

The Wellness Cleanse



Your Roadmap for Total Gut Restoration

Second Edition, September 2017

By Dr. Jacqueline, D.N.M., H.E.D., C.P.T.

(510)898-6737

DrJacqueline@TheWellnessTrinity.com

www.TheWellnessTrinity.com

Welcome to The Wellness Cleanse!

You are about to embark on a wonderful journey to wellness. Detox has become a huge buzz word in the last decade or two and yet few people truly understand just how important it is as the medical field still holds the germ theory as absolute truth and pumps vaccinations and prescription drugs with no regard to it they affect the biological terrain of the body.

In this book, you will discover the root to our modern day epidemic of disease and just how much our digestive system plays a role in it. 70-90% of our immune system resides in our gut so therefore a healthy gut is a key foundation to a healthy body.

***The Wellness Cleanse** of recommended dietary suggestions and nutritional supplements works on a cellular level and will help your body's trillions of cells repair and regenerate. As a result, not only will you detoxify your intestines but will also optimize all the systems of your body to help you reach a new level of health. As you detoxify your intestines you will also recolonize the **gut microbiome** and rebuild the **leaky intestinal walls** that most people have. This therefore this is more than just a cleanse because we are not just focused on wiping out the toxins, but actually restoring all the organs in your digestive system to true health so we can maximize your immune system's fighting capability.*

Your body's own immune system is more powerful than any antibiotic or conventional therapy in dealing with disease, and when given the proper tools, you can build your immune system stronger than ever so germs do not have a place to live and multiply and wreak havoc on your life.

Commit to these 21 days, and discover what your body is capable of! Now it is time to be serious and take responsibility for your own health! Wishing you the best during this cleanse!

Warm Regards,

Dr. Jacqueline, D.N.M. , H.E.D., C.P.T.

~Facebook Group~

You are invited to join our Facebook group www.facebook.com/TWTWellnessCleanse to share your Wellness Cleanse journey with others who are also doing the cleanse or have done it in the past. Feel free to ask questions, leave comments, share recipes and inspire each other toward ultimate wellness!

**Disclaimer: None of these recommendations are intended to prevent, diagnose or treat any disease & are for educational purposes only.*



Table of Contents

I. The Wellness Cleanse Background

a. Introduction	6
i. Germ Theory.....	8
ii. The Biological Terrain.....	9
iii. Genetics & Epigenetics.....	11
b. Toxins in the Live Blood	12
i. The Digestion Process.....	12
ii. Metabolism.....	13
iii. Metabolic Syndrome.....	14
iv. The Gut Microbiome Relation.....	15
v. Leaky Gut Syndrome.....	16
vi. Parasites.....	18
vii. Candida Overgrowth.....	19
viii. Simple Home Candida Test.....	21
c. Balancing the Gut Microbiome	22
i. Detoxification.....	22
1. What is Detoxification?	22
2. Benefits of Detoxification.....	24
3. 8 Reasons to Detoxify your Intestines.....	25
4. Phases of the Detoxification Process.....	27
5. The Healing Crisis.....	28
ii. Probiotics.....	32
1. What are Probiotics?	32
2. Why Take a Probiotic Supplement?	33
3. How Probiotics Promote Good Health.....	33
4. Why Custom Probiotics Strains?	35
iii. Enzymes.....	37
1. What are Enzymes?	37
2. Digestive Enzymes.....	37
3. Systemic Enzymes.....	39



iv. Gut Cleansing Nutrition.....	40
1. Mitochondrial Metabolic Therapy.....	40
2. Why so many Greens?	40
3. Carminative Herbs.....	42
4. Benefits of High Fiber.....	42
5. Fermented Foods.....	43
6. Bone Broth.....	43
7. Avoid Allergens.....	44
8. Purified Alkaline Water.....	45
9. Proper Food Combining.....	47
v. Emotional Connection.....	48
vi. How to Be Successful on this Cleanse.....	49
1. Start Now!	49
2. Meal Plan.....	49
3. Log Your Food in Chronometer.....	49
4. Do your Enemas & Implants.....	50
5. Relax	50
6. Rest.....	50
7. Have Support.....	50
8. Let Go & Laugh a Little.....	51

II. The Wellness Cleanse Instructions

a. Included Supplements.....	53
b. Extra Digestive Support (Not Included).....	54
c. Recommended Supplement Upgrade.....	55
d. Sample 21 Day Cleanse.....	56
e. Daily Directions.....	57
f. Shopping List.....	58
g. Recipes.....	60
h. Food Journal.....	74
i. Enemas & Implants.....	75
j. What Now.....	79



The Wellness Cleanse Background



Introduction

We live in a society that seems to be obsessed with what is going on outside of our body like physical fitness and beauty, the clothes we wear and the financial success we have. Millions of people faithfully spend time and money on an endless combination of surgeries, creams, workout machines, and self-help guides all aimed at recapturing the feeling of vitality and fresh-faced appearance associated with youth. We seek after the ability to simply live our day- to-day life with energy, free of the mental fog that many people complain of through the use of stimulants like coffee and energy drinks so we can strive for more and more success to keep up with the Jones's.

Most of these practices and products can be somewhat beneficial, for the right person at the right time—but they do little to address the internal cause of many of the issues which create poor health, lack of energy, and brain fog. And ask our culture puts so much emphasis on success so they can feel good on the inside, many find themselves overworked and drained, which often times opens up the door to disease.

So much attention is paid to external “band aid “type solutions, that many fail to stop and connect the dots between the internal buildup of toxins, and their resulting external physical symptoms and sometimes until it is a really big problem that has persisted for years.

The Wellness Cleanse is designed to address this internal buildup that is caused by the abundance of food, environmental toxins and poor lifestyle choices that cause much of our illness today and rob much of our youthfulness, vitality and energy.

In this book you will see what the commonly held belief about healing has been since the 1800's and how we have come back to our roots in what the body truly needs to function optimally.



In **The Wellness Cleanse** you will discover the food and supplements that we have suggested to help restore many of our clients' digestive challenges, which all stem from cleaning up the **Biological Terrain**, healing the **Leaky Gut** & rebalancing the **Gut Microbiome**. As a result, we have seen our client's blood clear from the most common toxins we see time and time again in their **Live Blood Cell Audits**.



Germ Theory

Microorganisms (germs) are a microscopic organisms such as a bacteria, fungus or virus. The **Germ Theory** is the commonly held belief since the late 1800's that resides in the medical field that germs are the cause of specific diseases. It reduces the cause of a person's health challenge to their interaction with a germ, neglecting other environmental, diet, climate, ventilation, etc. causes.



Because they believe germs are the root of a person's disease, Medical Doctors give pharmaceutical drugs, vaccines and antibiotics so they can eradicate the germs.



So the question is, why do some get sick and other's do not when exposed to the same germ?

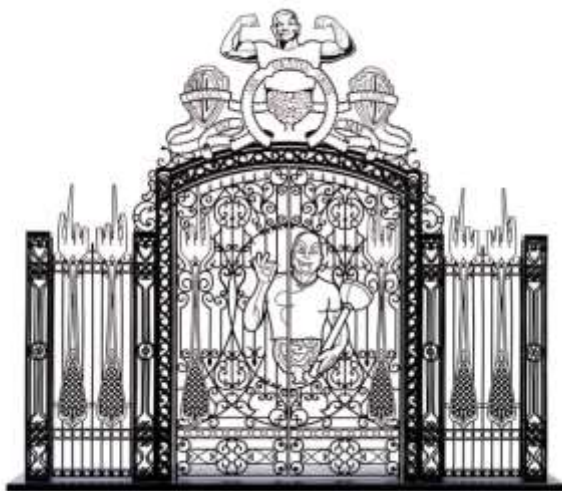


The Biological Terrain

The answer to the above question is in the *Biological Terrain*.

The **Biological Terrain** is the environment that the cells of our body live in. A clean biological terrain, consist of blood cells that are circular and the same size and freely floating in the plasma (the colorless fluid part of the blood). There is also nothing else floating in the plasma in a healthy biological terrain except one white blood cell per every 700-1000 red blood cells.

A **toxin** is harmful matter, or in other words, matter that is poisonous to the human body. Microorganisms (germs) can be considered a toxin, along with heavy metals and negative emotions when one has an unhealthy biological terrain. When a person has an unhealthy biological terrain, they open the gate for microorganisms to live, multiply and thrive in the body to wreaking havoc.



A healthy biological terrain should be able to eliminate toxins such as parasites when exposed to them periodically. This leads to the conclusion that how we are affected by a toxins is correlated to the condition of our biological terrain. A healthy biological terrain is like a closed gate that unwanted guests, or in other words toxins, cannot enter. It is our shield and our immunity.



A healthy terrain leads to a healthy body and an unhealthy terrain leads to the health challenges we see today. The more overburdened with toxins and the more we lack good nutrition, the more our terrain is thrown off and is a breeding ground for other toxins to survive and replicate. This is how disease is created.



How to Discover an Unhealthy Biological Terrain?

Through the use of **Live Blood Cell Auditing** we have the ability to see the current state of a person's biological terrain. We take a drop of blood and put it under the microscope, which is magnified on a computer screen.

When we see the red blood cells deformed or sticking together, things floating in the plasma, and/or an abundance or lack of white blood cells, this is a sign that the terrain is toxic and unhealthy.



Genetics and Epigenetics

Through iridology and genetic testing, we can find genetic markers for inherently weak organs or body systems that were passed down through a person's genetics. Naturally, these markers are shut off unless activated, and when they are activated those inherently weak organs become stressed. This is called **Epigenetics**.

If a person lives and/or is exposed to a toxic lifestyle through a variety of stressors, they can turn those markers on and invite disease in. Unhealthy & toxic food, unclean water, air pollution, electromagnetic frequency (EMF) exposure, and unhealthy amounts of stress, whether physical, mental or emotional, all lead to an unhealthy terrain that we can find in **Live Blood Cell Auditing**.

Stressor	Sources of Toxins
Unhealthy & Toxic Food	<ul style="list-style-type: none">-Inorganic food-Fake foods-Undigested food-Heavy metals
Unclean Water	<ul style="list-style-type: none">-Acidity/pH imbalance-Dehydration-Contaminated water-Heavy metals
Air Pollution	<ul style="list-style-type: none">-Chem trails-Poor indoor ventilation-Exposure to molds & fungus-Car/Fuel Emissions-Heavy metals
EMF Exposure	<ul style="list-style-type: none">-Phones, computers, etc.-Cell phone towers
Stress	<ul style="list-style-type: none">-Physical Overload-Mental Overload-Emotional Overload



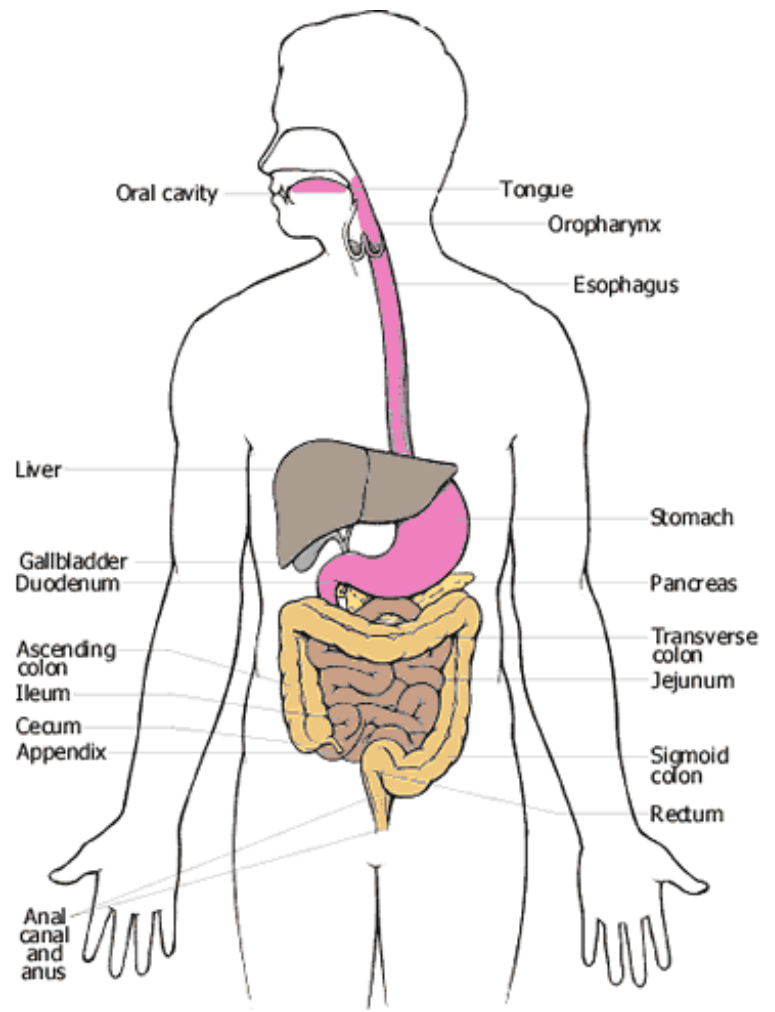
Toxins in the Live Blood

The Digestion Process

Once a person smells their food, digestion starts and their body's **enzymes** begin to activate and digestive juices begin to flow.

