

A human silhouette is shown from the waist up, filled with various food items. The left side of the silhouette is filled with fresh, healthy foods like green leafy vegetables, a red apple, a banana, a head of cabbage, broccoli, a green bell pepper, and a pineapple. The right side is filled with unhealthy foods like blueberries, red chili peppers, almonds, cashews, and various pills. The background is dark with a bright light source on the left, creating a lens flare effect. The text '15 DAY CLEANSE PROTOCOL' is centered over the silhouette.

15 DAY CLEANSE PROTOCOL

MORAYANA LEVY

TABLE OF CONTENTS

MESSAGE FROM MORAYANA	1
OVERVIEW	4
TOOLS YOU'LL NEED	6
SHOPPING LISTS	9
• PHASE 1	11
• PHASE 2	13
• PHASE 3	16
WHAT ARE WE ACTUALLY CLEANSING	20
UNDERSTANDING DRY FASTING	28
ENEMAS	30
DAILY DETOX RITUALS	39
4 PHASES OF DETOX PROTOCOL	41
POST CLEANSE	71

WELCOME TO YOUR 15-DAY DETOX JOURNEY!



I am here to guide and support you in the heart of love. I am here to shine light on your path and share what I know to be true—cleansing the body is not just a physical experience, it is a sacred remembering of your original essence.

First, I want to honor and celebrate you for choosing to embark on this journey. This is not just a cleanse, it is a sacred reconnection with your body, your temple, and your inner light. I am beyond excited to be part of your healing journey and to guide you as you deepen your relationship with the vessel that carries you through this life.

Your body is your vehicle, the sacred home that holds your life's journey. In this lifetime, you only get one body, so why not honor it, cherish it, and give it the absolute best care and love? Isn't it incredible that, without asking for anything in return, your body breathes for you, heals for you, and balances itself effortlessly every single day? It works tirelessly to protect and sustain you, even when we sometimes neglect it or feed it things that do not serve its highest function.

This is a journey to return home to the heart of love—a space within you that is pure, holy, true. It is a space that longs to be heard, felt, and seen in its fullness.

But in the fast-paced, overstimulated world we live in, it has become normal to overload our bodies with stress, emotional eating, unhealthy habits, and toxic substances. Many of us have used food, alcohol, smoking, and even excessive work or distractions to numb emotions that we were never taught how to fully process. A deep detox is not just a physical cleanse, it is an emotional journey, too. As you detox, everything that was once suppressed through food and numbing habits will begin to rise to the surface old emotions, stored trauma, and deep-seated energetic imprints.

This cleanse will touch all layers of your being: physical, emotional, energetic, and spiritual. The meditations, activations, and rituals you'll find here are crafted from the heart, designed to restore your relationship with your body, release old identities, and awaken the sacred vitality that has always lived within you.

This journey is so beautiful! I have personally done many cleanses in my lifetime. I did my first juice cleanse in my early 20s, which led me down a lifelong path of healing. Since then, I have completed 30-day juice fasts, 7-day dry fasts, liver flushes, and deep cellular detoxes, and each one has been powerful and transformative.

Though I am not a doctor, I have studied with incredible healers and practitioners, and I have poured everything I know into this protocol. Every part of this cleanse has been crafted with intention, integrating both ancient wisdom and modern detox practices.

You are not alone. I walk with you. I walk as you. Together, we journey back to your divine self.

The you that is love,
The you that is free,
The you that remembers.

You deserve the highest quality of life and the most vibrant health possible. This is more than just a protocol to lose weight or remove toxins—it is a soul-level agreement to dive deeper within yourself, to activate your inner healer, and to discover the divine light that exists within every cell of your body.

You are creating the light within you every time you deepen your relationship with yourself. This detox will be a journey of self-union, inner healing, divine guidance, and holistic transformation.

I write this with tears in my eyes, knowing how much healing is needed on this planet right now. I truly believe that this detox has the power to awaken self-love, align you with your highest mission, and help you step into your divine path.

I am honored to share this knowledge with you, and I have also infused my own wisdom and divine channeled insights into each phase of this program.

Take your time to read through each phase, gather what you need, and prepare yourself for one of the greatest adventures of your life.

Thank you for being on this journey with me.
I LOVE YOU. YOU ARE PRECIOUS. YOU ARE MORE POWERFUL
THAN YOU THINK.

I am here to support you, uplift you, and cheer you on every step of the way.

With Divine love and Devotion,

MORAYANA ✨

OVERVIEW:

This book is organized into four healing phases, each with its own:

- Daily affirmations & meditations
- Energy clearing practices
- Emotional & physical guidance — rooted in the deeper wisdom that cleansing is not just a release, but a sacred return to clarity, presence, and divine love
- Integration reflections

Throughout this journey, we remember:

To cleanse is to honor the temple of the heart.

To release is to remember what is true beneath the noise.

This is the path of sacred purification — of body, mind, spirit, and space.

You are encouraged to:

- Meditate with each phase's affirmations for at least 5 minutes daily
- Journal emotional releases and heart-healing insights
- Clear your physical space as you clear your inner space
- Let go of old texts, clothes, photos, objects, stories, and beliefs that no longer serve your sacred becoming
- Explore new interests, rituals, and creative expressions that awaken your joy
- Let your heart lead, boldly and without apology

This is a journey of remembering
Who you are beneath the layers,
and the wholeness in your heart.

LET'S GET OUR JOURNEY STARTED!

🚨 IMPORTANT! 🚨

Please get everything you need before your cleanse starts.

Being fully prepared will make your detox journey much smoother, more comfortable, and enjoyable. There's nothing worse than experiencing detox symptoms and realizing you don't have the right minerals, water, or self-care tools to support your body. Having everything in place means you can focus on healing and relaxing, instead of scrambling to find supplies when you need them most.

This shopping list covers everything you need for all phases of your cleanse so that you feel supported, nourished, and prepared for deep healing.

- All produce for your 4-day juice cleanse
- Best detox herbs & supplements for each phase
- Enema supplies & natural additives for colon cleansing
- The best water for fasting & enemas
- Dr. Sebi-inspired herbal teas for deep healing
- Self-care essentials to keep you comfortable & grounded
- A JOURNAL for reflection & tracking your transformation
- Cleansing on a budget options for an affordable detox

LET'S GET YOU STOCKED UP FOR THIS POWERFUL HEALING JOURNEY!

TOOLS YOU'LL NEED:

- New Journal & Purge Notebook – Track physical, emotional, and spiritual releases.
- Enema Bag – Essential for releasing deep waste (instructions below).
- Juicer or Blender + Nut Milk Bag – For making fresh green juices.
- Large Glass Jars – For storing broth & juices.

Ingredients You'll Need:

For Detox Shakes

- Psyllium Husks – Helps sweep the colon.
- Bentonite Clay (Liquid) – Binds to toxins and helps pull them out.

For Juices & Broths

- Lemons & Limes – For water, juices & broth seasoning.
- Fresh Greens, Herbs, Veggies & Roots (see full list below).
- • • Coconut Water – For hydration and detox shakes.

Optional Enema Add-ins

- Colloidal Silver
- Probiotics (capsules to open into water)
- Cold-pressed Coffee (for morning enemas)
- Aloe Juice (for evening enemas)
- Garlic for anti bacterial fungus

LET'S GET OUR JOURNEY STARTED!

Complete List of Greens, Fruits, Veggies & Herbs for Juices

Use any combination for your daily green juices.

Greens & Herbs

- Kale
- Spinach
- Celery
- Parsley
- Cilantro (heavy metal detox support)
- Cucumber
- Mint
- Fennel
- Watercress
- Dandelion greens
- Romaine lettuce
- Swiss chard
- Basil

Fruits (Minimal)

- Green apple (optional, for taste)
- Lemon
- Lime

Roots

- Ginger
- Turmeric (optional)

OPTIONAL:

Detox Tea List (For Bowel Movement & Heavy Metal Detox)

For Bowel Movement Support

- Senna leaf tea (use sparingly)
- Smooth Move Tea (incase you have constipation).
- Peppermint tea (calms digestion)
- Licorice root tea
- Fennel tea (relieves bloating)

For Heavy Metal Detox Support

- Cilantro tea
- Nettle tea (mineral-rich)
- Dandelion root tea (liver & metal detox)
- Burdock root tea (blood cleanser)
- Milk thistle tea (liver support)
- Red clover tea (lymph detox)

SHOPPING LIST:

HOW MUCH TO BUY?

Shop for enough fruits and vegetables to last all 5 days. Raw foods look like a lot when you first buy them, but they are eaten quickly. It's better to get extra than to run out mid-cleanse. If you're doing the anti-parasitic detox, **ONLY** eat the items listed in that section and avoid all other fruits.

PHASE 1:

ELIMINATION (DAYS 1-5) SHOPPING LISTS:

You have 2 options to choose from!
Choose the list that best fits your detox goals.

- **Shopping List Option #1 - Regular Detox List –**
Best for general cleansing, alkalizing, and preparing your body for deeper detox.
- **Shopping List Option #2 Anti-Parasitic Detox List:**
If you suspect parasites, stick to the items on this shopping list.

WHICH SHOPPING LIST IS RIGHT FOR YOU PHASE 1?

SYMPTOMS INDICATING YOU NEED THE REGULAR DETOX SHOPPING LIST: #1

- If you are experiencing mucus buildup, digestive sluggishness, or inflammation, the regular detox is best for you.
- Feeling heavy, sluggish, or bloated
- Mucus in throat, sinuses, or excessive congestion
- Frequent colds or infections
- Poor digestion, constipation, or irregular bowel movements
- Skin issues (acne, eczema, rashes)
- Sugar or processed food cravings
- Brain fog or trouble concentrating
- Water retention and puffiness

SYMPTOMS INDICATING YOU NEED THE ANTI-PARASITIC DETOX SHOPPING LIST#2:

If you are experiencing signs of parasites, it's important to target them directly with anti-parasitic foods and avoid other fruits that can feed them.

