

**Put on Refrigerator**

## DAILY DRINKS

**Natural Laxative:** To make your bowels move in the morning blend or juice **organic spinach** and **organic carrots** together with a glass of distilled or pure water. It should make you have a bowel movement.

**Three Daily Drinks:** The below are 3 drinks you can choose from to get your daily nutrients.

### **Oprah's Daily Drink**

Spinach  
Apple  
Parsley  
Ginger  
Cucumber  
Celery  
Lemon  
Lime

### **Montel William's Daily Drink**

Strawberries  
Grapes  
Mangoes  
Oranges  
Bananas  
Spinach  
Ice  
A little bit of water

### **Liver Detox Drink**

1 oz organic lemon juice  
1 oz. organic lime juice  
14 oz. organic orange juice  
16 oz. pure or distilled water  
1 slice of fresh ginger  
1 clove of garlic

## BODY DETOXES

You can buy detox products at a health food store near you or you can use the <http://www.renewlife.com> products. You can order products online or put in your address and find a store near you.

- There are 3 different detoxes that you need (intestinal, liver and kidney detox).
- During a body detox try to FAST (cut down on your consumption of food you are consuming) in order to have better results.
- If the detoxes makes you sick, it means your organs were extremely clogged. You can stop them for a day or two. This will not keep you from having good results. You can also help the toxins (poisons) pass out of your body by taking a Seitz Bath where you sit in a tub of hot water with a cup of Epsom Salt OR Baking Soda and sweat for 20 to 30 minutes.

### 3 TYPES OF DETOXES

#### Intestinal Detox (3 Times a Year)

Remember you can hold up to over 20 pounds of fecal matter in your intestines. This food in your intestines can back up and cause diabetes, epilepsy, asthma, and other diseases. If you eat a lot of pasta, it's a good chance it has glued your intestines shut so if food can't go out, it will back up in you. If you are not having 2 to 3 bowel movements a day, you need to open your bowels up by doing an intestinal detox and adding fiber (organic raw fruits and vegetables) to your diet.

#### Liver Detox (2 Times a Year)

This detox will probably make you sicker than the others. In order to avoid getting too sick make sure you are putting ginger, which alleviates nausea, in your daily drink.

#### Kidney Detox (2 Times a Year)

Drink plenty of distilled or pure water with this detox. Stay away from MEAT during a kidney detox because it taxes the kidneys and meat stays in your body for 3 days and causes parasites to form. Juice parsley and celery together as much as you can during this detox.