

OVERVIEW OF CLEANSE OPTIONS

	PURPOSE	ESPECIALLY USEFUL FOR	LENGTH OF CLEANSE	WHERE TO FIND IT
ORIGINAL 3:6:9 CLEANSE The upgraded Liver Rescue 3:6:9.	Uproot deep-seated toxins and pathogens so chronic symptoms and illnesses can finally heal.	Cleansing the liver and other organs of a lifetime of the troublemakers (poisons, toxins, and the viruses and bacteria that feed on them) responsible for creating chronic illnesses and symptoms such as heart palpitations, hot flashes, tingles and numbness, aches and pains, vertigo, dizziness, brain fog, migraines, anxiety, depression, bloating, fatigue, reproductive conditions, thyroid conditions, lupus, Lyme disease, RA, psoriatic arthritis, eczema, psoriasis, acne, UTIs, and so much more.	9 days (or repeated 9-day cycles)	Chapter 10
SIMPLIFIED 3:6:9 CLEANSE Easier to accomplish, this option works at 70 percent of the strength and power of the Original.	Start healing by uprooting toxins and pathogens at a less intense level that's more manageable for a busy schedule.	High cholesterol, high blood pressure, fatty liver, arterial plaque, lymphedema, arthritis, insomnia, varicose veins, dark under-eye circles, acid reflux, constipation, IBS, dry skin, type 2 diabetes, headaches, migraines, and so much more. Because of its reduced strength, consider repeating more often than the Original to get the results you want.	9 days (or repeated 9-day cycles)	Chapter 11
ADVANCED 3:6:9 CLEANSE An all-raw, fat-free option especially suited to those who have tried the Original 3:6:9 Cleanse or the 28-Day Cleanse and want to go further.	Reach a deeper cleanse state to take your healing to the next level when dealing with critical health conditions.	Health circumstances that you feel are impeding your well-being on a critical level.	9 days (or repeated 9-day cycles)	Chapter 12
ANTI-BUG CLEANSE A top choice for maintaining progress after the 3:6:9 Cleanse or working your way up to it.	Give your body a break from taxing foods (you choose at what level) and make more room for healing foods so your system can repair itself.	Keeping a handle on pathogen-caused conditions such as autoimmune disease and all its symptoms. By removing foods that feed disease-causing viruses and bacteria from the diet, you'll prevent them from prospering and help interrupt the cycle of chronic health issues.	2 to 4 weeks or more (or adopt for life)	Chapter 15

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	PURPOSE	ESPECIALLY USEFUL FOR	LENGTH OF CLEANSE	WHERE TO FIND IT
MORNING CLEANSE Another top choice for maintaining progress after the 3:6:9 Cleanse or working your way up to it. Can be combined with Anti-Bug Cleanse.	Allow your liver and the rest of your body to continue their natural state of detox in the morning.	Strengthening hydrochloric acid, which improves digestion, and reducing fat levels in the bloodstream, which allows for higher oxygen content and deeper hydration.	2 weeks or more (or adopt for life)	Chapter 16
INTERMITTENT FASTING OPTION An option for those with an interest in intermittent fasting.	For intermittent fasting enthusiasts who want to improve their game and add celery juice into their lives.	Strengthening digestion, giving you more clarity, and potentially controlling weight gain—when applied correctly.	Intermittently as desired	Chapter 16
HEAVY METAL DETOX CLEANSE Can be combined with the Anti-Bug Cleanse or the Morning Cleanse, or integrated into the 3:6:9 Cleanse.	Responsibly free your brain and body from toxic heavy metals that threaten your ability to achieve optimal health.	Getting to the root of neurological issues such as ADHD, autism, anxiety, depression, Alzheimer's, dementia, memory loss, brain fog, focus and concentration issues, tremors, Parkinson's, tics, spasms, insomnia, sleep issues, fatigue, MS, lupus, autoimmune disease, and Lyme disease; plus skin conditions such as eczema, psoriasis, scleroderma, vitiligo, and rosacea.	3 to 6 months or more	Chapter 17 (see Chapter 21 for how to work heavy metal detox into the 3:6:9 Cleanse)

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	PURPOSE	ESPECIALLY USEFUL FOR	LENGTH OF CLEANSE	WHERE TO FIND IT
MONO EATING CLEANSE An eating option that couldn't be simpler, for those times when your system needs calming.	Soothe a digestive tract that's irritated and inflamed and starve the pathogens causing it in order to heal the gut, allowing for better processing of food and assimilation of nutrients. At the same time, rule out foods that are harsh on the nervous system.	Recovery from food poisoning, digestive conditions, or periods of not being able to eat due to eating disorders, gastrointestinal disorders, or medical testing interference. Recovery from chronic, long-term food allergies and sensitivities. Mono Eating delivers ample amounts of glucose to the brain and other parts of the nervous system, allowing for repair of nerves throughout the body that viral neurotoxins* have clung on to and made hypersensitized and inflamed. This glucose delivery translates to relief from MS, fibromyalgia, ME/CFS, anxiety, and many other conditions for which viral neurotoxins are responsible. *Neurotoxins are byproduct that viruses such as EBV excrete when feeding on toxic heavy metals and other troublemakers in the body.	1 week or more at a time (can be used long term as needed)	Chapter 18
WATER FASTING For relief when your digestive system is critically overtaxed.	Navigate severe digestive issues in the short term.	Acute health conditions such as stomach flu, food poisoning, nausea, abdominal pain, gallbladder attacks, and appendicitis. Not recommended for neurological conditions and symptoms.	1 to 3 days	Chapter 19
JUICE FASTING An option for those with an interest in juice cleanses.	Short-term detox that protects the adrenals and liver in the process.	Quickly detoxifying the lymphatic system and alleviating stress on the pancreas, gallbladder, and liver. Quickly restoring hydration while taking away troublemaker foods that feed pathogens that create symptoms and conditions.	1 to 2 days	Chapter 19

THE 3: ORIGINAL

	DAY 1	DAY 2	DAY 3
UPON WAKING	16 ounces lemon or lime water	16 ounces lemon or lime water	16 ounces lemon or lime water
MORNING	Wait 15 to 30 minutes, then: 16 ounces celery juice Wait another 15 to 30 minutes, then: Breakfast and mid-morning snack of your choice (within guidelines)	Wait 15 to 30 minutes, then: 16 ounces celery juice Wait another 15 to 30 minutes, then: Breakfast and mid-morning snack of your choice (within guidelines), including: One to two apples (or applesauce)	Wait 15 to 30 minutes, then: 16 ounces celery juice Wait another 15 to 30 minutes, then: Breakfast and mid-morning snack of your choice (within guidelines), including: One to two apples (or applesauce)
LUNCHTIME	Meal of your choice (within guidelines), incorporating steamed zucchini or summer squash	Meal of your choice (within guidelines), incorporating steamed zucchini or summer squash	Meal of your choice (within guidelines), incorporating steamed zucchini or summer squash
MID-AFTERNOON	One to two apples (or applesauce) with one to two dates	One to two apples (or applesauce) with one to two dates	One to two apples (or applesauce) with one to two dates

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	DAY 1	DAY 2	DAY 3
DINNERTIME	Meal of your choice (within guidelines)	Meal of your choice (within guidelines)	Meal of your choice (within guidelines)
EVENING	Apple (or applesauce) (if desired) 16 ounces lemon or lime water Hibiscus, lemon balm, or chaga tea	Apple (or applesauce) (if desired) 16 ounces lemon or lime water Hibiscus, lemon balm, or chaga tea	Apple (or applesauce) (if desired) 16 ounces lemon or lime water Hibiscus, lemon balm, or chaga tea
GUIDELINES	<ul style="list-style-type: none"> • Reduce your normal consumption of radical fats (nuts, seeds, oils, olives, coconut, avocado, animal proteins, etc.) by 50 percent, and wait to eat radical fats altogether (if desired at all) until dinnertime. While they are not a radical fat, skip beans entirely. • Avoid these foods: eggs, dairy, gluten, soft drinks, salt and seasonings, pork, corn, oils (including both industrial and healthier oils), soy, lamb, tuna and other fish and seafood (salmon, trout, and sardines are okay at dinner on Days 1 to 3), vinegar (including ACV), caffeine (including coffee, matcha, cacao, and chocolate), grains (millet and oats are okay on Days 1 to 3), alcohol, natural/artificial flavors, fermented foods (including kombucha, sauerkraut, and coconut aminos), nutritional yeast, citric acid, monosodium glutamate (MSG), aspartame, other artificial sweeteners, formaldehyde, and preservatives. • If you enjoy animal products, stick to one serving per day of lean, organic, free-range, or wild meat, fowl, or fish (salmon, trout, or sardines), eaten only at dinner for these first three days. • Focus on bringing in more fruits, vegetables, and leafy greens every day. Cook vegetables only by steaming or adding them to the soups and stews in the cleanse recipes in Chapter 23. Avoid baked and roasted foods for all nine days. • See the text to follow and Chapter 21 for substitutions and adaptations if any of the foods in the chart don't work for you. You'll find, for example, substitutions for dates and apples. • Eat the portions that are right for you. Scale back if you're overly full. • Stay hydrated by drinking about 1 liter (roughly 32 ounces, or 4 cups) of water during the day, in between your morning and evening lemon or lime water. 		