- Intense sugar cravings (especially at night)
- Bloating or stomach discomfort after meals
- Frequent diarrhea or constipation
- Itchy skin, rashes, or hives
- Feeling tired even after sleeping enough
- Teeth grinding at night
- Anal itching
- Unexplained weight loss or difficulty gaining weight
- Anxiety, mood swings, or irritability

SHOPPING LIST. DETOX PHASE 1 - OPTION # 1

ANTI-PARASITIC DETOX SHOPPING LIST -For those focusing on mucus removal, liver cleansing, and alkalizing the body.

Fruits (Alkalizing & Detoxifying)

- 10-15 Bananas – Easy to digest, provides energy
- 1 lb or more Dates – Natural energy boost, rich in iron
- 5-7 Pears – Fiber-rich, supports digestion
- 10+ Citrus Fruits (Oranges, Grapefruit, Limes, Lemons) – Liver cleanser, highly alkalizing
- 10 Lemons (2 per day) – Supports digestion, detox, and alkalization
- Vegetables & Herbs
- 5 bunches Celery (1 bunch per day for 16 oz morning juice)
- 2-3 bunches Kale
- 2 bunches Spinach
- 1-2 bunches Arugula
- 2 heads Romaine
- 3 heads Broccoli
- 2 heads Cauliflower
- 1-2 lbs Brussels Sprouts
- 1 head Cabbage
- 3-5 Beets
- 8-10 Carrots
- 3-5 Sweet Potatoes
- 3-4 bunches each Cilantro & Parsley – Heavy metal detoxifiers
- Seasonings & Condiments
- 1 small jar Cayenne Pepper – Boosts circulation and metabolism
- 1 bottle Grape Seed Oil – For fresh veggies, avoid cooking oils
- Dr. Sebi-Inspired Herbal Teas
- 1 small bag Cascara Sagrada (colon cleanse)
- 1 small bag Rhubarb Root (supports elimination)
- 1 small bag Prodigiosa Tea (clears toxins)

SHOPPING LIST -DETOX PHASE 1 - OPTION # 2

REGULAR DETOX SHOPPING LIST -For those focusing on removing parasites from the body. Stick to only these items for best results!

Anti-Parasitic Fruits are ok! (Avoid all other fruits!)

2-3 large Papayas – Contains enzymes that kill parasites

5+ packs Coconut Meat if available – Antimicrobial, helps expel worms

2-3 whole Pineapples – High in bromelain, which breaks down parasites

Anti-Parasitic Vegetables & Herbs

5 bunches Celery (1 bunch per day for 16 oz morning juice)

2-3 bunches Kale

2 bunches Spinach

1 cabbage

1-2 bunches Arugula

2 heads Romaine

3 heads Broccoli

2 heads Cauliflower

1-2 lbs Brussels Sprouts

1 head Cabbage

5-10 each Garlic & Onions – Natural anti-parasitic agents

1-2 cups Pumpkin Seeds – Kills parasites & supports digestion

3-4 bunches each Cilantro & Parsley – Heavy metal detoxifiers

Anti-Parasitic Spices & Condiments

1 small jar Cayenne Pepper – Kills parasites & increases circulation

1 bottle Black Seed Oil – Strong anti-parasitic, helps remove worms

10 Lemons (2 per day) – Cleanses liver and removes waste

Anti-Parasitic Herbal Teas

1 small bag Wormwood Tea – Kills parasites at all life stages

1 small bag Black Walnut Hull Tea – Powerful parasite remover

1 small bag Clove Tea – Destroys parasite eggs

PHASE 2:

SHOPPING LIST - GREEN JUICE (FOR 4 DAYS)

- You will be drinking approximately 32-64 oz (1-2 liters) of fresh juice daily.

Goal:

Deep cellular nourishment, detoxification, and mineral Replenishment.

• How Much to Buy?

- Shop for 4 days' worth of produce juices require large amounts of greens, and they go fast!

Base Ingredients (Hydration & Volume)

- 12 large cucumbers – Hydrating, supports kidney detox
- 12 bunches of celery (1 bunch every mornin, 2 for juicing later) – Rich in minerals, supports gut healing

• Dark Leafy Greens (Chlorophyll & Detox Support)

- 6 bunches of kale – High in minerals, detoxifies liver
- 6 bunches of spinach – Blood-building, rich in iron
- 6 bunches of parsley – Supports kidney cleansing, anti-inflammatory
- 6 bunches of cilantro – Helps remove heavy metals
-

• Low-Sugar Fruits (Natural Sweetness & Detox Boost)

- 12 green apples (✗ Avoid if you suspect parasites—apples contain natural sugars that can feed them!)
- 16-20 lemons – Alkalizing, cleanses liver (1 for each morning and the rest for your juices)
- 4 limes – Helps remove toxins (1 per day)
- 1-2 large ginger root – Supports digestion, anti-inflammatory
- 1-2 Fresh Turmeric Root (optional)

Optional Add-Ins -(Extra Nutritional & Anti-Parasitic Support)

- These are optional but can amplify your detox process!
- Aloe Vera Juice – Supports gut healing, soothes digestion
- Wheatgrass Powder or Fresh Shots – Super alkalizing, rich in enzymes
- Spirulina or Chlorella Powder – High in protein, detoxifies heavy metals
- Dandelion Root Tea – Supports liver detox, reduces bloating
- If you suspect parasites, you can also add:
 - Papaya Seeds – Natural anti-parasitic (a spoon)
 - Pineapple Core 🍍 – Rich in bromelain, breaks down parasites
 - Clove Powder – Destroys parasite eggs
 - Black Walnut Hull Extract – Kills parasites in all stages
 - Wormwood Tea – Strong anti-parasitic herb

HYDRATION & MINERAL SUPPORT:

- ◆ Spring Water (1 gallon per day) 💧 – Hydration & mineral balance.
- ◆ Himalayan Salt or Celtic Sea Salt 🏰 – Replenishes minerals, prevents headaches.
- ◆ Electrolyte Drops or Fulvic Acid ⚡ – Supports energy levels

JUICING TIPS & STORAGE:

- Drink Fresh! – Juice is best consumed immediately for maximum nutrients, but if you must, store in an airtight glass jar in the fridge for up to 12 hours.
- Strain Your Juice – If your digestion is sensitive, strain juice to remove extra fiber.
- Drink Slowly – Sip mindfully to help your body absorb nutrients efficiently.

HOW MUCH TO BUY?

- Plan for at least 4-5 large green juices per day (64-80 oz total).
- Juicing requires a LOT of produce! it's better to buy extra than to run out mid-cleanse.

FINAL TIPS:

- Prepare in advance – Wash and chop produce for easy juicing.
- Drink plenty of water – Juicing detoxes your cells, but you still need hydration.
- Expect detox symptoms – If you feel lightheaded or tired, increase electrolytes.
- Trust the process – Your body is resetting, healing, and upgrading!

PHASE 3:

SHOPPING LIST - WATER FASTING

(FOR 3 DAYS)

How Much to Buy?

Since you won't be consuming food, your focus is on high-quality water, essential minerals, and electrolytes to support your body during the fast.

💧 WATER OPTIONS – WHAT KIND OF WATER TO DRINK?

- Spring Water (BEST OPTION!) – 1-1.5 gallons per day (3-5 gallons total)
- Recommended Brands: Mountain Valley Spring Water, Fiji, Evamor, Crystal Geyser
- Reverse Osmosis or Distilled Water – If using RO or distilled, must remineralize it!
- How much? 3-5 gallons total
- Add minerals: Himalayan salt, Fulvic acid, electrolyte drops
- Alkaline Water (Optional) – If choosing alkaline, ensure it's naturally alkaline (not artificially pH-adjusted)
- Recommended Brands: Essentia, Icelandic Glacial, Waiakea

ELECTROLYTES & MINERALS (MUST HAVE!)

These are essential to avoid dizziness, muscle cramps, and electrolyte imbalances.

✓ **Himalayan Salt or Celtic Sea Salt**

- 4-6 oz (1 small bag or jar)

How to use?

- Add a pinch to water or make Sole Water (recipe below)
- Recommended Brands:

Redmond Real Salt, Celtic Sea Salt, Original Himalayan Salt

✓ **Electrolyte Drops:**

1 bottle (should last all 3 days and beyond)

- Recommended Brands:
LyteShow, Trace Minerals Research Electrolytes

How to use?

FOLLOW INSTRUCTIONS ON BOTTLE.

✓ **Fulvic & Humic Acid OR Trace Minerals:**

1 bottle (2 oz or more)

How to use?

- FOLLOW INSTRUCTIONS ON BOTTLE.
- Recommended Brands:

Optimally Organic Fulvic Ionic Minerals, Black Oxygen Organics

ELECTROLYTES & MINERALS (MUST HAVE!)

✓ ✓ Potassium Bicarbonate

1 small bag (½ to 1 lb)

How to use?

- Add a small pinch (⅛ tsp) to water daily
- Recommended Brands:
Bulk Supplements Potassium Bicarbonate

✓ Magnesium

1 bottle (spray or powder)

- Spray Option: Ancient Minerals Magnesium Spray –
Apply to skin to absorb
- Powder Option: Natural Vitality Calm Magnesium
Powder – Mix in water

✓ Sole Water

(Salt Water Elixir) DIY Electrolyte Drink

1 bottle (2 oz or more)

How to Make:

Mix 1 tsp Himalayan Salt in 1 liter of spring water.

How to Use:

Drink small sips throughout the day to prevent dehydration.

OPTIONAL ADD-INS (FOR EXTRA SUPPORT)

These are not mandatory but can enhance your fasting experience.

✓ Coconut Water (ONLY if extremely depleted)

- 1-2 bottles max for emergencies
LOOK FOR ORGANIC NO SUGAR ADDED.

✓ Lemon or Lime Water

4-6 lemons or limes for alkalization

How to Use:

Squeeze into water for a refreshing detox boost

✓ Herbal Teas (Caffeine-Free, Optional)

(If you can get organic loose leaf)

- Dandelion Tea (Liver Support) – Traditional Medicinals
- Nettle Tea (Mineral Boost) – Alvita Nettle Leaf Tea
- Fresh Ginger Tea (Digestive Support) – Yogi Ginger Tea
- Fresh mint tea – Cooling, soothing, aids digestion
Buy 1-2 fresh bunches of organic mint or Organic Mint Tea Bags (Pukka, Traditional Medicinals)

WHAT ARE WE ACTUALLY CLEANSING?

