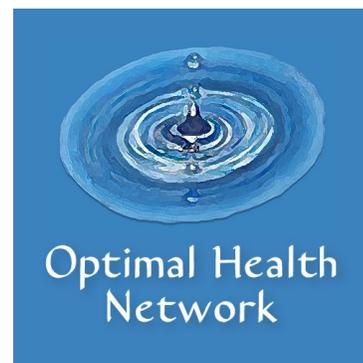


The OHN 5-Day Fasting & Detox Protocol

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SKU 995-sk / 996-sk

Basic Kit contains: one 16-oz. bottle of Yerba Prima Liquid Bentonite, one 12-oz. bottle of NOW Psyllium Husk Powder, one container of Amazing Grass Organic Wheat Grass Powder (30 servings), one 80-softgel bottle of Standard Process Wheat Germ Oil Fortified™, one 90-tablet bottle of Standard Process Cataplex® G, and one 8-oz. bottle of NOW Magnesium Ascorbate.

Deluxe Kit additionally includes one 90-capsule bottle of Researched Nutritionals ToxinPul™.

*An excerpt regarding this 5-day fasting program from my book, **Ten Days to Optimal Health:***

Because many people have lost the art of living well and because there are so many toxins in our environment, most people equate misery with the idea of fasting. For my clients, this is not the case. When you prepare for a fast such as this 5-day program, you realize that a fast can be rejuvenating and even thrilling. Often, after this 5-day liquid diet, my clients feel so much healthier that they find it easier to commit to always eating well.

Fasting programs actually let your body concentrate on resting and healing, since the daily energy drain needed to complete the digestion cycle is reduced. Your bodily organs get a chance to rest and rebuild their functions while your white blood cells work at destroying up to 50% more unhealthy microorganisms. Fasting is your body's way to get rid of unwanted elements and to help the recovery process.

I strongly advise that you do not partake of a fast without preparing, especially if you are already ill. The amount of stored-up toxins that can be released into the bloodstream can do serious damage not only to your liver, but to your entire body. Due to the high amount of toxins that we are exposed to today, fasting is best preceded by a cleansing diet (such as the Ten Days to Optimal Health diet outlined at the end of this document).

During the fast, it is best to take in not only your regular amounts of water, but you will also need to consume nutritious liquids. By using nutritious liquids such as raw milk during fasting, you have a combination of a detoxifying fast and a nutrient-dense feeding. Nutritious liquids will keep your blood sugar balanced and they can be taken freely throughout the day to feel full and prevent you from feeling hungry. In order to keep your blood sugar stable and to help your body discard toxins, you'll need to drink liquids that contain fat and protein. Examples include raw milk and soup broth made from bones with added options such as raw eggs and coconut oil.

These easy-to-digest liquids may be combined with small amounts of nutritious liquids that contain carbohydrates. Examples include carrot juice, fruit juice, beet kvass, kombucha, and kefir.

It is also essential during your fast that you take supplements. Without them, you will not remove as many of the toxins that are being released during the fast. That's why we created this detoxification kit. The fiber in the kit gives the toxins, bacterial waste, and debris something to adhere to while passing through your colon. The bentonite clay carries a negative electric charge and attracts positively charged pathogenic organisms and toxins and carries them out of the body. The other supplements in this kit provide your body with the extra nutrients needed to keep your immune system fully functional while you do the hard work of fasting.

Additional practices to ensure a successful fast:

- Prepare your body for the fasting process by following the Ten Days to Optimal Health diet for at least 1 month before you begin your fast.
- It can be extremely beneficial to colon cleanse alongside fasting to ensure that the toxins released are removed from the body and not reabsorbed by the bloodstream.
- Eat raw fats and proteins. Do not starve the body.
- Drink between ½ and 1 gallon of nutritious liquids daily in addition to your daily water intake.

The OHN 5-Day Fasting & Detoxification Program

Each day of your fast has 3 components:

- Nutritious liquids and water
- Detox kit supplements
- Colon cleansing (optional)

Hourly schedule for 5-day nutritious liquids fast:

- 8:00 am – 1 tsp Psyllium Husk Powder, 1 TBS Liquid Bentonite, mixed with 10 oz water
- 9:30 am – 1 scoop of Wheat Grass powder, 2 capsules Wheat Germ Oil, 2 tablets Cataplex G.
At this time, also take ¼ teaspoon of Magnesium Ascorbate. **You must mix this with at least 6 oz of cold water.** Best taken along with nutritious liquid such as bone broth soup and/or raw milk as well.
- 11:00 am – 1 tsp Psyllium Husk Powder, 1 TBS Liquid Bentonite, mixed with 10 oz water
- 12:30 pm – 1 scoop of Wheat Grass powder, 2 capsules Wheat Germ Oil, 2 tablets Cataplex G
- 2:00 pm – 1 tsp Psyllium Husk Powder, 1 TBS Liquid Bentonite, mixed with 10 oz water
- 3:30 pm – 1 scoop of Wheat Grass powder, 2 capsules Wheat Germ Oil, 2 tablets Cataplex G
- 5:00 pm – 1 tsp Psyllium Husk Powder, 1 TBS Liquid Bentonite, mixed with 10 oz water



Optional Addition – ToxinPul: If you need additional support with detoxifying heavy metals from the body (such as copper, lead, mercury, aluminum, etc), we recommend including Researched Nutritionals ToxinPul in your protocol. Take 1 capsule 4 times daily along with your round of psyllium husk powder, bentonite, and water.

These times can be adjusted depending on your sleep schedule, just generally take the different supplement rounds 1.5 hours apart.

Note: There is at least a 5-day supply of each supplement, but you likely will not fully run out of each product at the end of the 5 days, there should be some leftovers that you can continue using if you want or need.

Helpful Hints:

If you get off schedule, just start again! Setting a timer throughout the day can be very helpful. Dividing up the dosages and placing them in small containers can help you stay on track during your busy day, especially outside of the house. Make sure you don't pre-mix the psyllium with a liquid, as it will turn to cement. You can add the bentonite to water for easy carrying.

Breaking Your Fast - One of the most important aspects of a fast is how you end it. The worst thing you can do is give your digestive tract a great cleanse and then eat a large amount of hard-to-digest foods! Even if you've been thinking about stuffed pizza all week – don't do it! You could hurt your stomach and intestines and feel awful afterward.

If you have been having cravings throughout the cleanse and are tempted to satisfy them, keep thinking clearly. It is important to be aware that your cravings may be caused by the ongoing discharging of toxins. Cravings can also be a sign of blood sugar issues. A first step to improve blood sugar regulation is to add Gymnema to your supplement regimen to help you fight sugar cravings and to lower high blood sugar levels. Gymnema helps stimulate insulin secretion and the regeneration of pancreas islet cells — both of which can help lower blood sugar.

When ending the fast, always start by adding very small amounts of easy-to-digest food back into your diet. It's a good idea to follow Kristina Amelong's Ten Days to Optimal Health diet. Give your body a chance to let you know if some food is particularly hard on it by adding foods back into your diet one at a time.

The Basics of the Ten Days to Optimal Health Diet (for after your fast):

- Drink reverse osmosis water, or another source of clean water, all day long. Ideally, drink a half cup every half hour. For those of you who are drinking raw milk, you may replace some of the water with a half cup to two cups of milk.
- Eat small meals every 3-4 hours.
- Primarily, eat a lot of non-starchy vegetables, protein, and healthy fats.

Eat non-starchy vegetables 1 to 4 times daily. Organic (pesticide-free) is best. Non-starchy vegetables include raw sauerkraut, broccoli, celery, peppers, tomatoes, zucchini, onions, spinach, salad greens, kale, spaghetti squash, cauliflower, bok choy, collard greens, and more.

Eat 5 to 25 grams of protein every 3 to 4 hours. Proteins may include non-commercial, grass-fed meat such as beef or buffalo, ostrich, elk, raw dairy products, safe fish, organic chicken, organic turkey, or pasture-raised eggs. It is essential that you eat some animal protein each time you eat.

Eat healthy fats throughout the day. Healthy fats include, but are not limited to, grass-fed butter, grass-fed butter oil, grass-fed meat, ocean-caught fish, fish oils, coconut oil, grass-fed ghee, avocados, pasture-raised eggs, olive oil, nuts, and seeds.

Eat foods that have a high-enzyme content. These include raw dairy, raw or lightly cooked non-commercial meats, and lacto-fermented food and drinks such as yogurt, kefir, raw cultured vegetables, and kvass.

Continue to eat bone broth soup and raw dairy products.

It is very important to avoid gluten, pasteurized dairy, sugar, and alcohol.

If you need more support to reach your health goals, contact me, **Kristina Amelong, CCT, CNC**, at the number below to schedule a phone consultation.

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Office Hours: MON-FRI: 10 am to 5 pm Central Time — Ph: **(608) 242-0200**

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