21-DAY DETOX

The 21-Day Detox is similar to the 2-Week Detox protocol, but adds time, extra supplementation and cleansing activities to increase your overall toxin elimination. This hard core detox protocol takes a bit more mental fortitude as well.

WHO SHOULD DO THIS DETOX

The 21-Day Detox is for the more seasoned veterans of the detoxification world. It is the toughest detox program that I use, but is also the most effective. Detoxing for 21 days gives you additional benefits such as weight loss, metabolic rehabilitation, and behavioral modification.

Anyone who has time to dedicate to a serious detox and may need thorough cleansing of all systems will want to do this protocol. I recommend completing a 2-Week Detox protocol prior to starting in order to more fully prepare for this more intense version.

FOODS TO EAT DURING THE 21-DAY DETOX

Follow the same diet plan from my 2-Week Detox. Basically, any of the foods included in the recipes section of this book are allowed. They will provide an abundant variety of flavors and should help keep your taste buds satisfied. You can also reference the “allowed foods” and “foods to avoid” from chapter seven if you wish to make your own detox dishes. Finally, maintain the veggie to fruit to protein ratio of 60-20-20.

SUPPLEMENTS

**Super Earth Energy:** This formula supports the adrenal and thyroid glands as well as the body’s natural energy systems.

**Digestive Detox:** This formula contains potent seeds and herbs to cleanse your whole digestive tract and a pre-biotic, pro-biotic blend to combat the unhealthy bacteria in the colon. This combination supports the health of the intestinal membranes while building a healthy immune system.

**Black Brew:** Elements in this formula bond to heavy metals in the gut before they can be absorbed and enhance thyroid, liver, kidney, and cardiovasucular functions. Black Brew also helps with hormone balance and eye health.

**Inflamagone:** A combination of the most powerful anti-inflammatory botanical medicines to reduce inflammation, enhance circulatory function, support microbial balance, protect DNA, and aid in the rebuilding of joints and bones.

**Super Chlorogenic:** This chlorogenic acid formula is a natural antioxidant and liver supporter that aids in weight loss, promotes metabolic health, helps the cardiovascular system, and helps the liver to release stored sugar.
THE DAILY ROUTINE

Days 1-10

Morning
• Take Super Earth Energy: 3 capsules
• Take Inflamagone: 2 capsules
• Take Super Chlorogenic: 1 capsule
• Take Black Brew: 1/8 teaspoon mixed in distilled or RO water

Noon
• Take Super Earth Energy: 2 capsules
• Take Inflamagone: 3 capsules
• Take Super Chlorogenic: 1 capsule

Afternoon
• Take Super Chlorogenic: 1 capsule
• Take Digestive Detox: 3 capsules
• Take Black Brew: 1/8 teaspoon mixed in distilled or RO water
• (No Super Earth Energy or Inflamagone)

Day 11

Discontinue all supplements for this one day only.

Also, you must fast this day. No food.

You may drink distilled or RO water, but make sure you also consume the following throughout the day:

Throughout day but before 8 PM, consume:
• 48 oz. of organic chamomile tea, with a small amount of organic honey and the fresh juice of 1 lemon per 24 oz. of tea
• 48 oz. of organic apple juice

After 8 PM, prepare the following:
• Mix 3 oz. of organic extra-virgin olive oil and 3 oz. of fresh-squeezed organic lemon juice
• Drink all of the mixture, then lay on your right side for 30 minutes

Drinking these specific mixtures signals the gallbladder to expel its contents, which is the primary benefit. This often includes expelling gallstones.
Days 12-21

Continue eating food from recipes in the back of this book, or follow the “allowed foods” list in chapter seven.

