

## Food Reset & Detox Weekly Protocols

### **Week one Get Ready:**

1. Check with your doctor before taking these supplements
2. Drink 16-24 ounces of purified drinking water (not tap water) a day
3. Chew your food about 25-times or until it's liquid
4. Start buying organic, Non-GMO as much as you can
5. Tapper off the following:
  - Caffeine
  - Sugar
  - Processed foods
  - Store bought baked good
  - Fast food

### **Week Two Get Started:**

1. Take 3-drops of detoxadine on your tongue followed by 6-8 ounces of filtered water
2. Drink 32-64 ounces of purified drinking water (not tap water) a day
3. Chew your food about 25-times or until it's liquid
4. Continue to tapper off the following:
  - Caffeine
  - Sugar
  - Processed foods
  - Store bought baked goods
  - Fast food
5. **Start buying** organic, Non-GMO as much as you can
6. **Get ready** for next week and buy:
  - 2, 1-gallon jugs of filtered purified water. NOTE: Do not leave them in the sun or in the car if they are in plastic. Glass jars are better.
  - Buy Organic, Non-GMO apple cider vinegar (ACV)
  - Buy Organic, Non-GMO lemon or lemon juice
  - (Optional) Buy Aloe vera juice

\*Taken from [globalhealingcenter.com](http://globalhealingcenter.com) cleansing protocol.

### **Week Three Colon Cleanse (5-7 days):**

1. **Take your probiotic** 20-minutes before breakfast
2. **Take 3-drops of Detoxadine** on your tongue followed by 6-8 oz of filtered water
3. Chew your food about 25-times or until it's liquid
4. **Drink 64-84 ounces of "Colon Cleanse Cocktail" a day.**

\*Colon Cleanse Cocktail Mix:

- 1 gallon (128 ounces) of distilled or purified water, preferably stored in a glass container.
  - Pour out 4 ounces of water from the gallon if space is needed to add the additional ingredients listed below.
  - Add 3 tablespoons of Apple Cider Vinegar.
  - Add the juice of 1/2 a lemon.
  - (Optional) Aloe vera juice add 2 ounces of it.
  - Mix well and keep refrigerated.
5. **Oxy-Powder:** Take 4-capsules of Oxy-powder before you go to bed. If you don't achieve 3-5 bowel movements the next day, add another 2 capsules the following night (6-capsules). **Note:** If you crap in the night, drink water and walk-around. It is the oxygen penetrating the walls of your intestines and it will go away.
  6. **Meal options:**
    1. Eat **only** organic fresh fruit and **only** one fruit per meal. This will help hydrate your small intestines and give you the vitamin and minerals you need.
    2. Eat 5-small meals that are healthy, clean, Non-GMO & Organic foods
      - Your meals should be mostly salads, vegetable soups, raw nuts, seeds, and fruits and can come from your 10-day detox cookbook.
      - Limit white meat to every other day
      - No dairy or red meat.
      - Include healthy oils in your diet such as coconut, avocado, hemp, flaxseed or olive oil.
  7. **Do Not microwave your food.**
  8. **Do Not Skip Meals**

\*Taken from [globalhealingcenter.com](http://globalhealingcenter.com) cleansing protocol.

### **Week Four: Pre-week Liver Cleanse**

1. Take your probiotic 20-minutes before breakfast
2. Take 3-drops of detoxadine on your tongue followed by 6-8 ounces of filtered water
3. Chew your food about 25-times or until it's liquid
4. Drink 64 ounces of purified drinking water (not tap water) a day
5. Try and eat similarly as you did last week and this is a flex week.
6. **Do not microwave your food if you can help it**
7. **Do Not Skip Meals**

### **Week Five: Liver Cleanse (5-day)**

1. **Take your probiotic** 20-minutes before breakfast
2. **Take 3-drops of Detoxadine** on your tongue followed by 6-8 oz of filtered water
3. Chew your food about 25-times or until it's liquid
4. **Drink 64-84 ounces of "Liver Cleanse Mix" a day.**

#### **\*Liver Cleanse Mix #1 (Important: Do not eat 30-minutes before or after drinking):**

- Pour full bottle of Livatrex into 1 gallon of distilled purified water
- Add 2 ounces of Organic Raw Apple Cider Vinegar (ACV).
- Shake & refrigerate

#### **\*Liver Cleanse Mix #2:**

- Add 1 ounce of Organic Raw Apple Cider Vinegar (ACV) to 1 gallon of distilled or purified water
- Shake & refrigerate

#### **PROTOCOL** (More instructions go to: <https://www.globalhealingcenter.com/liver-cleanse-kit.html#instructions>)

- Drink 8 oz glasses of Liver Cleanse Mix Example: 9am, 12pm, 3pm , 6pm
- Drink 12 oz glasses of ACV Mix Example: 10am, 1pm, 4pm, 7pm
- Before Bed: 4-6 capsules of Oxy-powder with 6 oz of purified water
- Day four get olive oil ready for day five (Be home on day six)

\*Taken from [globalhealingcenter.com](https://www.globalhealingcenter.com) cleansing protocol.

