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Cleansing Salt

1. After 6 PM, eat only light foods like vegetables, fruits and soup. No greasy food.
2. Mix 4 table spoons of salt in 3 cups of water
3. Divide the content into 4 glasses
4. Prepare a mix of $\frac{3}{4}$ cup of either Grapefruit or Orange juice, with 4 ounces of Olive Oil.

6 PM Drink one of the salt and water cups

8 PM 2nd Cup

10 PM Drink the Olive Oil/Juice mix

Sleep

Next morning at **6 AM** Drink the 3rd glass of the salt/water mix

8 AM Drink the last of the salt/water mixes.

Go to work



6 PM



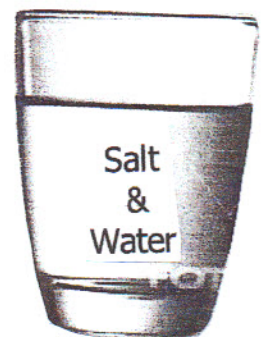
8 PM



10 PM



6AM
Next day



8 AM
Next day