

DAVID AVOCADO WOLFE



# PLANT BASED DETOX

• A STEP BY STEP GUIDE •



## Welcome to David Wolfe's Group Detox!

Thank you for your commitment to your health! We're so excited you're joining us! Best Ever!! We are going to kick off a Two-Week Plant Based Detox Experience that will knock your socks off! There will be people from All over the World with All Levels of Detox Experience coming together to help each other heal and detox their bodies.

In order to jumpstart your life, we will detox together for 2-3 weeks. Cleansing with a group of people is the Best Ever! It's very powerful and empowering, and with David's Private Telegram chat group, we have support and guidance every step of the way! The synergy is next-level!

Essentially,

**WEEK 1:** All liquids + 1 solid meal/day (typically lunch or dinner); focusing on reducing calories

**WEEK 2:** Liquids Only; continuing to reduce calories

**WEEK 3:** (optional) Water Fast

Please read through this Detox Guide thoroughly before our first Live Call with David, so you are prepared to have the Best Detox Ever! Please remember the \$99 cost for the Detox DOES NOT INCLUDE SUPPLEMENTS/PRODUCTS! Products are ordered separately! Please read through this guide to learn about the recommended Detox products and place your order without delay, so you may receive your products before the start of the Detox!

*\*\*Please know the Detox supplements are only recommended and not required for a successful detox.*

On our First Live Call, David Wolfe will share more detail the structure and flow of each week, so have your Detox Guide ready and take notes!! You will have opportunities on the live calls and within the Private Telegram Chat Group to ask David specific questions!



## **Your Two-Week Liquid Diet Plan with David Avocado Wolfe**

The thought of DETOXing can feel so overwhelming, especially if you're new and unsure of even where to begin. With intention and a little guidance, I trust you will navigate this detox with grace and ease!

By participating in my detox, you'll begin to implement a series of healthy habits and learn simple shifts to improve your life, lower your stress and skyrocket your energy, which will support you living in your best health ever!

This Two-Week Plant-Based Detox is based on my 25+ years' experience in the field and I'm here to support you in your journey. Easy! Step-by-step! Before you know it, DETOX isn't so scary! My wealth of knowledge and experience has catalyzed breakthroughs for many! Get Ready for the Best Detox Ever!!

NOTE: The day/s prior to starting your liquid detox should prepare your body, mind and emotions for the cleansing period ahead. Nutritionally, this means cutting most (if not all) of your protein and heavier foods, perhaps even going completely raw with your diet (no cooked food). For Cold Climates, more gently cooked warming foods and liquids are recommended. You may include extra greens (in the form of green superfood powders) with your water during the day to help nourish your cells and begin the detox in a light way.

Quick Reference List for Key Detox Elements for the Best Detox Ever!

- State of Mind & Setting Intentions (pg. 3)
- Equipment & Cleanse Basics (pg. 4)
- WEEK 1 vs WEEK 2 (pgs. 4-7)
- David's Recommendation for Detox Supplements (suggestions, not required) WHAT, WHY & DOSAGE (pgs. 8-19)
- Recommended Supplement Schedule/Timing (pg 20)
- Suggested Fresh Food Shopping List - veggies, fruits, greens & herbs (pg. 21)
- Basic Detox Info (pg. 22-28)
- Recipes (pg. 29-35)
- Additional FAQs, Tips & Detox info (pg 36-47)



## Setting Your Intentions for This Detox Experience!

Detoxifying is physically and metaphorically about letting go of what doesn't serve you (e.g., toxicity in the body, emotions, beliefs, etc.). This is why it's such a perfect time for you to set your intentions on what you choose to move on from in your life, and what you would like to experience not only during the detox, but from this detox.

One intention that may be helpful is that you will "Move through the entire detox with grace and ease." You could also use an affirmation or a series of affirmations. For example, "It is easy and effortless for me to let go, to overcome obstacles, and to forgive." "Every day is The Best Day Ever." (My favorite!) "I love how much energy I have!"

Emotions during the initial 3-5 day cleanse phase can run a little raw, especially as you transition into lower calories for energy. Use your mind to quickly pull yourself into a higher and more peaceful emotional state. Gratitude is one of the most powerful things to focus on to accomplish this.

### Identify Your Goal

You've got to have an intention. What are you going to be doing? For me, after my Peru trip in 2018 my goal was to lose 15 pounds. That was my goal. I'm on the road. I can't commit to doing yoga every day because we're going to be in cars, trains, automobiles, we're gonna be all over the place. You have to make sure it's something that will work for you that can actually do right now. I got on the scale at the gym yesterday. I was like, "Oh my God, I gained 15 pounds since our Peru trip! So, I was like, "Okay, that's coming off in this detox."

### Nourishing Your Mind:

Journaling as often as you can during this detox will help you put into words how you feel, the intuitions and ideas that are coming to you, and the experiences you are having. A few years from now you will be such a pro at detoxifying, that you may forget the small shifts and nuances that created mega shifts in your life. Sometimes the most subtle change in perception can have the biggest outcomes.



**For a Deeper Cleanse:** Along with journaling, pick up two types of books...One that deepens your learning journey about detoxing and fasting, and another that nourishes your mind, emotions and soul. Read a little every day from both, and preferably the emotionally nourishing book prior to sleep.

### **Equipment:**

A high-speed blender is one of the best pieces of equipment you can have in your kitchen. Not only for this cleanse - in life!! Not much equipment is really needed for this cleanse, yet blended drinks, smoothies and soups are key in this cleanse, so unless you want to buy everything locally, you'll want to have a blender to make things at home. A juicer is great to have, yet not required.

### **The Cleanse**

What to do in general: Have The Best Day Ever!

*\*Remember, essentially, Week 1 is all liquids and one solid meal/day and Week 2 is all liquids.*

The keys to nourishing your organs, cells and mitochondria include: less food, enzyme supplements (optional), probiotics (recommended), as well as detoxification supplements.

### **Week One—One Meal a Day**

For the first week of the detox, you'll have one meal a day. I'd recommend that you try to get your meal in before the sun sets. Try to push your eating later in the day (skipping breakfast) and then eat your meal late in the afternoon, this makes it easier to eat only one meal a day. I found that your willpower starts to wane, not at noon, but at like eight or 9pm. So, you want to get a nice meal maybe at 7pm then have some juices ready to go in case of hunger later on in the night. During that entire first week, gradually bring your calories down. See page 7-8 for more tips for Week 1!

### **Week Two—Liquids Only!**

This week, we're continuing to reduce calories, get away from chewing, so you give your teeth (and digestive tract) a complete rest. Remember, we assimilate nutrients more easily when in liquid form! If you're new if you're really new to



this whole thing, I really strongly recommend that you come in and go slow. Don't guzzle down juices and soups, sip them!

**Week Three—Water Fast!** (optional) - 15 days from the start of our detox, I'm going to be at a point where I'm going to water fast. When I say “water fast” it is going to be lemon, charcoal, sea salt & water. That's it. You may want to end up there as well. Whether or not you progress to a water fast really depends on how you're feeling, and if you've got momentum. We don't want to jump to a water fast on day five. Slow down and go with the protocols outlined please!

**Don't Miss the End of Cleanse Call—Very Important!**

The worst thing you can do is go back to burgers or something heavy at the end of this detox. That is the worst thing ever. You must come off slowly. And you know, slowly is holy—come back out of it slowly. As we get into the second week, we're going essentially look, juices all day and then in the evening, eat something that brings the energy down and calms you down.

**Days 1-3 (coming off your detox after two weeks):**

Coming Off Your Cleanse Gently

- Have a blended greens and veggie smoothie with the fiber in the morning
- 2 NutriBullet RX soups (lunch and dinner)
- Continue with your juicing over the morning and afternoon
- Continue with your Omega-3's

**Days 4-6:**

- Add 15g vegan protein to your AM smoothie (My SuperMushroom Protein is nice)
- Start including more solid food with your lunch and dinner

**Day 7 and Beyond:** Back to your regular plan

***\*Key Take Away: Take half the amount of time you cleansed to get back to your regular food plan.***



## GENERAL GUIDELINES FOR YOUR DETOX

BEST EVER!	AVOID
<p>Drink and use only spring or purified water in glass when possible if unable to harvest fresh spring water - including in making your teas, homemade blended drinks, juices and hot chocolate.</p>	<p>Tap Water, water in plastic!</p>
<p>Use sea salt (1 pinch should go with spring water) or Use brine! <b>More info for these on page 23.</b></p>	<p>Table Salt</p>
<p>Buy organic and locally grown, pesticide-free fruits and veggies when possible.</p>	<p>GMOs, pesticides, food in plastic, Fast food.</p>
<p>Take herbs all day, every day. Herbal tea, powdered herbs, herbal capsules and/or herbal tinctures (these help with energy levels and are highly recommended)</p>	<p>Synthetic (cheap) supplements.</p>
<p>Incorporate Supplements</p>	<p>Getting anxious about which supplements to buy or when to take what. This guide, David's live calls &amp; the Telegram group will support you!</p>
<p><b>Go Vegan!</b></p>	<p>No dairy, meat, poultry or fish (nut &amp; plant-based dairy okay during week 1!) Conventional or GMO Foods.</p>
<p>Coffee is OK during Week 1. Best to with a blend of herbs and mushrooms! I suggest committing to dropping coffee during the cleanse.</p>	<p>NO Coffee and other stimulants in Week 2.</p>
<p>Colonics and Enemas! A colonic is recommended early in the cleanse. This will help you get a jumpstart. Do 3-4 enemas (preferably coffee enemas) each week of the cleanse.</p>	<p>Getting backed up! Elimination and a healthy bowel are critical for detox and vibrant life!</p>



