

Juice Fast Shopping List

WEC ONLY	updated 10/17/19
Product	Notes
Parastiic homeopathic tincture, 1 bottle	3 fasts
Liver tincture, 1 bottle	several fasts
Kidney cleanse tea, 1 bag	1 fast
powdered mag citrate for liver flush	1 fast
Enema Bag and Davol Tip (or hot water bottle/enema kit at any drugstor	several fasts
Puppy pads (or Amazon)	several fasts
Brush for dry brushing (also at Withey's)	several fasts

iHerb and Amazon prices updated 10/18/19			
WEC or iHerb (iherb.com)	iHerb code	iHerb price	Notes

NOTE: Number of fasts based on 7-day fast. Prices may be higher at WEC.

Effer-C	NOW-00613	\$ 10.36	4 fasts
Fiber Smart, 12-oz powder (no triphala) (or Tri-Cleanse with triphala on Amazon)	REN-53467	\$ 22.49	4-5 fasts
Green Magma, 10 oz for 5 - 7 day fast	GFC-20431	\$ 21.29	1 fast
Ionic Fizz (Pure-Essence)	PUR-03102	\$ 29.99	8+ fasts
Jarrow-Dophilus EPS (min 35 caps)	JRW-03020	\$ 15.34	60 caps (1.7 fasts)
Kombu (kelp) leaf powder	MCV-12363	\$ 6.31	
Rainbow Light Advanced Enzyme System; 2-sizes available	RLT-35102 RLT-35101	\$ 30.44 \$ 19.24	180 caps: 2 fasts 90 caps: 1 fast
Super Colon Cleanse, 100 tabs, pre-fast	NTS-50083	\$ 11.96	25 fasts
Swedish Bitters*(opt, for detox symptoms)	ABK-10003	\$ 17.97	several fasts
Triple Leaf Detox Tea, 20 bags	TLT-00017	\$ 3.87	several fasts
Urinary Flush & Support, with cranberry (Nature's Secret); 6 capsules/fast	NTS-25562	\$ 11.24	60 tabs (several fasts)
iHERB TOTAL		\$ 189.26	

WEC or Amazon	Amazon code	Amazon price	Notes
Liquidulse tincture	B0011DHNT6	\$ 7.62	several fasts
Perfect 7/Intestinal Clenz, 21 oz	B00016QRHI	\$ 33.94	at least 10 fasts
Puppy Pads (AKC)	B007RKHL1W	\$ 9.99	several enemas
Tri-Cleanse(fiber), .5 tsp, 2x, pre/post-fast with triphala (or Fiber Smart on iHerb)	B0009F3RXS	\$ 13.29	~13 fasts
AMAZON TOTAL		\$ 57.22	

Grocery Store

Product
Organic apple juice/cider, min 36 oz
Organic, cold pressed, extra virgin olive oil, 2 oz
1 fresh Organic pink grapefruit
Organic unsweetened cranberry juice (optional)
Veggie broth (if you don't make your own)

* WEC sells a different 'bitters' tincture: Wish Garden Digestive Bitters; you need only a few drops rather than a tsp of Swedish Bitters.

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Braggs Liquid Aminos