



# Arise & Shine<sup>®</sup>

CLEANSE GUIDE

**28**<sup>®</sup>  
cleanse

**14**<sup>®</sup>  
cleanse

**7**<sup>®</sup>  
cleanse

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Your guide for the 28, 14 and 7 day Cleanse Programs



**I**t all began in 1985 when Richard Anderson and his herbalist friend White Crow went on a three month ‘wild salad expedition’ in the mountains of the Western U.S.A. and lived on a diet of only wild, fresh herbs. While camping in a meadow in the Sierra Nevada Mountains, they ate a combination of herbs that produced some surprising and unusual effects! After a time they began passing what Richard defines as mucoid plaque. That experience over 30 years ago inspired him to create the Arise & Shine product line.

Now Arise & Shine has a new owner, Avalon Acres, Inc. headed by Avona L’Cartier. Since 1989, when she was first introduced to The Cleanse, she has been an enthusiastic user of Arise & Shine products. In fact, Avona has often said, “I love The Cleanse so much I married the guy.”

In 1996 Avona had agreed to take over the management of Arise & Shine Herbal Products for 18 months to assist the company through a difficult time. The company quickly recovered from the challenge but Avona stayed for thirteen years until Richard and Avona agreed to part ways. Richard remained as head of the company.

In 2014 Arise & Shine closed temporarily and Richard turned his attention to his research and writing although he expected to revamp and reopen Arise & Shine in the near future. After several attempts at reorganization, it became clear to Richard that his commitment to Arise & Shine and his commitment to his research weren’t compatible. He decided to sell Arise & Shine.

He looked for a buyer who knew the importance of using only the highest quality herbs, probiotics and other ingredients in his formulations. He also needed someone who had the ability, experience, knowledge and willingness to preserve and maintain the integrity of the formulas as well as the qualifications to successfully run a company. He contacted Avona who agreed to bring back Arise & Shine. Her company, Avalon Acres, Inc. will continue the traditions started by Richard in the late 1980’s.

Although your journey with us may not be as exotic as the one that Richard Anderson and his friend took in 1985, it will be much more comfortable. Our cleansing shakes and probiotics, not available in the wilderness, combined with the herbal formulas Chomper and Herbal Nutrition will greatly assist your body during The Cleanse and after. A complete intestinal cleanse sets the stage for the entire body to release toxic accumulations. Because your digestive system is the hub of your entire body, every cell, gland, tissue and organ is dependent upon it. Our company is here to help you create and maintain a healthier digestive environment.

Many Arise & Shine Cleansers have told us that as they cleansed, they have also released negative feelings and emotions. The most frequently reported experiences have been a profound sense of well-being, increased vitality, feeling “lighter” and greater clarity of mind. We applaud your willingness to take responsibility for your own health and well-being. We will be cheering you on, offering you support and hoping that you will receive the transformations you desire.



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## *Steps to Achieve and Maintain Optimal Health*

- Get lots of fresh air, sunshine, rest and exercise, drink plenty of pure water and stretch regularly.
- Spend time pursuing interests and activities that stimulate your mind, enrich and bring joy to your spirit. Follow your passion.
- Spend time with people you love and whose company you truly enjoy.
- Avoid consumption of acid-forming foods, such as: processed foods, meat, fish, commercial dairy products, soft drinks, sugar, salt, bread and fried foods.
- Eat as close to the garden as possible, which means consuming a diet rich in organically grown (minimally processed) fresh fruits and vegetables, balanced between raw and cooked, in order to supply the body with minerals/essential electrolytes, vitamins, healthy fats and other nutrients.
- Cleanse internally regularly to eliminate congestion and toxins.

A healthy alimentary canal is literally the wellspring of good health. When the digestive tract functions properly, life-giving nutrients are readily assimilated; dangerous toxins are eliminated; enzymes facilitate the breakdown of food; friendly bacteria thrive and the small intestines operate efficiently.

### ***Commonly reported benefits of Cleansing:***

- Increased energy
- Greater clarity of mind
- Better digestion
- Lightness of being
- Radiant health
- Overall feeling of well-being
- Sense of inner peace

## ***Overview***

The Cleanse is not a fast or liquid diet. Although there are no solid meals on the Master Phase of Cleanse 28 you will be taking herbs, shakes and probiotics. It is very important to nourish your body with adequate amounts of food during the phases leading up to the Master Phase.

While the recommended foods (see pages 9-10) may be very different from your current diet, it is exceedingly important that you consume these alkaline forming foods while cleansing for optimum results.

Your body functions at its ideal when your diet is predominately composed of alkaline forming foods. Acid forming foods dramatically slow down the cleansing process and yield lessened results. Raw, organically grown, alkaline forming foods are highly recommended because of their high enzyme and electrolyte mineral content. Your Cleanse will be more comfortable if your body is being supplied with the nutrients it needs.\*

Whether or not you have cleansed before, we always recommend beginning with the Mild or Gentle Phase to gradually initiate the detoxification process. Proceeding too quickly may result in unnecessary cleansing reactions as your body might remove toxins at an unhealthy rate. See pages 20-21.

Each phase is designed to gradually prepare you step by step for the next phase and make the experience enjoyable.

**\* These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.**



### ***Before you Begin:***

- Perform the Urine pH test, as described on page 7 **BEFORE** starting.
- Consult your physician if you are currently taking any medications or have any serious health issues.
- Read through this entire guide before starting and pay special attention to the section Fine Tuning Herb Sets on page 8 before beginning your Cleanse.

### ***Tips for Best Results***

- Drink adequate amounts of water. We recommend approximately 8 ounces of distilled, filtered or spring water for every 10 pounds of body weight per day (and more in warm weather).
- **Do not** consume salt, soy sauce, liquid aminos or miso while cleansing as salt can harden mucoid plaque and stop cleansing.
- Drink at least 30-40 ounces of fresh vegetable juice and/or Alkalinizing Vegetable Mineral Broth per day. Carrot, celery and kale juices are especially beneficial and provide excellent sources of electrolytes.
- Always take at least 3 each of Chomper (or Chomper with Cayenne) and Herbal Nutrition together. As you progress through each phase, pay attention to how your body is reacting to the amount of herbs you are taking. Please see page 8 for Fine Tuning Herb Sets.
- Be sure to get sufficient nutrition by eating a variety of the foods listed on page 9.

- Snacks may be consumed 20 minutes before or after an Herb Set. Snacking slows down cleansing.
  - Avoid acid forming foods as described on page 15.
  - Feel free to add your favorite super green food supplement and/or continue taking your current supplements. Avoid supplements with soy or dairy and probiotics that contain large amounts of Lactobacillus, which might interfere with Flora Grow.\*
  - Avoid taking herbs, supplements, and medications, eating a snack or meal for a minimum of 45 to 60 minutes before and after a cleansing shake.
  - Do mild exercise, such as walking, swimming or yoga and your normal daily activities.
  - Avoid strenuous activities such running or weight bearing exercises.
  - If a cleansing reaction occurs see pages 20-21, use a body temperature water enema or colonic, and/or slow down the cleansing process by eating some of the moderate foods as listed on page 9.
  - We strongly recommend the use of body temperature water enemas. They are helpful anytime a cleansing reaction occurs, and are recommended twice per day on the Master Phase for maximum results. This is an excellent way to easily and safely rid your body of toxic waste. An enema greatly speeds up toxic elimination and lightens your entire cleansing experience.
  - We recommend 6-8 weeks of rest and rebuilding between cleanses.
- \*Please call Cleanse Support if you have questions about specific supplements or ingredients @ 360-841-7106.



