

THE 21 DAY DETOX WITH QUEEN AFUA



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The 21 Day Detox with Queen Afua is a master class with Queen Afua, Holistic Health Practitioner and author of *Sacred Woman* and *City of Wellness*. This class will teach you how to heal yourself, heal your family and create a wellness center in your home.

Please bring a pen and pad or laptop to each power packed session. Come into the Circle of Wellness through the 21 Day Holistic Detox for optimal transformation in body, mind and spirit.

WEEK 1

ORIENTATION & INFO SESSION

Queen Afua will lay out the “greenprint” to transforming your health in 21 Days. During this workshop you will learn how to boost your immune system, detox your respiratory system, slow down the aging process, lose weight, and gain optimal health and vitality.

WEEK 2

WORKSHOP 1: HEALTH CARE IS SELF CARE

During this workshop you will learn about food as medicine, hydrotherapy, inversion therapy, holistic menu planning and how to make healthier lifestyle choices.

WEEK 3

WORKSHOP 2: NUTRITION KITCHEN

During this workshop you will learn how to nourish yourself with delightful foods from the garden, delve into the 7 Kitchens of Consciousness, set up a Nutrition Kitchen Pharmacy and create your very own apothecary.

WEEK 4

WORKSHOP 3: LIVE JUICING

During this workshop you will learn how to liquify your meals with nutritional tonics and healthy smoothies. Learn how to prepare fresh fruit juices for detoxification and vegetable juices for rejuvenation.

WEEK 5

WORKSHOP 4: SETTING UP YOUR WELLNESS HOME

During this workshop you will learn how to create a wellness center in your own home for yourself and your family.

SHOPPING LIST FOR A WELLNESS HOME

NUTRITION KITCHEN TOOLS

Juicer
Blender
Citrus Juicer
Food Processor
Glass Straws
Chopping Board
Sharp Knives
Stainless Steel Pots
Tea Strainer
7-10 Mason Jars

— Some Items available at QueenAfuaLifestyle.com —



HYDRO-THERAPY (BATHROOM) TOOLS

- Enema Bag
- Wooden Foot Stool
- Loofah Body Scrub
- Dead Sea or Epsom Salt

LIVE-IN ROOM TOOLS

- Yoga Mat (green or blue)
- Aromatherapy Diffuser
- Smaller Speaker (Musical Moments)

REGENERATION CHAMBER (BEDROOM) TOOLS

- Wedger or 3 Pillow Lift (Inversion Therapy)

RECOMMENDED READING LIST

- Heal Thyself by Queen Afua
- Circles Of Wellness by Queen Afua
- Sacred Woman by Queen Afua
- City Of Wellness
- Man Heal Thy Self by SupaNova Slom + Queen Afua



THE 21 DAY DETOX
WITH **QUEEN AFUA**



THE 21 DAY DETOX'S 4 P'S FOR OPTIMAL WELLNESS

The Purpose

Be on Purpose: Establish your purpose, set your goals clearly and attract to yourself optimal wellness in body, mind and spirit.

The Preparation

Prepare Yourself: Your wellness consultant will offer you a step by step holistic dietary program to establish on the road to wellness.

The Process

Now that you know how to Heal Thyself from your wellness consultation, the transformation of your body, mind and spirit begins. Enjoy your fortifying process to wellness, as you journey through 21 days to one season to secure a lifetime of health and longevity.

The Prosperity

Through manifesting the 4 P's, you gain the fourth "P", prosperity.

You achieve this in a healthy mind, a healthy body, and a vibrant spirit. This will attract a prosperous life.