## WHAT IS A GO AND 'NO GO'?

WEEK 01	WEEK 02
Honey okay	Best to reduce Honey and other sweeteners
Coffee and dark chocolate/cacao powder, beans, nibs are okay	No stimulants; Green Tea & Chaga are Okay!
Nuts okay in moderation	No nuts or nut butters
Cannabis & Tobacco - okay for pain	Cannabis & tobacco need to be OFF the second week, that's right, so we're off that and we're going completely sober this week. So, if you're doing cannabis or tobacco this week, next week, we're off that give your body a chance to recover. It is really good to give your body a chance to reset and cleanse.
Kombucha okay	No Kombucha
Fermented Veggies - YES!	Only Juices of Fermented &/or Pickled foods is okay. For ex. Kraut or Pickle Juice!
Chia Seeds are OK During Detox Remember chia seeds are okay during the detox. Chia puddings are something I highly recommend. They are bulking agent, demulcent and help produce healthy bowel movements.	Chia Seeds - YES! Use in blended drinks/juices.





## RECOMMENDED SUPPLEMENTS FOR DETOX/CLEANSE

The keys to nourishing your organs, cells and mitochondria include: less food, enzyme supplements (optional), probiotics (recommended), as well as detoxification supplements.

Here is a link David Wolfe's Detox Collection on his Shop (LIMITED SUPPLY):  
<https://shop.davidwolfe.com/collections/detox>

*\*\*Individual product links below; Please know some products below are sold through other sites*

*\*\* CANANDA SHOP - please see page 19 for product list in Canada.*

The Basics:

- DETOX BOX which contain the following 3 products (LIMITED SUPPLY)
  - RUG or Remove Unwanted Guests
  - Kohlbitr Activated Charcoal
  - Carbon 60

*\*\*More product information and dosage instructions on page 10 (and on main product pages on <https://shop.davidwolfe.com/collections/detox>*

- Magnesium
- VeganZymes
- Floratrex Probiotics
- VeganZymes
- Detoxadine
- Synergy C
- SuperMushroom Protein Powder



## **Beyond the Basics (supplements for added immune and detoxing support):**

- Coated Silver
- The Omega
- PurBlack Shilajit
- MegaHydrate
- Solgar Niacin
- Tulsi Tincture
- Tulsi Tea
- 22 Reishi
- Longevity Mushrooms
- Goji Schizandra
- Spring Dragon Longevity Tea
- Cymbiotika D3+K2+CoQ10
- SuperMushroom Protein



## What's in the Detox Box?



### Ingredient #01: RUG (Remove Unwanted Guests)



***Here is why this is important:*** Parasites are real and getting the big ones out is imperative to gain sovereignty over your own consciousness. Parasite cleansing is a must for all sovereign beings. Parasites cause many urges we associate with “hunger.” Get the parasites out and your hunger goes down. Go through at least one bottle. If you see ANY parasites come out the other end, then commit to consuming 3 more bottles of RUG over the next 100 days, taking some each day.

Dosage: RUG or Remove Unwanted Guests(3-5 capsules a day with your biggest meal or soup, increase to 6-10 capsules a day at the height

Learn more about Remove Unwanted Guests (R.U.G.) here:

<https://shop.davidwolfe.com/collections/detox/products/parasite-cleanse>



## Ingredient #02: Kohlbitr (Kohlbitr Activated Charcoal)



**Here is WHY this is important:** Activated charcoal is the #1 detoxification and longevity substance ever found. I set out to create the best activated charcoal product ever: Kohlbitr. These are tapioca capsules with the best activated coconut charcoal on the world market and that’s it. Nothing else sneaks in.

Dosage per day (taken with/in water): TAKE 4 HOURS APART FROM MEDICATIONS & SUPERFOODS/HERBS

Beginners: Kohlbitr Activated Charcoal 1-3 capsules in the a.m. Intermediate: Kohlbitr Activated Charcoal 2-4 capsules Advanced: Kohlbitr Activated Charcoal 5-7 capsules taken

**\*\*Note:** 70 years of research has failed to prove Activated Charcoal adsorbs healthy nutrients. Charcoal will neutralize pharmaceuticals and some compounds within superfoods/herbs.

### Types of Charcoal—Birch Charcoal vs. Coconut Charcoal

“I sometimes use straight birch charcoal, but it generally isn’t strong enough for me. I get straight birch charcoal from [www.chagaking.co.uk](http://www.chagaking.co.uk) “ Most of the charcoal out there is activated charcoal and is coconut-shell-derived charcoal. Birch charcoal comes from Birch Trees and is typically not an activated charcoal. “I’d recommend doing charcoal first thing in the morning. Wait a couple hours before you use other supplements.”

Learn more about Kohlbitr Activated Charcoal here:

<https://shop.davidwolfe.com/products/activated-charcoal>



### **Ingredient #03: David Wolfe's Carbon Detox SuperCharcoal c60 in Olive oil**



**Why c60?** C60 olive oil has been scientifically proven to reduce the effects of oxidation and aging, resulting in a longer lifespan for mammals. This SuperCharcoal vacuums up the nano-toxins and improves mitochondria energy production. #1 longevity substance in animal research.

C60 is known to have the following benefits: Improved longevity, protection against free radicals, reduces inflammation, kills viruses and bacteria, protects nerves, may prevent Osteoarthritis and more!

**Dosage:** Take 1-2 droppers full daily

**Topical Use:** These highly filtered, oil-based, fullerene, cleansing formulations may be used topically for antioxidant protection of the skin. Carbon can temporarily stain clothing and skin, so facial application needs to be carefully considered.

#### **For KIDS –**

**Dosage:** 1 Drop for every year!! "The system I've been playing with, which I think is a good one, is a drop for every year! So, a 1 year old takes 1 drop of C60 a day; a 6-year-old takes 6 drops of C60 a day. A 15-year-old takes 15 drops a day (which is a dropper full)."

#### **For PETS -**

**Dosage:** 3-5 drops cats. 5-15 drops for dogs depending on their weight. The more weight, the more c60. Dosages May be increased over time. Dosages May be added to food. 4-5 times per week.

Learn more about David Wolfe's Carbon Detox c60 here:  
<https://shop.davidwolfe.com/collections/detox/products/c60-olive-oil>



## DOSAGE FOR TAKING Kohlbitr, c60 and RUG TOGETHER

### Beginners per Day:

- Kohlbitr Activated Charcoal 1-3 capsules in the morning with water
- C60 1-2 droppers full
- RUG 3 capsules with food

*\*\*Note - RUG and Kohlbitr to be taken separately - at least 3 hours apart!*

### Intermediate per Day:

- Kohlbitr Activated Charcoal 2-4 capsules taken in the morning with water
- C60 2-3 droppers full
- RUG 5 capsules taken with food

*\*\*Note - RUG and Kohlbitr to be taken separately - at least 3 hours apart!*

### Advanced per Day:

- Kohlbitr Activated Charcoal 5-7 capsules taken in the morning with water. 1-2 capsules taken in the evening with water
- C60 3-5 droppers full
- RUG 8-10 capsules taken with food (preferably split into two doses)

*\*\*Note - RUG and Kohlbitr to be taken separately - at least 3 hours apart!*

## SuperConcentrate C60 Wolfe-Carbon-Detox

	Amount per serving	%Daily Value*
Calories	5	
Total Fat	0.5 g	<1%
Carbon 60	176 pg	†

\*Percent Daily Values are based on a 2,000 calorie diet.  
† Percent Daily Value not established.

**INGREDIENTS:** Organic Sunflower Oil, C60

**DIRECTIONS FOR USE:** Take 2-3 drops of a full dropper orally per day. Over 100 Billion Carbon 60 Molecules per Serving.

\*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.

**Here is Why this is important:** This product is really something extraordinary. It's a SuperCharcoal that vacuums up the nano-toxins and improves mitochondria energy production. It's the #1 longevity substance in animal research.

Carbon Detoxification typically works better on an empty stomach. We prefer taking the Wolfe-Carbon-Detox



SuperConcentrate or Carbon60 products first thing in the morning or the last thing before bed. Increase or Decrease the dosage as needed from 1-2 droppers full (not drops) as you acclimate and become more experienced with the substance. Taking in combination with Kohlbitr is recommended!