## Preparing for your Cleanse

Although you may begin on the Mild Phase even if you have not passed the pH test, it may be helpful to transition into cleansing more gradually.

**Before cleansing**, begin by eliminating caffeine, nicotine, alcohol and avoiding acid forming foods. We highly recommend a diet of alkaline forming foods on pages 9-10 and fresh organic juices a week or more prior to the start of your Cleanse. This is especially true for first time cleansers, meat eaters, and those with chronic health problems. This helps to ensure that there is no struggle with habits that could interfere with, or reduce the effectiveness of cleansing. It is up to you however, to determine when you are ready to start the program. Remember, if you have a serious health problem or concern, please talk with your health care practitioner before beginning.

## The Importance of pH Testing & Electrolytes

pH is an indicator of the acid/alkaline balance in the body. This balance is controlled by electrolytes. Electrolytes are minerals that help keep bodily fluids and blood pH in balance. They are essential for the normal function of cells and organs.

### *Sufficient electrolyte reserves are crucial to your success.*

If reserves are not sufficient, you must build those reserves prior to the start of your Cleanse. A simple pH test can give you a good idea of where your reserves are. We recommend the Urine pH Test before The Cleanse. It is the best way to determine whether or not your body has enough electrolyte reserves to safely and comfortably begin the cleansing process. The Lemon pH Test is best to use during your Cleanse to determine which phase of The Cleanse is best for you.

If you have adequate electrolyte reserves, you may cleanse with little concern. Low electrolyte reserves are an indication to start slowly and build reserves before pursuing the more challenging phases of The Cleanse. If you do not pass the pH test, use only the Mild Phase until you are able to pass. Once you have passed the pH test which indicates sufficient electrolyte reserves are present you may proceed to the Gentle Phase.

**PLEASE NOTE:** pH ranges vary depending upon the body fluid being measured. The ideal pH range for the Urine Test, which uses urine as the base, is different than the ideal pH range for Lemon Test, which reads saliva. Please be sure to reference the range corresponding with the type of test you are using.

A low score on the pH test indicates the need to alkalize! The steps to alkalizing are:

1. Stop consumption of all acid forming foods.
2. Drink 30 - 40 ounces of fresh vegetable juice or Alkalizing Vegetable Mineral Broth on page 10 daily.
3. Consider using an organic electrolyte blend to maximize electrolyte intake.

Remember the Urine pH Test is an excellent way to gauge pH before cleansing. As you proceed deeper into The Cleanse, your body will be releasing more toxins, therefore, the Urine pH Test may not provide an accurate reading.

During your Cleanse use the Lemon pH Test for a more accurate pH reading to determine if you are maintaining adequate electrolyte reserves.

**NOTE:** Stress or infection may result in an inaccurate reading. If you score below 5.5 on the Urine Test, we highly recommend performing the Lemon test. If you score below 6.9 on The Lemon pH Test a serious condition may be present and a consultation with your health care professional may be advisable.



## Use the Urine pH Test Results to Choose the Right Phase BEFORE Cleansing

Urine pH Test Instructions: To perform this simple Urine pH Test you will need pH test papers and vegetables. For the 24 hours prior to the test, consume only vegetables, vegetable juice and water. Then the following morning, wet a strip of pH paper in the midstream of urine and immediately record your results. It may help to urinate some, then collect the midstream of urine in a clean glass cup and dip pH strip into cup. Deviation from these instructions will yield false results.

7.0 or above:	6.5 - 6.9:	5.6 - 6.4:	5.5 or below:
<p>You passed!</p> <p>Indicates a good supply of electrolytes with excess being eliminated through the urine.</p> <p>May begin with the Gentle Phase if desired for 2 weeks before moving on to the Power Phase.</p>	<p>Indicates mild electrolyte depletion some storing of electrolytes as well as some release.</p> <p>Electrolyte replenishment is recommended.</p> <p>The Mild Phase is the best place to begin.</p>	<p>Electrolyte reserves are low. Small amounts of electrolytes are being eliminated from food.</p> <p><b>Only</b> the Mild Phase should be done until electrolyte reserves are stronger.</p>	<p>Indicates electrolyte depletion.</p> <p>Only the Mild Phase is recommended.</p> <p><a href="#">Taking the Lemon Test is recommended to gather more information.</a></p>

## Use the Lemon pH Test to Choose the Right Phase DURING your Cleanse

- Lemon pH Test Instructions: Perform this test later in the day for best results. No food or juice should be taken for 2 hours before beginning this pH test.
- Squeeze the juice of ½ of a lemon into 2 ounces of water. No sweeteners!
- Take all the juice at once, swish in your mouth and swallow.
- Wait for 2 minutes, and then begin a series of 6 saliva pH readings.
- Wait 60 seconds between each reading. Record each reading. At least one of the last 3 readings must show a passing result in order to move into the next phase of The Cleanse.
- Do not touch the pH paper to your tongue. Make a ball of saliva on your lip and touch the pH strip to the saliva only, wait 10 seconds and record. (This is easier when looking in a mirror).

8.0 or above:	7.5 - 7.9:	7.0 - 7.4:	6.9 or Below:
<p>You passed!</p> <p>Indicates adequate electrolyte reserves.</p> <p>You may proceed thru your Cleanse according to the schedule.</p>	<p>Barely passing</p> <p>Proceed with The Cleanse - monitor and boost your electrolyte levels while cleansing.</p>	<p>Indicates low and insufficient electrolyte reserves.</p> <p>Proceed <b>ONLY</b> with the Mild Phase until electrolyte reserves are replenished.</p>	<p>Indicates a possible serious condition. Electrolyte reserves are very low. Only the Mild Phase may be used with caution. Additional support from your healthcare practitioner may be needed.</p>



## The Products

### CHOMPER® AND HERBAL NUTRITION

These two formulas make up the Herb Sets which are the heart of The Cleanse Program. When combined they work together to help condition, soften, break up and remove mucoid plaque and other waste.\* Chomper is a gentle herbal formula designed to thoroughly cleanse the alimentary canal, liver, organs and tissues. Herbal Nutrition supports Chomper and is one of the most comprehensive formulas available to help strengthen the body and pathways of elimination.\* Chomper with Cayenne and Chomper Aid (Chomper without Cascara) are also available if desired.

**NOTICE:** Chomper contains Cascara Sagrada Bark and Rhubarb Root. Do not use if you have or develop diarrhea, loose stools, or abdominal pain because Cascara Sagrada Bark and Rhubarb Root may worsen these conditions and be harmful to your health. Consult your physician if you have frequent diarrhea. If you are pregnant, nursing, taking medication, or have a medical condition, consult your physician before using this product.

### FLORA GROW®

Flora Grow is a blend of friendly bacteria normally found in healthy infants, children and adults. This formula is designed to normalize bowel pH and help maintain a healthy bowel environment.\* Flora Grow is unique in that it can effectively establish itself in the bowels while supporting a balanced pH environment.\* For best results take 10 to 20 minutes after a meal.

### PSYLLIUM HUSK AND BENTONITE CLAY

Throughout the entire cleansing process, these 2 powders will be used to make the Cleansing Shake. Psyllium Husk is a fibrous bulking agent that sweeps toxic buildup out of the intestines.\* Bentonite absorbs and binds toxins and waste.

