

# COMPLETE DETOX SHOPPING LIST:

## MUST HAVE TOOLS

- Juicer
- Large Glass Jars for storage juice
- Probiotics
- Enema bag
- Natural luffa to brush lymphatic system
- A little coconut oil for enema insertion

## ESSENCIALS

- Spring Water (1 gallon per day  
relievers)
- Himalayan Salt or Celtic Sea Salt
- Electrolyte Drops
- Fulvic & Humic Acid OR Trace  
Minerals
- coconut water
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## OPTIONAL ENEMA ADD-INS

- Colloidal Silver
- Probiotics
- Organic Coffee (Made for Enema)  
get on Amazon
- Aloe Juice (for evening enemas)  
Garlic for anti bacterial fungus

## FOR DETOX SHAKES

- Psyllium Husks - Helps sweep the colon.
- Bentonite Clay (Liquid) - Binds to toxins and  
helps pull them out.
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## OPTINAL DETOX TEA:

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

## TEA FOR HEAVY METAL DETOX SUPPORT:

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

## **ELIMINATION PHASE 1:** **STOCK UP ON THESE FRESH FOODS FOR 5 DAYS**

During this phase, you will not be hungry!  
this is about nourishing and preparing your body for the  
deeper detox ahead.

The focus is on whole, clean, plant-based foods, so eat  
freely and enjoy smoothies, salads, steamed veggies, fresh  
fruits, and plenty of water.

Get creative and listen to your body!

If you have high blood sugar, focus on low-glycemic fruits  
like berries, grapefruit, green apples, and pears. Avoid  
high-sugar fruits like bananas, mangoes, and dates.

💡 If you suspect parasites, stick to anti-parasitic fruits like  
papaya (with seeds), pineapple (with core), and coconut  
meat (avoid coconut water). Stay away from starchy  
veggies like potatoes and sweet potatoes, as parasites  
thrive on starch.

💡 No added oils or salt during this phase. The goal is to  
allow the body to detox naturally. The only exception is  
Himalayan or Celtic sea salt, which can be used for  
hydration purposes with electrolytes and minerals.

# ELIMINATION PHASE 1:

## **FRESH FRUITS (ORGANIC PREFERRED)**

These will provide hydration, fiber, and essential nutrients to energize your body.

- ✓ Bananas (avoid if high blood sugar)
- ✓ Dates (avoid if high blood sugar)
- ✓ Apples (preferably green if blood sugar is a concern)
- ✓ Pears
- ✓ Oranges
- ✓ Grapefruits
- ✓ Lemons
- ✓ Limes
- ✓ Berries (blueberries, strawberries, blackberries, raspberries – best for blood sugar balance)
- ✓ Papaya (anti-parasitic; include seeds)
- ✓ Pineapple (anti-parasitic; include core)
- ✓ Coconut meat (anti-parasitic; avoid coconut water)
- ✓ Watermelon or cantaloupe (hydrating, but eat in moderation if blood sugar is a concern)
- ✓ Mangoes (avoid if high blood sugar)
- ✓ Avocados (healthy fats for satiation)
- ✓ Grapes (eat in moderation if blood sugar is a concern)

## **FRESH VEGETABLES (ORGANIC PREFERRED)**

These will fuel your body with essential minerals, fiber, and chlorophyll for cleansing.

- ✓ Romaine lettuce
- ✓ Spinach
- ✓ Kale
- ✓ Arugula
- ✓ Cucumbers
- ✓ Celery
- ✓ Carrots
- ✓ Bell peppers (red, yellow, orange, green)
- ✓ Zucchini
- ✓ Tomatoes
- ✓ Beets (supports liver detox, eat in moderation if blood sugar is a concern)
- ✓ Broccoli
- ✓ Cauliflower
- ✓ Brussels sprouts
- ✓ Mushrooms (portobello, cremini, or shiitake)
- ✓ Asparagus
- ✓ Cabbage (green or purple)
- ✗ Avoid starchy vegetables (only if doing a parasite cleanse):
- ✗ Potatoes
- ✗ Sweet potatoes

## **HERBS, SPICES & CONDIMENTS**

These will enhance flavor, support digestion, and aid detoxification.

