

ANCESTRAL MEDICINALS

DETOX INSTRUCTIONS



DETOX INSTRUCTIONS

Items needed:

16 oz container with lid

Detox products (Bentonite, Psyllium Seed Husk Powder, Energy Nutrition, Colon Sweep capsules, Detox capsules, Spirulina (optional))

3 gallons of distilled or purified water

1 gallon of Organic Apple Juice

DETOX NOTES

Take 3 capsules of all herbs to start. If bowels are hard, take another colon sweep capsule.

You can take up to 5 at a time. Take the same amount of detox capsules as the colon sweep.

If bowels are runny (liquid with no form), take one less capsule of the colon sweep. This applies at any point during the detox.

IMPORTANT: STAY ON SCHEDULE TO AVOID ANY CLEANSING REACTIONS!

Do two enemas a day while on the cleanse, especially if you experience any cleansing reactions such as headache.

Use alkaline or distilled water source only.

EZ-7 DETOX (BEGINNERS)

EZ-7 Detox is great for beginners or for those who are very active and don't have the time to devote to our next phase of the program (Detox 7).

On this particular program, the herbs and cleansing shakes are taken twice a day, AND you get to eat three meals a day. This is a way to detox at a slower pace and ease the body into the detoxification process. Keep in mind that EZ-7 Detox is the milder of the two.

Please note that the less food the body has to digest, the more energy it has to cleanse making the detox process more intense. Raw foods also speed up the cleansing process making the results more dramatic.

If you experience nausea, headaches, extreme fatigue, etc. (which could happen if the process moves too fast), do an enema or eat something such as a banana or salad to slow down the cleansing process (i.e. the heavier the food, the slower the cleansing process).

DETOX SCHEDULE

EZ-7 (Beginners)

- 7:00 AM **BREAKFAST (fresh fruit)**
- 8:00 AM Shake (Mix 2 tsp Psyllium Seed Husk Powder, 2 tbsp Bentonite in a 16 oz glass with top, 10 oz of water, and 6 oz of apple juice)*
- 9:30 AM Herbs (Mix 3 capsules Colon Sweep, 1 tsp Energy Nutrition, and 16 oz of water at room temperature)**
- 10:00 AM Detox (3 capsules and 16 oz of water at room temperature)
- 12:00 AM **LUNCH (vegetables only)**
- 2:30 PM Shake
- 4:00 PM **DINNER (vegetables only)**
- 6:00PM Herbs
- 7:00 PM Detox

*Drink immediately as liquid thickens. Drink 8 oz of additional water immediately after.

**When taking energy nutrition powder, put directly in mouth followed by water or mix in 4 oz of water.

DETOX 7 (INTERMEDIATE)

Before starting Detox 7, eat only fruit and vegetables for at least 7 days (or you could do the EZ-7 Detox and then move into the Detox 7).

You must prepare the body prior to the Detox 7. This helps to make the body more alkaline. The more acidic the body, the stronger the cleansing reaction you will have while on the detox.

During the detox, eat only fruit and veggies (see foods to eat list). There are two options for the Detox 7:

Option 1

- 1.) Eat fruit or veggies **once a day** during detox.
- 2.) Drink alkaline water (or drink purified or distilled).
- 3.) Take Spirulina 2-3 times a day
- 4.) Take herbal detox products twice a day for the next 7 days.

For more intense detox, eat raw fruit and veggies for either lunch or dinner – see schedule.

DETOX 7 (con't)

Option 2

- 1.) Eat fruit and veggies **twice a day** during detox.
- 2.) Follow steps 2-4 in Option 1.

DETOX SCHEDULE

Detox 7 (Intermediate)

Option 1

7:00 AM	Shake (Psyllium & Bentonite Mix)
8:30 AM	Herbs (Colon Sweep & Energy Nutrition)
9:00 AM	Detox (capsules)
10:00 AM	Shake
11:30AM	Herbs
12:00AM	Detox
1:00 PM	Shake (see Option 2)
2:30 PM	Herbs
3:00 PM	Detox
4:00 PM	Shake
5:30 PM	Herbs
6:00PM	DINNER (vegetables only)
7:30 PM	Detox

Detox 7 Intermediate (con't)

Option 2

Sample intermediate schedule if you would like to include lunch

12:30 PM	LUNCH
2:00 PM	Shake
2:30 PM	Herbs
3:00 PM	Detox
4:00 PM	Shake
5:30 PM	Herbs
6:00 PM	DINNER (vegetables only)
7:30 PM	Detox

COMPLETING DETOX

The first day after your detox (day 8), it is very important to ease your body back into your healthier lifestyle. Ideally, making some lifestyle changes at this time would enhance the quality of your health. Lifestyle changes such as eliminating white flour products, dairy, processed foods or becoming a vegetarian are ideal for lasting results.

