



San Miguel Wellness Center

Cleanse & Rejuvenate

Green Cleanse incorporating Colon Hydrotherapy and the Liver Gall Bladder Flush.

This cleanse is designed to detox and flush your system of toxins, give more energy and rejuvenate the body and can help to shed a few extra pounds because we are putting your body back into balance once we rid it of toxins that slow you down.

Begin by tapering off all caffeine, alcohol, vitamin supplements, over the counter medications and animal products. Avoid over eating. Once you start this cleanse follow the diet and avoid all dairy, gluten, caffeine, refined sugar, fats (avocado, nuts and omega 3 oils are ok), meat, fish and seafood.

Supplements

Oxy Powder (oxygenated magnesium), 2 capsules at night on an empty stomach. This helps to move any impacted stool from your colon so that we have a clean path out your system when you release the bile and gallstones.

Malic Acid (from apples), 1 800mg capsule twice a day with food. This helps to break down and soften the gallstones so they pass easily.

Dandelion Tea, 2 cups a day. Promotes healthy liver function.

Diet

Breakfast – Green drink with aloe and golden flax seed. Two teaspoons of Greens plus, and one teaspoon of golden flax seed, a large splash of aloe and 8 oz's of filtered water. Shake and drink. If you prefer you may make a smoothie with organic apple juice and frozen berries and add your greens plus and flax to it.

Lunch – Large organic green salad with avocado, pumpkin seeds or nuts. You may add hearts of palm, cucumber, celery, seaweed and other fresh organic vegetables. You may have natural olive oil, sesame oil, pumpkin oil, and flax oil dressings, avoid all pre made store vinaigrettes and dressings unless they are organic and all natural without preservatives. Organic extra virgin olive oil and balsamic with fresh basil and mango makes a great dressing. Try to mix you your ingredients so to not get bored.

Snacks

You may chew on fresh sprouts, one apple or cup of berries/mango/papaya (papaya is great as it is a laxative food). You may also have more green drink or add a large spoonful of golden flax seed to hot water – make sure you chew the flax, it really helps to curb hunger.

Dinner

A bowl of miso broth with organic vegetables.

Two cups of filtered water, your choice of fresh green organic vegetables and a large tablespoon of miso paste. Try to mix up your vegetables so to not get bored. Simmer; do not allow to boil as boiling kills all the nutrients and pro biotics. You may add seasoning and a little flax if you wish, you will not need salt, as the miso is fairly salty. If you prefer you may have a vegetable broth instead, however miso is full of wonderful pro biotics.

Drinks

Minimum of 3 liters of filtered water a day, organic natural decaffeinated tea (green tea however is ok), green drink, hot water with flax. You may add organic lemon juice to your water and stevia to your tea.

Note the diet change on day 8, 9 and 10

It is important to eat when you are relaxed, eat slowly and chew every mouthful. Listen to your body, do not over exercise but try to at least walk for an hour each day or do some yoga.

Day 1-7

Follow the diet and take supplements

Day 8 and 9

Start Colon Hydrotherapy treatments.

Continue with diet, change the soup to pureed vegetable soup instead.

Day 10

Continue with Colon Hydrotherapy

Switch your salad lunch to pureed vegetable soup; you will only consume liquid food today.

Now that you have prepared your body for the liver cleanse, you may proceed to the actual work of moving bile and gallstones out of your liver and gall bladder. Arrange for a few days off so you may rest during the next phase of your cleanse.

Our goal now is to allow the stones to pass easily out of the body and yes, you will be able to see them in your toilet since they float. They look like small green peas, some larger than others.

Stop eating and drinking by 2pm so that you do not interfere with the cleansing products. You may drink water.

Take 2 OXY-POWDER at 6pm with 8-16 oz. of purified water. Prepare the other items you will need:

1-cup extra virgin olive oil

1-cup fresh squeezed lemon juice

1-cup pineapple juice or fresh squeezed grapefruit juice (your choice)

Put 1 straw in each cup since you will sip through it to drink these.

At 9pm, sip one-half portion from each cup then lay down on your right side immediately. Wait and rest until you burp. Once you have burped, sip the last half portion from each cup and go to bed. Lay on your right side with your right knee up as much as possible during the night. If you awaken and need to use the bathroom, return to this position. Put your thoughts and prayers on your liver and imagine the liquids doing the

work to open and cleanse this system. If you feel nauseous during the night, rub your belly with essential oil of lavender. It will help this feeling pass quickly and relax you to go back to sleep.

