

Introduction To The Seven-day Cleansing Program

Pastor Barnes

I, personally, do this cleanse for one week at a time, four times a year. However, I know people who have done this program for two weeks in a row, every other month (total of 12 times in a year). Should you choose to do the Seven-day Cleansing Program more than once in a one-month period, do not use the *salt water* (flush) for more than one of those weeks. Three consecutive days, once a month is the most frequent to take the salt water. You can substitute enemas (two a day) instead of the salt water for those three days. In fact, if you prefer, you can always substitute the enemas for drinking the salt water.

I cannot guarantee that the procedures that have worked for me would work as well for anyone else. If there is any question about your specific situation, you should consult a practicing health care professional (ND or MD) who understands the eight principles of health.¹

¹ Nutrition, exercise, fresh water, sunlight, temperance (abstemiousness), fresh air, proper rest, trust (faith) in God.