

CLEANSE PROTOCOL

No.2 THE NEXT LEVEL

by Dr. Amy Rachelle, ND



14 DAY DIETARY STRUCTURE – 5 PHASES



PHASE 1 - ALL RAW

Set your intention

- 3 days
- 100% raw vegan, eat as much as you like without overeating, best to be 1/4 empty when finished eating.
- Consume fiber-free liquids. Minimum at least 2 liters of any combination of fluids: water, green juice, lemon water (with stevia ok), and herbal tea (see recipes in your manual). Keep hydrated! Be sure to only consume fresh juice, nothing packaged, and all organic.

- Do an enema daily or as needed.
- Exercise as usual, or add to your schedule at least 3 times weekly.
- Take blood cleaner of choice, as outlined below in section titled: *Take Blood Cleaner of Choice as outlined*
- Set your intention for your cleanse. What would you like to achieve with it? How would you like to direct it?

Example: "My intention is to gain peace of mind while letting go of old waste in my body and mind."

PHASE 2 - BLENDED FOODS

- 2 days
- Blended foods soups, pate, mousse, etc.
- Consume fiber-free liquids. Minimum at least 2 liters of any combination of fluids: water, green juice, lemon water (with stevia ok), and herbal tea (see recipes in your manual). Keep hydrated! Be sure to only consume fresh juice, nothing packaged, and all organic.
- Exercise as usual, or add to your schedule at least 3 times weekly.
- Do an enema or colonic on the last day of this phase.
- Curious what your body is communicating to you? See section below titled: *Read Your Body's Detox Signs*

WHEN IS a GOOD TIME TO CLEANSE?

- as a mainstay, 4 times per year with every season, 7+ days on blends and/or juice, herbal tea, and water.
- 1 day per week ongoing
- anytime you feel off track and need to release waste that's accumulating (i.e. gaining weight, feeling bloated, low energy, etc.)
- when you feel emotionally imbalanced – let it pass with cleansing, the key is to stick with it until whatever bothers you passes.

PHASE 3 – JUICE, HERBAL TEA & WATER

- 5 days
- Consume fiber-free liquids. Minimum at least 2 liters of any combination of fluids: water, green juice, lemon water (with stevia ok), and herbal tea (see recipes in your manual). Keep hydrated! Be sure to only consume fresh juice, nothing packaged, and all organic.
- Do an enema or colonic every day.
- Light exercise - or add to your schedule

PHASE 4 - BLENDED FOODS

- 2 days
- Blended food (soups, pate, mousse, etc), plus water, green juice, sugar free lemonade, and herbal tea.
- Consume fiber-free liquids. Minimum at least 2 liters of any combination of fluids: water, green juice, lemon water (with stevia ok), and herbal tea (see recipes in your manual). Keep hydrated!

PHASE 5 – ALL RAW

- 2 days all raw
- 100% raw vegan, eat as much as you like without overeating, best to be 1/4 empty when finished eating.
- Consume fiber-free liquids. Minimum at least 2 liters of any combination of fluids: water, green juice, lemon water (with stevia ok), and herbal tea (see recipes in your manual). Keep hydrated! Be sure to only consume fresh juice, nothing packaged, and all organic.
- Exercise as usual, or add to your schedule at least 3 times weekly.
- Do an enema daily or as needed.

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- Ready to go deeper with your cleanse? See section below titled: *Intestinal Cleansers & Heavy Metal Removers*. Not ready? Take it easy then. Best to proceed with this stage when your intestines are empty. Be sure to proceed from your body's true desire and request, rather than excitement and forcing from the mind. Is it what your body truly needs and wants at this stage? Read more in this section below to be sure.

Be sure to only consume fresh juice, nothing packaged, and all organic.

- Exercise as usual (or light), or add exercise to your schedule at least 3 times weekly.
- Do an enema or colonic on the last day of this phase at least 3 times weekly, daily is recommended.

WITH FASTING AMY ALSO RECOMMENDS:

- daily meditation
- yoga/exercise
- gentle love and care
- plenty of solo space and time
- hot baths, massage, sauna, and healing sessions
- focusing on releasing old emotions that no longer serve you
- getting clear about what you really want, and setting your life up accordingly

To learn how to break your fast, see *Breaking Fast* in your manual, and refer to Sunfoods Meal Planners for ideas on how to proceed with eating after fasting.

TAKE BLOOD CLEANER OF CHOICE

Choose the one that specifically addresses the bacterial issue you want to target. See below for more information, and Amy's note. For use, follow label instruction, or the link provided in "protocol".