- ✓ Cilantro (heavy metal detox)
  - ✓ Parsley (supports kidney function)
  - ✓ Basil
  - ✓ Mint (soothes digestion)
  - ✓ Garlic (powerful anti-parasitic and immune booster)
  - ✓ Ginger root (great for digestion and inflammation)
  - ✓ Turmeric root (anti-inflammatory and liver-supporting)
  - ✓ Cayenne pepper (boosts circulation and metabolism)
- ⊘ No added oils or salt unless using Himalayan or Celtic sea salt for hydration and electrolyte balance.

## **HYDRATION & CLEANSING SUPPORT**

Hydration is key to flush toxins and prepare the body for the next phase.

- ✓ Spring water (drink plenty throughout the day!)
- ✓ Coconut water (avoid if doing a parasite cleanse)
- ✓ Herbal teas (peppermint, nettle, dandelion, licorice, burdock, milk thistle)
- ✓ Fresh aloe vera juice (soothes digestion and reduces inflammation)
- ✓ Electrolyte drops or coconut water powder (for mineral balance)

# PHASE 2: GREEN JUICE SHOPPING LIST

## (FOR 4 DAYS)

### **BASE INGREDIENTS (HYDRATION & VOLUME)**

- 12 large cucumbers – Hydrating, supports kidney detox
- 12 bunches of celery – Rich in minerals, supports gut healing
- (Use 1 bunch each morning, 2 bunches later in the day)

### **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 – Kidney support, anti-inflammatory
- 6 bunches of cilantro – Heavy metal detoxifier




### **LOW-SUGAR FRUITS (NATURAL SWEETNESS & DETOX BOOST)**

- 12 green apples – Natural sweetness

 Avoid if you suspect parasites – can feed them


- 16–20 lemons – Alkalizing, liver-cleansing (1 for each morning + extras for juicing)
- 4 limes – Detox support (1 per day)
- 1–2 large ginger roots – Digestion aid, anti-inflammatory
- 1–2 fresh turmeric roots (optional) – Anti-inflammatory, liver support

### **HYDRATION & MINERAL SUPPORT**

- 4 gallons spring water –  Hydration + mineral balance (1 gallon/day)
- Himalayan or Celtic sea salt  – Replenishes minerals, prevents headaches
- Electrolyte drops or fulvic acid  – Energy + detox support (optional)
- Aloe vera juice – Soothes digestion, supports gut healing
- Wheatgrass powder or fresh shots – Alkalizing, rich in enzymes
- Spirulina or chlorella powder – Detoxifies heavy metals, high in protein
- Dandelion root tea – Supports liver detox, reduces bloating
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### **OPTIONAL PARASITE DETOX SUPPORT**

Include these if you're targeting parasites during your cleanse:

- Papaya seeds – Natural anti-parasitic (1 spoon daily)
- Pineapple core  – Rich in bromelain, helps break down parasites
- Clove powder – Destroys parasite eggs
- Black walnut hull extract – Kills parasites in all life stages
- Wormwood tea – Potent anti-parasitic herb

# PHASE 3: WATER FASTING – SHOPPING LIST (FOR 3 DAYS)

## 💧 **WATER OPTIONS – WHAT KIND OF WATER TO DRINK?**

You'll need 1–1.5 gallons per day → 3–5 gallons total.

### ✓ **Spring water (best choice!)**

Recommended brands:

Mountain Valley Spring Water

Fiji, Evamor, Crystal Geyser

### ✓ **Reverse osmosis or distilled water**

Must be remineralized with Himalayan salt or electrolyte drops!

### ✓ **Alkaline water (optional)**

Choose naturally alkaline – not artificially pH-adjusted.