### PH PAPERS

One envelope of pH papers, 25 strips and color chart. Please see the pH tests on page 7 for instructions.

\* These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

## How to make a Cleansing Shake

Mix together:

½ level teaspoon powdered Bentonite

2 level teaspoons Psyllium Husk Powder

10 ounces of pure clean water (preferably distilled) - up to 4 ounces of fresh fruit juice may be substituted for part of the water.

For best results first add bentonite to water, mix well and then add the psyllium powder. Shake vigorously until thoroughly blended. Drink immediately and follow with an additional 10 ounces of water.

Note: Pouring water onto the bentonite will cause it to clump making it harder to mix.

## Fine Tuning Herb Sets

Throughout your Cleanse it may become necessary to adjust the amount of Chomper and Herbal Nutrition being taken. Most people begin with 3 capsules of each; the goal is to have 3-5 bowel movements per day which are soft, yet formed. It may be necessary to slowly adjust the number of Chomper and Herbal Nutrition taken in order to achieve this.

If the dosage of Chomper and Herbal Nutrition needs to be increased at any point during The Cleanse, it is wise to do this slowly. Start by increasing 1 of each Chomper and Herbal Nutrition per day. If you are not having more bowel movements you can increase herbs again in same day. The key is to increase in small increments. Pay attention to how your body responds with the increase. Too much Chomper may cause diarrhea.

Note: Cleansers who have increased their dosage of Chomper and Herbal Nutrition to 5 each or more per set may find that they will run out of herbs before completing their program. Chomper, Chomper with Cayenne and Herbal Nutrition are available in 120 capsule count bottles for those special situations.

If stools are loose or runny, decrease the amount of Chomper and Herbal Nutrition. If you began The Cleanse only taking 3 Chomper capsules, you may need to substitute Chomper Aid~ for 1-2 Chomper capsules.

~Chomper Aid is recommended if you have sensitivities to Cascara Sagrada. It is the same formula as Chomper without Cascara Sagrada. Cascara Sagrada acts as a mild laxative. It is important to take at least one (1) Chomper in each Herb Set (most take 2) and then fill in the rest with Chomper Aid. Always make sure that you are taking the same amount of Chomper and Chomper Aid as you are of Herbal Nutrition.



## The Best Foods to Eat (always organically grown)

### Alkaline Forming:

Agave  
 All fresh fruits  
 All fresh salad greens and sprouts  
 All vegetables (raw or cooked)  
 Apple cider vinegar (raw)  
 Balsamic Vinegar (non-pasteurized)  
 Fresh berries  
 Fresh or dried seasoning herbs  
 Fresh raw fruit juice  
 Fresh raw vegetable juice  
 Garlic  
 Goat whey\* (raw)  
 Grapefruit  
 Green foods (spirulina, chlorella)  
 Herbal teas (caffeine free)  
 Honey (raw)  
 Kelp or Dulse  
 Lemons  
 Melons  
 Raw oils: avocado, coconut, flaxseed, grape seed, olive, safflower, saffron, and sunflower  
 Sauerkraut (unsalted)  
 Sea vegetables (well rinsed)  
 Tomatoes  
 Vegetable broth  
 Vegetable soups  
 Wheat grass juice

**The Moderate:** Eat a food item from this group no more than 3 times a week as these foods can significantly slow the cleansing process. If you experience cleansing reactions, you may wish to consume more of these foods, or if you wish to speed up the cleansing process (not recommended for inexperienced cleansers), we recommend eating less of these foods.

Almonds, flax, hemp hearts, pumpkin & sunflower seeds, soaked  
 Coconut butter (raw whole coconut puree)  
 Corn on the cob, fresh  
 Dates, raisins & dried fruits - unsulphured (not glazed)  
 Hummus  
 Lentils  
 Lima beans  
 Maple syrup  
 Millet  
 Molasses  
 Potatoes  
 Quinoa



MELONS AND CITRUS have a high, naturally occurring water and sugar content. They are quickly digested and may begin to ferment as they move through the digestive system. It is recommended to either eat them alone, or with other fruit from the same family.

Avocados, coconuts, olive and flaxseed oils all contain adequate amounts of essential fatty acids. Avoid foods cooked in oil, or fried foods while cleansing. Add raw oils to food after cooking.

**PROTEINS AND FATS:** Protein can be found in all foods except oil, including fruits and vegetables, particularly squash, broccoli, spinach, cauliflower, deep greens, quinoa, millet, soaked nuts and sprouts. By eating a variety of foods, it is easy to consume the needed 20-30 grams of protein per day.

Transitioning from cooked foods to more raw can be a difficult adjustment, so it is important to take small steps instead of just jumping right into it. You may wish to start by eating more steamed or baked vegetables. AriseNzyme™ can be helpful in assisting with the breakdown of cellulose from raw foods while transitioning your diet. Raw soups are also a great way to incorporate delicious and easily digested raw meals.

### Simplify...

#### Be Prepared:

To save time during the week, plan your meals ahead to ensure you have all the necessary ingredients on hand. Remember to choose local and organically grown whenever possible. If on a tight schedule you may want to cut up sturdy vegetables such as carrots, celery, cauliflower, and broccoli ahead of time. Store them in glass for maximum freshness. Canning jars are inexpensive, re-usable and available at most hardware and grocery stores. They are great for raw vegetables, dried fruit and nut mixes, soup or broth. They can be filled, ready and waiting in the refrigerator to “grab and go.” Also, consider an apple, banana or orange as a satisfying snack that needs no prep!

Snacking on raw fruits or vegetables is allowed. Snacking may slow the cleansing process. If you do choose to snack, do so approximately 20 minutes before or after an Herb Set.



## Breakfast

Fresh fruit	Fresh vegetable soup
Dried fruit	Fresh juices
Soaked nuts*	Fruit smoothies

## Lunch or Dinner:

Fresh salads	1/2 baked potato*
Steamed vegetables	Lima Beans or Hummus*
Corn on the cob*	Fresh or baked fruit
Quinoa or Millet*	Fresh vegetable soup
Raw vegetables	Vegetable Broth

\* Eat these foods no more than 3 times per week as they will slow down the cleansing process.

## Alkalizing Vegetable Mineral Broth

A delicious vegetable broth made from organically grown vegetables can be an excellent source of essential electrolytes.

Dice 3-4 unpeeled organically grown potatoes of any variety.

Dice one small organically grown onion.

Thinly slice 3-4 stalks of fresh organically grown celery.

Thinly slice 1 or 2 fresh organically grown carrots.

Chop a large handful of organically grown greens such as kale or chard.

A finely diced sweet potato or yam adds a wonderful flavor, if you like.

Place in 3 quarts of pure clean or distilled water. Simmer for 20 minutes, Strain the liquid and discard the veggies. Drink and enjoy.

Don't be afraid to experiment! Adding a teaspoon of raw organic apple cider vinegar and a dash (or more) of cayenne pepper livens up the flavor. Fresh or dried organically grown herbs such as parsley, oregano, thyme, savory or any salt-free, msg-free and other additive-free herbal seasoning blend can be added for extra flavor. Truly, any organically grown vegetable of your liking can be added to the broth.

## Soaking and Sprouting Seeds & Nuts:

Soaking seeds releases the growth inhibitors that keep seeds from sprouting until the environment is right for germination. Always use purified, spring or well water at room temperature, and wash the seeds well, looking for small stones and other debris.