When food enters the mouth analyse **enzymes** begin to break down the carbohydrates.

Then food travels through the esophagus and enters the stomach where **Hydrochloric acid (HCl)** converts the enzyme pepsinogen into pepsin. Pepsin breaks up the peptide bonds from the proteins we consume in a process known as proteolysis. **HCl** also kills unwanted pathogens and also separates **Vitamin B-12** from the protein in our food to be combined to another protein called intrinsic factor in the stomach to be absorbed and then used by the body.



Food is then dumped into the small intestine, where 90% of the nutrients from the food we eat is absorbed. **Enzymes** from the pancreas are secreted into the small intestine to support this process. The gallbladder also secretes its stored **Bile** to help digest the fat in the food.

After the small intestine, the waste particles from the food, enter the large intestine and then the rectum to be excreted through the anus.



Metabolism

It is important to note that the body uses food for fuel. This process of converting food into fuel is called **metabolism**.

Once we eat something, the enzymes that are released from the body in the various stages of the digestive process, are used to break down the food into smaller components so it can enter our cells. This is called **catabolism**.

Once the protein, fat and carbohydrates are broken down into their smaller components, amino acids, fatty acids and glucose, they enter the cells and travel into the mitochondria, where they enter the **Kreb Cycle**, which converts them into ATP.



ATP is our body's source of energy and once it is created, it is then used to build and repair our body's cells and tissues in a process we call **anabolism**.

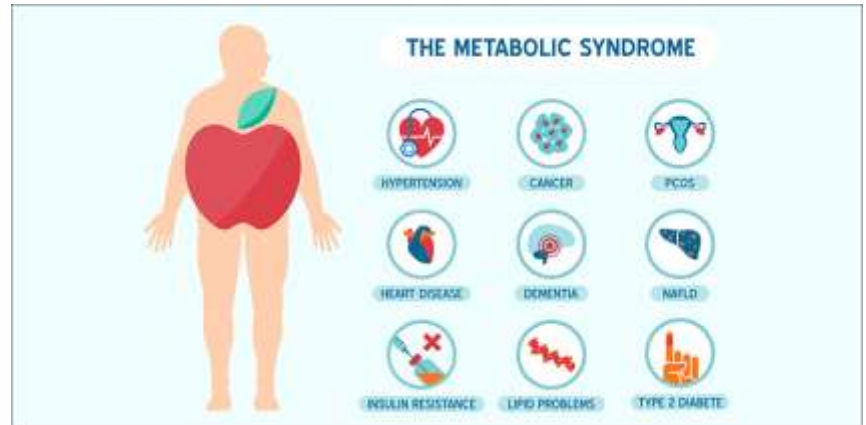
All this means that the body turns the food we eat into energy. This is great when we provide our body with the proper nutrients and our body works efficiently to digest and absorb it all, but when we eat the wrong foods, eat too much or too fast, are exposed to heavy metals or other types of stressors, and/or our digestive system is not functioning properly, we can find undigested food in our gut. Undigested food feeds the overgrowth of candida and other types of toxins in the body and can lead to **Metabolic Syndrome** and **Leaky Gut Syndrome**.



Metabolic Syndrome

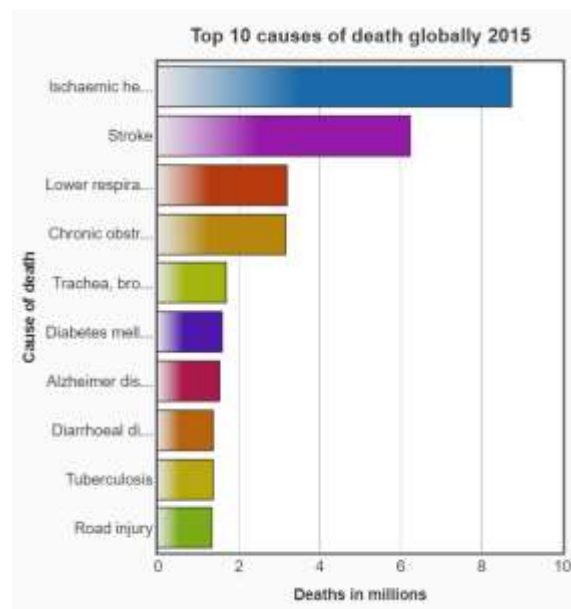
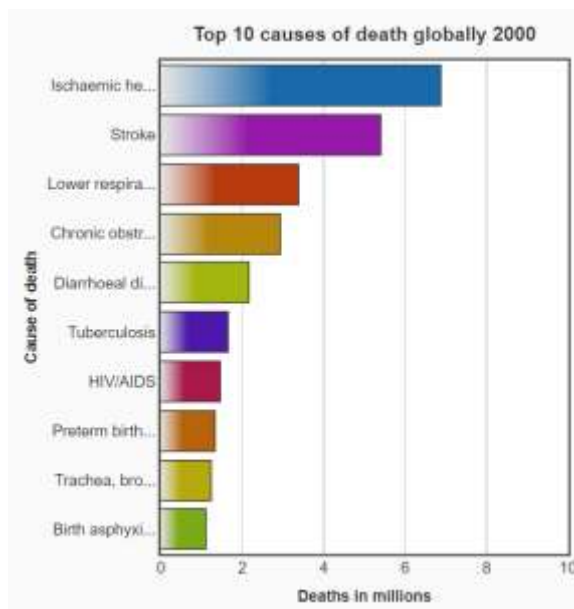
Metabolic Syndrome occurs when a person experiences at least three of the five following medical conditions:

- Abdominal obesity
- Elevated blood pressure
- Elevated fasting plasma glucose
- High serum triglycerides
- Low high-density lipoprotein (HDL) levels



Cardiovascular disease, stroke and type 2 diabetes are risks associated with the presence of metabolic syndrome. Cardiovascular disease (heart disease) and strokes are the number 1 causes of death in the world killing 15 million lives in 2015 according to the World Health Organization. They also claim in 2015 that diabetes killed 1.6 million people in 2015, which less than 1 million people died from it in 2010.

Unfortunately, these are diseases of diet and lifestyle, but fortunately, we have the means to turn these numbers around and **The Wellness Cleanse** is a great first step.



The Gut Microbiome Relation

70-90% of our immune system resides in our gastrointestinal system, or in other words, our intestines. Within our intestines resides our **Gut Microbiome**. The **Gut Microbiome** is the microbe population living inside the intestines. This microbe population that consists of bacteria, protozoa fungi and yeast, and is thought to be the “forgotten organ.”



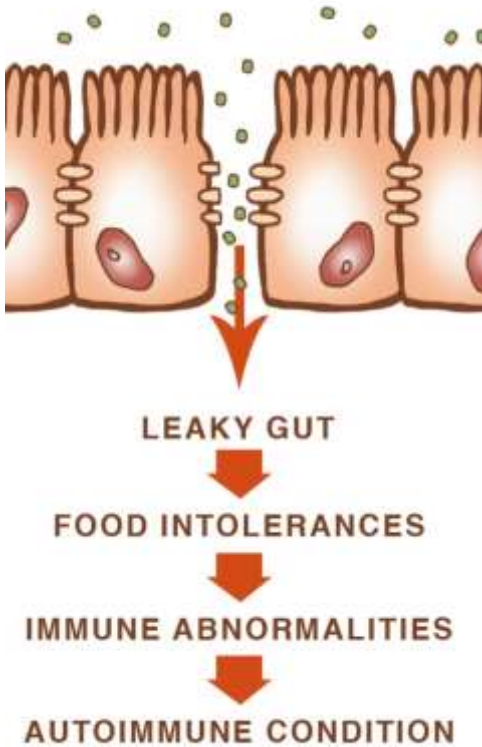
The health of our **Gut Microbiome** is directly affected by our environment, diet, climate, ventilation and so. These factors were essential in pre-germ theory understanding of health and disease and became neglected when the germ theory was adopted.

The toxins we see that turn on our unhealthy gene's directly affect the state of our **Gut Microbiome** health as well. When we see an unhealthy biological terrain in a Live Blood Cell Audit, it is a reflection of an unhealthy Gut Microbiome.

Today more and more people are waking up to the understanding of how the immune system works and how much of it resides in the **Gut Microbiome** inside of our intestines.



Leaky Gut Syndrome



An unhealthy **Gut Microbiome** can cause **Leaky Gut Syndrome**. The intestinal wall is usually permeable for very small nutrient particles to enter the bloodstream. Once these tight junctions are torn apart, you have a situation called **Leaky Gut**.

When a person has a leaky gut, undigested food begins to leak into the blood stream, causing a whole host of health and fitness challenges, including a compromised immune system and brain function, and weight gain, as the body sees this undigested food as a foreign invader and tries to attack it. Undigested food puts a huge burden on the immune system as the immune system tries to attack it.

Leaky Gut Causes

There are many reasons why people can experience leaky gut. Some common causes include:

- Heavy metals and toxins being dumped into our environment and food
- Eating fake foods and food that is not suited for optimal health
- Living a overstressed and sympathetic dominant lifestyle

These all create a recipe for a leaky gut.



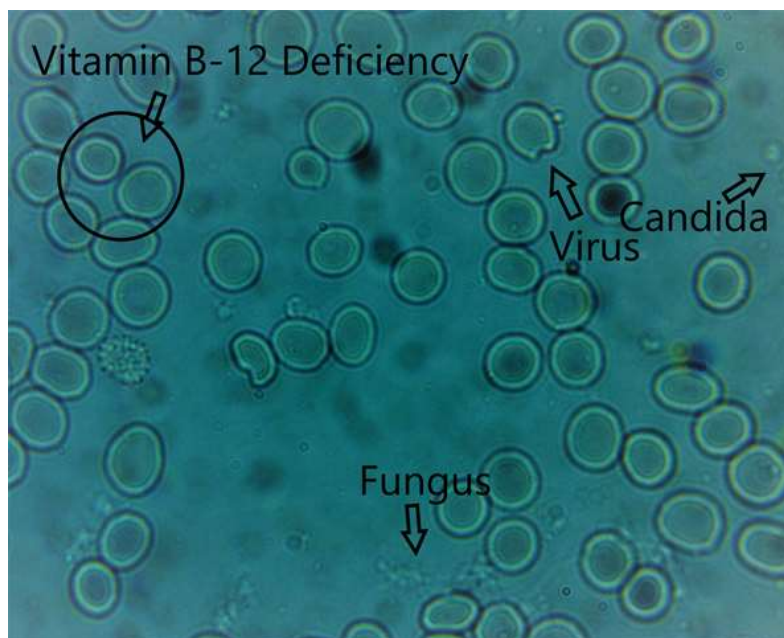
Leaky Gut Disorders

Leaky gut leads to food intolerances which can then lead to immune abnormalities and then autoimmune conditions. Common disorders include:

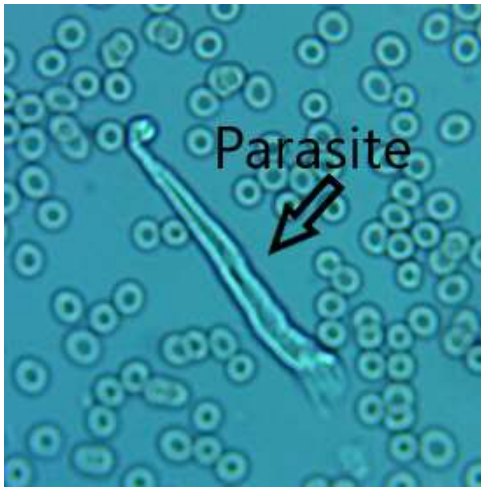
- Environmental and food allergies
- Bowel problems such as IBS
- Crohn's disease and celiac disease
- Inflammatory joint diseases such as rheumatoid arthritis
- Dermatological diseases such as psoriasis
- Many forms of cancer

Leaky Gut and Microscopy

Under the microscope, through the use of **Live Blood Cell Auditing**, we have found over and over again, signs relating to an overgrowth of **parasites, candida**, fungus, bacteria, undigested protein/fats/carbohydrates and the presence of heavy metals, all of which can cause a **leaky gut** and an **unbalanced gut microbiome** and also be a result of a **leaky gut** and an **unbalanced gut microbiome**.



