



You will receive all you need to participate in this 7-14 day cleanse for weight loss and detoxification. The cost will include all supplements, drinks, soups and bottles for mixing drinks. The cost includes daily colonics which are highly encouraged. If you are doing this cleanse to lose weight, it is important that you do light exercise, such as walking, for 30 minutes each day. You should easily be able to do this much exercise.

7-14 DAY CLEANSE

7-8 a.m.

Start the day with a simple juice if you have a juicer mix up some cucumber or watermelon juice. Herb tea is also fine. Try to stay away from the store bought "healthy" juices which usually contain tons of added sugar. Mix your Max Stress B supplement according to directions on the bottle with plain water and drink. You can skip this morning juice if you wish, but do take the Max Stress B as described.

Pacha Mama – Mix this with apple juice (or grapefruit juice if you had trouble with the taste). Add 1 Tbsp of Bentonite clay to this and Shake!!! well and drink immediately. If you try to just stir, the mixture will not dissolve!

Wait 15 minutes. While you wait, mix 2 or 3 Tbsp of the antioxidant fruit drink in your shaker bottle filled with purified water.. Set aside. Take the following with some additional water:

Wheatgrass: 5 caps
Acidophilus – two caps
Liver Support (Dandelion or liver support) – two caps-
Metaloclear – 2 caps
Colloidal Minerals – two ounces (1 capful) These minerals will support your system, make your skin, hair and nails look great but sometimes they are hard to get down due to the taste.. If you need to mix this with a little apple juice to down them, go ahead)
Herbal Nutrition – 5 tablets
Chompers – 3 to 5 Tablets.
(The Chompers is a strong cleansing agent. I prefer you try 5 in the beginning, but if you are going to the bathroom too much, cut back to 3 or 2 or even 1 at each "meal" if you have to. If you have watery diarrhea, cut back on the Chompers.

9:00-10:00 a.m.

Drink: High antioxidant fruit drink.

12:00- 1:00 p.m.

Ultra Clear – mix three to four Tbsp into a mixture of half water and half apple juice in one of your shaker bottles. Use this to take the following:

Herbal Nutrition - 5 caps
Chompers – 3-5 tablets
Acidophilus – two caps

Liver support – two caps (Dandelion Root)
Wheatgrass tablets – 5 caps
Metaloclear – 2 caps
Colloidal Minerals (one capful or 3-5 drops) see above

Use the remainder of this Ultra Clear as needed to slake hunger during the day and drink one 8 oz of purified water sometime during the next two hours. You may need to mix up more Ultra Clear if you are expending energy or working. Feel free to mix up as much as you need to keep your energy up and your hunger down.

1:00-2:00 p.m.

1 Tbsp powdered greens mixed with water. Drink this down and wait at least 30 minutes. If you are still feeling tired or hungry, you can remix more Ultra Clear with ½ water and ½ apple juice. Remember to exercise today if you are trying to lose weight.

4:00 -5:00 p.m.

Chompers – 2-5 caps (see above note)
Herbal Nutrition – 5 caps
Liver support - two caps
Acidophilus – two caps
Metaloclear – 2 caps
Colloidal Minerals – two ounces (sometimes it is best to take this first, so the after taste is killed by the other supplements
Wheatgrass tablets – 5 caps
Take these with whatever liquid you have available.

6:00 - 800 p.m.

Fresh soup provided with this cleanse.

Before bedtime, (by at least 10:00 p.m. first take your second Max Stress B and wait 20 minutes. Then take your Pacha Mama – shaken well as in the morning w/ 1 Tbs of bentonite clay into ½ to 1 cup of apple juice (or grapefruit juice if you need to).

Do a colonic particularly on the 2nd, 3rd and 7th day..The 4th can be scheduled around your schedule. You should have additional elimination during the cleanse but not always if you are doing colonics. Around the 3rd day, you probably will have what is known as a "healing crises". This occurs because you are pulling toxins out of your cells that are back circulating in your system. Sometimes you will feel tired, cranky, fluish, headachy, rundown. THIS IS THE TIME TO GET A COLONIC. It will help you feel better.

If you have too much elimination (i.e., your going to the bathroom is interrupting your work), cut back on the amount of Chompers taken each time....experiment cutting back from 5 to 3 to 2 at each session, etc.

During this cleanse, you should also plan to exercise at least 30 minutes each day. Take a walk for at least a mile, walk on the treadmill, etc. Your energy should be fine. If you have parasites, then this cleanse could make you start to feel tired which can be attributed to parasite die

off. If this happens, please let me know and we will add some additional parasite protocols.

IT IS IMPORTANT THAT YOU FOLLOW THE SCHEDULE EVERY TWO HOURS TO KEEP FROM BEING TEMPTED TO BREAK THE CLEANSE.

Also, don't weigh yourself. The first week you will lose inches more than pounds but by the 4th day, you should start to feel more energetic and clear headed. Often it can take two or three cleanses to straighten our your system and the pounds begin to STAY OFF when that happens. Please be patient. Don't push yourself to get thin. Think about getting healthy and getting your digestive system straightened out for good. You will also have this cleanse as a tool for the rest of you life to be used for 1 day, a weekend, or another 7 to 21 days if you choose. You can do a cleanse for any length of time that is convenient for you. You will be able to buy all of the products from me and you will be given a list of what is involved and how to maintain your healthy habits at the end of this cleanse. Be happy that you are beginning a new kind of health. PLEASE CALL ME IF YOU HAVE PROBLEMS OR QUESTIONS!!!!!! I will always be available by cell phone (number below) during your cleanse. This is not an easy process but a very rewarding one and I want to offer as much support as I can to ease you through. There will be no refunds. If you find you cannot complete the cleanse, you may still have your colonics at some other time. Thanks and good luck!

I have read and agree to these terms and conditions:

CLIENT SIGNATURE

Karen Million
Lake Travis Wellness Center
www.laketraviswellnesscenter.com
512-825-0226

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