

# Are You Ready For a New Body?

## **New Body 7-Day Cleansing Program**

If there is a heart condition **DO NOT DRINK ALL** 16oz or 8 oz Olive Oil.

### 1<sup>st</sup> Day – On An Empty Stomach

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| 1. Take 5 CKLS capsules with room temperature water                                | 5. About 4-8 hrs later you will start going to the bathroom  |
| 2. Wait 30 minutes   | 6. Do not eat or drink anything until after you have had enough bowel movements and you feel hungry.                 |
| 3. Drink Cold Pressed Olive Oil (16 ozs if over 130lbs. Or 8 oz. If under 130 lbs. | 7. You may see green pea looking items in your stool- these are gallstones that the oil and lemon juice have removed |
| 4. Drink 4 oz of fresh squeezed lemon juice (to keep the oil down)                 |  |

### 2<sup>nd</sup> Day- 7<sup>th</sup> Day

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| 1. Eat at least 80% Raw Fruits in the A.M.                | 4. Drink Pure Juices (If you have a juicer it is best to juice your own fruits/ vegetables |
| 2. Eat at least 80% Raw Vegetables in the P.M.            | 5. Take 2 CKLS at Bedtime every night  |
| 3. Drink 8-10 glasses of spring water at Room Temperature |  |

### **For 7 Days Do not Eat or Drink the following foods:**

**NO ALCOHOL**

**NO SMOKING**

**NO COFFEE**

**NO FRIED FOODS**

**NO DAIRY PRODUCTS** (cow's milk, butter, cheese )

**NO SUGAR** (try pure cane sugar, honey, maple syrup, stevia or agave)

**NO SALT** (try Braggs liquid aminos

**NO MEAT** (no chicken, pork, baked or broiled nothing that bleeds)

**NO SEAFOOD** (no fish, shrimp, shellfish, nothing that lives)

Option (If not taking the olive oil with the CKLS take 10 CKLS the first day and then take 2 CKLS and 2 oz of Olive Oil @ Bedtime .

## Getting Started

### 24 Hr. Body Clock

4 am- 12 noon .....Fresh Fruit, Fruit Juices and water only

12 noon – 6 pm .....Vegetables, Salads and Nuts

6 pm- 4 am ..... Do Not Eat or Chew!!

Raw Foods are fresh vegetables that are prepared without heat. These foods contain live enzymes that will nourish the body and rebuild cell tissues.

### Recipes

#### *Smoothie*

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| 1. Peel several Ripe Bananas and place them in a zip lock bag. | 4. Add unsweetened fruit juice and your favorite fruit. |
| 2. Freeze overnight.   | 5. Blend and enjoy!                                     |
| 3. Place a banana or two in the blender.                       |   |

#### *Salad Dressing*

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| 1. In your blender, use approximately ¼ cup of olive oil & a splash of lemon juice or apple cider vinegar as your base. | 2. Add your favorite vegetables and seasonings.                             |
|   | 3. For best results, start with small portions and blend a little at a time |

#### **Suggestions:**

Use herbs and spices that do not have salt. (Garlic powder, not salt, no Lawry's or Chachere's) Remember Add a Little and Taste as you go.... Take water everywhere you go!

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**This information is for educational purposes only. Not intended to diagnose or treat certain illness.**