



6-DAY LIVER/GALLBLADDER FLUSH MANUAL

By Elaina Love



Teleclass with Elaina Love and Chris Whitcoe

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Introduction: Cleansing is an Evolutionary Life Practice

Dear Cleanser,

Congratulations on taking your health into your own hands. It is our knowing and belief that proper care of ones body through excellent food choices, proper nutrition and regular cleansing will bring about an experience of a joyful, vibrant life. It is through taking our health into our own hands and creating a life practice of healthy choices that we are able to experience true freedom!

When the body is fed a clean diet and the intestines, liver and gallbladder are allowed to cleanse 4 times a year or more, it can and will respond with more energy, happier thoughts and loving emotions. In fact, Pure Joy is an emotion often experienced as a result of purifying the body.

This newer, lighter way of being brings about experiences of more harmony in your relationships with others and more loving and compassionate choices in the world

In this manual we will share with you some of the knowledge and information we have gained through doing our own cleanses over the years as well as accumulated knowledge from others. The information in the manual comes from several sources: Dr. David Jubb, Andreas Moritz, Dr. Hulda Clark as well as our own experiences.

We wish you an extremely successful flush filled with grace, surrender and ease.

With Love and Joy,

Master Chef and Cleansing Instructor Elaina Love
Chris Whitcoe, MA

About the Flush

This is a powerful detoxifying process that releases gallstones and other debris from the gall bladder and liver helping to restore proper functioning of these organs. Those of us who have experienced years of taking in heated fats, packaged goods, and cooked foods may choose to do a number of flushes 6 days in duration, to flush out the hardened layers of undigested cholesterol, minerals, and salts that form gallstones and intrahepatic stones. Repeating this process a number of times clears the impacted cholesterol, calcified bile salts, fats, starches and other toxins from the gall bladder, the liver and the bile ducts enabling these organs to function properly, thereby allowing us to live disease free and thrive while substantially improving overall digestion. Some people have done over 20 flushes and have noticed amazing healing effects as a result. The great thing about this flush is that it is easy, and can be done once a month until 2 consecutive flushes have been done without any stones releasing (this could take a year of flushes to happen). Then after that it is recommended to continue doing flushes for the rest of your life once every 6 months.

How the Flush Works

Phosphoric acid and malic acid dissolve and soften gallstones. Enzymes help dissolve the undigested fats in the body and the oxy-oxc or oxyflush (magnesium oxyde) helps to keep the bowels moving, allowing a major release of excess debris that may have been impacted in the intestines for years. The magnesium in the Epsom salt (taken only the day of and after the flush) relaxes the sphincter of the gallbladder and bile ducts, allowing for the easy passage of the softened, shrunken stones without dehydrating the body as regular salt flushes can. Finally, the olive oil causes a strong contraction of the gallbladder and liver, forcing out stored wastes, bile, and stones. These wastes and stones are then excreted.

Emotional Release

When cleansing the physical body of toxins, the emotional body is often primed to release old patterns or unhealthy thoughts that inhibit ones' ability to truly thrive. Stay connected to how you are feeling during the entire process. A range of emotions may wish to be fully expressed- bliss, anger, frustrations, creativity or sorrow. Emotions serve as a window into ourselves. Allowing these feeling with no judgment will help us find more of our true selves. Support yourself during this time by talking to an understanding friend or loved one, journaling (hugely cathartic) or toning (sounding out each vowel sound 3 times each as if you are singing to someone up at the top of a hill while you are at the bottom, really use your vocal chords and explore all ranges of tones).

The Intentions

1. To easily and lovingly clear gravel, stones and sand from the gall bladder and liver and adjoining ducts and vessels, improving overall health and well-being.
2. To compassionately release emotional debris that inhibit personal transformation and our birth right of accessing our joy.
3. To balance body-mind-spirit, freeing us to live a life in our complete confidence and power.
4. To support oneself by nurturing, resting, using tools (see below) and seeking emotional, physical and spiritual help from community as needed.

Tools and Life Practices

The following are items in your Liver-Gallbladder Flush Toolbox, all of which are important practice elements for the week, and some of which we can consider Life Practices that you can count on as permanent acquisitions for your whole life!

Castor Packs with Castor Oil and Cotton Flannel (can be practiced daily during your flush)

You have one 8 oz. bottle of castor oil and a cotton flannel in your kit. You can use either an ace bandage or a roll of plastic wrap to secure the flannel in place. A heating pad or hot water bottle will be very handy to have. Pour oil onto the flannel on one side until it is saturated with castor oil- about 5 Tbs. or 1/4 cup (once you have used the flannel once you will only need 2-3 Tbs. each time after that.). You can use the flannel over and over again for years. And just wash it once every 6 months or so. Be sure you store it at room temp and not in the refrigerator as the extra moisture will cause mold. Warm it in the oven for a few minutes, if desired, or heat the oil in a mini crockpot. Lay the flannel over the midsection of your body



especially over the liver, which is on your right side in the lower ribcage area. Wrap the plastic or ace bandage wrap around your waist once or twice making sure all the flannel is covered to prevent leaking and to hold the wrap in place. Put the hot water bottle or heating pad on top of the wrap and then wrap a towel around your midsection and lay down with your feet up, or on your right side. This will loosen and soften gallstones and open the lymph system and gall ducts. Be prepared to lie there for 20-30 minutes. Massage your liver and gallbladder in a circular motion. You can leave the pack on for one and 1/2 hours or longer if desired.

Oxy-OxC (www.purejoyplanet.com) or Oxy Magnesium

Magnesium Oxyde with Vitamin C (Oxy OxC) is an excellent oxygen and magnesium supplement which keeps the toxins moving out through the bowels during the liver and gallbladder flush. Stir 1/2-1 teaspoon Oxy-OxC or 3 pills into 6-8 oz. water or juice or with your apple cider vinegar up to 3 times per day between juices or meals. You should be having 3 bowel movements a day. If you start to have liquid stools, back off or eliminate the Oxy OxC for a day or so. If you are using this in pill form, take between 2 and 4 pills 3x/day.



**Ultra Phos Liquid (www.purejoyplanet.com)**

Orthophosphoric acids help break down bile stones, remove calcium and lipids (fats) from the arteries, and normalize cholesterol metabolism. Take 30 drops 3 times per day during your flush.