- \*Day five (flush-day): Before you go to bed drink 6 oz. of Organic Cold Pressed Extra Virgin Olive Oil. You can drink it with fresh grapefruit or orange juice and shake until emulsified. Put it in the fridge the night before so you it's easier to drink. **Immediately** go to be and lay on your right side with your knees up to your chest for 30-minutes and then lay out. If you cramp in the night, get up and walk-around. **NOTE: DO NOT** take Oxy-powder on the 5th night with oil. Take 4-6 capsules in the morning and your probiotic can be taken 20-minutes before breakfast in the morning.

## 5. Meal options:

Eat healthy, clean, Non-GMO & Organic foods

- Breakfast 1 type of fruit as much as you want
- Lunch and dinner should be mostly salads, vegetable soups, raw nuts, seeds.  
Choose live veggies like: Broccoli, Carrots, Asparagus, Artichoke, Garlic etc
- Include healthy oils like coconut, avocado, hemp, flaxseed or olive oil.

## \*LIVER CLEANSE SNACKS:

Sunflower seeds, Pumpkin seeds, Walnuts, Brazil nuts, Almonds

Other liver cleansing foods you can use: artichoke, asparagus, cabbage, kale, Brussel sprouts, and cauliflower.

## \*LIVER CLEANSE FLUSH-DAY 5:

SOUP FOR LUNCH OR DINNER

INGREDIENTS

1 Beet

2 Carrots

1 Cup Broccoli

10 Garlic Cloves

½ Onion

¼ Lemon

2 Bay Leaves

1 Teaspoon Salt (preferably sea salt)

½ Teaspoon Turmeric

½ Teaspoon Oregano

\*Taken from [globalhealingcenter.com](http://globalhealingcenter.com) cleansing protocol.

## **DIRECTIONS**

Wash vegetables. Finely chop ingredients to desired consistency. Pour 32 ounces of distilled or purified water into a soup pot. Add all of the ingredients to the water. Bring to a boil, reduce heat, and then simmer on low heat for one hour. Eat this soup for your lunch meal. After your meal, refrigerate the remaining portion of your soup for dinner if you'd like.

### **\*BEET/CARROT JUICE FOR LUNCH OR DINNER**

3 Carrots

1 Beet

2 Red Apples

6 Kale Leaves

½ Lemon

½ inch Ginger Root

(More options at <https://www.globalhealingcenter.com/liver-cleanse-kit.html#instructions>)

### **Week Six:**

1. Take your probiotic 20-minutes before breakfast
2. Take 3-drops of detoxadine on your tongue followed by 6-8 ounces of filtered water
3. Chew your food about 25-times or until it's liquid
4. Drink 64+ ounces of purified drinking water (not tap water) a day
5. Try and eat live healthy foods and this is a flex week.
6. Know what meals you'll have for next week from your 10-day Detox Cookbook
7. **Do not microwave your food if you can help it**
8. **Do Not Skip Meals**

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### **Weeks Seven & Eight:**

1. Take your probiotic 20-minutes before breakfast
2. Take 3-drops of detoxadine on your tongue followed by 6-8 ounces of filtered water
3. Chew your food about 25-times or until it's liquid
4. Drink 64 ounces of purified drinking water (not tap water) a day
5. Eat 5-small meals that are healthy, clean, Non-GMO & Organic
  - Breakfast shake from your list
  - Your meals should be from your 10-day detox cookbook.
  - Limit white meat to every other day or not at all
  - No dairy or red meat.
6. **Take your digestive enzyme** with lunch and dinner
7. (Optional) Take 4-capsules of Oxy-powder at night 2-3 times a week
8. Do not microwave your food if you can help it
9. Do Not Skip Meals

### **Week Nine:**

1. Take your probiotic 20-minutes before breakfast
2. Take 3-drops of detoxadine on your tongue followed by 6-8 ounces of filtered water
3. Chew your food about 25-times or until it's liquid
4. Drink 64 ounces of purified drinking water (not tap water) a day
5. **Take your digestive enzyme** with lunch and dinner
6. Add back in foods you've missed and consider substituting them if needed

### **Week Ten:**

CELEBRATE!