

## The Total Body Cleanse Program

### Fundamental Instructions for the Basic Program

1st Week: Take Total Nutrition & Intestinal Cleanse #1 per the data sheets. Start the Echinacea (2 dropperful 3 times a day). Start the Total Tonic (2 dropperful 3 times a day)

2nd Week: Continue Total Nutrition & Intestinal Cleanse #1 and add Intestinal Cleanse #2 per the data sheet. Remember to take an additional #1 or more as needed when you start the #2 and drink lots of water! Continue the Echinacea and Total Tonic. Start Castor Oil packs every other day if on the Cancer Program.

3rd Week: Continue the Echinacea and Total Tonic while still taking Total Nutrition and Intestinal Cleanse #1 & #2. Add the Liver/Gallbladder Program per the data sheet. Add the Cayenne (3 to 10 drops) to the tea or to a glass of water. Add the Blood Detox tincture and tea and continue the Castor Oil Packs if on the Cancer Program. At the end of Day 5 of the Liver/Gallbladder flush, do the Liver/Gallbladder BOMB per instructions. Thereafter do the BOMB each evening before you go to bed until there are no more gallstones (little dark green globules from the size of BBs up to the size of a mothball) coming out the following day.. NB. Do not start on the Week 4 program until the BOMB is over and done with.

4th Week: You should drop the Echinacea, Castor Oil packs and the Intestinal Cleanse #1 & #2 at this point, but continue taking the Total Nutrition and the Total Tonic.. Add the Kidney/Bladder Program per the data sheet. Continue the Cayenne drops to the tea or water.

5th Week: Begin all over again at Week #3, if you are on the Incurables Program or if you wish to do a more concentrated Detox and Cleanse program.

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Please Note WELL:

During this entire program there is to be no meat, fish, fowl, or dairy. Eat nothing that had a face on it or came from anything that had a face on it. This is a Vegan Program.

This program requires that you exercise daily. Start on what you can physically tolerate and increase daily. Walking for 20 - 40 minutes twice a day is an excellent way to get your exercise. Make sure you sweat.

Hydrotherapy is the last requirement in this program. Hot and cold showers do wonders for your circulation and can speed your recovery incredibly fast. Start off taking a hot shower making the temperature as hot as you can stand it. Stay in the "HOT" for 3 minutes and then turn the hot all the way off. Stay in the "COLD" for 1 minute. Do this cycle a minimum of 3 complete times and end with a nice hot shower. Do not underestimate this procedure, it is powerful and miraculous. There are spas in Europe that specialize in curing "terminally ill" cancer patients using only hydrotherapy. If you have a particular area of your body which is ill, buy a shower wand and concentrate more "hot & cold" on that area in addition to the above. Hot and Cold packs will also work very well.

If you can do more. Do it ! ! ! Never quit ! ! !

Never take Echinacea for more than three weeks at a time. This is one herb you need a rest from.

Definition: A "DROPPERFUL" is one to two squeezes of the rubber top and fills the glass tube about « full equaling 35 drops.

Much love,

Ian "Doc" Shillington N.D.

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Total Body Cleanse

Additional Supplements that help facilitate the detox,  
and help rebuild your system at the same time

500 Mg MSM

100 Mg. CoQ10

1200 IU Vitamin E

Plant Enzyme with each meal.

100 Mg B3 - Niacin = Nicotinic Acid

DMSO (with Cancer Patients and/or if you're real brave ;o)

Love,

Doc

Ian "Doc" Shillington N.D.

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Sample Schedule Week 1

1st Week: Take Total Nutrition & Intestinal Cleanse #1 per the data sheets.  
Start the Echinacea and Total Tonic (2 dropperfuls 3 times a day) Take hot  
and cold showers, hot baths and exercise. Use a timer to keep you on schedule.

7:00 a.m. Exercise: Walk, run or rebound. Make sure you sweat!

7:30 a.m. Take a hot and cold shower.

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8:00 a.m. Total Nutrition Breakfast - Make this drink according to the instructions on the back label. You may have the raw, organic eggs in this drink. It is the one exception to the totally Vegan diet.

9:00 a.m. Take 2 dropperfuls of Total Tonic and 2 dropperfuls of Echinacea.

The best way to take these formulas is to put them directly in your mouth and swallow. If this is too objectionable, you can put the formulas into a small amount of water and swallow them.

Noon Lunch - Have a Vegan lunch = eat nothing that had a face on it or came from anything with a face.

2:00 p.m. Total Tonic and Echinacea - Repeat 9:00 a.m. instructions.

4:00 p.m. Total Nutrition Drink again if you like or eat a nutritional Vegan snack.

5:00 p.m. Exercise again if possible.

6:00 p.m. Total Tonic and Echinacea - Repeat 9:00 a.m. instructions.

6:30 p.m. Eat a Vegan dinner and take your Intestinal Cleanse #1 after you have eaten half of your dinner. Start with 1 capsule and increase by 1 each day with dinner until you reach your personal dosage. Refer to the Intestinal Cleanse #1 and #2 data sheet.

8:00 p.m. Fruit or fruit juice snack or a large glass of water.

