

7-Day Juice Fast Info, Part 2

For the most part, the following information is from Wellness Education Center (WEC).

Colon Cleansing Using an Enema

Supplies

You will need (supplied by WEC for first-time fasters):

- 2-quart enema bag (clear is preferred; combo enema bag/hot water bottle is what I use)
- 16" French 22 catheter (for "high enema"), preferred over traditional 3" tip
- 2 hooks ("S" or shower curtain) to hook bag to towel bar
- Enema pads, also called chux (puppy pads cost less and are effective)

Items you supply

- Olive oil or other personal lubricant for the catheter (I use bar soap)
- 4 quarts of body-temperature water for each enema; filtered water is best
- Implantation substances (optional), mixed with water to equal 8 oz liquid. Examples: fresh wheatgrass juice, green powder, probiotics, yogurt, kefir, 1 tsp juice such as lemon, aloe vera or apple cider vinegar
- Cleaning supplies (cleaner, paper towels, garbage bags). You can make your own cleaning mixture in a spray bottle using water and any of the following natural anti-microbials: tea tree oil, peppermint oil, eucalyptus oil, lavender oil, colloidal silver or yarrow tea.

Steps

Jeanette recommends lying down on the bathroom floor, with the enema bag hung on a towel bar at waist height. I either lie in my bathtub with the bag suspended by string from the arm of the shower head, so the bag is at waist height; OR stand in tub with bag suspended directly from shower arm. It's much easier to cleanup spills in the tub.... Whatever works for you.

You fill bag, complete enema, void, then fill bag again and repeat; total of 4 quarts of water delivered. Don't feel bad if you can't hold the full 2 quarts the first few times; it gets easier after the 2nd or 3rd day.

Inspect your evacuated stool for parasites and "ropes" before flushing.

[Cat's advice: If you are constipated, try adding 2 - 3 drops Dr. Bronners castile soap (tea tree, peppermint or eucalyptus oils are antimicrobial; almond oil is a nice scent), or 1 Tbsp salt plus 1 Tbsp baking soda to your first 2-quart enema.]

Detailed steps (using WEC's recommended bag, etc) (see also separate sheet)

1. Let your household know you are not to be disturbed for the next hour (or longer if you plan to dry brush and/or bathe after the enema). Turn on answering machine.
2. Prepare bathroom to be comfortable. Turn up the heater, adjust lighting, light some aromatherapy candles, even put on some nice music. For extra padding, place some large towels under your chux.
3. Prepare the bag's delivery tube by cutting off that portion which contains holes and is lubricated (new bags only). Firmly place red catheter (Red rubber friend") onto cut end of enema tube. Or slip it onto standard 3" enema tip if using combo bag.
4. Set up pad (cotton side up) near the toilet and close to the towel bar where you hang the bag (not needed if lying/standing in tub/shower).
5. Close tube clamp and fill bag with body-temp water. If there are air bubbles in the tube, drain out a little water. hang bag; if it's too high, water will flow very quickly and may cause discomfort; if too low, the enema will take longer.

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6. Lubricate the lower few inches of the catheter with oil, personal lubricant, or some soap on your fingers. Lie on your left side or back on the part of the pad which is closest to the towel bar (this saves a dry top half for later). Gently insert the red catheter. Once a few inches are in, you can start water flow to assist the remaining insertion, leaving just a couple inches of catheter exposed. NOTE: don't worry if it gets lost inside you. Your body will push it out.
7. Have clamp in your left hand in a position that will allow you to close it quickly (thumb in the ring hole between index & middle finger). As the water flows, lie on your back and gently massage up the left side and across your belly button. This helps the water over the hepatic flexure. If the water does not flow, try backing the catheter out a couple inches (it may be against solid matter, obstructing flow. If water starts to flow out of you, the catheter has bent back on itself, so back it out a bit and try again.
8. If you start to cramp, immediately close the clamp and gently massage the area. It's usually just an air bubble or water pooling in your lower colon, and should pass shortly. Breathe deeply & don't move around much. After it passes, slowly start the flow again. Never get up while cramping.
9. If you must evacuate before a whole bag is inserted, do so when you are not cramping. Then lay back down, reinsert the catheter and proceed with refill.
10. When whole bag is empty, close off the clamp and gently remove catheter. lay on your right side for a few minutes to allow the water to soften fecal matter in the colon. Then roll to your back and massage in the opposite direction (up the right side, across and down the left side).
11. Move to the toilet to evacuate. Wait a few minutes for a 2nd or 3rd "wave" of evacuation before standing. If you feel some nausea, that means you're about to evacuate more; hang in there. As you prepare the second bag of water, you may have to evacuate a couple of times more.
12. Wash off the catheter with soap and hot water before re-filling. Follow procedure listed above. However, if you plan to do an implant, leave about 1/2" of water in the bottom of the bag so there won't be any air bubbles in the tube when you put implant liquid into the bag.

