



SEPTEMBER 10-DAY DETOX SCHEDULE

| Monday 17th | Tuesday 18th | Wednesday 19th | Thursday 20th | Friday 21st |
|--------------------------------------|--------------------------------------|--------------------------------------|--|--|
| 6:00 Arise | 6:00 Arise | 6:00 Arise | 6:00 Arise | 6:00 Arise |
| 6:15 Vitals | 6:15 Vitals | 6:15 Vitals | 6:15 Vitals | 6:15 Vitals |
| 6:20 Lemon/epsom salt flush 1 qt | 6:20 Lemon/epsom salt flush 1 qt | 6:20 Lemon/epsom salt flush 1 qt | 6:20 Lemon water 1 qt | 6:20 Lemon water 1 qt |
| 7:00 Prayer and Health Class | 7:00 Prayer and Health Class | 7:00 Prayer and Health Class | 7:00 Prayer & Health Class | 7:00 Prayer & Health Class |
| 7:35 Onion/garlic broth 8 oz | 7:35 Onion/garlic broth 8 oz | 7:35 Onion/garlic broth 8 oz | 7:35 Onion/garlic broth 8 oz | 7:35 Onion/garlic broth 8 oz |
| | | | 7:50 Liver Flush | 7:50 Liver Flush |
| 8:00 Enema (first group) | 8:00 Enema (first group) | 8:00 Enema (first group) | 8:00 Enema (first group) | 8:00 Enema (first group) |
| 8:30-2:00 Drink Water | 8:30-2:00 Drink Water | 8:30-2:00 Drink Water | 8:30 Raw Breakfast | 8:30 Raw Breakfast |
| | | | 8:30 garlic/lemon; turmeric; flaxseed; orange peel | 8:30 garlic/lemon; turmeric; flaxseed; orange peel |
| 9:00 Super Nutritional Drink | 9:00 Super Nutritional Drink | 9:00 Super Nutritional Drink | 9:00 (10 min light walk) | 9:00 (10 min light walk) |
| 9:30 Enema (2nd group) | 9:30 Enema (2nd group) | 9:30 Enema (2nd group) | | |
| 9:30-4:00 Drink Water | 9:30-4:00 Drink Water | 9:30-4:00 Drink Water | | |
| | | | 9:45 Enema | 9:45 Enema |
| | | | 10:30-2:30 Drink Water | 10:30-2:30 Drink Water |
| 10:00 Exercise | 10:00 Exercise | 10:00 Exercise | 10:30 Sunbathing | 10:30 Sunbathing |
| 10:30 Sunbathing | 10:30 Sunbathing | 10:30 Sunbathing | 10:30 Exercise | 10:30 Exercise |
| 11:00 Contrast Shower/Rest | 11:00 Contrast Shower/Rest | 11:00 Contrast Shower/Rest | 11:00 Contrast Shower/Rest | 11:00 Contrast Shower/Rest |
| 11:30 Rest/Nap | 11:30 Rest/Nap | 11:30 Rest/Nap | 11:30 Rest/Nap | 11:30 Rest/Nap |
| 12:10 Ginger/Turmeric Tea | 12:10 Ginger/Turmeric Tea | 12:10 Ginger/Turmeric Tea | 12:10 Ginger/Turmeric Tea | 12:10 Ginger/Turmeric Tea |
| 12:15 Health Lecture | 12:15 Health Lecture | 12:15 Health Lecture | 12:15 Health Lecture | 12:15 Health Lecture |
| 1:00 Carrot/Green juice - 8oz | 1:00 Carrot/Green juice - 8oz | 1:00 Carrot/Green juice - 8oz | 1:00 Carrot/Green juice - 8oz | 1:00 Carrot/Green juice - 8oz |
| 1:30 Food Demonstration | 1:30 Food Demonstration | 1:30 Food Demonstration | 1:30 Food Demonstration | 1:30 Food Demonstration |
| | | 3:00 Organic Raw Lunch | 3:00 Organic Raw Lunch | 3:00 Organic Lunch |
| | | 3:00 Garlic/Lemon Drink | 3:00 Garlic/Lemon Drink | 3:00 Garlic/Lemon Drink |
| | | 3:30 (minutes light walk) | 3:30 (10 minutes light walk) | 3:30 (10 minutes light walk) |

