

This guide contains tips for a successful 8-Day Cleanse Experience

▶ The 8-Day Cleanse is all about getting back to feeling like a kid — by having a clean internal body.

The 8-Day Cleanse can be a truly enjoyable experience that adds years to your life!

What you will accomplish with the 8-Day Cleanse!

The 8-Day Cleanse helps you accomplish 10 key things with your body:

1. Helps removes mucoidal gel/plaque that adheres to intestinal walls where it interferes with nutrient absorption and gives safe haven to microorganisms, so they can munch on (perforate) your intestinal linings and toxify you.
2. Kills parasites, reducing their toxifying effect upon the body and stopping the tissue damage they cause.
3. Helps heal tissue damage from parasites - especially perforations in intestinal wall linings.
4. Promotes the release of stored toxins — by dissolving and breaking apart toxin storage sites throughout the body.
5. Helps improve circulation —by removing fibrin and complement, alleviating blood clumping and creating less-sticky blood—which helps improve circulation.
6. Combats free radical associated disease and aging—by providing more antioxidants in eight days than most people eat in a year.
7. Provides tremendous nutrition—thousands of micro-nutrients from seven food types.
8. Strengthens the liver and promotes its ability to combat allergens.
9. Works to correct pH—many trace elements only assimilate if the pH is at the right level.
10. Helps one to establish a new pattern of seeking to maintain an internally clean body.

With the experience of having supervised over 25,000 8-Day Cleanses, we offer to you a few tips that will help you get the most benefit out of the 8-Day Cleanse.

We've organized our tips into six sections.

- DO'S
- DONT'S
- PLANNING
- FAQs
- RECIPES
- HOW TO DO THE 8-DAY CLEANSE

8-Day Cleanse Stories/Testimonials

74 year old man reports no problem doing the 8-Day Cleanse. His main "vegetable" was steamed cabbage, seasoned with Real Salt. He followed all the instructions and lost 12 pounds, dropped his cholesterol from 373 to 223 and his triglycerides from 1,200 to 200—in eight days.

35 year old woman did three 8-Day Cleanses during a four month period. She lost 45 pounds by the end of the 3rd cleanse and has lost an additional five pounds since. None of the weight has returned (three months later).

30 year old woman lost 20 pounds during her first 8-Day Cleanse. She reports that her only negatives were an intense 3-day caffeine withdrawal headache and she craved eggs the whole time. Her energy level is now terrific.

Our Top "Do" Tips (for a successful 8-Day Cleanse)

- ◆ Do make delicious vegetable meals.
 - ⇒ Delicious (try the recipes) vegetable meals make the "Cleanse" more fun.
- ◆ Do drink a full glass of water each time you take your capsule of enzymes.
 - ⇒ The enzyme capsules and water are PARAMOUNT to good results.
- ◆ Do have an extra Ricatein shake if your energy gets low .
 - ⇒ Nothing boosts energy like Ricatein. Have as many scoops a day as you want/need to feel energized.
- ◆ Do accelerate your body's elimination of toxins.
 - ⇒ Using these accelerators:
 - Massage (helps eliminate toxins 200 times faster than without massage)
 - Sweating—sauna, exercise, Epsom salts hot bath
 - Deep breathing, stretching or walking
- ◆ Do eat plenty of "good" oils (see the recipes).
 - ⇒ Recommended are olive oil, flaxseed oil, evening primrose, borage oil, pumpkin seed: 1/4 cup daily or more.
- ◆ Do be regular with two or more bowel movements per day.
 - ⇒ The 8-Day Cleanse is NOT designed to stimulate bowel activity (since that isn't appropriate for everyone). So, if you are not having two bowel movements per day, then use any natural aid that works for you ,such as:
 - Flax seeds
 - Fennel seed
 - Senna tea,
 - Psyllium fiber
 - Cascara sagrada herb
 - Magnesium and potassium supplements

Our Top “Don’t Do” Tips (they can ruin an 8-Day Cleanse)

⊗ Don’t forget to drink a glass of water 15 times.

⇒ You need to drink a full glass of water (or herbal tea) every hour you are awake—with a capsule Cleansing Enzymes (up to 15 times per day); but, *no*

juices and *no* sparkling (carbonated) water. These will interfere with the cleansing enzymes.