-Colloidal Silver

more info/credit:<http://articles.mercola.com/sites/articles/archive/2009/02/07/new-guidelines-released-for-safe-usage-of-colloidal-silver-supplements.aspx>
In the mid-1970s, Dr. Robert O. Becker at Syracuse Medical University began his ground breaking research into colloidal silver. He later concluded: "What we have done was rediscover the fact that silver kills bacteria, a fact which had actually been known for centuries... all of the organisms we tested were sensitive to the electrically generated silver ion, including some that were resistant to all known antibiotics... in no case were any undesirable side effects of the silver treatment apparent."

-GSE (Grapefruit Seed Extract)

more info: http://en.wikipedia.org/wiki/Grapefruit_seed_extract
Also known as citrus seed extract, it's liquid is derived from the seeds, pulp, and white membranes of grapefruit. Some marketers of GSE affirm this extract to be a safe, natural, and an effective preservative. It's been stated by some practitioners of alternative medicine to possess antibacterial, antiviral, and antifungal properties, and recommended by some nutritionists for the treatment of candidiasis, earache, throat infections, and diarrhea.

-Oregano Oil

more info/protocol/credit: <http://www.wikihow.com/Get-Health-Benefits-from-Oregano-Oil>
There is some scientific research that suggests anti-inflammatory, anti-microbial, anti-fungal, and anti-parasitic properties of this herb that comes from the mint family.

-MMS

credit/more info/protocol: http://mmswiki.org/index.php?title=Basic_Science_of_MMS
http://mmswiki.org/index.php?title=Basic_Science_of_MMS
An oxidizer that kills pathogens of many different diseases, the chemical of MMS has been used to kill pathogens for 100 years, and to purify water. Note: MMS is a very powerful blood cleaner that needs to be taken with caution, follow label directions carefully.

-Hydrogen Peroxide

protocol: <http://healingtools.tripod.com/H2O2.html>
more info/credit: <http://www.purehealthsystems.com/hydrogen-peroxide-2.html>
The simplest peroxide is a compound with an oxygen-oxygen single bond. It is also a strong oxidizer. Hydrogen peroxide is a clear liquid, slightly more viscous than water. In dilute solution, it appears colorless. Due to its oxidizing properties, hydrogen peroxide is often used as a bleach or cleaning agent. Note: Only 35% hydrogen peroxide is for internal use. This highly effective blood cleaner should be followed carefully to avoid releasing toxins too quickly and overwhelming the blood.

-Baking Soda

more info http://en.wikipedia.org/wiki/Baking_soda
protocol: <http://articles.mercola.com/sites/articles/archive/2012/08/27/baking-soda-natural-remedy.aspx>
This old remedy is good for many ailments including sunburn, extracting splinters – and cleansing internally. Sodium bicarbonate or sodium hydrogen carbonate is the chemical compound with the formula NaHCO_3 (or baking soda). It is a component of the mineral natron and is found dissolved in many mineral springs. In colloquial usage, its name is shortened to sodium bicarb, bicarb soda, or simply bicarb.

Note: most all of the substances above – except for baking soda – are good for washing vegetables with as well. Just be sure to give them a final rinse in pure water after soaking for a few minutes in one of the above. A few drops is all it usually takes, or a capful of hydrogen peroxide.

READ YOUR BODY'S DETOX SIGNS

Lungs: the lungs are said to be responsible for 69% of detox. Breathing in oxygen, we release carbon dioxide. Detox signs & that detox is needed: losing your voice, raspy voice, congestion, shortness or rapid breath, difficulty breathing, tightness in chest, coughing up phlegm, cold and flu symptoms, plus lung issues in general.

Tongue: look for coating – especially in the morning before brushing teeth. The tongue is the only internal organ you can see and shows mucous release from the intestines. No to mild coating indicates that little to no detox is taking place. Medium coat indicates a moderate amount of mucous release. Thick coating indicates that the intestines are strongly releasing.

Eyes: wake up with “sleepy” in your eyes – or thick stuff in them? This is mucous. As you’re detoxing this will increase, then lessen as your blood clears of bacteria. Tired, strained or red eyes indicate nervous system exhaustion. Itchy eyes indicates the upper respiratory system is releasing. Dark circles under the eyes indicate kidney and adrenal strain. Puffiness usually indicates bowel fullness.

Skin: the skin is known to handle 19% of detox. Dry and flaky skin can show dehydration and hormonal changes. Irritated skin such as eczema, psoriasis, and rashes can indicate intestinal issues such as candida and parasites.

