

# 30 Days Mucusless Diet

Agust 9th

9:00 pm mix 3 table spoon epon salt in a glass of pink grapefruit juice.

followed by, a table spoon of grapeseed, coconut or olive oil

Blend 6 grain of garlic, 3 sticks of ginger, half of an onion and 1 handful of sea moss mixed with half blender filled with coconut water or apple juice .

Strain and put in jar and place in refrigerator.

Next saturday August 10th

Eat mangoes

Apples

Pears

Papaya

and all other fruits in season

mix blue berries

goose berries

straw berries



Black berries  
Mix in blender filled  
with coconut water or  
apple juice  
blend and drink 3 to  
4 cups for 2 days.



drink 6 glasses of water  
for the day  
and 6 glasses of herb teas  
from meadow sweet,  
Burdock root  
Yarrow  
Hawthorn



Gentian  
Dandelion root  
Yellow Dock root  
Buckthorn bark  
Cascara  
Sarsparilla  
Elecampane  
Red clover  
pepper mint  
Catnip



mix herbs together brew 1 tea spoon to a cup of hot water cover for 5 minutes strain and drink 3 to 4 cups per day.

this should be done for the next 30 days.

SUNDAY AUGUST 11th REPEAT SATURDAY AUGUST 10th protocol

MONDAY AUGUST 12th

Breakfast

drink 1 table spoon

of the mixture that was refrigerated, which is the garlic, onion, ginger and seamoss mixed with the coconut water or apple juice in the morning when you wake up.

1 cup of herb tea

1 glass of distilled water PH 8.2

juices of

Cucumber

celery

parsley

ginger

1 apple  
Pumkin  
Luttuce  
Green, red and  
yellow peppers  
Drink 4 to 5 glasses per day

## LUNCH

Avocado  
fruits  
salads  
herb teas  
2 glasses of water  
2 glasses of coconut water  
2000 mg of buffered vitamin C  
200 MCG of selenium  
20 billion of pro-biotics  
500 MG of L-glutamine  
250 MG of grapeseed extract  
soup of black eye peas pinto beans  
split peas, lentil peas mixed with oca,  
onions, string beans, green, red and yellow pepper  
sweet potato with skin on



## EVENING DINNER

6:00 to 8:00 pm, soup of your choice, 2 glasses of vegetable juices mentioned previously in August 12 protocol.

1 cup of herbal tea

1 glass of water

1 glass of coconut water

1 table spoon of the refrigerated mixture before bed

do this from August 12th to August 24th

AUGUST 25th TO AUGUST 30th

only juices previously mentioned

herbal teas previously mentioned

coconut water

distill water

and the mixture of the refrigerated mixture

AUGUST 30th TO SEPTEMBER 8th REPEAT AUGUST 12th PROTOCOL TO SEPTEMBER 8th