DETOX YOUR MIND, BODY AND SOUL

WITH QUEEN AFUA



HEALTHY SELF FORMULAS

- Breath Of Life Formula
- Green Life Nutritional Formula
- Master Herbal Formula
- Colon Ease Formula
- Herbal Laxative Formula
- Rejuvenation Clay Formula

— Available at QueenAfua.com —



LEARN HOW TO INCORPORATE THESE LIFESTYLE PRACTICES:

- Meditation (Sunrise & Sunset)
- Practice Acts Of Kindness + Forgiveness
- Listen To Inspirational Music
- Stay Away From Gossip & Complainers
- Journal Writing
- Recite Positive Affirmations
- Exercise (Yoga/Aerobics/Calistedics)
- Going To Bed Early



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HOW TO USE YOUR DETOX KIT

(FOR 7, 14, 21 OR 84 DAY PROGRAMS)



Formula I - Nutritional Formula (Green Life): To Rejuvenate

Directions: Mix 1 tbsp with 8-16 oz. of fruit or vegetable juice 3 times a day. This formula is to be taken daily. | **Benefits:** Rejuvenates the body, builds the immune system and helps to eliminate excessive hunger.



Formula II - Master Herbal Formula: To Detoxify

Directions: Boil 4-5 cups of water in the evening, turn off the flame, add 4-5 tsp of Formula II to the water and steep overnight. Strain herbs from the water first thing in the morning. Keep Formula II tea in a thermos jug or dark bottle and drink all before noon. This formula is to be taken daily. **Benefits:** Purifies and restores all of the bodily organs. Also cleanses the bloodstream, rejuvenates the brain, bones, and more.



Formula III - Colon De-Blocker: To soften Impaction

Directions: Take Kidney/ Liver Flush (2 Tbsp Inner Ease with juice of 1 lemon, 1 pinch of cayenne pepper, or 1 clove of garlic in 8oz warm water) upon rising in the morning. (Refer to Heal Thyself Book Pages 99-101) | **Benefits:** Lubricates the colon to ease elimination of old impacted from the large and small intestines.



Formula IV - Herbal Laxatives: To Purge

Directions: Take 3 tablets every other night from 8-9 pm with 12-16oz of warm water. **Benefits:** Gently draws 1-2 lbs of impacted waste out of the colon on a daily basis.



Formula V - Queen Afua's Rejuvenation Clay: For Pain

Directions: Apply 1 inch thick or more of clay over gauze then place over area of treatment. Keep it on overnight. Take a warm shower in the morning. **Ingredients:** Green Clay, Purified Water, Red Clover, Peppermint Oil, Red, Clover Oil, Eucalyptus Oil.



Formula VI - Breath of Life Formula

Directions: Apply 1 inch thick or more of clay over gauze then place over area of treatment. Keep it on overnight. Take a warm shower in the morning. **Ingredients:** Peppermint, Eucalyptus Oil

INTERNAL CLEANSING



INTERNAL CLEANSING: Enema For Colon Hygiene

- Take enemas 2-3 times weekly to remove toxins from colon (done personally)
- Take colonics to thoroughly remove waste from colon -- done by colonic therapist, 1-3 times the 21 day fasting period. Based on the individual's wellness level.
- Take Herbal Laxatives 3 tablets are taken every other day.

DIRECTIONS FOR USE OF ENEMA BAG:

- Use a 1-2 quart enema bag.
- Lubricate the tip with K-Y jelly or something similar.
- NOTE: The bag resembles a hot water bottle that can be purchased at a medical supply store, or pharmacy store such as a Rite Aid, or CVS.
- Insert the tube into rectum and allow the water to slowly enter. When you feel full, fasten the clamp on the hose to stop the flow of water. Massage the abdomen to allow the waste to loosen, then release the clamp on the hose to stop the flow of water. Massage the abdomen to allow the waste to loosen, then release the clamp and allow the water to flow again.
- When ready, sit on the toilet to release. Sit in a squat position with one or both legs on a stool for greater elimination. As you progress with your cleansing, you will be able to retain a quart of water for a few moments before elimination.

DIRECTIONS FOR PREPARING ENEMA IMPLANTS.

Add water and any one of these solutions:

- 1 Oz. Wheatgrass (rejuvenation)
- 3 Tbsp liquid chlorophyll
- Juice of lemon (release mucus, congestion, gas)
- Juice of lime (same benefits as lemon juice)
- 3 Tbsp organic apple cider vinegar (same benefits as lemon juice)
- ¼ Tbsp of strained goldenseal (cleanses)
- 2 capsules of garlic or 6-12 drops of Kyolic.