Belly: is it relaxed, flat, toned, and not too soft, yet not too hard? Then all may be well. Take a look at your small and large intestine

Take a look at your small and large intestine to discover where you’re holding old matter, and what may feel empty of it – get to know it. Check in with it every morning before consumption, and through out the day. How does its terrain change with what you feel, and consume? A continuously full belly will give symptoms of low energy, head and body aches, depression, anxiety, etc. It’s where health begins and ends.

Smell: the body eliminates odors its detoxifying. Strong body odor indicates the lymphatic system may be congested, along with other organs. As the body becomes more advanced with cleansing, you’ll be able to smell old substances releasing such as drugs, alcohol, foods, chlorine, etc.

Mood: detox signs can often indicate feelings of irritation, doubt, depression, anxiety, stress, etc. Experienced on a daily basis, these symptoms are often strong signs of the toxicity.

Bowel Release: constipation, bloating, diarrhea, irregular bowel movements, only eliminating once per day or less, very stinky poo, black slick releases, gas – these are all signs that the body needs to release what it’s storing and regain balance.

Mucous Release: mucous expelling from the nose, mouth, ears (ear wax), dandruff, eyes, and bowels all indicate that the body needs to cleanse. It’s attempting to eliminate excess storage it accumulated through over production of mucous, due to consuming toxic substances.

Bowel Release: constipation, bloating, diarrhea, irregular bowel movements, only eliminating once per day or less, very stinky poo, black slick releases, gas – these are all signs that the body needs to release what it's storing and regain balance.

Urine:

Credit: http://www.school-for-champions.com/health/urine_color.htm#.Uqj4UxZpG2w

Clear urine

If a person has been drinking an excess of water or diuretics such as coffee or beer, the urine may have little or no color. Amy's note: peeing clear typically indicates that the blood is clean, depending on the dissolved solid content.

Yellow urine

Excess sweating could result in the urine becoming a deeper yellow. Also, it is a sign that you have not been drinking enough liquids

Dark yellow urine

Liver problems or jaundice can cause the urine to become consistently a dark yellow color. Be sure you have been drinking enough fluids before jumping to conclusions.

Orange urine

People who eat too many carrots--like from a juicer--may see orange urine. Also, too much Vitamin C can turn the urine orange.

Brown urine

Brown urine can be an indication of a serious condition. It could be caused by liver disease, hepatitis, melanoma cancer, or copper poisoning. Other symptoms from those ailments should also be considered as indicators. But note that if you had recently eaten fava beans or taken a laxative, your urine also could turn brown.

Greenish urine

A urinary tract infection, bile problems and certain drugs can cause the urine to turn greenish. A brighter green color is an indication of an excess of B vitamins.

Blue urine

Urine with a bluish tint can be caused by a pseudomonas bacterial infection. It can also be an indication of high levels of calcium.

Reddish urine

There are a number of things that can cause the urine to have a red tint.

Blood

A small amount of blood in the urine can give it a red tint. Sometimes droplets of blood are seen. A bladder infection, kidney stones or bladder stones can result in urine with red in it. Also, a slight injury to the bladder or kidney can result in bleeding into the urine. Some professional boxers have been known to pass blood in their urine after a fight. If you see what looks like blood in your urine, it is a good idea to go to the doctor to check the condition.

Food

Eating beets can result in reddish-purple urine. Acidic urine will turn red after eating blackberries. Alkaline urine will look reddish after eating rhubarb. Whether your urine is acidic or alkaline is usually determined by other foods you have eaten. Candy or pills with a dye can temporarily turn the urine red.

Poison

Lead or mercury poisoning can turn the urine reddish. If you suspect you have ingested and have been handling those toxic metals, and your urine is red, you should see your physician.

Summary

The color of your urine may determine the state of your health. Your kidneys process liquids from what you have been eating and drinking, and the resulting urine consists of water and dissolved waste material. Certain colors of your urine can indicate problems, diseases or imbalances in your diet.

INTESTINAL CLEANSERS & HEAVY METAL REMOVERS

Intestinal cleansers act to draw out and/or evacuate old waste from the intestinal walls, that's suppressed in the tissue. Be sure to use them only when you feel empty, and relatively free of old waste so that they can draw and release toxicity from the intestines – rather than create constipation. For use, follow label instructions, or the link provided in “protocol”. Note: when taking a substance that acts to draw out toxicity and old waste (clays, activated charcoal, etc.), be sure to immediately follow with an “intestinal broom” (psyllium, flax seeds, etc) to pull out what you've drawn out.

VERY IMPORTANT: take the suggested amount and drink 1+ liters of water with each serving to ensure they don't create constipation, and can work unobstructed.