———— **THE 6: ORIGINAL** ————

	DAY 4	DAY 5	DAY 6
UPON WAKING	16 ounces lemon or lime water	16 ounces lemon or lime water	16 ounces lemon or lime water
MORNING	Wait 15 to 30 minutes, then: 16 ounces celery juice Wait another 15 to 30 minutes, then: Liver Rescue Smoothie	Wait 15 to 30 minutes, then: 16 ounces celery juice Wait another 15 to 30 minutes, then: Liver Rescue Smoothie	Wait 15 to 30 minutes, then: 16 ounces celery juice Wait another 15 to 30 minutes, then: Liver Rescue Smoothie
LUNCHTIME	Steamed asparagus with Liver Rescue Salad	Steamed asparagus with Liver Rescue Salad	Steamed asparagus and brussels sprouts with Liver Rescue Salad
MID- AFTERNOON	At least one to two apples (or applesauce) with one to three dates (or substitutions) plus celery sticks	At least one to two apples (or applesauce) with one to three dates (or substitutions) plus celery sticks	At least one to two apples (or applesauce) with one to three dates (or substitutions) plus celery sticks
DINNERTIME	Steamed asparagus with Liver Rescue Salad	Steamed brussels sprouts with Liver Rescue Salad	Steamed asparagus and brussels sprouts with Liver Rescue Salad

	DAY 4	DAY 5	DAY 6
EVENING	Apple (or applesauce) (if desired) 16 ounces lemon or lime water Hibiscus, lemon balm, or chaga tea	Apple (or applesauce) (if desired) 16 ounces lemon or lime water Hibiscus, lemon balm, or chaga tea	Apple (or applesauce) (if desired) 16 ounces lemon or lime water Hibiscus, lemon balm, or chaga tea
GUIDELINES	<ul style="list-style-type: none">• Avoid radical fats (nuts, seeds, oils, olives, coconut, avocado, cacao, bone broth, animal proteins, etc.) entirely. Skip beans too.• Avoid these foods: eggs, dairy, gluten, soft drinks, salt and seasonings, pork, corn, oils (including both industrial and healthier oils), soy, lamb, tuna and all other fish and seafood, vinegar (including ACV), caffeine (including coffee, matcha, and chocolate), grains (including millet and oats now), alcohol, natural/artificial flavors, fermented foods (including kombucha, sauerkraut, and coconut aminos), nutritional yeast, citric acid, monosodium glutamate (MSG), aspartame, other artificial sweeteners, formaldehyde, and preservatives.• Instead, stick to the foods outlined in this chapter and the chart above. Cook vegetables only by steaming them. Avoid baked and roasted foods for all nine days.• See the text to follow and Chapter 21 for substitutions and adaptations if any of the foods in the chart don't work for you. You'll find, for example, substitutions for salads, asparagus, brussels sprouts, and smoothie ingredients.• Eat the portions that are right for you. Scale back if you're overly full.• Stay hydrated by drinking about 1 liter (roughly 32 ounces, or 4 cups) of water during the day, in between your morning and evening lemon or lime water.		

THE 9: ORIGINAL

	DAY 7	DAY 8	DAY 9
UPON WAKING	16 ounces lemon or lime water	16 ounces lemon or lime water	16 ounces lemon or lime water
MORNING	Wait 15 to 30 minutes, then: 16 ounces celery juice Wait another 15 to 30 minutes, then: Liver Rescue Smoothie	Wait 15 to 30 minutes, then: 16 ounces celery juice Wait another 15 to 30 minutes, then: Liver Rescue Smoothie	Over the course of the day, consume: Two 16- to 20-ounce celery juices (one morning, one early evening; enjoy them 15 to 30 minutes apart from these other drinks) Two 16- to 20-ounce cucumber-apple juices (anytime) Blended melon, fresh watermelon juice, blended papaya, blended ripe pear, or fresh-squeezed orange juice (as many servings and as often as desired, as long as you consume them separately from each other) Water (as desired)
LUNCHTIME	Spinach Soup over cucumber noodles	Spinach Soup over cucumber noodles	
MID- AFTERNOON	Wait at least 60 minutes, then: 16 ounces celery juice Wait at least 15 to 30 minutes, then: One to two apples (or applesauce) plus cucumber slices and celery sticks	Wait at least 60 minutes, then: 16 ounces celery juice Wait at least 15 to 30 minutes, then: One to two apples (or applesauce) plus cucumber slices and celery sticks	
DINNERTIME	Steamed squash, sweet potatoes, yams, or potatoes with steamed asparagus and/or brussels sprouts plus optional Liver Rescue Salad	Steamed asparagus and/or brussels sprouts plus optional Liver Rescue Salad	
EVENING	Apple (or applesauce) (if desired) 16 ounces lemon or lime water Hibiscus, lemon balm, or chaga tea	Apple (or applesauce) (if desired) 16 ounces lemon or lime water Hibiscus, lemon balm, or chaga tea	16 ounces lemon or lime water Hibiscus, lemon balm, or chaga tea

	DAY 7	DAY 8	DAY 9
GUIDELINES	<ul style="list-style-type: none">• Continue to avoid radical fats (nuts, seeds, oils, olives, coconut, avocado, cacao, bone broth, animal proteins, etc.) entirely. Skip beans too.• Continue to avoid these foods: eggs, dairy, gluten, soft drinks, salt and seasonings, pork, corn, oils (including both industrial and healthier oils), soy, lamb, tuna and all other fish and seafood, vinegar (including ACV), caffeine (including coffee, matcha, and chocolate), grains (including millet and oats now), alcohol, natural/artificial flavors, fermented foods (including kombucha, sauerkraut, and coconut aminos), nutritional yeast, citric acid, monosodium glutamate (MSG), aspartame, other artificial sweeteners, formaldehyde, and preservatives.• Instead, stick to the foods outlined in this chapter and the chart above. Cook vegetables only by steaming them. Avoid baked and roasted foods for all nine days.• See the text to follow and Chapter 21 for substitutions and adaptations if any of the foods in the chart don't work for you.• Eat the portions that are right for you. Scale back if you're overly full.• Stay hydrated by drinking about 1 liter (roughly 32 ounces, or 4 cups) of water during the day, in between your morning and evening lemon or lime water. If the extra celery juice in the afternoon means you'd like to scale back on water a bit, that's fine.		