HEAVY METALS:

What They Are & How We'll Clear Them

Heavy metals might sound like something from a rock concert, but in reality, they're sneaky little toxins that can build up in our bodies over time. While some, like iron and zinc, are beneficial in small amounts, others, like lead, mercury, arsenic, and cadmium, are pure trouble. These dense metallic elements can become toxic when they accumulate in the body, often binding to proteins and interfering with normal functions.

Where Do Heavy Metals Come From?

They creep into our system through:

- Contaminated food (like seafood high in mercury)
- Polluted water and air
- Cookware
- Dental work
- Over the counter drugs
- Industrial exposure
- Processed foods and household products

Where Do They Hide?

Once inside, heavy metals love to settle in:

- Bones – where they can linger for decades
- Brain tissues – affecting cognition and mood
- Liver & Kidneys – overwhelming our detox organs

WherThe Good News? We're Flushing Them Out!

Your body is already designed to detox, and with the right support, we can kick these toxins to the curb! Our cleanse is packed with natural detoxifiers like:

- celery, & cruciferous veggies – powerhouse foods that help break down toxins
- Cilantro & chlorella – natural binders that escort heavy metals out of the body
- Saunas & exercise – to sweat out stored toxins
- Hydration & fiber – to flush metals through the digestive system

TOXINS:

What Are Toxins?

Toxins are harmful substances that interfere with the body's natural processes. Some are manmade, others are naturally occurring, but when accumulated in the body, they create energetic and physical imbalance. Toxins can be physical, emotional, or energetic in nature.

Where Do They Come From?

Toxins are everywhere in our modern world:

- Food: pesticides, preservatives, artificial additives
- Water: heavy metals, fluoride, chlorine
- Air: pollution, smoke, industrial chemicals
- Personal care products: parabens, sulfates, synthetic fragrances
- Emotions: repressed trauma, fear, resentment, shame
- Electromagnetic frequencies (EMFs) and environmental stressors

How Do Toxins Affect Our Body?

Toxins disrupt natural detoxification pathways (liver, kidneys, colon, skin) and weaken the immune system. They:

- Drain energy and dull mental clarity
- Cause inflammation and chronic pain
- Lead to digestive imbalances
- Impair hormonal function
- Contribute to fatigue, anxiety, and depression

What Is Their Relationship to Disease?

Toxic overload is often the root cause of many modern diseases. When the body cannot efficiently eliminate toxins, they accumulate in tissues and organs, leading to:

- Autoimmune disorders
- Cancerous growths
- Skin conditions
- Hormonal imbalances
- Neurological issues

Energetically, toxins create stagnation and block the natural flow of life force energy through the body, leaving us disconnected from the divine intelligence within.

How Do We Remove Toxins?

- Fasting and cleansing: water fasting, juice fasting, dry fasting
- Hydration: spring water, herbal infusions, lemon water
- Detoxifying foods: greens, berries, sea moss, ginger, turmeric, activated charcoal
- Sweating: saunas, movement, breathwork
- Enemas and colon hydrotherapy
- Emotional clearing: meditation, journaling, energy work
- Breath of Life breathwork: release toxins through the breath and cellular activation

How Can We Avoid Them?

- Eat organic, whole, unprocessed foods
- Use non-toxic cleaning and personal care products
- Filter your water and avoid plastic bottles
- Spend time in nature to reset your frequency
- Ground daily with bare feet to discharge static energy
- Practice regular detoxing and mindfulness

When we begin to remove toxins from the body and energy field, we come back into divine alignment. Our clarity returns. Our intuition strengthens. Our vitality is restored. We become vessels for divine light.

MUCUS:

What It Is & How We'll Clear It?

Mucus might seem like just a runny nose situation, but in reality, it plays a much bigger role in the body—both as a protector and a potential troublemaker. While a little mucus is totally normal (it helps trap toxins, bacteria, and debris), too much of it can clog up our system, leading to inflammation, sluggish digestion, and respiratory issues. When the body is overloaded with mucus-forming foods and toxins, it thickens and builds up in places we don't want it, making us feel heavy, foggy, and congested.

Where Does Excess Mucus Come From?

Mucus buildup is often triggered by:

- Dairy & processed foods – known for being highly mucus-forming
- Refined sugars & gluten – causing inflammation and thickening mucus
- Environmental toxins & pollutants – irritating the respiratory system
- Dehydration – making mucus thicker and harder to eliminate

Where Does It Hide?

Once excess mucus builds up, it loves to linger in:

Lungs & sinuses – leading to congestion, allergies, and respiratory issues

Digestive tract – slowing down digestion and creating bloating

Lymphatic system – making the body feel sluggish and heavy

Where The Good News? We're Flushing Them Out!

Your body is already designed to detox, and with the right support, we can kick these toxins to the curb! Our cleanse is packed with natural detoxifiers like:

- celery, & cruciferous veggies – powerhouse foods that help break down toxins
- Cilantro & chlorella – natural binders that escort heavy metals out of the body
- Saunas & exercise – to sweat out stored toxins
- Hydration & fiber – to flush metals through the digestive system

PARASITES:

What Are Parasites?

Parasites are organisms that live off a host, in this case, your body, feeding on your energy, nutrients, and sometimes even your emotions. While they're often associated with poor hygiene or contaminated food, many people unknowingly live with parasites for years.

How Many Types Are There?

There are hundreds of types, but the most common categories are:

- Helminths (worms like tapeworms, roundworms, flukes)
- Protozoa (microscopic single-celled organisms)
- Fungal/yeast-based parasites (like candida overgrowth)

Are They All Bad?

Not all microorganisms in the body are harmful. Our gut has good bacteria and yeast that help with digestion and immune regulation. However, when parasites overpopulate or feed on our tissues and nutrients, they become a major energetic and physical drain.

Where Do They Live in the Body?

Parasites can live in:

- The digestive tract (most common)
- The liver and gallbladder
- The brain and nervous system
- The muscles and joints
- Even within the energetic and emotional body, hiding behind cravings and reactive behaviors

What Do They Feed On?

- Sugar (their favorite fuel)
- Processed foods and alcohol
- Mucus and undigested food particles
- Heavy metals and toxins
- Fear-based emotions and chronic stress

How Do We Remove Them?

- Herbal protocols: cloves, black walnut, wormwood, mimosa pudica, and more
- Collidale silver
- Juice fasting (no sugar): starves parasites by removing their favorite foods
- Water fasting & dry fasting: accelerates detox and makes the internal environment uninhabitable
- Enemas and colon cleansing: removes mucus and physical debris

Does Water or Dry Fasting Kill Parasites?

Yes. Both are highly effective. Parasites need food, moisture, and waste to thrive. Dry fasting removes hydration and can help dissolve the protective biofilm that hides them. Water fasting starves them.

Will I See Them During the Cleanse?

You might. Especially during enemas or after a few days of fasting, it's common to release visible parasites, mucus, or strange debris in your stool. This is a sign that your body is clearing deep layers.

How Can I Avoid Them in the Future?

- Maintain a clean, alkaline diet rich in fresh fruits and vegetables
- Avoid processed sugar, excess meat, and low-quality fats
- Clean your food thoroughly and use parasite-cleansing herbs regularly
- Detox seasonally (1–2 times per year)
- Avoid raw fish and raw meat.
- Strengthen your energetic field with prayer, traveling, and intention
- Be mindful of your water source as some water sources may be contaminated especially in 3rd world countries or while traveling in foreign countries,

DETOX SYMPTOMS:

What They Are & Why They Mean You're Healing

Ever started a cleanse and suddenly felt worse before feeling better? That's what we call a healing crisis, also known as a Herxheimer reaction. When your body starts releasing stored toxins, they temporarily circulate in your system before being eliminated, which can cause some uncomfortable, but totally normal—detox symptoms. Think of it as a sign that your body is working hard to cleanse and reset!

What Causes Detox Symptoms?

- Toxins being released too quickly – the body is purging stored waste
- Liver & kidneys working overtime – processing all the built-up junk
- Pathogens dying off – releasing endotoxins before they're flushed out
- Shifts in gut bacteria – as your microbiome rebalances

Common Detox Symptoms?

- Mild flu-like symptoms – body aches, fatigue, low energy
- Headaches – from sugar or caffeine withdrawal
- Digestive changes – bloating, gas, diarrhea, or constipation
- Skin breakouts – toxins exiting through the skin
- Increased mucus or congestion – clearing out the lungs and sinuses
- Sleep disturbances – as the body adjusts and repairs

The Good News? It's Temporary!

Your body knows how to heal, and these symptoms are just a sign that deep cleansing is happening. To support the process, we focus on:

- Hydration – flushing out toxins faster
- Liver-supporting foods – lemon, dandelion, and greens to ease detox load
- Gentle movement & Breathwork – to stimulate lymphatic drainage
- Epsom salt baths & sweating – helping release toxins through the skin
- Rest & Sleep

UNDERSTANDING DRY FASTING & CHOOSING WHAT'S BEST FOR YOU

What They Are & Why They Mean You're Healing

Dry fasting is one of the most intense detoxification methods, as it eliminates all external sources of water, forcing the body to create metabolic water by breaking down stored fat and damaged cells. This process enhances autophagy, deep healing, and cellular repair.

There are different methods of dry fasting, and it's important to choose what aligns best with your body's needs and comfort level.

Types of Dry Fasting:

- **Hard Dry Fast (Strict Dry Fasting)**

No water, liquids, or external contact with water (no showers, washing hands, or brushing teeth).

Considered the most intense and is usually done for shorter durations.

- **Soft Dry Fast (Modified Dry Fasting)**

- No internal water consumption, but external water contact is allowed (showering, brushing teeth, rinsing mouth).

- Some variations allow minimal water intake (up to 8 oz / 250 ml per day) with added minerals for electrolyte balance.

This is what we will focus on for this cleanse, to support the body's healing while ensuring safety and comfort.

Choosing What Works for You: Honor Your Body

This cleanse is a suggestion protocol, but you are the master of your temple.

