

ONE-DAY DETOX



Acupuncture

Herbal Medicine

Qi Gong

You may want to follow this protocol whenever you feel toxins need to come out.

- ✓ **½ a squeezed lemon with a pinch of cayenne pepper** in a cup of warm water. Take upon waking, first thing in the morning

- ✓ **Vegetable Juice: 24 oz.** Make the juice from cabbage, cucumber, carrot/greens, celery, turnip, asparagus, beet/greens, parsley, apple, aloe vera, ½ ginger root. (Split up into 3 portions and drink thorough the day).

- ✓ **Vegetable Broth: 24oz.** You can make the broth from as many of the following items: collards, swiss chard, kale, mustard greens, cabbage, dandelion, brussel sprout, swiss chard, watercress, seaweed (any type), shitake mushroom, cinlantro, garlic, leek, fennel, (1/4 spoon), anise (1-2 pieces), ginger (3 slices), turmeric (1/4 spoon). (Devide into 3 portions and drink thorough the day).

- ✓ **Supplement with 1tsp** of either flax seed oil or deep sea fish oil.

- ✓ **1 cup of liquid before bed time:** 8oz of warm water, 1tsp of baking soda, 1 tsp apple cider vinegar, 1 tsp maple syrup.

Enjoy!!!

With you

Dr Yamin