

ORIGINAL HEALING Ltd. CLEANSING AND DETOXIFICATION PROGRAM

A time for spiritual and physical cleansing

"Having therefore these promises, dearly beloved, let us cleanse ourselves from all filthiness of the flesh and spirit, perfecting holiness in the fear of God." II Corinthians 7:1

Upon completion of this cleansing and detoxification program you will be better prepared, spiritually and mentally, to change your lifestyle and to follow in all the ways of God's BE IN HEALTH plan.

This program may be used as a 1 day, 3 day 7 day or 10 day cleanse.

Preparation for Detoxification:

One day before your cleansing program begins; your diet should consist of raw fruits in the morning, raw and steamed vegetables at noon and an optional meal in the evening of fruit or vegetable broth. Before going to bed, take the "Life Intestinal" bowel cleanser with apple, grape or prune juice. Freshly pressed juice and organic produce are always preferable.

Daily Schedule:

Upon rising, use one of the following methods to cleanse the colon: (1) Colonic irrigation, (2) Enema.

DAILY CLEANSING TIMETABLE

7:00am	"Life Intestinal Cleanser" with fruit juice (pineapple)
8:00am	Optional breakfast: Fresh raw fruit (no dried fruit or bananas)
10:00am	Lemon water tonic (the juice of 2 lemons in 1 quart of distilled water)
11:00am	Green juice: 4 ozs carrots, 4 ozs celery, 2 ozs beets, 1 oz parsley, 1 oz cabbage, 1 oz cucumber. Juice these vegetables and drink immediately
12noon	Optional lunch: Fresh raw vegetable salad or potassium broth*
2:00pm	"Life Intestinal Cleanser" with fruit juice
3:00pm	Lemon water tonic
5:00pm	Green juice (same as above)
6:00pm	Optional supper: Fresh raw fruit or potassium broth*
8:00pm	"Life Intestinal Cleanser" with fruit juice
	Also take an enema

After the cleansing program is over

The first two days after the cleansing program, your diet should consist of raw fruits in the morning, raw or lightly steamed vegetables at noon, and an optional meal in the evening of fruit or vegetable broth. On the third day after the cleanse, you should begin to eat normally according to God's BE IN HEALTH plan.

For a Candida cleanse, substitute all fruits for vegetables.

***Potassium Broth recipe**

Blend 1 cup of raw rolled oats with 3 cups of water. Strain and use the liquid as a base in which to cook the vegetables. Vegetables to be added to the base include: 1 medium red potato, 2 stalks of celery, 1/3 to 1 whole onion, 3 carrots, and a handful of parsley. Vegetables should be chopped, BUT DO NOT CHOP FINE. Cook vegetables in liquid base until carrots and potatoes are soft enough to be mashed. (it is not necessary to mash the vegetables). Strain the liquid and drink the broth. It may be seasoned with Herbamare, onion powder and garlic powder.



GOD'S HEALTH PLAN

- **Does God have a Health Plan?**

Psalms 67:2 * III John 2 * Romans 12:1,2 * Revelation 21:4,5

- **What is God's Health Plan?**

Using the acronym "BE IN HEALTH" from III John 2 we find the following principles in God's Word:

B – BENEVOLENCE (Isaiah 58:6-8 * Romans 12:10 * Colossians 3:12 * Proverbs 16:24)

E – EXERCISE (Genesis 3:17, 19 * Ecclesiastes 5:12, 1st pt. * Proverbs 10:16 * 1 Timothy 5:8)

I – IN GOD TRUST (Proverbs 3:1-2, 5-8, 21-24 * Jeremiah 17:7,8 * Exodus 15:26)

N – NUTRITION (Genesis 1:29, 3:18 * Isaiah 65:21-22, 25 * Revelation 22:2)

H – HEALTHY AIR (Genesis 1:6,7)

E – ENOUGH SUNSHINE (Genesis 1:14,15 * Ecclesiastes 11:7)

A – ATTITUDE OF GRATITUDE (Proverbs 17:22 * Proverbs 12:25 * Proverbs 16:24)

L – LOTS OF WATER (Gen 2:10 * Proverbs 25:25; Isaiah 44:12 * Psalms 110:7 * Revelation 21:6)

T – TEMPERANCE (Gal 5:22-23 * Proverbs 23:2 * Proverbs 25:27 * Proverbs 20:1 * Lev 10:8-10)

H – HEALTHY REST (Genesis 2:2,3 * Matthew 11:28-30 * Mark 6:31 * Luke 4:16 * Exodus 20:10)

- **What does this Plan cost?**

Isaiah 55:1 * Revelation 22:17 * Matthew 16:24 * Luke 9:23 * Exodus 15:26

- **Is this Plan a requirement?**

Romans 12:1 * Malachi 1:8 * 1 Corinthians 6:19-20 * 1 Corinthians 3:16-17 * Ecclesiastes 12:13

Matthew 7:13-14 * John 14:15, 23 * I John 5:3 * Matthew 4:4 * I John 2:17

- **I want to accept God's plan but I lack the will power to change my lifestyle?**

Philippians 4:13 * John 1:12 * 1 Corinthians 15:57 * I John 5:4

WILL YOU ACCEPT GOD'S HEALTH PLAN?