Apple Cider Vinegar, Apple Juice or Malic acid (www.purejoyplanet.com)

If you are taking Apple Cider Vinegar, stir 2 Tbs. into 1 glass of water and drink 3-4 x/day each day. You may also drink 32 oz. of apple juice a day either straight or mixed with water or green juice. If you cannot stomach the ACV and are sensitive to sugars in juice, then take 1/2 to 1 tsp. Malic acid 3 times per day when you take the Ultra Phos liquid.

High Quality Olive Oil (taken only on the night of the flush)

Use 3/4-1 cup of an extra virgin organic brand of olive oil *for the night of the flush only* (Saturday for our coached flushes). Some find that this is delicious and very pleasant to drink when gently mixed in your blender with citrus juice, and drank from a glass or through a straw.

Epsom Salts (taken on the night of the flush and the morning after)

The sulfates in Epsom salts stimulate the release of digestive enzymes from the pancreas. These enzymes help to detoxify the body of drug residues and toxins.

Recipe:

4 Tbs. Epsom salts

3 cups of water

(1 Tbs. of Epsom salts to 3/4 cups of water x 4)

You can use less Epsom salts if it is too strong for you or you feel it is acting too quickly. This will be taken in 4 doses before and after drinking the citrus-oil concoction.

At 6 pm and 8 pm on day 6 and 2 more at 6 am and 8am on day 7 (the morning of the flushing of the stones).

The Epsom salts will create a soap-like action in the digestive tract as well as opening the bile ducts to make them wider for the stones to pass through. Stay near the bathroom until your bowels move which can be anywhere from 30 minutes to 2 hours.

Hot Baths and Light Exercise

Take hot baths at least every other day (be sure not to make it too hot or that you have help getting out of the bath if you are prone to light headedness). An Epsom salts bath, with 1 cup of the salts and few drops of essential oil, can bring much relief and promote detoxification through the skin. Stay in the bath 20 minutes. Be sure to rinse the salty water off your body when you are finished. If you have access to a steam room or sauna, that will help eliminate toxins also. Keep exercise light, such as walking and yoga.

Dry Skin Brushing

When cleansing, it is imperative to allow your body to fully detoxify through your skin. The skin is our largest eliminative organ, so use it! Dry skin brushing is an excellent way to not only eliminate excess skin which is blocking proper elimination, but it will help to actually balance hormones and meridian points in the body while stimulating



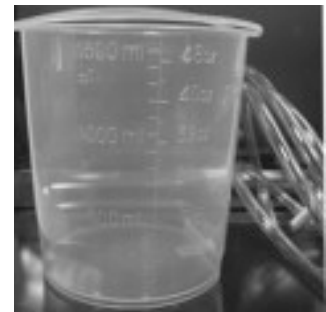
the immune system. All this in only 5 minutes a day. To order a full set of instructions with a vegetable fiber brush please go to www.PureJoyPlanet.com

Morning Water: ½ to 1 Quart with juice of ½ Lemon

This is an excellent Life Practice advocated by David Rainoshek in his Juice Feasting program. David reports that students of Juice Feasting have returned to him year after year remarking on what an important Life Practice this continues to be, physiologically, mentally, and emotionally. We are 60-80 percent water (depending on age and lifestyle), and we rely on water for oxygenation, proper blood chemistry, digestion, brain function, reducing inflammation, elimination, etc. When we wake up in the morning, our body has lost 1 to 1.5 quarts of water during the night from perspiration, breathing, and urine production. Drinking a hydrating quart of water with lemon in the first few minutes of the morning helps to wake up our brain, flush our urinary system and bowel, stimulates our digestive system, oxygenates our blood, and generally gets all systems online. Many of us are chronically dehydrated, and this Morning Water Life Practice can make a huge difference in the experience and expression of your life!

Enema

- Many people ask if it is necessary to do enemas while on a cleanse or fast.
- My answer to this question is to ask you:
- How good do you want to feel?
- If you want to feel great and keep on removing old debris from your body, then YES! By all means you should be taking daily enemas.
- They are not difficult and can even become enjoyable.
- Especially on a juice feast, because of all the extra insoluble fiber in greens, you will need to continue to flush your system with water by either doing your own enemas or scheduling an appointment with a Colon Hydro Therapist at least 3x during a week fast.
- Plain water is not recommended as it will absorb into your system and your goal is to purge the system of waste. Here are 3 recipes for enemas:
- Do these enemas interchangeable throughout your cleanse as desired. You can do one every day if you choose.



Enema # 1

Salt and Soda Enema

1 Tbs. sea salt or Epsom Salts
 1 Tbs. baking soda
 2 quarts of body temperature water

Dissolve the salt and baking soda into water and administer as directed.

Enema #2**Garlic-Epsom Salt Enema**

This solution can be very purging.

3 cloves of garlic chopped or crushed
2 quarts of water
2 Tbs. Epsom Salts

1. Add garlic to water. Simmer for 5 minutes., then strain garlic.
2. Add 1 more cup of water and ice to cool if necessary (the water should be body temperature).
3. Administer enema as directed.

Enema #3 COFFEE ENEMA

This enema is great for when you are feeling very overloaded with toxins or have a cleansing headache. You will do this enema on Sunday morning (day 7).

4 Tbs. organic, full strength coffee grounds
3 cups boiled water
1 cup cold water

1. Pour the boiling water over the coffee in a quart sized jar
2. Let steep for 5-10 minutes.
3. Add cold water and ice if necessary to make the coffee body temperature.
4. Administer the coffee into your colon and hold for 15 minutes if possible.
5. Please be sure to do a plain water enema to purge your colon before doing the coffee enema.
6. You can also steep the coffee in 3 cups water overnight and warm it up the next morning by adding 1 cup boiling water then straining out the grounds.

Administering an Enema

1. Get yourself and enema bag or bucket. I prefer the clear open bucket available on Pure Joy Planet.
2. Fill the bucket with your warm enema liquid.
3. Lay a towel on the floor or in the bathtub.
4. Hang the bag or bucket on a door knob or leave on the counter. Open the line of the enema bag/bucket over a sink or bathtub and let all the air out of the tube, then clamp shut.
5. Lubricate the tube tip and your anus with a generous amount of coconut or olive oil
6. Lay on your right side and insert the tip. You may need to make a pushing motion as if you are having a bowel movement to get the tip to go in easily.
7. Carefully unclamp the tube. Let the water flow into your colon slowly at first until you are comfortable with the flow. You can control this by clamping and unclamping at will. When the water has emptied from the bag/bucket, rub your belly from right to left in a circular motion (you can even do this while the water is going in).
8. When you are ready, go to the toilet and release the water. You can do as many as 4 bags/buckets at a time as time allows.