THE 3: SIMPLIFIED

	DAY 1	DAY 2	DAY 3
UPON WAKING	16 ounces lemon or lime water		
MORNING	Wait 15 to 30 minutes, then: 16 ounces celery juice Wait another 15 to 30 minutes, then: Breakfast of your choice (within guidelines) and later, if desired: Apple (or applesauce)		
LUNCHTIME	Meal of your choice (within guidelines)		
MID-AFTERNOON	Optional: Apple (or applesauce) with one to four dates plus cucumber slices and celery sticks		
DINNERTIME	Meal of your choice (within guidelines)		
EVENING	Apple (or applesauce) (if desired) 16 ounces lemon or lime water Hibiscus, lemon balm, or chaga tea		

	DAY 1	DAY 2	DAY 3
GUIDELINES	<ul style="list-style-type: none">• Avoid radical fats (nuts, seeds, oils, olives, coconut, avocado, cacao, bone broth, animal proteins, etc.) entirely. Skip beans too.• Avoid these foods: eggs, dairy, gluten, soft drinks, salt and seasonings, pork, corn, oils (including both industrial and healthier oils), soy, lamb, tuna and all other fish and seafood, vinegar (including ACV), caffeine (including coffee, matcha, and chocolate), grains (millet and oats are okay), alcohol, natural/artificial flavors, fermented foods (including kombucha, sauerkraut, and coconut aminos), nutritional yeast, citric acid, monosodium glutamate (MSG), aspartame, other artificial sweeteners, formaldehyde, and preservatives.• Instead, stick to fruits, vegetables, leafy greens, and (if desired) millet and oats.• For meal inspiration, check out the Simplified sample menus in Chapter 22.• See the text to follow and Chapter 21 for substitutions and adaptations if any of the foods in the chart don't work for you. You'll find, for example, substitutions for dates and apples.• For alternate amounts of celery juice if you're sensitive, see page 145.• Keep in mind that baking or roasting foods will slow down the detox. If you prefer lighter fare, steam your vegetables instead or cook them in the soup and stew recipes in Chapter 23.• Eat the portions that are right for you. Scale back if you're overly full.• Stay hydrated by drinking about 1 liter (roughly 32 ounces, or 4 cups) of water during the day, in between your morning and evening lemon or lime water.		

THE 6: SIMPLIFIED

	DAY 4	DAY 5	DAY 6
UPON WAKING	16 ounces lemon or lime water		
MORNING	Wait 15 to 30 minutes, then: 24 ounces celery juice Wait another 15 to 30 minutes, then: Fruit-based breakfast of your choice (within guidelines) and later, if desired: Apple (or applesauce)		
LUNCHTIME	Meal of your choice (within guidelines)		
MID-AFTERNOON	Optional: Apple (or applesauce) plus cucumber slices and celery sticks		
DINNERTIME	Meal of your choice (within guidelines)		
EVENING	Apple (or applesauce) (if desired) 16 ounces lemon or lime water Hibiscus, lemon balm, or chaga tea		

	DAY 4	DAY 5	DAY 6
GUIDELINES	<ul style="list-style-type: none">• Breakfast: At this point, stick to fruit all morning, with optional leafy greens, celery, and cucumber to accompany it. Dried mango, dried figs, and dates are okay.• Continue to avoid radical fats (nuts, seeds, oils, olives, coconut, avocado, cacao, bone broth, animal proteins, etc.) entirely. Skip beans too.• Continue to avoid these foods: eggs, dairy, gluten, soft drinks, salt and seasonings, pork, corn, oils (including both industrial and healthier oils), soy, lamb, tuna and all other fish and seafood, vinegar (including ACV), caffeine (including coffee, matcha, and chocolate), grains (millet and oats are okay), alcohol, natural/artificial flavors, fermented foods (including kombucha, sauerkraut, and coconut aminos), nutritional yeast, citric acid, monosodium glutamate (MSG), aspartame, other artificial sweeteners, formaldehyde, and preservatives.• Instead, stick to fruits, vegetables, leafy greens, and (if desired) millet and oats.• For meal inspiration, check out the Simplified sample menus in Chapter 22.• See the text to follow and Chapter 21 for substitutions and adaptations if any of the foods in the chart don't work for you.• For alternate amounts of celery juice if you're sensitive, see page 145.• Keep in mind that baking or roasting foods will slow down the detox. If you prefer lighter fare, steam your vegetables instead or add them to the soup and stew recipes in Chapter 23.• Eat the portions that are right for you. Scale back if you're overly full.• Stay hydrated by drinking about 1 liter (roughly 32 ounces, or 4 cups) of water during the day, in between your morning and evening lemon or lime water.		

THE 9: SIMPLIFIED

	DAY 7	DAY 8	DAY 9
UPON WAKING	16 ounces lemon or lime water		16 ounces lemon or lime water
MORNING	Wait 15 to 30 minutes, then: 32 ounces celery juice Wait another 15 to 30 minutes, then: Fruit-based breakfast of your choice (within guidelines) and later, if desired: Apple (or applesauce)		Wait 15 to 30 minutes, then: 16 ounces celery juice Wait another 15 to 30 minutes, then: Blended melon, fresh watermelon juice, blended papaya, blended ripe pear, or fresh-squeezed orange juice as desired, consumed separately from each other
LUNCHTIME	Meal of your choice (within guidelines)		Spinach Soup

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	DAY 7	DAY 8	DAY 9
MID-AFTERNOON	Optional: Apple (or applesauce) plus cucumber slices and celery sticks		Wait at least 60 minutes, then: 16 ounces celery juice Wait at least 15 to 30 minutes, then: Fresh watermelon juice, blended papaya, blended ripe pear, or fresh-squeezed orange juice as desired, consumed separately from each other
DINNERTIME	Meal of your choice (within guidelines) that incorporates steamed asparagus and/or brussels sprouts		Asparagus Soup or Zucchini Basil Soup
EVENING	Apple (or applesauce) (if desired) 16 ounces lemon or lime water Hibiscus, lemon balm, or chaga tea		16 ounces lemon or lime water Hibiscus, lemon balm, or chaga tea
GUIDELINES	<ul style="list-style-type: none"> • Breakfast: On Day 7 and Day 8, you'll stick to fresh fruit all morning (frozen fruit is okay), with optional leafy greens, celery, and cucumber okay. On Day 9, follow this chart—you'll be consuming specific liquid and blended items all day. • Continue to avoid radical fats (nuts, seeds, oils, olives, coconut, avocado, cacao, bone broth, animal proteins, etc.) entirely. Skip beans too. • Continue to avoid these foods: eggs, dairy, gluten, soft drinks, salt and seasonings, pork, corn, oils (including both industrial and healthier oils), soy, lamb, tuna and all other fish and seafood, vinegar (including ACV), caffeine (including coffee, matcha, and chocolate), grains (millet and oats are okay), alcohol, natural/artificial flavors, fermented foods (including kombucha, sauerkraut, and coconut aminos), nutritional yeast, citric acid, monosodium glutamate (MSG), aspartame, other artificial sweeteners, formaldehyde, and preservatives. • Instead, stick to fruits, vegetables, leafy greens, and (if desired) millet and oats on Days 7 and 8. On Day 9, stick to the outlined items. • For meal inspiration, check out the Simplified sample menus in Chapter 22. • See the text to follow and Chapter 21 for substitutions and adaptations if any of the foods in the chart don't work for you. • For alternate amounts of celery juice if you're sensitive, see page 145. • Keep in mind that baking or roasting foods will slow down the detox. If you prefer lighter fare, steam your vegetables instead or add them to the soup and stew recipes in Chapter 23. • Eat the portions that are right for you. Scale back if you're overly full. • Stay hydrated by drinking about 1 liter (roughly 32 ounces, or 4 cups) of water during the day, in between your morning and evening lemon or lime water. If the extra celery juice means you'd like to scale back on water a bit, that's fine. 		

Avoid Troublemaker Foods

Cut out the troublemaker foods from Chapter 7, "Troublemaker Foods." These are foods you'll want to leave out altogether for the entire nine days, unless noted otherwise:

- Eggs
- Dairy
- Gluten
- Soft drinks
- Salt and seasonings (pure spices are okay)
- Pork
- Corn
- Oils (including both industrial and healthier oils)
- Soy
- Lamb
- Tuna and other fish and seafood (salmon, trout, and sardines are okay for dinner on Days 1 through 3)
- Vinegar (including ACV)
- Caffeine (including coffee, matcha, and chocolate)
- Grains (millet and oats are okay Days 1 through 3)
- Alcohol
- Natural and artificial flavors
- Fermented foods (including kombucha, sauerkraut, and coconut aminos)
- Nutritional yeast
- Citric acid
- Monosodium glutamate (MSG)
- Aspartame and other artificial sweeteners
- Formaldehyde
- Preservatives

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	REGULAR	SENSITIVE
THE 3	16 ounces	8 ounces
THE 6	24 ounces	16 ounces
THE 9	32 ounces	32 ounces*
*As the cleanse description states, on Days 7 and 8, if you can't get the 32 ounces in you all at once, you can drink 16 ounces of celery juice in the morning and the other 16 ounces in the afternoon, spaced apart from other food and drink. Day 9 already divides the 32 ounces between morning and afternoon.		

