

The Ultimate 30 Day Whole-Body Detox

The one and only detox that will make you feel 20 years younger in only 30 days.

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The Ultimate 30 Day Full Body Detox

The first step in any good detox program MUST focus on bowel cleansing.

Colon-rectal disease is a seldom talked of, yet serious health issue affecting millions of people each year.

The fact is that the cause of most diseases is a sluggish colon. Regardless of your health problems, completing a bowel detox will help to improve, if not completely eliminate, your condition.

Having a clean bowel means the rest of your body and your organs will be in a cleaner, more efficient state.

Even if you think you are in good health, the chances are that after completing a bowel detox, you will notice an increase in your energy levels and overall sense of wellbeing.

Your body cannot absorb vitamins and minerals efficiently if the colon is clogged up and sluggish. This is one of the many reasons it is vital to complete a colon detox before beginning any other detox or health regimen.

Besides, regardless of how healthy the food is that you currently eat, or how many supplements you take, you can never be truly healthy when toxic faecal matter that, in many cases has been sitting in your colon for DECADES, continues to occupy this organ and slowly poison your body.

In today's world, we are exposed to toxins and harmful chemicals on a daily basis. They're in the air we breathe; the food we eat; the water we drink, and in our cleaning products. It's time to rid your body of years of accumulated toxic residues that have made their home in your bowel, and find your health!

Take your time:

After you find yourself having one or more bowel movements each day for a week, you will know it is time to begin taking the Colon Detox #2.

WEEK ONE:

For the bowel detox to work at its best, it is important that you use the Colon Detox #1 until you are having regular bowel movements—preferably one after every main meal. This should be done before adding in the Colon Detox #2 to the program. This is particularly important if you are having only one bowel movement per day—or less than this.

Everyone's dosage for the Colon Detox #1 will be different, depending on a variety of factors such as weight, size, diet, and the current condition of their bowels.

However, everyone should begin by taking one capsule of the Colon Detox #1 with dinner, or just after. The next morning, if you have not had a good bowel movement, you will know that with your dinner that night, you should increase your dosage to two capsules.

You should continue increasing the dosage by one capsule each evening until the next morning, you have a good bowel movement—i.e. a larger volume than you would normally experience.

Grocery list for week #1:

In addition to the contents of the Colon Detox, you will need:

- At least around 25 litres of purified—or, preferably, distilled—water
- If doing a juice fast, enough fruit and vegetables—organic where possible—to make at least 15 litres of fresh juice. Ideal fruits and vegetables include carrots, apples, beetroot, oranges, grapes, berries, lemons or limes, but the choice is yours, and will most likely vary depending on the seasonal availability
- 2 bulbs of organic garlic
- If having a raw food diet, all of the above ingredients, in addition to further fruits and vegetables (again, organic where possible), as well as a range of nuts, grains and seeds.

Eureka Wellness's 5-Day Colon Detox Package:

Included in this package is 2 Five Day Colon Detoxes. This includes 100 capsules of Colon Detox #1, along with enough Colon Detox #2 for 5 days each.

Directions for the 5 Day Colon Detox

When you have one or more bowel movements a day for an entire week, without skipping, you may now begin taking the **Colon Detox #2**.

The instructions are also on the label.

On average, you should be taking one heaped teaspoon of the Colon Detox #2 every two or three waking hours while completing the 5-day detox.

Make sure that with every dose of the Colon Detox #2 that you take, you drink around half a litre of liquid, whether this is in the form of water, juice or herbal tea. This will ensure that you get the most out of the detox, and get your bowel on the right track to regular eliminations. It may sound like a lot, and yes, you will be going to the toilet more than usual, but you will feel so much better for it!

The Colon Detox #1 and Colon Detox #2 work in conjunction with each other. The Colon Detox #1 helps to remove all of the accumulated Colon Detox #2 from the bowel the following morning.

