

THE 3

	DAY 1		DAY 2		DAY 3	
UPON WAKING	16 oz Lemon or lime water	☐	16 oz Lemon or lime water	☐	16 oz Lemon or lime water	☐
MORNING	Wait 15-30 minutes, then: 16 oz celery juice Wait another 15-30 minutes, then: Breakfast and mid-morning snack of your choice (within guidelines)	☐ ☐ ☐	Wait 15-30 minutes, then: 16 oz celery juice Wait another 15-30 minutes, then: Breakfast and mid-morning snack of your choice (within guidelines), including One to two apples (or apple sauce)	☐ ☐ ☐	Wait 15-30 minutes, then: 16 oz celery juice Wait another 15-30 minutes, then: Breakfast and mid-morning snack of your choice (within guidelines), including One to two apples (or apple sauce)	☐ ☐ ☐
LUNCHTIME	Meal of Your choice (within guidelines), incorporating steamed zucchini or summer squash	☐ ☐	Meal of Your choice (within guidelines), incorporating steamed zucchini or summer squash	☐ ☐	Meal of Your choice (within guidelines), incorporating steamed zucchini or summer squash	☐ ☐
MID AFTERNOON	One to two Apples (or two servings applesauce) with one to two dates	☐ ☐	One to two Apples (or two servings applesauce) with one to two dates	☐ ☐	One to two Apples (or two servings applesauce) with one to two dates	☐ ☐
DINNERTIME	Meal of your choice (within Guidelines)	☐	Meal of your choice (within Guidelines)	☐	Meal of your choice (within Guidelines)	☐
EVENING	Apple (or applesauce) 16 ounces lemon or lime water Hibiscus, lemon balm, or chaga tea	☐ ☐ ☐	Apple (or applesauce) 16 ounces lemon or lime water Hibiscus, lemon balm, or chaga tea	☐ ☐ ☐	Apple (or applesauce) 16 ounces lemon or lime water Hibiscus, lemon balm, or chaga tea	☐ ☐ ☐
GUIDELINES	Reduce your normal consumption of radical fats (nuts seeds, oils, olives, avocado, cacao, bone broth, animal protein, etc. by 50 percent, and wait to eat radical fats altogether (if desired at all) until dinnertime. Although they are not a radical fat, skip beans entirely. Avoid these foods: Eggs, dairy, gluten, soft drinks, salt and seasonings, pork, corn, oils (both industrial and healthier oils), soy, lamb, tuna and all other fish and seafood, vinegar (including ACV), caffeine (including coffee, matcha and chocolate), grains (except millet and oats), alcohol, natural/artificial flavors, fermented foods (including kombucha, sauerkraut, and cocoa aminos), nutritional yeast, citric acid, MSG, aspartame, other artificial sweeteners, formaldehyde, and preservatives. If you enjoy animal products, stick to one serving a day of lean, organic, free-range, or wild meat, fowl, or fish (salmon, trout, or sardines), eaten only at dinner for these first three days. See the text to follow and chapter 21 for substitutions and adaptations if any of the foods in the chart don't work for you. You'll find, for example, substitutions for dates and apples. Eat portions that are right for you. Scale back if you're overly full. Stay hydrated by drinking about 1 liter (roughly 32 ounces, or 4 cups) of water during the day, in between your morning and evening lemon or lime water.					

THE 6

	DAY 4		DAY 5		DAY 6	
UPON WAKING	16 oz Lemon or lime water	☐	16 oz Lemon or lime water	☐	16 oz Lemon or lime water	☐
MORNING	Wait 15-30 minutes, then: 16 oz celery juice Wait another 15-30 minutes, then: Liver Rescue Smoothie	☐ ☐ ☐	Wait 15-30 minutes, then: 16 oz celery juice Wait another 15-30 minutes, then: Liver Rescue Smoothie	☐ ☐ ☐	Wait 15-30 minutes, then: 16 oz celery juice Wait another 15-30 minutes, then: Liver Rescue Smoothie	☐ ☐ ☐
LUNCHTIME	Steamed Asparagus with Liver Rescue Salad	☐ ☐	Steamed Asparagus with Liver Rescue Salad	☐ ☐	Steamed Asparagus AND Brussel Sprouts with Liver Rescue Salad	☐ ☐ ☐
MID AFTERNOON	At least one to two Apples (or two servings applesauce) with one to three dates (substitutions) plus celery sticks	☐ ☐ ☐	At least one to two Apples (or two servings applesauce) with one to three dates (substitutions) plus celery sticks	☐ ☐ ☐	At least one to two Apples (or two servings applesauce) with one to three dates (substitutions) plus celery sticks	☐ ☐ ☐
DINNERTIME	Steamed Asparagus with Liver Rescue Salad	☐ ☐	Steamed brussel sprouts with Liver Rescue Salad	☐ ☐	Steamed asparagus AND brussel sprouts with Liver Rescue Salad	☐ ☐ ☐
EVENING	Apple (or applesauce) 16 ounces lemon or lime water Hibiscus, lemon balm, or chaga tea	☐ ☐ ☐	Apple (or applesauce) 16 ounces lemon or lime water Hibiscus, lemon balm, or chaga tea	☐ ☐ ☐	Apple (or applesauce) 16 ounces lemon or lime water Hibiscus, lemon balm, or chaga tea	☐ ☐ ☐
GUIDELINES	Avoid radical fats (nuts seeds, oils, olives, avocado, cacao, bone broth, animal protein, etc. Skip beans too.					
	Avoid these foods: Eggs, dairy, gluten, soft drinks, salt and seasonings, pork, corn, oils (both industrial and healthier oils), soy, lamb, tuna and all other fish and seafood, vinegar (including ACV), caffeine (including coffee, matcha and chocolate), grains (including millet and oats now), alcohol, natural/artificial flavors, fermented foods (inclduing kombucha, sauerkraut, and cocoa aminos), nutritional yeast, citric acid, MSG, aspartame, other artificial sweeteners, formaldehyde, and preservatives.					
	Instead, stick to the foods outlined in this chapter and the chart above. Cook all vegetables only by steaming, Avoid baked and roasted foods for all nine days.					
	See the text to follow and chapter 21 for substitutions and adaptations if any of the foods in the chart don't work for you. You'll find, for example, substitutions for salads, asparagus, brussel sprouts, and smoothies ingredients.					
	Eat portions that are right for you. Scale back if you're overly full.					
	Stay hydrated by drinking about 1 liter (roughly 32 ounces, or 4 cups) of water during the day, in between your morning and evening lemon or lime water.					