Parasites



A **Parasite** is an organism that lives in or on another organism (its host) and benefits by deriving nutrients at the host's expense. There are different types of parasites from liver flukes to rope worms. When a person has enough **hydrochloric acid (HCl)** in the stomach, and the biological terrain is clean, the parasites that enter your body, die.

But when a person's **HCl** is low and the biological terrain is thrown off, when parasites enter the body they live and create a home. This also means that they eat your food/waste, breed and lay eggs for more parasites to hatch, and also excrete their poop and pee in your body. This causes an inflammatory response which can turn on **epigenetic** markers for disease.

On a smaller scale, people may notice that they cannot get full when they eat their food because the parasites are robbing their nutrients. Parasites can also cause distress in the digestive system as well.



Candida Overgrowth (Gut Dysbiosis)

Candida Albicans is a yeast that lives in the gut and can reside in different places in the body. We need a certain amount to stay healthy but when we are exposed to too many toxins, it can overgrow. When it overgrows, we can have a whole host of problems which you will see on the next page.

Most people have this condition when we do their **live blood cell audits**. It is just a matter of how much. A healthy individual will not have **candida** in their blood.

Antibiotics, birth control, heavy metal toxicity and an over consumption of undigested carbs and protein tend to be the biggest culprit of this problem.

One of the benefits of **The Wellness Cleanse** is that it helps to wipe out the **Candida** overgrowth. After **The Wellness Cleanse**, your **TWT health practitioner** may do more extensive parasite and heavy metal cleansing at some point to get to the root of you're the **Candida Overgrowth** but we must work on changing out lifestyle habits so we stop feeding the candida, wiping out the overgrowth and rebuilding the intestinal wall, so the candida does not have a place to overgrow.



Candida Overgrowth Symptoms

The most common are:

- an incapacitating fatigue
- problems with concentration and short-term memory
- flu-like symptoms such as pain in the joints and muscle
- extreme tightness in the shoulders and neck
- hyper-acidity/acid reflux
- brown colored mucus in the back of the throat
- blisters in the mouth/tongue/throat
- either white or “blood blisters”
- un-refreshing sleep
- sore throat
- white coated tongue
- dark circles under the eyes
- an aversion to being touched or jumping
- “crawling” skin
- chronic sinus problems and headaches
- chronic dental problems

Visual disturbances may include:

- Blurring
- Sensitivity to light
- Eye pain

Psychological problems may include:

- depression
- irritability
- anxiety
- panic attacks
- recurring obsessive thoughts
- personality changes and mood swings (irrational rage or crying for no reason – fear of talking to people, any kind of confrontation, isolation)
- paranoia

More of the physical symptoms may include:

- chills and night sweats
- shortness of breath
- dizziness and balance problems
- sensitivity to heat and/or cold
- alcohol intolerance
- gluten and/or casein intolerance
- irregular heartbeat
- irritable bowel
- constipation and/or diarrhea
- painful gas and abdominal bloating
- low-grade fever or low body temperature
- numbness, tingling and/or burning sensations in the face or extremities
- dryness of the mouth and eyes
- difficulty swallowing
- projectile vomiting

Also:

- menstrual problems including PMS
- recurrent yeast infections
- recurrent ear infections
- rashes and dry, flaking skin
- eczema
- dermatitis
- acne
- skin discoloration and/or blotchiness
- dandruff
- jock and rectal itching
- chronic athlete’s foot
- chronic toenail and fingernail fungus
- ringing in the ears
- allergies and sensitivities to noise/sound, foods, odors, chemicals
- anemia
- weight changes without changes in diet
- light-headedness
- feeling in a fog
- fainting
- muscle twitching and muscle weakness
- restless legs
- low sex drive and/or numbness in the genital area



Simple Home Candida Test

Try this simple test to see if you have candida. First thing in the morning, before you put ANYTHING in your mouth, get a clear glass. Fill the glass with water and work up a bit of saliva. Then spit it into the glass of water. Check the water every 15 minutes or so for up to one hour. If you have a candida yeast infection, you will see strings (like legs) traveling down into the water from the saliva floating to the top, or “cloudy” saliva will sink to the bottom of the glass, or cloudy specks will seem to be suspended in the water. If there are no strings and the saliva is still floating after at least one hour, you are probably candida free. We are always exposed to candida and it is always living in our guts in the yeast form. We just don't want it to overgrow, or to morph into the fungal form.



Take this test for the next 5 days and record your results below:

Date	Results

Balancing the Gut Microbiome

~Detoxification~

What is Detoxification?

Detoxification is a necessary act of internal purification in today's highly polluted environment. The approach is *conscious eating* and *periods of voluntary fasting*, as this can nourish the mind, body and spirit, extend life, defy aging and boost our energy and creativity. It is also a healthier way to lose weight.

Inner cleansing provides a point of exit for the chemicals and residue of dead waste that clings to our organs, and is a good starting point for dealing with allergies and addictions. It makes us aware of when and how we eat emotionally and helps us replace destructive habits with more constructive ones.

Even a basic automaton needs a period of respite, a timely service to purify its insides and fine-tune for maximum performance. The human machine which has inherent intelligence and a potential to survive healthily for over a hundred years, is possibly one of nature's greatest inventions, since it harnesses the ability to self-heal and self-produce. But unlike any other machine, it recharges much better at certain times of the year, usually around season changes and the full moon, when energies are high. Generally, a month-long macrobiotic cleanse which avoids dairy, meat, alcohol, drugs (unless prescribed), and wheat will offer your system adequate time to re-establish equilibrium and entrench new habits.

The following program can be adapted to suit your needs at any given time. But the important thing is to ensure your detox program be managed by the individual and if necessary, a **TWT Health Practitioner**. For instance, if one smokes or relies on prescription and recreational drugs or alcohol then



the first thing would be to give yourself time to consider minimizing or, even better, giving up.

Always remember that if you are detoxifying to cleanse, cure an illness or simply to defy aging, the best advice would be to take things in your own time – even if that means committing to just one thing at a time. This will reinforce your resolve to continue detoxing throughout your whole life.



Benefits of Detoxification



There is an area of great misunderstanding and confusion in the nutrition field. It is the failure to understand and interpret the symptoms and changes that will occur after implementing an improved nutrition program. What can be expected to happen when a marked improvement in diet is begun? Remarkable things begin to

happen in the mind and body. When the quality of nutrition or food entering the body is higher quality than the quality of tissue the body is made of, the “body intelligence” senses this, and begins to discard the lower grade materials and tissues and begins “constructing” new cells and tissues with the superior elements provided.

The “body intelligence” reasons something such as: “Oh! Look at this superior material I can use. I can now get rid of all the old garbage and start to rebuild beautiful new cells and tissues.”

The body will begin immediately to eliminate excess bile from the liver and the gallbladder and send it to the intestines. It will also begin to move sludge from the arteries, veins and capillaries. Inflammation in the joints will be cleaned up. The toxic residue from irritating food preservatives, pharmaceuticals, aspirin, sleeping pills and tobacco that have burdened the body for so long, along with masses of body fat, will be eliminated.

Inner cleansing to heal more chronic illnesses should be supervised by a **TWT Health Practitioner.**



8 Reasons to Detoxify your Intestines

Intestinal cleansing is a method of removing harmful toxins and impurities from the body in an all-natural way, which can remove intestinal and gastrointestinal clogs to restore health. If impaction of fecal matter or toxins allows the intestines to become unhealthy, then many other health problems may crop up. These health issues include but are not limited to IBS, intestinal parasites, chronic fatigue and even diarrhea. Luckily problems such as these can be resolved through intestinal cleansings. This process is simple and completely natural. Here are 8 excellent benefits to undergoing an intestinal cleansing for improved health.

1. Vitamins and Minerals

By removing unnecessary toxins and sludge from your intestines, you can improve your vitamin and mineral absorption. When your body is able to acquire the right amount of minerals, vitamins and other healthy substances, your health will improve tenfold. You may even find other health issues resolving themselves automatically just because you are finally getting the right nutrients.

2. Improved Health Overall

By removing unhealthy impurities from your body, an intestinal cleanse simply promotes overall improved health. Even if you do not feel unhealthy, if you are not regularly cleansing, you probably are. You will notice significant differences in how healthy you are after an intestinal cleanse. Allow an intestinal cleanse to remove toxins from your body and it will finally function how it was meant to.

3. Increase in Energy Level

You may not be aware of how tired you are, until you suddenly feel more energetic after an intestinal cleanse. You will find your energy returning tenfold following a good detoxification. Cleanse your intestines out and your energy levels will surprise you. No caffeine may be needed.



4. Healthy Skin

If you are suffering from acne or other skin issues now is your chance to turn things around. Following the removal of these impurities and toxins from your body, you will see your skin clear up dramatically. Detoxify your intestines and it will have an excellent effect on the health and clarity of your skin.

5. Prevention of Colon Cancer

Promote good intestinal health by getting an intestinal cleanse regularly and you may be able to prevent cancer. Keeping your intestines in fighting fit shape allows you to ward off colon cancer. Healthy intestines may also prevent other illnesses from harming you as well because much of our health stems from our gut.

6. Better Concentration

When you remove useless toxins and impurities from your body, you may even notice a great improvement in your concentration. You may also notice that your ability to focus is improved once your body is healthy and getting its vitamins and minerals as designed.

7. Easier Weight Loss

Are you having trouble losing weight? It has been said that people can easily harbor as many as ten pounds worth of fecal matter in their bodies. It may surprise you what can be flushed out of your body prior to a good diet. Also, many toxins are stored in our body's fat tissue, so when you release the toxins, you release the fat.

8. Elimination of bowel issues

Toxins and impurities that are present in your body can really throw your entire digestive system out of whack. This can create problems including constipation and diarrhea. Resolve all of these truly uncomfortable issues of the bowel with a good, healthy intestinal cleanse.



Phases of the Detoxification Process?

There are three phases of detoxification that include:

The **first phase** is called *catabolism*; this process involves the elimination or breaking down of tissue. This is the body's way of beginning to remove the toxins deposited in all the tissues. Waste materials will be discarded more rapidly than new tissue can be made from the new food and nutrients being supplied to the body.

During the **second phase**, *stabilization* of the amount of waste material being discarded on a daily basis will be more equal to the amount of tissue that is being formed and replaced by newer, higher quality foods. This should occur after an excess of material in the tissues has been eliminated.

The **third phase**, is called *anabolism*, at this point, most of the wastes will have been discarded.



The Healing Crisis

Before toxins reach the final destination for elimination, the body's filtration system can be overwhelmed with irritating toxins. There will be signs or symptoms that are recognizable when lower grade food elements are eliminated, and more alive, superior quality food and supplement elements are introduced into the body. These undesirable symptoms are called, **The Healing Crisis**.

The symptoms experienced will depend on the condition of the organs involved in elimination and the amount of physical energy that is available to complete this process.

Your body will become healthier each day, as you throw off and eliminate the wastes and poisons. Those who have the worst symptoms or reactions and follow through to successful detoxification may be avoiding some very serious diseases that would eventually have developed had they continued their poor dietary habits.

Headaches

If stimulant use, such as caffeinated coffee, tea or chocolate is discontinued, headaches may occur. This is because the body is discarding toxic residue of caffeine which the body is removing from its tissues and transporting through the bloodstream during its many circulatory rounds. Before these toxins reach the final destination for elimination, these irritating toxins may overwhelm the body's filtration system. The process of removal and elimination out of the body is an incredible cleansing process.

Emotional Toxicity

Detoxification may encourage more **positive thinking** but if mental patterns are so ingrained, they can cause toxicity in the body. A **qualified therapist** might be able to help you deal with them.



How Long?

Detoxification symptoms usually do not persist more than a few days, but can include:

- Headaches
- Nausea
- Diarrhea
- Constipation
- Lethargy
- General Malaise

During this initial detoxification phase, which lasts about 10 days on average but may last as long as several weeks in very toxic individuals, the body's vital energies that usually exist in the external areas of the body, such as muscles and skin, begin to shift to internal organs for the purpose of the reconstruction phase.

This *shifting of power* to the internal region may produce a feeling of decreased energy in the muscles, and the mind may interpret this as weakness. Actually, power is probably increased, but that power is being used to rebuild and reconstruct important organs and less energy is available for muscular function. Interesting feelings begin to appear as an improved diet and nutrition program gradually raises the quality of food in the daily diet.

As your body becomes more and more healthy, even if you feel sick during the detoxification process, illness should be shorter in duration followed by longer and longer periods of wellness until you reach a level plateau of vibrant health.



How to Lessen the Healing Crisis Symptoms

The faster you can eliminate the toxins that are being broken down, the less healing crisis symptoms you will experience. This requires opening up your main avenues of elimination. The supplements and diet will help with this but these therapies are also recommended to get the most out of this program. For the purpose of this program the following suggestions target the intestines, liver and skin.