Generally, an overnight soak is plenty for most seeds. Quinoa and other small seeds will start to sprout after 5 or 6 hours. If you don't use your seeds right away after soaking, it is a good practice to rinse them every 12 hours, and more often in hot weather.

Soaking not only releases growth inhibitors, it also activates enzymes, making them more digestible. We have found that soaking lima and other beans for about 24 hours before cooking and rinsing at least once, yields the most tender, digestible results. Always use glass or stainless steel and completely cover the seeds with water. Canning jars work great; they come with wide mouths in convenient sizes. If you are soaking nuts, we have found that whole almonds and unbroken walnut halves yield better results. Soak just enough overnight for the next day, and if you have any leftover, rinse them at least every 12 hours and keep refrigerated. Soaked walnuts and raisins are delicious! To sprout clover, radish, fenugreek and other seeds, simply follow the above soaking guidelines, and then continue to rinse your sprouting seeds every 12 hours. Some people use screens\*\* on their jars to make rinsing easier, however, we have found that a clean hand works just fine. If the weather is very warm, rinse more often and keep out of direct sunlight. Once the sprouts are mature enough to eat, keep them in the refrigerator, remember to continue rinsing them and Enjoy!

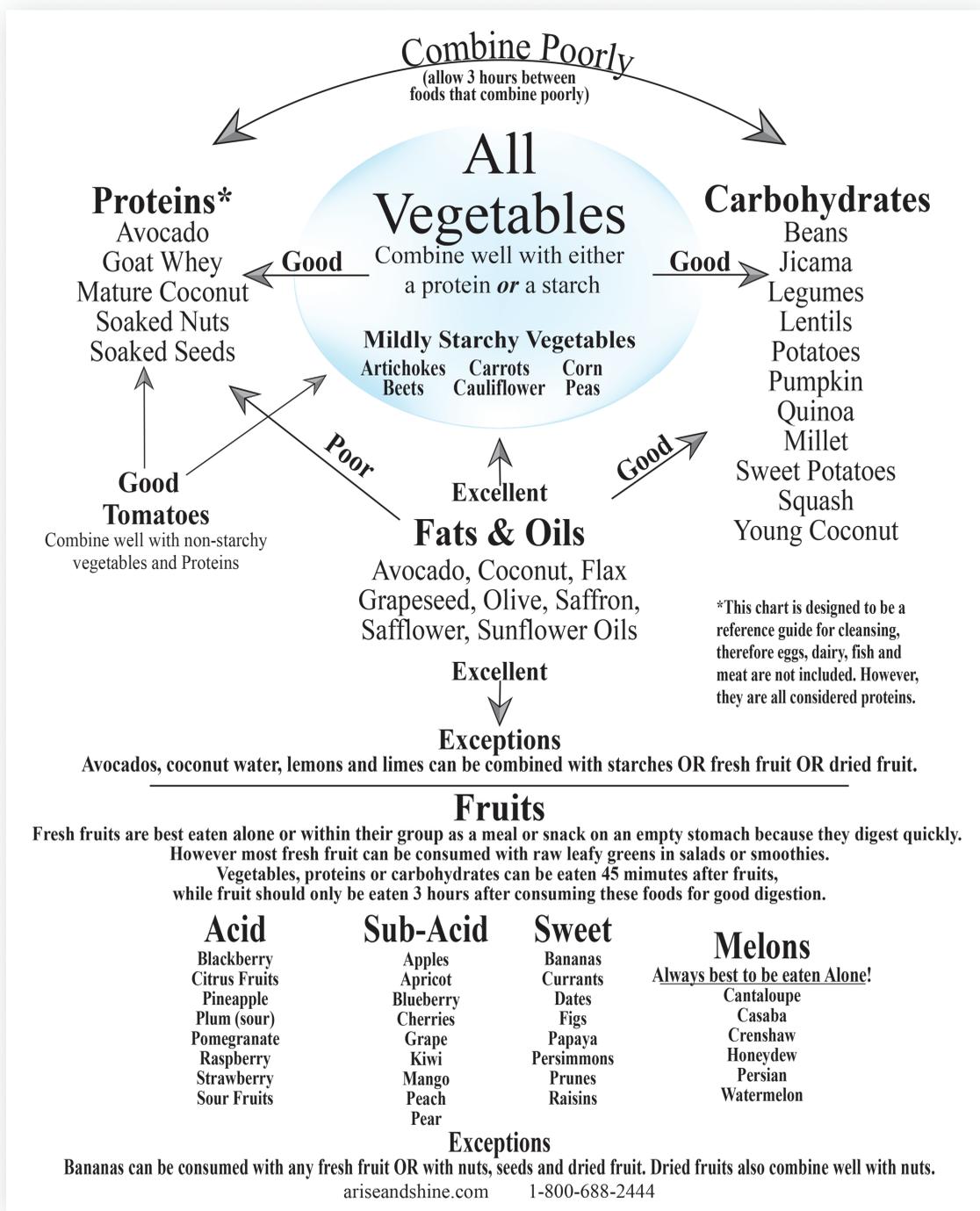
\*\*A soft mesh screen held in place with a rubber band works well. Some health food stores carry screw on screen lids that fit wide mouth canning jars.

**Please visit [ariseandshine.com](http://ariseandshine.com) for recipes suitable to enjoy while cleansing.**



# FOR GOOD DIGESTION

Here's How To Combine Your Food



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## Shopping List

(Remember to buy Organic!)

Agave	Lentils
Almonds	Lettuce
Apples	Lima Beans
Apple Cider Vinegar	Mango
Artichokes	Maple Syrup
Asparagus	Melons
Avocados	Millet
Balsamic Vinegar	Mushrooms
Bananas	Nectarines
Basil	Nutmeg
Beets	Oils (Avocado,
Berries	Coconut, Flax,
Broccoli	Grapeseed, Olive,
Brussel Sprouts	Saffron, Safflower,
Cabbage	Sunflower)
Carrots	Okra
Cauliflower	Onions
Celery	Oregano
Chard	Papaya
Cherries	Parsley
Chili Powder	Parsnips
Chives	Peaches
Citrus Fruits	Peas
Coconut	Peppers
Collards	Pineapple
Corn	Plums
Cucumbers	Pomegranate
Cumin	Potatoes
Curry	Prunes
Dill	Quinoa
Dried Fruits (unsulphured, not glazed)	Radishes
Eggplant	Rosemary
Endive	Sage
Fennel	Spinach
Figs	Sprouts and
Garlic	Sprouting Seeds
Ginger	Squash
Goat Whey (raw)	Stevia
Grapes	Sunflower Seeds
Green Beans	Tarragon
Herbal Teas	Thyme
Honey (raw)	Tomatoes
Jicama	Turnips
Kale	Vanilla (bean or unsweetened extract)
Kiwi	Zucchini
Leeks	

## Quick Tips and Reminders

**Read the Cleanse Guide completely before you begin.** You may order a hardcopy or download it on our website [www.ariseandshine.com](http://www.ariseandshine.com) at the bottom of the each page by clicking on Download Cleanse Guide. The link is on the bottom of most pages on the website: [www.ariseandshine.com](http://www.ariseandshine.com)

### Important TIPS to remember:

- Eat 100% alkaline foods!
- Eat about 20% cooked foods and 80% raw foods.
- NO SALT: no iodized, sea, Himalayan or Celtic salt.
- No soy sauce, miso or liquid amino.
- Use an herbal salt free seasoning or celery seed for a salt substitute.
- Drink a MINIMUM of 30-40 oz. of fresh organic vegetable juice and/or Alkalizing Vegetable Mineral Broth every day. (See recipe on page 10.)
- Drink LOTS of WATER (about 8 oz. per every 10 lbs. body weight, more in warmer weather.)
- For a quick snack, try Alkalizing Vegetable Mineral Broth or a piece of fruit.
- Be sure to have 3 to 5 Bowel Movements per day.
- Allow at least 60 minutes between shakes, meals and herb sets
- Maintain your pH with electrolytes
- Don't be afraid to slow down or to take an enema

### Dosages chart:

**Herb Sets:** 3 caps Chomper (or Chomper w/ Cayenne) and 3 caps Herbal Nutrition (see Fine Tuning Herb Sets on page 8. Always take an equal number of Herbal Nutrition and Chomper (or Chomper plus Chomper Aid.)