LIVE JUICE THERAPY

TIES TO WORKSHOP 3



Drinking green vegetable juice has been known to energize and rejuvenate the body as well as regulate digestion. An excellent source of daily vitamins and minerals, this helps to build strong bones, tighten skin cells, and regenerate healthy organs,

CHLOROPHYLL: THE “BLOOD OF PLANT LIFE”

Being that chlorophyll is considered the life force of plants and contains life-giving nutrients, in its liquid state it is easily assimilated by the human body. The molecular structure of chlorophyll is very similar to the molecular structure of the human red blood cell hemoglobin. Chlorophyll has the same effect as iron does in the body because it is high in oxygen and is a natural blood builder. The brain and all body tissues function at an optimal level in a highly oxygenated environment. It is estimated that in normally developing healthy adults there are approximately 600,000,000 air cells composing the lungs, and 80 gallons of oxygen (400 gallons of air) are inspired in 24 hours.

But how does this enormous quantity of oxygen get into the blood? Iron is the magnetic element which extracts oxygen. If there is sufficient iron in the blood, as it passes through the lungs it will take up the gaseous oxygen, condense this into liquid and generate hemoglobin. Once released to the cells and tissues, this enables them to breathe out their carbon dioxide. Chlorophyll is a cell stimulator, rejuvenator, and red blood cell builder. It also purifies the blood, helping to cleanse the kidney, liver, and urinary tract.

CHLOROPHYLL RICH FOODS



WHEATGRASS: THE WONDER FOOD

contains 70% chlorophyll which purifies the bloodstream, helps to rebuild tissues, neutralizes toxins, decreases blood sugar levels, relieves acne, helps to heal cars, and deodorizes the body. Women can also use the pulp as a suppository to draw out mucus. It has as much vitamin C as citrus fruits and is high in Vitamin A as a dark green lettuce. It is an excellent source of vitamins B, E, and K.



SPINACH: FOR IRON AND REJUVENATION

Spinach is a wonderful source of fiber and rich in vitamins A and C as well as Iron. It has more protein than other leafy vegetables. It is great for cleansing and regenerating the interstitial tract. It promotes regularity and stimulates the liver and lymph glands as well as improves blood circulation.



PARSELY: FOR INCREASED CIRCULATION

Juice is rich in chlorophyll and metabolizes oxygen in the bloodstream. Purifies the kidneys, liver, and urinary tract. Calms stomachs, stimulates digestive enzymes, and encourages bowel movements. It is adequate in pro-vitamin A (beta carotene) making it beneficial to eyesight, the capillary system, the adrenal gland, and the thyroid. It is rich in potassium, sulfur, calcium, magnesium, and chlorine.



SPIRULINA: A MIGHTY SEA VEGETABLE

Spirulina is an excellent source of protein, beta-carotene, B-vitamins, minerals, and also chlorophyll. It provides long lasting energy and vitality; helps with diabetes and depression. It improves memory and mental clarity. This plant also enhances the immune system.

TO REPAIR AND REBUILD



KALE: FOR REBUILDING THE BLOODSTREAM

Kale is rich in vitamins and minerals that protect against some cancers. It also helps relieve constipation, arthritis pain and bladder problems. It assists in tissue rejuvenation and is an excellent source of calcium.



TURNIPS: FOR BUILDING THE BONES

Turnips significant amounts of calcium and iron. Shares the same properties as other greens such as kale, parsley, and spinach.



CABBAGE: FOR INDIGESTION AND BLOATING

Anti-inflammatory cholesterol reduction. Supports the digestive tract. Full of calcium, magnesium, potassium. Red cabbage is even more rich in phytonutrients than green cabbage.



BROCCOLI: ANTI-CANCER BENEFITS

Regulates blood pressure. Contains beta carotene, zinc, and selenium which are great for the immune system. Has B vitamins for optimal cellular growth

TO REPAIR AND REBUILD



STRING BEANS: FOR DIABETES

Great source of vegan protein, iron, and fiber. Strengthens connective tissues. Rich in minerals such as chromium, calcium, magnesium, niacin, and choline.