This product is the solvent-free C60 SuperConcentrate and is so concentrated it is actually black in colour. The C60 is suspended in Organic Sunflower oil. There are only two ingredients: Organic Sunflower oil and Carbon 60 molecules. The SuperConcentrate tastes great and can be consumed or used topically. SuperConcentrate C60 is found here: <http://bit.ly/C60-SuperConcentrate>

## Magnesium



The most important mineral during this detox will be Magnesium, and it is highly suggested that you increase your dose by 20-30% (an extra capsule at the start of the day and in the middle of the day) to ensure that your bowels will continue to move. You may find that you go up to double your regular dose of Magnesium during this whole detox. I recommend

Oxy-Powder!

<https://shop.davidwolfe.com/collections/home-brewed/products/oxy-powder>

Gradually increase your dose every day until your bowel movements are at 2-4x/day (they may even be slightly more since liquids will move fairly quickly through your bowels). Should you get backed up on the first day, you can add 1 capsule of Oxy-Powder later in the afternoon when you are going home). Magnesium Oxide is exclusively used to help flush the bowels. Too much of this type of Magnesium can cause the runs and some 'emergencies' where you have to be close to a washroom, so make sure you don't take it before heading out anywhere.

Because you are flushing your intestines of 1-3lbs of matter (or more), you are also going to have the opportunity to establish an excellent balance of 'good' bacteria. Take an extra capsule of probiotics at 3-5 separate times in the day to keep a constant flow of these valuable aids to establishing a healthy flora in your bowels.



You may also use magnesium supplements like ReMag by Dr. Carolyn Dean. I'm also a big fan of magnesium baths like an Epsom salt bath or you go and you get these ancient minerals and boom throw a bunch in the bathtub and get the magnesium through your skin – you actually absorb magnesium better through your skin than through the digestive tract. For Magnesium in the bath, Ancient Minerals is a brand good one. Another brand is Omica Organics.

### **OMEGA's**

Omega-3/DHA (vegan). That's the most important of the Omega-3's. The energy this gives is crazy. If you feel like you're running out of energy, you know that's something to have. My recommendation is Cymbiotika's The Omega. The Omega-3 is made from an algae oil!

<https://shop.davidwolfe.com/collections/cymbiotika/products/cymbiotika-theomega-dha>

### **PROBIOTICS & ENZYMES**

A healthy gut is key! Our Immune System and serotonin products are closely tied to the health of our gut! Probiotics are keys to supporting and maintaining healthy gut flora! I recommend Floratrex Probiotics by Dr. Group! Enzymes are “keys to life” and a key element in cellular function, metabolism and detoxification! I recommend VeganZymes by Dr. Group!

### **IODINE:**

Iodine is also recommended as a halogen antibiotic and gland protector. Detoxadine is the iodine I recommend. Get Detoxadine here:

<https://shop.davidwolfe.com/collections/detox/products/detoxadine>

Combining silver, iodine can form a salt (silver iodide) that can accumulate, so take them a couple hours apart. Also, take charcoal separate from iodine. Charcoal adsorbs iodine. (It's not harmful, you just lose effectiveness of iodine.) Take iodine before charcoal, since it absorbs immediately.





## What is Coated Silver?



### Why is it Important for Cleansing?

Coated silver was originally developed by Clarkson University in Upstate New York and represents a breakthrough in silver concentration without clumping. At this point I am certain that one of the main problems with colloidal silver is the silver metal ions wanting to clump with each other and it is this clumping that can irritate our friendly bacteria and has always represented an upper limit to the use of colloidal silver.

Coated silver has solved the clumping problem by dispersing the silver on a polysaccharide matrix. Polysaccharides are (non-glycemic) long-chain sugars well known for their immune system and epithelial-cell nourishing properties. Order Coated Silver here: <https://shop.davidwolfe.com/products/coated-silver>

## How to Use Coated Silver

Please remember that Coated Silver is concentrated to 20,000 parts per million (ppm) and is approximately 83 times more concentrated than an entire bottle of colloidal silver. That means 1 drop is equivalent in concentration to an entire bottle of colloidal silver. As best you can, take coated silver and water several times per day.

Note: Do not take coated silver at the same time as iodine. Coated silver can chemically combine with iodine in your water or drink, so please take iodine at a separate time (at least 2 hours apart). Iodine is also recommended as a halogen antibiotic and gland protector. Detoxadine is the iodine I recommend.

<https://shop.davidwolfe.com/products/detoxadine>

With silver, iodine can form a salt (silver iodide) that can accumulate, so keep them a couple hours apart when taking them. For example, I typically take spring water (with 1-3 drops of iodine as well as sea salt added) and 2-5 capsules of



Kohlbitr Activated Charcoal first thing in the morning. I will drink water with coated silver at least two hours later in the day.

Ingesting Coated Silver for Adults: Under the current level of flu threat: Take 1 drop of Coated Silver with water daily. Under pressure from contagious microbes in public, in airports or similar environments: Take 4-6 drops in water spread throughout the day (that means that you take 1 drop with water, 4-6 times a day, so that you are spreading the coated silver throughout the day.)

Ingesting Coated Silver for Children: Under the current level of flu threat: 1/8 – 1/2 drop with water per day for those 1-6 years old. Under pressure from contagious microbes in public, in airports or similar environments: Dispense 1 - 2 drops of coated silver per day with water for those 1-6 years old. Not enough children under the age of one have taken this product for me to say anything about that age range; we just do not have enough data and information. Under the current level of flu threat: 1 - 2 drops with water per day for those 7-15 years old. Under pressure from contagious microbes in public, in airports or similar environments: Dispense 2 - 4 drops with water per day for those 7-15 years old. Ingesting Coated Silver for Pets: Coated silver is GREAT for our furry friends. 1/8 of a drop daily with water for low-bodyweight animals like cats and small dogs. 1/4 to 1/2 a drop of coated silver daily for 40-100 pound dogs.

Creating a Coated Silver Spray: Dilute 6 drops of Coated Silver in 6 ounces of pure water and put this in a spray bottle. I use this Coated Silver Spray to brush my teeth every day. I spray my teeth, my mouth and toothbrush. I will often also put 3 drops of frankincense on my toothbrush as well. Every so often, I switch it up and just open a Kohlbitr Activated Charcoal onto my toothbrush and brush my teeth with only charcoal, which is wonderful for teeth whitening and for resetting and cleaning the oral environment.

DMSO-Coated Silver Spray Combination: The only drawback for coated silver for topical use is that it does not penetrate deep under the skin because it is not a solvent. To solve that problem, I would recommend using DMSO as a spray after using Coated Silver Spray. Remember that DMSO is a chemical solvent and that means the skin should be completely clean and dry before using the DMSO-



Coated Silver Spray combination. Avoid using too much DMSO as DMSO can burn the skin; only use enough DMSO to create a subtle heating reaction in the skin. You can find Coated Silver at: <http://bit.ly/CoatedSilver>

SHILAJIT: There's another substance I'm going to be using, the anti-viral: Humic acid. I will also use PurBlack Shilajit which is from our Vedic medicine which is resin tar of earth. I like humic acid because it just works for me, it feels right. I use these detoxifiers because they're really good cellular food and nourishing. Humic acid in particular is very powerful and it's anti-viral. PurBlack Shilajit is the best shilajit I've come across:

<https://shop.davidwolfe.com/collections/detox/products/purblack-shilajit>

#### MEDICINAL MUSHROOMS:

David Wolfe's SuperMushroom Protein Powder, 22 Reishi & Longevity Shrooms are a few mushroom products recommended for this detox to support your immune system. See list on page 8 for direct links!

#### ADDITIONAL:

You can certainly do more variety of supplements if you choose. More herbs are always recommended to help alleviate hunger. I will also be taking 500-1000mg of niacin each day. I recommend Solar Niacin (Flush).