Enemas & Implants

Enemas are a form of colon hydrotherapy, where the client self-administers water via rectum through the use of an enema bag. After doing some intestinal massages and excreting the contents from the colon, and possibly repeating the process a few times, an implant of about 4 ounces of wheatgrass or any other leafy green juice is inserted and left there for 15-20 minutes.

These are recommended to do daily along with your **TWT Wellness Cleanse**.

See page 60 to see how to administer enemas and implants.

Colonics

Colonics are another form of colon hydrotherapy which is very similar to an enema but it is administered by a colon hydrotherapist and the water goes deeper into the intestines and the colon hydrotherapist massages the colon.

Colonic are recommended 1 time a week or as advised by the colon hydrotherapist.

Liver Support

Once substances enter the digestive tract, the liver, which is a major detoxification organ, processes, stores, alters, detoxifies and passes substances back into the blood or to be released in the bowel. Constant toxic exposure over time burdens the liver causing toxins to not eliminate as fast



as they enter. Some people may find extra healing crisis relief by adding a supplement called **Liva De-Tox** to their program to help support the liver as they detox their intestines.

Visit the **The Wellness Store** for more information or to order this supplement.

Near Infrared Sauna

The skin is the largest organ in the body. The heat and near infrared light generated by a near infrared sauna can penetrate the skin and open the pores allowing the skin to eliminate toxins.

Visit the **The Wellness Store** for more information or to order a Near Infrared Sauna.



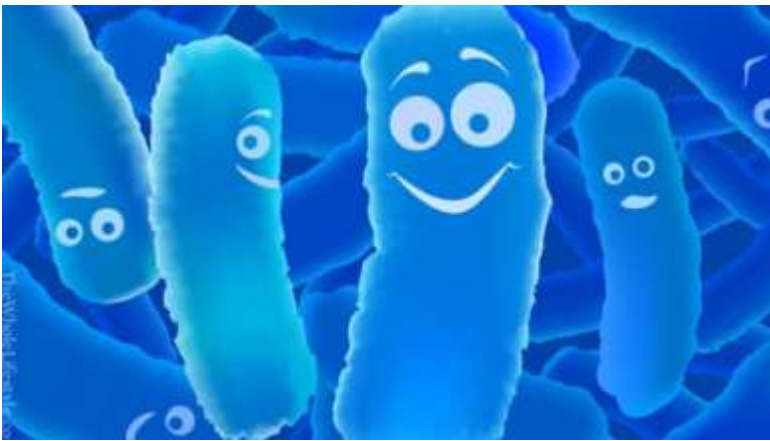
Enemas, Implants, Colon Hydrotherapy & Near Infrared Saunas are sophisticated modes of purification which can also alleviate acne, fibroids, ME, eczema, constipation, premature wrinkles, IBS, headaches, lethargy, diarrhea and depression.



~Probiotics~

What are Probiotics?

Probiotics are a class of beneficial bacteria that promote health, balance and efficient functioning of the digestive system. These friendly bacteria are normal inhabitants of the intestines and help to digest foods by breaking them down into their individual component parts, such as fats, amino acids, carbohydrates, vitamins and minerals for absorption into the body.



Another function of these normal bacteria is to prevent or limit the growth of unwanted bacterial pathogens including salmonella, clostridia and E.coli that can prevent proper nutrient absorption, create intestinal disturbances and eventually cause more serious illness.

Prevention of illness by a well balance microbiome is accomplished by a method referred to as “*competitive exclusion.*” That is, the good bacteria take up positions known as enteric sites therefore preventing the pathogenic bacteria from establishing itself and proliferating to become predominant bacteria.



Probiotics = Good Gut Health



Why Take a Probiotic Supplement?

In **The Wellness Cleanse** we have included **Custom Probiotics 5 Strain Acidophilus & Bifidus** supplement to maintain and replenish the balance the **gut microbiome** in the intestinal tract. A regular maintenance dose acts as a preventive against intestinal diseases, and aid in the absorption of nutrients. A healthy intestinal tract with a balanced microbiome can boost the immune system, keep pathogenic diseases of the intestinal tract in check, maintain normal bowel movements, prevent indigestion and bloating.

By providing large numbers of these friendly bacteria to the intestinal tract during **The Wellness Cleanse** they may increase the population of these bacteria compared to other, less desirable, strains. These strains may then competitively inhibit the growth of undesirable strains by competing for space and nutrients, while also inhibiting the production of toxic substances produced by some less desirable strains. Further, studies suggest that they may stimulate our immune system to suppress the growth of pathogenic or undesired bacteria.

How Do Probiotics Promote Good Health?

From the day we were born, there have been billions of bacteria living in our digestive tract at all times.

Most are helpful, some do harm. To maintain digestive health, the idea is to keep a proper balance between the two. When there is an imbalance the following symptoms can result:

- Diarrhea
- Constipation/Irregularity
- Bloating
- Gas
- Other Intestinal Discomforts



Probiotics are live microorganisms that are similar to the good bacteria already inside our bodies.

Available to us mainly through dietary supplements and foods, these probiotics can restore intestinal balance by boosting the number of those bacteria that are helpful to us.

Intestinal balance is a delicate thing which can be disturbed by:

- A poor diet that does not give the body the proper nutrition
- Age – the number of healthy bacteria decrease as we get older
- Stress wreaks havoc on the digestive system
- Travel exposes us to harmful bacteria, especially in the water we drink
- The use of antibiotics and other medications also alters the balance in the digestive system.

When taken on a daily basis probiotics support the digestive system and restore the **Gut Microbiome** balance that is so important to good health. **Custom Probiotics 5 Strain Acidophilus & Bifidus** increases the number of healthy bacteria compared to the unhealthy strains. Furthermore, the probiotic strains that enter the body compete for space and nutrients with the less desirable strains, making it harder for them to produce toxic substances. Studies even have shown that probiotics may stimulate the **immune system**. In general, the use of probiotics creates a situation that is receptive to good bacteria and unfriendly to those that can do us harm.




Why Custom Probiotic Strains?

Directions: As a dietary supplement, take one capsule, one to three times daily, on empty stomach or at bed time with water, or as prescribed by your health care professional.

Adult Formula CP-1: is a proprietary blend of five highly viable strains of live microorganisms, with a total count of 60 billion cfu's Lactobacilli and Bifidobacteria per capsule guaranteed at the time of expiration. Most specific for small and large intestines.

Probiotics: Lactobacilli and Bifidobacteria are food or dietary supplements generally termed as probiotics. The word probiotic is derived from the Greek meaning "for life".

STORAGE: Keep refrigerated to retain maximum potency
DO NOT USE IF SEAL IS BROKEN.

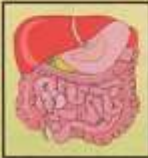


6 746271 39840 8

NEW!

CUSTOM PROBIOTICS
High Count, Multi-Strain
ACIDOPHILUS
and
BIFIDUS
Dietary Supplement
60 Billion CFU's/ Capsule

Adult Formula CP-1
DAIRY FREE



90 Vegetarian Capsules

Supplement Facts
Serving Size 1 capsule

Amount Per Serving	% Daily Value
Total probiotic count: 60 Billion cfu's	**
L. Acidophilus, L. Rhamnosus, L. Plantarum, B. Lactis and B. Bifidum.	

** Daily Value Not Established

Other Ingredients: Microcrystalline cellulose, vegetarian capsules, magnesium stearate and silica.

Does NOT Contain: Artificial colors, flavors, sugar, soy, preservatives, wheat, dairy, gluten, corn, FOS or yeast.

CUSTOM PROBIOTICS Inc.
Glendale, California 91214
Tel. (800) 219-8405
e-mail: info@customprobiotics.com
www.customprobiotics.com
Made in USA

L. Acidophilus

Lactobacillus acidophilus is a member of the *Lactobacillus* genus of bacteria. These bacteria can be found in the mouth, intestine, and vagina. *L. acidophilus* colonizes most densely in the small intestines, where it helps maintain the intestinal wall healthy and supports overall digestive function.

L. Rhamnosus

Lactobacillus Rhamnosus is good helping mood disorders such as anxiety and depression. It is also known to help with urinary tract infections. This strain thrives in an acidic stomach therefore easing acid reflux symptoms. It can help gastrointestinal disorders such as irritable bowel syndrome and also works with weight challenges and sugar intolerance. Immune function is also strengthened and seasonal allergies decreased.

L. Plantarum

One of the most versatile probiotics, *Lactobacillus Plantarum* is found in plant material and the gastrointestinal tract of animals and humans. It is used in the fermentation of foods like sauerkraut, kimchi, pickles, and sourdough bread. Research has found this strain to be effective in supporting immune function because it has the ability to destroy pathogens and to preserve critical nutrients, vitamins, and antioxidants.



B. Lactis

Bifidobacterium Lactis is a powerful transient probiotic bacteria. It can fight tumor growth and improve intestinal permeability as well as other digestive conditions. It can also decrease the appearance of cavities in the mouth by decreasing the bacteria that cause them. Having health oral health is key for overall immunity because digestion first starts in the mouth. B. Lactis also reduces the frequency & severity of respiratory diseases and HDL cholesterol.

B. Bifidum

Bifidobacterium Bifidum is the most common probiotic bacteria in the body. It is found in healthy colons, small intestines, breast milk and vaginas. It fights Candida and yeast overgrowth, decreases inflammation and increases overall immune function, therefore decreasing allergies. It produced natural antibiotic substances that kill bad bacteria.



~Enzymes~

What are Enzymes?

An enzyme is a substance produced by a living organism that acts as a catalyst to bring about a specific biochemical reaction within a cell. They are made up of amino acids, just as proteins are. The human body makes approximately 22 digestive enzymes capable of digesting proteins, carbohydrates, sugars, and fats. There are two types of enzymes our bodies naturally produce:

Digestive enzymes are responsible for the digestion of food, the assimilation of its nutrients into our bodies and the elimination of its non-essential and toxic ingredients.

Metabolic enzymes are the ones that make every biochemical reaction possible within each of our cells, those biochemical reactions provide the metabolic energy that ultimately allows us to see, hear, breath, feel, walk, and talk. Simply put without enzymes life would not exist.

Digestive Enzymes

Digesting the average meal can take hours or days depending on the type and quantity of the food. For all practical purposes if we are eating two or three meals a day, every day then we are in a constant state of digestion.

Between 60 to 80 percent of our body's energy is used to move food through the digestive system, maintain balance between the acidity of the stomach and the alkalinity of the body, and most importantly produce massive amounts of digestive enzymes necessary to extract nutrients from food in order for the body to benefit from its intake.

Meanwhile, all the other systems of the body, including the immune, respiratory, reproductive, cardiovascular, nervous, and muscular systems, must share the remaining 20 to 40 percent of the body's energy.



Enzymes require minerals to activate to any degree of efficiency; very few enzyme products use any minerals at all in their formulations. **Allegany Nutrition Digestive Enzymes** uses 21 plant based enzymes along with ionic trace minerals that are needed to support metabolic functions. These positively charged colloids are sandwiched inside tiny negatively charged platelets, so they are plentiful and bio-available in a buffered form.

Enzymes and minerals work hand in hand to restore youthfulness, energy and vitality to your body and mind.

Why you Need Digestive Enzymes

Our diets are severely enzyme deficient. If you eat food that has been cooked, baked, boiled, microwaved, or in any way heated or processed above 115 degrees, or you drink carbonated beverages, you are prematurely depleting your body of enzymes – its very life force.

By supplementing digestive enzymes every time we eat, our metabolic enzymes can be spared from the digestive process and used for other life-generating functions. Researchers now know that we lose enzymes as we age and our organs responsible for producing our digestive enzymes become less efficient. Many illnesses and health conditions are the result of a digestive malfunction causing toxemia in the body.

Allegany Nutrition Digestive Enzymes are recommended on **The Wellness Cleanse** to enhance the body's vitality by strengthening the digestive system and the immune system.

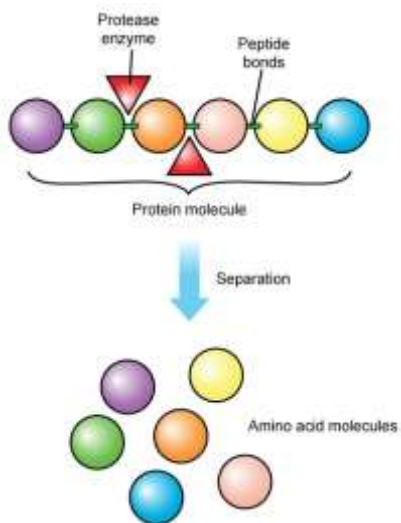
Systemic Enzymes

Systemic Enzymes are often used to improve the body's ability to eliminate toxins. In fact, detoxification programs using **systemic enzymes** (enzymes taken on an empty stomach) are believed to help the body fight diseases as common as cancer and have been used in such a capacity by renowned scientists and doctors such as Kelley, Gerson, Moerman, and Neiper.