- If soft dry fasting feels right, I encourage you to embrace it while using structured water with minerals to support detox.
- If you feel like water fasting is easier for you, continue water fasting! I fully support you in listening to your body.
- If juicing was where your limit was, that's completely okay! Any step toward cleansing is beneficial.
- The key is to observe and honor your limits. Fasting is a powerful tool, but it should be done with deep self-awareness, self-respect, and alignment with what feels best for you.
- No matter which path you choose, you are cleansing, healing, and honoring your body.

WHAT TO EXPECT IN THE TOILET DURING A JUICE CLEANSE, WATER FAST, AND DRY FAST

Fasting and cleansing trigger deep detoxification, and what you see in the toilet bowl can be a clear sign of how your body is releasing toxins. Here's what to expect at different stages of fasting:

Juice Cleanse (With Fiber & Without Fiber)

- Since juice cleansing still provides some nutrients and hydration, your digestive system stays somewhat active.
- Loose or watery stools – The body is flushing out waste and mucus
- Green or dark stools – High chlorophyll intake from greens
- Mucus-like strands – Clearing out old, built-up intestinal mucus
- Old, compacted waste (black or tarry stools) – Deep colon cleansing
- Parasites (sometimes visible in stool) – Juice fasting can help dislodge worms
- Expect: Frequent bowel movements, especially in the first few days. If consuming fiber (like blended juices or psyllium husk), stools will have more bulk. If only having strained juices, stools may become looser or even stop for a while.

Water Fasting (No Fiber, No Food, Just Water)

- With no food intake, digestion slows, but the body still eliminates waste and toxins through the colon, liver, and kidneys.
- Little to no stool after the first few days – Since no solid food is coming in
- Mucus or bile discharge – The liver and gallbladder are cleansing
- Dark, foul-smelling urine – Toxins leaving through the kidneys
- Foamy or cloudy urine – Fat and protein breakdown from autophagy
- Occasional diarrhea or loose stool – The body releasing stored waste
- Expect: Less frequent bowel movements as digestion slows, but the kidneys will be working overtime, so urine will change in color and smell.

THE POWER OF ENEMAS FOR DEEP CLEANSING:

Enemas have been used for centuries as a method of internal cleansing, detoxification, and healing. They are an effective way to flush out toxins, support digestion, and aid in deep detoxification. Whether you are looking to cleanse your colon, support your liver, or eliminate parasites, enemas are a powerful tool in any cleansing protocol.

Why Use an Enema?

- Flushes out accumulated waste and toxins
- Supports liver detoxification
- Improves digestion and gut health
- Relieves constipation and bloating
- Assists in parasite and candida cleansing
- Enhances the effectiveness of juice fasts and detox programs

Types of Enemas and Their Benefits

1. Saltwater Enema

Purpose:

Hydrates the colon, draws out toxins, and promotes deep cleansing.

What You Need:

- 1 teaspoon of unrefined sea salt, Himalayan pink salt, or Celtic salt
- 1 quart (4 cups) of warm, filtered water

Preparation & Instructions:

- Dissolve the salt in warm, filtered water.
- Ensure the solution is at body temperature (~98°F/37°C).
- Follow the standard enema procedure:
- Insert the enema solution slowly.
- Hold for 5-10 minutes.
- Release naturally.

2. Coffee Enema

Purpose:

Detoxifies the liver, stimulates bile flow, and supports colon cleansing.

What Kind of Coffee to Use?

- Organic, light or medium roast coffee (preferably air-roasted and mold-free).
- Avoid instant or decaf coffee.
- A great option is S.A. Wilson's Gold Roast, designed for enema use, available on Amazon.

Ingredients & Preparation:

- Beginner dose: 1 tablespoon coffee per 2 cups of filtered water.
- Advanced dose: 2-3 tablespoons coffee per 4 cups of filtered water.

1. Boil the measured amount of filtered water.
2. Add the coffee grounds and simmer for 10-15 minutes.
3. Let cool to body temperature (~98°F/37°C).
4. Strain well to remove coffee grounds.
5. Follow the standard enema procedure:
 - Insert the enema solution slowly.
 - Hold for 12-15 minutes.
 - Release naturally.

3. Herbal & Healing Enemas

Purpose:

Soothes the gut lining, reduces inflammation, and restores balance.

Options:

- **Probiotic Enema:** Rebuilds gut flora and supports digestion.
- **Aloe Vera Enema:** Heals the colon lining and hydrates tissues.
- **Chamomile Tea Enema:** Reduces inflammation and soothes the digestive tract.
- **Garlic Enema:** Antiparasitic and antibacterial, effective for candida and parasites.
-

Preparation:

- Brew the herbal tea or probiotic mixture and allow it to cool.
- Strain if necessary and ensure it is body temperature.
- Follow the standard enema procedure.

.

1. Boil the measured amount of filtered water.
2. Add the coffee grounds and simmer for 10-15 minutes.
3. Let cool to body temperature (~98°F/37°C).
4. Strain well to remove coffee grounds.
5. Follow the standard enema procedure:
 - Insert the enema solution slowly.
 - Hold for 12-15 minutes.
 - Release naturally.

3. How to Prepare a Probiotic Enema:

- Use high-quality, refrigerated probiotics containing Lactobacillus and Bifidobacterium strains.
- Dissolve 1-2 probiotic capsules or 1 teaspoon of probiotic powder in 2 cups of warm, filtered water.
- Ensure the solution is at body temperature (~98°F/37°C).
- Follow the standard enema procedure.

BEST PRACTICES FOR ENEMAS

- Use filtered, warm water to avoid cramping.
- Perform enemas in the morning or on an empty stomach.
- Stay hydrated before and after.
- Always listen to your body and stop if you feel discomfort.

Enema Protocol for Your 4-Phase Detox:

To enhance your detox experience, follow this enema sequence:

Phase 1: 5-Day Elimination Phase

- Days 1-5: Saltwater enema (1 per day) to flush out toxins and prepare the digestive system.
- If experiencing sluggish digestion, add a probiotic enema on Days 3 and 5 to support gut flora.

Phase 2: 4-Day Green Juice Phase

- Days 6-9: Coffee enema (1 per day) to support liver detoxification and bile flow.
- Optional: A saltwater enema every other day if digestion slows down.

Phase 3: 3-Day Water Fast

- Days 10-12: Coffee enema (1 per day) to deepen liver detox.
- If needed, a probiotic or aloe vera enema on Day 12 to soothe and rebalance the colon.

Phase 4: 3-Day Dry Fast

- Days 13-15: Minimal enemas recommended due to lack of hydration.
- If discomfort arises, a small saltwater or probiotic enema on Day 15 to gently reintroduce fluids.
-

STEP-BY-STEP GUIDE TO PERFORMING AN ENEMA:

- **Gather Supplies:**

Enema kit, filtered water or enema solution, lubricant (coconut oil or aloe vera gel), towels, and a toilet nearby.

- **Prepare the Solution:** Mix the appropriate ingredients and ensure they are at body temperature.

- **Set Up Your Space:**

Lay towels or a yoga mat on the floor, preferably in the bathroom.

- **Position Yourself:**

- Lie on your left side with knees bent.

Or, kneel with your chest lowered (child's pose variation).

- **Lubricate & Insert:** Apply lubricant to the enema tip and gently insert it 2-3 inches into the rectum.

- **Release the Solution:** Slowly open the enema clamp and let the liquid flow in. If cramping occurs, pause or slow the flow.

- **Hold the Solution:** Retain for 5-15 minutes (or 12-15 minutes for coffee enemas). Massage belly in curculsar motions, breath deeply and try to relax!

- **Release on the Toilet:** Sit and allow your body to expel the liquid naturally.

- **Clean & Store:** Wash the enema kit thoroughly with warm, soapy water for future use.

ENEMA PROTOCOL FOR YOUR 4-PHASE DETOX:

To enhance your detox experience, follow this enema sequence:

Phase 1: 5-Day Elimination Phase

- Days 1-5: Saltwater enema (1 per day) to flush out toxins and prepare the digestive system.
- If experiencing sluggish digestion, add a probiotic enema on Days 3 and 5 to support gut flora.

Phase 2: 4-Day Green Juice Phase

- Days 6-9: Coffee enema (1 per day) to support liver detoxification and bile flow.
- Optional: A saltwater enema every other day if digestion slows down.

Phase 3: 3-Day Water Fast

- Days 10-12: Coffee enema (1 per day) to deepen liver detox.
- If needed, a probiotic or aloe vera enema on Day 12 to soothe and rebalance the colon.

Phase 4: 3-Day Dry Fast

- Days 13-15: Minimal enemas recommended due to lack of hydration.
- If discomfort arises, a small saltwater or probiotic enema on Day 15 to gently reintroduce fluids.
-

ENHANCING YOUR CLEANSE WITH AN ENEMA SEQUENCE:

For deeper detoxification, you can combine enemas:

1. Start with a saltwater enema to clear the colon.
2. Follow with a coffee enema to support liver detoxification.
3. End with a probiotic or aloe vera enema to restore gut flora and soothe the colon.

By integrating enemas into your cleanse, you can maximize the detoxification process and support your body's natural ability to heal and regenerate. Whether you are cleansing for general wellness or targeting specific concerns like parasites, bloating, or toxicity, this practice is an invaluable tool on your healing journey.

DO YOU NEED TO DO AN ENEMA DURING WATER OR DRY FASTING?

The short answer:

It depends on your body's response and how deep you want to detox. Fasting slows down digestion, but your body is still working hard to eliminate old waste and toxins.

Some people naturally release waste through bowel movements, while others may experience constipation or detox symptoms due to stagnation. That's where enemas can help!

Enemas During Water Fasting – Helpful but Optional

- Since you're not consuming fiber, your digestive system slows down, but your body still dumps toxins into the colon for removal. If this waste sits too long, it can get reabsorbed, leading to detox symptoms like headaches, fatigue, and nausea.

Why You Might Want to Do an Enema:

- Helps flush out old waste and toxins faster
- Reduces detox symptoms like brain fog, nausea, and body aches
- Prevents toxic reabsorption
- Supports liver detox by clearing bile from the intestines
- Recommended: If you feel sluggish, bloated, or backed up, an enema (like a warm water or coffee enema) can speed up elimination and provide relief.

