

Vitratox 7-Day Cleanse Program

		Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Shake	8 AM							
Supplements	9:30 AM							
Shake	11 AM							
Supplements	12:30 PM							
Shake	2 PM							
Supplements	3:30 PM							
Shake	5 PM							
Supplements	6:30 PM							
Shake + Herbal Supplements	8 PM							

This is a 7 day fast that cleanses the body and rests the digestive system. It consists of fasting (without solid food), thereby giving your digestive system a rest. Your body uses that energy that was used for digestion to concentrate on cleaning out and eliminating old accumulated mucoid plaque in your digestive tract.

3-7 Days Before Cleanse:

- Do not eat: gluten (bread, pasta, pizza), dairy (milk, cheese, ice cream), refined sugar, protein powders, nut butters, soy products, all processed food, and red meat.
- Do not drink: soda, seltzer, sparkling water, and alcohol.
- Eat lots of leafy green salads, hydrating fruits and vegetables, drink plenty of pure water (not carbonated), and fresh green vegetable juice.

Cleansing Shake Recipe

- Mix 1 tablespoon Detoxificant (Bentonite Clay), 1 heaping teaspoon of Intestinal Cleanser with 12 oz liquid (i.e. 8 oz purified water and 4 oz organic apple juice). Shake vigorously for 5-10 seconds and drink quickly. Follow with fresh water, if desired.

Supplements

- 4 Green Magic, 1 Vitamin C, 2 Beet tabs, 3 Wheatgerm

Herbal Supplements

- 2 Cascara Sagrada + 2 Aloe Lax 225 + 3 Mag 07 to be taken every night with your last cleansing shake. (Your therapist may adjust these amounts at each session.)

Evening Before Day 1 Cleanse

- Drink a cleansing shake with herbal supplements before going to bed.

Day 8 of Vitratox Cleanse

- Come into Slo Colon Hydrotherapy for your 8th colonic.
- Break your fast with hydrating fruits, leafy green salads, and fresh juice to slowly and gently start the digestion process. It is very important to slowly & mindfully incorporate food back after your cleanse.
- Important: Do not continue with cleansing shakes after your 8th colonic.

Important instructions

- Eating (or chewing gum) will stop the cleanse. Digestion starts in the mouth.
- Drink plenty of purified water - at least ½ of your body weight in ounces.
- No caffeine - coffee, green tea, or black tea.
- Walk 20-30 minutes a day to aerate the blood.
- Try to be in bed by 10 PM.
- You might experience symptoms of detox: feeling tired, lightheaded, groggy.
- Make sure you have a schedule that is flexible enough to accommodate fasting.