GINGER ROOT: FOR CIRCULATION:

Ginger root acts as an expectorant helping to rid the sinus cavities of mucus and the lungs of phlegm. It also helps to promote proper blood circulation



CELERY: TO BALANCE THE NERVOUS SYSTEM

Celery is known as a natural coolant similar to cucumbers. It is rich in organic sodium and curbs one's desire for sweets. Drains excess water from the kidneys. Also a hair and skin enhancer.

TO FLUSH AND DETOXYFY



CUCUMBER: FOR REPAIRING THE KIDNEYS

Cucumbers, like watermelons, is a fruit that contains great amounts of water and helps to regulate the body temperature. High in Potassium, sulfur, and magnesium, this fruit rejuvenates muscles and gives elasticity to dermal cells and is great for our complexion! This fruit is also an excellent source of chlorine and silicon (good for suffering from tendonitis), promoting hair and fingernail growth.



CRANBERRIES: BLOOD CLEANSING & REPRODUCTIVE VITALITY

Cranberries help flush the liver of impurities, urea, uric acid, and toxins from the bladder, kidneys, prostate, and testicles. Cranberries also cleanse and heal the urinary canal.



APPLES/PEARS: TO RELIEVE INDIGESTION AND CONSTIPATION

Both are rich in fiber for healthy bowels and rich antioxidants. Apples and pears both have vitamins B2, C, E, copper, and magnesium. Also have folate which is great for pregnant and nursing mothers. Both are known to stimulate insulin production for blood sugar regulation



STRAWBERRIES: STRENGTHEN THE IMMUNE SYSTEM

Strawberries are a fantastic source of vitamin C and natural sugars that cleanse the system. Strawberries are high in Potassium and Iron which strengthens the blood. Their sodium content makes them a valuable tonic for nerves and for keeping glands healthy. The presence of ellagic acid reduces the damaging effects of the carcinogen PAH found in cigarette smoke.

TO FLUSH AND DETOXYFY



PAPAYAS: TO RELIEVE BLOATING AND CONSTIPATION

Rich in vitamins A,C, copper, magnesium, and digestive enzymes. Anti-cancer benefits and lowers cholesterol levels. Eases nausea and speeds tissue regeneration. Also great for alleviating arthritis and asthma.



CITRUS FRUITS: TO RELIEVE MUCUS AND CONGESTION

Citrus fruits contain on average of 88% water. Helps to boost the immune system. Supports the respiratory system by flushing mucus from the body.

SHOPPING LIST



FRUITS

- Pomes – Apples and pears
- Citrus – oranges, lemons, tangerines, grapefruits, mandarins and limes
- Stone fruit – nectarines, apricots, peaches and plums
- Tropical and exotic – bananas, guavas, papayas and mangoes
- Berries – strawberries, raspberries, blueberries, kiwifruit and passion fruit
- Melons – watermelons, rockmelons and honeydew melons



VEGETABLES

- Leafy Greens – kale, spinach, swiss chard, collard, bok choy
- Cruciferous – cabbage, cauliflower, brussels sprouts and broccoli
- Marrow – pumpkin, cucumber and zucchini
- Root – potato, sweet potato and yam
- Edible plant stem – celery and asparagus
- Alliums – onion, garlic and shallot

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SHOPPING LIST

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MISC.

- Agar-Agar
- Agave
- Barley Malt
- Distilled Water
- Garlic Kyolic
- Herbal/Black Teas
- Maple Syrup
- Raw Unpasteurized Honey
- Soy/Rice/Almond Milk
- Stevia
- Almond Oil
- Coconut Oil
- Cold Pressed Olive Oil
- Linseed Oil
- Myrrh Oil

MUCUS BUSTERS

- Apple Cider Vinegar
- Lemon Juice
- Lime Juice

HERBS & SPICES



- Anise
- Basil
- Cayenne
- Chives
- Cinnamon
- Cumin
- Dulse
- Ginger
- Kelp
- Marjoram
- Mint
- Myrtle
- Oregano
- Organic Sugar-Free
- Tomato Sauce
- Rosemary
- Sea Salt
- Seasoning Dill
- Seasoning Sage
- White Lotus

