

Cleansing Program, 3-day Fast - Salt Water Flush (or Enema) &

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(Designed for proprietary use. Not for sale.) Use ✨ as a checklist, if desired. For more details, read *Your Heart's Desire* By Calvin Dence, N.D.

	Morning	Noon	Evening	Night	
Day 1 _____	✨ Salt water flush% <u>or</u> Enema	✨ >= 64 oz water all day by 6:00 PM @	✨ (Enema #)	✨ Steam bath @	J(Q) X
Day 2 _____	✨ Salt water flush <u>or</u> Enema	✨ >= 64 oz water all day by 6:00 PM	✨ (Enema #)	✨ Steam bath	X
Day 3 _____	✨ Salt water flush <u>or</u> Enema	✨ >= 64 oz water all day by 6:00 PM Prepare the Salt Glow materials	✨ Fresh squeezed diluted (50%) Orange juice ✨ (Enema#)	✨ Steam bath	X
Day 4 _____	✨ Salt Glow @ ! ✨ Apple(s) plus three or four capsules, one each, of <u>herbs</u> selected for your ailment	✨ >= 64 oz water all day by 6:00 PM ✨ Carrot(s)	✨ Whole fresh squeezed juice (any fruit)	✨ Herb laxative (optional, use if history indicates a problem) Prunes (tomorrow morning) have the potential to work even better.	Y
Day 5 _____	✨ Salt Glow ✨ Two or three varieties of raw fruits plus three or four capsules, one each, of herbs selected for your ailment	✨ >= 64 oz water all day by 6:00 PM ✨ A few raw vegetables with a small handful of raw nuts	✨ Whole fresh squeezed juice	✨ Herb laxative if needed	Y
Day 6 _____	✨ Salt Glow ✨ Two or three varieties of raw fruits plus three or four capsules, one each, of herbs selected for your ailment	✨ >= 64 oz water all day by 6:00 PM ✨ A few raw vegetables with a small handful of raw nuts	✨ Whole fresh squeezed juice	✨ Herb laxative if needed	Q
Day 7 _____	✨ Salt Glow ✨ Two or three varieties of raw fruits plus three or four capsules, one each, of herbs selected for your ailment	✨ >= 64 oz water all day by 6:00 PM ✨ A few raw vegetables with a small handful of raw nuts	✨ Whole fresh squeezed juice	✨ Herb laxative if needed	Q
Day 8 _____ and Continuance	✨ Three or four capsules, one each, of herbs selected for your ailment for as long as required for your ailment	✨ >= 64 oz water all day by 6:00 PM	✨ You can begin the 4-day Liver Cleanse program if desired, but cancel the morning herbs and all other herbs and medications you can live without. (See the notes on the Liver Cleanse program.)		L,N
Supply list: ✨ Apples ✨ Oranges ✨ Other assorted raw fruit ✨ Carrots ✨ Other assorted raw vegetables ✨ Assorted herb teas or capsules for ailment(s) - (One capsule = one cup of tea.) ▶			✨ Assorted raw nuts ✨ Herb laxative ✨ Rock salt ✨ Steam tent ✨ Enema bag		
% - SALT WATER FLUSH: 1 rounded tablespoon of rock salt in 2 quarts warm water. Drink the whole amount within 20 minutes. Do only one time on each of the first three days. If you do a 2-week cleanse, do not do the salt water flush more than one 3-time session in a month.			# - Do not do the enemas if you are doing the salt water flush. @ - Can be any time of day. Does not have to be in time slot shown. & - Stop all herbs and medications. Take in distilled water only, except you may continue taking colloidal silver (swished under the tongue for one minute) all week long (recommended) and hydrogen peroxide, if desired. ! - If you don't have anyone to assist you, the salt glow can be done with a shower mitt. Fill a container with 50% rock salt and 50% water. Let sit for at least 30 minutes. Pour brine on gloved hand and rub briskly all over your body while in the shower.		
			Assorted herbs:		
			1 _____		
			2 _____		
			3 _____		
			4 _____		