⊗ Don’t be inactive.

⇒ To ensure that toxins move rapidly through the body’s elimination

pathways and out of your body, it is best to be active— daily walking or stretching. If you can’t do that, get massages.

⊗ Don’t think of the 8-Day Cleanse as an ordeal

⇒ You can enjoy the process

immensely and recreate yourself —healthy and vibrant. Just follow the instructions.

⊗ Don’t start before you have gone shopping.

⇒ Buy your vegetables and oils first. Then start.



Prepare by planning and purchasing your food

The following foods are recommended:

Olive Oil
Real Salt
Cinnamon
Herbs
Spices

Lemon Juice
Bottled Water
Asparagus
Bamboo Shoots
Bean Sprouts
Beet Greens
Broccoli
Cabbage
Cassava Root
Cauliflower

Celery
Chard
Chives
Cucumber
Dandelion
Greens
Endive
Garlic
Green
Onions

Kale
Lettuce
Mustard Greens
Onions
Parsley
Radishes
Shallots
Spinach
Squash (summer)
Turnips/Greens

Doing the 8-Day Cleanse “right”, once or twice a year is a great way to maintain internal cleanliness. And after you finish the Cleanse, we recommend the *Stay Young Health Kit* for year round health maintenance.



Frequently Asked Questions

Question: Do I have to take time off from work to do the 8-Day Cleanse?

Answer: No. You can do the Cleanse while working. You may want to start Friday morning so that the 2nd and 3rd day occur on Saturday and Sunday.

Question: Do I continue taking my current vitamins and supplements?

Answer: Optional.

Question: Can I use protein powder/ amino acid type supplements during the Cleanse?

Answer: No. Amino acids and protein supplements will interfere with the detoxification goals of the 8-Day Cleanse. The protein provided in the Ricatein food powder is pre-digested, casein and lactose free—so, it won’t interfere.

Question: Do I continue taking my prescription medicines?

Answer: Yes.

Question: Why can’t I eat carrots, lima beans, peppers, potatoes, etc., or drink vegetable and fruit juices, wine or beer, etc., during the Cleanse?

Answer: They provide too many carbohydrates/sugars... feeding fungus growth.

Question: What changes occur to bowel movements because of doing the 8-Day Cleanse?

Answer: Very little change will occur. You may experience larger stools, due to greater vegetable intake.

Question: What precautions do I take if I have **diabetes** and want to do the 8-Day Cleanse?

Answer: The 8-Day Cleanse will likely cause significant lowering of blood sugar. It would be advisable to discuss your plans with your doctor and to be prepared to adjust your medications—based on sugar readings. Brittle diabetics should eat whole grains during the entire 8 days in order to minimize fluctuations.

Question: Should **pregnant and nursing mothers** do the 8-Day Cleanse.

Answer: No, pregnant and nursing mothers are advised against doing the 8-Day Cleanse because toxins released through the 8-Day Cleanse may be introduced into the child.

Question: Besides that which has been stated for diabetics and nursing mothers, are there other people who should not do the 8-Day Cleanse?

Frequently Asked Questions (continued)

Answer: Persons with **Chron's disease** must **NOT DO** the 8-Day Cleanse.

Warning: If you experience severe abdominal pain that is a possible sign of Chron's disease and you should discontinue the Cleanse.

Question: What do I do if I experience headache, nausea or tiredness while doing the 8-Day Cleanse?

Answer: First, you should understand why this happens with some people.

A rapid release of toxins **occurs** during the 8-Day Cleanse. This is a desirable. But, if the kidneys, liver, lungs, lymph and

sweat glands (eliminary pathways) are overloaded with toxins, then headache or nausea can result. This is more likely if there is a large amount of micro-organisms (yeast, virus, parasites, etc.) in one's body because **a die-off of these micro-organisms will absolutely occur during the 8-Day Cleanse.**

The way to minimize such discomfort is to encourage your body to speedily remove toxins by drinking the prescribed amount of water, by consuming extra Seven Essentials (E7) and by sweating and moving the lymph in your body with hot baths, sauna and exercise. Also, lymph draining massages are very helpful.

Question: How much weight will I lose during the 8-Day Cleanse?