According to the Gerson Institute, **systemic enzymes** that are taken systemically activate the body's ability to heal itself from toxins and disease. Therefore, **systemic enzymes** help the body to eliminate harmful toxins and restore the body to optimal health.

How Systemic Enzymes work



Systemic enzymes work through complex chemical interactions. In some cases, the new bio-chemical processes that are initiated by enzymes can help break down the protein shell coating surround toxins have so toxins can be eliminated directly. In other cases, **systemic enzymes** play an indirect biological role in eliminating toxins by simply impeding the ability of toxins to develop and multiply.

Systemic Enzymes and Colon Cleansing

Systemic enzymes are commonly used in **colon cleansing** and digestive health treatments. **Systemic enzymes** can also help to break food down so that nutrients can be more easily absorbed and waste can be more effectively processed and eliminated. For example, **systemic enzymes** can help to liquefy waste that is stored in the intestines, which helps to flush waste from the system more rapidly. Therefore, **systemic enzymes** are commonly recommended as constipation treatment because of their effectiveness in breaking down waste in the bowels.

We have included the formulas **Immune Support** and **Candida Plus** as key **proteolytic enzymes** to take systemically during **The Wellness Cleanse** to break down the main toxins we find in **Live Blood Cell Audit Consolutions**. They are both wonderful at cleansing the blood therefore cleaning up the **Biological Terrain**.



~Gut Cleansing Nutrition~

Organic & Non-GMO Food

The first and most important thing to do when trying to cleanse and restore the gut, is to eliminate as many toxins as possible and that includes toxins from your food.

Food that is labeled **Organic** are foods that have little or minimal toxic pesticides that they are grown with. Although organic standards are not as good as they use to be, it is best to eat as organic as possible, as well as locally sourced. Farmer's Markets are generally going to be the best place for finding the least toxic produce. You can even establish relationships with the farmers to see how they are growing your fruits and vegetables.

The other reason you want to eat organic as possible is because the food will have more nutrients. The more vitamins and minerals that you can absorb, the healthier you should be.

Non-GMO is short for **Non-Genetically Modified Organism**. When a food is genetically modified, its genome has been altered by the techniques of genetic engineering so that its DNA contains one or more genes not normally found there. The food turns into an entirely different species, which our digestive system does not recognize and has a difficult time breaking down. Corn and soy beans are some of the most genetically altered foods.



Mitochondria Metabolic Therapy (MMT)

We have adopted Dr. Mercola's MMT nutrition program as a way to optimize your nutrition on The Wellness Cleanse. MMT is like what many people in the modern health world are calling a "Ketogenic Diet." MMT is a high fat, moderate protein and low carb nutrition plan.

Why high fat, moderate protein, low carb?

Microbes such as bacteria, candida, parasites, thrive off of sugar. Carbohydrates break down in glucose which is a sugar. Even an abundance of protein can turn into sugar. Healthy fat is a great fuel for long lasting sustained clean energy. You just want to make sure that you are getting high quality sources of fat, otherwise the fat can go rancid and cause other problems. In addition is imperative that you have keep your ratio of omega 6's to 3's around 4:1. Too much omega 6 fatty acids (Poly Unsaturated Fatty Acids/PUFA's) as associated with inflammation in the body because they destroy the cellular membranes where nutrients enter and exit.

Macadamia nuts, pecans, chia, flax, butter, ghee, beef fat, olive oil, coconut oil coconut butter, cacao butter and eggs, amongst others are great options.

We want to do our best to not heat our fats at temperatures higher than 115 degrees because this can turn the fat into a toxin. This is why you will see many of the recipes in this program designed the way they are. When cooking vegetables seaming and adding the oils/fats later is usually going to be recommended, verses frying the vegetables. Meats will usually be boiled in water or baked verses frying for this very same reason.



Macronutrients target percentages:

Healthy Fat: 60-70%

Protein: 15-20%

Carbohydrates: 5-15%

Logging your food in a phone application like Chronometer can help you discover where you are at and where you need to make adjustments.

Why so many greens?

On this cleanse you will notice that there are a lot of green vegetables and might be wondering why? The reason is because the chemical structure of the blood is the same as the chlorophyll in a plant, which is what makes a plant green. The only difference is that the center molecule of the blood is iron which the center of the chlorophyll is magnesium.

All the different colors of foods have their nutritional purpose, but when eating greens it is like having a blood transfusion. With our background in **Live Blood Cell Auditing**, our goal with this program has always been to have a whole new set of healthy blood cells in the 90-120 day mark after one embarks on this cleanse which green vegetables help to support.

The other reason is that most people tend to be deficient in magnesium, which is a huge reason why many people are constipated and have gut issues. The magnesium we get from the greens helps to loosen the bowel and aid in the detoxification process.

Lastly, greens are a **bitter food** and bitter foods have fat soluble nutrients like vitamin's A, E, D and K, and sulfur which are very stimulating for the liver to be able to produce **bile**. **Bile** is very essential for the digestion of fats and for the liver to work at its optimal level.



Carminative Herbs

Carminative Herbs are culinary herbs that are not only used to enhance the flavor of your food, but also to improve the digestion and assimilation of your food's nutrients. They include but are not limited to:

- Cinnamon
- Ginger
- Garlic
- Rosemary
- Thyme
- Mint
- Basil
- Coriander
- Fennel
- Vanilla Bean
- Parsley
- Avocado
- Cayenne Pepper
- Aloe Vera
- Black Cumin

Most of these herbs are also **bitter** and **warming herbs** as well, which **bitter herbs** support the liver & gallbladder, and **warming herbs** support the immune system, soothe the gut and boost bioavailability of nutrients, all of which are a key component to a successful cleanse and gut restoration program

Benefits of High Fiber

Fiber helps to move the bowels and therefore push out toxins. On a gut restoration cleanse, it is imperative to make sure to get enough fiber and for most people that is going to look like a lot more than normal. 25-30 grams per day is recommended and most Americans eat under 15 grams per day. Some people may also need to consider taking supplemental fiber sources like **Acacia Fiber** or **Psyllium Husk Fiber** to help aid in the laxative effect and in scraping the walls of the intestine to pull out toxins.



Fermented Foods

Fermented foods such as sauerkraut and kim chi are included on The Wellness Cleanse for their plethora of beneficial probiotic bacteria. It is good to get the probiotics in our food in addition to the supplementation and at some point you might even just feel like these fermented foods are enough probiotics but makes sure to complete at least 90-120 days of the probiotics and see your TWT Health Practitioner before stopping your probiotics supplementation.

Here is a list of Fermented Foods to try:

- Sauerkraut
- Kim Chi
- Pickles
- Miso
- Natto
- Tempeh
- Kefir

Bone Broth

Bone broth is very beneficial in closing the tight junctions of a leaky gut due to the high gelatin, glycine and proline content. Gelatin has an amazing ability to heal the intestinal lining. People that have trouble digesting protein and suffer from low **HCl** can greatly benefit from bone broth several times a week due to its gelatin rich content.

Bone broth is also high in minerals which are cofactors to all our enzymatic reactions, and electrolytes which are a key component to keeping the body hydrated. Bone broth is also high in collagen, chondroitin, glucosamine which are glycosaminoglycan's to seal the holes in a leaky gut.

Lastly, **bone broth** is powerful at killing the microbes that infest and wreak havoc on the body.



Avoid Allergens

In order for the digestive system to completely heal itself and function properly, it is important to avoid foods that you are allergic to.

Blood Type Food Recommendations



After our **Live Blood Cell Audits** and **Distant Consolutions** our **TWT Health Practitioner** generally gives a list of foods for the client to eat and not eat according to their blood type. This is a very cost effective way to eliminate foods that in general would be allergenic for people of that same blood type.

Muscle Response Testing (MRT)



A practitioner trained in MRT or applied kinesiology can help you to discover which foods you may be allergic to by seeing your energetic response while pumping your arm while having contact with different foods.

Nowadays more and more practitioners are learning about and using bioenergetics devices like quickly scan the body of allergens like the **SCIO** or **Zyto**.



Genetic Testing

Genetics tests like 23 & Me are good ways to see what your body is genetically predisposed to like or be allergic too. A qualified practitioner usually is needed to interpret this data.



IgG Food Sensitivities Test

IgG Food Sensitivities Tests generally use a sample of blood to discover the sensitivities a client has to a number of foods. Usually the more foods tested, the more the test costs. Speak to a **TWT Health Practitioner** if you would like to order this test.

Common Allergens to Avoid on The Wellness Cleanse

For the sake of this cleanse, we have not included the following foods because a huge population of people tend to have food sensitivities to them:

- Gluten containing foods: Wheat, wheat germ, rye, barely, bulgur, couscous, farina, graham flour, kamut matzo, semolina, spelt, triticale, faro
- Dairy
- Soy
- Peanuts
- Corn



Purified Alkaline Water

On this gut restoration program, it is best devised to drink purified water that is slightly alkaline.

Many toxins such as fluoride and chlorine are added to our water and it is imperative to stop consuming those toxins if we want to cleanse and restore the gut.

Our body functions best with the blood is at a pH of 7.35-7.45. When people have any health challenge they tend to be in a state of acidosis, meaning their pH starts to shift to a more acidic state. The more the body gets out of range from its normal pH, the more minerals are not able to absorb, which affects all our body's enzymatic reactions.

Alkaline water can be bought from a water store that sells filtered alkaline water, an alkaline machine can be bought to filter and make pH balanced water, or one can simply buy Trace Minerals Optimal pH drops to add to their filtered water.



Proper Food Combining

In The Wellness Cleanse directions you will see how **Proper Food Combining** is implemented. Proper food combining is key why dealing with digestive challenges because different foods digest at different rates and with different enzymes. Improperly combining your food leads to digestion havoc which cause a decrease in nutrient absorption and assimilation and can lead to **Leaky Gut Syndrome**.

Good Food Combinations	Bad Food Combinations
<ul style="list-style-type: none">• Vegetables with Carbs	<ul style="list-style-type: none">• Carbs with protein
<ul style="list-style-type: none">• Vegetables with Protein	<ul style="list-style-type: none">• Fruit and Carbs
<ul style="list-style-type: none">• Fruit alone on an empty stomach	<ul style="list-style-type: none">• Fruit and Protein
<ul style="list-style-type: none">• Drinks without food	<ul style="list-style-type: none">• Drinks with food



~Emotional Connection~

Every organ is associated with holding different types of emotions. During The Wellness Cleanse you might naturally experience a release of the negative emotions associated with the stomach, small intestine and or large intestine (colon). On the flip side of things, the associated emotional imbalance is something to consider working on because that can also directly affect the state of your digestive health.

Organ	Emotions When Imbalance	Emotions When Balanced
Stomach	<ul style="list-style-type: none"> • Anxiety • Worry • Skepticism • Poor confidence • Feelings of suspicion or mistrust 	<ul style="list-style-type: none"> • Fairness • Openness • Caring
Small Intestine	<ul style="list-style-type: none"> • Inability to assimilate ideas • Insecurity Forgetfulness • Indecision • Unclear thought process • Restlessness • Difficulty in expressing emotions 	<ul style="list-style-type: none"> • Love • Joy • Warmth • Vitality • Excitement • Memory • Ability in making decisions • Clarity of thought
Large Intestine (Colon)	<ul style="list-style-type: none"> • Sadness • Grief • Worry • Selfish • Emotional introversion • Depression • Irritability • Discouragement • Distress • Apathy • Uptight • Low self-esteem • Feeling stuck • Not able to let go of things not serving you/negative patterns • Bottled up emotions 	<ul style="list-style-type: none"> • Organized in your thinking and your physical space • Clear headed and free of pollutants, both physically and mentally • Relaxed • Courage • Righteousness • Compassion • Good survival instincts • Individuality • Positive outlook • Endurance



~How to be Successful on this Cleanse~

Start Now!

Many people might get overwhelmed with the abundance of good information in this book that they might fail to ever get started. Gather as much information as you can now and keep going over the book as you go along so you can really build a strong foundation for your digestive system.

Meal Plan

The key word is plan. If you create a plan for each week about what foods to buy and plan 1-2 cooking days per week to meal prep, you are more likely to be successful on this cleanse.

Most of your food should be low carb vegetables with lots of fat. You will have some protein sources and will notice that your carbs are probably almost nothing compared to what you are used to. Most foods have carbs in them which will be enough to meet your daily needs.

Log your Food in Chronometer

Logging your food can be a powerful tool to make sure you stay on track and be specific with your macronutrients. You can log your recipes in the **Chronometer app** and enter your whole day's food ahead of time to see where your macronutrients lie even before your day or week begins. You can also make copies and log your food in the **Food Journal** in the end of this book if you prefer that method of logging.



