

**Do this before each Season starts, by Patrick Delves**

**7 Day Cleansing, Detoxification & Fasting Program  
(start on a Friday evening)**

(if you have a serious health condition like diabetes, kidney disease or failure, severe high blood pressure - TALK TO YOUR DOCTOR FIRST and monitor your levels)



No sex for 7 days (while on program) —> Men, no ejaculation



Note: Through 2nd and 3rd Days, you will feel hungry, have some headaches, dizziness, bad breath, feel like you have bad circulation, fatigue BUT on 4th Day, hunger and other symptoms will lessen.

**\*\*\*\*\* Friday Night, drink/take these 1/2 hour before bed \*\*\*\*\***

**MIX:** 3 tablespoons of Epsom Salt  
Small amount of **hot water**  
Small amount of apple juice

**Then take:** 1 teaspoon of coconut oil and 1 teaspoon of olive oil

**Then drink:** 1 glass (up to 8 oz) of pink grapefruit juice (room temperature)

— —>> **Repeat above 3 Steps at 5am Saturday Morning** <<— —



When you get out of bed for the day **EVERY morning** for 7 days of program —> **DRINK**

**MIX:** 1 lemon or lime,  
1 tablespoon of chlorophyll,  
Add alkaline (ph of 8.0) room temperature water to fill an 8oz glass

\*\*\*\*\*

**Supplies:**

- Skin Brush - make **last** stroke towards the heart. Make sure to brush underarms, necks, groin, inside elbows - to wake up the lymphatic system
- Juicer
- Coconut Oil
- Grape-seed Oil
- Olive Oil
- Chlorophyll (must have) keeps colon clean

- Limes **or** Lemons - rub on skin after shower & skin brushing
  - See Skin below how to use
- **Herb Teas** (listed below by organ) mixed together, 1/2 or 1 oz of each herb
  - Add 1 teaspoon of mixed herbs to a cup of hot water
    - Let steep covered for 5 to 10 minutes
      - Drink 3 to 6 cups per day, while on 7 day program

**On day 1 (Saturday)** additionally **ONLY** drink as much as you of:  
 - Distilled alkaline water (at ph of 8.0) and coconut water (if possible)

**On day 2 (Sunday)** start to add to diet along with Herb Teas, and continue through to day 7:

- Drinking fresh juices of fruits and vegetables based organs below
  - (if you have diabetes **DO NOT** juice fruits at all)
- The **water only** from boiled or steamed vegetables and greens

### **NOTES & Info:**

**Do not use tomatoes while on Program**, BUT afterwards, drink as a juice mixed with cucumber, celery and parsley. Will give veins vascular integrity.

Cabbage - for the brain, has sulphur for brain

Sea Moss - lungs, intestines stomach small capillaries veins arteries

String Beans - pancreas, natural insulin

- Diabetics on the 7 Day Program **MUST** have string bean juices

### **BENEFITS of Program**

#### **Removes:**

1. Lattice acid from the muscles (stops joint pain)
2. Pyruvic acid from muscles
3. Fluids through Digestive System secretion from endocrine glands (including the pineal gland, pituitary gland, pancreas, ovaries, testes, thyroid gland, parathyroid gland, hypothalamus and adrenal glands.) —> helps stop mental and reproductive disorders.
4. The Nervous Systems collects and sends proper signals to your muscles, rebuilding them.
5. The liver removes chemicals, neutralizing unwanted materials from your body  
 ———>> **YOU MUST SWEAT!** as you will have no bowel movements, but you will urinate until it runs from yellow to clear. You may have bumps or hives on skin, this is natural BUT they will go away once cleanse is done.
6. Muscular activity takes place in the stomach and intestines, moving all debris you have had in body for a long time.

## How to Detoxify the Elimination Organs

### The Skin:

- Horsetail (if you can get it)
- Cucumber
- Grape-seed Oil
- Coconut Oil
- Olive Oil
- Mix with 1 lemon or 1 lime
- Skin brush
  - (squeeze juice from lemon or lime, can crush seeds, mix with 1/4 cup **each** of grape-seed, coconut and olive oils, 1 cucumber, horsetail
    - Use as Skin Cream **daily** while on 7 day program. The 2nd and 3rd layer of skin will be cleaned of the toxins the program is pushing out through the skin)

### ATTENTION:

You can use ONLY 1 Herb for each organ from below and mix together with other organ prescribed herbs for your daily Herb Tea (or organic capsule in hot water if fresh herb not available)

However, the juices are specific for each organ.