Breakfast

You'll also make some gradual changes with breakfast every three days in the Simplified 3:6:9 Cleanse:

	BREAKFAST	OKAY TO INCLUDE	WHAT TO EXCLUDE
THE 3	Breakfast of your choice	Fresh fruit Frozen fruit Dried mango, dried figs, dates, raisins Celery, cucumber, leafy greens Potatoes, sweet potatoes, yams, winter squash Millet or oats	Troublemaker foods Radical fats
THE 6	Fruit-based breakfast of your choice	Fresh fruit Frozen fruit Dried mango, dried figs, dates Celery, cucumber, leafy greens	Troublemaker foods Radical fats Cooked foods
THE 9	Fresh fruit breakfast of your choice	Fresh fruit Frozen fruit Celery, cucumber, leafy greens	Troublemaker foods Radical fats Cooked foods Dried fruit

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	DAYS 1 TO 3	DAYS 4 TO 6	DAYS 7 TO 8	DAY 9
UPON WAKING	32 ounces lemon or lime water			
MORNING	<p>Wait 15 to 30 minutes, then:</p> <p>24 (or 32) ounces* celery juice</p> <p>Wait another 15 to 30 minutes, then:</p> <p>Heavy Metal Detox Smoothie</p> <p>and later, if hungry:</p> <p>Apple (or raw applesauce)</p>	<p>Wait 15 to 30 minutes, then:</p> <p>32 ounces celery juice</p> <p>Wait another 15 to 30 minutes, then:</p> <p>Heavy Metal Detox Smoothie</p> <p>and later, if hungry:</p> <p>Apple (or raw applesauce)</p>		<p>Over the course of the day, consume:</p> <p>Two 32-ounce celery juices (one morning, one early evening; enjoy them 15 to 30 minutes apart from these other drinks)</p> <p>Two 16- to 20-ounce cucumber-apple juices (anytime)</p> <p>Blended melon, fresh watermelon juice, blended papaya, blended ripe pear, or fresh-squeezed orange juice (as many servings and as often as desired, as long as you consume them separately from each other)</p> <p>Water (as desired)</p>
LUNCHTIME	<p>Liver Rescue Smoothie or</p> <p>Spinach Soup (with optional cucumber noodles)</p>			
MID-AFTERNOON	<p>Optional, if hungry:</p> <p>Apple (or raw applesauce)</p>		<p>Wait at least 60 minutes, then:</p> <p>32 ounces celery juice</p> <p>Wait at least 15 to 30 minutes, then:</p> <p>Apple (or raw applesauce) if hungry</p>	
DINNERTIME	<p>Kale Salad or</p> <p>Cauliflower and Greens Bowl or</p> <p>Tomato, Cucumber, and Herb Salad or</p> <p>Leafy Green Nori Rolls or</p> <p>Spinach Soup with optional cucumber noodles</p>			

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	DAYS 1 TO 3	DAYS 4 TO 6	DAYS 7 TO 8	DAY 9
EVENING	<p>Apple (or raw applesauce) (if desired)</p> <p>16 ounces lemon or lime water</p> <p>Hibiscus, lemon balm, or chaga tea</p>			<p>16 ounces lemon or lime water</p> <p>Hibiscus, lemon balm, or chaga tea</p>
GUIDELINES	<p>* If you are repeating the cleanse (starting over at Day 1 immediately after completing Day 9), increase your celery juice from 24 ounces to 32 ounces in the morning on the first three days.</p> <ul style="list-style-type: none"> • Devote yourself exclusively to raw fruits, vegetables, and leafy greens—specifically, the ones outlined in the chart or recipes above. (Frozen fruit is okay.) • See the text to follow and Chapter 21 for substitutions and adaptations if any of the foods in the chart don't work for you. For example, you can substitute ripe pears for apples. • Find specific recipes in Chapter 23. When a smoothie or soup is listed, you can choose to eat the ingredients whole rather than blended if you prefer. Likewise, when a salad is listed, you can blend those ingredients if you wish. Apples or ripe pears can also be blended alone into pure, raw applesauce or pear sauce. • If you experience an intense cleansing effect from what seems to be the celery juice, reduce the amount by half and then work your way back up. • Avoid all radical fats (nuts, seeds, oils, olives, coconut, avocado, cacao, bone broth, animal proteins, etc.) entirely. Skip beans too. • Avoid these foods: eggs, dairy, gluten, soft drinks, salt and seasonings, pork, corn, oils (including both industrial and healthier oils), soy, lamb, tuna and all other fish and seafood, vinegar (including ACV), caffeine (including coffee, matcha, and chocolate), grains (including millet and oats), alcohol, natural/artificial flavors, fermented foods (including kombucha, sauerkraut, and coconut aminos), nutritional yeast, citric acid, monosodium glutamate (MSG), aspartame, other artificial sweeteners, formaldehyde, and preservatives. • Eat the portions that are right for you. Scale back if you're overly full. • Stay hydrated by drinking about 1 liter (roughly 32 ounces, or 4 cups) of water during the day, in between your morning and evening lemon or lime water. If the extra celery juice in the afternoon during The 9 means you'd like to scale back on water a bit, that's fine. 			

Avoid Troublemaker Foods

Cut out the troublemaker foods from Chapter 7, "Troublemaker Foods." These are foods you'll want to leave out altogether for the entire nine days:

- Eggs
- Dairy
- Gluten
- Soft drinks
- Salt and seasonings (pure spices are okay)
- Pork
- Corn
- Oils (including both industrial and healthier oils)
- Soy
- Lamb
- Tuna and all other fish and seafood
- Vinegar (including ACV)
- Caffeine (including coffee, matcha, and chocolate)
- Grains (millet and oats are okay Days 1 through 8)
- Alcohol
- Natural and artificial flavors
- Fermented foods (including kombucha, sauerkraut, and coconut aminos)
- Nutritional yeast
- Citric acid
- Monosodium glutamate (MSG)
- Aspartame and other artificial sweeteners
- Formaldehyde
- Preservatives

TROUBLEMAKER FOODS LIST

LEVEL 1	Eggs Dairy Gluten Soft drinks Be mindful of salt consumption
LEVEL 2	All of the above PLUS: Pork Tuna Corn
LEVEL 3	All of the above PLUS: Industrial food oils (vegetable oil, palm oil, canola oil, corn oil, safflower oil, soybean oil) Soy Lamb Fish and seafood (other than salmon, trout, and sardines)
LEVEL 4	All of the above PLUS: Vinegar (including apple cider vinegar) Fermented foods (including kombucha, sauerkraut, and coconut aminos) Caffeine (including coffee, matcha, and chocolate)
LEVEL 5	All of the above PLUS: Grains (millet and oats are okay) All oils (including healthier ones such as olive, walnut, sunflower, coconut, sesame, avocado, grapeseed, almond, macadamia, peanut, flaxseed)

BONUS

For even better, faster results:

Cut out salt and seasonings entirely (pure spices are okay)

Avoid radical fats entirely for a period

And also limit or remove:

Alcohol

Natural/artificial flavors

Nutritional yeast

Citric acid

Aspartame

Other artificial sweeteners

Monosodium glutamate (MSG)