Some people find that after beginning to take the Colon Detox #2, they feel slightly clogged up again and do not have a good bowel movement the following morning. If this is the case, just ensure that on day two of the program, you increase your intake of liquids, as well as increasing your dosage of the Colon Detox #1 by one capsule, maybe even two, see what works for you to keep you going during the five days of taking Colon Detox #2. The reason some people experience this is that the Colon Detox #2 contains some clays which perform the important function of drawing out toxins from the colon, but may have the effect of clogging up the bowel while doing this.

Mountain Nutrition Dosage:

Every morning and every afternoon, take two tablespoons of Mountain Nutrition Superfood. This can be placed in a jar of water and shaken, to remove all lumps. Alternatively, it can be put in a blender with water or fruit juice and blended.

Echinacea Plus Dosage:

Take two droppers of Echinacea Plus, five times a day. This can be taken straight, or diluted in water or juice.

One dropper is one squeeze of the top of the pipette and whatever comes up is one dropper or droppersful. It looks anywhere from $\frac{1}{4}$ to $\frac{1}{2}$ way up the pipette or 30 drops.

Colon detox—Daily Routine:**THE NIGHT BEFORE THE DETOX:**

- Take one Colon Detox #1 with dinner

THE FOLLOWING MORNING:

- Drink 250ml distilled water
- Do the hot and cold shower routine (see page X)
- Take two tablespoons of the Mountain Nutrition in water or a glass of juice
- Take two droppers of Echinacea Plus
- Take one heaped teaspoon of the Colon Detox #2 in water or fresh juice
- Drink another 250ml fresh juice

MID-MORNING

- Drink another 250ml fresh juice and/or potassium broth
- Take two droppers of Echinacea Plus
- Take one heaped teaspoon of the Colon Detox #2 in water or fresh juice

MIDDAY:

- Have a fresh juice for lunch or a raw salad
- Take two droppers of Echinacea Plus
- Eat at least one garlic clove now and two more later through the day

AFTERNOON:

- Drink another 250ml of fresh juice
- Take two droppers of Echinacea Plus
- Take one heaped teaspoon of the Colon Detox #2 in water or fresh juice
- Take two tablespoons of Mountain Nutrition in juice or water
- Drink 250ml to 500ml of carrot juice before the day is over

EVENING:

- Drink another 250ml of fresh juice
- Take one heaped teaspoon of the Colon Detox #2 in water or fresh juice
- Have more fresh juice or raw salad for dinner
- Drink more juice again

- Do the hot and cold shower routine
- Drink even more juice
- Take two droppers of Echinacea Plus
- Take Colon Detox #2
- Take Colon Detox #1 with food or juice

Repeat this routine for 5 days!

WEEK TWO:

Everything that you breathe or swallow is absorbed first in the small intestine, and secondly travels to the liver. In our modern world, the average person's liver is in fairly bad shape, being attacked from all ends with a plethora of toxins, and generally overworked and congested.

An unhealthy liver can not only lead to liver and gallbladder disease, but also to other illnesses such as heart disease, high blood pressure, strokes, and some cancers.

Having a healthy liver is one of the best steps you can take to establishing or maintaining good health. The best way to do this? Regular liver cleansing.

Completing the liver detox in conjunction with the liver flush drink, your liver will begin to produce more bile, which will help to unblock both the liver and gallbladder. In doing so, blockages such as gallstones will be removed and dissolves, leaving you with a clean and detoxified liver.