Chew your Food

The more you chew your food, the better. This allows for your food to be broken down in smaller pieces so it can be absorbed better in your digestive tract. This also relieves stress off of the stomach, pancreas and other digestive organs to do the job of digesting your food. This will help you to be fuller on less food and more satiated. Lastly, you will have less undigested food for microbes to feed on.

Do your Enemas & Implants

While we have seen good results without doing enemas & implants, these therapies help tremendously to speed up the detoxification process, less the healing crisis, eliminate toxins and rebuild the intestinal lining. See page 74.

Relax

Taking time to slow down and unwind from your fast pace life can really aid the body in its detoxification and rebuilding process because the body needs to be in a parasympathetic state to rest, digest and heal the body.

Deep breathing and praying before you eat can also help you to calm your body down so it can be in this state and better digest and absorb your nutrients. Eat only when calm otherwise, consume a liquid or other drinks or foods that are easy on your digestion.

Rest

Make sure to get your full nights rest. Having enough sleep is key to success in any health, fitness or detox plan.



Have Support

Having some emotional support like a trusted friend or **TWT Health Coach** can also help you to stay on track and answer any questions you might have. Engaging in the **TWT Wellness Cleanse Facebook Group** can also be a great support as well.

Let Go & Laugh a Little

This cleansing and rebuilding program can take time to adjust to and as much as we would like you to get all the details right, have grace on yourself! For many these life changes may take longer than 21 days. Do your best to stay on the program and but at some point you just have to let go and laugh! Remember laughter is good medicine!



The Wellness Cleanse Instructions



Included Supplements

Probiotics (90 capsules)



The gastrointestinal tract is a complex ecosystem in which there is a delicate balance between the intestinal microflora and the host. A healthy gastrointestinal tract should contain a high percentage of beneficial bacteria to prevent the over colonization of disease causing pathogenic micro-organisms. This Custom Probiotics Powder formulation contains five superior strains of freeze-dried probiotic microorganisms that specifically target and help the small and large intestines maintain proper microflora balance for optimal immune function.

Digestive Enzymes (270 capsules)



Digestive enzymes are the first step in proper digestion, absorption, and assimilation of vital nutrients. Undigested food can cause many health imbalances that can lead to a variety of issues. This is a full spectrum formulation capable of aiding the digestion of proteins, fats, carbohydrates, sugars, fibers, and dairy products.

Immune Support (120 capsules)



Immune Support is a metabolic enzyme blend that has immune enhancing enzyme that have the unique capability to break down the outer shell of bacteria, parasites and other invaders of the blood stream. Once the outer shell of these invaders has been broken down, the body can deal with and eliminate these invaders.

Candida Plus (84 capsules)



Candida albicans is a yeast-like fungus that normally lives in healthy balance in the body. When the balance is upset, or when conditions favor the growth of the yeast over the normal flora of the intestine, an overpopulation of yeast and infection results. The typical standard American diet, which is full of carbs, may leads to this condition. The Candida Plus formula is a metabolic enzyme blend that has the ability to rebalance this overgrowth.



Extra Digestive Support (Not Included)



L-Glutamine (90 capsules)

L-Glutamine is an amino acid, which is a building block of protein. L-Glutamine is a great supplement to be used to help heal those tight junctions in a leaky gut so nutrients can be absorbed and toxins eliminated properly and not re-entering the bloodstream.



Betaine HCL (225, 450 capsules)

HCL short for hydrochloric acid. A good amount of people in this day and age have low stomach acid and tough foods that require an acidic environment to digest, like meat are not digested properly and toxins in food such as parasites are not neutralized. When people have acid reflux, that is a sign of low stomach acid, not high. Start with 1 capsule before your meal and work your way up until you have slight heartburn. You want to take just enough to right before you get to that point. Use this temporarily until your stomach acid stabilizes.



GB Support (90 capsules)

GB Support is a supplement created to support the gallbladder, which secretes bile. Bile is created in the liver, stores in the gallbladder and secreted in the small intestine to help break down fatty foods that we consume. Fatty foods require an alkaline environment to digest and the bile provided that for them. An Ox Bile supplement can also help with constipation.



Para-Dysbio-Zyme (90 capsules)

In nearly everyone's Blood Cell Audits, we see signs of parasites. These little bugs can enter our body in different ways, one being through our food. When we do not have enough stomach acid, and our terrain is thrown off, our body becomes a host for parasites to thrive and reproduce. In a gut cleansing program it is necessary to eliminate the parasites in order for the leaky gut to heal.



Recommended Supplement Upgrade



B-Stress Complex (90 capsules)

Many people are suffering from a fatigue. Many are overworked but nonetheless we see in a lot of people's blood, a sign called Anisocytosis where the blood cells are different sizes, some big and some small. This is a sign of low vitamin b-12 and folate, which this product has. This sign is also associated with low iron which vitamin b-12 and folate help facilitate the absorption of non-heme iron. Most of our clients find that they feel extra energy while taking this, which the extra boost of energy can aid in their intestinal detoxification.



C Complex (60, 180 capsules)

Vitamin c is also needs for the absorption of iron. It is an important antioxidant which is necessary for our immunity. We have seen over and over a coast around the dry blood audit samples of blood, which is an indicator of vitamin c deficiency. Vitamin c deficiencies can also lead to leaky gut and autoimmune conditions, which is what The Wellness Cleanse is trying to reset. Vitamin C also boosts the adrenals and lowers cortisol levels, helping to reduce stress and improve sleep which are both key to a successful cleanse.



Magnesium Complex (60, 180 capsules)

Magnesium is involved in many enzymatic steps in which components of food are metabolized and new products are formed; it is involved in over 300 such reactions. It is also needed for healthy elimination, heart function and a sound sleep. Many people are deficient in magnesium due to modern agricultural practices and the standard American diet and we are seeing deaths due to heart disease on the rise.



Vitamin-Mineral (60, 240 capsules)

Because our food supply is very deficient in vital nutrients, it is easy to become deficient in certain vitamins and minerals and when someone is deficient in any one nutrient they tend to be deficient in many others too. This is because vitamins and minerals have co-factors which means they work together with other nutrients. For these reasons, we have included the Vitamin-Mineral in the supplement upgrade. It is a food based multi-vitamin and multi-mineral and it is a great base for the other nutrients added.



August

2014

**Sample 21
Day Cleanse**

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
					1	2
3	4	5	6	7	8 Do the Simple Home Candida Test	9 Go to the farmer's market and prepare for the cleanse
10	11 Start Cleanse	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31 Last day of the cleanse!!!	1 Retest the Simple Home Candida Test.	2 Repeat if necessary or move on to our other cleansing programs	3	4	5	6



~Daily Directions~

	Supplement to take	What to eat
Pre-Breakfast	<ul style="list-style-type: none"> • 1 Probiotic 	<ul style="list-style-type: none"> • Morning Detox Drink
Breakfast (20 mins after water)		TWT Blended Green Drink or Sunwarrior Illumin8 Meal Replacement
Between Meals	<ul style="list-style-type: none"> • 1 Immune Support • 1 Candida Plus 	<ul style="list-style-type: none"> • Green juice and/or water
Lunch	<ul style="list-style-type: none"> • 2 Allegany Digestive Enzymes (Before meal) 	<ul style="list-style-type: none"> • Cooked Vegetables • <i>Optional sides:</i> <ul style="list-style-type: none"> -Grains (Refer to shopping list) -Avocado -Sweet potato -Hard boiled eggs (organic cage free)
Between Meals	<ul style="list-style-type: none"> • 1 Immune Support • 1 Candida Plus 	<ul style="list-style-type: none"> • Green juice and/or water
Dinner	<ul style="list-style-type: none"> • 2 Allegany Digestive Enzymes (Before meal) 	<ul style="list-style-type: none"> • Bone Broth or Vegetable Soup • Cooked Vegetables • <i>Optional sides:</i> <ul style="list-style-type: none"> -Grains (Refer to shopping list) -Avocado -Sweet potato -Palm sized portion of wild caught fish, grass fed beef or free range chicken
Snacks		<ul style="list-style-type: none"> • <i>Options include:</i> <ul style="list-style-type: none"> -Sunwarrior Illumin8 Meal Replacement -TWT Power Protein Shake -Soaked Nuts (except peanuts & cashews) -Seeds -Avocado -Green Juice -Herbal Tea
Before you go to bed (2hours after last meal)	<ul style="list-style-type: none"> • 2 Candida Plus • 3 Immune Support • 3 Probiotics 	

*Refer to the "Recipe" section of the book for recipes

*Drink half your body weight in ounces of water per day.

*Stop eating by 8pm, preferably 7pm if possible (at least 2 hours before bed)

These supplement dosages can be increased 2-4x the recommended amount for deeper cleansing & gut restoration.



Shopping List

Carbs

Grains

- Quinoa
- Millet
- Buckwheat
- Amaranth

Beans

- Garbanzo Beans
- Lentils
- Mung Beans
- Red Beans
- Kidney Beans
- Pinto Beans

Tortillas/Wraps

- Seide Wraps

Starchy Vegetables

- Sweet Potatoes
- Corn

Other

- Miso
- Natto

Protein

Nuts

- Almonds
- Walnuts
- Hazelnuts
- Macadamia Nuts
- Pecans
- Pistachios
- Almond Based Yogurt
- Coconut Based Yogurt

Seeds

- Sunflower Seeds
- Pumpkin (Pepita) Seeds
- Hemp Seeds
- Flax Seeds
- Chia Seeds

Meat

- Wild Caught Fish
- Organic Chicken
- Organic Turkey
- Organic Lean Cuts of Beef*

Dairy

- Organic Free Range Chicken Eggs*

Vegetables

Basic

- Asparagus
- Red Bell Peppers
- Orange Bell Peppers
- Yellow Bell Peppers
- Broccoli
- Cabbage
- Cauliflower
- Celery
- Cucumber
- Green beans
- Mushroom
- Winter Squash
- Garlic
- Onion
- Ginger

Root Vegetables

- Parsnips
- Radishes
- Rutabaga
- Sweet Potato
- Turnip

Sea Vegetables

- Arame
- Dulse
- Hijiki/Hiziki
- Kelp
- Nori
- Wakame

Fermented Vegetables

- Sauerkraut
- Kim Chi
- Pickles

Leafy Greens

- Arugala
- Bok Choy
- Chicory
- Collard Greens
- Dandelion Greens
- Kale
- Romaine Lettuce
- Mustard Greens
- Spinach
- Swiss Chard
- Watercress

Sprouts/Micro Greens

- Alfalfa Sprouts
- Broccoli Sprouts
- Clover Sprouts
- Radish Sprouts
- Onion Sprouts
- Sunflower Sprouts
- Pea-Sprouts

Herbs

- Basil
- Black Cumin Seed
- Oregano
- Turmeric
- Cayenne
- Chives
- Cilantro
- Dill Mint
- Oregano
- Parsley
- Rosemary
- Sage
- Tarragon
- Thyme
- Cinnamon
- Ginger
- Garlic
- Mint
- Aloe Vera

Fruit

- Raspberries
- Blueberries
- Blackberries

Fat

- Avocado
- Grass Fed Butter
- Ghee
- Coconut Butter
- Cacao Butter

Unrefined Oils

- MCT Oil
- Extra Virgin Coconut Oil
- Olive Oil
- Avocado Oil
- Flaxseed Oil
- Hemp Oil

Salt Substitutions

- Sea Vegetables
- Himalayan Pink Salt
- Braggs Liquid Aminos
- Coconut Aminos

Sugar Substitutions

- Stevia
- Erythritol
- Monk Fruit Extract

Other

- Braggs Apple Cider Vinegar

Drinks

Water

- Water
- Lemon Water with Apple Cider Vinegar & Cayenne

Juice/Smoothies

- Green/Veggie Juices
- Wheatgrass Shots
- Ormus Greens Powder (Add water)
- Aloe Vera (Unsweetend)
- TWT Blended Green Smoothie

Protein Drinks

- Sunwarrior Illumin8 Meal Replacement
- Sunwarrior Protein Powder
- Vega Sports Performance
- Protein Powder
- Hemp Protein Powder

Tea

- Traditional Medicinals Smooth Move Tea
- Matcha Green Tea

Other

- Coconut Kefir
- Kombucha



Recipes

Protein

Beef Chuck Soup

Ingredients:

1 lb Beef Chuck Slices in 1-2 inch chunks (include the fat)
4 c Purified Water
5 Garlic Cloves Chopped
½ a Red Onion Sliced
½ t Himalayan Pink Salt

Directions:

1. Place water, beef chuck pieces, garlic cloves and red onion in a pot. Heat to a boil then simmer on low for 3 hours.
2. Add the Himalayan pink salt and let it simmer for a few minutes.
3. You can add optional vegetables like baby kale, spinach, etc. or you can eat the meat in your salad and drink the soup separately.