Enemas During Dry Fasting – Not Recommended

During a true dry fast, your body recycles and breaks down waste internally through autophagy, meaning it doesn't rely on bowel movements in the same way. Introducing water (even rectally) can interrupt the fasting state by rehydrating the colon, so enemas are usually avoided unless absolutely necessary.

When to Avoid Enemas During Dry Fasting:

- If you're doing a strict hard dry fast (no water at all)
- If your body is already eliminating toxins through urine and breath
- If you don't feel bloated or uncomfortable
- When You Might Consider It (Soft Dry Fast):
- If detox symptoms become extreme and you need relief
- If you feel very constipated or toxic before transitioning into rehydration
- If you're breaking a dry fast with a water or juice flush

WHAT TO EXPECT IN THE TOILET DURING A JUICE CLEANSE, WATER FAST, AND DRY FAST

:

Dry Fasting (No Food, No Water)

- A deep, cellular-level cleanse where the body switches to burning old waste, dead cells, and stored toxins through autophagy.
- Little to no stool – The digestive system completely rests
- Thick, dark, or yellow urine – High toxicity elimination through the kidneys
- Strong-smelling urine – Byproducts of deep detox and metabolic waste
- Coated tongue & thick saliva – Toxins being released through the mouth
- Occasionally, dark mucus in stool – If the colon is still releasing waste
- Expect: Minimal to no bowel movements, but intense detox symptoms as the body burns and recycles old material. Urine will be the main detox pathway during dry fasting.

What If You See Something Strange?

- White or stringy mucus – Clearing out candida overgrowth
- Yellow or foamy urine – Liver and gallbladder detox
- Parasites (small white worms or string-like material in stool) – Fasting starves and eliminates parasites
- Old compacted stool (black or tarry feces) – Deep bowel cleansing

What you see in the toilet during a cleanse is a powerful visual confirmation that your body is detoxing.

If bowel movements slow down, that's normal, your body is using energy for healing rather than digestion.

Drink plenty of water (unless dry fasting), rest, and allow the process to unfold. 🌿✨

DAILY DETOX RITUALS TO AID YOUR CLEANSE:

Oil Pulling • Dry Skin Brushing • Tongue Scraping

These practices are meant to be part of your daily cleansing ritual. Each one supports your body's natural detox pathways, boosts circulation, clears toxins, and keeps your energy clear and flowing. When done consistently during your cleanse, these rituals become powerful allies for physical, emotional, and energetic release.

1. OIL PULLING:

- Oil pulling is an ancient Ayurvedic ritual that helps draw out toxins from the mouth, bloodstream, and lymphatic system. It's especially important while cleansing, when your body is eliminating more waste.

How to Do It:

- First thing in the morning, before drinking water or brushing your teeth, take 1 tablespoon of cold-pressed coconut oil (or sesame oil).
- Swish it around in your mouth for 10–20 minutes.
- Do not swallow it—spit it out into the trash, not the sink.
- Rinse your mouth with warm water and then brush your teeth.
- Why it matters during your cleanse:
 - Removes bacteria and toxins from the mouth
 - Supports lymphatic drainage
 - Clears foggy energy and improves breath
 - Helps reduce internal inflammation

2. DRY SKIN BRUSHING:

The skin is one of the largest detox organs. Dry brushing stimulates lymph flow and exfoliates the skin to help toxins release more efficiently.

How to Do It:

- Use a dry natural bristle brush before your shower.
- Always brush on dry skin in long, upward strokes toward the heart.
- Start at your feet, move up your legs, arms, back, and torso.
- Avoid the face and any sensitive or broken skin.
- Brush for 3–5 minutes daily.

Why it's essential during your cleanse:

- Stimulates circulation and lymph flow
- Gently exfoliates the skin
- Supports natural detoxification
- Awakens the body and boosts vitality

3: SPOON TONGUE SCRAPING:

Every morning while cleansing, your tongue will likely show a white or yellow coating—this is a visible sign of detox. Scraping it helps remove accumulated toxins from your digestive tract and keeps your mouth and gut cleaner.

How to Do It:

- Use a stainless steel tongue scraper or a clean spoon.
- After oil pulling (before drinking or eating), gently scrape from the back of the tongue to the front 5–10 times.
- Rinse the scraper or spoon between each pass.
- Follow with warm water or your morning lemon water.

Why it's a must during your cleanse:

- Removes toxins and bacteria released overnight
- Improves digestion and taste
- Helps reduce bad breath
- Clears residual “sludge” from your body’s detox process

THE 4 PHASES DETOX JOURNEY PROTOCOL

PHASE 1: THE ELIMINATION PHASE

Welcome to the Beginning of Your Transformational Detox!

Congratulations on starting this powerful reset for your mind, body, and spirit! Phase 1: The Elimination Phase is all about preparing your body for deeper detoxification by simplifying your diet. During this phase, you'll be eating only fresh fruits and vegetables, with minimal oil (just a little avocado or grapeseed oil if needed). Salt should only come from your electrolyte intake to give your liver a break. Think of this as a gentle transition into detox mode, making the next phases much easier on your body.

Why This Phase is Important

- ✓ Prepares your body for deeper detoxification by eliminating processed foods, animal products, grains, and excess fats, allowing your system to release toxins gradually.
- ✓ Prevents intense detox symptoms by easing into the cleanse, reducing headaches, fatigue, and cravings when transitioning to liquids.
- ✓ Gives your digestive system a break so your body can focus more on healing and detoxification rather than breaking down complex foods. ✓ Encourages cellular regeneration with antioxidant-rich fruits and vegetables, providing deep nourishment and hydration.

What to Expect?

Your body is beginning to release toxins, so you may experience:

- ✓ Mild detox symptoms like fatigue, brain fog, or digestive changes. ✓ Emotional releases as stored energy and toxins leave your system. ✓ Increased mental clarity and lightness as your body adjusts.
- ✓ Caffeine Withdrawals – If you usually drink coffee, you may get headaches, irritability, or fatigue. This will pass as your body resets.

This is a great time to incorporate gentle movement, such as yoga, stretching, swimming, walking, or sauna therapy. Journaling will also help you process emotions and set intentions for this journey.

PHASE 1- HEART PURIFICATION

The heart is our home for love, our soul. It is where stories and emotions are held, and where you reclaim your truth. In this phase, we release emotional debris, outdated beliefs, and grief stored in the heart.

Practices:

- **THE BREATH OF LIFE BREATH WORK**
- **Clean your physical space, your home**
- **Burn a candle with prayer intention**
- **Write a goodbye letter to old beliefs about love**
- **Daily Affirmations**
- **listen to your activation**
- **listen to your overnight recorded meditation.**

PHASE 1 -ADDITIONAL DETOX SUPPORT

Enemas for Deeper Cleansing:

- **Perform an enema every other day or as needed.**
- **If taking psyllium husk, do the enema first to clear waste before adding fiber.**
- **Use warm water, chamomile, or lemon water enemas for gentle detoxification.**
- **For parasite cleansing, consider a garlic or coffee enema.**

Journaling for Mental Clarity:

Reflect on these prompts:

- **What am I releasing physically, emotionally, and spiritually?**
- **What is my intention for this detox?**
- **How do I want to feel at the end of these 15 days?**

PHASE 1 - ELIMINATION PHASE (5 DAYS) DETOX CHART

7:00 AM	Set daily intention & drink 16 oz lemon. Starts the day with clarity & hydration, stimulates digestion
7:10 AM	Morning Reflection & Journaling. Aligns mindset for healing and detox
7:30 AM	1-hour walk or yoga. Activates lymphatic system, boosts circulation, aids detox.
8:30 AM	Drink 16 oz celery juice (stay home for 60 min or until fully eliminated waste). Flushes toxins, supports digestion, ensures body is fully emptied before leaving home.
10:30 AM	First Meal: Simple fruit bowl or large salad with half an avocado
11:00 AM	Listen to Phase 1 activation. Subconscious reprogramming and deepens detox alignment.
12:00 PM	Second meal (salad, steamed veggies, or soup - no salt). Maintains stable energy, supports digestion
1:00 PM	Hydration & sunlight therapy (water, herbal tea, coconut water)
3:00 PM	Third meal: Light meal (salad, steamed veggies, or soup) Assists with toxin elimination, reduces detox
6:00 PM	Perform enema (every other day or as needed). Prepares digestive system for psyllium husk

PHASE 1 - ELIMINATION PHASE (5 DAYS) DETOX CHART

7:30 PM	Drink 16 oz of water to prepare for .psyllium husk intake.
8:00 PM	Take psyllium husk. Follow instructions on package and drink 2 glasses of water.
9:00 PM	Listen to meditation (optional in the morning, mandatory at night) More subconscious reprograming.
9:30 PM	Evening Reflection & Relaxation, journaling.
10:00 PM (OPTIONAL)	Swallow 1-2 cloves of garlic with water (before bed) For cleansing parasites and gut bacteria.

You've got this!
Your body is intelligent, resilient, and designed to heal.

The Elimination Phase is your gateway to deep transformation. By following this plan, you are setting yourself up for success, making the transition into deeper detoxing smooth and powerful.
Stay committed, listen to your body, and trust the process.
I am so honored to support you on this sacred journey.

AFFIRMATIONS FOR PHASE 1

Repeat these three times a day to rewire your subconscious:

1. I am deeply grateful for my body and all that it does for me.
2. My body is strong, resilient, and healing with ease.
3. I nourish my body with love, care, and high-vibrational foods.
4. Every cell in my body is thriving and regenerating with pure vitality.
5. I listen to my body's wisdom and honor its needs.
6. Detoxing is easy, effortless, and deeply restorative for me.
7. I trust my body's natural ability to heal and cleanse itself.
8. My body is a temple, and I treat it with love and respect.
9. I release all that no longer serves me and welcome renewal.
10. I am at peace with my body and the healing process.
11. Every breath I take fills my body with fresh energy and clarity.
12. I am worthy of vibrant health and divine alignment.
13. I release toxins and negativity with ease and grace.
14. My digestive system is strong, clear, and functions perfectly.
15. I am grateful for the nourishment and energy from whole, healing foods.
16. Cleansing my body is an act of self-love and devotion.
17. I feel lighter, clearer, and more connected to my divine self every day.
18. My body thanks me for giving it the rest and healing it needs.
19. I welcome deep cellular renewal and vibrant well-being.
20. This detox is a sacred journey, and I am fully supported in my healing.