Answer: Although weight loss is not a primary goal of the Eight Day Cleanse, it is a welcome side effect for many people. Weight loss varies widely. Typically, however, women lose from 5 to 10 pounds while men typically lose from 10 to 15 pounds. Less commonly, people have lost up to 25 pounds. Most of this weight is toxic sludge, retained water, fat and mucoidal gel. Persons who do several repeated Cleanses have often lost 40 pounds or more.



Recipes (that make the Cleanse experience delicious)

Help your taste buds enjoy the Eight Day Cleanse with these recipes or make up your own—just think low sugar vegetables and healthy oils.

#1—Make up a salad dressing that you really like (no sugar). Dip your vegetables in it before eating or put the dressing on your salad. A good salad dressing makes all the difference. You can store your salad dressing in the refrigerator.

Here is a recipe we really like:

- 1 cup of olive oil
- 2 tablespoons of lemon juice
- 2 tablespoons of water
- 1/2 teaspoon of Italian herbs
- 1/2 teaspoon of celery salt
- 1 crushed garlic clove
- 1/2 teaspoon of dill (or to taste)

Mix in a blender. Dip or marinate your vegetables in this. It's great!

#2 — You're allowed one tablespoon per day of butter or plain yogurt. Try putting butter on steamed cauliflower with a little garlic or yogurt with cucumbers.

#3 — Try steamed cabbage with salt and pepper (and other spices you like). It's very filling and very good for you.

#4—Here is a Zucchini Squash & Onion recipe that we enjoy immensely during the Cleanse:

- Slice 2 onions
- Slice 4 Zucchini into quarters
- Place on cookie sheet
- Sprinkle with garlic powder
- Low broil for 10-15 minutes
- Add 1/4 cup olive oil

Enjoy! Makes two very large servings.

#5 — Here is a Cucumber Salad recipe that is delicious:

- 1/2 English cucumber
- 1/2 teaspoon of Real Salt
- 1 large onion, thinly sliced
- Handful of tender, chopped green beans
- 1/4 cup chopped coriander
- 2 tablespoons of lemon or lime juice

Slice cucumber very thin, place in colander, sprinkle with salt and let stand 10 minutes. Then transfer to bowl, add other ingredients and toss. Makes two servings.

#6 — On days five through eight, you get to enjoy gluten-free whole grains. Here is a great recipe for one of those days:

- 1/2 cup of wild rice
- 1/2 cup of brown rice
- 1/4 cup onions
- 1/4 cup celery, diced
- 1/2 teaspoon of cayenne pepper

- Dash of dried mustard
- 1 crushed garlic clove
- 1 teaspoon of chopped cilantro
- 1/2 teaspoon of chopped coriander
- 1 teaspoon of sesame oil
- 2 tablespoons of olive oil

Cook the rice ahead of time. Sauté the onion and celery, in a large fry pan using salted water. Add all ingredients and serve hot.

#7 — Here's an assorted vegetable recipe we especially like:

- 1-inch piece fresh ginger, peeled and smashed
- 2 cloves of garlic, minced
- 1 tablespoon chopped parsley
- 2 tablespoons of lemon juice
- 1/2 cup of olive oil
- Real Salt
- Cayenne Pepper (to taste)
- 2 zucchini (quartered, length wise)
- 2 yellow squash (quartered length wise)
- 2 red onions (cut into rings)
- 1 bunch scallions
- 1/4 cup of water

Combine in a large bowl, everything but the olive oil. Let marinate for an hour. Sauté everything in a fry pan until tender. (add more water if necessary). Add olive oil and let stand for 10 minutes before serving. Makes 2 very large servings.

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Products included in the New Eight-Day Cleanse

- 1 canister of **E7 (Seven Essentials)**
- 1 bottle of **Cleanzyme**
- 1 bottle of **Silver Biotics**
- 3 bottles of **Paradex**
- 1 pack of **pH strips**
- Instructions (what you're reading)

How to Do The 8-Day Cleanse & What Is In the Package

The 8-Day Cleanse involves:

1. Changing one's diet (for 8 days) to drinks of water, herbal tea or lemonade (with no caloric sweetener) and food of low-calorie vegetables, healthy oils and spices.
2. Taking the four supplements (shown above).
3. Monitoring urine pH once a day.
4. It is advisable to help move toxins out of the body by engaging in stretching exercises, walking, sauna or massage each day.
5. *Optionally*, gluten-free grains (one serving only, per day) can be eaten the last four days (days 5 to 8).