GROCERY LIST FOR WEEK #2:

- At least around 25 litres of purified—or, preferably, distilled—water
- 15-20 oranges, preferably organic
- 5 lemons, preferably organic
- 5 limes, preferably organic
- 2 bulbs of garlic, preferably organic
- A piece of fresh, preferably organic, ginger root, around 15cm in length
- A one-litre bottle of extra-virgin, cold-pressed olive oil, preferably organic
- A range of fruits and vegetables to eat, as well as a range of nuts, grains and seeds, preferably all organic

OTHER THINGS YOU WILL NEED:

- A blender
- A measuring cup
- A big water glass
- A citrus juicer
- A knife
- Measuring spoons

LIVER FLUSH DRINK INGREDIENTS:

- 3 or 4 oranges; one lemon and one lime (enough for around 250ml of juice)
- 1-5 cloves of garlic
- A 2.5cm piece of the ginger, unpeeled

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- 1-5 tablespoons of the olive oil
- 250ml of water

METHOD:

- Place the 250ml of citrus juice in your blender. In the summer months, use the orange/lemon/lime combination, but for the winter months, use the juice of fresh apples or grapes, or a combination of the two
- Add one clove of garlic for each day you have been doing the cleanse—i.e. one clove for day one; two cloves for day 2, etc. While you should peel the garlic, there is no need to chop the garlic. Your blender will do the work here.
- Add the ginger root
- Add the water
- Add one tablespoon of olive oil for each day you have been doing the cleanse—i.e. one tablespoon for day 1; two tablespoons for day 2, etc.
- Blend for around a minute, and drink it fast...no sipping!

DETOX TEA:

- Place six tablespoons of the Detox Tea into 1.8 litres of water, and leave overnight.
- In the morning, bring the tea to a boil, then reduce it and allow it to simmer for 15 minutes.
- Strain the herbs, but do not throw them away.
- When the tea is cool enough to drink, have a cup.
- Preparing the tea in this manner will give you enough for around 6 cups of tea that day.
- Put the used herbs back into the saucepan, and add three tablespoons of fresh herbs, along with another 1.8 litres of water.
- Repeat the process.
- Keep adding new herbs to the used ones for three days, before throwing them all out and beginning the process from scratch with all new herbs.

POTASSIUM BROTH RECIPE:

This recipe helps to flush out toxins, mucous and acids from your body, while delivering a high amount of vitamins and minerals to your body.

For this recipe, it is important that only organic vegetables are used.

- Potatoes
- Beetroot
- Garlic
- Carrots
- Onions
- Celery
- Dark green, leafy vegetables
- Distilled water

METHOD:

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- Fill a large saucepan with:
 - 25% potato peels
 - 25% carrot peels and chopped beetroot
 - 25% chopped onions
 - 25% chopped celery and dark greens
 - At least 50 cloves of garlic
- Add chilli peppers if desired, and enough water to cover the vegetables
- Simmer on low for 1-4 hours
- Strain the mixture and drink just the remaining liquid.
- This recipe makes enough for two days; leftover broth can be refrigerated.

Liver cleanse—daily routine:

The liver cleanse involves two days of consuming a raw food diet, and three days of juice flushing.

DAY ONE AND FIVE—RAW FOOD:

On day one of the program, you are able to eat raw foods, before juice fasting for the next three days. On day five, the last day of the program, you will break the juice fast and eat raw foods again.

Do ensure that on day five, when breaking the juice fast, you chew your food thoroughly and slowly until it is a liquid pulp. Eat to satisfaction, not fullness, remembering that you can easily eat more later on, if you find that you are not full.

BREAKFAST:

- If you need to eat before lunch time, have fruit, diluted fruit juice or fruit smoothies. Ensure that you have stopped eating all fruit and fruit juices at least one hour before eating lunch, as it is best not to mix fruits and vegetables on this program.

LUNCH:

- Eat raw vegetables, either alone or in salads; sprouts, potassium broth and herbal teas (including the liver tea). Some ideal salad dressings include olive oil, avocado, raw apple cider vinegar, lemon juice, garlic, onions, and herbs and spices of your choice.

AFTERNOON TEA:

- Here you can eat more raw vegetables, either alone or in salads; diluted vegetable juices; sprouts; potassium broth and herbal teas (including the liver tea). Stop eating all vegetables and their juices by 6:00pm.