Be sure to put your feet up on a foot stool or even bring your knees to your chest as this will help facilitate the best release.

The Best time for enemas is in the morning so you will not have water in your colon at bedtime and you will sleep more soundly, but really, any time you need to do an enema is a good time but make it at least 1 hour before bedtime.

Honoring and Releasing Practice

by David Rainoshek, MA
www.Juicefeasting.com

I have something to honor and release from my past, and I am aware of the reasons for doing so. I am aware that relinquishing this item thoughtfully and with care does not need to take a long period of time or suffering, and am not interested in this letting go hold me back from enjoying the beauty I am finding in the present moment.

However, I understand at this time that I need to honor what I have already decided to let go of for my enjoyment of the present moment to be clear, and for the space in me that has filled this part of my life to be acknowledged properly so that I can release it in peace.

This time that I have created for letting go is sacred time, those who understand and love me are available to support me, and I am fully here to engage in contemplation, recognition, appreciation, and release.

Honoring the Good Qualities

There are things that were good about this item and I want to honor them and their place in me, as they are a part of who I am.

Regrets and Difficulties

There are things that I may have done better in acquiring this thing, or in taking care of it, and I want to recall those things, and then release them back to the earth, so that I do not carry them with me, or pass them on. I do, however, want to learn from these reflections for the benefit of the present moment and my life in it.

Hurts Experienced in Relation to This Item

There perhaps was some pain in my relationship to this thing. I call on the memory of the hurts I experienced one more time, and recall why I am letting go, not just of this item, but of any negative emotions or thoughts concerning it. I will release back to the Earth these hurts to compost and transform so that they do not get passed on to the new life that I have, and am inviting in.

Positive Things I Want to Pass On

While I am letting go, I recognize that this thing had good qualities, and I would be remiss if I did not express gratitude for these qualities, and try to continue them in my life in positive ways.

Selective Watering

This item that I am releasing is like a tree that I have watered for some time, which I will not be tending now in my garden, as there are other trees, plants, and earth to see after. I honor this tree that I have grown in all its positive and negative aspects, and am mindful of its reality as it transforms back into the earth, is recycled to become something new, or becomes an important part of someone else's life who needs it.

Gratitude in the Present Moment

Having honored what I am releasing, I now take stock of the beautiful garden that I have in the present moment, which I will continue to water and nourish with great mindfulness, appreciation, understanding, and love.

Daily Schedule for the Liver and Gallbladder Flush

Monday-Friday (Days 1-5)

Morning	Malic Acid	10 enzymes	3 Oxy Oxc	15-30 Ultra Phos drops	32 oz. water with lemon juice
Afternoon	Malic Acid	10 enzymes	3 Oxy Oxc	15-30 Ultra Phos drops	
Evening	Malic Acid	10 enzymes	3 Oxy Oxc	15-30 Ultra Phos drops	Apply castor pack

1. Follow the raw, vegan diet provided in this manual or you can do a completely blended and liquid diet if you choose to. Include apples in your juices, soups and smoothies and salads (they contain malic acid). Drink plenty of water and fluids (*at least* ½ your weight in ounces).

2. Avoid cold or chilled foods! This can cause extra stress on the liver and lessen the effectiveness of the flush (a good practice for life). Just make your foods fresh and keep fruits and veggies at room temp at least 2 hours before eating. If you need to keep something cold (like juice) warm it in a saucepan for just a bit to bring it back to room temp.

3. Do a castor oil pack daily (see instructions above).

4. Stimulate about 3 bowel movements per day **using Oxy-OxC (3 times per day)** or a gentle herbal laxative of your choice (such as Smooth Move Tea, Swiss Kriss or Healthforce Nutritionals Intestinal Movement Formula)

5. Drink 32 oz. of apple juice a day or 2 Tbs. Apple cider vinegar 3x per day, or mix 1 teaspoon of **malic acid powder with 32 oz. of water and drink throughout the day.**

6. Take **90 drops ultra-phos per day** (15-30 drops 3 times per day). You may want to do less of this if it seems too intense. We also find it works well to mix it with your Oxy Oxc caps and drink it together.

7. Take **10 enzymes with every meal and 3 caps 3x day between meals.**

Saturday (Day 6)

Morning	Take all your malic acid before 1pm	Take all your ultra phos before 1 pm	Take all enzymes before 1 pm	Take regular amount of oxy oxc if needed.	
1 pm	Stop taking supplements	Drink only water			
6 and 8 pm	Drink Epsom salts	1 Tbs. of ES with 3/4 cup water			
10 pm	Drink 8 oz olive oil	With 8 oz. Citrus juice	Apply castor pack		

1. Day 6 should include liquids only. This will consist of vegetable/fruit juices until 1 pm and then only water after 1 pm. This extra light program will eliminate all fiber in your colon as we want it empty for the best release of stones.

2. 6:00 pm drink $\frac{3}{4}$ cup of your Epsom Salt Mixture.

3. 8:00 pm drink another $\frac{3}{4}$ cup of Epsom Salt Mixture.

4. Prepare a coffee enema (you will do this enema tomorrow). Use $\frac{1}{4}$ cup organic coffee beans to 3 cups of purified water. Grind the coffee and place it in purified or distilled water at room temperature overnight. Strain through The Amazing Nut Milk Bag in the morning (www.PureJoyLivingFoods.com). Add about 1 cup of hot water in the morning to make it warm enough to insert into your colon. Don't skip this step as it is a powerful tool for releasing even more bile and stones.

5. Next prepare your $\frac{3}{4}$ cup olive oil and 1 cup grapefruit juice drink: Mix 6-8 oz. of extra virgin cold pressed organic olive oil with 8 oz. freshly squeezed grapefruit juice (totaling 16 oz. of olive oil and citrus juice altogether). Shake the olive oil and citrus juice together in a closed mason jar until well mixed. Use a wide mouth straw (glass ones available on PureJoyPlanet.com) when you are ready to drink it to prevent smelling it as you drink.

6. Feather Your Nest Get all the water and Epsom salt drinks ready for Sunday morning and put them next to your bed. Get everything you think you would need during the night or the next morning and put them right next to your bed including an alarm clock set for 6 am.

7. At about 10:00 pm Wrap yourself with a castor oil pack (see instructions above), and stand up next to your bed. **Quickly sip the citrus/oil mixture** with your big straw. Take up to 10 enzymes as needed while drinking the oil to help break the oil down faster and prevent nausea.

