

7-DAY DETOX MIRACLE

(A Natural Food Based Program)

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7-Day Detox Plan

1. Healthful diet of liquids, fresh fruits and vegetables and rice
2. Specific vitamins, minerals, amino acids and herbs
3. Home hydrotherapy, stretching and exercise in a one-week toxin- free lifestyle
4. Healthier living through detoxification, weight loss and immune system building.

General Overview and Purpose: This 7-day program consists of 2 days of liquid only fasting 5 days of a carefully planned diet along with specific supplements which are targeting the following six step of Detoxification in order to dismantle the backlog of poisons in the your tissues. The program components include

1. Natural foods;
2. Liquids; and
3. Activities – uniquely placed, including

Exercise and REST.

Each day is carefully planned including a meal by meal listing of deliciously prepared foods (cooked and raw) seasoned by great herbs designed to help the Detox process. The program consist of 3 modules:

1. focus on diet;
2. focus on nutritional supplements;
3. focus on improving circulation through hydrotherapy and exercise. Following these three foci will naturally lead to weight loss, improved digestive processes, strengthening of bones, muscles and improved cardio-vascular activity.

About the 2-day Fast

The first two day are spent in a liquid fast consuming only water, lemon water or herbal teas. A long term fast in not recommended as they are too stressful to the body of most people. Short liquid fast have been successful used for the treatment of pesticide poisoning, rheumatoid arthritis, pancreatitis, diabetes, heart disease, food allergy, irritable bowel syndrome, asthma and psoriasis. Your body has adequate food stores for two day of fasting. The fast is to accomplish the following.

- 1) To rest the targeted organs, i.e. liver, kidney, and the intestinal system including the pancreas, liver and intestines;
- 2). To use lemon water and begin the process of cleansing the blood (body systems and organs cells by cell of toxins.)
- 3) To improve circulation through hydrotherapy (baths and showers) and exercise (mostly walking, stretching and other forms as you may best perform.

Six Steps of Detoxification

1. Remove the barriers / obstacles to health
2. Improve circulation
3. Enhance elimination
4. Repair gastrointestinal system
5. Stimulate the liver
6. Transform stress