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| 4:00 Carrot/Green Juice- 8oz | 4:00 Carrot/Green Juice- 8oz | | | |
| 5:15 Health Class | 5:15 Health Class | 5:15 Health Class | 5:15 Health Class | 5:15 Health Spiritual Class |
| 6:15 Carrot/Greens Juice-8oz | 6:15 Carrot/Greens Juice-8oz | | | |
| 6:45 Anti-inflammatory Broth | 6:45 Anti-inflammatory Broth | 6:45 Carrot/Greens Juice-8oz | 6:45 Carrot/Greens Juice-8oz | 6:45 Carrot/Greens Juice-8oz |
| 7:15 Charcoal drink | 7:15 Charcoal drink | 7:15 Anti-inflammatory Broth | 7:15 Anti-inflammatory Broth | 7:15 Anti-inflammatory Broth |
| 7:30 Aloe vera | 7:30 Aloe vera | 7:45 Charcoal drink | 7:45 Liver Cleanse | 7:45 Liver Cleanse |
| | | 8:00 Aloe vera | 8:00 Aloe vera | 8:00 Aloe vera |
| 9:00 Bedtime | 9:00 Bedtime | 9:00 Bedtime | 9:00 Bedtime | 9:00 Bedtime |
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| Saturday 22nd | Sunday 23rd | Monday 24th | Tuesday 25th | |
| 6:00 Arise | 6:00 Arise | 6:00 Arise | 6:00 Arise | |
| 6:15 Vitals | 6:15 Vitals | 6:15 Vitals | 6:15 Vitals | |
| 6:20 Lemon water 1 qt | 6:20 Lemon water 1 qt | 6:20 Lemon water 1 qt | 6:20 Lemon water 1 qt | |
| 7:15 Prayer & Health Class | 7:15 Prayer & Health Class | 7:15 Prayer & Health Class | 7:15 Prayer & Health Class | |
| 7:35 Onion/garlic broth 8 oz | 7:35 Onion/garlic broth 8 oz | 7:35 Onion/garlic broth 8 oz | 7:35 Onion/garlic broth 8 oz | |
| 8:00 Enema (elective) | 8:00 Enema (first group) | 8:00 Enema (first group) | 8:00 Enema (first group) | |
| 8:30 Raw Breakfast | 8:30 Raw Breakfast | 8:30 Raw Breakfast | 8:30 Raw Breakfast | |
| 8:30 garlic/lemon; turmeric; flaxseed; orange peel | 8:30 garlic/lemon; turmeric; flaxseed; orange peel | 8:30 garlic/lemon; turmeric; flaxseed; orange peel | 8:30 garlic/lemon; turmeric; flaxseed; orange peel | |
| 9:00 (10 min light walk) | 9:00 (10 min light walk) | 9:00 (10 min light walk) | 9:00 (10 min light walk) | |
| 9:45 Enema (elective) | 9:45 Enema (2nd group) | 9:45 Enema (2nd group) | 9:45 Enema (2nd group) | |
| | 10:00 Sunbathing | 10:00 Sunbathing | 10:00 Sunbathing | |
| 10:30 Sunbathing | 10:30 Exercise | 10:30 Exercise | 10:30 Exercise | |
| 10:30-2:30 Water | 10:30-2:30 Water | 10:30-2:30 Water | 10:30-2:30 Water | |
| 11:00 Church | 11:00 Contrast Shower/Rest | 11:00 Contrast Shower/Rest | | |
| | 11:30 Rest/Nap | 11:30 Rest/Nap | 11:30 Graduation | |
| | 12:10 Ginger/Turmeric Tea | 12:10 Ginger/Turmeric Tea | 12:10 Ginger/Turmeric Tea | |
| 12:15 Health Lecture | 12:15 Health Lecture | 12:15 Health Lecture | 12:15 Health Lecture | |
| 1:00 Carrot/Green Juice - 8oz | 1:00 Carrot/Green Juice - 8oz | 1:00 Carrot/Green Juice - 8oz | 1:00 Carrot/Green Juice - 8oz | |
| | 1:30 Food Demonstration | 1:30 Food Demonstration | 1:00 Food Demonstration | |
| 3:00 Organic Raw Lunch | 3:00 Organic Raw Lunch | 3:00 Organic Raw Lunch | 2:00 Lunch | |
| 3:00 10 minutes light walk | 3:00 10 minutes light walk | 3:00 10 minutes light walk | | |
| 3:00 Garlic/Lemon Drink | 3:00 Garlic/Lemon Drink | 3:00 Garlic/Lemon Drink | 3:00 Garlic/Lemon Drink | |
| 3:30 (10 minutes light walk) | 3:30 (10 minutes light walk) | 3:30 (10 minutes light walk) | 3:00 Farewell & Departure | |

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| 5:15 Nature walk | 5:15 Health Class | 5:15 Health Class | | |
| 6:15 Health/spiritual class | | | | |
| 6:45 Carrot/Greens Juice-8oz | 6:45 Carrot/Greens Juice-8oz | 6:45 Carrot/Greens Juice-8oz | | |
| 7:15 Anti-inflammatory Broth | 7:15 Anti-inflammatory Broth | 7:15 Anti-inflammatory Broth | | |
| 7:45 Charcoal Drink | 7:45 Charcoal Drink | 7:45 Charcoal Drink | | |
| 8:00 Aloe vera | 8:00 Aloe vera | 8:00 Aloe vera | | |
| 9:00 Bedtime | 9:00 Bedtime | 9:00 Bedtime | | |

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