8. Lay down right after drinking and put your heating pad on your bed and lay under your right side with the castor pack. Lay on your right side and STAY STILL for at least 20 minutes. It would be **best to sleep for the night**. You may feel a little nauseous and this is normal. The less you move around, the better you will feel. Nightly-night ☺

Sunday (Day 7)

6-7 am	Arise and drink Epsom salt			
8-9 am	Drink last dose of epsom salt			
10 am or later	Administer a plain water enema	Followed by a coffee enema	Slowly introduce solid foods back in by evening	

1. Try to arise by 6:00 am but not before. Right away drink another $\frac{3}{4}$ cup of the Epsom Salt (you can make this up the night before and have it waiting for you by your bedside). This will help your body to release all the gall and bile stones. You may either choose to use the toilet at this point or stay in bed but try to stay upright if possible. You can go back to bed at this point if you like with your head elevated by 2 pillows. 2 hours after waking, drink the last $\frac{3}{4}$ cup of Epsom salts.

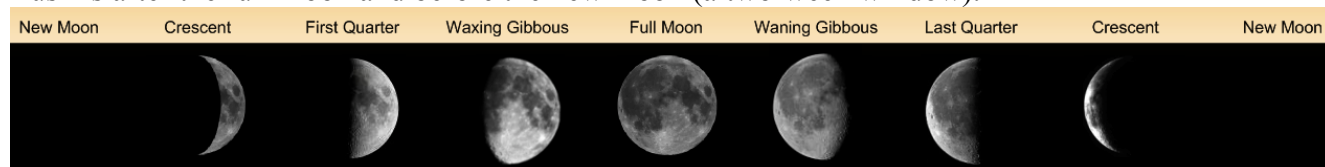
Take it easy today as you may have several loose bowel movements of liver stones and gallstones. Drink liquids when desired. You should be feeling good by midday.

2. Continue with juices and blended foods today and Break the fast with an organic, light fruit. Have a light salad later in the day. Avoid heavy dishes and nuts for at least a couple of days. Chew slowly and thoroughly. Continue to incorporate raw juices, smoothies, and soups into your regular diet. Eating solid foods will help to push more stones out.

3. Anytime during the day (preferably in the morning), do a coffee enema. Carefully strain your soaked coffee grounds through a nut milk bag or strainer. First do a clear water enema (at least 2 buckets) to be sure your bowels are free of waste. Then, use 4 cups of the coffee-infused water in an enema bucket. Hold the mixture in your bowels for 15 minutes if possible before releasing. This will have an even stronger bile dump effect. To do this lie on your right side or on a flat surface on your back with your hips elevated by a pillow. Elaina lies on a slant board.

On Future Flushes

One month from this flush, you may choose to begin another. The best time to do a liver-gallbladder flush is after the full moon and before the new moon (a two-week window).



Continued flushing will produce darker and older stones that are hanging out in back of the liver and gallbladder. Continue to do flushes until you can do two consecutive flushes with no stones being released.

As with any cleanse, take it easy after the flush as you go back to normal foods, your body will need TLC.

This includes:

- Continuing to drink water and lemon daily (64 oz. or more)
- Regular green juices (3 a week or more)
- Blended foods often (as a meal replacement 1-3x per week)
- Soaking in Epsom Salts when you feel tired or achy
- Enemas as needed
- Continue taking enzymes with meals
- Schedule yourself to do another liver flush next month or soon.

A Delicious Week of Preparation: Recipes for the Liver Flush

By Elaina Love

Monday: Day 1

Breakfast

Everyday Protocol (3 times a day before meals/bedtime)

1. Drink 2 Tbs. Apple cider vinegar 8 oz. of water (you might also like to try the Apple Cider Vinegar Tonic included further below)
OR drink 1 quart apple juice (to be drunk throughout the day)
OR take 1/2 – 1 tsp. malic acid powder with 32 oz. water
2. Add 15-30 drops of Ultra Phos to your apple juice or water
3. Take 3 Oxy Oxc capsules to keep bowels moving (please moderate your intake so that you are having 4 bowel movements a day...this could take a couple days of taking these capsules to start happening). Back off on the capsules as your movements increase.
4. You can mix everything together in 1 cocktail if you like. Try different ways and see which works best for you.

Daily Green Juice

Juice of your choice...here's my favorite:

1 head celery

2 large cucumbers

5-8 stalks of kale (dino is great!!)

juice of 1 lemon

1 apple

1. Clean and chop your veggies. Juice through a Green Life Juicer or any juicer you love. You can also blend the veggies in a blender and squeeze through an Amazing Nut Milk bag.
2. Pour into a glass bottle and enjoy throughout the day or as breakfast.

Pear-Parsley Smoothie

2 ripe pears, chopped

½ bunch parsley (about 1 packed cup)

1 cup water

1. Blend until smooth.
2. Drink

Lunch**Protocol**

1. Drink 2 Tbs. Apple cider vinegar 8 oz. of water (you might also like to try the Apple Cider Vinegar Tonic included further below)
OR drink 1 quart apple juice (to be drunk throughout the day)
OR take malic acid powder with water
2. Add 30 drops of Ultra Phos to your apple juice or water
3. Take 3 Oxy Oxc capsules to keep bowels moving (please moderate your intake so that you are having 4 bowel movements a day...this could take a couple days of taking these capsules to start happening). Back off on the capsules as your movements increase.
4. You can mix everything together in 1 cocktail if you like. Try different ways and see which works best for you.

Easy Caesar Salad

Dressing:

½ cup Bariani or extra virgin olive oil

2 Tbs. lemon juice

¼-½ cup water

2 large dates or 2 Tbs. honey

1 Tbs. light miso

3 medium cloves garlic

¾ tsp. mustard powder or 1 ½ tsp. prepared Dijon mustard

2 tsp. dulse flakes

¼ tsp. Himalayan salt

1. Blend in a blender or hand mix, crushing the garlic first.
2. Store in a glass jar in the refrigerator for up to 2 weeks.

Salad:

1 head of Romaine, chopped

1 cucumber, peeled and cubed

1 tomato, chopped

4 scallions thinly sliced.