THE 9

	DAY 7		DAY 8		DAY 9	
UPON WAKING	16 oz Lemon or lime water	☐	16 oz Lemon or lime water	☐	16 oz Lemon or lime water	☐
MORNING	Wait 15-30 minutes, then: 16 oz celery juice Wait another 15-30 minutes, then: Liver Rescue Smoothie	☐ ☐	Wait 15-30 minutes, then: 16 oz celery juice Wait another 15-30 minutes, then: Liver Rescue Smoothie	☐ ☐	Over the course of the day, consume: Two 16 -20-ounce celery juices (one morning, one early evening: enjoy them 15-30 minutes apart from other drinks)	☐ ☐
LUNCHTIME	Spinach soup over cucumber noodles	☐ ☐	Spinach soup over cucumber noodles	☐ ☐	Two 16-ounce cucumber-apple juices (anytime)	☐ ☐
MID AFTERNOON	Wait at least 60 minutes, then: 16 Ounces celery juice Wait at least 15-30 minutes, then: one to two Apples (or two servings applesauce) plus cucumber slices and celery sticks	☐ ☐ ☐ ☐	Wait at least 60 minutes, then: 16 Ounces celery juice Wait at least 15-30 minutes, then: one to two Apples (or two servings applesauce) plus cucumber slices and celery sticks	☐ ☐ ☐ ☐	Blended melon, fresh watermelon juice, blended papaya, blended ripe pear, or fresh-squeezed orange juice, (as many servings and as often as desired, as long as you consume them separately from each other)	☐ ☐ ☐ ☐
DINNERTIME	Steamed Squash, sweet potatoes, yams, or potatoes with steamed asparagus and/or brussel sprouts plus optional Liver Rescue Salad	☐ ☐ ☐	Steamed asparagus and/or brussel sprouts plus optional Liver Rescue Salad	☐ ☐	Water (as desired)	☐
EVENING	Apple (or applesauce) 16 ounces lemon or lime water Hibiscus, lemon balm, or chaga tea	☐ ☐ ☐	Apple (or applesauce) 16 ounces lemon or lime water Hibiscus, lemon balm, or chaga tea	☐ ☐ ☐	16 ounces lemon or lime water Hibiscus, lemon balm, or chaga tea	☐ ☐
GUIDELINES	Continue to avoid radical fats (nuts seeds, oils, olives, avocado, cacao, bone broth, animal protein, etc. Skip beans too.					
	Avoid these foods: Eggs, dairy, gluten, soft drinks, salt and seasonings, pork, corn, oils (both industrial and healthier oils), soy, lamb, tuna and all other fish and seafood, vinegar (including ACV), caffeine (including coffee, matcha and chocolate), grains (including millet and oats now), alcohol, natural/artificial flavors, fermented foods (inclduing kombucha, sauerkraut, and cocoa aminos), nutritional yeast, citric acid, MSG, aspartame, other artificial sweeteners, formaldehyde, and preservatives.					
	Instead, stick to the foods outlined in this chapter and the chart above. Cook all vegetables only by steaming, Avoid baked and roasted foods for all nine days.					
	See the text to follow and chapter 21 for substitutions and adaptations if any of the foods in the chart don't work for you. You'll find, for example, substitutions for salads, asparagus, brussel sprouts, and smoothies ingredients.					
	Eat portions that are right for you. Scale back if you're overly full.					
	Stay hydrated by drinking about 1 liter (roughly 32 ounces, or 4 cups) of water during the day, in between your morning and evening lemon or lime water.					

