

MARGIE'S 6 DAY CLEANSE ROUTINE

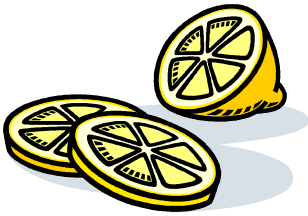
(Can be shorter or longer - adjust to your own needs)

Food items Needed:

5 - 6 Organic Lemons per day of cleanse
1 Gallon distilled water per day
Pure, Organic Grade B Maple Syrup
Cayenne Pepper
2 -3 tsp Epsom salts
Stevia

Neways Supplements

Green Qi – Nutrition, alkalizing, energy
Feelin' Good - Fiber
Cleansing Tea – Cleansing, soothing
Purge – Parasite cleansing
Protectiver – Liver cleansing
D-Zyme – Digestive Enzymes
ProtoZymes – Friendly intestinal flora



I like to make a whole gallon of the lemon drink once each day. To prepare the drink, you put about 1 gallon of distilled water in a large pot, squeeze 5 - 6 organic lemons over a strainer to remove as many seeds as possible. Add the squeezed lemons to the pot and bring it to a boil. When it cools, squeeze the lemons again before throwing them out - this puts a little pulp in the drink. By about day 3 you'll enjoy having anything at all to chew 😊 Put this mixture in a gallon jug. You should drink 1 full gallon each day you're on the cleanse. Enjoy it warm or cold.

To prepare each glass, pour in the lemon mixture, add 1- 2 tablespoon of the pure grade B maple syrup, and a couple of shakes of cayenne pepper. The maple syrup helps with energy levels. I used 2 tsp if I were feeling a little lethargic. The cayenne pepper is a very important part – don't skimp on it. It strips the mucous membrane, and it is very healing to the stomach, bowel and intestines.

If you're making it up by the glass, rather than by the gallon, squeeze 2 tsp of fresh organic lemon into 8 – 12 oz of distilled water. Add 1 – 2 tsp of syrup and a couple of shakes or 1/10 tsp of cayenne pepper. If preparing by the glass you don't heat the mixture. Be sure to drink a gallon each day.

THE CLEANSE

On the first day, for an initial flush, put 3 tsp of Epsom salts in warm water and drink it down. Be sure you are near a bathroom.

Drink the lemon drink all day long every time you feel hungry.

You can also drink the **Green Qi** several times a day – mid morning & mid afternoon. Add a squeeze of lemon and/or stevia for variety. Green Qi is the most power-packed nutrition you can get while abstaining from food. It energizes, alkalizes, detoxifies and nourishes the body. The **Feelin' Good** contains flax which pulls toxins from intestinal tract, and psyllium which creates bulk for ongoing elimination, even though you're not consuming food. **Neways Cleansing Tea** stimulates and aids the colon in cleansing itself by working synergistically to tone and strengthen the smooth muscle of the intestines

Daily Supplementation			
Morning	Afternoon	Late afternoon	Evening
3 Feelin Good 3 Purge	Green Qi 2 Protectiver	2 Feelin Good 2 Purge	2 1/2 - 3 cups water with 3 bags of cleansing tea

I finished the 6th day with a colonic.

Start back into food carefully with clear liquids such as broths or miso. Maybe some fresh squeezed juices or blended fruit smoothies (from whole fruit only – no added sugars). Be sure to use the **ProtoZymes** at the completion of the cleanse to replace and balance intestinal flora. Continue using **Purge** for a total of 25 days, stop taking it for 5 days, and then take it for another 25 days to complete the parasite cleanse.

Resume normal supplementation with the **Core 4** and anything else you are taking regularly. Take **D-Zyme** for at least 3 weeks to while the body is re-acclimating to food. I take **D-Zyme** with every major meal to get the optimal nutrition from my food and ease the digestion process for my body. For my first meal, I boiled several different organic vegetables in pure water and then pureed them - it was delicious.

You can also cleanse WITH food - but if so, just eat as much raw food as possible. A lot of fruits and vegetables, and as much green as possible.

In preparation for the cleanse, try to cut down on or eliminate caffeine, fried food, sugar, soda and eat meat very lightly. This will make the cleanse easier, because you won't have the cravings and headaches many people experience when with coming off these foods. That would apply post-cleanse as well.

Day 1 and 2 are typically the most difficult to get through in terms of experiencing hunger and wanting to eat. Usually by day 3, people feel great, have tons of energy, and no fatigue. Hearing and vision seem enhanced by day 4 or 5. The skin takes on a radiant quality – darkness under the eyes diminishes or disappears, because the liver is cleansing. Many people experience moderate to even significant weight loss. By day 6 you may find you're reluctant to go back to eating food because you feel so good – and never want for energy.

As you start back into food, honor the body. Realize how small our stomachs are and stop eating when you are full.

OPTIONAL: ESSENTIAL OILS

I also used essential oils to assist in the cleansing, for their physical and emotional healing properties.

Cleansing/Detoxifying/Strengthening/Support for Stomach/Kidney/Liver/Abdominal/Bowel

In a 15 ml bottle, add

4 drops each: Juniper*, Cypress, Grapefruit
3 drops each: Lemon, Fennel, Bergamot
2 drops each: Black Pepper, Ginger, Peppermint

Apply to the abdomen in a clockwise motion.

EMOTIONAL RELEASE/CLEANSING

3 each: Geranium, Lavender/Chamomile Blend (or 3 drops each Lavender and Chamomile)
Ylang Ylang, Bergamot, Marjoram, Clary Sage, Neroli*

*Optional

Apply to pulse points - inside of wrists, behind the ears, temples, cleavage, inner thigh

*Neways does not currently have Juniper or Neroli. The Neroli is optional, but Cecilia felt that the Juniper was important for the cleansing blend. You may order oils not available through Neways from the Herb Shop in Provo - ask for Cecilia's discount on the Lynn O'Leary oils. 801-224-6900

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