause it to flow into the colon.

You may use a bucket and place it between your feet.

Hold the water in the colon, and once you feel full, release it into the bucket.

Do not try to hold the water longer than necessary.

Repeat this process until the bucket is full (about 8–10 liters of water).

Liver Tea

Mix equal amounts of dandelion root and burdock root.

Use 4 tablespoons of the mix in 1.5 liters of water.

Bring to a gentle boil and simmer on low heat for 15 minutes.

After turning off the heat, strain the tea and add 1 tablespoon of milk thistle.

Let it steep for another 10 minutes, then strain again and drink as instructed in your program.

Do not discard the boiled dandelion and burdock roots.

Keep them for the next day. On the second day, add 2 more tablespoons of fresh root to the saved mix to make the tea again.

On the third day, reuse the mixture once more, adding 2 more tablespoons of fresh root.

After the third day, discard the used roots.

Liver Detox

To support even more the liver detox, you can also make milk thistle seed milk and drink it with your juices. Use 6 spoons for 600 ml water. Soak the seeds for 12 hours. Rinse them and mix them in the blender. Strain it through a cheesecloth. Refrigerate. If you want to make milk for a couple of days, boil the water and let it cool down before making the milk. Drink 100 ml milk with your juices.

Colon Cleanse Mix

Psyllium - 7 parts

Flaxseed (whole) - 2 parts

Apple pectin - 2 parts

Bentonite clay - 2 parts

Slippery elm or Marshmallow root powder - 2 parts

Fennel or peppermint powder - 2 parts

Charcoal - 1 part

Cayenne pepper* - a pinch

Fill a 250–350 ml jar halfway with water or juice.

Add 1 level tablespoon of the colon cleanse mix.

Top up with more water until the jar is full.

Close the jar and shake well until the mixture is fully blended.

Drink immediately, before the psyllium thickens.

Orange Juice

Juice 3 oranges, 1 grapefruit, and 1/4 of a lemon.

Vegetable Juices

Option 1:

- Carrot juice (1/3)
- Celery (1/3)
- Zucchini, parsley, spinach
- 1/2 lemon

Option 2:

- Beetroot juice (1/4)
- Cucumber (1/4)
- Celery (1/4)
- Red bell pepper
- 1/2 lemon

Detox Soup (Depurative Soup)

In 1 liter of water, add:

- 2 cabbage leaves
- 2 celery stalks
- 3 onions
- 5 garlic cloves

Boil for 20–30 minutes, then strain immediately.

Add salt to taste.

Magnesium Oxide

Magnesium oxide can be purchased from a health food store. It is a natural laxative.

Make sure you are using magnesium oxide, not another form of magnesium.

As an alternative, you may use Epsom salt (magnesium sulfate). If you prefer to use that, please contact me for instructions on how to use it properly.

Cascara Sagrada

Cascara sagrada is a natural laxative made from the dried bark of the Rhamnus purshiana tree, native to western North America. Traditionally used by Native Americans, it's commonly used to relieve constipation by stimulating bowel movements. The active compounds, called anthraquinones, help trigger intestinal contractions.

Contrast Shower

Take a 3-minute hot shower, followed by 30 seconds of cold water.

Repeat this hot-cold cycle three times.

How Not to Loose Much Weight

If you are underweight or do not want to loose so much weight, you can drink with your juices hemp, almond or pumpkin seed milk. This will provide some fat and protein for your body.

Use 150 ml of seeds/nuts for 1000 ml water. Soak the seeds and nuts for 12 hours. Mix them well in the blender. Strain it though a cheese cloth (I also used a piece of a very thing curtain). If you want to make milk for a couple of days, boil the water and let it cool down before making the milk. Drink 300 ml with your juices.

Lifestyle Tips

Sleep with the window open.

Air out your room every day.

Aim to walk at least 10,000 steps per day (about 1 hour of walking).

Try to get sunlight exposure when the sun is out.

Food and Water Guidelines

Preferably use organic vegetables.

If organic options aren't available, use whatever is accessible.

Water can be consumed at any time.

It's listed in the schedule just as a reminder, since many people doing juice cleanses forget to drink enough water.

Mindset During the Cleanse

Maintain a positive and trusting attitude during your cleanse.

You might not enjoy the taste of everything you're drinking—but try to remember: these things are serving your body and helping you heal.

Don't let dissatisfaction, doubt, or distrust take root in your heart.

Thank God daily for His healing and support.

Each morning, take a moment to reflect on what you're grateful for—and tell Him those reasons.

Breaking the Fast

Breaking a fast is very important and should be done gradually.

