



This cleanse is a step-by-step practical guide to increasing your health and vitality. Whether you are jumpstarting a healthy lifestyle, choosing to release weight, overcoming a health challenge, or are interested in looking and feeling younger, the Pure Joy Purification and Cleansing Program will help.

This program can improve your health regardless of your present diet. If you eat processed foods, high amounts of starchy-cooked foods, more than 5% meat and dairy products, or even a high raw diet with too many nuts and sweets, this will help eliminate built up debris and toxins. If you are looking to start eating a health promoting diet, doing a cleanse is the easiest way to make the transition. If this is your first time doing a cleanse, follow it exactly.

What you put on your skin can affect your health, too, which is why I've included a section on safe and gentle body care. My directions for skin brushing will improve circulation and help keep your skin soft and flawless.

Purification and Cleansing is easy to do and can be as easy as turning on your blender. The shopping and equipment lists tell you what to have on hand before you begin. We've also included a variety of optional delicious recipes for you to try during an extended cleanse—which is satisfying for the whole family. These recipes taste so good, you may want to eat them even after you've finished your cleanse. The crackers, dips, salads and meals all perfect to share. You won't feel deprived, and neither will your friends and family!

HOW LONG SHOULD I CLEANSE?

You can cleanse for as long as you like before doing your actual liver flush (drinking the olive oil/grapefruit drink).

Here are some common lengths:

- **3-days:** A 3-day juice and liquid cleanse is a great way to let your body take a break, and then jump right back into solid foods. However, I don't recommend doing the olive oil drink unless you have taken your supplements for at least 5 days since your pathways will not yet be clear.
- **5-days:** 5 days is long enough for the supplements to dilate your bile, liver and intrahepatic ducts and to soften the stones for an easy passage of liver and gallbladder stones out through your colon. **You will drink your Epsom salts and olive oil/grapefruit drink on Friday night having a stone release on Saturday morning.**
- **7-days:** This includes 6 days of drinking juices, liquids and possibly some solid foods and on the last day you drink only juice and will fast on just water after 2pm until you take your Epsom salts at 6:30 pm and 8:30 pm, then drink your olive oil drink at 10pm on Saturday night. The flush will happen for your body on Sunday morning, then you will continue on liquids for the rest of the day on Sunday. You will break your cleanse with solid foods on Sunday night or Monday morning.

WAYS TO CLEANSE

Take the cleanse supplements with Juices, smoothies and light raw food meals (see recipes in your manual or pick up from Pure Joy Kitchen, Bend OR)

WHEN DO I TAKE MY SUPPLEMENTS?

SUPPLEMENTS:

1. DIGESTIVE ENZYMES- **Take 1-2 with each meal** until 5 caps are consumed each day
2. RECONSTRUCTIVE ENZYMES- **Take 5 upon awakening** (keep by your bedside) or just **before bed** on an empty stomach.
3. LIVER RESTORE- Take **2 before bed**
4. MALIC ACID- Add to water or the hibiscus liver cleanse drink, and **drink throughout the day as desired**. Just be sure to finish before 7pm. Café cleansers, it is already included in your drink.
5. OXY OXC- **Take 5 in the morning** with juice, smoothie or tea. If you are having 3 bowel movements a day, you can back down to 2 caps a day or skip a day until your bowel movements slow down.
6. BREAK STONE TEA- If you purchased this **optional tea** online, just brew up the tea according to the instructions and **drink it warm any time during the day**. I usually have it as my hot beverage of choice in the morning (instead of another type of tea)

Here's to your renewed health and well-being, jump-starting weight loss, mental acuity and happiness year-round!

For support with a [Guided Liver Flush](#) click [here](#).

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