Formaldehyde

Preservatives

ORIGINAL: THE 3

	DAY 1	DAY 2	DAY 3
UPON WAKING	16 ounces Lemon or Lime Water	16 ounces Lemon or Lime Water	16 ounces Lemon or Lime Water
BEFORE BREAKFAST (at least 15 to 30 minutes later)	16 ounces Celery Juice	16 ounces Celery Juice	16 ounces Celery Juice
BREAKFAST (at least 15 to 30 minutes later)	Raw Apple Banana "Oatmeal"	Pitaya Smoothie Bowl	Fruit Cereal
MORNING SNACK	Optional, if hungry: Apple or Applesauce	One to two apples or Applesauce	One to two apples or Applesauce
LUNCH	Potato Salad + Steamed Zucchini or Summer Squash	Tomato, Cucumber, and Herb Salad + Steamed Zucchini or Summer Squash	Cauliflower Sushi + Steamed Zucchini or Summer Squash
AFTERNOON SNACK (one to two hours after lunchtime)	One to two apples or Applesauce with one to two dates	One to two apples or Applesauce with one to two dates	One to two apples or Applesauce with one to two dates
DINNER	Sweet Potato and Zucchini Stew + Leafy Green Salad	Curried Cauliflower and Peas	"Cheddar" Broccoli Soup + Leafy Green Salad
ONE HOUR BEFORE BED	Apple or Applesauce (if hungry) + 16 ounces Lemon or Lime Water + Hibiscus Tea	Apple or Applesauce (if hungry) + 16 ounces Lemon or Lime Water + Hibiscus Tea	Apple or Applesauce (if hungry) + 16 ounces Lemon or Lime Water + Hibiscus Tea

ORIGINAL: THE 6

	DAY 4	DAY 5	DAY 6
UPON WAKING	16 ounces Lemon or Lime Water	16 ounces Lemon or Lime Water	16 ounces Lemon or Lime Water
BEFORE BREAKFAST (at least 15 to 30 minutes later)	16 ounces Celery Juice	16 ounces Celery Juice	16 ounces Celery Juice
BREAKFAST (at least 15 to 30 minutes later)	Liver Rescue Smoothie	Liver Rescue Smoothie	Liver Rescue Smoothie
MORNING SNACK	Optional, if hungry: Liver Rescue Smoothie or Heavy Metal Detox Smoothie	Optional, if hungry: Liver Rescue Smoothie or Heavy Metal Detox Smoothie	Optional, if hungry: Liver Rescue Smoothie or Heavy Metal Detox Smoothie
LUNCH	Steamed Asparagus + Liver Rescue Salad	Steamed Asparagus + Liver Rescue Salad	Either Shaved Brussels Sprout, Asparagus, Radish, and Apple Salad or Steamed Asparagus + Steamed Brussels Sprouts + Liver Rescue Salad
AFTERNOON SNACK (one to two hours after lunchtime)	Raw Mini Apple Pie Tarts + Celery sticks	Apple Pie Filling + Celery sticks	Apple Cinnamon Stuffed Dates + Celery sticks
DINNER	Asparagus Soup + Liver Rescue Salad	Lemon Garlic Steamed Brussels Sprouts + Liver Rescue Salad	Steamed Brussels Sprouts and Asparagus in Maple Cayenne Sauce + Liver Rescue Salad
ONE HOUR BEFORE BED	Apple or Applesauce (if hungry) + 16 ounces Lemon or Lime Water + Chaga Tea	Apple or Applesauce (if hungry) + 16 ounces Lemon or Lime Water + Chaga Tea	Apple or Applesauce (if hungry) + 16 ounces Lemon or Lime Water + Chaga Tea

ORIGINAL: THE 9

	DAY 7	DAY 8	DAY 9
UPON WAKING	16 ounces Lemon or Lime Water	16 ounces Lemon or Lime Water	16 ounces Lemon or Lime Water
BEFORE BREAKFAST (at least 15 to 30 minutes later)	16 ounces Celery Juice	16 ounces Celery Juice	Over the course of the day: Two 16- to 20-ounce Celery Juices (one morning, one early evening) + Two 16- to 20-ounce Cucumber-Apple Juices (anytime) + As many servings and as often as desired: Melon Smoothie or Papaya Pudding or Pear Sauce or Watermelon Juice or Fresh-Squeezed Orange Juice + Water (as desired)
BREAKFAST (at least 15 to 30 minutes later)	Liver Rescue Smoothie	Liver Rescue Smoothie	
MORNING SNACK	Optional, if hungry: Liver Rescue Smoothie or Heavy Metal Detox Smoothie	Optional, if hungry: Liver Rescue Smoothie or Heavy Metal Detox Smoothie	
LUNCH	Spinach Soup with Cucumber Noodles	Spinach Soup with Cucumber Noodles	
AFTERNOON SNACK (one to two hours after lunchtime)	16 ounces Celery Juice + (at least 15 to 30 minutes later) Apples with cucumber and celery	16 ounces Celery Juice + (at least 15 to 30 minutes later) Apples with cucumber and celery	
DINNER	Butternut Squash Noodles + Liver Rescue Salad (if desired)	Steamed Asparagus + Steamed Brussels Sprouts + Liver Rescue Salad (if desired)	
ONE HOUR BEFORE BED	Apple or Applesauce (if hungry) + 16 ounces Lemon or Lime Water + Lemon Balm Tea	Apple or Applesauce (if hungry) + 16 ounces Lemon or Lime Water + Lemon Balm Tea	16 ounces Lemon or Lime Water + Lemon Balm Tea

ORIGINAL 3:6:9 CLEANSE REMINDERS

Refer to Chapter 10, "Original 3:6:9 Cleanse,"
for the full description of this cleanse.

WHAT TO EAT AND DRINK

- Eat the portions that are right for you, remembering not to go ravenous. At no point should you be forcing food either.
- Stick to the foods as outlined in the recipes specified above and the cleanse guidance in Chapter 10.
- If you enjoy animal products, stick to one serving per day of lean, organic, free-range, or wild meat, fowl, or fish (salmon, trout, or sardines), eaten only at dinner for these first three days.
- Stay hydrated by drinking about 1 liter (roughly 32 ounces, or 4 cups) of water during the day, in between your morning and evening lemon or lime water. In addition, you're welcome to sip on Hot Spiced Apple Juice at any temperature (recipe on page 290) or coconut water (look for one without natural flavors).

WHAT NOT TO EAT AND DRINK

- For the first three days, limit radical fats (nuts, seeds, oil, olives, coconut, avocado, animal proteins, etc.)—if desired at all—to dinnertime, lowering your normal amount of fats by at least 50 percent. For the rest of the cleanse, avoid radical fats entirely. Skip beans for all nine days too.
- Avoid these foods entirely during the cleanse: eggs, dairy, gluten, soft drinks, salt and seasonings, pork, corn, oils (including both industrial and healthier oils), soy, lamb, tuna and all other fish and seafood (salmon, trout, and sardines are okay at dinner on Days 1 to 3), vinegar (including ACV), caffeine (including coffee, matcha, cacao, and chocolate), grains (millet and oats are okay on Days 1 to 3), alcohol, natural/artificial flavors, fermented foods (including kombucha, sauerkraut, and coconut aminos), nutritional yeast, citric acid, monosodium glutamate (MSG), aspartame, other artificial sweeteners, formaldehyde, and preservatives.

SUBSTITUTIONS AND MODIFICATIONS

- Follow the recipe instructions, making substitutions only as outlined in Chapter 21, "Cleanse Adaptations and Substitutions." If you prefer simpler snacks or meals, refer to Chapter 10, "Original 3:6:9 Cleanse," for general food guidance. For example, in place of a dish such as Steamed Brussels Sprouts and Asparagus in Maple Cayenne Sauce, you can enjoy simple steamed brussels sprouts and asparagus.
- If you can't access fresh or frozen asparagus or brussels sprouts, use steamed zucchini and/or summer squash in their place.
- Cook vegetables only by steaming or adding them to cleanse recipe soups and stews. Avoid baked and roasted foods for all nine days.
- If you don't have time to eat salads, you don't like them, you have difficulty chewing, or you have sensitive digestion, feel free to make the Liver Rescue Soup in place of the Liver Rescue Salad. If even that feels like too much, substitute the Liver Rescue Juice.
- If apples are a problem for you due to a sensitivity, enjoy ripe pears instead.
- Find further substitution guidance in the cleanse description in Chapter 10 and in Chapter 21, "Cleanse Adaptations and Substitutions."