DINNER:

- More diluted fruit juices, whole fruits, fruit smoothies, fruit salads, and herbal teas (including the liver tea).

DAYS TWO, THREE AND FOUR—JUICE FASTING:

MORNINGS:

- Drink a glass of water, followed by the morning flush drink, then the liver tea, then the Mountain Nutrition drink.

MID-MORNING:

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- Drink diluted fruit juices, herbal teas (including the liver tea) and water throughout this time

AFTERNOON:

- Drink more diluted fruit juices, along with potassium broth, herbal teas (including the liver tea) and water from this time until the evening.

EVENING:

- Drink more diluted fruit juices, along with herbal teas (including the liver tea) and water

DAILY ROUTINE:

UPON WAKING:

- Drink 250ml of water after waking
- Do the hot and cold shower routine, being sure to focus the water on any part of your body that is sick or hurting
- Warm up 2 cups of the liver detox tea.
- While the tea is warming up, prepare the liver flush drink, and then drink this
- 15 minutes later, drink two cups of the liver detox tea, and add two droppers of the Liver Gallbladder formula to each cup
- Take three droppers of the Detox Formula (throughout the day you will need to take an additional three droppers four more times). This can be taken with juice, if desired, as it is a strong-tasting formula
- An hour later, take the Mountain Nutrition drink
- Then drink another 250ml of juice

MID-MORNING:

- Drink another 250ml of juice and/or potassium broth

MIDDAY:

- For lunch, have either a fresh juice or a raw salad, depending on what day of the program you are on
- Eat at least one garlic clove now, and two more before the end of the day
- Drink two cups of the detox tea, again adding two droppers of the Liver Gallbladder formula to each cup consumed
- Take another three droppers of the detox formula, again, in juice if desired

AFTERNOON:

- Drink 250ml of juice and/or potassium broth
- Drink another 2 cups of liver detox tea, again, adding two droppers of Liver Gallbladder Formula to each cup
- Take three more droppers of the Detox Formula, in juice if desired.
- Take two tablespoons of the Mountain Nutrition in water or juice

EVENING:

- Drink another 250ml of juice

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- Take another three droppers of the Detox Formula
- Have more juices or salad (depending on what day of the program you are on) for dinner
- Drink more juice or potassium broth
- Do another hot and cold shower routine
- Drink more juice
- Take another three droppers of the Detox Formula
- Prepare the Liver Detox Tea for the following day, soaking it in water
- Sleep well!

WEEK THREE:

The kidney/bladder detox helps to flush out blockages from the kidney and bladder, as well as any infections or kidney stones.

GROCERY LIST FOR WEEK # THREE:

- At least around 25 litres of purified—or, preferably, distilled—water
- 5 lemons, preferably organic
- 5 limes, preferably organic
- 2 bulbs of garlic, preferably organic
- For the raw food diet, a range of fruits, vegetables, nuts, grains and seeds, preferably organic
- Cayenne powder (included in the detox)
- Pure maple syrup, preferably organic

OTHER TOOLS YOU WILL NEED:

- A blender
- A citrus juicer

KIDNEY FLUSH DRINK RECIPE INGREDIENTS:

- The juice of one lemon and one lime
- A pinch of cayenne powder
- 500ml to one litre of water
- Maple syrup

METHOD:

- Place the water in a blender
- Add the citrus juice
- Add the cayenne
- Add a small amount of maple syrup to taste (this is optional and can be left out if desired)
- Blend on high for around 15 seconds
- Drink the mixture quickly, within 2-3 minutes. No sipping!

KIDNEY-BLADDER TEA:

- Place six tablespoons of the Kidney-Bladder Tea into 1.8 litres of water, and leave overnight.
- In the morning, bring the tea to a boil, then reduce it and allow it to simmer for one minute.
- Strain the herbs, but do not throw them away.
- When the tea is cool enough to drink (but still hot), have a cup.