**Flora Grow:** 1 cap per day (more in Post Cleanse)

**Cleansing Shakes:** Mix ½ teaspoon Bentonite with 10 oz water (may add juice), mix well and add 2 teaspoon Psyllium. Shake vigorously until thoroughly blended. Drink immediately and follow with an additional 10 ounces of water.

**Note:** Common cleansing challenges may include constipation, diarrhea, nausea, headache, weakness or lightheadedness. If you are cleansing and experience any of these challenges, call our friendly Cleanse Support line at (360) 841-7106, or email [Support@ariseandshine.com](mailto:Support@ariseandshine.com). We are open Monday – Friday 9:30 – 4:30 PST. For more details on cleansing challenges please refer to pages 20-21 of the Cleanse Guide.

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# Sample Cleanse 28 Schedule and Cleanse Record

28 Day Schedule	Mild Phase Week 1	Gentle Phase Week 2	Power Phase Week 3	Master Phase Week 4	Post Cleanse	Actual Time										
						Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7				
6:30 am	Shake	Shake	Shake	Shake	Psyllium Only Shake											
8:00 am	Breakfast	Herbs	Herbs	Herbs	Breakfast											
8:15 am					2 Flora Grow~											
9:30 am		Shake	Shake	Shake												
10:00 am	Herbs				Herbs											
11:00 am		Herbs	Herbs	Herbs												
12:30 pm	Lunch	Lunch	Lunch	Shake	Lunch											
12:45 pm					2 Flora Grow~											
2:00 pm	Herbs	Herbs	Herbs	Herbs												
2:30 pm																
3:30 pm	Shake	Shake	Shake	Shake												
4:00 pm		Herbs	Herbs	Herbs												
5:30 pm		Herbs	Herbs	Herbs												
6:00 pm	Dinner				Dinner											
6:15 pm	Flora Grow				2 Flora Grow~											
7:00 pm		Dinner	Shake	Shake												
7:15 pm		Flora Grow														
8:00 pm	Herbs															
8:30 pm			Herbs	Herbs												
8:45 pm			Flora Grow	Flora Grow												
9:00 pm		Herbs														

**Most important:** Test pH before Cleansing and replenish healthy intestinal flora during Post Cleanse.

- Eat Alkaline Forming Foods as described on Page 15.
- Flora Grow is best taken 10 to 20 minutes after a meal or an Herb Set.
- If you get off schedule allow a minimum of 45 to 60 minutes before and after a Cleansing Shake.
- Herb Sets contain equal Chomper and Herbal Nutrition. See Fine Tuning Herb Sets on Page 8 of this Guide.
- Herb Sets should be taken 2 hours after completion of a meal.
- Day 1 of Post Cleanse only - reduce to 1 Flora Grow starting Day 2. See page 22.

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# Sample Cleanse 14 Schedule and Cleanse Record

14 Day Schedule	Prep Week	Gentle Phase	Power Phase	Post Cleanse	Actual Time							
					Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	
6:30 am	All Alkaline Forming Foods	Shake	Shake	Psyllium Only Shake								
8:00 am	Breakfast	Herbs	Herbs	Breakfast 2 Flora Grow~								
8:15 am												
9:30 am		Shake	Shake									
10:00 am				Herbs								
11:00 am		Herbs	Herbs									
12:30 pm	Lunch	Lunch	Lunch	Lunch 2 Flora Grow~								
12:45 pm												
2:30 pm		Herbs	Herbs									
4:00 pm		Shake	Shake									
5:30 pm		Herbs	Herbs									
6:00 pm	Dinner			Dinner 2 Flora Grow~								
6:15 pm												
7:00 pm		Dinner Flora Grow	Shake									
7:15 pm												
8:30 pm			Herbs									
8:45 pm			Flora Grow									
9:00 pm		Herbs										

**Most important:** Test pH before Cleansing and replenish healthy intestinal flora during Post Cleanse.

- Eat Alkaline Forming Foods as described on Page 15.
- Flora Grow is best taken 10 to 20 minutes after a meal or an Herb Set.
- If you get off schedule allow a minimum of 45 to 60 minutes before and after a Cleansing Shake.
- Herb Sets contain equal Chomper and Herbal Nutrition. See Fine Tuning Herb Sets on Page 8 of this Guide.
  - Herb Sets should be taken 2 hours after completion of a meal.
- Day 1 of Post Cleanse only - reduce to 1 Flora Grow starting Day 2. See page 22.

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## The Worst - Acid Forming Foods:

Alcohol \*\*  
Barley  
Black or white pepper (non-organic)  
Baked goods such as pastries  
Bread  
Cake  
Canned or microwaved fruits & vegetables +  
Carbonated beverages  
Cereals  
Chocolate  
Coffee or caffeine  
Dairy  
Eggs  
Foods cooked with oil  
Grains, except quinoa and millet  
Meat, fish, poultry, shellfish  
Nicotine  
Oatmeal  
Pasta  
Popcorn  
Preservatives  
Processed foods  
Salt (including Celtic, Sea & Himalayan)  
Soda crackers  
Soft drinks  
Soy (tofu, tempeh, etc.)  
Sugar, white and processed  
Sweeteners, artificial  
Tea, unless caffeine free  
Vinegar, distilled or pasteurized  
Wheat, all forms

\*\* Alcoholic beverages are highly acid forming, destroy friendly bacteria in the digestive system and hinder the cleansing process.

Herbal extracts may be used while cleansing however the best way to dissolve any alcohol is to let it evaporate in warm or hot water.

+ Processed and microwaved foods lack enzymes and minerals, making it difficult for your body to get the nutrients it needs.

## What is Mucoïd Plaque?

Mucoïd plaque can be described as a gel-like, viscous and slimy mucus that forms as a layer or layers covering the inner lining of various hollow organs, especially the organs of the alimentary canal. It appears to develop in the presence of acids, which triggers the secretion of mucus as protection. Stress and eating too much acid forming food diminish electrolytes and allow acids to trigger the mucus we call mucoïd plaque. This plaque may hold toxins and harbor microscopic pathogens. Plaque may also interfere with adsorption, thereby preventing vital nutrients from serving the body's needs. This Cleanse is famous for the removal of mucoïd plaque. It is commonly reported that when removed, people notice significant improvements in their well-being. ~



## Plaque Observations:

Generally mucoïd plaque is 1/64th to 1/4th inch thick, but occasionally may be more than 1 inch thick. Not everyone has mucoïd plaque, but over 95% of people who have cleansed, have eliminated at least some mucoïd plaque.

Some who ingest large amounts of table salt have trouble removing plaque.