SHOPPING LIST



WHOLE GRAINS

- Whole Grains
- Bulgar
- Couscous
- Quinoa
- Sprouted Bread
- Spelt Bread
- Tabouli
- Waffles
- Whole Grain Spelt
- Whole Oat
- Brown/ Black Rice



STARCH

- Raw Unsalted Nuts/Seeds
- Almonds
- Brazil Nuts
- Walnuts
- Beans (adzuki, black beans, pinto beans, kidney beans, garbanzo beans)
- Black (eyed peas)
- Lentils Peas (green and yellow)
- Pumpkin Seeds
- Sunflower Seeds

THE 21 DAY DETOX
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DIETARY LIFESTYLE: LEVEL 1 (BEGINNER) BECOME AN ENERGIZED FLEXITARIAN

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- If you currently eat meats, cooked foods and other foods that do not entirely support your wellness, your transition from these choices can lead to an increased level of wellness.
- Begin by eating easier to digest organic chicken and fish (not shellfish).
- Omit flesh foods like beef, pork, lamb, goat, turkey & shellfish. Use only organic fish & chicken. The goal is 50% raw foods and 50% steamed or baked.
- Incorporate whole grains, sprouts, beans, peas, and lentils (soaked in water overnight) into your diet. Consume vegetable protein like dark leafy greens, nuts, beans, lentils, avocado and sea vegetables
- Eat greater amounts of fresh fruits and vegetables. Use natural and whole foods to prepare favorite family recipes.
- If you do eat chicken and fish, do so between the hours of 12 and 4 pm

DIETARY LIFESTYLE: LEVEL 2 (INTERMEDIATE) BECOME A SUPER VEGETARIAN



- Consume only vegetarian foods, omitting all flesh foods (seafood, beef, pork, lamb, turkey, goat, etc.).
- Food intake should include 50% --75% live, uncooked food with 50% --75% consisting of fresh greens.
- Steam your vegetables lightly to retain maximum live enzymes and oxygen.

DIETARY LIFESTYLE: LEVEL 3 - ADVANCED - BECOME A RADIANT VEGAN/CLOROPHYLLION



- Consume 100% live, uncooked food, consisting of 50% green vegetables.
- • Live foods include organic live proteins (sprouted beans, raw soaked nuts and seeds, avocados), salads, live soups, uncooked grains such as couscous, tabouli, & bulgur wheat.
- Consume whole or juiced fresh fruits and vegetables.
- Drink daily: warm water (8oz. glasses), 5 cups Master Herbal tea and 8oz of Kidney- Liver Flush.
- Consume on a low end 2 fresh green a day (Lunch & Dinner)
- Consume on a low end 1 fresh fruit 1 x a day (Breakfast)

DIETARY LIFESTYLE: LEVEL 4 - ADVANCED - BECOME A JUICETARIAN



- Consume 100% organic liquid meals only. This is usually done for specific periods of time as a cleansing regime
- An advanced cleaning regime consists of two vegetable juice meals for rejuvenation and one fruit juice meal for detoxification daily.
- Drink 8-16 oz of green juice 1-2 x a day (Lunch & Dinner)
- Drink 8-12 oz of fresh fruit juice 1 x a day (Breakfast)
- Additionally, there should be a daily intake of ½ gallon warm water (8oz. glasses), 5 cups
- Master Herbal tea and 8 ozs. of Kidney-Liver flush every day.

DAY 1 > WELLNESS SUNDAYS

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Pre Breakfast (Liquid)

- Kidney Liver Flush Juice: Combine juice of 2 Limes, 1 pinch of cayenne pepper (if no HBP), 8oz of warm water w/ 1-2 garlic cloves or 12 drops of kyolic. Blend and drink.