15 black VivaPura sun dried olives

Optional: Freeze dried peas as croutons....amazing! (www.justtomatoes.com)

Dinner**Zucchini Noodles Marinara****Zucchini Noodles:**

2-4 zucchinis, cleansed and made into noodles using a mandoline, peeler or Spiral Slicer from Pure Joy Planet

Marinara Sauce:

1 large tomatoes, seeded and chopped

½ red bell pepper

½ cup sun-dried tomatoes, soaked 2 hours in warm water, drained, and chopped

½ tsp honey or other liquid sweetener (optional)

1/8 cup extra virgin olive oil

1 cloves garlic, crushed

3/8 tsp sea salt, or to taste

A pinch of cayenne pepper

1 Tbsp minced fresh basil or 1 tsp dried

1 Tbsp minced fresh oregano or 1 tsp dried

1. Process the Marinara ingredients, except the fresh herbs, in a food processor until well processed but still a little chunky.
1. Add the fresh herbs and process until mixed.
2. Transform the zucchini into noodles using a vegetable peeler, mandoline or spiral slicer (available on Pure Joy Planet).
3. Toss the zucchini noodles with enough marinara sauce to coat well and serve immediately. Serve with extra Marinara sauce on the side.

For Pasta Puttanesca: Add an additional dash of cayenne pepper, and add ¼ cup sliced kalamata olives to the finished sauce. Also try this dish topped with some nutritional yeast by Premier Research Labs (available on Pure Joy Planet)

Chia-Coconut Pudding (Tapioca with a twist)

Serves 4

½ cup chia seeds**1 ½ cups purified water (to soak the chia seeds)***soak the chia seeds in the water for 2 hours or more before proceeding***2/3 cup nut milk or coconut milk****2 Tbs. coconut oil (make sure it's high quality and smells fresh)****3 Tbs. yacon root syrup or honey or zero glycemic sweetener such as Erythritol or Xylitol****6 Tbs. orange juice (about 1 orange)****1 tsp. vanilla extract****½ tsp. butterscotch or rum extract****6 drops liquid stevia, vanilla flavor by Sweet Leaf**

1. Soak the chia seeds for 2 or more hours, you can soak them up to 12+ hours.
2. Blend everything but the chia and water together until creamy.
3. Mix the cream with the soaked chia seeds.
4. Refrigerate or enjoy immediately.

Bedtime Protocol

1. Drink 2 Tbs. Apple cider vinegar 8 oz. of water (you might also like to try the Apple Cider Vinegar Tonic included further below)
OR drink 1 quart apple juice (to be drunk throughout the day)
OR take 1/2-1 tsp. malic acid powder with 32 oz. water
2. Add 15-30 drops of Ultra Phos to your apple juice or water
3. Take 3 Oxy Oxc capsules to keep bowels moving (please moderate your intake so that you are having 4 bowel movements a day...this could take a couple days of taking these capsules to start happening). Back off on the capsules as your movements increase.
4. You can mix everything together in 1 cocktail if you like. Try different ways and see which works best for you.

Tuesday: Day 2**Breakfast****Everyday Protocol (3 times a day before meals/bedtime)**

Follow protocol from day 1

Daily Green Juice

1 head celery

2 large cucumbers

5-8 stalks of kale (dino is great!!)

juice of 1 lemon

1 apple

1. Clean and chop your veggies. Juice through a Green Life Juicer(best in my opinion) or any juicer you love.
2. Pour into a glass bottle and enjoy throughout the day or as breakfast.

Apple Cider Vinegar Tonic: (Optional daily as part of protocol)

1 cup hot water

2 Tbs. Apple Cider Vinegar

2 tsp. honey

3 Tbs. lemon juice

Optional: Electrolyte Lemon Aid (by David Jubb)

3 peeled and seeded organic lemons

5 Tbs. extra virgin olive, flax or coconut oil

1 cored organic pear or apple

½ tsp. Himalayan salt crystals

water to fill the blender

1. Blend until smooth.
2. Store at room temperature in a glass jar for the day and drink as desired

Lunch**Follow Protocol from day 1****Green Salad with Creamy Basil Dressing**

Dressing:

½ cup Bariani or extra virgin olive oil

2 Tbs. lemon juice

¼-½ cup water

2 large dates or 2 Tbs. agave

1 Tbs. light miso
1-3 medium cloves garlic
1/2 cup basil leaves
1 zucchini, chopped
¼ - ½ tsp. Himalayan salt

Serve over Green Salad with a variety of veggies and olives if you choose

1. Blend in a blender or hand mix, crushing the garlic first.
Store in a glass jar in the refrigerator for up to 2 weeks.

Dinner

Spoon Full of Green

Makes 2 ½ cups, 1 full meal or 2 smaller servings

1 cup chopped red, orange or yellow bell pepper (never green, they're not ripe yet)
½ cup cherry tomatoes or chopped tomato
2-3 scallions or 1 Tbs. chopped onion
1 stalk celery, chopped
½ cup mashed avocado or 1/2 large avocado, cubed
½ cup loosely packed cilantro, dill, basil or other fresh garden herbs
1 cup loosely packed, washed and stemmed kale, collards or chard
1 ½ cups chopped lettuce (about 3 large leaves)
1 cup water (you can use HOT water to make the soup nice and warm)
1 Tbs. lemon juice (optional)
½ tsp. mineral salt (I used a yummy BBQ salt I got in bulk at Rainbow Grocery in San Francisco)
lots of shakes of cayenne pepper if you like it spicy

Optional spices: onion powder, garlic powder and/or replace the salt with ½ Tbs. white miso paste

1. Put everything except the lemon, salt and cayenne in the blender and blend on high until creamy
2. Taste it.
3. If you want to add the salt, lemon and cayenne, go for it!

"You can eat it with a wooden spoon out of a coconut bowl (my fave!)"

"You can stir in 1 Tbs. of Spirulina...tastes cheezy!"

"You can eat it while doing a cleanse (check out the liver/gallbladder flush) which I was on when I made this soup"

"You can eat it when you are totally sick of salad"

"You can eat it after the dentist!"

"You can eat it when your fridge is overflowing with veggies or it just needs a good cleaning"

"You can eat it when you want to be clean and green on the inside"

"You can eat it when you don't want to weigh yourself down with heavy, starchy soups"

"You can eat it with a friend"

"You can eat it while riding your bike...with a cup and straw!"

"You can eat it at your desk from a glass mason jar"

"You can make it into a face mask!!!! (don't add the water, salt or cayenne though unless you like pain)

I hope you have as much fun eating this soup as I had creating this recipe. Now, go forth and garden!

