

“The Country Doctor Detox Center”

### **Juice fasting**

Juice Grape juice, carrots, oranges and grapefruit or unfiltered apple juice. Drink by chewing an 8 ounce glass or more each hour during the day for six days the first week. Drink the Vita lemon Gruel cleanse each day. ( 1 tsp each of Vita lemon, Slippery Elm Bulk and Natures Three)-available at [www.naturessunshine.com](http://www.naturessunshine.com) Sponsor # 194881. In addition, drink one cup of comfrey leaf or root tea each day or Renee’s blended tea mix. Herbal Formula’s – LBS II, Nerve Eight, Proactazyme, Herbal Ca-- 3x’s a day depending on problem.

### **Skin Brushing/Exercise**

Skin Brush 5 minutes each day, take a hot ginger bath followed by a cold shower each day —see Renee for recipe. Walk or jog barefoot on the grass or sand to rid the body of static electricity and allow new electrical vibration to come from the atmosphere.

### **Three Oil Massage**

For the first two days, massage client with castor oil. The next two days use olive oil, and the last two days of the week massage with wheat germ oil. On the seventh day, rest the client, using no foods, herbs, or juice, only steam-distilled water as much as is desired. Sunbathe after the massage if possible, do not allow skin to burn.

### **Herbal Fomentation’s**

We will use an herbal fomentation each night of the six days of the week covering the spine and tailbone, use a cotton or wool skull cap, B & B fomentation. To aid the motor nerve and spinal cord, use the B & B formula, inserting with an eye dropper 4-6 drops of oil of garlic and 4-6 drops of B & B tincture into each ear 6 nights a week. Plug the ears with cotton overnight, on the 7th day flush out the ears with warm apple cider vinegar.

### **Zonal Foot Massage (Reflexology)**

Use Reflexology on the feet three times a week, leaving one day in between. Reflexology will increase the immune system, provide homeostasis to the body, greatly speed up the program.

### **Second Week**

The second week will be the same as the first. On the day of the fast there may be some physical reactions because you have reached a cleansing cycle. If a cleansing crisis happens, be happy with it, as it shows the program is working well— just rest!! Continue to rotate the juices. If the client desires more solid food, just add one solid meal each day. See the Mucusless Diet for meal guidelines. Use no salt, sugar, meats, bread, milk or milk products.

This can be made into a one day Detox Program. The price of the day will be \$300 for one person.

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