- Preparing the tea in this manner will give you enough for two cups, three times a day.
- If you want to drink the tea more than one day in a row, place the used herbs back into the saucepan, and add three tablespoons of fresh herbs, along with another 1.8 litres of water.
- Repeat the process.
- Keep adding new herbs to the used ones for three days, before throwing them all out and beginning the process from scratch with all new herbs on the fourth day.

FOOD PROGRAM FOR THE KIDNEY CLEANSE

DAYS ONE AND FIVE—RAW FOOD:

On day one of the program, you are able to eat raw foods, before juice fasting for the next three days. On day five, the last day of the program, you will break the juice fast and eat raw foods again.

Do ensure that on day five, when breaking the juice fast, you chew your food thoroughly and slowly until it is a liquid pulp. Eat to satisfaction, not fullness, remembering that you can easily eat more later on, if you find that you are not full.

BREAKFAST:

- If you need to eat before lunch time, have fruit, diluted fruit juice or fruit smoothies. Ensure that you have stopped eating all fruit and fruit juices at least one hour before eating lunch, as it is best not to mix fruits and vegetables on this program.

LUNCH:

- Have fresh vegetable juices and eat raw vegetables, either alone or in salads; sprouts, potassium broth and herbal teas (including the liver tea). Some ideal salad dressings include olive oil, avocado, raw apple cider vinegar, lemon juice, garlic, onions, and herbs and spices of your choice.

AFTERNOON TEA:

- Here you can eat more raw vegetables, either alone or in salads; diluted vegetable juices; sprouts; potassium broth and herbal teas (including the liver tea). Stop eating all vegetables and their juices by 6:00pm.

DINNER:

- More diluted fruit juices, whole fruits, fruit smoothies, fruit salads, and herbal teas (including the liver tea).

DAYS TWO, THREE AND FOUR—JUICE FASTING:

MORNINGS:

- Drink a glass of water, followed by the morning flush drink, herbal teas, then the Mountain Nutrition drink.

MID-MORNING:

- Drink diluted fruit juices, herbal teas and water throughout this time

AFTERNOON:

- Drink more diluted fruit juices, along with potassium broth, herbal teas and water from this time until the evening.

EVENING:

- Drink more diluted fruit juices, along with herbal teas (including the liver tea) and water

DAILY ROUTINE:

UPON WAKING:

- Drink 250ml of water after waking
- Do the hot and cold shower routine, being sure to focus the water on any part of your body that is sick or hurting
- Warm up 2 cups of the Kidney-Bladder tea.
- While the tea is warming up, prepare the Kidney Flush Drink, and then drink this
- 15 minutes later, drink two cups of the Kidney-Bladder Tea, and add two droppers of the Kidney-Bladder Formula to each cup. You will need to do this three more times during the day
- Take three droppers of the Detox Formula (throughout the day you will need to take an additional three droppers four more times). This can be taken with juice, if desired, as it is a strong-tasting formula
- An hour later, take the Mountain Nutrition drink
- Then drink another 250ml of juice

MID-MORNING:

- Drink another 250ml of juice and/or potassium broth

MIDDAY:

- For lunch, have either a fresh juice or a raw salad, depending on what day of the program you are on
- Eat at least one garlic clove now, and two more before the end of the day
- Drink two cups of the Kidney-Bladder Tea, again adding two droppers of the Kidney-Bladder Formula to each cup consumed
- Take another three droppers of the detox formula, again, in juice if desired

AFTERNOON:

- Drink 250ml of juice and/or potassium broth
- Drink another 2 cups of Kidney-Bladder Tea, again, adding two droppers of Kidney-Bladder Formula to each cup
- Take three more droppers of the Detox Formula, in juice if desired.
- Take two tablespoons of the Mountain Nutrition in water or juice

EVENING:

- Drink another 250ml of juice
- Take another three droppers of the Detox Formula
- Have more juices or salad (depending on what day of the program you are on) for dinner

- Drink more juice or potassium broth
- Do another hot and cold shower routine
- Drink more juice
- Take another three droppers of the Detox Formula
- Prepare the Kidney-Bladder Tea for the following day, soaking it in water
- Sleep well!