**CHECK OUT DAVID'S DETOX PRODUCTS HERE:** <http://bit.ly/Wolfe-DetoxShop>



### David Wolfe’s Shop in Canada

Wild Avalon Offering

(CANADIAN PRICING or Can\$)

✂Save on Shipping and Customs!!✂

Your Store Contact (Groove): [groovedas@gmail.com](mailto:groovedas@gmail.com)

**Shipping:** Add \$22 to your order for Shipping Inside Canada for any size order. For International, please check with Groove for Shipping prices. Remember all prices are in Canadian Dollars!! (Can\$)

- Remove Unwanted Guests - \$55
- Wolfe c60 SuperConcentrate - \$111.00
- Wolfe-Carbon-Detox c60 - \$50.00 Birch Charcoal (500ml powder) - \$45
- Birch Charcoal (400ml in Vcaps) - \$55
- David Wolfe’s Coated Silver 5 mL - \$150 Super Mushroom Protein (powder) - \$55
- 22 Reishi (Tincture) - \$44
- Cymbiotika B12 - \$65
- Cymbiotika D3/K2 - \$105 Cymbiotika GoldenMind (nootropic) - \$80
- Cymbiotika TheOMEGA (Vegan DHA) - \$100
- Cymbiotika Liposomal Vitamin C - \$85
- Cymbiotika Liposomal Activated Charcoal - \$58
- PurBlack Shilajit - \$95
- Revitin Probiotic Toothpaste - \$20
- Wild Avalon SeaBuckthorn Concentrate 100ml in Alcohol, triple extract, rich in Omega 7 fatty acids, Canadian Sea Buckthorn berries, bark, leaves) - \$55
- Chaga Tincture - 100ml in Alcohol Tincture (1 year vintage, triple extract, Boreal Wild Chaga) - \$77

**CONTACT GROOVE for COMPLETE LIST OF AVAILABLE PRODUCTS**



## RECOMMENDED SUPPLEMENT TIMING SCHEDULE

### Morning:

Charcoal, C60, Sea Salt, Water, Lemon, Vitamin C, Goji Shizandra, Tulsi, Spring Dragon Longevity Tea

### Afternoon:

RUG, 22 Reishi, Longevity and Medicinal Mushrooms, Coated Silver, Niacin, Enzymes, Probiotics, Iodine

### Evening:

Charcoal, C60, Niacin, RUG, Enzymes, Probiotics

### REMEMBER:

- Do not take Charcoal with medications or superfoods, as it neutralizes medications and potentially secondary compound in superfoods/superherbs. **Therefore >> Do Not take Charcoal with Iodine or RUG.** (always take iodine before charcoal, since it absorbs immediately.)

Charcoal is okay to take with c60. There is a unique synergy when taken together!



## **SHOPPING LIST FOR PRIMARY NUTRIBLAST OR JUICING RECIPES** **(for most of the volume of your recipes)**

Here is the list of veggies to consider **BLENDING** or **JUICING** during the detox. Blending differs from juicing mostly because of the fiber. Juices are great for a more immediate energy boost, and blending is excellent for imbibing whole foods complete with fiber, which is a key element for digestion and elimination. Fiber fuels the colon cells to keep them healthy, helps bulk up stools, helps clean out bacteria and other buildup in your intestines, and reduces your risk for colon cancer.

Blending and Juicing for Liquid Meals:

### **FRUITS & VEGGIES**

Kale, Spinach, Collard Greens, Lettuce, Cabbage, Cucumbers  
Red, Green, and Yellow Bell Peppers, Tomatoes, Green apples

*If Blending: Use Coconut Water as the base.*

### **For ZEST and FLAVOR in Your Juices, Blends, and Daily Meals**

Cayenne Pepper, Lemons, Limes, Ginger, Lemon Grass, Parsley Turmeric, Salt & Pepper, Herbal Spices

NOTE: WEEK 2 is going to be lower calories with juices & teas vs. excessive blended drinks with lots of fiber.



## BASIC DETOX INTEL

### **CRAVINGS!! Why do we get them?**

We crave what's in our blood so as soon as we're not eating something like chicken—all of a sudden the body is starting to say, “Let's dump this chicken residue out of this body” and sure enough, then it's all swirling around in our blood. Suddenly, you want chicken. And you're thinking, “It doesn't make any sense!” You don't need chicken. All the sudden, your body goes, “Okay, we've got this. We've had dairy every day for 30 years, we better push out all these metabolic toxins and process all this dairy residue out and it gets in your blood. Then there's this notion you crave dairy. You don't need it! Ignore it!

Back in the early days I would get cravings for things. I'd be like, “What? Why am I getting a craving? It doesn't make sense. I don't want that. I haven't even thought about that food. My body definitely doesn't need that. Why the craving?” It has helped me to remember, it's what's in your blood. There's also the demands of parasites to consider as well with cravings. If your cravings are for sugar and the feeling is—I've GOT to have the sugar. Or, I've GOT to have meat, these are things that parasites love.

When hunger and cravings hit hard, drink lots of water and herbs like RUG! Give the parasites exactly what they do not want: RUG and Superherbs!

### **Blood Sugar/Veggie & Fruit Balance**

Beginning on day 4, you are going to have an even supply of blood sugar that will keep your physical, mental and emotional energy fully supported. Along with Beets, Carrots, Pineapple, Apples and Non-Carb Veggies, you can find fabulous juicing formulas in detox/fasting books and online. By combining different types of veggies and fruit you can accomplish specific cleansing outcomes. It's a good idea to add in as much variety to your liquid detox to provide the best possible outcome for all your cells and organs. The key is the carb levels throughout the day.



Remember that 1 medium piece of fruit is approximately 20-30g of carbohydrates. The recipes for the carb phase should mostly include veggies, and limited fruit. A good ratio in the whole day is to get a max of 3-4 pieces of fruit into your recipes throughout the entire day, even less if possible. We want to limit the amount of fructose during this cleanse.

## **ADAPTOGENS, SEA SALT, BRINE, BLENDING & JUICING**

### **Adaptogens:**

Adaptogens help your body adapt to stress! It's critical to have at least a few adaptogenic herbs superfoods & superherbs in your life, especially when you're detoxing! Consider taking herbs like Dandelion Root. Taking a Dandelion Root capsule 3x during the day will help move the toxins out of your lymph and organs in a gentle way. In addition, it is a potassium-sparing diuretic, which will help move any water retention quickly out from around your cells and body.

Holy Basil is a calming superherb that will create a smooth transition into the detox. Taking a capsule in the morning and mid-day, will help to calm your potential emotional ups and downs, while elevating your moods to create a graceful detox experience.

*Recommended Adaptogens from David's Shop:*

- 22 Reishi
- Longevity Mushrooms
- Goji Schizandra
- Spring Dragon Longevity Tea

### **Sea Salt & Brine:**

Water and sea salt are important to keep your electrolytes balanced throughout the day. High- quality sea salt or Himalayan salt has a massive amount of trace minerals, which support metabolism, hydration, hormone communication, detoxification and more! Some sea salts have had minerals stripped from them, so be sure to get a trusted source! (Makai Salt, Icelandic Salt, Master Salt are a few recommended salts) Brine is an excellent way to measure your salt intake during a liquid detox (and any other time). If you find your energy dropping too far in





your first day (a sea salt free day), then keep salt with you and add it to the liquids for the rest of the day (1tsp of Brine/litre would be excellent).

Brine Recipe: 1tsp of Brine (water and sea salt) contains 200mg of salt, and you are aiming for 800-1200mg in the day. This equates to 1tsp of Brine for every liter of juice. You may require more, depending on your energy expenditure in the day.

### **Maintaining Your Electrolyte Balance**

Let's talk about salt for a second. First of all, supplementing with sea salt or pink salt really depends on where you are, you might not need salt at all. You might be thinking, "I don't want any salt on this cleanse at all" because you need to "de-salt" yourself from the toxic table salt and preservative salt used in the food industry. You do need to consider that. But generally, what's happened is, as we've salted ourselves up with all the toxic salt, it is the table salt (or the de-trace mineralized salt)—meaning that 15% 20% trace minerals been removed and sold the chemical companies—that is the problem.

So, we might have to do a salt cleanse where we've got to get that out and just by doing lots of fruits and vegetables, which are high in potassium, which is antagonistic to salt, it draws it out of you. That may be what you want to do on this cleanse.

For others of us who've been doing this for a long time, we've been off that toxic salt for years or even decades, then you want to have the right amount of sea salt that makes sense to you—so you maintain your electrolyte balance. This is very important. One of the biggest challenges in our civilization is heart attack and stroke and that definitely has something to do with electrolyte deficiency, which means salt deficiency—the right kind of salt — again, not the toxic salt.

If you're new to cleansing –cucumber-celery juice three times a day, helps create alkalinity and bring in natural salts or electrolytes. It is also great for the kidneys and the kidneys are very, very important for helping the body detox.



## Saltwater During Detox

I'd recommend drinking some saltwater all through the detox. If your energy really dips down, then you might want to blend a little bit of lemon and honey into the mix. If you have to work and you're constantly moving every day, you can do it, but you need to use those two tools and have a system to use salt and a little bit of something that's got some sugar in it just in case your blood sugar just completely drops. I've been through that before. It's very tough when you have to work and move at the same time and you have nothing in the gas tank.

**VERY IMPORTANT!! NOT ELIMINATING ENOUGH?!**

## MAGNESIUM, ENEMAS, COLONICS, ENZYMES & LAXATIVES

**Magnesium:** 1 Capsule of Magnesium Oxide (Oxy-Powder) when you arrive home in the evening will help get your bowels moving if the increased Magnesium intake (and soaking in Magnesium salts) and soups don't help. It's best to try to get you bowels to move with regular magnesium increases during the day.