Bedtime Protocol

Follow day 1 protocols

Wednesday: Day 3

Breakfast

Follow Daily Morning Protocol

Daily Green Juice

Juice of your choice

1 head celery

2 large cucumbers

5-8 stalks of kale (dino is great!!)

juice of 1 lemon

1 apple

1. Clean and chop your veggies. Juice through a Green Life Juicer(best in my opinion) or any juicer you love.
2. Pour into a glass bottle and enjoy throughout the day or as breakfast.

Apple-Pear-Kale Smoothie

1 ripe pear, chopped

1 apple, chopped

5 dinosaur kale leaves (about 1 packed cup)

1 cup water

1. Blend until smooth.

Lunch**Follow Protocol from day 1****Cool Cucumber-Spinach Soup**

This is a well balanced soup because of the fat, fruit and chlorophyll content. It will easily serve as a light meal by itself.

- 1 cup purified water**
- 2 medium-large cucumber**
- 3 cups spinach (or other leafy greens like kale or mixed greens)**
- 1 handful of basil leaves (about 15 leaves)**
- 1 Tbs. fresh ginger with skin**
- 1 ½ lemons (5 tsp.) or 3 tsp. raw apple cider vinegar**
- ½ apple or try another sweet fruit**
- ½ tsp. Himalayan Salt Crystals**
- ½ tsp. onion powder**
- ½ tsp. garlic powder**
- 1 small avocado**
- 1 tsp. dried dill or 2 Tbl. fresh**

1. Place everything except the avocado and dill in a blender and puree.
2. Add the avocado and continue to blend on high until creamy.
3. Put in a bowl and mix in dill. Top with freeze dried peas.

Dinner**Creamy Vegetable Dressing (Served over your favorite salad)**

Makes 16 oz. and will last up to 10 days

- Choose 2 of the following: red bell pepper, zucchini, carrot, cucumber, (mix them or use two of one kind) chunked**
- A little seaweed soak water from dulse, arame or your favorite kind**
- ½ - ¾" ginger, unpeeled or ½ tsp. of your favorite spice (cumin, basil, onion powder...)**
- 1 clove garlic**
- 1 lemon +, juiced or 2 tsp. Raw Apple Cider Vinegar or 2 limes, juiced**
- 1 tsp. Celtic or Himalayan sea salt**
- ½ cup olive oil**
- ¼ tsp. kelp powder**
- ½ ripe avocado (optional for creamier texture)**

1. Place all ingredients in the blender and blend on high until creamy.
2. For a nice effect, pour into a salad dressing bottle.

In a hurry or want to give your digestive system a break? Try a blended salad:

Assemble your salad, include the dressing and toppings. Put it in the blender, add extra seaweed water and blend until creamy. Add extra avocado if desired. A yummy, creamy soup/salad in one!

Bedtime Protocol- Follow protocol from day 1

Thursday: Day 4**Breakfast****Daily Protocol from day 1****Daily Green Juice using veggies of choice****Fruit and Greens Smoothie**

2 ripe pieces of fruit (other than banana), chopped

1 packed cup of greens (herbs, lettuce or weeds)

1 cup water

1. Blend until smooth.

Lunch**Follow Protocol from day 1****Cucumber Tomato Surprise**

(the surprise is how easy it is)

1 medium tomato, chopped

1 small cucumber peeled in stripes and chopped (seeds removed if big)

1 large avocado cut into cubes

1 half of a lemon or lime squeezed

1 half to 1 tsp. Celtic sea salt

1 Tbs. of olive oil (optional for a richer flavor)

1. Mix everything together and enjoy!
2. Blend into a soup if desired.

Dinner**Avocado Nori Rolls**

Nori rolls make a great take along meal. Avocado is a whole raw fat which helps to keep the skin and hair soft and rid the body of old toxic fats. Nori is a sea vegetable which is the highest in protein content (48%) and is very easily digested. Nori is extremely high in minerals.

2 sheets of raw or toasted sushi nori

1 large Romaine leaf cut in half down the length of the spine

1 avocado, peeled and sliced

½ red, yellow or orange bell pepper, julienned

½ cucumber, peeled, seeded and julienned

½ cup raw sauerkraut

½ carrot, beet or zucchini, shredded

1 cup alfalfa or favorite green sprouts (sunflower, buckwheat, etc.)

1 small bowl of water for sealing roll

1. Place a sheet of nori on a sushi rolling mat or washcloth, lining it up at the end closest to you.
2. Place the Romaine leaf on the edge of the nori with the spine closest to you.
3. Spread Spicy Miso Paste on the Romaine
4. Line the leaf with all ingredients in descending order, placing sprouts on last.
5. Roll the Nori sheet away from you tucking the ingredients in with your fingers as you go.
6. Seal the roll with water or Spicy Miso Paste. Slice the roll into 6 rounds.

Spicy Miso Paste

4 Tbs. Unpasturized Light Mellow Miso
 1 Tbs. sesame oil
 ¼ tsp. cayenne or to taste

Stir together with a fork.

Bedtime Protocol (follow from day 1)

Friday: Day 5

Breakfast:

Daily Protocol

Love Your Gallbladder Green Juice

Makes 6 cups

2 cucumbers, cut in quarters
2 heads celery
5 leaves dinosaur kale
¼ bunch cilantro
1 lemon, juiced
3 apples

Juice all ingredients. Store in sealed glass jars, filled all the way

Apple Cider Vinegar Tonic: (Optional daily as part of protocol)

1 cup hot water
2 Tbs. Apple Cider Vinegar
2 tsp. honey
3 Tbs. lemon juice

Optional: Electrolyte Lemon Aid (by David Jubb)

3 peeled and seeded organic lemons
5 Tbs. extra virgin olive, flax or coconut oil

1 cored organic pear or apple
½ tsp. Himalayan salt crystals
water to fill the blender

Blend until smooth.

Store at room temperature in a glass jar for the day and drink as desired

Chia Cinnamon Breakfast Porridge

2 cups soaked chia seeds,(½ cup seeds soaked in 1 ½ cups water)
2 cups almond milk (blend 1 cup soaked almonds with 2 cups water and strain)
¼ tsp. high mineral salt
2+ Tbs. yacon root syrup, maple syrup or honey
10-20 drops liquid stevia
6 drops vanilla essence or 2 vanilla beans (scrapings from inside the pod)
½ tsp. cinnamon
dash of cardamom powder
optional: ½ cup raisins

1. Soak the chia seeds for up to 8 hours (1 hour minimum)
2. Blend the remaining ingredients until creamy.
3. Mix with the soaked chia seeds and blend slightly until well mixed.
4. Refrigerate until set if desired or enjoy immediately.

