

Gastrointestinal Flush - Celery Juice Flush

This is an ancient **gastrointestinal flush** that really works.
It should be done on an empty stomach.



(The following flush has done wonders for many people. For example, people with arthritic joint pain, achy muscles, inflammation or gout, have reported much relief.)

Step 1: First thing in the morning: Drink 16 oz of prune juice with 3 tablespoons of lemon juice and take 4 Shaklee EZ-Gest.

Step 2: Thirty minutes later do the following, and repeat every 30 minutes (approximately twelve times, based on your body weight – see below)

- Drink fresh pressed celery juice (12 oz for 100 – 200 lbs / or 16 oz. for 200+ lbs of body weight) and take 2 EZ-Gest
- Do this every half hour until you've taken enough ounces to cover your body weight (eg: 100 lb = 100 oz)

Step 3: For a thorough cleansing, do this six weeks in a row only once a week. Set one day a week (the same day each week is best). You will be amazed how much better you will feel the second and third week.

This is a tissue flush that helps alleviate the proteins stuck to the wall of the gastrointestinal tract. The enzymes, with the celery juice, break down and pull undigested protein (i.e. cheese products) stuck to the intestinal walls.

CAUTION! You will release an incredible amount of acid from your system which can cause burning in the rectal area. **For this reason, you are wisely advised to use Vaseline as a skin protector in the rectal and surrounding cheek area prior to flushing.**

NOTE:

- a) While doing this flush, you could experience a foul odour coming from your mouth This is garbage (formaldehyde, ammonia, dimethylformamide, etc.) being released from your system, and is not uncommon. All of these odours are being released from tissues, which is a good thing.
- b) If you have an incredible amount of acid in your system, you could encounter the feeling of nausea or vomiting. The reason for this is it cannot be expelled fast enough from your bowels.

If you cannot take the total amount of juice required for your weight in ounces, do what you can the first time. You can always increase the second time you do this cleanse.

You should NOT eat while doing this flush, and you will be tired after the day (your body has been working hard to detoxify). Do this on a day off, and be sure to give yourself a rest don't plan anything that requires lots of energy.

