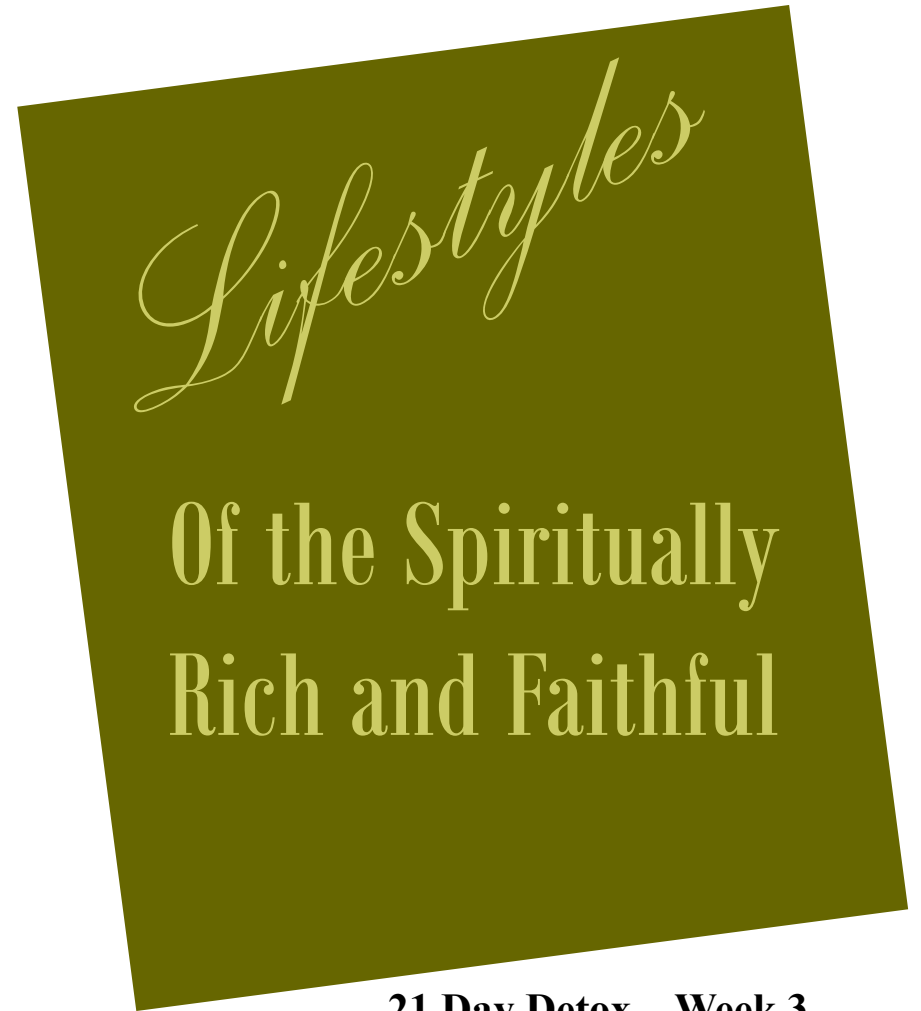


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### **21 Day Detox—Week 3**

*Then God said, "Behold, I have given you every plant yielding seed that is on the surface of all the earth, and every tree which has fruit yielding seed; it shall be food for you; and to every beast of the earth and to every bird of the sky and to every thing that moves on the earth which has life, I have given every green plant for food"; and it was so.*

## THE LIQUID DIET

“What eyes are for in the outer world, fasts are for the inner.” -Ghandi

Congratulations, you have completed 14 days of the detox program! Over the next seven days you will experience the liquid diet and your body will enter a deep healing stage.

**The liquid diet is considered a fast.** In the strictest sense a fast may range from no food to a plant-based diet depending upon an individual's strengths. The main purpose of the fast is to accelerate detoxification and promote healing. Fasting is essential during a detox because it acts as a catalyst for the healing process by giving the body organs a rest. The top ten diseases in the industrial world are conditions of over-indulgence. A fast will positively effect heart disease, cancer, diabetes, arthritis, stroke, osteoporosis, hypertension, asthma, ulcers, bronchitis, colitis and obesity.

Fasting is not a new technique. In the past, people fasted for reasons that brought them closer to God. Jesus, Moses and others in the Bible fasted for spiritual and health concerns. Socrates, Plato and Hippocrates account the benefits of fasting to promote mental clarity. In our day, many naturopaths, homeopaths, chiropractors, acupuncturists, osteopaths and even medical doctors agree that fasting is one of the most underutilized healing techniques available. It is not uncommon for even the most conservative physician to instruct patients to abstain from eating during an acute condition (i.e the flu).