When done correctly, the Cleanse will do more detoxification than could be accomplished in 8 days any other way. The 8-Day Cleanse is safe and easy to do. The Eight Day Cleanse also helps to reset the hypothalamus (enabling fat burning).

A major consideration when doing the Cleanse is to maintain a positive attitude. You will be stripping away years of toxins and feeding your body more nutrition in eight days than many people eat in several months.

The four supplements that are provided in the 8-Day Cleanse are as follows:

One canister of E7 (Seven Essentials).

There is enough E7 to last more than eight days. You should mix and drink E7 three times (or more) per day. To prepare the E7, put one scoop of E7 in 12 to 24 ounces of water and mix or shake well.

An Example Day When Doing the Cleanse:

Upon arising take one capsule of Cleanzyme with a glass of water. **Repeat this every hour** of the day until you have consumed 15 capsules of Cleanzyme.

Three to four times per day (as needed for energy): One scoop of E7 mixed in 12 to 24 ounces of water.

Take **five Paradex** capsules twice a day.

Swish and **swallow one ounce of Silver Biotics four times** per day (spend two minutes swishing it through mouth and teeth).

Once per day: Eat Broccoli a dip of salad dressing described earlier.

Once per day: Slice up zucchini squash and add lots of sliced onions. Lightly broil (until warm) it in the oven and then smother it with olive oil, garlic, dill and other spices.

*Most people, contrary to their expectations, do not feel hungry or lose energy while doing the Cleanse. If one were to feel hungry or tired, have an extra E7 drink.

One 32 ounce bottle of Silver Biotics.

Three of four times per day, swish one ounce of Silver biotics liquid through your mouth — making it squirt through your teeth and have contact with all parts of your mouth. Spend two minutes doing this. Then swallow the silver liquid. Don't spit it out.

One bottle of Cleansing Enzymes. There are 120 capsules in the bottle. You should take 15 capsules per day— spaced one hour apart. If you miss taking a capsule, on schedule, catch up by taking two.

Three bottles of Paradex (Parasite Killing Formula). There are 90 capsules in each bottle (270 total). Take 5 capsules twice per day (or 3 capsules three times per day). Do this until the bottle is completely gone. This is the only part of the Cleanse that you must do for more than eight days.

Also, **pH test strips** are provided in the 8-Day Cleanse kit. Use a test strip to determine your urine pH each morning (first urination after waking up and it is light outside, mid-stream of that urination and approximately same time each day). Compare the resulting color of the test strip to the chart to determine the pH. The goal is a urine pH of 6.2.

How to Interpret urine pH readings?

Readings **higher than 6.5** are normally an indication of allergies or high numbers of micro-organisms, such as fungi. If your pH is high, we suggest doubling the amount of Silver Biotics and Paradex

temporarily. (You may need to purchase more of these if your pH doesn't come down quickly.)

Readings **lower than 6.0** indicate either a very low amounts of minerals in the body or the presence of heavy metals. If your pH is low, we suggest increasing the amount of minerals in your tissues. To do this we suggest extra E7 and other mineral supplements such as Kona Gold or Body Genesis (see the Healthy-Living.org website).

If you have heavy metals in your body, then we suggest consuming Zeolite at the rate of one teaspoon several times per day. Learn more at www.healthy-living.org/zeolite.

Eating non-gluten grains on days 5 through 8 is optional. One can continue with only low-calorie vegetables the entire time to have a stronger Cleanse.

Important Note for those eating non-gluten grains the last four days. Non-gluten grains are boiled until chewy, not crunchy. **Amaranth, quinoa, millet, quinoa:** use 1/2 cup to 1/2 cup of water and boil for about 3 minutes ; **Brown or wild rice:** use 1/2 cup to one cup of water and boil for about 7 minutes.

(if you are eating non-gluten whole grains) make sure to notice if your pH goes up. If it does, it probably means that fungi are active and increasing within your body and so you should take extra Silver Biotics and Paradex to combat this.

Text any questions to 801-649-3671.