

## Detoxification Protocol

### Cleansing the Body of Unwanted Toxins

The best way to rapidly, yet safely, remove these toxins from the soft tissues of the body is through a modified fast which causes the liver, kidney, colon and bowel to dump their stored toxins into the blood stream for eventual elimination via the urine and feces. The following fast should be undertaken as soon as possible:

Needed:

1. Between 12 and 15 fresh lemons daily for three days
2. About 3 quarts of distilled water per day for three days
3. A multi-herbal formula consisting of fiber, Celery, Cascara sagrada, Irish moss, Peppermint, Senna, Bromelain, Anise, Ginger, Turkey rhubarb, Chlorophyll, and fiber.
4. Honey to taste

Day One

Make up one and one half cups of freshly squeezed lemon juice. Add this to, two or three quarts of distilled water and mix in a little honey for taste. This will be your total intake of fluid and food of any kind for the entire day. Sip this mixture slowly throughout the day. If you become excessively thirsty or develop a headache this first day, make up another quart of the lemon and honey water and continue sipping it as needed. In addition, take 1 teaspoon of the fiber/herbal mixture in at least 6 to 8 ounces of the lemon water twice per day.

Day Two

Continue, as on day one, making up another fresh batch of the lemon-honey distilled water mixture. Take one teaspoon of the fiber/herbal mixture twice per day as in day one.

Day Three

Repeat the lemon and honey water. Take the fiber/herbal powder as in days one and two.

Days Four and Five

\*Day four marks the end of the concentrated cleansing program, but continue to follow the outline given for days four and five in order to reap the full benefits of the program and to avoid shocking your body.

Stop using the lemon water mix. Today, through day 10, use just one teaspoon of the fiber/herbal powder in 6 to 8 ounces of juice per day. Drink any amount of tomato juice or carrot juice. You may also use white grape juice if diluted with 50% water. **DO NOT CONSUME ANY CITRUS JUICES OF ANY KIND.** Fresh non-distilled spring water may be taken in any quantity.

### Days Six and Seven

Continue as with days four and five but you may now add fruits and vegetables. Use the fiber/herbal powder once per day as above.

### Days Eight and Nine

Add yogurt and/or cottage cheese to your diet. Use the fiber/ herbal powder once a day as above.

### Days Ten and Forward

Add whole protein foods such as chicken or fish slowly, for instance, at one meal per day. Gradually return to your normal protein intake over the next few days. Stop taking the fiber/herbal powder today. Begin taking 10 capsules of potency acidophilus per day for 10 days.

This fast is not only safe and easy, but very effective in removing the buildup of toxins that can contribute to all chronic degenerative diseases, especially arthritis. It is important to remember that you **MUST** consume the stated amount of the lemon and honey water during the first three days of the program.

You can also use this detox formula without the fast for general maintenance. In this case simply use one teaspoon of the powder in 8 oz of fluid once per day, for 10 days. You can do this two or three times per year.

Note: The products that Dr. Whiting refers to in this protocol are:

Combination Herbal/Fiber Powder: ToxiCleanse

High Potency Acidophilus: MegaDoph Acidophilus