**Enemas & Colonics:** Let's talk about cleansing and bowel cleansing. I very strongly recommend enemas for all of us. Coffee Enemas 6-10x during this two-week liquid cleanse are an excellent idea.

Anybody on this cleanse should be doing some enemas—every day if you can. But if you can get some colonics in—one or two—during these next two weeks, that is super recommended. What is an enema? It is basically sticking a tube in your butt and getting water in there so that your body has a reaction of flushing and dumps everything out, especially bowel and liver toxicity.

### Coffee Enemas:

1. Get an Enema bag or clean a good one.
2. Make sure the clamp works to stop liquid flow.
3. Make sure you have a place in the bathroom or bathtub go hang the Enema bag up and where you can lay down.



4. Brew the organic coffee preferably with spring water or medicinal mushroom tea.
5. Let the coffee cool down to slightly warmer than body temperature.
6. Important: Test the tube clasp and make sure the Air is out of (and the coffee is all the way in) the tube.
7. Suspend the Enema bag. Use coconut oil as lube. Insert the end of the tube in your rectum while lying on the floor of the bathroom or bathtub.
8. Slowly open the clasp and allow the coffee in. Go slowly. Try to hold the coffee in for more than 5 minutes.

### **Taking Enzymes During Detox**

Enzymes are really good laxatives. Senna gets a bad rap because people abuse it. That's why it gets a bad rap. But for a cleansing it's phenomenal. You can do two weeks on Senna tea and then get off, it's phenomenal. Almost unbeatable.

*Because what is our major way of detoxification?*

We've got kidneys, intestines, liver, lungs, skin, but out of those, the main toxins are coming out the intestines. Think about it. You're pooping out a lot of toxins.

### **The Role of Laxatives in Detox**

I get that laxative herbs like Senna and cascara get a bad rap because they're abused by people who have bowel movement problems and who have weak digestive peristalsis. People start using Senna and cascara as a way of getting that muscle motion to happen. But this is not most of us.

We're just looking to increase the cleansing capability during this cleanse and when you have five bowel movements a day, you are losing weight. Let's get right to the point. If you're having several bowel movements a day, you're losing weight, I guarantee you the weight is coming off for you, right?

For this cleanse, set your intention. Remember, the first thing that we talked about is setting an intention. So, for me, it's 15 pounds off and how are we going



to do that? Eight bowel movements a day is a good way to do that. And laxatives may be required in the short term (2-3 weeks) to make that happen.

### **Can Charcoal Make You Constipated?**

Yes. This depends on dosage. One 440 mg capsule will not constipate you. You need to drink a lot of water when taking charcoal. Charcoal will suck up water. So that's something to be aware of: Make sure you drink charcoal and water. When you're taking these capsules, it is easy to not realize how much water you need.

### **MY ROUTINE FOR A DETOX DAY**

*Q: Could you describe daily routine for detox?*

A: So, the first thing you want to do when you get up in the morning is drink water and charcoal and little sea salt if you want to and maybe a little lemon. So charcoal lemonade. Number two, you wait an hour, two hours, do your self-care. Take that extra time you'd normally be distracted with food, do a little self-care. Two hours later, you're going to have a drink some kind of neutral smoothie, you could do a fruit smoothie, you could blend berries in with coconut water and green leafy vegetables, then you may want to do that two or three times throughout the day, you may just want to drink juice two or three times throughout the day or five times throughout the day. You're going to be getting that all into you until you come to dinner. Once you come to dinner, there you go, that's gonna be a solid meal. For most of us, you may want to have that solid meal at lunch, that depends on you as a person. In the evening I try to have nothing, or if I'm really feeling "I'm just so hungry" then I might make some kind of NutriBlast (blended drink) again. The basic formula of a NutriBlast (blended drink) is some kind of fruit or berries with green leafy vegetable and coconut water.

The Basic Formula – Berries, Green Leafy Vegetable, Coconut Water

I recommend berries, some kind of green leafy vegetable, and then coconut water in juices. That's the basic formula right there. And then you blend that together. It's so easy and so nourishing. It's just the best ever.



## **WEEK 1 Example Meals**

Essentially, in Week 1, you'll benefit from having a salad everyday as part of your solid meal. Perhaps a salad with a side of veggies, or salad with rice, or salad with a bowl of hearty veggie soup. Salad with carrots & celery and hummus or salsa can be nice in warmer climates. For colder climates during a winter cleanse, stick with warming/gently cooked foods as your side.

Get creative with your salads, too! Add in a variety of fresh ingredients and herbs such as parsley and cilantro, which are great for detoxing! Dandelion and bitter greens like arugula and kale are excellent leafy greens to add in! Sprinkle in some superfoods like chlorella, mushroom powders, turmeric and a few pinches of sea salt!



## SUGGESTED RECIPES

### Low-Carb V8 Juice

This recipe is another good one for the menu in order to get you started. You can mix and match the vegetables along with this recipe, and try different amounts with each new batch to find new flavors you love. I add cayenne pepper to my juices for the extra spicy flavor and for the health benefits of cayenne.

- 6 stalks celery
- 1-2 large handfuls of spinach
- 1-2 cucumbers 1/2 lemon

### Basic Charcoal Lemonade

- 250-1000 mg Activated Charcoal 1 Teaspoon of sea salt
- The juice of ½ lemon or lime
- 1 ½ liter of Water
- 1/16 tsp. cayenne pepper (Optional, but yummy!)
- 1/2" nub of fresh turmeric 1 bunch of parsley
- 1 tomato

*Stir or blend all ingredients. Serve warm or cold with ice cubes.*

### David Avocado's Daily Rise n' Thrive Vanilla Elixir

- 1/2 scoop Super Mushroom Protein Powder 1 tsp maca powder
- 1 tsp lucuma powder and 1 tsp he shou wu powder
- 1 tsp reishi spore powder
- 1/2 tsp mucuna pruriens Powder 1/8 tsp vanilla powder
- 1/4 tsp sea salt and 1 tbsp coconut oil
- 1 tbsp almond butter
- 1 small cacao butter chunk (1 tsp size)
- 1 tbsp honey or maple syrup 2 cups hot chaga tea

Put all ingredients into a blender like the NutriBullet Rx, and blend for 30 second to 1 minute until smooth and frothy. Pour into a big cup and enjoy! *\*Make this a HOT CACAO/HOT CHOCOLATE by adding in a couple chunks of cacao paste to this recipe!!*



## Hummus

- 1 medium zucchini
- 3 Tbsp fresh lemon juice 3 Tbsp olive oil
- 2-4 cloves garlic, crushed 1 tsp paprika
- 1 tsp sea salt
- ¼ tsp cumin Pinch cayenne Bit of agave
- 6 Tbsp sunflower seeds (soaked 4 hours then rinsed and drained) 6 Tbsp sesame seeds (soaked 4 hours)

## Better Than Butter Recipe

- 1 Whole, ripe, raw avocado
- 1 cup of raw young coconut meat
- 1 cup of raw, sun-dried, salt-cured olives

*Optional: 1 Tbsp of fresh lemon juice & 10 macadamia nuts*

*Instructions:* Place all contents in a food processor for approx. 10 minutes until silken smooth. May need to scrape down edges to have complete texture all throughout. Refrigerate in glass jar. May use for pesto, sauces, dressings, smoothies, butter.

“Olives may be so prepared as to be eaten with good results at every meal. The advantages sought by the use of butter may be obtained by the eating of properly prepared olives...it is better than any drug. As a food it is better than any oil coming secondhand from animals. When properly prepared, olives, like nuts, supply the place of butter and flesh meats. The oil, as eaten in the olive, is far preferable to animal oil or fat. It serves as a laxative. Its use will be found beneficial to consumptives, and it is healing to an inflamed, irritated stomach” {CD 349-50}.



### **Cassie SunRhea's Veggie Soup**

This is Super Simple and Quick! Yields a full 5.5 qt soup pot! (Recommended to make a large batch; it's super yummy and freezes well, if necessary!) Can also be a gazpacho - no cooking!

**\*\*Organic/pesticide-free veggies/ingredients when possible Love Love Love**

- 1 heart of celery, chopped
- 1 pint grape or cherry tomatoes
- 4-5 Campari tomatoes – quartered
- 4-5 mini bell peppers - variety of colors
- 8 oz mini rainbow carrots (or mini orange carrots)
- 1 handful of your favorite fresh herb (This is a heavy tomato-based soup, so I love basil, yet cilantro would be super yummy, too! Be mindful using oregano, so it keeps from being too much like tomato sauce! A little is okay, yet too much can throw it off to sauce-style flavors)
- 1 habanero (optional for lovers of heat spice!)
- 1-2 jalapeno (optional for lovers of heat spice!) (or 4-5 mutton peppers!!) 1 small onion – quartered
- 4-6 cloves of raw garlic (to taste/preference)
- 3 Tbsp white vinegar
- 1-2 tsp honey or coconut sugar (or to taste) 2 Tbsp coconut oil

*Spices to taste - suggested amounts listed:* Sea salt/Himalayan salt, black pepper, cumin (1 tsp), turmeric (1 Tbsp), cinnamon (1/4 tsp), coriander (1/8 tsp), paprika (1 tsp), medicinal mushroom powder - shiitake or multi-strain blend (1 Tbsp)

After veggies are washed/cut/prepped, add coconut oil to bottom of pot and turn on low heat.