PHASE 2: THE GREEN JUICE DETOX

Welcome to the Deepening of Your Detox!

Congratulations on completing Phase 1!

You have already made incredible progress by eliminating processed foods, excess oils, and salt from your diet. Now, it's time to take your detox to the next level by shifting into a fully liquid-based cleanse with fresh, nutrient-dense green juices.

This is a phase of deep cellular cleansing, renewal, and lightness. You may feel more energized, mentally clear, and connected to your body. However, if you experience detox symptoms, trust that your body is simply releasing what no longer serves you. Your work in Phase 1 has made this transition much smoother, and your body will thank you for this nourishment. The Green Juice Detox is a powerful step in your cleansing journey, allowing your body to go deeper into healing and renewal. By committing to this phase, you are giving your cells the most potent nourishment possible, making the process of detoxification smooth and effective.

Stay consistent, trust your body, and embrace each moment of this journey. If emotions arise, let them flow. If challenges surface, move through them with grace. You are doing something sacred for yourself, and your body is thanking you with every sip of pure nourishment.

I am so honored to support you on this sacred journey. Keep going! You are healing, transforming, and stepping into the highest version of yourself. Trust this journey, stay consistent, and remember, you are cleansing on all levels: **physically, emotionally, and spiritually!!!!**

Why This Phase is Important?

- ✓ Floods the body with bioavailable nutrients – Fresh juices provide an abundance of vitamins, minerals, and antioxidants that your body can absorb immediately.
- ✓ Gives your digestion a break – Without solid food, your digestive system can rest while your body focuses on healing and repair.
- ✓ Promotes deep detoxification – Juicing helps to flush out toxins, heavy metals, and waste, especially when combined with enemas.
- ✓ Boosts hydration and alkalinity – Green juices help replenish hydration levels and balance pH, reducing inflammation and supporting your organs.
- ✓ Supports parasite cleansing (if applicable) – If you are following an anti-parasitic cleanse, your juice will exclude fruit sugars that can feed parasites.

PHASE 2: THE GREEN JUICE DETOX:

Choosing Your Green Juice Plan

There are two juice protocols you can follow during Phase 2:

- **Regular Green Juice Detox** – Includes green vegetables, fresh herbs, lemon, ginger, and a small amount of apple for natural sweetness and energy.
- **Anti-Parasitic Green Juice Detox** – Excludes fruit sugars (no apple) to starve parasites and includes stronger detoxifiers like bitter greens and garlic.
- **Listen to Your Body** – If you feel you need an apple for energy, you may include one per day. However, if you are targeting parasites, it's best to avoid all natural sweeteners for optimal results.
- **DO NOT** add stevia, honey, or any sweeteners – These interfere with the detox process.
- **ALWAYS** include fresh lemon, ginger, and herbs in every juice to support deeper detoxification.
- You may add small amounts of spirulina or chlorella for additional cleansing, but go slow as they can be strong detoxifiers.

PHASE 2 -

HEALING THE SACRAL & EMOTIONAL BODY

In this phase, we journey into the sacral chakra, a home to our digestive organs, and energetic home of our relationship with nourishment, pleasure, and creation. While juice fasting we start cleansing emotional attachments to outdated habits and unconscious patterns related to food, self-worth, and comfort. Here we rewrite our relationship with nourishment, learning to honor food as medicine, as love, as sacredness.

ADDITIONAL DETOX SUPPORT:

- Keep movement gentle:
- Walking, stretching, or light yoga is best. Avoid intense workouts. Do an enema every day – This helps prevent detox symptoms and supports toxin elimination.
- Journaling for Emotional Release – Reflect on what is coming up for you during this deep detox. Take time each day to write freely about emotions, memories, and sensations that surface. Use your non-dominant hand for deeper emotional release, as this engages the subconscious mind and allows hidden feelings to flow onto the page.
- Rest and Listen to Your Body – This is a powerful process. Some days may feel easy, others more challenging. Allow yourself to move through this journey with self-compassion.
- Keep movement gentle – Walking, stretching, or light yoga is best. Avoid intense workouts.
- Do an enema every day – This helps prevent detox symptoms and supports toxin elimination.
- Journaling for Emotional Release – Reflect on what is coming up for you during this deep detox.
- Rest and Listen to Your Body – This is a powerful process. Some days may feel easy, others more challenging. Allow yourself to move through this journey with self-compassion.
- REMEMBER - WHEN HUNGRY - DRINK JUICE!!!

PHASE 2: THE GREEN JUICE RECIPE:

Green Juice Recipe (For 1 Juice Serving)

Base Ingredients:

1 cucumber
1 bunch celery
½ lemon (peeled)
1-inch ginger

Leafy Greens:

2 handfuls kale or spinach
1 handful fresh parsley or cilantro (supports liver detox)

Optional for Regular Detox:

½ green apple (omit for anti-parasitic cleanse)

Additional Boosters (Optional):

optional: ½ tsp spirulina or chlorella (if your body can handle it)

optional: 1 clove raw garlic (for extra anti-parasitic benefits)

Blend or juice these ingredients and drink immediately for the most potent benefits.

PHASE 2: THE GREEN JUICE DETOX CHART (4 DAYS)

7:00 AM	Set daily intention & drink 16 oz lemon. Starts the day with clarity & hydration, stimulates digestion
7:10 AM	Morning Reflection & Journaling. Aligns mindset for healing and detox
7:30 AM	1-hour walk or yoga. Activates lymphatic system, boosts circulation, aids detox.
8:30 AM	Drink 16 oz celery juice (stay home for 60 min or until fully eliminated waste). Flushes toxins, supports digestion, ensures body is fully emptied before leaving home.
10:30 AM	Phase 2: The Green Juice Detox. Provides vital nutrients while keeping digestion light
11:00 AM	Listen to Phase 2 activation. Subconscious reprogramming and deepens detox alignment.
12:00 PM	Second Green Juice: Supports energy & detoxification.
1:00 PM	Hydration & sunlight therapy (water, herbal tea, coconut water)
3:00 PM	Third Green Juice: Midday nutrient boost. Boost your body with enzymes, minerals, and antioxidants!
6:00 PM	Fourth Green Juice: Evening nourishment before rest. Prepares the body for overnight cleansing and repair

PHASE 2: THE GREEN JUICE DETOX CHART (4 DAYS)

7:30 PM	Perform daily enema for deeper elimination. Assists in toxin elimination, reducing detox symptoms.
9:00 PM	Listen to meditation to integrate detox & relaxation. Promotes relaxation, mental clarity, and deep inner healing
9:30 PM	Evening Reflection & Relaxation, journaling.

PHASE 2 -ADDITIONAL DETOX SUPPORT

Keep movement gentle:

- Walking, stretching, or light yoga is best. Avoid intense workouts. Do an enema every day – This helps prevent detox symptoms and supports toxin elimination.
- Journaling for Emotional Release – Reflect on what is coming up for you during this deep detox. Take time each day to write freely about emotions, memories, and sensations that surface. Use your non-dominant hand for deeper emotional release, as this engages the subconscious mind and allows hidden feelings to flow onto the page.
- Rest and Listen to Your Body – This is a powerful process. Some days may feel easy, others more challenging. Allow yourself to move through this journey with self-compassion.
- Keep movement gentle – Walking, stretching, or light yoga is best. Avoid intense workouts.
- Do an enema every day – This helps prevent detox symptoms and supports toxin elimination.
- Journaling for Emotional Release – Reflect on what is coming up for you during this deep detox.
- Rest and Listen to Your Body – This is a powerful process. Some days may feel easy, others more challenging. Allow yourself to move through this journey with self-compassion.

Divine Heart,
You are doing something truly MAGICAL AND POWERFUL
for yourself.

This phase of your detox is not just about juicing, it's
about surrendering to deep healing, nourishing your
body with love, and trusting the intelligence within you.

Your body is working in harmony with you, releasing
what no longer serves your highest alignment, filling up
with divine light and nourishment with each sip liquid.

This journey may bring moments of challenge, but
within those moments lies growth, clarity, and renewal.
Allow yourself to be gentle. Let go of the need to rush.
Move with grace through this phase, knowing that every
choice you make is guiding you to greater balance,
vitality, and radiance.

I am here, holding space for you, celebrating you with
every step you take. You are not alone in this, your body,
your spirit, and the universe are fully supporting your
transformation.

Keep trusting.

Keep allowing.

Keep shining.

You are healing.

You are whole.

You are divine. 🌿 ✨

You've got this! 🌿

Your body is intelligent,
resilient, and designed to heal.

AFFIRMATIONS FOR PHASE 2

Repeat these three times a day to rewire your subconscious:

1. I am deeply grateful for my body and all that it does for me.
2. Every cell in my body is filled with divine love and light.
3. I release all that no longer serves my highest alignment with ease and grace.
4. My body is a sacred temple, and I honor it with love and respect.
5. I allow deep healing to flow through me effortlessly in this present moment.
6. I trust my body's wisdom and ability to restore itself to perfect balance.
7. With every breath, I invite more divine light and love into my being.
8. I am safe, whole, and complete in my body.
9. I lovingly let go of toxins, emotions, and beliefs that no longer align with my highest good.
10. My heart radiates pure self-love, and my body responds with vibrant health.
11. I am grateful for my body's ability to heal and regenerate at all times.
12. Every sip of green juice nourishes me with divine energy and renewal.
13. I choose to let go of the past and step fully into my highest vibration.
14. My body is strong, radiant, and fully supported by the universe.
15. I am worthy of deep healing, self-love, and divine alignment.
16. I release resistance and allow my body to cleanse with ease and grace.
17. I am a vessel of divine healing, and my body is in perfect harmony.
18. I honor my journey and trust that my body is always working in my favor.
19. My body is a channel for divine light, and I radiate love from within.
20. I celebrate and embrace the incredible healing taking place in me right now.