Mucoïd plaque can be a variety of colors: white, yellow, gray, greenish, tan, light or dark brown, black, most commonly blackish green.

Mucoïd plaque can range from stiff and hard to soft and more flexible. For some people the herbs or the addition of cayenne even liquefy the plaque and they release globs of mucus.

Mucoïd plaque is often shiny or smooth; some pieces may look like rope, showing striations, smoothness, overlaps, and/or creases.

Sections of plaque as large as 2-4 feet long or more are not entirely uncommon, however most cleansers can expect plaque to come out in sections on average of 6-18 inches or longer.

~These statements are informational only and not intended to replace professional advice.



## The Cleanse 28 Process

<b>Cleanse 28 includes</b> <ul style="list-style-type: none"><li>• 2 Chomper - 300 count</li><li>• 2 Herbal Nutrition - 300 count</li><li>• 2 Flora Grow - 60 count</li><li>• 2 - 8 ounce Bentonite Clay Powder</li><li>• 2 - 13 ounce Psyllium Husk Powder</li><li>• 1 package of pH papers and a tote bag</li></ul>	<b>Additionally you will need:</b> <ul style="list-style-type: none"><li>• Distilled or purified water</li><li>• Fresh organically grown fruits and vegetables</li><li>• A screw top jar and lid for making cleansing shakes</li><li>• An enema bag (available at any drug store)</li><li>• A juicer is highly recommended if possible.</li></ul>
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Cleanse 28 is made up of 4 Phases; each is one week in duration. The key is to pace yourself, only moving to the next phase if and when you feel ready and have passed the pH tests (see pages 6-7). It is always ok and recommended to step back a phase if the going gets too rough. The goal is to gently ease the body into the cleansing process and then to cleanse at a comfortable pace. The benefits will be far greater over time.

Those who start with the Mild Phase will graduate to the Gentle Phase. This phase may remove a good deal of toxic material and reduce the load placed on your organs of elimination, thus, preparing you to progress to the Power and Master Phases, the deepest cleansing levels.

The **Gentle Phase** can be a good starting point for experienced cleansers or those with an exceptionally clean diet and who have a Urine pH test of 7.0 or better. If you choose to start here, this phase should be followed for 2 weeks, the first week replacing the Mild Phase as Week 1.

The **Power Phase** is not always for everyone; if not a combination of the Mild and Gentle Phases can be done for the full 4 weeks. Before beginning the Power Phase, it is important that you pass the Lemon pH Test and are experiencing minimal to no cleansing reactions, see page 20. On this phase, you may remove a significant amount of built-up toxins and perhaps many feet of mucoid plaque.

The **Master Phase** is also not always for everyone but is where the real magic happens. Before beginning this Phase, it is recommended that you pass the Lemon pH Test as well as meet the following guidelines:

- Have no cleansing reactions for at least 3 days
- Have completed a combination of the Mild, Gentle and Power Phases for at least 3 weeks
- Feel strongly that this is the right phase for you

The Master Phase is the Ultimate Cleansing Phase, and while it requires a strong commitment to complete, it is definitely worth the effort. While on the Master Phase, we recommend no food. You may complete this phase by consuming fresh vegetable juices or water only.

Vegetable juice is strongly recommended for first time cleansers and those who may need the electrolyte support. By consuming a minimum of 30-40 ounces of fresh organic vegetable juice or Alkalizing Vegetable Mineral Broth daily, your body will be able to maintain an adequate amount of electrolytes and other nutrients.

Note that when cleansing with water only, consuming vegetable juice or broth may lessen the deep cellular and organ cleansing. Those who choose to use water only may experience more heightened cleansing results physically and mentally. The choice is yours though, just be sure to pay attention to how your body is and has been reacting to the other cleansing phases. It is very important that your electrolyte reserves are strong before doing water only and that you are not experiencing any cleansing reactions.



## Cleanse 28 Sample Schedule

28 Day Sample	Mild Phase	Gentle Phase	Power Phase	Master Phase	Post
Schedule	Week 1	Week 2	Week 3	Week 4	Cleanse Week
6:30 am	Shake	Shake	Shake	Shake	Psyllium Only Shake
8:00 am	Breakfast*	Herbs	Herbs	Herbs	Breakfast*
8:15 am					2 Flora Grow
9:30 am		Shake	Shake	Shake	
10:00 am	Herbs				Herbs
11:00 am		Herbs	Herbs	Herbs	
12:30 pm	Lunch*	Lunch*	Lunch*	Shake	Lunch*
12:45 pm					2 Flora Grow
2:00 pm				Herbs	
2:30 pm	Herbs	Herbs	Herbs		
3:30 pm				Shake	
4:00 pm	Shake	Shake	Shake		
5:30 pm		Herbs	Herbs	Herbs	
6:00 pm	Dinner*				Dinner*
6:15 pm	Flora Grow				2 Flora Grow
7:00 pm		Dinner*	Shake	Shake	
7:15 pm		Flora Grow			
8:00 pm	Herbs				
8:30 pm			Herbs	Herbs	
8:45 pm			Flora Grow	Flora Grow	
9:00 pm		Herbs			

\*Do your best to consume alkaline forming foods described on page 9.

**Herbs:** 3 capsules Chomper (or Chomper with Cayenne) and 3 capsules Herbal Nutrition. See Fine Tuning Herb Sets on page 8. Always take an equal amount of Chomper and Herbal Nutrition.

**Shakes:** Mix ½ level teaspoon powdered Bentonite, 2 level teaspoons Psyllium Husk Powder into 10 ounces of pure clean water (preferably distilled). Up to 4 ounces of fresh fruit juice may be substituted for part of the water. For best results DO NOT pour water onto the Psyllium and Bentonite powders. Shake vigorously until thoroughly blended. Drink immediately and follow with an additional 10 ounces of water.

**Flora Grow:** take 1 capsule each evening 10 to 20 minutes after Dinner or with the last set of herbs. Finish your bottle of Flora Grow after the Cleanse following the Post Cleanse instructions on page 22 with 2 capsules, 10 to 20 minutes after dinner each day until gone.

A good time to take juice or broth is about 20 minutes before or after an Herb Set.

**CAUTION:** While on the Power and Master Phases, circulation may slow down and cause lightheadedness. If so, take your time and stand up, or move slowly, until it diminishes.

**NOTE:** Typically, it will take 4-6 days for the herbs to condition the mucoid plaque enough for your body to begin releasing it. For best results, please check that your pH (see pages 6-7) is in the passing range before moving to the more advanced cleansing phases.



## The Cleanse 14 Process

<b>Cleanse 14 includes</b> <ul style="list-style-type: none"><li>• 1 Chomper - 300 count</li><li>• 1 Herbal Nutrition - 300 count</li><li>• 1 Flora Grow - 60 count</li><li>• 1 - 8 ounce Bentonite Clay Powder</li><li>• 1 - 13 ounce Psyllium Husk Powder</li><li>• 1 package of pH papers and a tote bag</li></ul>	<b>Additionally you will need:</b> <ul style="list-style-type: none"><li>• Distilled or purified water</li><li>• Fresh organically grown fruits and vegetables</li><li>• A screw top jar and lid for making cleansing shakes</li><li>• An enema bag (available at any drug store)</li><li>• A juicer is also recommended if possible.</li></ul>
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**Prep Week-** Ease into cleansing! For first time cleansers, meat eaters, and those with chronic health problems, easing into cleansing by making a gradual change is really helpful. We recommend that you gradually prepare your body before cleansing by eliminating caffeine, nicotine, alcohol, and acid forming foods. Review the list on pages 9-10 and increase your intake of alkaline forming foods and fresh organic juices. Also begin eliminating the Foods to Avoid listed on page 15. Test your pH (see pages 6-7) and if low start preparing and drinking the Alkalizing Vegetable Mineral Broth (see page 10). You may want to spend more than one week preparing, which is fine. Your goal is to bring your electrolyte reserves the maximum potential. This will help your body to begin the cleansing process safely and effectively.