Lunch:

Follow Protocol from day 1

Creamy Cilantro Soup

1 zucchini, chopped
1 large bunch cilantro, stems removed (about 2 cups)
1 red, yellow or orange bell pepper, chopped
½ apple, chopped
1 avocado, chopped (add later)
1 Tbs. wheat free tamari (a natural soy sauce)
1 tsp. Himalayan or celtic sea salt
½ tsp cumin (optional)
1 tsp. onion powder (optional)
1/8 tsp. cayenne
add warm or hot water as necessary- about ¾ cup

1. Blend all ingredients until smooth.
2. Eat immediately or store in a glass jar in the refrigerator for 1 day maximum.

Toppings: Sprinkle with dulse flakes, Diced bell pepper, or Chopped Romaine

Dinner**Radiant Red Pepper Soup**

- 1 large red bell pepper, seeded and chopped**
- 1 large carrot, chopped**
- 1 medium avocado, chopped (about 1 cup of flesh)**
- 1 tsp. high mineral salt (or to taste)**
- up to ½ cup purified water if necessary**

Note: High mineral salts have most of their 82 minerals intact. Try Himalayan Salt, Celtic sea salt or Real Salt from Utah salt mines.

1. Place all ingredients in the blender placing the peppers at the bottom.
2. Blend on high until smooth.
3. Enjoy immediately.

SATURDAY: Day 6: FLUSH DAY!

No solid foods today! Enjoy juice, tea and water.

Breakfast

GREEN JUICE, HOT TEA AND APPLE JUICE

Lunch

GREEN JUICE, HOT TEA AND APPLE JUICE

After 1:00 pm:

PURIFIED WATER ONLY

6:00 pm:

Epsom Salt Recipe

4 Tbs. Epsom salt (magnesium sulfate)

24 oz. of purified water in a glass jar.

1. Pour the Epsom salt into the water, close the jar and shake well.
2. Pour your first of 4 servings from the jar and drink it. (3/4 cup)

8:00 pm

Drink another ¾ cup of the Epsom salt mixture

Bedtime 10:00 pm

Drink your olive oil/grapefruit mixture

Oil/Citrus Recipe:

¾ - 1 cup extra virgin olive oil (the lighter the taste, the better)

1 cup ruby red grapefruit juice or combo of lemon and orange juice

1. Wrap yourself in your castor pack, put your next serving of Epsom salt next to your bed for the morning, and perhaps a little drinking water.
2. Prepare your coffee enema for tomorrow.
3. Stand next to your bed and drink your oil and juice mixture with a straw.
4. Lay down on your right side and do not move for at least 20 minutes. Just go to sleep if you can.

Sunday: Day 7

Wake up between 6 and 7 am and take another $\frac{3}{4}$ cup of Epsom salts
Stay semi-upright if possible even if you go back to bed and fall asleep, just prop yourself up with pillows.

8:00 am:

Last serving of Epsom salts

Just hang out near the bathroom and watch your stones release.

You may need the help of an enema at this time, or a coffee enema (see instructions)

Have just juices and water this morning then a light soup when you are hungry!
CONGRATULATIONS! You did it!!!! Hooray for you ☺

Breakfast:

1 qt. Green juice
hot tea

Lunch

Charrolastra Super Green Soup

Makes 8 cups

1 head broccoli with stem
 $\frac{1}{2}$ bag of 10 oz. frozen peas, defrosted
2 cups of greens (sprouts, lettuce, etc.)
3 scallions
1 clove garlic
 $\frac{1}{4}$ cup soaked sun dried tomatoes (or from a jar with oil)
salt to taste
spirulina to taste (about 1 Tbs +)

$\frac{1}{2}$ jalepeno, chopped (eliminate if you don't like spice)
3 cups hot water (more or less)
1 small avocado, chopped
 $\frac{1}{2}$ bunch cilantro stems and leaves
juice of 2 lemons (6 Tbs.)
optional: Tamari or miso to taste
optional: olive or hemp oil (1Tbs.)

Blend all ingredients until smooth and creamy. The soup will last 2 days in the refrigerator.

By Davheed Haro and Eddie Perrin

Dinner**Garden Salad with Red Bell Pepper Dressing****Red Bell Pepper Dressing**

Makes 2 cups (double it!)

1 large red bell pepper

1 tablespoon fresh grated ginger

1 clove crushed garlic

3 medjool dates or 1 tablespoon maple syrup or agave nectar, optional (skip for a low-glycemic recipe)

2 tablespoons lemon juice or 2 teaspoons apple cider vinegar

1 teaspoon sea salt or 1 tablespoon tamari

½ cup olive, flaxseed, or pumpkinseed oil

¼ teaspoon kelp powder (optional)

1. Place all ingredients in a blender and process until smooth. Stored in a sealed container in the refrigerator, Red Bell Pepper Dressing will keep for 5 days.

Green Salad

Greens, shredded carrots, cucumbers, olives, avocados, tomatoes

Sides: Nori Sheets cut into 4 squares- put your salad in and eat like a taco

Snacks

Apples, and fresh fruit (other than bananas)

Freeze your collard leaves today for your meal tomorrow!

Monday After the Flush**Breakfast:**

Green Juice

Hot Tea

Brunch: 11:00 am**Steamed Quinoa**

1 cup quinoa

1 ¼ cups water

1. Bring to boil then let simmer for 10-15 minutes
2. Top with red bell pepper dressing if desired.

Spicy Thai Wraps

*Wraps:***6-8 Collard Leaves frozen overnight (freeze yesterday ☺)**

1. Dip your leaves in warm water to defrost them. They should be nice and tender from the freezing process.
2. Cut the excess bulge of stem from the back of the leaf without cutting into the leaf.
3. Use like a tortilla to wrap your filling. You may put the sauce inside or use as a dipping sauce.

*Salad:***¼ red or green cabbage, sliced very thin****3 carrots, shredded or julienned****½ bunch cilantro, stems removed****½ bunch mint, leaves sliced into thin strips****2 cups mung bean sprouts or 1 julienned zucchini****3 cups combination of sunflower, buckwheat, and green pea sprouts****1 red bell pepper, julienned****6 scallions, thinly sliced***Thai Dressing:***¾ cup raw tahini****¼ cup grated ginger****6 Tbs. lemon juice****¼ cup agave nectar****6 Tbs. tamari****2 cloves garlic****1 cup shredded coconut****1 jalapeño pepper with seeds, chopped****2 cups water**

1. Blend until smooth and toss with salad.
2. Dressing will keep for up to 2 weeks, salad will keep in a glass jar for up to 4 days.