Note: a diet rich in cilantro taken as a food, juice (like wheatgrass), or oil is known to be highly affective in eliminating heavy metals.

Bentonite Clay

More info/credit: <http://www.bulkherbstore.com/Bentonite-Clay-Powder>

Bentonite Clay is a very unique substance, formed primarily of Montmorillonite, which is an extremely flat crystal flake, that carries a relatively strong negative ionic charge. Think of the Montmorillonite crystal flake resembling two pieces of bread, with a strong vacuum pulling the lunch meat in between them, whatever lands there (Sodium or Calcium) determines what kind of sandwich it will be. Now when you activate this clay sandwich it will magnetically grab the junk in your body (heavy metals, toxins, acid, etc....) and trade them for the” lunch meat” taking the toxins out in your waste. The two different clays (sodium and calcium bentonite) although very similar in their inert (dry) state, they have very different applications when activated (mixed with water). Calcium Bentonite does not swell as much as Sodium Bentonite and while that makes it less effective as a detoxing agent it is more effective as a remineralizer.

Activated Charcoal

More Info/credit: <http://www.webmd.com/vitamins-supplements/ingredientmono-269-ACTIVATED%20CHARCOAL.aspx?activeIngredientId=269&activeIngredientName=ACTIVATED%20CHARCOAL>

Common charcoal is made from peat, coal, wood, coconut shell, or petroleum. “Activated charcoal” is similar to common charcoal, but is made especially for use as a medicine. To make activated charcoal, manufacturers heat common charcoal in the presence of a gas that causes the charcoal to develop lots of internal spaces or “pores.” These pores help activated charcoal “trap” chemicals lodged in the body. Activated charcoal is used to treat poisonings, reduce intestinal gas (flatulence), lower cholesterol levels, prevent hangover, and treat bile flow problems (cholestasis) during pregnancy.

How does it work? Activated charcoal is good at trapping chemicals and prevents their absorption into the bloodstream.

Flax Seeds

It's been called one of the most powerful plant foods on the planet. Some evidence suggests it may help reduce the risk of heart disease, cancer, stroke, and diabetes. It's also known to be high in omega-3 essential fatty acids, lignans, and fiber. The high fiber content makes them a great – and gentle – intestinal cleaner. For this purpose, try taking 1 tablespoon with a liter of water, twice daily.

Psyllium

More info/protocol/credit: <http://www.webmd.com/drugs/drug-797-psyllium+oral.aspx>

This herb is used to treat constipation typically. It increases the bulk in your stool, an effect that helps to cause movement of the intestines. It also works by increasing the amount of water in the stool, making the stool softer and easier to pass. Psyllium, one type of bulk-forming laxative, has also been used along with a proper diet to treat high cholesterol.

Diatomaceous Earth

More info/credit: <http://diatomaceousearthsource.org>

Diatomaceous earth refers to the broken down remains of ancient organisms called diatoms. Diatoms were organisms that closely resembled algae in nature millions of years ago. As these diatoms died, they settled on the sea floor and formed massive deposits, which humans now mine. What's so special about diatoms is that they had the ability to emit silica. In fact, diatomaceous earth is composed of about 85% silica. This is why diatomaceous earth is a white, chalky or clay like powder.

The most common digestive benefits of diatomaceous earth are:

- improved colon health
- faster digestion
- improved nutrient absorption
- regular, healthier bowel movements
- metal detoxification

Enemas

More info/credit: <http://en.wikipedia.org/wiki/Enema>

The procedure of introducing liquids into the rectum and colon via the anus. The increasing volume of the liquid causes rapid expansion of the lower intestinal tract, often resulting in very uncomfortable bloating, cramping, powerful peristalsis, a feeling of extreme urgency and complete evacuation of the lower intestinal tract. An enema has the advantage over any laxative in its speed and certainty of action, and some people prefer it for this reason.

Colonics

More Info/credit: http://en.wikipedia.org/wiki/Colon_cleansing

Colon cleansing (also known as colon therapy) encompasses a number of alternative medical therapies intended to remove feces and nonspecific toxins from the colon and intestinal tract. Colon cleansing may take the form of colon hydrotherapy (also called a colonic or colonic irrigation) or oral cleansing regimens, such as dietary supplements.

Some forms of colon hydrotherapy use tubes to inject water, sometimes mixed with herbs or with other liquids, into the colon via the rectum using special equipment.. People who practice colon cleansing believe that accumulations of putrefied feces line the walls of the large intestine and that these accumulations harbor parasites or pathogenic gut flora, causing nonspecific symptoms and general ill-health.