

Time	Special Day	Item	AJ (Oz)	Water (Oz)
			12	68
7:00 AM		1 dropper under tongue Parasites homeopathic.		
		5 min later: Iodine in 8 oz warm water, with 1 probiotic ,		8
7:15 AM		1 scoop Ionic Fizz in 8 oz warm water; 1 serv. cod liver oil		8
		5 min later 1-dr-full parasites homeopathic under tongue		
7:45 AM		2 tsp Green Magma in 2 oz AJ, 6 oz water;*	2	0
		2 enzymes & 20 drops Liver Tincture in 8 oz warm water	0	8
	Day 4 or 5*	30 drops Liver Tincture (instead of 20)		
	Day 3*	Kidney pills (3 Urinary Flush w cran); sip Kidney tea all day		
7:30 AM		Enema & implant, dry brushing, bath/shower Detox tea or other herbal tea, with bath		
9:00 AM		1 tsp Intestinal Clenz/Perfect 7 in 3 oz AJ, 6 oz water;* wait 1 hour before Green Magma or Juice	3	0
10:30 AM		2 tsp Green Magma in 2 oz AJ, 6 oz water;*	2	0
		2 enzymes & 20 drops Liver Tincture in 8 oz warm water	0	8
	Day 4 or 5*	30 drops Liver Tincture (instead of 20)		
	Day 3*	Kidney pills (3 Urinary Flush w cran); sip Kidney tea all day		
Noon		Wheatrass Juice & Fresh Veggie Juice (frm WEC)		
2:30 PM		2 tsp Green Magma in 2 oz AJ, 6 oz water;*	2	0
		2 enzymes & 20 drops Liver Tincture in 8 oz warm water	0	8
3:45 AM		1 - 2 tsp Swedish Bitters in 8 oz water		8
4:00 PM		1 packet EfferC (or EmergenC) in 12 oz water		12
4:30 PM		1 tsp Intestinal Clenz/Perfect 7 in 3 oz AJ, 6 oz water;* wait 1 hour before Green Magma or Juice	3	0
5:30 PM		Second veggie juice from WEC		
7:00 PM		Warm veggie broth w/ kombu and braggs		
8:00 PM	Days 1 - 3 /4*	Enema & implant, dry brushing, bath/shower; herbal tea		
9:00 PM		1 dropper under tongue Parasites homeopathic.		
		5 min later: Iodine in 8 oz warm water, with 1 probiotic		8
	Day 4 or 5*	Liver Flush regimen (oil, grapfruit juice; liver tincture, Mg Citrate).		
10:00 PM		Sleep		

* Day 1 is first full day of fast.
Water w/ GreenMagma Perfect-7 doesn't count toward total