Fasting is a multifaceted experience. During a fast it is not uncommon to release anger, fear, sorrow, or even experience euphoria. Many people have had realizations that change their lives.

Physiologically fasting gives the liver and digestive system a break. It allows the lymph system to flush and gives our cells a chance to purge. Over all, it is an opportunity to clean house. Mucus and toxic build up is released during a fast to clear the way for a more favorable healing environment.

## CONGRATULATIONS!

**You have completed the 21 day detox!**

You may want to reflect on what has happened by asking and answering these questions for yourself.

1. What did you experience this week?
2. How do you feel about what you experienced?
3. What is changing for you right now?

### WHAT'S NEXT?

The week after the detox you should treat your digestion very delicately. We recommend staying on a plant-based (vegan) diet for at least four days. Stay with the smoothies for breakfast this week. **It is important to not binge.** If you decide to stay on this program longer, which we highly recommend, find a comfortable balance between week 1 and 2.

Our closing prayer comes from Ephesians 3:16-21:

*"I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, may have power, together with all the saints, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge – that you may be filled to the measure of all the fullness of God. Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen."*

We urge you to share your experience with those you love. You may be saving someone's life by introducing them to the principles of detoxification and fasting.

We love you and applaud you for your determination to get through the 21 day detox.

## DAY 21

**No need to do an enema unless you want to. Keep all your meals light for today. Treat your digestion very delicately for the next week.**

### **Breakfast—Smoothie**

Make a smoothie from week 2.

**Snack**—juice, detox tea

### **Lunch—Salad**

Have your favorite salad and some fruit

**Snack**—juice, detox tea

### **Dinner—Raw Vegan Feast**

Make your favorite dish to bring to the potluck

Have some detox tea in the evening

### **Daily Habits**

Drink 2 liters of water throughout the day

Get 1/2 hour exercise

20 minutes quiet meditation or prayer

Optional

Take 1-4 ounces of wheatgrass on an empty stomach

Take a hot Epsom salt bath. Use 1 cup Epsom salt.

### **Focus**

**God is our refuge and strength, an ever-present help in trouble. Psalm 46:1**

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We encourage you to end the 21 days with a spiritual focus.

***Remember that we “do all things that God may be praised through Jesus Christ.” 1 Peter 4:11***

Some of the benefits of fasting are: more energy, weight loss, clearer complexion, enhanced immunity, deeper sleep, inspiration, relaxation and longevity.

A rest from regular eating patterns enhances our appreciation of food. The taste buds will become more sensitive and eating will become more sacred. Most importantly, fasting can be done by anybody, anytime. There is no need for fancy machines or expensive medications to complete the fast.

It is not wise to attempt a fast during the third trimester of pregnancy. A host of toxins are being released from tissues that can endanger the child. Here are some conditions that require extra attention before fasting. Consult with Dr. Masoud if you suffer or have had: severe cancer, malnutrition, congestive heart failure, pre and post surgery, cardiac arrhythmia's, Coumadin therapy.

Even a great healing tool can be harmful if not used judiciously. These conditions can be exacerbated during a water fast, but are usually not an issue during the blended diet. If you have any of these conditions do not participate in the 24-hour water fast on day 19.

**It is vital that during week 3 you keep adding avocados or flax seed oil to your smoothies and soup recipes. If you had omitted them in previous weeks, it is crucial that you add it back to your recipes during week 3.**

## **SPECIAL INSTRUCTIONS FOR DAYS 19 AND BEYOND**

It is very important that after a water fast or ending the 21 days with blended meals you take it VERY EASY on your digestive system the next day. Do not rush back into eating regularly, as you may have the urge.

From day 20 on, you will work your way back from the water fast to solid foods.

Please follow the menu plan carefully for days 19-21 and keep your diet plant-based for a week after that.

To ensure a potent experience and further reduce the symptoms of detoxification, you are given the option to perform an enema on the morning of days 17, 18 and 19 of the cleanse.

By now you may have already realized that healing happens from the inside out. Our health is as much a function of elimination as it is of ingestion. The colon or lower digestive tract is a major organ of elimination. The average colon is about five to six feet long and about 2 1/2 inches wide, yet the total surface area can cover a tennis court. The colon receives waste products from the liver, throat, sinuses, lungs, blood and lymph system and most cope with any undigested fecal matter.