SIMPLIFIED 3:6:9 CLEANSE SAMPLE MENUS

SIMPLIFIED: THE 3

	DAY 1	DAY 2	DAY 3
UPON WAKING	16 ounces Lemon or Lime Water	16 ounces Lemon or Lime Water	16 ounces Lemon or Lime Water
BEFORE BREAKFAST (at least 15 to 30 minutes later)	16 ounces Celery Juice	16 ounces Celery Juice	16 ounces Celery Juice
BREAKFAST (at least 15 to 30 minutes later)	Wild Blueberry Porridge	Spaghetti Squash Hash Browns	Banana Oat Cookies
MORNING SNACK	Optional, if hungry: Apple or Applesauce	Optional, if hungry: Apple or Applesauce	Optional, if hungry: Apple or Applesauce
LUNCH	Stuffed Butternut Squash	Sweet Potato Tots + Leafy Green Salad	Warm Spiced Roasted Vegetable Salad
AFTERNOON SNACK (one to two hours after lunchtime)	Optional, if hungry: Apple Cinnamon Stuffed Dates + Celery sticks and cucumber slices (if desired)	Optional, if hungry: Apple Pie Filling + Celery sticks and cucumber slices (if desired)	Optional, if hungry: Raw Mini Apple Pie Tarts + Celery sticks and cucumber slices (if desired)
DINNER	Mini Potato Cake Pizzas + Leafy Green Salad	Butternut Squash Falafels + Leafy Green Salad	Zucchini Lasagna + Leafy Green Salad
ONE HOUR BEFORE BED	Apple or Applesauce (if hungry) + 16 ounces Lemon or Lime Water + Hibiscus Tea	Apple or Applesauce (if hungry) + 16 ounces Lemon or Lime Water + Hibiscus Tea	Apple or Applesauce (if hungry) + 16 ounces Lemon or Lime Water + Hibiscus Tea

SIMPLIFIED: THE 6

	DAY 4	DAY 5	DAY 6
UPON WAKING	16 ounces Lemon or Lime Water	16 ounces Lemon or Lime Water	16 ounces Lemon or Lime Water
BEFORE BREAKFAST (at least 15 to 30 minutes later)	24 ounces Celery Juice	24 ounces Celery Juice	24 ounces Celery Juice
BREAKFAST (at least 15 to 30 minutes later)	Apple Cinnamon Smoothie	Mango Smoothie Berry Parfait	Liver Rescue Smoothie
MORNING SNACK	Optional, if hungry: Apple or Applesauce	Optional, if hungry: Apple or Applesauce	Optional, if hungry: Apple or Applesauce
LUNCH	Chunky Sweet Potato Fries with Spinach Pesto	Roasted Red Pepper and Tomato Soup + Liver Rescue Salad	Potato and Herb Stuffed Peppers
AFTERNOON SNACK (one to two hours after lunchtime)	Optional: Hot Spiced Apple Juice or Apple(s) with cucumber and celery	Optional: Hot Spiced Apple Juice or Apple(s) with cucumber and celery	Optional: Hot Spiced Apple Juice or Apple(s) with cucumber and celery
DINNER	Portobello Stew + Steamed Asparagus or Steamed Zucchini or Summer Squash	Carrot, Zucchini, and Potato Patties + Leafy Green Salad	Potato Pizza Boats + Leafy Green Salad
ONE HOUR BEFORE BED	Apple or Applesauce (if hungry) + 16 ounces Lemon or Lime Water + Chaga Tea	Apple or Applesauce (if hungry) + 16 ounces Lemon or Lime Water + Chaga Tea	Apple or Applesauce (if hungry) + 16 ounces Lemon or Lime Water + Chaga Tea

SIMPLIFIED: THE 9

	DAY 7	DAY 8	DAY 9
UPON WAKING	16 ounces Lemon or Lime Water	16 ounces Lemon or Lime Water	16 ounces Lemon or Lime Water
BEFORE BREAKFAST (at least 15 to 30 minutes later)	32 ounces Celery Juice	32 ounces Celery Juice	16 ounces Celery Juice
BREAKFAST (at least 15 to 30 minutes later)	Heavy Metal Detox Smoothie	Watermelon Fries	Melon Smoothie or Watermelon Juice or Fresh-Squeezed Orange Juice
MORNING SNACK	Optional, if hungry: Apple or Applesauce	Optional, if hungry: Apple or Applesauce	
LUNCH	Zucchini and Summer Squash Stir-Fry over Cauliflower Rice	Sweet Potato Noodles with Garlic, Red Pepper, and Asparagus + Leafy Green Salad	Spinach Soup
AFTERNOON SNACK (one to two hours after lunchtime)	Optional: Hot Spiced Apple Juice or Apple(s) with cucumber and celery	Optional: Hot Spiced Apple Juice or Apple(s) with cucumber and celery	16 ounces Celery Juice + (at least 15 to 30 minutes later) Papaya Pudding or Pear Sauce
DINNER	Brussels Sprout Vegetable Soup + Liver Rescue Salad	Lemon Asparagus with Roasted Tomato and Spinach Salad	Asparagus Soup or Zucchini Basil Soup
ONE HOUR BEFORE BED	Apple or Applesauce (if hungry) + 16 ounces Lemon or Lime Water + Lemon Balm Tea	Apple or Applesauce (if hungry) + 16 ounces Lemon or Lime Water + Lemon Balm Tea	16 ounces Lemon or Lime Water + Lemon Balm Tea

SIMPLIFIED 3:6:9 CLEANSE REMINDERS

Refer to Chapter 11, "Simplified 3:6:9 Cleanse,"
for the full description of this cleanse.

WHAT TO EAT AND DRINK

- Eat the portions that are right for you, remembering not to go ravenous. At no point should you be forcing food either.
- Stick to the foods as outlined in the recipes specified above and the cleanse guidance in Chapter 11.
- For breakfast, work your way up to a fruit-based breakfast by The 6 and fresh fruit breakfast (with frozen fruit okay) by The 9. See page 145 for further guidance.
- Note the celery juice increases every three days. For alternate amounts if you're sensitive, see the table in Chapter 11.
- Stay hydrated by drinking about 1 liter (roughly 32 ounces, or 4 cups) of water during the day, in between your morning and evening lemon or lime water. In addition, you're welcome to sip on Hot Spiced Apple Juice at any temperature (recipe on page 290) or coconut water (look for one without natural flavors).

WHAT NOT TO EAT AND DRINK

- Avoid radical fats (nuts, seeds, oil, olives, coconut, avocado, cacao, bone broth, animal proteins, etc.) entirely for all nine days. Skip beans for the entire cleanse too.
- Avoid these foods entirely during the cleanse: eggs, dairy, gluten, soft drinks, salt and seasonings, pork, corn, oils (including both industrial and healthier oils), soy, lamb, tuna and all other fish and seafood, vinegar (including ACV), caffeine (including coffee, matcha, and chocolate), grains (millet and oats are okay on Days 1 to 8), alcohol, natural/artificial flavors, fermented foods (including kombucha, sauerkraut, and coconut aminos), nutritional yeast, citric acid, monosodium glutamate (MSG), aspartame, other artificial sweeteners, formaldehyde, and preservatives.

SUBSTITUTIONS AND MODIFICATIONS

- Follow the recipe instructions, making substitutions only as outlined in Chapter 21, "Cleanse Adaptations and Substitutions." If you prefer simpler snacks or meals, refer to Chapter 11, "Simplified 3:6:9 Cleanse," for general food guidance.
- If you already eat what you feel is a clean diet, you may wish to choose recipes that include a lot of raw fruits, leafy greens, and vegetables; steamed vegetables; or the soup and stew recipes. While there are many baked recipes included in the Simplified sample menu plans to provide variety and inspiration, keep in mind that baked recipes will slow down the detox. They are still a fantastic and delicious choice for someone who is cleansing for the first time.
- If you don't have time to eat salads, you don't like them, you have difficulty chewing, or you have sensitive digestion, feel free to blend them.
- If apples are a problem for you due to a sensitivity, enjoy ripe pears instead.
- Find further substitution guidance in the cleanse description in Chapter 11 and in Chapter 21, "Cleanse Adaptations and Substitutions."