Recommended brands:

Essentia

Icelandic Glacial

Waiakea

## ⚡ **ELECTROLYTES & MINERALS (Must-Have)**

These are essential to avoid dizziness, headaches, and fatigue during your fast.

### ✓ **Himalayan salt or Celtic sea salt**

Qty: 4–6 oz (1 small bag or jar)

Use a pinch in water or make Sole Water

Recommended brands: Redmond Real Salt, Celtic Sea Salt, Original Himalayan Salt

### ✓ **Electrolyte drops**

Qty: 1 bottle

Recommended brands: LyteShow, Trace Minerals Research

Use as directed on bottle

### ✓ **Fulvic & Humic acid OR trace minerals**

Qty: 1 bottle (2 oz or more)

Recommended brands: Optimally Organic, Black Oxygen Organics

### ✓ **Potassium bicarbonate**

Qty: ½–1 lb

Use ⅛ tsp daily added to water

Recommended brand: Bulk Supplements

### ✓ **Magnesium**

Spray option: Ancient Minerals Magnesium Spray (apply to skin)

Powder option: Natural Vitality CALM (mix in water)

### ✓ **Sole water (DIY electrolyte elixir)**

How to make: Mix 1 tsp Himalayan salt in 1 liter spring water

How to use: Sip throughout the day to prevent dehydration

 **OPTIONAL ADD-INS (incase you need extra support)**

Not required, but helpful for energy, taste, and detox support.

✓ **Coconut water (only if extremely depleted)**

1-2 bottles max

Look for organic, no sugar added

✓ **Lemon or lime**

Qty: 4-6 lemons or limes

Use fresh juice in water for alkalization + refreshment

✓ **Herbal teas (caffeine-free)**

Optional for warmth, digestion, and mineral support

Dandelion root tea (liver support) – Traditional Medicinals

Nettle leaf tea (mineral-rich) – Alvita or Traditional Medicinals

Fresh ginger tea (digestive aid) – Yogi or organic root

Fresh mint tea (cooling + soothing) – Buy 1-2 bunches or organic mint tea bags

## **PHASE 4: SOFT DRY FAST – SHOPPING LIST (3 DAYS)**

**Spring water** (structured or mineral-rich preferred) 8 oz a day

**Himalayan salt** (fine or coarse, non-processed)

**Glass jar** (for making Sole water)

**Fulvic acid drops** OR pure Shilajit extract

**Liquid Trace minerals**



# POST-FAST REINTRODUCTION SHOPPING LIST

## Hydration & Mineral Support

Spring water  
Coconut water (organic, no sugar added)  
Herbal teas (peppermint, ginger, chamomile, nettle)  
Fresh lemon or lime (for alkalizing warm water)  
Sole water (prepared Himalayan salt water)

## Rehydrating & Alkalizing Fruits (Start with water-rich fruits in small portions)

Watermelon  
Cantaloupe  
Papaya (include seeds if continuing parasite protocol)  
Mango (small amounts)  
Pineapple  
Berries (blueberries, strawberries, raspberries)

## Easy-to-Digest Vegetables (lightly steamed, juiced, or raw depending on your body's response)

Cucumbers  
Zucchini  
Celery  
Romaine lettuce  
Spinach  
Carrots (grated or juiced)

## Light Reintroduction Foods (after fruit phase, as digestion strengthens)

Fresh vegetable broth (no oil, low/no salt)  
Light blended veggie soups (zucchini, spinach, celery, herbs)  
Steamed sweet potato or squash (introduce gradually)  
Coconut yogurt or kefir (if including probiotics)

## Optional Additions for Gentle Gut Support

Aloe vera juice (soothing + gut healing)  
Slippery elm or marshmallow root (powder or tea - mucosal support)  
Probiotic capsules or powder (introduce after digestion stabilizes)  
Digestive enzymes (if needed)

# HONEY!!