Implant Method: (Optional; don't do before full-day #2)

13. Prepare implant material and put into the bag. I use bifidus probiotics after my last enema.
14. To remove any remaining liquid from your colon prior to the implant, lay on your back, bend your knees with feet flat on floor and raise your rear off the ground. Massage up the right side, then roll to your left side as you massage across and down. Get up and evacuate.
15. To do implant, lie on your back and insert the lubricated catheter. massage up and across, rolling to your right side. Lie still for a couple minutes, remove catheter and remain on your right side for 10 minutes. The implant material will stay in your colon and be absorbed. If you have no cramping after 10 minutes, you can arise. Don't evacuate.

Clean-up

16. Clean catheter with a good, antibacterial soap. I use regular bar soap and then spray with my natural antimicrobial spray (see supplies list). Hang up to dry.
17. Put some hot water in the bag and hang bag with tube attached in the shower, with clamp open.
18. Spray and wipe the toilet, sink and any other surfaces you touched, with an antibacterial or germicidal cleaner. Throw away trash & chux in a plastic bag (grocery bags are good for this, and the handles can be tightly tied).
19. This is a good time to dry brush and bathe, or at least take a good hot shower.
20. After last enema, thoroughly wash bag, tube, & catheter in hot, soapy water. Hang up to dry, leaving opening at top of bag open, and pulling sides apart so air can circulate. Store when totally dry.

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Dry Skin Brushing

Supplies

- Moderately soft, natural vegetable fiber bristle brush, preferably with a removable wooden handle. (Nylon or synthetic fibers build up an undesirable static electromagnetic energy, in addition to being too sharp and possibly hurting the skin). Available at Withey's, Mountain Valley Foods, and WEC.



Technique

- Follow the detailed instructions (separate sheet) in order for maximum benefit.
- Brush gently at first; some parts of the body are more sensitive than others. Within few days, your skin will become conditioned. As you become accustomed to dry brushing, the whole process should take no more than 10 minutes daily.
- Brush your skin daily for three months, then twice a week for life.
- Every two weeks or so, wash your brush with soap and water, and dry it in the sun or in a warm place. I use my bar shampoo (from Snowbunny soaps) to wash my brush. The brush will rapidly fill with impurities and should be washed regularly. For hygienic reasons, each member of the family should have a separate brush.

Benefits

Dry skin brushing is based upon the ancient Chinese concepts of acupuncture & acupressure. Stimulation of specific nodal points on the skin causes current flow through channels called meridians, and stimulates (or suppresses) the activity of specific organs to which they are connected.

This technique, if done in the correct fashion, also helps physically to move toxic lymph fluid through the lymph vessels toward the central venous circulation so that the toxins in the lymph fluid and in the tissues can be cleared from the body by other toxin-clearing organs including the kidneys, liver, intestines and lungs. This dumping of toxins significantly improves the function of the immune system and most other systems.

Summary of Benefits:

- Blood circulation is stimulated and increased in all organs and tissues.
- Skin is toned and tightened, and can have a warm, rosy glow.
- Brushed skin is better able to eliminate toxins from the body, relieving the burden on kidneys, liver, lungs and colon.
- Improves metabolism of all tissues thus helping to relieve mental and muscular fatigue.
- Stimulates nerve endings, rejuvenating the entire nervous system.
- Reduces cellulite, which is toxic material stored in the body's fat cells.
- Releases stress, can relieve chronic headaches, improves clarity of thought by stimulating the lungs and the circulation and increasing oxygen to the brain.

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Kidney-Bladder Flush

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:

- 6 capsules of Nature's Secret Urinary Cleanse (grey color)
- Optional: mix 3 oz unsweetened pure cranberry juice in 1-quart of water; sip throughout day, or in place of water, when mixed with apple juice for Green Magma, Perfect 7. (Pink cran-caps are no longer used; grey caps include cranberry).
- 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: see separate instruction sheet

Liver - Gall Bladder Flush

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

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:

- 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)
- Liver tincture (from WEC)

Steps Involved: See separate instruction sheet.