*In your NutriBullet Rx, (or high-speed blender):* Add all veggies into blender fill to top. You may have to do this 2 or 3 times depending on size/amount of veggies and size of blender. Fill 3/4 full with spring water. Blend thoroughly and add liquid to pot.





Once all veggies are blended and added to pot, fill pot with water to about 3/4 - 1 inch below rim.

Add salt and spices, then cook on medium heat for a few hours, sending love and stirring occasionally... adjusting heat so no hard boiling occurs. A low simmer is fine! Add salt and spices after it's cooked for a while. Serve while hot. Serve with a dollop of organic unfiltered extra virgin olive oil for an extra longevity, anti-fungal and flavorful boost!

**Tip for the Best Soup Ever** - after the soup has slow-cooked for several hours and you're satisfied with the flavor (and after eating a bit of it) let the soup sit on the stove, covered in the pot overnight. In the a.m. when cooled, REBLEND in your NutriBullet Rx/blender. Something Magickal happens! It creams up nicely and there is no more separation of blended veggies and water!!

*\*\*If you do not have "safe" cookware - best to not let sit overnight in pot; you may transfer to a (glass) container - still letting it sit out - do not refrigerate.*

### Onion Bread

- 3 medium – large yellow onions (or red, or sweet)
- 1 cup flax seeds (golden, brown or a combo), ground
- 1 cup raw sunflower seeds (soaked 4 hours, drained & rinsed), ground in a food processor
- ¼ - ½ cup Nama Shoyu
- ¼ cup olive oil

### Instructions

1. Peel and half the onions. Slice in a food processor (with slicing disc).
2. Place the onions in a large bowl and mix with rest of ingredients until thoroughly combined.
3. Spread mixture over a Teflex sheet and repeat until all of mixture is used (usually end up using 2 sheets).
4. Dehydrate at 100 F for 24 hours. Flip and return to dehydrator for 12 hours. I dehydrate at slightly higher temp for shorter period...and I like it chewy, not like a cracker...
5. Cut into pieces and enjoy!



### **Mediterranean Patties or Nut Pate** (Adapted from Rainbow Green Live Food Cuisine)

- 1-cup pecans
- ½ cup almonds
- ½ cup sunflower seeds
- 5 carrots (small- medium) 2 zucchini (medium)
- 1 ½ cups broccoli (chopped)
- cup sun-dried tomatoes, soaked 1/3-cup cilantro, chopped
- 2 cloves garlic, chopped 4 Tbsp fresh lemon juice
- 1/3 cup parsley, finely chopped
- 3 tsp Italian seasoning 1 ½ tsp sea salt
- ¼ tsp cayenne
- ½ to ¾ cup flax seeds, ground

#### Instructions:

- Process all ingredients (except flax seeds) in a food processor with the “S” blade until a fine mixture.
- If you want a nut pate, you are finished (do not add flax). Enjoy as a spread or dip!
- If you are making the patties, place in a large bowl and mix in ground flax seeds until the mixture no longer sticks to your hand but is still very moist.
- Roll into balls and squash onto a Teflex sheet until they are the desired size and about ¼ inch thick (about the size of a typical burger pattie- watch out, if they are too thick they can be a bit mushy and will take a long time to dehydrate).
- Place on a dehydrator tray and dehydrate @ 125 F for 1 hour and then at 115 F for 2-4 more hours. They should be crispy on the outside but still a little moist on the inside.

These are great for children and awesome to serve them like a hamburger with lettuce, tomato, pickles, mustard and mayo.



### Brownies

- cup pecans
- 1 cup almonds
- 6 medjool dates
- 6 Tbsp cacao powder
- 1 tsp vanilla extract
- 2-3 Tbsp water
- Dried fruit or nuts (cherries, cranberries, hemp hearts, etc.)

### Instructions:

1. Put nuts in a food processor outfitted with the “S” blade, and grind until they are the consistency of a meal.
2. Chop dates into small pieces and add them to food processor. Continue to process until the mixture is well combined.
3. Add the cacao powder and vanilla and continue to mix. Transfer the mixture to a bowl.
4. Add remaining dried fruit and/or nuts and mix
5. Add the water and mix well
6. Pack the mixture into 7x7 brownie pan or cute moulds or whatever else you may have, or roll the mixture into balls...chill at least one hour before serving.
7. Store in airtight container in the refrigerator for up to one week or in the freezer for 3 months.

### Chocolate Mousse Tart

#### Crust:

- cup dried shredded coconut
- 1-cup macadamia nuts, or pecans, or walnuts, or whatever you have Pinch of sea salt
- ¼ cup chopped pitted dates, packed

#### Filling:

- 2 avocados, peeled and seeded 5 Tbsp cacao powder
- ½ cup evaporated cane juice (I used agave nectar)
- 1 Tbsp vanilla extract Pinch of sea salt Pinch cinnamon



### **Fruit layers:**

Fresh strawberries, thinly sliced and/or Fresh bananas, thinly sliced

- For the crust: Place the coconut in a food processor outfitted with the “S” blade, and process to a fine powder. Add the nuts and salt and blend to a coarse meal.
- Loosely separate the dates and add them to the food processor. Process until the texture resembles a graham cracker crust. The mixture should be loose and crumbly, yet hold together when pressed tightly.
- Press the crust into a 9- inch ungreased tart pan. Press firmly so the crust holds together. Place it in the freezer or refrigerator to set up while making the filling.
- For the Filling: Place the avocados, cacao powder, cane juice/agave, vanilla, salt and cinnamon in a food processor outfitted with the “S” blade, and process until completely smooth.
- To assemble: Divide the filling into 3 equal parts. Place a layer of sliced bananas evenly on top of the crust. Spread a layer of filling on top of bananas. Place a layer of strawberries/bananas on the filling. Another layer of filling, then bananas/strawberries, then filling and decorate top with berries.
- Chill at least one hour prior to serving.
- Store in airtight container in the refrigerator or up to three days, or in the freezer for up to two months.

In a food processor fitted with the “S” blade, combine all ingredients and process until well mixed to desired consistency. Yields approx. 4 cups.

Add this to shredded zucchini for a “pasta-like” dish. I also like to add it to my salads as a dressing, or simply eat with a spoon.



## ADDITIONAL FAQS, TIPS & DETOX INFO

### Prepare – Use Spring Water in Glass Bottles/Containers

Get spring water ready to go in glass containers if possible (not plastic). Make sure you're prepared so you don't get into a situation where you're thirsty. When you get up in the morning, then you want to do your water and charcoal.

### NO MEAT, NO DAIRY

For this detox, no meat and no dairy. You can get off them and you will live! I promise you will live! In fact, you'll find, you probably are going to thrive. I slept through day three when I cut out dairy, sugar and meat. Get ready for this and day four. I was able to get vertical and day five back to yoga. You have to understand that if you do this—whoa you might be on the ground and that's okay! It's time to rest.

### The Story of What Coffee Really Does to “Wake Us Up” and Why There are Better Options

What coffee is really doing when you drink it first thing in the morning is the stimulants are overriding all the sedating neurotransmitters that you've used up that are in your body and floating around in your blood until you urinate those out, when you wake up in the morning. That's a really big discovery, in my opinion.

When you get up in the morning, one of the things that actually wakes you up is that when you urinate, you're actually peeing out all your neurotransmitters that are sedating. Used up serotonin in particular. You're thinking, “Serotonin?! What are you talking about? Serotonin— it's that a happy thing? I thought that makes you happy.” Yeah. Happy on the front end. On the back end, once it's used up, it causes a sedating effect. Serotonin has two faces. There's the front side, there's the back side and the back sides what we're peeing out in the morning when we get up.



So, once we get that out of us, we start to go, “Okay, I'm waking up now.” You'll see what I mean. Now, what we're normally doing is we're drinking coffee to override the sedating neurotransmitters that are still in our blood and then that kind of wakes us up. The charcoal will help your body to filter off those sedating neurotransmitters and you feel more awake. That's a mega discovery. I can't tell you how big that is!

## **Coffee Withdrawal**

How do you get over coffee withdrawal, just drink a lot of water with sea salt? Typically, the problem is going to be a caffeine headache. So, the best thing to do is to go get a massage. How about that? That's my recommendation. Go get a massage. So, if you're going through a caffeine withdrawal line that up for yourself.

