

Simple Cleansing, Maintenance and Strengthening Program

Courtney Jackson, DDS, MME www.revelationofhem.org

Intestinal cleansers should be taken first thing in the morning and just before going to bed. For increased effectiveness you can also take it during the day 1, 2 or 3 times for 2-3 months the first time but after that usually about a month of maintenance is good. Know your body and understand physiology and how many or how much toxins could be in your system and causing your condition. If you remove toxins and put in sufficient nutrients and follow the 8 Laws of Health, you will have health.

Sonne's 7

Liquid Bentonite Clay - take 1 Tbsp with about 8 oz of water or mix with your fiber cleanser

No Enema Bowel Cleanser(if you would like to make it yourself)

Psyllium 1 lb.

Alfalfa 1/3 lb.

Slippery Elm 1/3 lb.

Apple Pectin 1/3 lb.

Mandrake(Stronger) 3 Tbsp or Senna(Preferable if your condition is not serious) these herbs move the bowels)

Agar Agar 1/3 lb.

Mix together and take one Tbsp. in 4 oz. of juice. Shake up drink all of it right down.

AIM Herbal Fiberblend

~ Take 1 Tbsp just before bed and at rising.

~ Can be purchased at Clark's in Loma Linda, Riverside or Chino about \$45 or call me if you want to order it and need it shipped to you. 909-557-5618

~ Has a very bitter taste but is very powerful. I travel with this on all my mission trips and have to use it everytime to prevent diarrhea. People around me eat bad food so I always have it to share with them, at the very least you can help keep the people around you well.

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Eat normal during the day or utilize while you're fasting.

Eat a good handful of **Cilantro** or **Parsley** raw or placed in your cooked food everyday put in at the last minute then turn of the stove/fire. It can also be added to you green juice.

**Things to avoid:** processed foods, meat or dairy products, chemicals of any kind, additives, preservatives in your foods, even vitamin and mineral supplements can be harmful.

No white rice

No white flour or flour products

No refined sugar

No cooking and eating foods cooked with or in oil(toxins are captured or store in your fat)

### Lemony

Blend up one whole Lemon(peel, seeds, pulp) and drink this every day.

Optional flavor enhancers:

✓ You can add 1 Turkish fig or dates to help with the sharp flavor. They are quite sweet so keep in mind the less extra concentrated sugar you take in, the faster you restore your body functions to their optimum and allow your body to repair damaged structures

✓ One small hand grasp of a some raw nuts, Cashews, Almonds, Spanish Peanuts, Brazil, etc. helps smooth out the flavor

✓ Also berries are a great mixture to help with the strong acidic flavor, Cherries, Grapes, Blueberries, Blackberries, Raspberries, etc.

✓ A peeled orange can be used to help sweeten without the sugar of dried fruits

✓ Grapefruit also can be used with some seeds and peel included

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- ✓ Kiwi and other fruit should also can be considered, be creative and research what are the benefits of the different fruits and use them to your advantage
- ✓ The Vitamin C content is a powerful boost to your bodies immune system and reparative capabilities

Consider the things above options/not necessities but the Lemon is the standard requirement for cleansing the liver, detoxing your body, strengthening your tissues and structures, balancing your pH/alkalinizing your body. A Lemon has 30,000 times the power or chemotherapy. So it is also a powerful preventative supplement to your daily nutrition.

### Juicing

Courtney's Favorite Superpower Juice

5 lbs of Organic Carrots

5 Organic Beets

3-5 Organic Sweet Potatoes

This makes about 2 Quarts and should be drunk within 48 hours of pressing it

Root & Green Power Juice

5 lbs of Organic Carrots

5 Organic Beets

1 Bunch of Greens

Study nutrient contain of the different greens and learn which vitamins and minerals are most needed in your condition. Collards, Kale, Swiss Chard, Spinach, etc.

The sugar content of Carrots and Beets is significant. If you're not able you can juice greens without the sweet root vegetables and for some this is preferable long term if needed. I do not recommend using Apples with your vegetable juice. Fruits with fruits only and Vegetables with vegetables only is what God asked us to do.

If your wanting something more pleasurable but without all the sugar and cannot use the root vegetables. Alternate a vegetable green juice and a fruit juice(grapefruit, kiwi, berries, oranges, etc.)

Your Schedule: for taking your juices would be at least 30 minutes before a meal and 2 hours after a meal. And separate your juices(16 oz) by 1 1/2 hours.

### Sprouting

For supplementing even more nutrients prepare sprouts regularly and eat a handful everyday.

Lentils, Alfalfa, Soybeans, etc.

**USE ORGANIC FRUITS AND VEGETABLES TO OPTIMUM RESULTS. DO NOT PUT CHEAP FOOD IN YOUR VALUABLE BODY WHICH WAS PURCHASED BY THE BLOOD OF JESUS CHRIST WHICH IS ABOVE THE PRICE OF GOLD AND SILVER.**

"As obedient children, not fashioning yourselves according to the former lusts in your ignorance: But as he which hath called you is holy, so be ye holy in all manner of (lifestyle)conversation; Because it is written, Be ye holy; for I am holy. And if ye call on the Father, who without respect of persons judgeth according to every man's work, pass the time of your sojourning here in fear: Forasmuch as ye know that ye were not redeemed with corruptible things, as silver and gold, from your vain conversation received by tradition from your fathers; But with the precious blood of Christ, as of a lamb without blemish and without spot. I Peter 1:14-19.