



# The Ultimate Cleanse

 by Gabrielle Forrester

## Overview

This detoxification programme strips the impacted waste deposits from both the small and large intestine, which helps to adjust the internal environment of the gut so that intestinal parasites cannot thrive.

### TO AVOID WEIGHT LOSS:

Enjoy a hot toddy of 2tsp of clear honey, a squeeze of fresh lemon, ½ tsp ginger powder and hot water. Drink 2-3 cups a day.

## Days 1–7: Core Instructions

### Clay and Slippery Elm

3 times a day: Instead of meals, add 1 tablespoon of Clay and Slippery Elm to cloudy apple juice ('Copella' is a good brand). The powder mixes best if shaken in a small jam jar, or something with a lid, before 'downing'! This should be followed by a pint of mineral/ filtered/ distilled water.

### Enemas

Start each day with a Coffee enema and end each day with a Chamomile enema.

### Black Walnut Hull Tincture

ONCE DAILY during these first 7 days, take 2 teaspoons Black Walnut Hull tincture in a small amount of water.

Swill out the mouth with 5 drops of Black Walnut Hull Tincture in a little water before swallowing any of the following capsules.



## Daily Supplement Schedule: Days 1-7

Day 1

- 1** **Wormwood: 1 capsule (once)**  
**Cloves: 1 capsule (3x daily)**

Day 2

- 2** **Wormwood: 1 capsule (once)**  
**Cloves: 2 capsules (3x daily)**

Day 3

- 3** **Wormwood: 2 capsules (once)**  
**Cloves: 3 capsules (3x daily)**

Day 4

- 4** **Wormwood: 2 capsules (once)**  
**Cloves: 3 capsules (3x daily)**

Day 5

- 5** **Wormwood: 3 capsules (once)**  
**Cloves: 3 capsules (3x daily)**

Day 6

- 6** **Wormwood: 3 capsules (once)**  
**Cloves: 3 capsules (3x daily)**

Day 7

- 7** **Wormwood: 4 capsules (once)**  
**Cloves: 3 capsules (3x daily)**

**IMPORTANT:** THESE SHOULD BE TAKEN 2 HOURS OR SO AWAY FROM THE CLAY & SLIPPERY ELM DRINK.



## Day 8: Stop the Fast

- On day 8, **stop the fast, stop the enemas, and discontinue with the Clay and Slippery Elm drink.** A Colonic Hydrotherapy is recommended at this point to clear any loosened waste lurking in the ascending colon, which is difficult to reach with just enemas.

## Reintroducing Food

Bearing in mind that the intestines have only just been stripped of the inflammatory waste glued onto the walls and embedded in the convolutions, start back on foods of a soft, mushy form. Examples include: **avocado, porridge oats, mashed vegetables, omelette, and fish.**

Avoid high fibre for a week.

### □ Intestinal Flora Replacement

Begin a course of intestinal flora replacement, taking **DOUBLE THE STANDARD DOSAGE**, or begin on a minimum of **10 billion beneficial bacteria with a minimum of 5 strains.** We are constantly inhaling and digesting spores and moulds. Our intestinal flora is essential for our protection and digestion. **DO NOT BE CASUAL WITH THIS PART OF THE PROGRAMME.**

For maximum retention and multiplication, do this part of the programme for 21 days.

# Daily Supplement Schedule: Days 8-14

Along with the commencement of a 3-week course of bowel flora, continue with the rest of the programme:

**1** Day 8  
**Wormwood: 4 capsules (once)**  
**Cloves: 3 capsules (3x daily)**

**2** Day 9  
**Wormwood: 5 capsules (once)**  
**Cloves: 3 capsules (3x daily)**

**3** Day 10  
**Wormwood: 5 capsules (once)**  
**Cloves: 3 capsules (3x daily)**

**4** Day 11  
**Wormwood: 6 capsules (once)**  
**Cloves: 3 capsules (3x daily)**

**5** Day 12  
**Wormwood: 6 capsules (once)**  
**Cloves: 3 capsules (3x daily)**

**6** Day 13  
**Wormwood: 7 capsules (once)**  
**Cloves: 3 capsules (3x daily)**

**7** Day 14  
**Wormwood: 7 capsules (once)**  
**Cloves: 3 capsules (3x daily)**

# Maintenance

For those with a history of Parasitic Infestation, the programme of Wormwood/Black Walnut/ Cloves can move into 'Maintenance Mode' by taking:

**7 capsules of Wormwood once weekly for 9-12 months**

**2 teaspoons Black Walnut once weekly**

**3 capsules of Cloves once weekly - all taken on the same day on an empty stomach, say ½ hour before a meal.**

Day	Clay	Clay	Clay	Black Walnut (tsp)	Worm wood Caps	CloveCaps		Clove Caps	Done
	7am	1pm	7pm			7am	1pm		
1	1	1	1	2	1	1	1	1	<input type="checkbox"/>
2	1	1	1	2	1	2	2	2	<input type="checkbox"/>
3	1	1	1	2	2	3	3	3	<input type="checkbox"/>
4	1	1	1	2	2	3	3	3	<input type="checkbox"/>
5	1	1	1	2	3	3	3	3	<input type="checkbox"/>
6	1	1	1	2	3	3	3	3	<input type="checkbox"/>
7	1	1	1	2	4	3	3	3	<input type="checkbox"/>
8	STOP	STOP	STOP	STOP	4	3	3	3	<input type="checkbox"/>
9	STOP	STOP	STOP	STOP	5	3	3	3	<input type="checkbox"/>
10	STOP	STOP	STOP	STOP	5	3	3	3	<input type="checkbox"/>
11	STOP	STOP	STOP	STOP	6	3	3	3	<input type="checkbox"/>
12	STOP	STOP	STOP	STOP	6	3	3	3	<input type="checkbox"/>
13	STOP	STOP	STOP	STOP	7	3	3	3	<input type="checkbox"/>
14	STOP	STOP	STOP	STOP	7	3	3	3	<input type="checkbox"/>

Congratulations on completing The Ultimate Cleanse!

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