A poorly functioning colon arises from a diet of cooked, over-processed food, a stressful lifestyle and a lack of exercise. These factors can cause symptoms of constipation, gas, hemorrhoids, nausea, bloating, headaches and fatigue. During a cleanse, the colon must work overtime to deal with the additional burden of eliminating toxic waste from the tissues. Enemas are an effective way to alleviate many of the detox symptoms that are relative to the digestive tract.

A colon that is clogged with undigested food, hardened stools and toxins must be cleaned in order to rejuvenate the body. Enemas are the optional part of the program, but may speed up the healing process. An enema will clean the colon while exercising and toning it. Enemas are an effective way to deal with the toxic waste that has built up in the digestive tract through the course of a lifetime.

As you go along week 3, don't expect others to be knowledgeable or accepting of enemas. An enema is not a mainstream practice in our culture and therefore viewed in judgmental ways. If you are criticized for taking care of yourself, realize that it comes from a place of fear and ignorance about the practice. **It is essential, for your successful detox, to respond in love and compassion when you are opposed by someone in this situation.** Responding with defensiveness and anger will only sabotage your own efforts to release toxicity. Think of this enema as a gift to yourself.

## DAY 20

**No need to do an enema unless you want to. Take it easy today. Be patient, the cleanse is over tomorrow.**

### **Breakfast—Smoothie**

Make a smoothie from week 2.

**Snack**—juice, smoothie, detox tea or energy soup

### **Lunch—Energy Soup**

You can have as much as you need. If you are unable to have energy soup, have a 16 oz. combination vegetable juice. Carrots, celery, cucumber, parsley and ginger work well or get a similar vegetable juice at a juice bar. Drink fresh juices rather than bottled. Drink as much water as you need.

**Snack**—juice, smoothie, detox tea or energy soup

### **Dinner—Energy Soup**

You can have as much as you need. If you are unable to have energy soup, have a 16 oz. combination vegetable juice. Carrots, celery, cucumber, parsley and ginger work well or get a similar vegetable juice at a juice bar. Drink fresh juices rather than bottled. Drink as much water as you need.

Have some detox tea in the evening

### **Daily Habits**

Drink 2 liters of water throughout the day

Get 1/2 hour gentle exercise

20 minutes quiet meditation or prayer

Optional

Take 1-4 ounces of wheatgrass on an empty stomach

Take a hot Epsom salt bath. Use 1 cup Epsom salt.

### **Focus**

**O my Strength, I watch for you; you, O God, are my fortress Psalm 59:9**

You can drink juice or soup every 2-3 hours.

**DAY 19**  
**Do the optional enema.**

**OPTIONAL WATER FAST DAY**

**If you will not be doing the optional water fast, follow the meal plan for day 20.**

You may drink purified water or coconut water. If you are diabetic, drink green vegetable juices and herbal teas. Make sure the water you are drinking is purified. The table water used in restaurants would not be appropriate for the fast.

The water fast is a worthwhile challenge. Feel free to make adjustments as you go along. If you need to go back to vegetable juices you may do so. Don't push yourself beyond common sense. There is no trophy for fasting.

We encourage you to enter the fast with a spiritual purpose. Allow this time to be true physical, emotional and spiritual healing for you.

*When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full. But when you fast, put oil on your head and wash your face, so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you.*  
*Matthew 6:16-18*

**If you will do the water fast, remember to slowly work your way back to solids. Go back and read page 3.**

**Daily Habits**

Drink 2 liters of water throughout the day  
Get 1/2 hour gentle exercise  
20 minutes quiet meditation or prayer

**Focus**

**Be exalted, O LORD, in your strength; we will sing and praise your might. Psalm 21:13**

**OPTIONAL ENEMA INSTRUCTIONS**

An enema can be done in the privacy of your own bedroom and bath. You will need an enema bag and hose. The hose should be 3-4 feet long with an attachment at the end. This is the part that enters your rectum. You will need some lubricant for the attachment to allow it to slide in easily. Any lubricating oil that is edible, like olive or flax seed oil is recommended. Do not use petroleum jellies, they can burn the rectal tissue. You can usually find an enema bag at any drug store or pharmacy.

You will be using distilled or filtered water for your enema. Do not use tap water, it contains many toxins. The temperature of the water should be the same as your body (98.6 F). Warm the water on the stove top in a stainless steel pot. Check the temperature of the water with your finger. If it is too hot for your finger, then it will be too hot for your colon.

