

7-Day Juice Fast

Kidney-Bladder Flush: JF-Day 2

This flush supports and cleanses the urinary system. It starts in the morning of the second day of the fast (Sunday or Monday). Over the next 24 hours, you will urinate more frequently and may notice a change in urine color or odor. You may also be a bit achy in your lower back, but should not experience pain.

You will need:

- 3 capsules of Urinary Flush (from WEC); includes cranberry
- Optional: use unsweetened cranberry juice instead of water with apple juice when mix magma and Intestinal Clenz drinks.
 - **NOTE:** if you have problems with UTI/bladder infections, take 1-2 grams of D-mannose as a powder (1/4-1/2 tsp) or in capsule(s) daily; this is the active ingredient in cranberries that keeps bad bacteria from adhering to the walls of the urinary tract.
- Kidney cleanse Tea -- 1/4 cup mixture (from WEC) steeped into 1 quart pure drinking water (see directions, below). Tea contains:
 - 20% Marshmallow Root
 - 20% Uva Ursi
 - 20% Red Clover
 - 10% Nettles
 - 5% Dandelion Root
 - 20% combined Celery Seed, Parsley Seed, Ginko, Gravel Root and Hydrangea
 - Alternative: As a substitute, you may use 4 Detox Tea bags to make 1 quart tea.

Steps Involved

1. Take three (3) Urinary Flush capsules with each of your first two Magmas that day.
2. Optional: Add 3 oz unsweetened cranberry juice to one quart of drinking water, and sip on this throughout the day.
3. Bring one quart of water to a boil. Turn off heat; add Kidney Cleanse herbs and steep for at least 30 minutes. (If using Detox tea bags, steep 15 minutes; no need to strain)
4. Drink throughout the day. Pour out 1 cup at a time through strainer, leaving the herbs soaking in the remaining water until ready for the next cup. Reheat as desired (do not use a microwave).
5. As you take capsules and tea, focus on your kidneys. Say a prayer of thanks for the awesome job they do in filtering wastes from your body. Visualize that the fluid you are drinking will go to your kidneys and help clean them.
6. Massage middle of your foot arches and middle of your palms to stimulate the kidney reflex points. Best to do this while sipping the tea.

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Liver - Gall Bladder Flush: JF-Day 4 or 5

Do NOT do this procedure unless you have fasted for at least 3 days.

In this flush we are passing excess and unprocessed cholesterol from the gall bladder and liver. They appear mainly like green peas, from fleck size to dog kibble size. All food breaks down into an acid or alkaline ash. Animal products, sugars, alcohol and refined foods are all acid-forming. To neutralize the acidity, the body robs organs and bones of alkalizing minerals (organic sodium, calcium, potassium, magnesium). When sodium is taken from the bile in the gallbladder, cholesterol is not efficiently broken down and eliminated, so forms into 'peas.'

You will Need

- 12 oz Organic apple juice per day for 3 days. It takes 2 - 3 apples to make 6 oz juice. if you don't have access to a juicer, use bottled Organic apple juice.
- 2 oz. (1/4 cup) cold pressed, extra virgin olive oil (you'll need to buy this)
- 4 oz strained lemon or grapefruit juice (or mix of the two); most prefer grapefruit
- 2 tsp powdered magnesium citrate (from WEC, or Now-brand powder available at With-ey's, or iherb NOW-01295)
- Liver tincture (from WEC)

Procedure (NOTE: nausea may occur, so its best to do shortly before retiring at night)

1. **For 3 - 4 days prior**, drink 12 oz apple juice, divided between green and fiber drinks. Its malic acid helps to soften and break the cholesterol stones. If you have blood sugar issues, take 1 - 2 spirulina capsules (or 1 tsp powder); the high protein helps body balance sugar.
2. **Morning:** Increase Liver Tincture to 30 drops after both doses of Green Magma.
3. **Evening:** (on an empty stomach - after your enema, dry brush & bath; just before bed), whisk 2 oz olive oil with 4 oz lemon/grapefruit juice; strain, then drink the strained juice.
4. Lie down on your right side for 20 minutes or more in fetal position (set timer), with right knee as close to the chest as you can. This position expedites the mixture from your stomach into the small intestine where it is absorbed into the liver. Set a timer. Work liver reflex points on right palm and foot.
5. Then take 30 drops of liver tincture in warm water (let sit for 5 minutes to evaporate alcohol. You can mix this with the mag citrate powder in the next step.
6. Add 2 tsp Mag-citrate powder (1 packet from WEC), mix well and drink; add apple juice to sweeten it if too bitter. Add more water if any powder remains on glass bottom. This relaxes the bile duct and colon. NOTE: If desired you can do these as separate 6 oz drinks.
7. Go to bed. Consider wearing Depends, in case your colon relaxes too much....
8. **When you awaken the next morning** and use the bathroom, expect to pass what might be referred to as "sludge". You might also pass white fleck and soft round stones of varying sizes and colors, mostly light green, like peas. They float, and look much like fuzzy, undigested peas. These usually appear 6 - 24 hours after the flush.
9. Take another 30 drops liver tincture in warm water twice the next day before noon.