WEEK FOUR:

Directions for the Colon Detox

THE NIGHT BEFORE THE DETOX:

- Take one Colon Detox #1 with dinner

THE FOLLOWING MORNING:

- Drink 250ml distilled water
- Do the hot and cold shower routine (see page 14)
- Take two tablespoons of the Mountain Nutrition in water or a glass of juice
- Take two droppers of Echinacea Plus
- Take one heaped tablespoon of the Colon Detox #2 in water or fresh juice
- Drink another 250ml fresh juice

MID-MORNING

- Drink another 250ml fresh juice and/or potassium broth
- Take two droppers of Echinacea Plus
- Take one heaped tablespoon of the Colon Detox #2 in water or fresh juice

MIDDAY:

- Have a fresh juice for lunch or a raw salad
- Take two droppers of Echinacea Plus
- Eat at least one garlic clove now and two more later through the day

AFTERNOON:

- Drink another 250ml of fresh juice
- Take two droppers of Echinacea Plus
- Take one heaped tablespoon of the Colon Detox #2 in water or fresh juice
- Take two tablespoons of Mountain Nutrition in juice or water
- Drink 250ml to 500ml of carrot juice before the day is over

EVENING:

- Drink another 250ml of fresh juice
- Take one heaped tablespoon of the Colon Detox #2 in water or fresh juice
- Have more fresh juice or raw salad for dinner
- Drink more juice again

- Do the hot and cold shower routine
- Drink even more juice
- Take two droppers of Echinacea Plus
- Take Colon Detox #2
- Take Colon Detox #1 with food or juice

Repeat this routine for 5 days!

OPTIONAL EXTRAS:

Completing the 30-Day Detox Program as it is written here is alone enough to jolt your body into wellness without doing any additional cleansing. However, if you have a serious disease, particularly bowel disease or even constipation, there are a few additional extras you may want to do to get the most out of the program.

COLONICS AND ENEMAS:

Colonic irrigation involves a short, small tube being inserted into the anus in order to wash the inside of the colon.

There is also the option of doing a high enema, which will clean out the entire length of the colon, rather than just the area near the rectum like a regular enema does.

It may take a bit of practice, but the health benefits of learning the art of enemas are well worth it.

- Place some towels down on the bathroom floor, because water, and possibly some faecal matter, will inevitably end up on the floor.
- If desired, place a heater in the bathroom to warm it up; play some relaxation music to set the mood, and spray some essential oils or light a candle. The latter is important, as in some cases it can get smelly.
- Apply some ointment to the rectum area and grease it up well to lubricate it.
- Fill up an enema bag with body-temperature water.
- Lie on the floor, and release the clamp in order to let out any air from the enema tube.
- Have your helper release 250-500ml of water into the rectum.
- Some people will cramp up and feel the need to expel this. If this is the case, go to the toilet at this point and let the water and faecal matter out of the bowel, before repeating the process.
- This may need to be repeated two or three times, before just water will come out, without any faecal matter.
- At this point, we want to bring water into the colon. To do this, lie on your left side.
- Have your helper insert the enema (if it needs refilling, do this before beginning this part of the schedule).
- Have your helper unclip the enema hose to allow the water to flow.
- When the water enters the rectum, breathe and try to relax.
- If, at any point, you feel cramping, ask your healing partner to stop the water flow and keep it this way until the cramping eases off.
- You should soon begin to feel the water on your left side, entering your sigmoid and descending colon.
- Try to remain relaxed and take as much water as possible. Take your time.

