

## Seven-Day Tissue Cleansing Program

Note : This simplified instruction is for reference only! Please consult your physician before using!

<http://www.iridology.com.cn>

7-Day Cleansing Program	
	1 th ~ 5 th & 7 th Day ( 6 th Day: See next page! )
6:00	Rub Ears to red → 50 Deep Breath → Dry Skin Brush 3 ~ 5 min → Jump on Trampoline → Play
7:00	Cleansing Drink: (A) 10 oz (Apple Juice + Water) + 1 Teaspoon #19 (Shake well) + 1 Tablespoon #16 ; & (B) 10 oz Water + 1 Teaspoon Honey + 1 Tablespoon Apple Cider Vineger
7:30	Colema (Addative : 1 qt Flaxseed Tea or 2 Tablespoon Molasses /or Apple Cider Vineger ) → Slant Board 20min
8:30	(Supplements = 6 *GreenLife #22 + 2 *Beet #48 + 3 *WheatGermOil #53 + 2 *Emzyme #54 + 2 *VitaminC #57 + 3 *Niacin) + Flaxseed Tea ; + 2 Tablespoon Calphonite #38
10:00	Cleansing Drink: (A) & (B)
11:30	Supplements (Same above) + Juice or Herbal Tea
1:00	Cleansing Drink: (A) & (B)
2:30	Supplements (Same above) + Juice or Herbal Tea
4:00	Cleansing Drink: (A) & (B)
5:30	Supplements (Same above) + Flaxseed Tea
7:00	Cleansing Drink: (A) & (B) (Option: + 2 *Herbal Supplement #19A)
7:30	Colema (Addative : 2 Tablespoon Molasses /or Apple Cider Vineger / 2-4 oz Bentonite) → Slant Board 20min
9:00	2 oz Orange Juice + 1 Tablespoon Cod Liver Oil #15 + 2 Tablespoon Calphonite #38 (Mix well) ---> Go to Bed

Note: 1 oz ≈ 30cc / 1 Tablespoon ≈ 15cc / 1 Teaspoon ≈ 5cc / 1 qt ≈ 960cc

※ Suggest: lots of REST during program. You may also: Relax, Take a Walk, Body/Foot Massage, Epsom Salt Bath, etc.

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7-Day Cleansing Program		Maintenance Program ( 4 9 Days )		
6 th Day (Kidney, Liver and Gallbladder Cleanse)		8 th	9 th	Maintenance 4 7 Days
1 qt Good Water	6:00	Dry Skin Brush 3~5min / Play & Exercise		
Lots of Apple Juice	7:00	Cleansing Drink: (A) & (B)		
7:30AM Colema	7:30			
Lots of Apple Juice	8:30	Shredded wilted Carrot or Fruit, Supplement*	Fruit Plate, Steam Egg or Oatmeal, Supplements*	Breakfast w/Supplements*
	10:00	Fresh Juice		Fruits
	11:30	Big Salad, Yogurt or Nut Milk, Supplements*	Steam Vegis	Lunch w/Supplements*
12:30PM Colema				
Good Water (when thirsty)  5PM : (1 qt Water + 2 Tablespoon Epsom Salt, may add some Honey)	2:30	Fresh Juice		Fruits
	5:30	Big Salad, Steam Vegis, Supplements*	Protein	Dinner w/Supplements*
	7:00	Cleansing Drink: (A) & (B)		
	7:30	Colema (Once a day! Better in the Morning, Evening is OK, too.)		
4 oz Lemon Juice + 4 oz Olive Oil, After drink w/straw immediately lay on right side whole night	9:00	Acidophilus , 2 oz Orange Juice + 1 Tablespoon Cod Liver Oil + 2 Tablespoon Calphonite --> Go to Bed		

※Option : implant 2 oz Acidophilus before sleep, hold to nex day if possible

Supplements\*: 6 GreenLife +1 everything else. \*\*Chew well &amp; increase intake s