

DR. Bernard Jensen's Modified Cleanse Schedule

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Time Schedule:

SKIN BRUSH (See hand out.)

7:00 am: Cleansing drink. (see recipe following)

8:30 am: Supplements & flaxseed drink. (see recipe following)

10:00 am: Cleansing drink.

11:30 am: Supplements with tea or juice. (Freshly juiced vegetables like carrots, celery, apple & ginger is good or the unfiltered organic apple juice.)

1:00 pm: Cleansing drink.

2:30 pm: Supplements with tea or juice. (As above.)

4:00 pm: Cleansing drink.

5:30 pm: Supplements & flaxseed drink.

7:00 pm: Cleansing drink.

Bedtime: Immediately before retiring, take 2 digestive enzymes, Calcium supplement and Oil capsules, whatever is right for you...fish, borage, Omega 3-6-9 etc. Bedtime should be no later than 9:30 pm.

If you need to move your bowels and are feeling bloated from the cleansing drinks etc., then take a bowel supplement either; LBS II or Cascara sagrada or BWL-BLD.

Recipes:

Flaxseed Drink

To prepare flaxseed drink, soak 1 tablespoon of flaxseeds in 1/4 cup hot water for 8 hours (soak your first drink the night before you begin the program). Strain and discard seeds; drink only the liquid.

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Cleansing Drink

The cleansing drink consists of two parts to be mixed separately and drunk in succession. The 2-part drink will be taken five times daily.

Part One:

2 oz Apple Juice (Unfiltered, organic is best.)
8 oz water
1 tbsp clay water
1 slightly rounded teaspoon intestinal cleanser
SHAKE WELL AND DRINK QUICKLY (mixture thickens).

Part Two:

10 oz water
1 tablespoon of Apple Cider Vinegar
1 teaspoon honey

Please note: You can do the gallbladder/liver flush right after this cleanse and right after a colonic is best. Please see handout for details and/or consult with me.