## **More on HONEY**

Honey is okay during week one. We do want to watch honey in the second week so that we're not just trying to sugar ourselves through the whole thing. We are actually bringing our sugar intake (of any source and kind) way down throughout the cleanse. Part of cleansing and healing is to let your blood sugar go low. This is very important to let your blood sugar drop so that you actually get into that uncomfortable place. That's when you really activate healing when your blood sugar drops, and your body has to switch over to a glycogen metabolism. That's what real healing takes place. But we can't just get there on day one –it's not healthy. It's not safe. You've got to kind of work your way toward that and get there on Day 11 or 12 as you step into the long periods of no food or water and deal with what that feels like.

## **Organic Fruits and Vegetables During Detox**

We're going to get in our organic fruits and vegetables and we're going to blend our way to heaven. No question that's happening during this detox! It's great to have fresh pressed juices. One of the things that makes fasting really great and really tunes you into the magic of being is less calories. Organic or locally-grown, pesticide-free produce reduces your toxic load and makes for a more effective



cleanse! I'm a huge fan of parsley. That's one of my favorites. I like spinach, cabbage, collard greens, lettuce, cucumbers, celery, whatever your favorites are will help. I think it's a good idea to make your green juice palatable by adding things you like that are adaptogens. You might want to do a little bit of green apple and lemon to take the edge off your green juices.

## **SOUPS ARE THE BEST EVER!**

Now I get teased a lot for it, but I like soup. Soup is really nice, a nice vegetable soup. We have our NutriBullet RX blender with us while we're doing this detox, we put all our ingredients in there, hit that soup button on the front of the Rx, and then in six minutes and 45 seconds, there's your piping hot soup ready to go just like that. It's awesome. And it makes that soup automatically based on the research on food nutrient extraction that I dug out of antioxidant research. People are not aware that that functionality is built right into that machine.

We know from the antioxidant research that if you blend your food, you double the antioxidant uptake of your blood—that's from blood research. If you take that again and you add a little bit of oil, blend with some olive oil, you can increase that. For example, take tomatoes, lycopene. The amount of lycopene you actually absorb from eating a tomato is 5%. That's from blood research. If you blend the tomato, it's 10%. If you blend it with olive oil, it's 40%. If you blend it with olive oil, and heat, but the right amount of heat, which in Celsius is around 45 degrees and in Fahrenheit is about 118 degrees, you get 60%. If you go hotter, the amount goes down. This is based on blood research. If you go cooler than that, the amount of antioxidants goes down.

## **Herbal Tinctures**

I really strongly recommend that you take herbs whenever you get hungry — especially the RUG formula. You can do other herbal formulas, herbal tinctures, herbal teas too. But if you're feeling like you need a broader spectrum of herbs, you have medicinal mushrooms too. Maybe you have a few leaves that you like maybe it's green tea, it could be something simple like that. Maybe you only understand green tea and that's where you are—okay to least do green tea. Start there and then complexify it from there, add a few other things.



Herbs and the Knowledge of Herbalism in Detox and Maintaining Health Through herbalism, you really get a broad spectrum of nutrition, which is your birthright because we are missing herbs in our diet as a regular part of our diet. Please get your adaptogen super herbs into your diet, body and lifestyle. If you're a fan of the herbal books, I just went back and read the newest version of Stephen Harrod Buhner's Healing Lyme book. He breaks down all the different things that these herbs do to our immune system. It's profound. He explains all the different epigenetic markers these herbs shut on and off at the cellular level; how they affect the inflammatory markers for example. They are so adept at blocking biological pathways that are harmful. It's just incredible. It's really important to learn about and use the knowledge found in herbalism for the rest of our lives and use herbs regularly as part of our diet.

That is really one of the biggest messages I want to get out there to you for your life so that you are protected in advance from colds, flu, fever, Lyme disease, you name it, Corona virus, etc. If you've got herbal nutrition coming in, you just don't get sick like most people do. But, if you don't take the herbs, you're susceptible. If you already have conditions like Lyme, you've got to be on those herbs every day, three times a day, in order to make sure your tissues are saturated, so your body has a daily fighting chance against the Lyme organisms.

### **Should I Take Chlorella?**

Chlorella is another helpful superfood with a long list of benefits. People have been using up to 20 grams, even 30 grams of chlorella every day with no problems for years.

### **Getting Through the Rough Spots of Detoxing**

I get that you have work to do and during the first three days of detox, you might start hitting some hard spots. If you can, go lay down and go to sleep. Interestingly, if you do that, and that's what I used to do back in the early days of doing cleansing, I would just lay down and 20 minutes later I'd get back up and be fine, and then I'd go another eight hours. This is about self-care. Do not push through. Rest. Close your eyes. 80% of your brain-power is visual, meaning your





eyes are taking up about 80% of your brain. Close your eyes, lay down, go to sleep, even if you can't sleep.

### **Mediate –Get Your Feet up**

Close your eyes, meditate, lay down and get your legs up. If you're in real bad spot, get your legs up...just gently get your legs up, maybe put them on two pillows or something like that and lay there with your eyes closed, and allow your body's own mechanisms to work on your detox and release the brain power that is using up all your energy (that's why we're keeping our eyes closed). The brain will then think, “Oh, we’re not active anymore. Let me work on other things like helping the body to clean itself up.” As silly as that sounds that is actually very profound. I think in your experience, you're gonna find that valuable. I learned that way back in the old raw food days—the power of closing your eyes!

### **Practice Self-Care!**

If you run into a situation where you're like, “I'm really hungry, I don't know what to do, I'm losing my mind! What do I do?” and, if you want to distract yourself with food, (Who has been through this before?) at that point, you turn to self-care. You get off your computer, you get off things that are causing you to stress out or causing you to worry or causing you to have to expend mental energy and you start to focus on other things. Self-care is a really good direction for your focused attention.

### **Preparing Your Mind and Spirit for the Fast in Week Two**

I always have stuff prepared ahead of time before I detox so I can distract myself from food. I've got good books to read. I've got all kinds of self-care things prepared. That way I'm able to listen to music and distract myself with something that's constructive. Because typically we are using food as a distraction. We're not really hungry.

**Yoga Inversions and Backbends** can help your body detox. Be gentle if you are a beginner.



When you get your hips above your heart, you are doing an inversion. The ancient yogis looked at this as a reversal of forces. Gravity pushing down from your heart to your hips and from your head to the toes may be reversed. By inverting your body in a downward dog position or head stand or hand stand or shoulder stand, etc. you allow gravity to move blood more effectively to your heart, head, organs and glands. Gravity is a killer as it presses (and compresses) down upon our spine and fluids relentlessly; inverting takes gravity and makes it medicinal by allowing more effective oxygen and nutrient rich blood to reach the areas that house the seat of our consciousness: head and heart in particular.

Back bends open up the chest, heart, organs and spine and reverse the common collapsing of the shoulders and head forward due to computer and smart phone use. Open your shoulders, tilt your head gently back, get that curve moving backwards across your spine as you open up for more oxygen.

Practice more inversions and backbends in your yoga during these 2-3 weeks of cleansing!

**Deep Breathing (each day)** is the best way to detoxify your body.

Each day take a few moments to take at least 10 deep diaphragmatic breaths. If you can take more, please do more. By the end of the second week of cleansing, you should be taking 30 deep diaphragmatic breaths each day.

The best ratio for deep breathing is breath retention. Exhale all you air out, take a deep breath in, hold it for 2-4 times as long breath in. Please be sure to take it easy and avoid passing out via a head rush. Gradually go deeper with the breathing over the next 2-3 weeks.

30 deep breaths a day detoxifies your body and restores your immune system! Your immune system requires oxygen!

### **Neti Pot Sinus Cleanse**

How can I detox sinuses? Use a Neti pot, warm sea saltwater right in one side of the nose, out the other one. Neti pots look like an Aladdin's lamp. You fill it up with sea saltwater, and you pour it through the nostril until it goes up through



the sinuses and then comes out the other side. Then you do the same thing on the opposite side. I do it in the bath and or the shower, so I'm not worried about it spraying everywhere and going all over the place. It's just easier to do it that way. I really recommend that we do cleanse our sinuses when we can, it is an old yoga system.

### **Water Charged With Crystals**

I have the pristine hydro system, it's one of the best ones you can buy in the market. I also like the one that we made ourselves actually more than the pristine hydro because I use crystals to cleanse and charge the water, restoring its balance.

### **Can You Detoxify Pets?**

Can you detoxify your pets? Absolutely. You can detoxify your pets! People think it's cruelty to fast your pets. It is not. Fast your pets, put them on charcoal in their water, use some sea salt in their water. Pets needs a break from food too. Fasting is natural and normal for all creatures in Nature.