PHASE 3: WATER FASTING - DEEP CELLULAR RENEWAL

Welcome to Phase 3: Deep Cellular Renewal

Congrats for completing phase 2 successfully and have made it to one of the most transformative and powerful phases of your detox journey – Water Fasting. This phase allows your body to enter a state of profound cellular renewal, repair, and cleansing, preparing you for even deeper detoxification in the next phase.

Water fasting is a profound reset, allowing your digestive system to fully rest while your body shifts its focus to deep healing and detoxification. This phase may come with moments of discomfort, but trust that your body is working at its highest intelligence, cleansing and renewing itself in ways that food alone cannot achieve.

This is a powerful step in self-mastery, allowing your body to heal at a deep level before transitioning into the final stage of your cleanse. You are stepping into a new level of healing, discipline, and self-awareness. Your mind may try to convince you that you need food, but remember—your body is fully capable of thriving on stored energy for these few days. You are not starving; you are healing.

Stay gentle with yourself, listen to your body, and surrender to the process. You have already done so much preparation to make this transition as smooth as possible. Trust your body, stay present, and honor this sacred reset.

I am so honored to walk this journey with you. You are a magical being of light! Truly something incredible.

Keep going!!!!

Why This Phase is Important?

- ✓ Activates Deep Cellular Healing – When the body is in a fasting state, it enters autophagy, where damaged and old cells are broken down and replaced with new, healthy ones.
- ✓ Gives Your Digestive System a Full Rest – With no solid food intake, the energy typically spent on digestion is redirected to repairing organs, tissues, and cells.
- ✓ Enhances Mental Clarity & Spiritual Connection – Many people experience heightened intuition, awareness, and peace during fasting.
- ✓ Resets Your Metabolism – Fasting helps regulate blood sugar, insulin levels, and hormone balance.
- ✓ Releases Deeply Stored Toxins – With no new food coming in, your body uses this time to clear out stored waste and toxins from tissues and fat cells.

PHASE 3 - RECLAIMING SOVEREIGNTY WITH CREATION

In this phase, we reclaim our divine connection with creation itself.

We remember that we are not separate from Source.

We are the living breath of the universe.

The stars live within us. Our heart is a cosmic beats in our chest. We are the rhythm of divine intelligence.

As we call back parts of ourselves scattered through timelines, dimensions, and past versions, we simultaneously awaken to the truth that we are whole.

We are divine beings of light, powerful, sovereign, and whole.

In this sacred phase, we reunite with the God-Goddess within us.

We remember that creation flows through us.

That we are not just healing - we are becoming.

ADDITIONAL DETOX SUPPORT

- Keep minimal movement
- Walking, stretching, or light yoga is best. Avoid intense workouts. Do an enema every day – This helps prevent detox symptoms and supports toxin elimination.
- Stay Hydrated – Drink water throughout the day to support toxin removal and prevent dehydration.
- Rest When Needed – Allow your body to use its energy for healing, rather than exertion.
- Journaling for Release – Write about what is coming up emotionally and physically. Fasting often brings mental clarity and emotional detox.
- Embrace Stillness – This is a time to go inward, reflect, and connect with your higher self.
- Use essential oils to stimulate your nasal sensations, can bring ease to this phase of the detox.
- Spend time in water, bath, nature, or anything relaxing.
- spend time in nature.

PHASE 3 - RENEWAL DAILY CHART (3 DAYS)

7:00 AM	Set daily intention & drink 16-20 oz mineral-enriched water. Starts the day with hydration & intention, aligns mindset
7:10 AM	Morning Reflection & Journaling. Encourages emotional clarity & supports detox process.
7:30 AM	Gentle movement: slow stretching, deep breathing, or a short walk and meditation.
8:30 AM	Drink mineral-enriched water & take electrolytes (throughout the day)
11:00 AM	Listen to phase 3 activation

12:00 PM	Hydration & Electrolyte Support (continue replenishing as needed)
1:00 PM	Engage in light activities: journaling, meditating, time in nature
3:00 PM	Continue hydrating with mineral-enriched water
6:00 PM	Optional: Perform enema, for waste removal, only if you feel that you need it. best to let the body rest.

PHASE 3 - RENEWAL DAILY CHART (3 DAYS)

7:30 PM	Perform daily enema for deeper elimination. Assists in toxin elimination, reducing detox symptoms.
9:00 PM	Listen to meditation for relaxation, integration, and deep healing and read affirmations
9:30 PM	Evening Reflection & Relaxation, journaling.

PHASE 3 -ADDITIONAL DETOX SUPPORT

Keep minimal movement:

- Walking, stretching, or light yoga is best. Avoid intense workouts. Do an enema every day – This helps prevent detox symptoms and supports toxin elimination.
- Stay Hydrated – Drink water throughout the day to support toxin removal and prevent dehydration.
- Rest When Needed – Allow your body to use its energy for healing, rather than exertion.
- Journaling for Release – Write about what is coming up emotionally and physically. Fasting often brings mental clarity and emotional detox.
- Embrace Stillness – This is a time to go inward, reflect, and connect with your higher self.
- Use essential oils to stimulate your nasal sensations, can bring ease to this phase of the detox.
- Spend time in water, bath, nature, or anything relaxing.
- spend time in nature.

AFFIRMATIONS FOR PHASE 3:

Repeat these three times a day to rewire your subconscious:

1. I am renewing and healing effortlessly.
2. I trust my body's intelligence and allow it to restore balance.
3. I am experiencing deep healing in every cell of my being.
4. I am filled with divine light, love, and vitality.
5. I honor this sacred process and embrace the transformation within me.
6. I release all that no longer serves me with gratitude and grace.
7. I am cleansing and purifying my body with every sip of water.
8. I am grateful for my body's incredible ability to heal itself.
9. I am strong, resilient, and deeply supported in this journey.
10. I am a miracle, and my life is filled with divine blessings.
11. My body is a sacred temple, and I treat it with love and respect.
12. I am inviting healing energy into my being with each breath.
13. I am at peace, knowing my body is doing exactly what it needs to do.
14. I am deeply connected to my body, mind, and spirit.
15. This fast is an act of self-love, and I embrace it fully.
16. I am grateful for the abundance of healing flowing through me.
17. I surrender to the divine process of renewal and transformation.
18. I am light, vibrant, and full of pure energy.
19. I am receiving every moment of this journey as a gift with an open heart.
20. I trust, I heal, I transform.

PHASE 4: DRY FASTING - THE ULTIMATE RESET

Welcome to Phase 4: The Sacred Reset

You've made it to the final and most powerful stage of your detox journey!! After completing the water fasting phase, your body has already undergone profound detoxification, renewal, and cellular healing. You may be feeling lighter, clearer, and more connected to yourself, or you may be experiencing some fatigue and emotional shifts as your body continues releasing deep layers of stored energy. However you feel right now is completely valid—honor yourself for making it this far.

This Phase is Optional

Dry fasting is an advanced detox method that requires careful attention to your body's signals. In this detox program, we are incorporating soft dry fasting to ensure that your body maintains the minerals it needs while still experiencing the benefits of fasting. However, if you feel that water fasting was enough for you, listen to your body, you are welcome to continue water fasting instead of dry fasting if that is what feels best for you.

I have included information about both dry fasting and soft dry fasting in this book for your knowledge and empowerment. If you are an experienced dry faster and feel ready for a full dry fast, please do so in a way that honors your body and energy levels. If you are new to dry fasting, know that it is a deep cellular reset that has been practiced for centuries. It is challenging, and you may experience hunger, but it can also be incredibly beneficial when done correctly.

This is the phase where you allow your body to reset at its deepest level through soft dry fasting. This is not just a physical cleanse—it's a spiritual and emotional rebirth. By giving your body the chance to fully rest, you are stepping into a space of heightened intuition, clarity, and connection to your divine nature. You are not just detoxing; you are transforming.

Remember, you are never alone in this process. I am here holding space for you, and your body is supporting you in ways you may not even realize. Trust, surrender, and allow this phase to reveal the strength and divinity within you.

You've made it to the final and most powerful stage of your detox journey. After completing the water fasting phase, your body has already undergone profound detoxification, renewal, and cellular healing. You may be feeling lighter, clearer, and more connected to yourself, or you may be experiencing some fatigue and emotional shifts as your body continues releasing deep layers of stored energy. However you feel right now is completely valid—honor yourself for making it this far.

Why This Phase beneficial?

- ✓ Accelerates Autophagy & Deep Cellular Renewal – With no food or water, the body breaks down damaged cells at an even higher rate and regenerates at a profound level.
- ✓ Enhances Spiritual Connection – Many people experience heightened intuition, mental clarity, and emotional breakthroughs during dry fasting.
- ✓ Resets the Nervous System— Dry fasting reduces inflammation, balances hormones, and strengthens the immune system.
- ✓ Activates Inner Healing & Strength – This phase teaches self-discipline, resilience, and complete surrender to the body's intelligence.
- ✓ Eliminates Toxins at an Advanced Level – Without food or water intake, the body taps into stored toxins at the deepest level and expels them naturally.
- .

Additional Detox Support:

- Keep movement minimal – Your body is using all its energy for healing, so honor its need for rest.
- Journal Your Experience – Emotions, insights, and downloads may arise—write them down.
- Honor Your Body's Limits – If dry fasting feels overwhelming, transition back to water fasting.
- Allow Spiritual Expansion – This is a time of heightened awareness, surrender, and alignment

DAILY PROTOCOL FOR SOFT DRY FASTING

Consume no more than 8 oz -(250ml) per day

- Sip slowly throughout the day to sustain hydration without disrupting the fasting state.
- Use only structured, mineralized water to support detoxification.

Select one or two of the following to add to your 8 oz of water for optimal support.

1. Sole Water (Himalayan Salt Water) – Provides essential electrolytes and minerals for balance.

- **How to make:**

- Mix 1 tsp of concentrated Sole solution into water.
- To prepare Sole solution: Add high-quality Himalayan salt to a glass jar, fill with spring water, and let sit for 24 hours. Use the clear liquid, leaving the undissolved salt behind.

1: Fulvic or Shilajit Drops – Replenishes vital minerals and enhances cellular detox.

- **How to make:**

- Add 3-5 drops of Fulvic acid or Shilajit extract to your 8 oz of water.

