

Rejuvenate Your Body, Mind and Spirit

High Energy - Juice Fast - Cleanse

Remember . . . Everyone's body is different. You can break the fast at any time.

7:30 AM or Earlier	Healthy Flora
8:00 AM	Psyllium Drink - Mix one heaping teaspoon of psyllium hulls ground with 8oz. water and 4oz. fruit or vegetable juice, followed by 10oz. diluted half fruit juice, half water.(People with Candida, stay away from fruits)
9:00 AM	Psyllium Drink
* Drink plenty of water, or mix half water and half fruit or vegetable juice. (6-8oz. every 30 minutes works best)	
10:00 AM	Emer'gen - C
11:00 AM	Psyllium Drink
12:00 PM	Emer'gen - C in 4oz. of water, then follow with 16oz. of water
1:00 PM	Psyllium Drink
2:00 PM	Vegetable Broth or Clear Chicken Broth (veggies or chicken boiled in crock-pot for 24hrs)
3:00 PM	Psyllium Drink
4:00 PM	16oz. of Water
5:00 PM	Vegetable Broth
6:00 PM	Psyllium Drink
9:00 PM	Healthy Flora