Liquid Breakfast 7:00 AM

- 8-12 oz Orange juice w/ 1-2 Tablespoon. Green Life 12-16 oz distilled water
- 3-4 cups of herbal tea: Master Herbal, WCL Herbal Formula or Man's Life

Solid Breakfast 7:30 AM

- 1-2 Mangos or cantaloupe slices from 1 whole canteloupe (Option of whole grain cereal with almond or sesame milk)

Liquid Lunch 12:00 PM

- Bone Builder Juice: 1/2 cup of Kale, 1/2 cup of cabbage, & 1/2 a turnip. Add 1-2 Tablespoon of Green Life Formula. Blend, drink & enjoy.
- Wheatgrass: Drink 1-2 oz, 3-7 times a week with 12-16 oz of water

Solid Dinner 6:30 PM

- 50% Salad/Live Greens: Asparagus w/ dandelion greens
- 30% Steamed Veggies: Mustard Greens w/ pearl onions & vegetable broth/soup
- 10 -20% Carbohydrates: Soaked couscous w/ sunflower seeds & Spike seasonings
- 10-20% Protein: Beans, peas, lentils, sprouts, avocados and w/ cajun seasonings, dill curry, etc.

Liquid Dinner 6:00 PM

Repeat lunch vegetable juice, add 1-2 Tablespoon of Green Life

Solid Dinner 6:30 PM

- 50% Salad/Live Greens: Escarole, Kale w/ red peppers
- 30% Steamed Veggies: Curry Cauliflower
- 10 -20% Carbohydrates: Millet
- 10-20% Protein: Black Bean Soup

DAY 2 > HEALTHY MONDAYS

Pre Breakfast (Liquid)

- Kidney Liver Flush Juice

Liquid Breakfast 7:00 AM

- Blue & Black Berry Juice w/ 1-2 Tbsp, Green Life
- 3-4 cups of herbal tea: Master Herbal, Woman's Life, or Man's Life

Solid Breakfast 7:30 AM

- Blueberries w/ blended pears sprinkled with coconut.
- Blueberries w/ blue corn cereal & almond milk

Liquid Lunch 12:00 PM

- Nervous/Anti-Cancer Juice: 2 stalks of celery, 2 stalks of broccoli, & 1/2 cup chard. Add 1-2 Tbsp of Green Life Formula (Omit celery if you have HBP)

Solid Lunch 12:30 PM

- 50% Salad/Live Greens: Romaine Lettuce
- 30% Steamed Veggies: Zucchini
- 10 -20% Carbohydrates: Millet or Black Rice
- 10-20% Protein: Green Split Soup or 10 soaked almonds

Liquid Dinner 6:00 PM

- Repeat lunch vegetable juice, add 1-2 Tbsp Green Life

Solid Dinner 6:30 PM

- 50% Salad/Live Greens: Romaine Lettuce
- 30% Steamed Veggies: Steamed or live okra
- 10 -20% Carbohydrates: Broccoli
- 10-20% Protein: Snap peas or snow peas

DAY 3 > PURIFICATION TUESDAYS

Pre Breakfast (Liquid)

- Kidney Liver Flush Juice

Liquid Breakfast 7:00 AM

- 8 oz Unsweetened cranberry juice w/ 1-2 Tbs Green Life
- 3-4 cups of herbal tea: Master Herbal, Woman's Life, or Man's Life

Solid Breakfast 7:30 AM

- Diced pears, blueberries, strawberries or raspberries

Liquid Lunch

- Blood Restorer: 1/2 cup of Kale, 1/2 cup of Chard, 1-2 red radishes, 1/4 cup ginger root, 1/2 beet & 2 Tbsp Green Life

Solid Lunch 12:30 PM

50% Salad/Live Greens: Mock carrot tuna or seaweed lettuce wrap

- 30% Steamed Veggies: Grated beets & red peppers w/ steamed or live okra
- 10 -20% Carbohydrates: Quinoa
- 10-20% Protein: Mung beans and sprouts (add to salad or wrap)

Liquid Dinner 6:00 PM

- Repeat lunch vegetable juice, add 1-2 T. Green Life

Solid Dinner 6:30 PM

- 50% Salad/Live Greens: Spinach with soaked beans
- 30% Steamed Veggies: Millet
- 10 -20% Carbohydrates: Brown Rice
- 10-20% Protein: Pinto bean soup

DAY 4 > VIBRANT WEDNESDAYS

Pre Breakfast (Liquid)