Day 11

When you awaken, take 2 OXY-POWDER and have another colon hydrotherapy cleanse. Watch for the green pellets! Go back to bed and rest if you feel the need. Light exercises like Yoga are perfect during these days as they are contemplative and do not require a lot of energy.

Today you will want to start gently with tea. When you feel hungry, make yourself a whole grain cereal like millet, buckwheat or brown basmati rice. Eat it plain with a sprinkle of sea salt and a teaspoon of organic, ground flax seed. Go very slowly, listen and trust your body as it tells you what it wants and needs. CONGRATULATIONS!

As you release the stones, watch for different colors & shapes. Some are bright colored, shiny and are in different shades of green. This green indicates the bile from the liver. You may release hundreds of them during your colon hydrotherapy session. You may notice many more in the toilet bowl for several days after you drank the “concoction.” Some may be smaller than peas and some as large as a kidney bean, they will be soft like putty thanks to the malic acid. The lighter colored stones may sink since they contain heavier toxins and calcifications.

Many of the old texts talk about how the liver and gall bladder flush is of great help to arthritis, bursitis, back pain, allergies and other health problems. This requires diligence and possibly doing the flush 3 or 4 times per year over a period of years. The theory is that with each successive cleanse, the liver increases function. The teachings say that once you no longer see any stones, you may back off to once or twice per year for maintenance. Naturally, it is vital to eliminate all trans fats and increase consumption of good fats found in avocado, coconut, nuts seeds, olive oil, etc.

Please remember that if you are suffering from any acute illness, this is cleanse is not a good idea. This may further weaken you. It is also vital to do the colon cleansing as suggested. If gallstones are not removed via the colon, one may experience symptoms such as infection, abdominal discomfort or headache. Therefore, following this protocol and adding more colon cleansing is of great importance. If you have a history of constipation and a stagnant colon, follow the guidelines of your professional colon hydro therapist. It may be wise to have 2 or 3 series of colonics prior to embarking on this journey.

If you do not see stones, then repeat the flush in about a month and this time add peppermint oil capsules (2 capsules twice per day) and drink a quart of chamomile tea to help dissolve calcifications. We also suggest using the Edgar Cayce remedy of castor oil pack. These are widely available in health food stores along with specific instructions. Drinking the juice of one fresh squeezed lemon first thing every morning will also help stimulate bile. It can be chased down with a large glass of warm water. In rare cases some people feel nausea and vomit during the night of the flush. I believe one night of

discomfort is worth the years of benefit that this cleanse provides. In contrast, recovery from gall bladder surgery may take weeks or months.

Each individual must decide if this liver and gallbladder flush is something they may want to try. My first experience was a bit uncomfortable and now that I've done this several times, I realize that I had not cleared my colon properly prior to the liver cleanse. I can say that when I perform this cleanse, I realize many benefits including increased energy, less joint pain and improved sleep. I've heard that this cleanse is safe for those without a gall bladder.

Day 12

Continue with Oxy Powder

You may wish have another colon hydrotherapy session.

Continue with the green diet but if you still feel a little weak or sensitive have steamed vegetables instead of a salad. You may also add a little whole grain cereal like millet, buckwheat or brown basmati rice to you diet (do not over eat)

Day 13-14

Colon Hydrotherapy is recommended but not compulsory. However if you are experiencing constipation consult your colon hydro therapist.

Continue with the green cleanse, you may also have a small amount of whole grain cereal like millet, buckwheat or brown basmati rice and you may now gradually start introducing a little wild salmon or organic chicken breast or a Sunshine Veggie burger (only this brand as it is all natural and contains no soy).

Try to do gentle exercise, walking, yoga etc.

Your energy should be increasing.

Day 15

Congratulations you have completed the Greens Cleanse. I recommend gently introducing other foods back into your diet rather than over indulging, as it may be too harsh on your system,

Try to maintain what you have achieved with good diet and monthly maintenance colon hydrotherapy sessions.

***Joanna Lyons, Owner/Practitioner
San Miguel Wellness Center
221 East Colorado Avenue
Telluride, Colorado 81435
Direct 970-708-3787
www.sanmiguelwellnesscenter.com
sanmiguelwellnesscenter@gmail.com***