Fill the bag with the warm water. Position the bag 3-4 feet high. On the hose coming out of the bag you will find a clip to stop the flow of the water. Before you insert the catheter, open the clip to let the air out of the hose and let a little water out. Spread a blanket and towel on the floor. Make yourself as comfortable as you need to. If you are worried about making a mess (it happens to the best of us) you can put a plastic under the towel. Make the experience as pleasant as possible. Turn off the phone, put a "do not disturb" sign on the door, light some candles, light some incense, play some soft music and relax.



Once you are ready to begin the enema, follow these steps:

1. Position yourself, lying on your left side
2. Lubricate your anus and the catheter
3. Slowly insert the lubricated catheter tip up to 3 inches
4. Take a breath
5. Open the clip and allow the water to flow (count 1-2-3). Sometimes it is necessary to adjust the catheter to assure flow. Then close the clip.
6. Massage the left side of your abdomen
7. Insert the catheter a little deeper and open the clip (1-10). Then close the clip.
8. Again gently massage the left side of your abdomen. Breathe and relax.
9. Open the bag until the bag has emptied or until you have the feeling of fullness
10. Close the clip and continue to breathe and massage your abdomen.
11. While lying, hold for five minutes. If it becomes uncomfortable, move to the toilet and release.
12. Stay on the toilet until the fluid is released (be patient with yourself, it may come in waves)

This procedure must be repeated while lying flat on your back and then on your right side. Please do not exceed three enemas daily. Choose a time in the morning or the evening that you find most relaxing. Some people prefer to take an enema in the morning to avoid having sleep interrupted by bowel movements.

All of this may seem unusual, but washing the inside of the body is just as important as taking a shower. Think of the enema as a salon or spa treatment for the inside of your body. Remember that healing happens from the inside out.

## DAY 18

### Do the optional enema.

#### **Breakfast—Smoothie**

Make a smoothie from week 2.

**Snack**—juice, smoothie, detox tea or energy soup

#### **Lunch—Energy Soup**

You can have as much as you need. If you are unable to have energy soup, have a 16 oz. combination vegetable juice. Carrots, celery, cucumber, parsley and ginger work well or get a similar vegetable juice at a juice bar. Drink fresh juices rather than bottled. Drink as much water as you need.

**Snack**—juice, smoothie, detox tea or energy soup

#### **Dinner—Energy Soup**

You can have as much as you need. If you are unable to have energy soup, have a 16 oz. combination vegetable juice. Carrots, celery, cucumber, parsley and ginger work well or get a similar vegetable juice at a juice bar. Drink fresh juices rather than bottled. Drink as much water as you need.

Have some detox tea in the evening

#### **Daily Habits**

Drink 2 liters of water throughout the day

Get 1/2 hour exercise

20 minutes quiet meditation or prayer

Optional

Take 1-4 ounces of wheatgrass on an empty stomach

Take a hot Epsom salt bath. Use 1 cup Epsom salt.

#### **Focus**

The LORD gives strength to his people; the LORD blesses his people with peace. Psalm 29:11

You can juice or soup every 2-3 hours.

**DAY 17**  
**Do the optional enema.**

**Breakfast—Smoothie**

Make a smoothie from week 2.

**Snack**—juice, smoothie, detox tea or energy soup

**Lunch—Energy Soup**

You can have as much as you need. If you are unable to have energy soup, have a 16 oz. combination vegetable juice. Carrots, celery, cucumber, parsley and ginger work well or get a similar vegetable juice at a juice bar. Drink fresh juices rather than bottled. Drink as much water as you need.

**Snack**—juice, smoothie, detox tea or energy soup

**Dinner—Energy Soup**

You can have as much as you need. If you are unable to have energy soup, have a 16 oz. combination vegetable juice. Carrots, celery, cucumber, parsley and ginger work well or get a similar vegetable juice at a juice bar. Drink fresh juices rather than bottled. Drink as much water as you need.

Have some detox tea in the evening

**Daily Habits**

Drink 2 liters of water throughout the day

Get 1/2 hour exercise

20 minutes quiet meditation or prayer

Optional

Take 1-4 ounces of wheatgrass on an empty stomach

Take a hot Epsom salt bath. Use 1 cup Epsom salt.

**Focus**

The LORD is my strength and my shield; my heart trusts in him, and I am helped. My heart leaps for joy and I will give thanks to him in song. Psalm 28:7

You can juice or soup every 2-3 hours.