### The Lungs:

#### As a Tea can USE only 1:

- Sea moss
  - Elecampane (also known as Horse-heal, Elfdock)
- Drink yellow juices (yellow sweet peppers, apples, yellow fruits and vegetables)

#### Practice:

- Deep breathing in fresh air every morning (hand on diaphragm and quick inhale through nosed and exhale through mouth)
- Blow up balloons - see how long you can exhale for; the longer you breathe out, the stronger your lungs are becoming.

## The Kidneys:

### As a Tea:

- Nettle leaf
- **Also add these 3 herbs if you want to loose weight**
  - Dandelion leaf
  - Plantain
  - Chickweed
- Juices of cucumber, parsley, green sweet peppers
- Drink lots of coconut water and alkaline water (at ph of 8.0)  
—>> If you have kidney disease and your GFR is NOT under 25, above will increase it and bring down your creatinine and blood nitrogen levels.

## The Liver:

### As a Tea can USE only 1 :

- Dandelion Root (removes environmental toxins)
- Yellow Dock Root (great for eczema, psoriasis, skin issues)
- Barberry (kills bacteria) no golden seed side effects
- 1/4 teaspoon Milk Thistle as a tincture —- will regenerate liver
  - Recipe to make if needed:
    - Use a coffee grinder (or grind however) to grind milk thistle seeds;
    - Place the chopped seeds in a sealable container, such as a Mason jar;
    - Fill the jar with a quality brand of 100-proof vodka;
    - Tightly seal the container and store in a cool, dry place;
    - Every three days, stir the contents by gently shaking the jar.

**Tinctures are potent extracts and should be used with care and caution.**

- Castor Oil Packs (place on liver)

### **If you have hepatitis, liver cancer or any viral liver infection, drink:**

- Juice yellow sweet peppers, beets, pumpkin:
  - 2 gloves of garlic
  - 1/2 inch fresh ginger **or** 1 level teaspoon powdered ginger
  - 1/2 inch fresh Turmeric **or** 1 level teaspoon powdered Turmeric

## The Heart:

Congestive heart failure, beta blocker have a machine to check your pressure and **DO NOT throw away your prescribed pills.**

- Hawthorn
- Mother's Worth (helps with racing heart)
- Juice red, green, yellow sweet peppers, apples, pear, black grapes WITH seeds (no seedless grapes!)

## The Brain:

Fight against dementia, have a sharp brain:  
Limit tv watching, cell phone use, do puzzles, or games for brain testing while on program.

- Juice rosemary, ginko biloba (know as maidenhair tree) and cabbage —>> drink

\*\*\*\*\*

## Lymphatic System (part of Immune System)

**Important to keep healthy to stop cancer from getting into other parts of body.**  
If you have trouble with hearing, lumps in neck and groin and lymph nodes

Use diaphoretic plants — —>> ones that make you sweat!

- Skin brushing

\*\*\*\*\* You can use together **OR** just use 1 of below \*\*\*\*\*

### As a Tea:

- Ginger
- Red clover (also helps the lungs, anti-tumor)
- Violet leaves
- Cleavers (also known as Goosegrass, Barweed, Catchweed, Clivers, Grip Grass, Sticky-willy, Zhu Yang Yang)

**Remember you want to sweat everyday on program, some movement can help with this**

The Program rests The Earth, which is your:  
Stomach, Small Intestines, Large Intestines, Pancreas  
(this benefits the other parts of the body)



Since juices can turn to solids to help stop bloating - you can do enemas daily, warm water with a squeeze of lime juice **OR** use these herbs daily:

- Cascara in ALL above herb teas - **if you don't want to do enema daily to remove bulk in intestines**

**For stomach, gut problems these herbs added to your Herb Tea Mix will help. You can use ONLY 1:**

- Sarsaparilla
- Orange peel
- Sea Moss
- Marshmallow
- Yarrow
- Catnip
- Turmeric