

ARE YOU READY FOR A NEW BODY ?

7 DAY CLEANSING PROGRAM

DAY BEFORE CLEANSE*** (“Preparation”)

(Eat light on this day: Fruit, Vegetables, Salads)

1. Eat last meal no later than 8pm
2. No Later than 8pm take: 5 CKLS

.....

DAY 1 - NEXT MORNING 6-8am (DAY OF FLUSH)

3. Take 5 More CKLS Capsules
4. Wait 1/2 hour
5. Mix or blend 1 cup of 100% Pure Orange or Lemon Juice with Cold Pressed Olive Oil based on weight below.

176lbs. & up (16oz’s), **166-175lbs.** (14oz’s), **153-165 lbs.** (13oz’s)

140-152 lbs. (12oz’s), **131-139 lbs.** (10oz’s), **130lbs. and under** (8 oz’s)

(Note: for 8 oz’s and 10 oz’s, only mix ½ cup of orange or lemon juice)

(should finish drinking mixture in Approximately 30 minutes)

DIRECTLY AFTER DRINKING OIL

6. Stay put, Stay at home, suck on a lemon, do not lay down for 4 hours (oil may try to come up) Sit up right. “Watch a Movie or something”
7. For 6-8 hours after flush “Fast” (No food or water), drink unfiltered apple juice or a juice with no water, you may have approximately three rapid bowel movements. If you have gallstones, expect to see small green pea looking like items in your stool.

DAY 2 - DAY AFTER FLUSH & FOR 7 DAYS

<p><u>Suggested Herbs</u></p> <p>2 CKLS B4 BED</p> <p>80% Raw & 20% Cooked (Fruits, Vegetables, Salads) (Natural Cereal like Oat meal is ok for the 20 %, sweetened with fruit, agave nectar or 100% maple syrup)</p> <p><u>DRINKS</u></p> <p>½ to 1 Gallon of Spring or Alkaline Water & Pure Juices.</p>	<p><u>NO’s</u></p> <ul style="list-style-type: none">• No smoking• No alcohol• No meats (Yes, that includes fish, chicken, salmon, etc.)• No fried foods (Brown rice & steam. veggies o.k)	<p><u>NO’s</u></p> <ul style="list-style-type: none">• No white flour• No salt (sea salt o.k.)• No (processed) sugar• No coffee• No dairy products <p>If you like the way you feel, continue the 80% raw diet and enjoy a healthy and long life !!!</p>
--	--	--

“WARNING”: NOT INTENDED FOR NURSING OR PREGNANT WOMEN

This is a version from the original New Body Flush Sheet

with added suggestions from: www.ILoveherbs.com