- Kidney Liver Flush Juice

Liquid Breakfast 7:00 AM

- Pineapple or papaya juice w/ 1-2 T. Green Life
- 3-4 cups of herbal tea: Master Herbal, Woman's Life, or Man's Life

Solid Breakfast 7:30 AM

- 2 Grapefruit halves, 2-3 tangerines, cous-cous cereal w/ peach slices and soaked raisins

Liquid Lunch 12:00 PM

- Wheatgrass
- 2-4 oz with 12-16 oz distilled water

Solid Lunch 12:30 PM

- 50% Salad/Live Greens: Coleslaw Rainbow Salad
- 30% Steamed Veggies: Millet
- 10 -20% Carbohydrates: Butternut Squash
- 10-20% Protein: Yellow Split Pea Soup

Liquid Dinner 6:00 PM

- Repeat lunch vegetable juice, add 1-2 T. Green Life

Solid Dinner 6:30 PM

- 50% Salad/Live Greens: Garden Greens
- 30% Steamed Veggies: Yellow String Beans
- 10 -20% Carbohydrates: Live or steamed baby corn w/ yellow peppers
- 10-20% Protein: Sprout salad (mung, alfalfa, & broccoli)

DAY 5 > RADIANT THURSDAYS

Pre Breakfast (Liquid)

- Kidney Liver Flush Juice: Combine juice of 1 lime, 1 pinch of cayenne pepper (if no HBP), 8 oz of warm water w/ 1-2 garlic cloves or 12 drops of kyolic. Blend and drink.

Liquid Breakfast 7:00 AM

- 8 – 12 oz Orange juice blended w/ 1-2 Tablespoon (T.) Green Life

Solid Breakfast 7:30 AM

- 3-4 cups of herbal tea: Master Herbal, Woman's Life, or Man's Life
- 3 plums

Liquid Lunch 12:00 PM

- Bone Knitter Juice: 1/2 cup Turnips, 1/2 cup Beets, 1/2 cup Kale, 1/2 cup Spinach. Add 1-2 T. of Green Life Formula, blend and drink! (Omit celery if you have HBP)

Solid Lunch 12:30 PM

- 50% Salad/Live Greens: Okra
- 30% Steamed Veggies: Broccoli w/ garlic sauce
- 10 -20% Carbohydrates: Fast from carbs
- 10-20% Protein: Lima Beans

Liquid Dinner 6:00 PM

- Repeat lunch vegetable juice, add 1-2 Tbsp Green Life

Solid Dinner 6:30 PM

- 50% Salad/Live Greens: Dark leafy greens, shredded beets & peppers
- 30% Steamed Veggies: Raw vegetables only
- 10 -20% Carbohydrates: Millet
- 10-20% Protein: Lentil Soup

DAY 6 > HOLISTIC FRIDAYS

Pre Breakfast (Liquid)

- Kidney Liver Flush Juice

Liquid Breakfast 7:00 AM

- 8 oz Honeydew or watermelon juice w/ 1-2 T. Green Life
- 3-4 cups of herbal tea: Master Herbal, Woman's Life, or Man's Life

Solid Breakfast

Apple, pear, raisin, & walnut crunch (Add cinnamon or nutmeg if desired)

Liquid Lunch 12:00 PM

- Kidney Enhancer Juice: 1 cucumber, 1 bunch of parsley, 1/2 cup of broccoli. Add 1-2 T. Green Life.

Solid Lunch 12:30 PM

- 50% Salad/Live Greens: Parsley, watercress & mung beans
- 30% Steamed Veggies: String beans, scallions & red peppers
- 10 -20% Carbohydrates: Tabouli
- 10-20% Protein: Lentil soup w/ fresh parsley

Liquid Dinner 6:00 PM

- Repeat lunch vegetable juice, add 1-2 T. Green Life

Solid Dinner 6:30 PM

- 50% Salad/Live Greens: Shredded carrots & cabbage (purple/green)
- 30% Steamed Veggies: Broccoli
- 10 -20% Carbohydrates: Corn on the Cob
- 10-20% Protein: T.V.P Chicken

DAY 7 > FORTIFICATION SATURDAYS

Pre Breakfast (Liquid)