**Gentle Phase** - You can do it! Now you have a Urine pH of 7.0 or better (see pages 6-7) and are ready to start the herbs and shakes. This phase may remove a good deal of toxic material, reduce the load placed on your organs of elimination, and prepare your body for even deeper cleansing. It will typically take 4 to 6 days for the herbs to condition the mucoid plaque enough for your body to begin releasing it.

**Drink LOTS of pure clean water** and 30-40 ounces of fresh organic vegetable juice and/or Alkalizing Vegetable Mineral Broth daily. For best results, please check your pH with the Lemon pH Test (see pages 6-7) before moving to the Power Phase.

**Power Phase** - A new you! On this phase you may release significant amounts of toxins and many feet of mucoid plaque. Continue your intake of fresh organic vegetable juice and/or Alkalizing Vegetable Mineral Broth daily, to be sure your body can maintain adequate amounts of electrolytes and other nutrients it needs.

**Herbs:** 3 capsules Chomper (or Chomper with Cayenne) and 3 Capsules Herbal Nutrition. See Fine Tuning Herb Sets on page 8. Always take an equal amount of Chomper and Herbal Nutrition.

**Shakes:** Mix ½ level teaspoon powdered Bentonite, 2 level teaspoons Psyllium Husk Powder into 10 ounces of water (preferably distilled). Up to 4 ounces of fresh fruit juice may be substituted for part of the water. For best results DO NOT pour water onto the Psyllium and Bentonite powders. Shake vigorously until thoroughly blended. Drink immediately and follow with an additional 10 ounces of water.

**Flora Grow:** Take 1 capsule each evening 10 to 20 minutes after Dinner or with the last set of herbs. Finish your bottle of Flora Grow after the Cleanse following the Post Cleanse instructions on page 22 with 2 capsules, 10 to 20 minutes after dinner each day until gone.



## Cleanse 14 Sample Schedule

14 Day Sample Schedule	Prep Week	Gentle Phase Week 1	Power Phase Week 2	Post Cleanse
6:30 am		Shake	Shake	Psyllium Only Shake
8:00 am	Breakfast*	Herbs	Herbs	Breakfast*
8:15 am				2 Flora Grow
9:30 am		Shake	Shake	
10:00 am				Herbs
11:00 am		Herbs	Herbs	
12:30 am	Lunch*	Lunch	Lunch	Lunch* 2 Flora Grow
2:30 pm		Herbs	Herbs	
4:00 pm		Shake	Shake	
5:30 pm		Herbs	Herbs	
6:00 pm	Dinner*			Dinner*
6:15 pm				2 Flora Grow
7:00 pm		Dinner	Shake	
7:15 pm		Flora Grow		
8:30 pm			Herbs	
8:45 pm			Flora Grow	
9:00 pm		Herbs		

\*Do your best to consume alkaline forming foods described on page 9.

A good time to take juice or broth is about 20 minutes before or after an Herb Set.

NOTE: If you deem yourself ready... You may do a Master Phase in place of the Power Phase! The Master Phase is the Ultimate Cleansing Phase. It is with this phase that people achieve the greatest benefits. There are two levels: one with juice, broth and water only, and the other with water only. Juice continues to alkalize the body but inhibits full-on cleansing. Water only opens all channels of elimination and allows the body to release stored acids and toxins at top speed. This is where the greatest transformation takes place. If you feel strongly that this is the right phase for you and you are ready to cleanse deeply you may proceed if you meet the following guidelines:

- Have had no cleansing reactions for at least 3 days
- Pass a Lemon pH test
- Have completed at least 1 week of the Gentle Phase and ideally a week of pre-cleanse preparation. See the Cleanse 28 Process on pages 16-17 for the schedule.

CAUTION: While on the Power and Master Phases, circulation may slow down and cause lightheadedness. If so, take your time and stand up, or move slowly, until it diminishes.

AFTER THE CLEANSE: Be sure to follow the Post Cleanse Instructions on page 22.



## More Helpful Information.....

- If your pH is low, you may want to spend more than one week preparing. It is essential to bring your electrolyte reserves to the maximum potential. This will allow your body to begin the cleansing process safely and effectively.
- Anyone who has sensitivities to sugar should only consume vegetables, non-sweet foods and non-sweet vegetable juices while cleansing.
- Additionally, those who have sensitivities to sugar should avoid carrot, beet and fruit juices, as they have a high naturally occurring sugar content.
- If you must snack, the best snack while cleansing is an apple.
- In addition to maintaining electrolyte balance, organic trace minerals and super green food supplements are especially helpful on The Cleanse Program.

### Challenges & Solutions...

The following is information on various challenges that can arise during cleansing and possible solutions. **Please read thoroughly before beginning The Cleanse.** WHEN THE BODY pulls out toxins faster than the organs of elimination can get rid of them, they can be reabsorbed into the blood stream and liver causing Cleansing reactions.

**Cleansing reactions are the body's warning signs...listen to them. They may include:**

- |                |                   |
|----------------|-------------------|
| • Constipation | • Fatigue         |
| • Diarrhea     | • Headaches       |
| • Discomfort   | • Lightheadedness |
| • Dizziness    | • Nausea          |

**Constipation:** It is not unusual for a person to experience constipation when starting The Cleanse or during. We define constipation as 24 hours or more without a bowel movement, but this will vary from person to person. **Possible Reasons:**

- Changes in the diet
- Addition of fiber
- Unbalanced pH
- Insufficient intestinal flora - friendly bacteria

**Solutions:** Make sure you are drinking 30-40 ounces of fresh juice or Alkalizing Vegetable Mineral Broth per day while cleansing. A good time to take this is 20 minutes before or after an Herb Set.

- An enema or colonic may be helpful.
- Try taking the Cleansing Shake without Bentonite for a day.
- Increasing the amounts of Chomper and Herbal Nutrition may help increase the number of bowel movements. See Fine Tuning Herbs Sets page 8. Start by increasing 1 each of Chomper and Herbal Nutrition. If you do not have an increased frequency of bowel movements you can increase herbs again that same day or the next depending upon where you are in the schedule. The key is to increase in small increments. Pay attention to how your body responds with the increase. Reverse this procedure if you get diarrhea.
- Try increasing the amount of Flora Grow capsules to 2-3 capsules, 3 times a day, either after a meal, juice or broth. Continue for 2 to 3 days, or until relieved.
- Drink 8 -10 ounces of distilled or purified water for every 10 pounds of body weight.

**CAUTION:** While on the Power and Master Phases, circulation may slow down and cause lightheadedness. If so, take your time and stand up, or move slowly, until it diminishes.

Our Cleanse Support Staff is here to assist you  
@360-841-7106 or support@ariseandshine.com.



## Challenges & Solutions continued.....

### Diarrhea: Possible Reasons:

- Unbalanced pH
- Your body may be adjusting to your new eating habits.
- Your body may be eliminating excessive amounts of acid.
- You may be taking too much Chomper.