### **How Long Does a Substance Stay in the Body?**

How long does a substance stay in the body? It depends on what the substance is. I had a keyboardist in my old band, he was from way back when we were traveling across the country, we were at a Russian healer's colonic place. We were all drinking a gallon of dandelion root tea, and then we'd go get a colonic afterwards. All this stuff came out of him—all these salts and calculi like hardened pieces. The gal who was working doing the colonic she said to him, have you ever had barium? That's like a barium enema, where they put radioactive material in your colon to try to see if you have diverticulitis or other colon problems. And he's like, "Yeah, I had that when I was 15!" The guy is 40 years old and that came out in that colonic. So, you we can sequester materials in our body for years and years. I know it sounds hard to believe until you start doing the cleansing and detox and you start really getting into the colon and really starting to move that. You've got 30 FEET of stuff in there. It's a long ways 10 meters of digestive tract. That's a long way. 10 METERS!



There could be pennies you ate when you were kids still in there. So your body will get it out when it has the energy— it will absolutely as soon as the energy hits a certain level—toxins come out and when it goes to another level more toxins come out, then it goes to another level more toxins come out.

It's also emotional and psychic and spiritual—you may have a dark night of the soul next week. I don't know. You might wake up in a sweat. When your energy is up you release toxins because your energy is up at that level. Your body says, “We’ve got it. We have enough energy, get rid of it.” Boom. So, it's going out and you go through cold sweats and all kinds of weird stuff can happen. I hope it doesn't happen to any of us. But Jeez, if it does, you just got it, you’ve got to tough it out and drink your water, walk it off, go get some sun, lay down...something, but stick with it.

### **Why is Poop Brown?**

Why is what comes out of you brown? Do you ever wonder why that is? Why is it always brown? Or not always? Sometimes it's not, for me it was red the other day because it was beets. You’ve got to tell your kids that, because they may not know. But, why is it always brown? I'll tell you why. Because red hemoglobin decomposed is brown stercubilin. That's why it's brown; stercubilins are brown. What you're pooping out is essentially decomposed blood.

Now you're thinking, “I know what's going to happen” – you get weeks into this, sometimes you go two weeks you're like, “I'm going to keep going” and you haven't eaten anything and you're on this cleanse. You may be doing a water fast and there's stuff still coming out... You're wondering, “How is this possible? What's going on?” You're still decomposing and that's how stuff is still coming out of you. That you haven't eaten anything doesn't matter, your blood is detoxifying, your body's going, “We can get this out. Okay, now we're going to detoxify this. Okay, now we're gonna take this broken-down junk and we're gonna move that out.” And –even though you haven't eaten a thing— you can still have bowel movements and have lots of stuff coming out.



## Detoxing the Spleen

What about the spleen and detoxing the spleen? People who understand Chinese medicine often worry about the wet and cooling effects of raw foods on the spleen. First of all, the spleen is a filter. It's a lymphatic organ and a filter so taking a little bit of the pressure off with charcoal is good for the spleen. The number one spleen tonic is poria mushroom. Poria is usually rolled up like dry white crepes. Poria is one of the top Chinese herbs and dries and warms the spleen.

## Tobacco and Energy Vs. Unhealthy Cigarettes

Have you ever heard of rapée? For those of you who don't know, it's an Amazonian powdered tobacco, usually containing other powdered herbs as well. With rapée, you or another takes a hollow pipe or straw and the tobacco and herbs are blown up into the nose. This activates the frontal cortex of the brain. Tobacco, believe it or not, is one of the great longevity substances — the longest-lived are almost always tobacco smokers. Nevertheless, we got sold cigarettes with their toxic 800+ additives, which have little to do with tobacco in the final analysis. What is happening here? Look into the chemical nicotine if you look into nicotinic acid and niacin and NADH+ are all involved in cellular metabolism for energy. In fact, you're going to find that niacin or nicotine plays a key role. And you're like, "Wait, I thought nicotine was bad." Who has had this confusion? This is such a confusion. If you're investigating nutrition eventually you get into this NADH+ or Niacin or some other nicotine-related form of mitochondrial energy. And very quickly, you start seeing that nicotine is part of that process. And you're like, "Wait, I thought nicotine was bad because that's what that's what they told us on TV and in schools." Let me tell you what's bad. The chemicals like potassium nitrate and the other 800 additives and 4000 cigarette chemicals that are riding on the back of the nicotine, which is a 'driver', are what is deadly.

Nicotine drives all the toxic additives and chemicals in with it. So, it's not the nicotine that's bad. The nicotine is actually essential for energy production and frontal cortex activation, which is one of the things that makes you distinctly human. It's one of the things that increases longevity, no question, but not from a cigarette, that is deadly toxic.



Tobacco itself (without all the chemicals) is really a very important thing. And what I like about tobacco is, if you are going long periods without food as native Amazonian peoples and North American native peoples and First Nations peoples of Canada have known for a long time, you can survive long periods of time without food if you have tobacco. Because you have a stimulant that can keep you going and it's working on the NADH+ and the nicotinic receptors of the cells and so obviously, your body can become more efficient at using what is there as it activates the mitochondria.

### **Avoiding Social Pressures While Fasting**

What are your thoughts about telling people that you are fasting versus keeping it to yourself? I'd recommend keeping it to yourself. It depends on the social environment you're in. But, remember social pressure is big. We're a social organism. It's almost impossible to overcome social pressure individually. It's better to have support. That's why we're all getting together on detox calls throughout the detox. That's why we're doing the Telegram Detox Group for all of us during this week and next week.

### **Neutralize Acid Reflux With Cucumber Juice or Celery Juice**

I would recommend cucumber juice or celery juice to keep your throat from burning if you struggle with acid reflux. So, if you do have a problem with acid reflux: take celery juice, cucumber juice or both, and try to get that gentle alkalinity in there. Neutralize the acids. Ultimately, we're not sick, we're toxic, so whatever's wrong with us, all we must do is just allow our body is self-healing as long as it has enough energy to do so. As long as it's not distracted with other things like work stress and, in particular, food, the body will try to heal itself. Food is taking up a huge amount of energy. There's nothing taking up more energy than food in our daily lives.



**Testimonial – Detox CAN Save Your Life**

“I detoxed for eight weeks five years ago, guided by Donna Gates and I lost eight pounds and found a cancerous lump. Oh my god. Cancerous lump.” So, I'm telling you, you cannot even believe we are not sick. We're toxic. I'm just going to say it. If you've never heard that before, if you've heard it a million times, you need to hear it again. We are not sick. You don't have a cold a cough, a flu, a fever. You're toxic. And your body's going, “Look we want to get rid of this thing! We were dealing with this toxic load!” When I say toxic, we don't even know what kind of toxins are in us. We don't even know! Certain metabolisms can deal with automobile exhaust, others cannot. So, we've sequestered some of those petroleum by-products somewhere in our body. And at some point, it comes to a breaking point. It pops out as a lump or pops out as a cancer. Right?

We don't even know. This is why we've got to be so careful about what we're eating and the water we're taking in. We've got to build up our body. Everybody has an energy level and when it is strong enough where it can finally go, we can get out the toxins. When you detox, your energy level is going up. When we are given the tools—like when you have activated charcoal in your gut, then your body goes, “Yes, we have a place to send this stuff! Get rid of it and sends it right into the portal vein—right into your intestines, through your intestinal wall into the charcoal in a process called interstitial dialysis. Meaning that when you have charcoal going through those tubes of your intestines it's a drying agent that's attracting all the junk and toxins out of your system to itself by electromagnetic charge because the charcoal is very negatively charged.

**More Books on Fasting and Cleansing**

The best three books ever on cleansing and fasting are:

1. Arnold Ehret, Rational Fasting
2. Mucusless Diet Healing System
3. The Miracle of Fasting by Paul Bragg.

**We are Rewarded in Other Ways Besides Money**

Just a reminder, you are rewarded in ways that are not just money. You're rewarded with good karma and the holy flow.



## SOME FINAL WORDS ON THE TWO-WEEK DETOX

- Set your Intentions for the Cleanse!
- Read and journal every day.
- Get at least 10 vegetables and fruits into every day of your cleanse. Juice and Blend!
- Avoid consuming during the second week after the Sun goes down.
- Drink your way to heaven more...eat less!
- Focus on being creative and on tackling the days most complicated problems first thing in the morning.
- Rest if needed. Rest!! Get horizontal or even get your legs up for several minutes each day. Ensure you get 8+hrs sleep a night if you require that.
- Practice being more disciplined than normal. Step your game up.
- Practice yoga, walking in Nature (get as much time as you can in Nature). Exercise lightly (at a minimum) every day, keep any heavy lifting to a minimum (higher reps, compound sets). Rebounding is also excellent.
- Smile more. Enjoy fun times with friends and family.
- Notice and identify the underlying cause of wanting to eat something. Consume less calories. Live more vigorously!
- Meditate. Nourish your Superpowers. Know that you are a miracle living in a world of natural, inspirational magic.



Let's Get Started!

You can do this, and it is going to be worth it! Here is a picture of me after last year's cleanse and I'm still feeling it a year later!

Today is THE BEST DAY EVER!!!

David Avocado Wolfe