1. Trace Minerals – Deep mineral support for hydration and detoxification.

- **How to make:**

- Add ½ tsp of liquid trace minerals or fulvic acid to your 8 oz of water.

How to Consume Your Drink

- Sip it mindfully and slowly throughout the day, allowing the body to absorb it gradually.
- Hold each sip in your mouth briefly before swallowing to enhance absorption.
- Approach this hydration ritual as a sacred act of self-love and nourishment.

PHASE 4 - SOFT DRY FASTING DETOX CHART (3 DAYS)

7:00 AM	Set daily intention & gentle breathwork, Aligns mindset & sets the tone for a powerful fast
7:10 AM	Morning Reflection & Journaling, Encourages emotional clarity & supports spiritual detox
7:30 AM	Gentle movement: slow stretching, deep breathing, or a light walk, Activates circulation, lymphatic flow, and gentle energy balance
8:30 AM	Optional: Small sip of mineral-enriched water if needed
11:00 AM	Listen to phase 4 activation

1:00 PM	Rest & stillness: Conserve energy, allow healing, Allowing the body to focus entirely on deep cellular renewal
3:00 PM	Journaling & self-reflection, Supporting emotional processing and spiritual clarity.
6:00 PM	Engage in light activities: meditation, prayer, time in nature, sunset
8:00 PM	Listen to meditation for relaxation, integration, and deep healing

AFFIRMATIONS FOR PHASE 4:

Repeat these three times a day to rewire your subconscious:

1. I am divine love, radiating from the heart of the Almighty.
2. I am the embodiment of infinite light and wisdom.
3. I am deeply connected to my highest self and divine truth.
4. I am fully supported by the universe in my healing journey.
5. I am a vessel of pure energy and transformation.
6. I am in complete harmony with my body, mind, and soul.
7. I am the heart of love, and love flows effortlessly through me.
8. I am guided, protected, and divinely aligned in all that I do.
9. I am limitless, powerful, and deeply connected to the divine.
10. I am releasing all that no longer serves me with ease and grace.
11. I am free, whole, and complete just as I am.
12. I am deeply grateful for this sacred journey of renewal and healing.
13. I am allowing my body to restore itself to perfect balance.
14. I am embracing this process with trust, patience, and self-love.
15. I am expanding into my highest vibration and divine purpose.
16. I am filled with divine light, radiance, and vitality.
17. I am the infinite power of creation embodied in human form.
18. I am surrendering completely to the divine intelligence within me.
19. I am a living expression of bliss, radiance, beauty, and love.
20. I am whole. I am complete. I am infinite love.

BREAKING THE FAST:

This is a delicate and sacred process. After fasting, your body is very sensitive, and reintroducing food must be done slowly and mindfully.

- Start with water – Drink 2 liters slowly, over 1 to 2 hours. Sip gently every few seconds. Don't rush. Your body needs hydration and a signal that food is returning.
- After 2 hours, eat something warm and easy to digest like:
 - A clear vegetable broth
 - Light miso soup
 - Steamed or blended vegetables like zucchini or cauliflower
- Eat in small portions – Eating too much too quickly can make you sick. Start slow and increase gradually.
- Drink water in between meals, but don't overdo it while eating. Let digestion lead.
- Stick to gentle foods for the next 3–5 days:
 - Warm veggies
 - Light soups
 - Berries (wild organic frozen is ok)
 - Cooked apples or pears
 - Fermented foods in small amounts
- Avoid heavy meals, sugar, fried foods, or processed snacks.

Think of these days as sacred transition days.

AFTER CARE

REPLENISH & RESTORE:

You've walked through the fire with grace.
You've danced with your shadows and held your light with courage.
You've made space in your body, mind, and soul for something new.
And now, you've arrived, stronger, clearer, and more connected to the divine within.
I am so proud of you!

This is a sacred milestone, but it's not the end.
In truth, this is just the beginning of your rebirth.

The Aftercare & Integration Phase is where the real transformation is sealed. This phase determines how deeply and sustainably your healing takes root.

Most cleanses skip this part. But I've lived it, and I've learned,
Aftercare is just as important as the cleanse itself.

This is when your body begins rebuilding.
When your microbiome, your inner ecosystem, restores itself into balance.
When your organs awaken to new rhythms, and your soul integrates all that was released.
Here, we re-fertilize the soil of your inner garden.
We invite in nourishment with intention.
We walk as the version of ourselves we fasted to become.
Take this phase seriously. Take it lovingly.
Let this be your sacred celebration, your full embodiment of love, wisdom, and vitality.
You are blooming.
You are worthy.
You are home.

POST CLEANSE - AFTER CARE:

The First 9 Days After The Cleanse:

For the next 9 days, focus on gentle restoration:

- Probiotics (multi-strain, high-count): Reintroduce beneficial bacteria to your gut garden.
- Omega-3 supplements: Reduce inflammation and strengthen cell walls.
- Minerals & Electrolytes (magnesium, potassium, zinc): Rebuild energy and cellular function.
- Cranberry Juice: Cleanse and support liver health.
- Berry Juices & Lemon Teas: Nourish your heart, circulation, and digestion with loving intention.
- Colloidal Silver: Antiviral, antibacterial, and antiparasitic—supports immune strength.
- Moringa: The tree of life—92 nutrients and 46 antioxidants in one.

Eat the Rainbow, Feed the Garden:

Your microbiome is a living, breathing ecosystem—its balance and brilliance rely on the nourishment you provide. Choose organic, vibrant, plant-based foods to feed your inner terrain. Chemical pesticides found in conventional crops can undo the healing you've just accomplished. Let food be your sacred medicine. Let every bite be an offering.

Prebiotics – Food for Your Good Bacteria

Prebiotics – Food for Your Good Bacteria

| These nourish and support your gut microbiota to flourish. |

- Asparagus
- Onions, Garlic, Leeks
- Jerusalem Artichoke
- Green bananas or plantains
- Rolled oats (not instant)
- Chicory root
- Apples (with skin)
- Dandelion greens
- Flaxseeds, Burdock root
- Jicama, Seaweed
- Raw cocoa

Probiotics – Live, Beneficial Bacteria

These are the sacred seeds of your gut garden:

- Water kefir
- Coconut yogurt (unsweetened, with live cultures)
- Sauerkraut, beet kraut, kimchi (unpasteurized)
- Apple cider vinegar (with the “mother”)
- Miso, Tempeh, Natto
- Kombucha (low sugar)
- Probiotic supplements (multi-strain, high-count)

Daily Minimum Serves (Solo or Combined)

- 1 tbsp apple cider vinegar in water (AM & PM)
- 30g kraut or kimchi
- 50g yogurt
- 100ml kefir

Eat probiotic and prebiotic foods separately, mono-style, for easier assimilation.

Regeneration Tips

As you rebuild your digestive fire,
eat mono-style, one prebiotic or probiotic food at a time, away from heavy meals.

This allows for deeper assimilation and supports gut rebalancing.

When your system is strong, you can begin combining foods again with ease.

Hydration: Water that Nourishes

Much of what we call "water" is lifeless.

To make water living, simply add:

- A pinch of Himalayan salt or a few drops of lemon or lime juice
- Optional: A pinch of baking soda for alkalinity

Drink at least 1 liter of mineral infused water with electrolytes daily to awaken hydration at the cellular level.

This opens the channels of energy flow, clarity, and emotional release.

Optional - Prebiotic Rebuilding Oats Recipe:

Overnight Oats or Warm Muesli

- ½ cup rolled oats or soaked buckwheat
- 1 tbsp raisins (liver-loving)
- 1 tbsp seeds or nuts (zinc, selenium, omegas)
- 1 tbsp flax/chia/hemp
- Pinch of cinnamon (digestive aid)
- Pinch of Himalayan salt
- Water to just cover

Add apple & nutmeg for variation. Soak overnight or cook slowly to activate.

POST CLEANSE - SACRED OFFERING RITUAL

THE LEMON RITUAL:

Take a lemon and place it on your altar.

Let it sit there for five days, absorbing your prayers, your healing, and your transformation.

After five days, take the lemon and place it on your heart.

Rub the lemon gently over your chest and speak this aloud:

“This lemon has healed me.

This lemon has loved me.

This lemon has guided my organs back to purity.

I bless this lemon with the force of love,

and I return it to its home in nature

pure and whole forevermore”.

Take the lemon outside.

Place it on the earth as a token of appreciation and a symbol of sacred closure.

Let it return to its original form of love in nature,
an offering back to the fruit that held your healing.

Through this simple but powerful ritual,
you honor the plant medicine that supported your heart.

This is your offering of love, a final gesture of gratitude to the natural world that nourished you.

SPACE CLEARING RITUAL:

As you've cleansed your body, it is now time to cleanse your space—to clear away any lingering frequencies that no longer align with love, peace, or truth.

Stand in the center of your room.
Light a candle. Open your windows.

Place your hand over your heart and declare this aloud with power and presence:

"I remove all negative forces from my home.
I release all energies that linger here
which are no longer of the heart of love.
I vanish and expel all that is not holy,
all that is not true,
all that does not belong in the purity of my space.
I free my home of all debris—seen and unseen—
and I let go with the sacred knowing
that I am pure,
I am holy,
I am true.
And so it is."

Let the wind carry away the remnants.
Let the light fill the room.
And let your home become a temple for love. So within So without.



CLOSING BLESSING

You have walked through the sacred fires of transformation.
You have met yourself in the silence,
in the hunger,
in the stillness between thoughts
and the pulse of your cells.
You have released the weight of what was never yours.
You have chosen devotion over distraction.
You have remembered the truth of who you are,
not just in body, but in your soul.
This journey was never just about detoxing your physical form.
It was about coming home
to your breath,
to your wisdom,
to the heart of love that beats at the center of your being.
Let this be the beginning of a new rhythm.
A life where nourishment is sacred.
Where your intuition is your compass.
Where your temple is tended with reverence and truth.
You are radiant.
You are rooted.
You are alive.
Bless your body.
Bless your path.
Bless your past.
And walk forward with the knowing:
You are whole.
You are holy.
You are home.

With infinite love & gratitude,
MORAYANA

May your every foot step sing with joy and dance in bliss.,
May you always remember the light within you.