Frequently Asked Questions

Are these really stones or just olive oil?

Yes they are really stones. There is no way olive oil can solidify in the body in that short of time or at all at body temperature. The olive oil leaving your body will look like an oil slick in the toilet or come out after your flush as a yellow looking soft, lump-free turd.

Stones that have been released have been examined and found to contain cholesterol, mineral deposits and rancid fats from the liver and gallbladder.

How do I know what a stone looks like?

They can look like small little green peas ranging from the size of a pebble to a large grape. Sometimes you will release a lot of bright green stones followed by brown, yellow and white stones as you get older stones from the back.

What is that sandy stuff?

That sandy looking stuff that sinks to the bottom or floats is actually sand from the bottom of your liver and gallbladder and is very important to remove. It is called Chaff and is a very important part of your flush. This chaff is filled with tiny crystals, so if you see this (even if you don't have larger stones) you have experienced a great flush!

Will a stone get stuck?

If you are following the protocol for 6 days all the stones will get soft and the bile ducts will actually dilate to open and release the stones more easily. Even people who have been scheduled for a gallbladder removal because of hardened stones have been able to do successful flushes and save their gallbladders, adding at least 10 years to their life!

Take a deep breath and know that you are on the right path.

How often should I do a flush?

Once a month every month until you do 2 flushes without stones After that a maintenance program of once every 6 months is ideal. This is a great Routine to follow for the rest of your life and build a safe and sane cleansing structure for a lifetime of wellness.

How many flushes should I do?

Anywhere from 10-30 or more depending on your level of health and how many stones you are harboring.

What is the difference between a liver flush and a gallbladder flush?

Ever wonder? Well, the gallbladder is above the liver so needs at least 6-8 oz. of oil in order for the liver to "overflow" with oil and fill the gallbladder, thus creating a pressure needed to force the stones out of the gallbladder and into the ducts, eventually exiting your system through your bowels.

Resources: Books and Websites

Moritz, Andreas. *The Amazing Liver and Gallbladder Flush*

Walker, Norman. *Colon Health*

Gaskin, Ina May

Cousens, Gabriel, MD.

Conscious Eating.

Rainbow Green Live Food Cuisine

Spiritual Nutrition

Katie, Byron

Loving What Is

Google: Byron Katie, The Work

Erasmus, Udo

Fats that heal, fats that kill

MountainRoseHerbs.com –fresh spices and teas

About the Coaches

Elaina Love, Master Chef

www.PureJoyPlanet.com



Elaina Love is a professional Raw Food Chef, Instructor, Restaurant Consultant and Lifestyle Counselor whose unique style of creating the best raw food cuisine ever has her highly sought after. She travels worldwide to bring raw, living foods to Spas, Exotic Retreats, Festivals and Individuals. Elaina is the Owner & Director of PureJoyPlanet.com, which features certification courses, raw food recipe books, super foods and kitchen & health equipment. She was the co-owner of a raw food Café in The San Francisco Bay area for 2 years and the author of *Elaina's Pure Joy Kitchen* recipe books 1 and 2, has several raw, vegan DVDs and is the creator of *The Amazing Nut Milk Bag*. Elaina has been an Instructor at Living Light Culinary Arts Institute since 2000 where she teaches specialty classes on an ongoing basis.

With a passion for sharing knowledge attained through her years of experience, Elaina has counseled people throughout the country to bring about positive changes in their lives. Her teaching and support empowers people to lose weight and gain energy and health by making positive lifestyle choices and incorporating more living, raw food into their diet. She is well known for making phenomenal food that leaves people wondering how they can feel so satisfied yet so energized.

Chris Whitcoe, BE: Electrical Engineering, MA: Vegan Live Food Nutrition

www.Vivapura.net



Chris Whitcoe is passionate about the awakening of consciousness, raw food nutrition and the emergence of Capitalism as a vehicle for global change. In service to this overarching wholistic vision he has created a diversified life in which he integrates his passions with the largest impact possible.

Chris is Co-owner of Vivapura: Pure Superfoods for Life, dedicated to bringing the highest quality, Raw, Organic & Ethical superfoods to the global market. Vivapura has received a profoundly positive response that has continued to propel the company toward success as a vehicle of “Sacred Commerce.” This is the new paradigm in action!

In 2005, Chris took a hiatus from a successful corporate life to fully embrace his love for the raw food/consciousness movement by pursuing a Masters Degree in Live Food Nutrition under Gabriel Cousens, M.D. at the Tree of Life Rejuvenation Center.

Chris also infuses his abundant raw energy and expertise as an advanced software engineer to Corporate Consulting, LLC, his company dedicated to creating advanced technical solutions and premier internet presence for his clients.

And for even more fun, he also serves as a lecturer and event facilitator, creating enthusiasm and powerful catalyzation of our “real world” human potential!

Ultimately, Chris's greatest role is as a father to three vibrant children who truly understand the value of living foods, spiritual awareness and tribal welfare.

David Rainoshek, MA, Vegan/Live Food Nutrition

www.JuiceFeasting.com



David Rainoshek is the co-creator of JuiceFeasting.com with his wife, Katrina. He is a Juice Feasting coach, author, lecturer, and has Juice fasted/Feasted for over 450 days, up to 92 days at a time. David served as Research Assistant to Dr. Gabriel Cousens for *There is a Cure for Diabetes*, and is now authoring several books, including *Juice Feasting: An Integral Hero's Guide* and *The Four Means to Get Your Greens*.

David coaches 92-Day Juice Feasts for clients and retreats worldwide including the yearly Global Juice Feast, a world-wide cleanse for 92 Days on www.GlobalJuiceFeast.com. David and Katrina teach about Juice Feasting and nutrition education to the world through their 92-Day Program on www.JuiceFeasting.com.

David served as leading Research Assistant to Gabriel Cousens, M.D., as head juice fasting coach, and taught the 10-week nutrition education classes to kitchen and garden apprentices at the Tree of Life Rejuvenation Center in Patagonia, Arizona in 2006-07. He has taught over 100 raw food preparation classes to children and adults.

David and Katrina are self-described as a Dietary Activists and proponents of Nutrient Density and Health Freedom for all. "Availability is not enough. For Live Food Nutrition to be the truly transformative and integral movement of our times, it must be made accessible to everyone."

David and Katrina drive a Ford F-350 on Straight Vegetable Oil reclaimed from Asian restaurants, and have covered over 75,000 miles to-date.