ADVANCED 3:6:9 CLEANSE SAMPLE MENUS

	THE 3	THE 6	THE 9	
	DAYS 1 TO 3	DAYS 4 TO 6	DAYS 7 TO 8	DAY 9
UPON WAKING	32 ounces Lemon or Lime Water	32 ounces Lemon or Lime Water	32 ounces Lemon or Lime Water	32 ounces Lemon or Lime Water
BEFORE BREAKFAST (at least 15 to 30 minutes later)	24 (or 32) ounces* Celery Juice	32 ounces Celery Juice	32 ounces Celery Juice	Over the course of the day: Two 32-ounce Celery Juices (one morning, one early evening) + Two 16- to 20-ounce Cucumber-Apple Juices (anytime) + As many servings and as often as desired: Melon Smoothie or Papaya Pudding or Pear Sauce or Watermelon Juice or Fresh-Squeezed Orange Juice + Water (as desired)
BREAKFAST (at least 15 to 30 minutes later)	Heavy Metal Detox Smoothie	Heavy Metal Detox Smoothie	Heavy Metal Detox Smoothie	
MORNING SNACK	Optional, if hungry: Apple or Applesauce	Optional, if hungry: Apple or Applesauce	Optional, if hungry: Apple or Applesauce	
LUNCH	Spinach Soup with or without Cucumber Noodles	Liver Rescue Smoothie	Spinach Soup with or without Cucumber Noodles	
AFTERNOON SNACK (one to two hours after lunchtime)	Optional, if hungry: Apple or Applesauce	Optional, if hungry: Apple or Applesauce	32 ounces Celery Juice + (at least 15 to 30 minutes later, only if hungry) Apples	
DINNER	Kale Salad or Cauliflower and Greens Bowl	Tomato, Cucumber, and Herb Salad	Leafy Green Nori Rolls or Spinach Soup	
ONE HOUR BEFORE BED	Apple or Apple- sauce (if hungry) + 16 ounces Lemon or Lime Water + Hibiscus Tea	Apple or Apple- sauce (if hungry) + 16 ounces Lemon or Lime Water + Chaga Tea	Apple or Apple- sauce (if hungry) + 16 ounces Lemon or Lime Water + Lemon Balm Tea	16 ounces Lemon or Lime Water + Lemon Balm Tea

Refer to Chapter 12, "Advanced 3:6:9 Cleanse," for the full description of this cleanse.

WHAT TO EAT AND DRINK

- Eat the portions that are right for you, remembering not to go ravenous. At no point should you be forcing food either.
- Stick to the foods as outlined in the recipes specified above and the cleanse guidance in Chapter 12. You'll be consuming exclusively raw fruits, vegetables, and leafy greens for all meals and snacks. (Frozen fruit is okay.)
- Stay hydrated by drinking about 1 liter (roughly 32 ounces, or 4 cups) of water during the day, in between your morning and evening lemon or lime water. In addition, you're welcome to sip on Hot Spiced Apple Juice (recipe on page 290) at any temperature or coconut water (look for one without natural flavors). If the extra celery juice in the afternoon starting on Day 7 means you'd like to scale back on water a bit, that's fine.

* See page 152 for details on morning celery juice amounts during The 3.

WHAT NOT TO EAT AND DRINK

- Avoid radical fats (nuts, seeds, oil, olives, coconut, avocado, cacao, bone broth, animal proteins, etc.) entirely for all nine days. Skip beans for the entire cleanse too.
- Avoid cooked foods for the whole cleanse.
- Avoid these foods entirely during the cleanse: eggs, dairy, gluten, soft drinks, salt and seasonings, pork, corn, oils (including both industrial and healthier oils), soy, lamb, tuna and all other fish and seafood, vinegar (including ACV), caffeine (including coffee, matcha, and chocolate), grains (including millet and oats), alcohol, natural/artificial flavors, fermented foods (including kombucha, sauerkraut, and coconut aminos), nutritional yeast, citric acid, monosodium glutamate (MSG), aspartame, other artificial sweeteners, formaldehyde, and preservatives.

SUBSTITUTIONS AND MODIFICATIONS

- Follow the recipe instructions, making substitutions only as outlined in Chapter 21, "Cleanse Adaptations and Substitutions."
- When a smoothie or soup is listed, you can choose to eat the ingredients whole rather than blended if you prefer. Likewise, when a salad is listed, you can blend those ingredients if you wish.
- If apples are a problem for you due to a sensitivity, enjoy ripe pears instead. Apples or ripe pears can also be blended alone into pure, raw applesauce or pear sauce.
- If you experience an intense cleansing effect from what seems to be the celery juice, reduce the amount by half and then work your way back up.
- Find further substitution guidance in the cleanse description in Chapter 12 and in Chapter 21, "Cleanse Adaptations and Substitutions."

LIVER RESCUE JUICE

Makes 1 to 2 servings

Liver Rescue Juice is the perfect option for anyone with severe digestive issues who finds eating fibrous salads or soups uncomfortable or challenging. You can enjoy this refreshing juice instead of Liver Rescue Salad and Liver Rescue Soup during the 3:6:9 Cleanse as needed.

VERSION 1

With Asparagus

3 medium-sized red apples
1 cup fresh cilantro, loosely packed
2 cups spinach, tightly packed
1 pound asparagus, ends trimmed
1 cucumber

VERSION 2

With Brussels Sprouts

3 medium-sized red apples
1 cup fresh cilantro, loosely packed
2 cups spinach, tightly packed
2 pounds brussels sprouts, ends trimmed
1 cucumber

VERSION 3

With Asparagus and Brussels Sprouts

3 medium-sized red apples
1 cup fresh cilantro, loosely packed
2 cups spinach, tightly packed
1 pound brussels sprouts, ends trimmed
½ pound asparagus, ends trimmed
1 cucumber

Run the ingredients through a juicer. Enjoy immediately for best results. Store any leftover juice in an airtight container in the fridge.

Alternatively, chop all of the ingredients and then blend them together in a high-speed blender until liquefied (don't add water) and then strain through a nut milk bag or cheesecloth.

TIPS

- This is a great juice to make a part of your regular lifestyle, whether you are doing the 3:6:9 Cleanse or not. It makes for a wonderful second juice after your morning celery juice or a great pick-me-up in the afternoon.
- If you need an alternative to apples, substitute pears.

LIVER RESCUE SMOOTHIE

Makes 1 to 2 servings

The first smoothie option below is a fast, simple, antioxidant-rich tonic to add to your life for deep liver healing. The second smoothie option is a light, cheery alternative that brings together greens and fruit. If you've never thought of adding sprouts to your smoothie before, now is a perfect time to try it out. They're powerful and mild, and they blend perfectly into this smooth, tropical treat.

OPTION A

2 bananas or ½ Maradol papaya, cubed

½ cup fresh, 1 packet frozen, or 2 tablespoons powdered red pitaya (dragon fruit)

2 cups fresh or frozen or 2 tablespoons powdered wild blueberries

½ cup water (optional)

Combine all ingredients in a blender. Blend until smooth. If desired, stream in up to ½ cup of water until desired consistency is reached.

OPTION B

1 banana or ¼ Maradol papaya, cubed

1 mango

½ cup fresh, 1 packet frozen, or 2 tablespoons powdered red pitaya (dragon fruit)

1 celery stalk

½ cup sprouts (any variety)

½ lime

½ cup water (optional)

TIPS

- If you'd like to include the Heavy Metal Detox Smoothie (see the next recipe) in the 3:6:9 Cleanse, you can drink a smaller serving of the Liver Rescue Smoothie and then later in the morning enjoy a smaller serving of the Heavy Metal Detox Smoothie too.

HEAVY METAL DETOX SMOOTHIE

Makes 1 serving

This smoothie is a perfect and powerful combination of the five key ingredients for safely detoxifying toxic heavy metals from your brain and body. It's an honorable, life-giving blessing to help reverse so many symptoms.

2 bananas
2 cups frozen or fresh wild blueberries or 2 tablespoons powdered wild blueberries
1 cup fresh cilantro
1 teaspoon barley grass juice powder
1 teaspoon spirulina
1 tablespoon Atlantic dulse
1 orange
½ to 1 cup water (optional)

Combine the bananas, wild blueberries, cilantro, barley grass juice powder, spirulina, and Atlantic dulse with the juice of one orange in a high-speed blender and blend until smooth. Add up to 1 cup of water if a thinner consistency is desired. Serve and enjoy!