### Solutions:

- Take 2 Flora Grow after each meal, juice or broth 3 times a day. Continue for 2 to 3 days, or until relieved.
- If you are using Cayenne, discontinue.
- Increase the amount of Bentonite in the Cleansing Shake to no more than 1 ½ teaspoons total for a day or two.
- Decrease the amount of Chomper and Herbal Nutrition for a day or two.
- Check your pH. Your electrolyte levels may be low. Drinking more fresh vegetable juice or broth may be helpful.
- Cut back a phase. Give your body time to detoxify at a slower rate. Eat a baked potato to slow down the cleansing process.

### Discomfort, Dizziness, Fatigue, Headaches and Lightheadedness: Possible Reasons:

- Cleansing too fast
- Unbalanced pH
- Toxins moving out too slowly or constipation
- Parasites

### Solutions:

- Slow down the cleansing process by drinking some vegetable broth or eating a baked potato.
- Take an enema.
- If you are drinking fruit juices switch to vegetable juices only.
- Take an extra Flora Grow.
- See and follow the directions for fine tuning the herb sets if that seems right.

### Nausea: Possible Reasons:

- pH is low, meaning your electrolyte levels are low.
- Bowels are not moving often enough. Plaque and other toxic debris need to be eliminated quickly.
- Liver congestion possibly caused by pathogenic germs or bacteria or by detoxifying too quickly.
- May be caused by parasites being stirred up by the herbs.

### Solutions:

- Increase electrolyte intake with either fresh vegetable juice or Alkalizing Vegetable Mineral Broth.
- Drink organic peppermint or ginger tea.
- Take an enema or colonic until the water comes out clear.
- Mix 1/2 teaspoon of Bentonite with 8 oz. of distilled water and sip very slowly.
- You can take an organic coffee enema to help remove the toxins from your liver. If you are inexperienced with coffee enemas, please call Cleanse Support.
- While cleansing, if you suspect it is the herbs, take them in 5 minute intervals, one at a time. The herbs may be stimulating the stomach lining.
- If you are in the Power Phase, cut back to the Gentle Phase until relieved. Give your body time to detoxify at a slower rate. Eat a baked potato to slow down the cleansing process.
- To increase bowel movements, increase the amount of Chomper and Herbal Nutrition by one each serving until desired bowel movements are achieved. Reverse this procedure if you get diarrhea.

**NOTES:** If you experience sustained discomfort after taking the steps recommended above, you should consult your health care practitioner. They may be able to help you adjust the program to best suit your needs. There are also times when it is best to delay cleansing and work with your practitioner until you are strong enough to cleanse.

If you suspect parasites, you might want to do a Parasite Program first, and then follow with The Cleanse.



## Post-Cleanse - Transition

**FOR ONE WEEK FOLLOWING** the completion of your Cleanse 28 or Cleanse 14 Program it is important to eat 100% alkaline forming foods and continue the use of Flora Grow to establish healthy colonies of intestinal bacteria. After that, gradually ease back into your eating style of choice. It is common to continue to eliminate mucoid plaque for 4-5 days after completing an Arise & Shine Cleanse.

### **Day One After your Cleanse:**

- Upon rising in the morning: drink a Psyllium Only Shake followed by 24-32 ounces of water.
- You should have a bowel movement in the morning. If not, take an enema or colonic to help move the bowels. Do not allow yourself to become constipated.
- Eat Breakfast 1 ½ hours later. It should consist of fresh fruit OR fresh vegetable juice. Fresh apples are the best as they provide fiber and gently stimulate peristalsis. Drink or eat slowly. Follow with 2 Flora Grow 10 to 20 minutes later.
- 2 hours after Breakfast: take an Herb Set.
- Lunch: choose from fresh fruit, lightly steamed vegetables OR Alkalizing Vegetable Mineral Broth. Do not combine. Follow with 2 Flora Grow 10 to 20 minutes later.
- Dinner: try fresh fruit, a fresh vegetable salad OR lightly steamed vegetables. Do not combine. Follow with 2 Flora Grow 10 to 20 minutes later.

### **For the next 6 days following your Cleanse:**

- Upon rising in the morning: drink a Psyllium Only Cleansing Shake.
- Eat Breakfast 1 ½ hours later. Follow with 1 Flora Grow capsule 10 to 20 minutes later.
- 2 hours after Breakfast: take an Herb Set. If you took larger Herb Sets (more than 3 each of Chomper and Herbal Nutrition) during The Cleanse, gradually begin to decrease the number.
- Take 1 Flora Grow 10 to 20 minutes after Lunch and Dinner.

**Final Note:** After Cleansing you should maintain a minimum of 2 bowel movements per day. Ideally one first thing in the morning and then another within 30 minutes after a meal. Anything less is constipation. You can use Chomper and Herbal Nutrition to assist this until your bowel is strengthened to do this on its own. It is not uncommon for a person to experience temporary constipation. If you do, call our Cleanse Support line with questions: or email [support@ariseandshine.com](mailto:support@ariseandshine.com).

You may also take 1 or 2 Flora Grow 10 to 20 minutes after dinner for several weeks. Many people find it beneficial to help maintain healthy bowel movements especially in times of stress.

### **To Maintain the Benefits of Your Cleanse:**

Maintain adequate consumption of fresh pure water. The body will continue to cleanse for a while if you maintain a clean (alkalizing) diet.

If you feel a little "off," make yourself vegetable mineral broth to aid in the transition from the herbs and shakes to regular meals. Take your time transitioning and allow yourself to develop new eating habits.

Many find they feel so refreshed that they never return to some of their old foods because they have replaced them with a more satisfying and nutritious fare.



Some of our customers ask about Cleanse 7 or how they might cleanse for 7 days only. Most likely you won't see any plaque removed during a 7 day Cleanse. However it is a nice refresher between longer cleanses or a great way to slowly ease into cleansing. We don't presently offer a Cleanse 7 Kit although our 120 count size Chomper, Chomper with Cayenne and Herbal Nutrition are always available or you might use herbs left over from a longer Cleanse. Be sure to follow the Alkalizing Diet described in pages 9-10, and support your body well with fresh organic vegetable juice and Alkalizing Vegetable Mineral Broth.

### **Cleanse 7 Sample Schedule:**

#### **Day 1 through Day 7**

- 6:30 am Cleansing Shake (Psyllium and Bentonite)
- 8:00 am Breakfast
- 9:30 am Herbs (Chomper and Herbal Nutrition)
- 12:30 pm Lunch
- 2:30 pm Herbs (Chomper and Herbal Nutrition)
- 4:00 pm Cleansing Shake (Psyllium and Bentonite)
- 6:00 pm Dinner
- 8:00 pm Herbs (Chomper and Herbal Nutrition)
- 9:00 pm Flora Grow

Drink plenty of purified water for optimal results - at least 8 ounces for every 10 pounds of body weight, and more in warmer weather.

#### **Day 8**

Continue eating the recommended foods through the end of the day. Take an extra capsule of Flora Grow one hour after dinner.

## **The Arise and Shine Cleanse Guide**

Additional, how-to support videos:

[www.howtube.com/channels/AriseAndShine](http://www.howtube.com/channels/AriseAndShine)

[www.AriseAndShine.com](http://www.AriseAndShine.com)

(800) 688-2444 | [Support@AriseAndShine.com](mailto:Support@AriseAndShine.com)

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