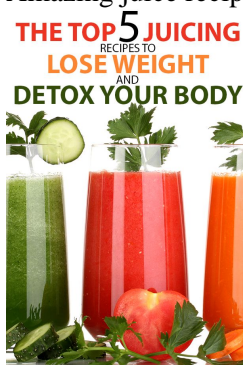


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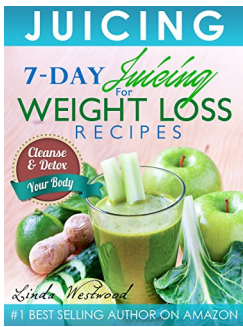
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## 72 HOUR JUICE CLEANSE

### DAY 1: Green Juice

- 4 apples, cored
- 2-3 cucumbers
- handful of parsley
- 2 handfuls of spinach
- 4 stalks of kale
- 1 bunch of celery
- 1 lemon
- 1 tsp ginger root



### DAY 2: Colon Cleanser

- 10 small cuts of beets
- 1 bunch of celery
- 1 handful of cilantro
- 1 cucumber
- 1 tsp ginger root
- 2 lemons
- 10 romaine lettuce leaves
- 1 handful of spinach
- 15 carrots



### DAY 3: Liver & Kidney Flush

- 6 apples, cored
- 10 small cuts of beets
- 1 bunch of celery
- 1 handful of spinach
- 1 cucumber
- 1 lemon
- 2 tomatoes
- 15 carrots



### Instructions:

1. Make one recipe each day, beginning with the Green Juice. Each recipe makes about 64 ounces. Store your juice in a sealed pitcher.
2. Refrigerate and consume 1 cup of juice every hour for a total of 8 hours. Every meal for these 3 days will consist of juice only, except for dinner.
3. Every 30 minutes, drink one cup of water or more, avoiding alcohol or coffee.
4. Your last meal of the day will be a full meal and should consist only of green and/or other cool-toned and green vegetables. Avoid bananas and citrus fruits.
5. Finish each evening with a glass of warm chamomile tea with honey (optional).  
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