**FAQ**

1. **How do I break a fast?** It is always best to break a fast gradually. Moving from water, to a smoothie or vegetable juice, to raw food is a good pace. We urge a gradual progression to break a fast. Gradually work your way back to a regular eating habits.
2. **Do I have to do a water fast?** The water fast is optional, but encouraged. If you do not have any underlying medical conditions and feel ready to do a water fast, give it a try. A day without food will offer a new perspective on your eating habits. As always, challenge is a matter of choice.
3. **What if I am traveling?** Bring your blender with you and do your best. Make all your energy soup in the early morning and put it in containers that travel well and have it with you. Find all the raw food restaurants and juice bars in the area where you will be visiting so you can stop there and buy something.
4. **Will I get enough protein?** There is enough protein in grass to grow a 3,000 lb cow. Vegetables and beans are rich in protein and can supply is with enough protein for a healthy life.
5. **Do I have to do the enema all three days?** You can choose to do all or none of the enemas depending on your level of readiness.
6. **When should the enemas be done?** It is best to do them in the morning. If you do them in the evening, you might be woken up in the middle of the night to use the restroom and your sleep will be disrupted.
7. **How do I do the water fast?** Drink only purified water. You may also drink coconut water. If you are diabetic drink green vegetable juices and herbal teas in addition to the water. If you are able to take time off work this day, it is best. The water fast day is perfect for reflecting, having an extended time of prayer and meditation, Bible study, journaling your experiences and relaxing. Keep your activity to a minimum.

If you have any other questions, please call us or email us. See our contact info on the back page.

## DAY 15

**IT'S IMPORTANT THAT YOU STAY SATISFIED. IF YOU ARE HUNGRY DRINK YOUR CHOICE OF SOUP OR SMOOTHIE, EVEN IF IT'S NOT MEAL TIME**

### **Breakfast—Smoothie**

Make a smoothie from week 2.

**Snack**—juice, smoothie, detox tea or energy soup

### **Lunch—Energy Soup**

You can have as much as you need. If you are unable to have energy soup, have a 16 oz. combination vegetable juice. Carrots, celery, cucumber, parsley and ginger work well or get a similar vegetable juice at a juice bar. Drink fresh juices rather than bottled. Drink as much water as you need.

**Snack**—juice, smoothie, detox tea or energy soup

### **Dinner—Energy Soup**

You can have as much as you need. If you are unable to have energy soup, have a 16 oz. combination vegetable juice. Carrots, celery, cucumber, parsley and ginger work well or get a similar vegetable juice at a juice bar. Drink fresh juices rather than bottled. Drink as much water as you need.

Have some detox tea in the evening

### **Daily Habits**

Drink 2 liters of water throughout the day  
Get 1/2 hour exercise  
20 minutes quiet meditation or prayer

Optional

Take 1-4 ounces of wheatgrass on an empty stomach  
Take a hot Epsom salt bath. Use 1 cup Epsom salt.

### **Focus**

It is God who arms me with strength and makes my way perfect. Psalm 18:32

You can drink juice or soup every 2-3 hours.

## DAY 16

### **Breakfast—Smoothie**

Make a smoothie from week 2.

**Snack**—juice, smoothie, detox tea or energy soup

### **Lunch—Energy Soup**

You can have as much as you need. If you are unable to have energy soup, have a 16 oz. combination vegetable juice. Carrots, celery, cucumber, parsley and ginger work well or get a similar vegetable juice at a juice bar. Drink fresh juices rather than bottled. Drink as much water as you need.

**Snack**—juice, smoothie, detox tea or energy soup

### **Dinner—Energy Soup**

You can have as much as you need. If you are unable to have energy soup, have a 16 oz. combination vegetable juice. Carrots, celery, cucumber, parsley and ginger work well or get a similar vegetable juice at a juice bar. Drink fresh juices rather than bottled. Drink as much water as you need.

Have some detox tea in the evening

### **Daily Habits**

Drink 2 liters of water throughout the day  
Get 1/2 hour exercise  
20 minutes quiet meditation or prayer

Optional

Take 1-4 ounces of wheatgrass on an empty stomach  
Take a hot Epsom salt bath. Use 1 cup Epsom salt.

### **Focus**

But you, O LORD, be not far off; O my Strength, come quickly to help me. Psalm 22:19

You can juice or soup every 2-3 hours.