First meal (breakfast): Eat only fruit—about 1/4 of your usual portion size.

Second meal: Raw vegetables such as avocado, tomato, bell pepper, cucumber, and carrot.

Try not to combine too many types—2 to 3 varieties are enough.

This meal should be about 1/2 of your usual portion size.

On the first day after the fast, eat only two meals.

On the second day:

Eat half your usual amount of food.

First meal: fruit + 1–2 tablespoons cooked quinoa or buckwheat.

Second meal: raw and steamed vegetables, and optionally, quinoa or buckwheat.

If you want a third meal, it should consist of fruit.

On the third day:

You may begin introducing legumes (such as red lentils, which are easier to digest).

Both legumes and grains should be soaked for 12 hours and sprouted for another 12 hours before cooking.

On the fourth day:

You can begin introducing soaked nuts and seeds.

Continue taking magnesium oxide for another 2–3 days after finishing the fast.

Nutrition Guidelines

- A healthy diet should include fruits, vegetables, legumes, and nuts/seeds every day.
- Fruits and vegetables should be eaten at separate meals.
- Animal products (milk, cheese, cream, butter, eggs, meat) are inflammatory to the body and should be excluded from the diet.
- Refined oils are also inflammatory, especially for those with health issues.
If you choose to consume oil, limit it to no more than 1 teaspoon of olive or coconut oil—and do not heat it. Instead, use healthy, unprocessed fats such as: avocado, flaxseeds, chia seeds, pumpkin seeds, sunflower seeds, olives, fresh mature or young coconut, shredded coconut flakes.

Use unrefined, non-iodized salt, such as: rock salt, pure mined salt (without anti-caking agents), Celtic sea salt

- Eat foods in their natural, unprocessed state.
Even refined plant-based foods can be inflammatory.
- Limit meals to 2–3 types of foods at a time.
- Sugar is inflammatory and should be replaced with honey.

If you have digestive issues, consider testing for intolerance to: gluten, oats, yeast, cow's milk, soy, grains (corn, rice, oats), sesame seeds, nuts (almonds, cashews, walnuts), nightshades (e.g. white potatoes)

- Exercise regularly—when your cells get more oxygen, your tissues heal faster.
- Use only high-quality stainless steel cookware to avoid heavy metal exposure (nickel, aluminum, chromium, lead). Avoid Teflon or non-stick cookware, which releases toxins harmful especially to the brain.
- Do not snack between meals. Your digestive system needs time to rest and heal. Maintain a 5-hour interval between meals.
- Get sun exposure at least 4–6 times per week, for about 30 minutes each time. Turn every 5 minutes to avoid sunburn.
- Try to avoid sweet foods during this period to help balance your microbiome.
- A balanced diet may include the foods listed above, ideally 70% raw and 30% cooked.
- Drink only water between meals (drinking water during meals can dilute digestive enzymes).

Daily Schedule

7:00	Water with lemon juice: 1/2 lemon + 500 ml (use a straw)
7:30	Enema with water
8:30	Liver tea (500 ml)
9:00	Colon cleansing powder (1 Tbs - it can be taken with water, apple or orange juice)
9:30	Water - 200 ml
10:00	Orange juice with grapefruit (3-400 ml) + Vegetable broth (350 ml or more)
10:30	Water - 200 ml + Physical exercise (walking, trampolin, etc)
11:00	Water - 200 ml
11:30	Water - 200 ml
12:00	Colon cleansing powder (1 Tbs - it can be taken with water, apple or orange juice)
12:30	Water - 200 ml
13:30	Vegetable juice with lemon - leave the skin of the lemon when you juice it) 400 ml or more + Vegetable broth (350 ml or more)
14:00	Water - 200 ml
14:30	Water - 200 ml
15:00	Colon cleansing powder (1 Tbs - it can be taken with water, apple or orange juice)
15:30	Water - 200 ml
16:00	Liver tea (500 ml)
16:30	Physical exercise (walking, tarpolin etc)
17:00	Vegetable juice with lemon - leave the skin of the lemon when you juice it) 400 ml or more + Vegetable broth (350 ml or more)
17:30	Physical exercise (walking, tarpolin etc)
18:00	Colon cleansing powder (1 Tbs - it can be taken with water, apple or orange juice)
18:15	Sauna + Contrast shower
19:00	Water - 200 ml
20:00	Liver tea (500 ml) + Magnesium Oxide (2 cap.)/Cascara Sagrada (2-3 cap.)
21:00	Colon cleansing powder (1 Tbs - it can be taken with water, apple or orange juice)
21:30	Sleep

