



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/epson salt flush 1	6:20 Lemon/epson salt flush 1	6:20 Lemon/epson salt flush 1	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 10 minutes light walk	3:00 Garlic/Lemon Drink
		3:30 (minutes light walk)	3:30 (10 minutes light walk)	3:30 (10 minutes light walk)
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
7:00 Specific Therapeutics	7:00 Specific Therapeutics	7:00 Specific Therapeutics	7:00 Specific Therapeutics	7:00 Specific Therapeutics
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
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 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	
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		Therapeutic Activities
7:00 Specific Therapeutics	7:00 Specific Therapeutics	7:00 Specific Therapeutics		
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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