*You can cook this in a crock pot if you have one to make it easier.

Collard Wraps

Ingredients:

Collard Greens (remove the stems-Cut on both sides of the collard green so you end up having two pieces.)

1 Beef Chuck Soup (See the recipe above)

Sauerkraut

Sunflower or Broccoli Microgreens (or any other microgreen or soft leafy greens)

Olive Oil

Himalayan Pink Salt

*Optional: Add Avocado to the wrap

Directions:

1. When the soup is warm place the collard greens in the water and after it softens remove and place on a plate horizontally to you.
2. Take some pieces of the beef out of the soup and tear it apart. Place the beef, sourkraut and microgreens in the middle of the collard green, perpendicularly to you.
3. Add a drizzle of olive oil and a few pinches of Himalayan pink salt.
4. Fold the green over the mixture then roll it so it becomes a wrap.



Chicken Fajitas

Ingredients:

Chicken
Yellow Onion
Red Bell Peppers
Cumin Powder
Cayenne Pepper
Black Pepper
Himalayan Pink Salt
Sourkraut
Raw Cheese
Siete Tortillas

Optional: Chipotle Hot Sauce

Directions:

Lemon Chicken Marinade

(From Stephanie's Detox Kitchen)

Ingredients:

1 lb Organic Chicken Tenders
1 Organic Lemon Squeezed
2 T melted coconut oil
1-2 t Himalayan Pink Salt
1t Black Pepper
1 Zip Lock Bag

Directions:

1. Combine all ingredients in bag and marinate for an hour.
2. Place tenders over a coconut oil greased pan and cook for about 5-10 minute on medium to low heat.

Chickens tenders flavor up lunch over organic spinach and raw vegetables for dinner. Making extra is good to have as a quick snack around the house.

Choosing organic is ensuring your meat and produce does Not contain GMO's



(genetically modified organisms). Make sure your spices are laced with hidden ingredients you're not sure about.

Baked Rosemary Chicken

Ingredients:

1 full Chicken
4-5 Fresh Rosemary Sprigs

Directions:

1. Pre-heat the oven to 400 degrees Fahrenheit.
2. Put the chicken in a glass pan then put the rosemary under the chicken wings, between the legs and body, and in the center of the carcass.
3. Bake for 1 hour to 1.5 hours until the chicken is fully cooked.
4. Serve with some cooked vegetables, Himalayan Pink Salt and lemon juice and olive oil.
5. You can freeze some for the future.



Carbs

Cinnamon Sweet Potatoes

Ingredients:

1 c White Sweet Potatoes chopped in 1 inch cubes with the skin on
2 T Coconut Oil (or MCT oil)
½ t Cinnamon Powder
A few pinches of Himalayan Pink Salt

Directions:

1. Bring to boil about 1 inch of water in a pot or pan. Lower the heat to low-medium and put the sweet potatoes in the pan.
2. Simmer until the sweet potatoes are soft. You will be able to easily insert a fork in them.
3. Drain the sweet potatoes in a colander and place them back in the pot.
4. Mix the coconut oil cinnamon and Himalayan salt and mash to your desired texture.

Cooked Sprouted Quinoa

To sprout:

Ingredients:

1 cup of Quinoa (unsprouted)
Water

Directions:

1. Rinse the quinoa.
2. Soak the quinoa for 3 hours then strain and rinse it.
3. Let the quinoa sit in a wire colander (or a sprouting jar, turned upside down) for 12 hours. Thoroughly rinse the quinoa and then let it sit for another 12 hours.

To cook:

Ingredients:

Use the sprouted quinoa from above



1 ½ c Water

Directions:

1. Bring to a boil, cover, reduce heat to low, and simmer until water is absorbed, about 15 minutes. Let stand, covered for 5 minutes.

Smoky Quinoa

Ingredients:

- 1 c Raw Sprouted Quinoa
- 1 ½ c Water
- 1 ½ T Olive Oil
- 1/8 t Himalyan PinkSalt
- 2 T White Onion
- 1/2 t Smoked Paprika Seasoning

*Optional: Can substitute quinoa with millet.

Directions:

1. Put all ingredients together in a pot to boil except the Himalayan Pink Salt.
2. Bring to a boil, cover, reduce heat to low, and simmer until water is absorbed, about 15 minutes.
3. Mix in the Himalayan Pink Salt and let stand, covered for 5 minutes.

Unfried Rice

Ingredients:

- Quinoa
- Ginger
- Turmeric
- Ground Red Pepper
- Chives or Green Onion
- Basil
- Braggs Liquid Aminos
- Sesame Oil
- Olive Oil
- Sesame Seeds

*Optional: Can substitute quinoa with millet or buckwheat.



Directions:

1. Cook quinoa.
2. Toss all ingredients together.

Sprouted Beans

Ingredients:

1 cups Sprouted Beans (Lentil, mung beans, adzuki beans, peas)
1/2 T Olive Oil
1/8 t Himalayan Pink Salt

*Optional additions: Fresh or Dried herbs including garlic, ginger, turmeric and cayenne; lemon or lime; chopped vegetables

Directions:

1. Toss and serve over salads or grains.

Garlic Lentils

Ingredients:

1 cup Sprouted Lentils
1-2 T Olive Oil
1/4t Garlic Powder
1/8 t Himalayan Pink Salt

1. Toss and serve over salads or grains.

Boiled Pinto Beans

Ingredients:

1 c Sprouted Pinto Beans
¼ T Garlic powder
Water
1/4 T Sea Salt

Directions:

1. Heat beans in water to a boil then turn down to low heat
2. Heat for 45-50 minutes



3. Add salt
4. Heat med-high for 5 minutes
5. Let cool

Asian Sweet Potatoes

Ingredients:

Sweet Potatoes
Braggs Liquid Aminos
Apple Cider Vinegar
Lemon Juice
Olive Oil
Sesame Oil
Garlic Powder
Ginger Powder
Cayenne Powder
Sesame Seeds

Directions:

1. Peel the sweet potatoes.
2. Chop the sweet potatoes in a long thick french fry shape.
3. Sir all of the other ingredients beside the potato and sesame seeds together.
4. Mix the potatoes and sesame seed in the dressing.
5. Let the mixture soak for a couple of hours.

Cauliflower Mash

Ingredients:

Cauliflower
Grass Fed Butter (or Coconut Oil)
Himalayan Pink Salt
Pepper

Directions:

Cauliflower “Rice”



Ingredients:

Cauliflower
Himalayan Pink Salt

Directions:



Vegetables

Basic Salad

Ingredients:

- 1-3 c Leafy Greens (Kale, spinach, lettuce, sprouts, arugula, etc.)
- ¼ c Sauerkraut or Kim Chi
- 1 Serving of the Basic Salad Dressing (*Seeing recipe under the Dressings, Sauces and Dips section*)

*Optional additions: Other vegetables, fresh or dried herbs, garlic, onion

Directions:

1. Toss altogether to taste.

Garlic Brussel Sprouts

Ingredients:

- 1 c Brussel Sprouts (cut the ends off)
- 2 T Unsalted Grass Fed Butter (Kerry Gold is a good brand)
- 3 Cloves of Garlic (chopped in small pieces)
- ¼ t Himalayan Pink Salt

Directions:

1. Put a little water in a pot, at least 1 cm high and place the brussel sprouts in the pot and cover the pot with a lid. Turn the burner on you stove to low-medium heat and let the brussel sprouts steam. Stir occasionally if necessary to make sure every part gets cooked evenly.
2. Place the butter in a pan while the brussel sprouts are steaming. Turn the stove on low. When the butter is melted, place the garlic in the pan.
3. Let the garlic cook until it has a nice smelling aroma, then place the steamed Brussel sprouts in the pan and mix them together with the Himalayan pink salt. Continue to heat on low to medium for a few minutes until all the flavors infuse together. Be careful not to overcook.

Steamed Vegetables

Ingredients:

Directions:



Dressings, Sauces and Dips

Basic Salad Dressing

Ingredients:

2 T Olive Oil
½ Lemon's (or Lime) Juice
Himalayan Pink Salt to taste

*Optional Additions: Braggs Liquid Aminos, Sea Vegetables, Coconut Aminos, Fresh or dried herbs, Garlic, Onion

Directions:

1. Blend all of the ingredients together to taste.
2. Toss dressing in a salad.

Goddess Dressing

Ingredients:

1/3 cup Olive Oil
2 2/3 T Tahini, as thick as possible, toasted
2 T Braggs Apple Cider Vinegar
2 2/3 t Braggs Liquid Amino Acids
2 2/3 t Lemon Juice
¾ t Himalayan Pink Salt
1 Medium-large Clove, finely minced or crushed
1 ½ t Hulled Sesame Seeds, Very Lightly Toasted
1 T Minced Parsley
1 T Minced Chives

Directions:

1. Combine all ingredients except for water, and whisk to combine. Don't use a blender. It's probably best to hold off on adding the water until the end. You'll want to add enough at the end only to reach the desired consistency.

Bell Pepper Salsa

Ingredients:

4 Red Bell Peppers (Chopped)



1/2-1 Yellow Bell Pepper (Chopped)
1 c White Onion
1 Jalapeno
1 Lime Squeezed
1 t Himalayan Pink Salt
1/2 c cilantro
1 t garlic powder

Directions:

1. Mix all ingredients together.

Guacamole

Ingredients:

3 Small Avocados
1/3 White Onion
1/4 t Himalayan Pink Salt
2 T Cilantro Chopped
1½ Lime Juice

Directions:

1. Mix all ingredients together.



Soups

Chicken Bone Broth

The Broth

Ingredients:

Bones from 2 Chickens
6 quarts of water
1 T Braggs Apple Cider Vinegar
1 T Himalayan Pink Salt (Can add more to taste)

Optional Additions:

Vegetables

Carrots, Celery, Yellow Onion, Kale, Arugula

Fresh Herbs

Parsley, Cilantro

Health Fat

Avocado
1-2 T of Olive Oil, Butter, Ghee, Coconut Oil, MCT Oil

Directions:

1. Add all **The Broth** ingredients in a pot and bring to a boil (or place in a crock pot), then let simmer for 15-18 hours.
2. Strain the broth in a strainer and discard the bones, herbs, etc (everything but the broth).
3. Add the Himalayan Pink Salt.
4. If you desire to add the vegetables, add the Carrots, Celery, Yellow Onion and heat them for a few minutes until tender, then add the Kale and/or Arugula



Pho Bone Broth

The Broth

Ingredients:

2 onions, quartered
4" nub of ginger, halved lengthwise
5-6 pounds of good beef bones, any work but preferably leg and knuckle (Chicken bones are good too)
6 quarts of water
1 package of Pho Spices [1 cinnamon stick, 1 T coriander seeds, 1 T fennel seeds, 5 whole star anise, 1 cardamom pod, 6 whole cloves - in mesh bag, or metal tea strainer]
1 T Himalayan Pink Salt (Can add more to taste)
1 T Braggs Apple Cider Vinegar

Optional Extras

Meat of your choice (already cooked)
Brown rice noodles (cooked according to the package)
Vegetables of choice (already steamed or cooked)
big handful of each: mint, cilantro, basil
2 limes, cut into wedges
2 big handfuls of fresh bean sprouts

Directions:

1. Add all **The Broth** ingredients in a pot except the Himalayan Pink Salt and bring to a boil, then let simmer for 35-40 hours. The longer you cook it, the more the flavors come out.
2. Strain the broth in a strainer and discard the bones, herbs, etc (everything but the broth).
3. Add the Himalayan Pink Salt and **Optional Extras**.

Easy Bone Broth Vegetable Soup

Ingredients:

Bonafied Frozen Beef or Chicken Bone Broth (Defrosted)
Onion
Garlic
Broccoli
Carrot
Celery
Zucchini
Kale



Cilantro
Black Pepper
Himalayan Pink Salt
Olive Oil

Optional Spices: Turmeric, cloves, coriander

Directions:



Drinks

Morning Detox Drink

Ingredients:

8oz-16oz Water
½ Lemon Juice
1 pinch Cayenne
*Optional Additions: Stevia, apple cider vinegar

Directions:

1. Mix all ingredients together.

TWT Blended Green Drink

Ingredients:

2 Handfuls Baby Greens (Spinach, Baby Kale, microgreens, etc)
1T Melted Unrefined Coconut Oil (Or other healthy fat source)
Unsweetened Nut Milk
Water to preferred consistency
Stevia to taste
*Optional Additions: A handful berries (Blueberries, Raspberries, Blackberries) , Cinnamon, avocado, 1 scoop protein powder

Directions:

1. Blend all of the ingredients in a blender.

TWT Green Juice

Ingredients:

1 Cucumber
2 Celery Stalks
Lemon or Lime
*Optional Additions: Cayenne Pepper, Juiced Ginger or Garlic

Directions:

1. Juice the cucumber and celery in a juicer and squeeze the lemon or lime on top.



(You can blend half of these ingredients in a blender with water if you don't have a juicer.)