- You may feel the need to get up and expel the water. Try to delay this for as long as possible, but when you really need to, go to the toilet again. This time, as well as emptying your rectum, you will empty part of your descending or sigmoid colon.
- Lie down on your left side again, apply more ointment to the rectum, and begin the process again.
- This may need to be repeated two or three times.
- Eventually, you will feel the water on your left side all the way up to just under the rib.
- At this point, roll onto your back. It may help to place an old pillow or cushion under your bottom to elevate you and put you on a slant.
- When you do this, you will feel the water enter your transverse colon, moving from left to right, going backwards through the colon, the opposite way that faecal matter travels.
- You will feel the water travel all the way above your belly button, at the base of the rib cage, through the transverse colon. It may give you a heavy feeling.
- Turn over onto your right side. Your helper will need to remove the enema from you, and may need to refill it at this point.
- You will now be filling up the right side of your colon, and will feel the water travelling down the ascending colon, to the caecum and appendix.
- When you feel as if you can't take any more water, tell your helper to stop, and lie there for a while. If possible, increase the angle of the slant that your bottom is on—perhaps add an extra pillow or cushion. Alternatively, you could try walking your feet up the wall to create a more acute angle.
- Try to relax and remain in this position for no less than 5 minutes, but preferably up to 10 or 15 minutes.
- Go to the toilet. Try to relax at this stage, and realise that it is normal for nothing to come out at first. When you relax more, it will. The more you relax, the more will come out. It will be a mixture of water and faecal matter.
- If you are able to, begin the process again immediately, as your body will be more accepting of a high enema at this time.
- You can do this two or three times before the water you eliminate will start to look a lot clearer.
- You may have a caecal flush. This is a good thing! You will know this has happened if you feel your whole bowel cramping as it all contracts at the one time.
- What has happened in this situation is that the water from the caecum, all the way to the bowel, is expelled at the one time. This means you have done some very deep cleaning.

GARLIC:

Garlic is one of the best herbs when it comes to cleansing and detoxing the body.

For additional results on the 30-Day Detox Program, take an additional three cloves of garlic per day.

It is up to you how you take them. You could chew them whole, or if that is too strong for you, chop them up and swallow them down like you would a pill, with some water or juice.

Garlic is especially good when healing heart disease. It effectively helps with high blood pressure, high cholesterol, and arterial plaque, just to name a few.

It has also been shown to have cancer-fighting properties, and enhances the immune system in general. It is antibacterial, antiviral and antifungal.

Hot and Cold Shower (Hydrotherapy) Routine:

Hydrotherapy is another way of increasing the results you will see with the 30-Day Detox Program.

- Get into a warm shower for a few minutes, to relax.
- When you are ready, completely turn off the hot water, and blast cold water over your entire body, including the head, and especially focussing on sick or injured areas.
- You may feel as if you need to scream. That's okay—let it out!
- Do this for 15-30 seconds, depending on what you can tolerate, and slowly turn back the hot water, as hot as you can tolerate it.
- Cover your entire body in the hot water for between 15 seconds and one minute. Then turn off the hot water again and repeat the process.
- In one shower, you should have seven repetitions—i.e. you should have the hot water on seven times, and the cold water on seven times.
- Common sense comes into play here. If you have heart disease, ease into the program slowly. Use warm, rather than hot water, and cool rather than cold water.

SKIN BRUSHING:

- Using a dry skin brush made of natural plant fibres, brush under your feet, and continue brushing all over your body, working your way from the feet up.
- You should brush using only one stroke direction at a time, always brushing towards your heart.
- Pay special attention to any sick or injured areas of the body, as well as the lymph nodes around the groin and under the armpits.
- You can also carefully brush your scalp and face.
- This can be done once every day. It is wonderful for stimulating the lymphatic flow, and thus enhancing the immune system.

EXERCISE:

You should aim to move for one hour every day.

What you do depends on what you are capable of, be it walking, running, dancing or stretching.

Push yourself, and make sure your heart rate is elevated and you are sweating.

This will improve from circulation, nerve function, digestion, elimination, to brain function.

