

BIO ENERGY SPRING CLEANSE
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This cleanse is only recommended once the individuals diet is free of synthetic and processed food, fried food (including all fast food), pesticides, soda pop, alcohol, all processed sweets and sugars and cigarettes for at least 30-90 days, depending on the state of health of the individual. This is an intense cleanse, please consult a holistic doctor prior to starting this healing process.

6 Day Intensive Spring Cleanse:

Preparation:

Recommended to have the 3rd, 4th and 5th days off of work and aerobic activities, preferred to have all 6 days off. Plan ahead with a calendar and make appointments for on hand healing therapies, yoga classes, colonic and ionic foot baths. Yoga, qi gong or tai chi videos can be rented from your local library along with inspirational reading and films of your desire. The intent of this 6 days is rest, rejuvenation, and enlightenment.

Therapies:

- *two ememas, on the 1st and 4th evenings
- *two colonics, on the 2nd and 6th days
- *ionic foot bath and reflexology treatments
- *two or more on hands healing therapies (massage, thai massage, bodywork, acupuncture, craniosacral, chiropractic)
- *three or more castor oil packs

Products:

- *Sonne's #7 detoxification clay
- *Sonne's #9 intestinal cleanser
- *Emergency-C electrolytes
- *Alkaline electrolytes (young living essential oils)
- *Berry young juice antioxidant (young living essential oils)
- *Dr. Udo's flax oil blend
- *Perfect colon formula (windspirit oriental medicine)
- *Green black walnut wormer (windspirit oriental medicine)
- *Aloe vera juice
- *Chinese herbal laxative (windspirit oriental medicine) or "Swiss Kriss Tabs" (herbal laxative, wild oats)
- *Epsom salts
- *Enema bag
- *dry skin brush
- *loofasponge
- *pumastone
- *incredible soaps of your choice
- *Essential oils of your choice (young living oils)
- *Distilled water for drinking and enemas
- *Juicer machine

Groceries:

all days;

- *fresh veggie juice: carrots, red beets, celery, parsley, spinach and ginger (organic only)
- *fresh fruit juice: apples, lemons and pure cranberry juice
- *bottled organic fruit juice: black cherry, apricot, papaya, mango, pear, blueberry, ect
- day 4, 5 and 6;
- *organic yogurt, assorted fresh fruit, cinnamon
- *steamed shredded carrots, lil organic butter or olive oil, onions, dill weed, for lunch and dinner on the 4th day
- *steamed veggies of your choice (no broccoli or cauliflower) braggs amino acids, sea salt, spike on the 5th and 6th day

6 Day Schedule:

Chinese herbal laxative the evening before starting

days

1 2 3

- upon waking: 6 oz water and 1 tsp Alkaline
- "juice cocktail" with green black walnut wormer

hour one: veggie juice and 1 tsp cleanser (sonnes #9) 10 oz water and 1 oz aloe vera juice

hour two: fruit juice and 1 tbs clay (sonnes #7)

- O O O hour three: veggie juice and 1 tsp cleanser 10 oz water and 1 oz aloe vera juice
- O O O hour four: fruit juice and 1 tbs clay
- O O O hour five: veggie juice and 1 tsp cleanser 10 oz water and 1 oz aloe vera juice
- O O O hour six: fruit juice and 1 tbs clay
- O O O hour seven: veggie juice and 1 tsp cleanser 10 oz water and 1 oz aloe vera juice
- O O O hour eight: fruit juice and 1 tbs clay
- O O O hour nine: veggie juice and 1 tsp cleanser 10 oz water and 1 oz aloe vera juice
- O O O hour ten: fruit juice and 1 tbs clay

*herbal teas with honey, extra water with emergen-c paks (2 glasses) are encouraged thru the day

days

4 5 6

- O O O upon waking: 6 oz water and 1 tsp Alkalime
- O O O "juice cocktail" with wormer

- O O O hour one: organic yougurt and fresh fruit, (berries, bannanas, kiwis, papayas ect, but no melons)
- O O O hour two: veggie juice and 1 tsp cleanser 10 oz water and 1 oz aloe vera juice
- O O O hour three: fruit juice and 1 tbs clay
- O hour four day 4: shredded carrots and onions stir fried in organic butter with dill weed and sea salt
- O O hour four days 5 and 6: steamed veggies with braggs amiono acids and sea salt
- O O O hour five: veggie juice and 1 tsp cleanser 10 oz water and 1 oz aloe vera juice
- O O O hour six: fruit juice and 1 tbs clay
- O hour seven day 4: shredded carrots, onions stir fried in organic butter with dill weed and sea salt
- O O hour seven days 5 and 6: steamed veggies with braggs amiono acids and sea salt
- O O O hour eight: veggie juice and 1 tsp cleanser 10 oz water and 1 oz aloe vera juice with emergency-c pack
- O O O hour nine: fruit juice and 1 tbs clay

* herbal teas with organic honey and extra water with emergen-c paks as desired

day seven:

return slowly to your varied diet, no meat on this day

Recipies:

veggie juice; 4 medium carrots, 1/2 red beet, 2 stalks celery, handfull spinach and 1" slice of ginger
 fruit juice; 2 apples, 1/2 lemon and pure cranberry juice...wow! at least one of these as fruit drinks each day
 steamed veggies: use large kettle with steamer in the bottom; stack veggies with the longest to cook on the bottom
 (example: zuccinnis, red peppers, mushrooms, onions, kale, spinach, and fresh corn on top)
 (braggs amino acids tastes like soy sauce, spike seasoning also good)
 fruit cocktail: 4-6 oz juice with 1 tsp perfect colon formula, 1 oz aloe vera juice, 1 tsp flax oil blend, 10 drops wormer, and 1
 oz berry young juice

mixing the sonnes's # 7 cleanser and # 9 clay: use a small glass adding just a small amount of that hours juice, wisk in the
 cleanser or the clay, drink immediately, then enjoy the rest of that veggie or fruit juice by itself.

baths:

2 cups epsom salts in the bath
 essential oils (young living essential oils)
 candles
 music and meditaion
 dry skin brush the whole body before each bath
 loofa and pumus stone in the bath

fine soaps
stretch, breathe, massage your feet

Reference: "the basic program" and "the 7 vibrations"

Resources:

Young Living Essential Oils: www.youngliving.com 800-763-9963

Windspirit Oriental Medicine: windspirit@aros.net 435 645-7566

colonics:

park city colon therapy, morgan....435 640-3211

salt lake city, loraine kling...801-561-1516

reflexology and ionic foot baths:

minerva huerta 801-414-3624

nancy dorais 435 645-9689

Library:

PDR peoples' desk reference for essential oils..essential science publishing 800-336-6308...#D1163

Prescription for Nutritional Healing ISBN# 0-89529-429-X

Beating Cancer with Nutrition ISBN#0-9638372-8-1 www.4nutrition.com

Tissue Cleansing thru Bowel Management ISBN0-960836-07-1

Eating 4 your Blood Type

Your Bodies Many Cries for Water ISBN# 0-9629942-3-5

Blessings to your Health,

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www.windspiritorientalmedicine.com coming soon!