Ginger Shot

Ingredients:

2 inch pieces of Fresh Ginger
½ a Lemon
Cayenne Pepper

Directions:

1. Juice the ginger and the lemon (the rind included) in a juicer.
2. Add the cayenne to taste.

Matcha Green Drink

Ingredients:

½ t Matcha Green Tea
1 scoop Green Juice Powder
1 c Unsweetened Flax Milk
10 drops Liquid Stevia

Directions:

1. Mix all of the ingredients together.

Gut Healing Protein Drink

Ingredients:

1 Scoop Sunwarrior Warrior Blend Protein
1 t L-Glutamine Powder
1-2 T MCT Oil

Directions:

1. Mix all of the ingredients together.



Snacks

Chocolate Walnut Heaven Fat Bomb Bark

Cacao Butter
Almond Butter
Chia Seeds
Walnuts (Chopped) (Pecans are good too)
Cacao Powder
Chocolate Protein
Himalayan Pink Salt
Stevia

Directions:

1. In a small pot heat the cacao butter on low until melted. Do not heat on high or you can catch the butter on fire!
2. While the cacao butter is melting, take a napkin and dip it in the melting cacao butter. Use this to wipe the edges of a large glass tray.
3. In a bowl, mix all the remaining ingredients together and add the melted cacao butter once it is finished melting.
4. Pour the mixture into the glass tray and place in the freezer.
5. After about 30 minutes the mixture hardens. Remove the bark from the freezer and score it with a knife. It's up to you how big you want the pieces.
6. Enjoy! (And take a picture for The Wellness Cleanse Facebook group!!)

Matcha Green Tea Latte Fat Bomb Bark

Cacao Butter
Almonds Chopped
Matcha Green Tea Powder
Chia Seeds
Hemp Seeds
Vanilla or Neutral Protein
Himalayan Pink Salt
Stevia

Directions:

1. In a small pot heat the cacao butter on low until melted. Do not heat on high or you can catch the butter on fire!
2. While the cacao butter is melting, take a napkin and dip it in the melting cacao butter. Use this to wipe the edges of a large glass tray.



3. In a bowl, mix all the remaining ingredients together and add the melted cacao butter once it is finished melting.
4. Pour the mixture into the glass tray and place in the freezer.
5. After about 30 minutes the mixture hardens. Remove the bark from the freezer and score it with a knife. It's up to you how big you want the pieces.
6. Enjoy! (And take a picture for The Wellness Cleanse Facebook group!!)

Coconut Bliss Fat Bomb Bark

14 oz Jar Coconut Butter

$\frac{3}{4}$ c Almond Butter (Macadamia or Sunflower Butter works good too)

$\frac{1}{4}$ c Almonds (Chopped) (Macadamia Nuts are good too)

$\frac{1}{4}$ c Chia Seeds

3 Scoops Sunwarrior Protein (Chocolate, Vanilla or Neutral Protein)

$\frac{1}{2}$ t Cinnamon Powder

$\frac{1}{8}$ t Himalayan Pink Salt

5 Scoops Stevia

*Optional: Shredded Coconut and/or Cacao Nibs for the top

Directions:

1. In a small pot heat the coconut butter on low until melted. Do not heat on high or you can catch the butter on fire!
2. While the coconut butter is melting, take a napkin and dip it in the melting coconut butter. Use this to wipe the edges of a large glass tray.
3. In a bowl, mix all the remaining ingredients together and add the melted coconut butter once it is finished melting.
4. Pour the mixture into the glass tray and place in the freezer.
5. After about 30 minutes the mixture hardens. Remove the bark from the freezer and score it with a knife. It's up to you how big you want the pieces.
6. Enjoy! (And take a picture for The Wellness Cleanse Facebook group!!)



Pre-Made Snacks

These snack are pre-made and have great ingredients and a low sugar content unlike most snacks. You can buy these online or at your local health food store:

- Bhu Fit Bars
(Preferably the ones 2g sugar or less)



- Garden of Life Fit Bars



- Sun warrior Sol Good Protein Bars
(Only Coconut Cashew & Salted Caramel Flavors because of the hight sugar content in the others.)



- No Cow Bars



Enemas & Implants

What are Enemas & Implants?



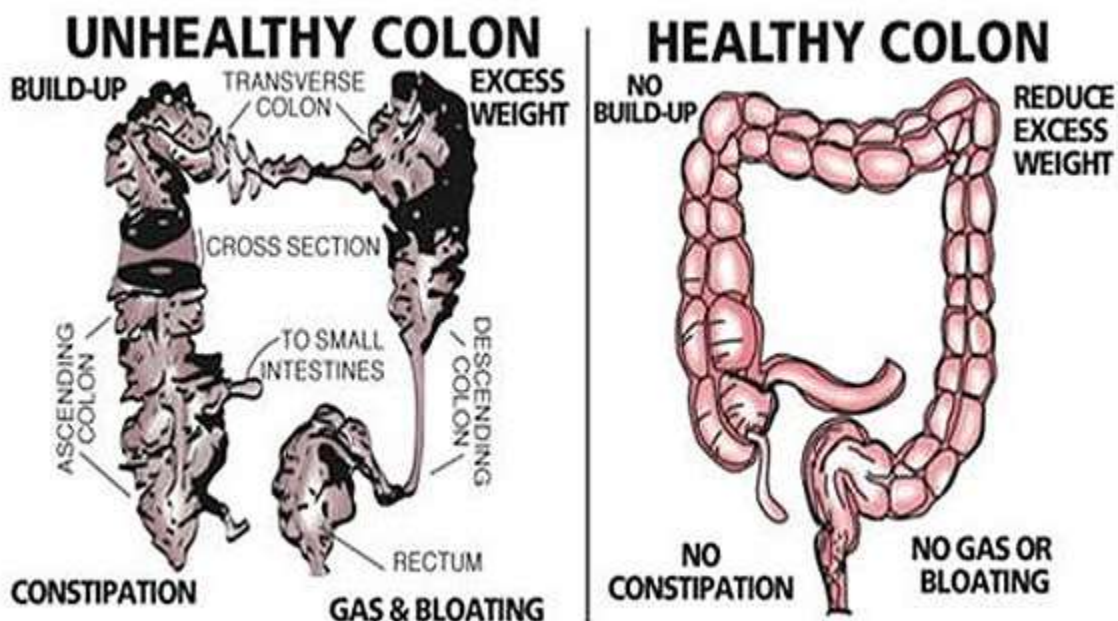
Enemas are the act of irrigating the colon and intestines with a liquid in an enema bag that has a tube connected through the anus.

Implants contain about 4 ounces of fresh wheatgrass juice or 4 ounces of water mixes with 1-2 teaspoons of powdered wheatgrass, green juice, chlorella or spirulina.



This is inserted in the colon, via an implant syringe or enema bag and held for 15-20 minutes or as long as possible.

Why do Enemas & Implants?



Colon irrigation has been documented since the Egyptians in 1500 B.C. Enemas are very useful for aiding in the colon cleansing. It helps to speed up the detoxification process. It is very important to considering doing while on this cleanse as toxins are being released, we want to make sure they are eliminated as fast as possible so they do not recirculate in the body and cause auto-intoxication.

Once the enema is done it helps to cleanse the colon so when the implant is inserted, it goes straight to the liver to help detox the liver.

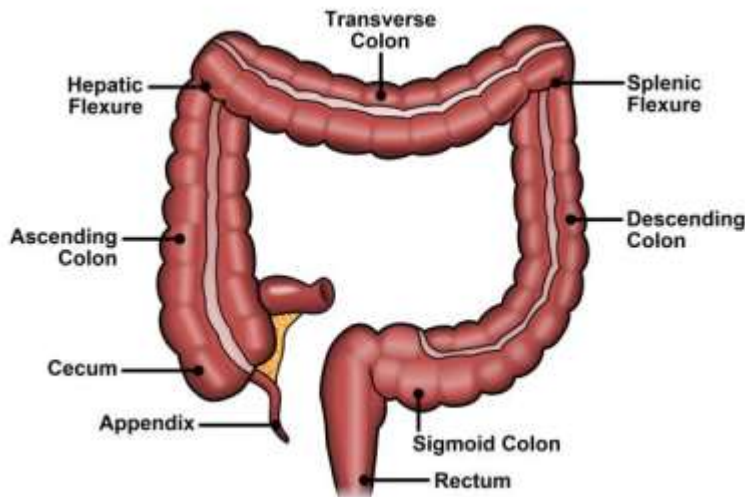
How to do an Enema

6. Set up the enema bag according to the directions on the box. Make sure the clamp is properly attached and clamped.
7. Fill up the bag with water attach the enema tube.
8. Place a towel on the floor and hang the enema bag on something at least waist high and up.
9. Lay on your left side on the towel you placed on floor.
10. Put **Coconut Oil** (or some other type of oil) on your anus and on the end of the enema tube.
11. Insert the enema tube in the anus 1-2 inches.
12. Unclamp the hose and let the water flow into the colon until slightly uncomfortable. At that point, clamp the enema tube to stop the flow, take a break to let the water in the colon settle and when ready, unclamp it and let the water flow again. Repeat until you can't add anymore then proceed with the colon massages.



- **Colon Massages**

1. Turn on the right side and massage from the bottom right of your colon up toward your rib cage. Repeat this a bunch of times then massage from the top right of your rib cage to the top left of your rib cage a bunch of times across the transverse colon. Lastly, you will massage down from the top left near the rib cage down the descending colon, to the bottom left of your colon. Do all of this for 1-2 minutes.
2. Repeat step 1 on your back.
3. Repeat step 1 on your left side then proceed to the toilet.



- **Foot Stool**

1. Make sure you have something to place your feet on like a foot stool or a nearby garbage can this will help with proper excretion. This idea of crouching over when going to the bathroom goes back to the cave men times when people used to squat when they used the bathroom. Press your thumbs under your eyebrows in the space near your inner eye. This pressure point helps to release the colon.
2. Once situated, let the contents release. You might need to sit there for up to 10 minutes.
3. Repeat the whole enema process until the enema bag is empty then proceed to do the implant.



How to do an Implant

1. Put coconut oil on the tip of the implant syringe then squeeze the syringe to suck up the wheatgrass (or other type of green juice).
2. Stick 1-2 inches of the syringe in the anus and squeeze the juice in. Leave this in for 15-20 minutes.

*This can be done in the enema bag if you don't have a syringe.

How to do Enemas & Implants

During The Wellness Cleanse enemas and implants are important to do at least once day, every day during the cleanse. For people with more severe digestive challenges, enemas and implants are recommended 2-3x/day.



What Now?

After your 21 days on **The Wellness Cleanse**, you may be wondering what next? Your **TWT Health Practitioner** can help you discover what would be best for you.

Some people will need to repeat **The Wellness Cleanse** a few times to continue balancing and restoring your leaky gut and gut microbiome. And because detoxification has several layers, others that are ready to move on will benefit from some of other cleanses/programs:

Reset your Adrenals

Balance your pH

Kill the Bugs!-A Parasite Elimination Program

Release your Stones-For Liver & Gallbladder Health

Reset you Kidneys

Reset your Lymphatics

Heavy Metal Detox

Bioenergetic Flow

Brain Power

****Some of these programs are still in the making.*

See more information on the programs at www.TheWellnessTrinity.com to discover which cleanse would be best for you or set up a consultation with a **TWT Health Practitioner** to get more specific.

Most people will need to do more cleansing in one way or another because the world becomes more toxic by the second and we are constantly being exposed to these toxins unfortunately. At some point **The Wellness Cleanse Maintenance Program**, which has less amounts of each supplement, should suffice but only after a majority of the toxins are eliminated. Nonetheless, continue to take some of these gut health practices in consideration as you go on about your daily life and repeat **The Wellness Cleanse** as needed.

Thank you for embarking on this journey with us! Please share your experiences and feedback on www.facebook.com/TWTWellnessCleanse!!!



“Take care of your body,
It’s the only place you have to live.”
-Jim Rohn



Endnotes

<https://www.gaia.com/article/what-are-toxins-detox-definition>

<http://www.livestrong.com/article/419261-role-of-hydrochloric-acid-in-the-stomach/>

<https://ods.od.nih.gov/factsheets/VitaminB12-Consumer/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3099351/>

<http://www.dictionary.com/browse/gmo>

<http://www.who.int/mediacentre/factsheets/fs310/en/>

<http://probiotics.org/bifidobacterium-lactis/>

<http://probiotics.org/b-bifidum/>

<http://www.innerspa.org/history.htm>

Fat for Fuel-Dr. Joseph Mercola

