

This guide contains guidelines and 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 sticky mucoidal gel from intestinal linings that, otherwise, interferes with nutrient absorption and gives safe haven to microorganisms. Removing this gel helps prevent parasites from munching on and perforating 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 intestinal lining tissue damage.
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.
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 with thousands of micro-nutrients that are included in the 8-Day Cleanse Kit supplements.
8. Strengthens the liver and promotes its detoxify the body.
9. Helps correct pH in the body which is important because many trace elements only assimilate when the pH is optimal.
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 E7 shake if your energy gets low .
 - ⇒ Nothing boosts energy like E7. Have as many scoops a day as you want (You may have to order more E7.)
- ◆ 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
 - 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 then 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.



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)
Turnip 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 Seven Essentials 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 or nausea 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 (eliminatory 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 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.

Healthy-Living.Org

1098 South 890 East
Orem, UT 84097

Toll Free Phone: (800)704-0986

Text: 801-649-3671

Email: info@healthy-living.org



Eight Day Cleanse

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.

First Meal of the Day: 1 to 2 scoops of E7 with a very large glass of water. Most people do this in place of a breakfast meal because most people don't want vegetables for breakfast. (Take your Paragon capsules right before, during or after meals and the Silver Biotics at any time.)

Second Meal of the Day: Steamed Broccoli (with a tablespoon of butter) and salad (use the salad dressing described earlier).

Third Meal of the 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, an extra E7 drink would be the solution.

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 water, herbal tea or lemonade (with no sweetener) low-calorie vegetables, healthy oils and spices.
2. Taking four special supplements (shown above) the entire eight days
3. Monitoring urine pH once a day with the provided pH strips
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 a lengthy water fast. 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 Seven Essentials (E7 for short). There is enough E7 in one canister for 30 servings. You should drink E7 three times (or more) per day. To prepare the E7, add a scoop of the powder to a glass of water and mix well in a

blender or shaker. The E7 will last more than eight days at the rate of three servings a day, so you have extra.

One 32-ounce bottle of Silver Biotics. You take one ounce three or four times a day. Swish the tasteless silver liquid through your mouth — making it squirt through your teeth and have contact with all parts of your mouth. Swallow it. 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.

One bottle of Paragon. There are 180 capsules in the bottle. Take 6 capsules per day (split into one, two or three servings, as is most convenient for your schedule) **for 30 days. Important Note: don't stop** taking the Paragon capsules at the end of 8 days. **Continue for 30 days — until the bottle of Paragon is empty.** This is the only part of the program that goes beyond eight days.

One packet of pH test strips. There are more than enough strips for eight days. Use a test strip to determine your urine pH each morning (first urination, mid-stream. Compare the resulting color of the test strip to the chart to determine the pH. The goal is a urine pH of 6.2. It is common for pH to change during the Cleanse. If it does, change what you're doing according to the following guidelines:

For pH results that are **higher than 6.5**, this indicates allergies or high numbers of micro-organisms, such as fungi. So, if your urine pH is high, we suggest doubling the amount of Silver Biotics and Paragon temporarily. (You may need to purchase more Paragon if your pH doesn't come down quickly.)

For urine pH that is **lower than 6.0**, this indicates either low amounts of minerals in the body or the presence of heavy metals. So, if your urine pH is low, we suggest increasing the amount of minerals you consume daily. To do this we suggest consuming supplements such as [Body Genesis](#) or [Deep Sea Minerals](#).

If you believe that you have heavy metals in your body, then we suggest consuming Zeolite powder at the rate of 1/2 teaspoon four to five times per day and/or Original Glutathione Formula capsules at the rate of six capsules three times daily. Learn more at www.healthy-living.org/zeolite and www.healthy-living.org/ogf.

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.