**You will need:**

* 1. 2 TBS Epsom Salt
	2. 1 cup Olive Oil (Cold Pressed Organic Low Acidity if possible)
		1. 1 Qt Grapefruit Juice
		2. 1 Qt Orange Juice
		3. 2 Qt pure water
* ***1 day before the flush:***
	1. Eat only small amounts of carbohydrates
	2. Drink 4 liters of water
	3. (recommended) Coffee Enema
* ***The Day of the flush:***
1. Drink a fruit smoothie for breakfast (Pre-mixed powders are available at Fitness Arts)
	1. **12:00 Noon:** Mix two tablespoons of Epsom Sales with 3 cups of warm purified water. Drink 1/2 of the solution. Epsom salts are taken to induce bowel movement.
		1. Mix 1 Qt of Grapefruit juice (save 3/4 cup for Olive Oil mixture for later) with 1 Qt of purified water and drink until finished. Mix the second citrus drink with 1Qt of Orange juice and 1 Qt of purified water and drink until finished, it should take you most of the day. (about a cup every 30-40 minutes).
		2. It is recommended that you stay close to a bathroom while drinking this mixture as it induces bowel movements.
		3. By mid to late afternoon, your bowel movements should look clear and watery.
		4. It is normal to feel a bit fatigued.
	2. **10:00 PM: Bedtime**
		1. Finish all of your bedtime routine
		2. Drink 3/4 Cup of Olive Oil with 3/4 Cup of grapefruit juice and blend well.
			* Use a straw and drink the mixture immediately.
		3. You may use more juice to wash away the taste of the olive oil. You can also use Coke if your stomach feels upset.
		4. Lay on your right side for a while. The less active you are, the less queasy you will feel. You should be tired and sleepy by now. The queasiness will pass in 30-60 minutes (don’t vomit).
		5. Typically, your sleep will be restful. In some cases, you may get up to release your bowels.
		6. If you experience discomfort such as bloating, pressure, nausea, etc, you can take up to 6 magnesium capsules to relax the muscle tension. .
* **Next Morning:**
1. Upon arising, drink the second half of the Epsom Salt solution to induce a bowel movement.
2. Around mid morning, do a Coffee Enema if recommended.
3. You may continue to have bowel movements till mid day.
4. Each time you defecate, inspect the stool for pea-size (and larger) stones that are green, yellow, brown and/or black.
* Drink your smoothies for breakfast and lunch. Eat a light complex carbohydrate dinner such as potatoes, grains, and green vegetables
* If you have any questions or concerns, please call us at 847-397-2787