If you immediately return to your normal eating pattern when completing the detox, you confuse your body by going from one extreme to the other.

In turn, you could experience constipation, stomach cramps, headaches, etc. So we recommend including a probiotic such as Rejuvelac (fermented rye berries), wheat berry or spelt.

We've also included a few recipes that are ideal during, before or after using our detox.

(FAQs)

1. Why should I detox? How often?

You should detox because of toxic buildup due to chemicals in our food, beauty products, household cleansers and from our environment. The liver becomes overburdened from having to break these chemicals down.

The rule of thumb is to detox four times a year with the change in seasons.

2. Do I need to adjust my schedule for this detox?

For some people, yes; as long as you have access to a bathroom then it's okay to detox during working hours. Others prefer to detox while at home or away from the workplace for a deeper or more spiritual experience.

3. Will I lose weight?

No you will not lose weight, although you will lose waste. Some of our clients have reported losing up to 20 pounds in 7 days.

4. Can I eat during detox?

Yes. During the 7 days it is mandatory that you eat fruit and/or vegetables at least once a day. Check our "Foods to Eat" list.

FAQs (con't)

5. Do I have to prepare for the detox ahead of time?

Yes. Getting all of your supplies prior to starting the cleanse is recommended. Ideally, a diet of only fruits and vegetables a week before the cleanse is suggested to create an alkaline environment. But for those who want to start the cleanse right away, the EZ Detox 7 was created to allow you to start right away.

6. What happens if I eat something other than fruit or vegetables during the cleanse?

Responses vary from person to person. There have been reports of headaches, swelling, stomach cramps and nausea.

7. Why are enemas important?

Enemas are a way to reduce cleansing reactions (headaches, etc.) by removing excess waste out of the colon area with water.

8. Should I continue taking my medicine?

You'll need to consult your doctor before doing a detox.

9. Can children and/or pregnant women detox?

We do not recommend it.

FAQs (con't)

10. Can I exercise while detoxing?

You can work out lightly during your cleanse with activities like Yoga, Tia Chi, swimming or walking.

11. What kind of reactions might I get from cleansing?

Typical cleansing reactions are headaches, fatigue, skin rashes, cramping, bloating, and nausea.

FOODS TO EAT

Before and During Detox (7-Day)

FRUIT

Apples, Apricots, Bananas, Berries, Cherries, Cucumbers, Dates, Figs, Grapes, Grapefruit, Lemons, Limes, all Melons, Mangoes, Nectarines, Oranges, Peaches, Plums, Pineapples, Pears, Persimmons, Tomatoes

VEGGIES

Asparagus, Beets, Bell Peppers, Bok Choy, Broccoli, Brussel Sprouts, Cabbage, Cauliflower, Celery, Collards, Corn (fresh), Dandelion Greens, Eggplant, Flax Seed, Garlic, Green Foods (Algae, Spirulina, Chlorella), Green Peas, Green Beans, Kale Greens, Kohlrabi, Leeks, Lettuce, Mustard Greens, Jicama Mushrooms, Okra, Onions, Peppers, Purslane, Quinoa, Radishes, Rhubarb, Seaweeds (Nori, Dulse, Kelp, Wakame, etc.), Shallots, Spinach (raw), Sprouts, Squash (summer), Turnip Greens, Vegetable Broths and Soups, Watercress, Wheat Grass Juice, Avocados, Apple Cider, Vinegar (raw), Extra Virgin Olive Oil, Maple Syrup, Parsley

FOODS TO AVOID

Alcohol, Arrowroot Powder, Aspirin, Barley, Black Pepper, Cake, Canned or Frozen Food, Cereals, Chick Peas, Dairy Products including Butter and Ice Cream, Eggs, Grains (EXCEPT Starch-less ones), Honey, Legumes, Lentils, Mustard, Niacin, Oatmeal, Nuts, Pasta, Popcorn, Rice, Salt, Seeds, Soda, Soft Drinks, Sugar-All Forms (Any Ingredient ending -ose), Stimulates, Tofu, and Soy Products, Vinegar (distilled), Cigarettes.