Continue taking supplements as follows:

Morning
  • Take Super Earth Energy: 3 capsules
  • Take Inflamagone: 2 capsules
  • Take Super Chlorogenic: 1 capsule
  • Take Black Brew: 1/8 teaspoon mixed in distilled or RO water

Noon
  • Take Super Earth Energy: 2 capsules
  • Take Inflamagone: 3 capsules
  • Take Super Chlorogenic: 1 capsule

Afternoon
  • Take Super Chlorogenic: 1 capsule
  • Take Digestive Detox: 3 capsules
  • Take Black Brew: 1/8 teaspoon mixed in distilled or RO water
  • (No Super Earth Energy or Inflamagone)

ADDITIONAL ACTIVITIES

Detox Baths

Every other day for the entire 21 days, take a detox bath:
  • 2 cups Epsom salt
  • 2 cups Baking Soda
  • 2 cups hydrogen peroxide

Mix above ingredients into water as tub is filling. Soak in hot bath for 30 minutes.

Coffee Enemas

Every third day for the entire 21 days, perform this coffee enema:

It is extremely important to use quality organic coffee for your coffee enema to avoid harmful chemicals such as pesticides and herbicides. Because of the high demand of regular coffee, it is grown in a very toxic and polluted manner.
This procedure includes 2 enemas: a warm water enema followed by a coffee enema. You will need:

- Reusable enema kit
- 16 ounces of warm distilled water
- 16 ounces of warm organic, fair-trade brewed coffee (preferably dark coffee bean)

Brew the coffee:

- Brew 16 ounces of organic coffee with distilled water. These are the only two ingredients that should be used.
- Allow to cool to lukewarm. Do not ever take a hot coffee enema. You can burn your colon, which is very dangerous and can be very harmful to your lower intestinal health.

Administer the distilled water enema first, followed by the warm, organic coffee.

For the enemas:

- Pour lukewarm distilled water or coffee into an enema bag. Hang the enema bag at the same level of your head.
- Kneel on all fours and insert the nozzle of the enema tube into your anus. Keep pressure on the tube so that the coffee cannot escape the enema bag.
- Allow the coffee to flow freely into rectum and retain for as long as possible, then evacuate. The longer you retain the coffee, the deeper the cleansing action.

Coffee is an excellent substance for detoxifying the liver. Coffee enemas will stimulate the dilation of the common bile duct, as well as the sphincter. This helps the liver to drain itself more effectively. You may expel large quantities of “stones” when doing a coffee enema. Coffee enemas are contraindicated, or questionable, for those with ulcerative colitis, bleeding hemorrhoids (both internal and external), and Crohn’s disease. Most people can do coffee enemas and benefit from them greatly. After finishing the 21-Day Detox, it is important that you only administer an enema two times a month or not more than one time weekly.

**Tips for successful coffee enemas:**

- Do not use light roast coffee for enemas—they are too thin.
- Do not use cold liquid as it can cause severe cramping.
- Start with only an ounce of coffee, just in case you are sensitive to it.
- Cleanliness is extremely important when involving the pelvis. Wash everything carefully with soap and water after use.
- Before applying the enema, make sure the coffee is not hot which will burn and damage the membranes in the colon, and not too cold which will cause cramping.
• Never force the enema tip into the rectum. Lubricate it well with coconut oil or olive oil and move it slowly and gently, aiming it directly upward. Be sure it goes all the way in.

• Never retain the enema if the pressure to release it is too high. Listen to your body.

• Act with care, don’t force anything.

• The experience of an enema can be unnerving. It takes practice to get accustomed to it.

• Start with smaller quantities of coffee and increase with each enema until you reach the 16 ounce range.

• Distilled water is best for coffee enemas. If this is not available, you can use reverse osmosis, or at least carbon-only filtered tap water.

• French press or boiling water poured over the ground coffee is the best way to brew the coffee. This way you avoid contaminants and chemicals.

END OF 21-DAY PROTOCOL

If you are completing one of our detox protocols and have questions, please email us at detox@drnuzum.com.

Also, if you want support from others who are detoxing, or from people who have previously completed one of our detox protocols, join our Facebook group, Detox Your Way to Health.