

## Seven Day Detoxification Program

### Ingredients:

**Intestinal cleansing powders, juiced vegetables/fruit, Colon bowel cleanse capsules.**

Day	To Take	Drink Daily	Co-ton Herbal Laxative	Fasting Drink at:	Ingredients of drink
<b>Monday</b>	Preparation Day: One meal of raw fruit before noon and one meal of raw vegetables in evening.		2 capsules of Co-ton		
<b>Tuesday</b>	Preparation Day: One meal of raw fruit before noon and one meal of raw vegetables in evening.		2 capsules of Co-ton		
<b>Wednesday</b>	A colonic to improve speed of preliminary bowel cleanse.	Herb teas, juiced vegetables or fruit.	2-4 capsules of Co-ton, twice daily with fasting drink.	9.a.m, 12 noon, 6.p.m.	Intestinal cleanse powder – 1-heaped tsp and take with half a glass of apple juice.
<b>Thursday</b>		Herb teas, juiced vegetables or fruit.	2-4 capsules of Co-ton, twice daily with fasting drink.	9.a.m, 12 noon, 6.p.m.	Intestinal cleanse powder – 1-heaped tsp and take with half a glass of apple juice.
<b>Friday</b>	A colonic to maintain effective expelling of waste from the bowel.	Herb teas, juiced vegetables or fruit.	2-4 capsules of Co-ton, twice daily with fasting drink.	9.a.m, 12 noon, 6.p.m.	Intestinal cleanse powder – 1-heaped tsp and take with half a glass of apple juice.
<b>Saturday</b>		Herb teas, juiced vegetables or fruit.	2-4 capsules of Co-ton, twice daily with fasting drink.	9.a.m, 12 noon, 6.p.m.	Intestinal cleanse powder – 1-heaped tsp and take with half a glass of apple juice.
<b>Sunday</b>		Herb teas, juiced vegetables or fruit.	2-4 capsules of Co-ton, twice daily with fasting drink.	9.a.m, 12 noon, 6.p.m.	Intestinal cleanse powder – 1-heaped tsp and take with half a glass of apple juice.
<b><u>Note-Daily</u></b>	Drink as much water, apple, grape, pineapple, carrot, beet or courgette juice, as you like.	Moderate exercise i.e walking	No alcohol, coffee, cigarettes, tea, supplements or vitamins.	Stay positive, avoid negative people.	Dry skin brushing followed by bath of Epsom salts or sauna to open pores and eliminate waste. Rest in afternoon.

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### Preparation and After Care

Fasting and detoxing are effective ways of healing the body from within. Various body processes can change during fasting leading to the consumption of body fat, protein and most importantly repair of diseased or damaged tissue.

Only fast if you are having a quiet week and try to arrange a less hectic workload. Fasting with vegetables and fruit is less severe than water, so a good juicer extracting all the produce without consuming solids would be ideal.

If you are a candida sufferer then focus on lots of fresh vegetables not fruit. Try not to mix too many vegetables and fruit; it creates too much gas. Jason Vale's juice recipes are tasty; many books by him are available. Apples are compatible with quite a lot of vegetables however and make them taste better, plus apple pectin is a great cleanser for the liver and digestive tract. The program timetable for the cleanse/fast should be strictly followed including the taking of capsules and herb powders. The colonics can be done on either day 3, 4 and 6, 7 of the week, it depends when you feel ready. Everyone detoxifies at different rates according to their metabolism.

You may feel cold, have a frontal headache and feel short tempered during the fast. These symptoms are the body's sign you are getting rid of toxins and addictives, stuff like bread, wheat, sugar and coke. A headache at the front of your head is a sign that the detoxification is working. If you feel shaky at all during the week, have a few grapes to keep you going. You can drink as much fluid as you want and do not stick to meal times, make juices throughout the day when you want them. The capsules are an old fashioned formula of herbs that act on the bowel by cleansing, aiding circulation and improving peristalsis, so persist in taking them.

The herb powders are an intestinal cleanser containing Bentonite clay, Fennel, Fenugreek, Apple Pectin, Charcoal, Liquorice, Slippery Elm bark and Psyllium Husk powder. The herbs clean out the small intestine reducing Candida and softening stools. It is vital to take the herbs during the cleanse as often when we start juicing and stop eating solids we get constipated.

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**While fasting the body is open and flushing. If the bowel and liver are eliminating, the detoxification will reap better results. The clay in the herb powder is of a denser gravity to water so it enables toxins to be dragged through the bowel and expelled. Drink plenty of water to keep this process going. At night during the fast week help the liver stay open by doing a castor oil pack. Drizzle castor oil over a thin cloth and apply it to the liver area, add a hot water bottle on top and sleep. Or rap the cloth over the liver and use Clingfilm around you to keep it in place and oil off the sheets.**

**The liver is ready the next day to release toxins. A liver flush at the end of the seven day program will make you feel rejuvenated and will brighten your eyes and skin. (See liver flush details). Dry skin brushing, saunas and Epsom salt baths are a beneficial way to aid elimination during the week. The skin is our biggest organ of elimination. Baths with salt water and skin brushing increase lymphatic drainage and magnesium uptake. You may find you have mucous on your stools after following this process, a good sign you are clearing your system. Always skin brush when dry, with a natural hair brush. Start at the soles of your feet brushing upwards and towards your heart.**

**More than one pound of waste products are discharged through the skin every day, so brush several times a day during the program. Avoid your face but brush as vigorously as you can including the scalp and back of the neck. Get to bed early by 10.p.m, as it is beneficial to be soundly asleep while the liver rejuvenates at night. The body is hard at work clearing all the toxins we have stored. Drink 2-3 litres of water to help the Bentonite clay and Psyllium husk work at its best. The detoxification headache will lessen with plenty of hydration.**

**Avoid negative and stressful situations or people this week. Focus on yourself. The mind and body needs consideration and time out from the hustle of life. Consider detoxing for three weeks and follow on from the program with Jason Vale's new way of eating. 'Turbo Charge Your Life in 14 Days'.... there are a lot of additives in food today so it takes time to rid them from the body. Seven days is not enough if you have been eating poorly all your life. Once you commit to the detoxification program your health will be one hundred percent better and your focus of mind will improve. Good luck and happy detoxing.**