All Wheat products including Germs, and Bran, All Preservatives, Artificial colors, and Flavors - **NO Processed Foods, NO High Protein Foods, NO Starch, ABSOLUTELY NO ANIMAL OR ANIMAL BY-PRODUCTS.**

RECIPES RECOMMENDED DURING DETOX

NORI ROLL

Ingredients:

Shredded lettuce
Tomato
Olives
Avocado
Jalapeño pepper, sliced
Onions, chopped
Red pepper, julienne
Granulated dulse
Granulated garlic powder
Dressing of your choice
Nori sheet

Directions:

Lay out nori sheet and spread half of the avocado on it. Next, layer vegetables, seasoning, and salad dressing at the center of the nori sheet, then carefully roll it.

PEA SOUP

Ingredients:

Fresh peas (if not available use frozen peas)
Water or almond milk
Sea salt
Dash of cinnamon
Dash of nutmeg

Directions:

Cook frozen peas according to directions on the package. Put peas and the rest of the ingredients into blender and blend until smooth consistency.

STIR FRY QUINOA

Ingredients:

3 cups cooked quinoa
4 tbsp Olive oil
Broccoli floret pieces
Red pepper diced
Onion, diced
Carrots, diced
Snow peas
Onion powder
Granulated garlic
Cayenne pepper
Coriander
Tamari sauce

Direction:

Cook onions in oil until a little tender, add the rest of the vegetables. Cook vegetables until tender then add quinoa and spices.

SPANISH WILD RICE

Ingredients:

2 cups cooked wild rice
Onion
Green Pepper
Red pepper
2 cloves garlic
14 oz tomato sauce
2 tsp chili pepper
¼ tsp Cayenne pepper
1 tbsp Cumin
1 tbsp onion powder
1 tsp granulated garlic
Salt to taste

Oil

Directions:

Sautee vegetables in oil until slightly tender, then add rice and spices.

GINGER BROCCOLI

Ingredients:

- 1 tbsp olive oil
- 2 heads broccoli (about 2 pounds), florets separated, stalks trimmed, peeled, and thinly sliced.
- 1 clove garlic, thinly sliced
- 1 piece fresh ginger (1 inch long), peeled and livered
- 1 tbsp fresh lemon juice
- 1/2 cup water
- Onion powder
- Granulated garlic
- coarse salt and ground peppers

Directions:

In a large skillet with lid, heat oil over medium heat. Add broccoli, garlic, and ginger. Cook until broccoli is bright green and ginger is fragrant, about 2 minutes.

Add water, cover, and cook until broccoli is crisp-tender, 6-8 minutes.

Remove from heat and add lemon juice. Season with salt and pepper and then toss to combine. Serve.

CABBAGE & ONIONS

Ingredients:

- 1 head red cabbage, coarsely chopped
- 2 medium onions, chopped
- 2 tbsp olive oil

salt
pepper

Directions:

Sauté the onion in the olive oil until translucent. Add cabbage, salt and pepper and cook over low-medium heat for about 20 minutes or until cabbage is barely tender.

COLLARD GREENS

Ingredients:

Sliced onion
3 cloves garlic chopped
Half red pepper sliced
Olive oil
Sea salt to taste
2 tsp onion powder
½ tsp granulated garlic
¼ cup water

Directions:

Heat oil in a large pot, add red pepper and onions, sauté until tender. Add garlic, cook a minute longer. Add greens and water and then cook until tender. Close to finish add spices then cook for 2 minutes longer.

ANCESTRAL MEDICINALS BLANK DETOX SCHEDULE

Start Date _____ / _____ / _____

TIME	SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT
7:00 AM														
8:30 AM														
9:00 AM														
10:00 AM														
11:30 AM														
12:00 PM														
Lunch Optional (continue cleanse one (1) hour after lunch)														
1:00 PM														
2:00 PM														
3:00 PM														
4:00 PM														
5:30 PM														
6:00 PM														
7:00 PM														