LOVE:

It is commonly thought that to heal yourself of disease, you need to love more—your family, friends, strangers; even your enemies.

If you hold a grudge against someone, heal the rift and forgive.

POSITIVITY

Try to maintain a positive attitude in all facets of your life—even when doing the 30-Day Detox.



Learn some positive affirmations; some new jokes, and be happy! Lighten up and laugh...even if you have to force yourself to laugh at first, do it!

Focus on the good in your life and not the bad. Focus on what you can do and not on what you can't.

GROCERY LIST:

Here is a list of all the ingredients you will need for the 30-Day Detox for you to look at in one glance:

WEEK ONE:

- At least around 25 litres of purified—or, preferably, distilled—water
- For juice fasting, enough fruit and vegetables, preferably organic, to make at least 15 litres of juice. Examples of such fruits and vegetables is carrots, apples, citrus fruits, celery, wheat grass, beetroot, grapes and berries.
- 2 bulbs of garlic, preferably organic
- For raw food diet, an assortment of fruits, vegetables, nuts, grains and seeds, preferably organic

WEEK TWO:

- At least around 25 litres of purified—or, preferably, distilled—water
- 15-20 oranges, preferably organic
- 5 limes, preferably organic
- 5 lemons, preferably organic
- 2 bulbs of garlic, preferably organic
- A piece of fresh, preferably organic, ginger root, around 15cm in length
- A one-litre bottle of extra-virgin, cold-pressed olive oil, preferably organic
- A range of fruits and vegetables to eat, as well as a range of nuts, grains and seeds, preferably all organic

WEEK THREE:

- At least around 25 litres of purified—or, preferably, distilled—water
- 5 lemons, preferably organic
- 5 limes, preferably organic
- 2 bulbs of garlic, preferably organic
- For the raw food diet, a range of fruits, vegetables, nuts, grains and seeds, preferably organic
- Pure maple syrup, preferably organic

WEEK FOUR:

- At least around 25 litres of purified—or, preferably, distilled—water
- For juice fasting, enough fruit and vegetables, preferably organic, to make at least 15 litres of juice. Examples of such fruits and vegetables is carrots, apples, citrus fruits, celery, wheat grass, beetroot, grapes and berries.
- 2 bulbs of garlic, preferably organic

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- For raw food diet, an assortment of fruits, vegetables, nuts, grains and seeds, preferably organic

EXAMPLES OF RAW FOOD SUITABLE FOR THE DETOX:

- FRESH FRUITS AND JUICES:

Melons, papaya, figs, dates, mangoes, pineapple, bananas, cherries, plums, prunes, raisins, grapes, pears, oranges, limes, lemons, grapefruit, tangerines, berries, avocado, apricots, peaches, nectarines, and all types of apples.

- FRESH VEGETABLES:

Potatoes, turnips, carrots, beets, dark greens, and the cruciferous vegetables like cabbage, cauliflower, broccoli, Brussels sprouts and kale, corn, peas, green beans, pumpkin and squash, onions, capsicum and other hot peppers, and garlic. You can make some sprouts from mung beans, alfalfa, red clover, sunflower, lentil, wheat and garbanzo. Soak your beans (all types) and try blending them with some olive oil, garlic and spices to make homemade raw hummus. In terms of greens, ditch the nutritionally-empty iceberg lettuce and go for things such as red and green cabbage, spinach, romaine, chard, collards, mustard, turnip and dandelion.

- NUTS AND SEEDS:

Brazil nuts, almonds, pecans, walnuts, filberts and pepitas. Make your own raw nut butter in a blender, adding some maple syrup. Some good seeds are sunflower, sesame, pumpkin and flax. All nuts eaten should be raw and unsalted

- BEANS AND GRAINS:

Soak and sprout, then eat as sprouts. You can make grain and seed dehydrated breads without cooking or baking.

—Happy Detoxing—
Your Body Will Thank You for It

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