TIPS

- If the barley grass juice powder and spirulina make the taste too strong for you, start with a small amount of each and work your way up.

APPLESAUCE

Makes 1 serving

Don't be fooled by this recipe's simplicity—applesauce is one of the most profoundly rejuvenating, revitalizing foods for your liver cells, and that means wonders for the rest of your body. Plus it's sweet and delicious and easy to whip up anytime.

1 to 2 red apples, diced
1 to 3 medjool dates, pitted
(optional)
1 stalk celery, chopped
(optional)
¼ teaspoon cinnamon
(optional)

Blend the diced red apple and other desired ingredients in a blender or food processor until a smooth, even applesauce forms.

Serve and enjoy immediately or squeeze some fresh lemon juice over the top and seal tightly if you'd like to save it for later.

TIPS

- If you're making this recipe to fill in for apples as part of the 3:6:9 Cleanse, be mindful about how many dates you add to your applesauce, if any. Pay attention to whether a given snack calls for them and adjust the amount of dates you include accordingly. As beneficial as dates are, you want to make sure you leave room for water-rich foods. With too many dates, you could fill up so much that you miss out on the other healing cleanse foods.

LIVER RESCUE SALAD

Makes 1 to 2 servings

These two salad options are brimming with healing properties for your liver. They're great for when you want a lighter meal, and they're also perfect additions to a cooked meal such as the steamed asparagus, brussels sprouts, zucchini, and summer squash in the 3:6:9 Cleanse. You can customize each salad with any of the healing foods listed below so that you never get bored. If you try the fat-free Orange "Vinaigrette" Dressing, it is sure to become a staple in your kitchen. It's flavorful, sweet, and satisfying for anyone to enjoy.

8 cups any variety of leafy greens (spinach, arugula, butter lettuce, romaine, kale, mâche, etc.), loosely packed

1 lemon, lime, or orange, juiced

OPTIONAL TOPPINGS

Apple	Fresh herbs (cilantro, parsley, basil, dill, mint, oregano, thyme, rosemary, etc.)
Grapes	Atlantic dulse
Mango	Garlic
Papaya	Onion (any variety you like—leeks, red, sweet, yellow, green, etc.)
Orange	Radish
Tangerine	Bell pepper (ripe, not green)
Berries	Sugar snap peas
Banana (only if the salad doesn't include tomato, as banana and tomato don't digest well together)	Snow peas
Fresh figs	Raw cauliflower
Cucumber	Sundried tomatoes (unsalted, oil-free, unsulfured)
Celery	Steamed green beans
Tomato	
Asparagus	
Cabbage (red or green)	
Carrot	
Sprouts	
Microgreens	

OPTIONAL ORANGE

"VINAIGRETTE" DRESSING

1 cup orange juice

1 garlic clove

1 teaspoon raw honey

¼ cup water

⅛ teaspoon cayenne (optional)

Place the leafy greens of your choice and your desired toppings from the list in a bowl and mix together to form the base of the salad.

Drizzle the fresh lemon, lime, or orange juice over top to taste.

Alternatively, make the Orange "Vinaigrette" by blending all of its ingredients until smoothly combined. Toss with your salad until well mixed.

Serve and enjoy.

TIPS

- During the Original 3:6:9 Cleanse, it may be tempting to skip the Liver Rescue Salad if you enjoy the asparagus and/or brussels sprouts so much that you fill up on those at lunch and dinner. Try to be mindful so that this doesn't happen—unless it's dinner on Days 7 or 8, when the salad is optional.
- If you don't have room to eat the full salad with the other items called for in your cleanse meal, it is okay to cut this recipe by as much as half so you have an appetite for it all. That is, scale back how many toppings you include and cut the base from 8 cups of greens to 4 cups of greens.
- If you're really highly sensitive, you can even make the raw Liver Rescue Soup in place of this recipe. As a last resort on the Original 3:6:9 Cleanse, it's okay to opt for the Liver Rescue Juice recipe instead to get the nutrients in yourself that way. When your digestion is that compromised, you may prefer to start with the Mono Eating Cleanse from Chapter 18.

SPINACH SOUP

Makes 1 serving

One of the amazing benefits of incorporating more fruits, vegetables, and leafy greens into our diet is the way our taste buds change and we begin to crave more and more of these fresh ingredients over time. When you find yourself yearning for leafy greens and the benefits they provide, this easy-to-make, richly flavored soup is a great way to incorporate them into your day in an easily digestible form. With all of the minerals the spinach provides, you'll also help curb any cravings for the foods you know don't serve your health right now.

1 pint grape tomatoes
1 stalk celery
1 garlic clove
1 orange, juiced
4 cups baby spinach, loosely packed
2 basil leaves or a few sprigs of fresh cilantro
½ to 1 cucumber (optional; leave out the cucumber noodles on Day 9 of the Simplified Cleanse)

Place the tomatoes, celery, garlic, and fresh orange juice in a high-speed blender and blend until smooth.

Add the spinach by the handful and blend until completely incorporated.

Add the basil or cilantro and blend until smooth.

If desired, make the cucumber into noodles using a spiralizer, julienne peeler, or vegetable peeler. (As noted at the beginning of this chapter, when using organic cucumber, you can leave the skin on or peel the cucumber first, depending on preference. With conventional cucumber, peel the cucumber if possible and discard skins.) Place the noodles in a serving bowl.

Pour the blended soup into the serving bowl and serve immediately.

TIPS

- If you can't use spinach, you can substitute butter leaf lettuce.
- If you can't use tomatoes, you can substitute ripe mango. If you can't get fresh, sweet mangoes, you can substitute thawed frozen mango.
- If neither tomato nor mango are options, you can blend up banana with greens instead. Be sure not to include both banana and tomato in the recipe, as they don't digest well together. Use banana only for this substitution.
- English cucumbers are a fun option when making cucumber noodles because of their small seeds.
- As was mentioned, if you are having Spinach Soup on Day 9 of the Simplified 3:6:9 Cleanse, leave out the cucumber noodles. You can blend cucumber into the soup if you'd like. You want to stick to juiced or blended foods only for that day.

LIVER RESCUE SOUP

Makes 1 to 2 servings

If you're not into eating salads, Liver Rescue Soup is a fantastic healing alternative to Liver Rescue Salad so you can still get important cleansing and healing foods into your body. This raw soup is also a great choice for anyone who has difficulty chewing, has little time to eat, or suffers with sensitive digestion.

2 cups grape tomatoes
1 cup diced cucumber
2 celery stalks
¼ cup fresh cilantro, tightly packed
¼ cup parsley, tightly packed
4 cups leafy greens (spinach, arugula, butter lettuce, etc.), loosely packed
2 tablespoons fresh lemon, lime, or orange juice
1 cup chopped asparagus
1 to 2 medjool dates or 1 to 2 teaspoons raw honey (optional)
½ cup water

Place all the ingredients in a high-speed blender and blend until smooth. Serve immediately.

TIPS

- If Liver Rescue Soup is not to your taste, choose mild flavored leafy greens such as spinach instead of stronger-tasting greens such as arugula and kale.

LIVER RESCUE BROTH

Makes 2 to 4 servings

This broth is warming liquid gold. It's also ideal to make ahead and then freeze (try ice cube trays) so you always have bursts of flavor on hand to add to other recipes.

1 bunch celery, diced
6 carrots, diced
1 winter squash (such as butternut), cubed
2 yellow onions, diced
1 inch ginger root, peeled and minced
1 inch turmeric root, peeled and minced
1 cup peeled and sliced burdock root
1 cup cilantro, loosely packed
6 garlic cloves, peeled
12 cups water

Place all the ingredients in a large stock pot.

Cover the pot and bring the water to a boil over high heat, and then reduce the heat and simmer for at least 1 hour and up to 4 hours.

Strain and enjoy.

TIPS

- As an alternative, you can blend the broth with the vegetables for a pureed soup.
- This recipe may also be enjoyed as a chunky vegetable soup by leaving the vegetables whole within the broth.