Kidney Liver Flush Juice

Liquid Breakfast 7:00 AM

8-12 oz unsweetened cranberry juice w/ 1-2 T. Green Life

3-4 cups of herbal tea: Master Herbal, Woman's Life, or Man's Life

Fruit salad

Liquid Lunch 12:00 PM

Wheatgrass

2-4 oz with 12-16 oz distilled water or Juice 1/2 cup of beets, 1/2 cup of kale, 1/2 cup of chard

Solid Lunch 12:30 PM

100% Salad/Live Greens:

Greens with avocado & sprouts

Liquid Dinner 6:00 PM

1/4 cup of spinach or have add 1-2 Tbsp Green Life in 12-16 oz of pure water

Solid Dinner 6:30 PM

50% Salad/Live Greens:

Green Garden Salad

- 1/4 cup of ginger
- 2 leeks or garlic cloves
- 1/2 cup of cabbage
- 1/2 cup of kale
- 1-2 T Green Life
- 1/4 cup olive oil

THE 7 DAY WELLNESS CHECKLIST (PG 1)

SUNRISE WELLNESS	M	T	W	H	F	S	SU
Inversion Therapy (10 mins) – Lay flat with 3 pillows under legs, relax and breathe deep before starting day.							
Prayer/Meditation between the hours of 4am—6am							
Pre-Breakfast: Kidney-Live Flush with Inner Colon Ease Formula							
Daily Exercise: (15–30 mins) Begin with 60 full body breaths and 50–100 Fire Breaths i.e. yoga, tai-chi, walking, biking, dancing, & calisthenics.							
Liquid Breakfast							
Solid Breakfast							
Herbal Formula (Master Herbal or Woman’s Life): Drink every hour up until 12pm.							
MIDDAY WELLNESS							
Liquid Lunch							
Solid Lunch							
Center yourself with your meditation (5–10 mins)							
Perform your wellness journaling							

Upon the completion of your wellness checklist you will witness the elimination of physical, mental, and emotional diseases

THE 7 DAY WELLNESS CHECKLIST (PG 2)

SUNSET WELLNESS	M	T	W	H	F	S	SU
<input type="checkbox"/> Liquid Dinner							
<input type="checkbox"/> Solid Dinner							
<input type="checkbox"/> Read Natural Healing or Spiritual Books -30 mins daily (Circles of Wellness, Cities of Wellness and Heal Thyself)							
<input type="checkbox"/> Wellness Home Detox - Thoroughly clean and lighten up living space							
<input type="checkbox"/> Nose Rinse (use neti pot): Add a pinch of sea salt to H2O to cleanse nasal airway.							
<input type="checkbox"/> (Especially for those suffering from sinus congestion and hay fever)							
<input type="checkbox"/> Enemas: Can be taken 1st and then eat food, or eat 1st and wait 3 hrs for food to digest and then perform enema (Review page 11)							
<input type="checkbox"/> Herbal Laxatives: Take after you perform enema, between the hours of 8 and 9 pm							
<input type="checkbox"/> Self Bodywork (i.e.reflexology, abdominal or extremity massage, etc.)							
<input type="checkbox"/> Shower: alternate hot & cold. Or Bath: 2-4 lbs Epsom Salt or 1-2 lbs Dead Sea Salt (Omit if you have high blood pressure) in the morning or at night.							
<input type="checkbox"/> Hot Oil packs with Castor Oil: Use particularly if you have tumors, cysts, fibroids.) (Read Heal Thyself Book page for details)							
<input type="checkbox"/> Queen Afua's Rejuvenation Clay application: see page 16 in manual							
<input type="checkbox"/> Quiet your thoughts and perform a talk fast. Go into stillness as you visualize the rebirth and renewal of your life at sunset.							
<input type="checkbox"/> Place legs are in 45 degree angle. Position 3 pillows under legs while in bed. Pray, meditate, and breathe. (10 mins)							
<input type="checkbox"/> Reflect on your day and record it in your Wellness Journal as you give thanks for accomplishing a full day of wellness.							

Upon the completion of your wellness checklist you will witness the elimination of physical, mental, and emotional diseases