9:00 p.m. Put 6 cups of distilled water in a pot, cut up (dice) a 1 inch piece of ginger, put it in the water and simmer for 15 minutes. 1 hour before bedtime take a hot bath as hot as you can stand it for a

minimum of 1/2 hour and drink 4-6 cups of the hot ginger tea. Kiss your loved ones goodnight and hit the hay ;o)

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Sample Schedule Week 2

2nd Week: Continue Total Nutrition & Intestinal Cleanse #1 and add Intestinal Cleanse #2 per the data sheet. Remember to take an addition #1 or more as needed when you start the #2 and drink lots of distilled water! Continue the Echinacea, Total Tonic, hot and cold showers, hot baths and exercise. Continue using your timer.

7:00 a.m. Exercise: Walk, run or rebound. Be sure you sweat.

7:30 a.m. Take a hot and cold shower.

8:00 a.m. Total Nutrition Breakfast

9:00 a.m. Intestinal Cleanse #2 - Make and drink.  
Recommend setting a timer.

10:00 a.m. Take Total Tonic and Echinacea

10:30 a.m. Drink a large glass of distilled water,  
fruit or veggie juice

11:00 a.m. Intestinal Cleanse #2 again

Noon Vegan lunch

1:00 p.m. Intestinal Cleanse #2 again

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2:00 p.m. Take Total Tonic and Echinacea

2:30 p.m. Drink a large glass of distilled water, fruit or  
veggie juice

3:00 p.m. Intestinal Cleanse #2 again

3:30 p.m. Exercise again if possible.

4:00 p.m. Total Nutrition drink or nutritional Vegan snack

5:00 p.m. Intestinal Cleanse #2 again

6:00 p.m. Total Tonic and Echinacea

6:30 p.m. Vegan dinner. Remember to take an additional #1 or  
more as needed now that you have started the #2 and drink lots of distilled water.

7:00 p.m. Intestinal Cleanse #2 again

8:00 p.m. Drink a large glass of distilled water or fruit juice  
as a bedtime snack.

9:00 p.m. Continue hot baths and ginger tea.

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Sample Schedule for Week 3

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### The Five-day Liver & Gallbladder Cleanse

**IMPORTANT NOTICE:** The bowel detoxification and rebuilding program using Intestinal Cleanse #1 and #2 should be done before and during this program.

To get the best results from this flush, you will be eating raw, organic fruits and vegetables on days 1 and 5 and doing a fresh, organic juice fast on days 2, 3 and 4. Potassium Broth and the Total Nutrition drink (including the raw, organic eggs) help cleanse toxins out of the body and may be taken at any time for nutrition, energy and to satisfy hunger.

**Preparation:** The data sheet entitled "Everything You Need For Liver/Gallbladder & Kidney Flush Drink, Kidney & Liver Tea, Potassium Broth and The Bomb All Ingredients Must Be Organic" supplies you with a shopping list and details everything you will need to do this cleanse. The recipe for the Potassium Broth can also be found on this data sheet. Allow a total of 5-6 hours to make this important broth (much more fun and less of your time if you can round up a spouse or friend to give you a hand). The following times are a bit flexible, however, the Intestinal Cleanse #2 must be taken no more than 3 hours apart. This schedule is intended to give you the basics. You can have a Total Nutrition drink, fresh juice or Potassium Broth anytime you want anytime of the day; however, caution: Total Nutrition drinks give you a lot of energy and will keep you awake if taken too late in the day. All amounts are for one person.

#### SAMPLE SCHEDULE

6-7 p.m.                    Take your Intestinal Cleanse #1 capsule(s) with dinner the night before Day 1

8 p.m.                    Put 6 cups of distilled water in a small pan (per person). Add 4 level tablespoons of Liver Detox Tea. Let soak overnight the night before Day 1.

6:45 a.m. Exercise: Walk, run or rebound.

7:15 a.m. Take a hot and cold shower

7:35 a.m. Put your pan of Liver tea on a stove burner and bring to a simmer. While the tea is heating, start making your Liver/Gallbladder Morning Flush Drink. Keep your eye on the tea and when it begins to boil, turn the heat down and simmer for 15 minutes.

7:40 a.m. Finish making your Liver/Gallbladder Morning Flush Drink

7:55 a.m. DRINK IT. (Once a day only at this time)

8:00 a.m. Note: If you are working take a juicer to work or make juice at home and take it to work. Another alternative is to go to a juice bar for lunch or have someone bring freshly squeezed juice to you. Maybe you have a friend close to work who has a juicer that you could use. Remember this is only for 5 days. Day 1 and 5 are raw food days plus Total Nutrition drink plus Potassium Broth and days 2, 3 and 4 are freshly made juice fast days plus your Total Nutrition drink and Potassium broth so be creative and whenever possible plan your cleanse over a weekend so you can be home 2 of the days or better yet a vacation or holiday weekend.

8:10 a.m. 15 to 30 minutes after this drink, strain Liver/Gallbladder tea and consume 2 cups of tea and 2 dropperfuls of formula. You can put 1 dropperful of formula in each cup of tea or down the formula separately. In my opinion, the formula ruins the wonderful taste of the tea so I never put the formula in my tea. 1 dropperful of Liver/Gallbladder Anti-Parasite Formula = 35 drops or 1/2 of the dropper. When you put the dropper in and squeeze the rubber top, you will see about 1/2 of the glass tube full of liquid. Also have 3-10 drops of Cayenne Tincture diluted in a little water or added to the tea. Save the wet tea herbs, add 6 cups of distilled water and 2 more level tablespoons of dry fresh herb tea. Let sit during the day

and overnight and repeat the whole process again the next day.

8:20 a.m. Get ready for work. Take a hot and cold shower alternating 7 times, get dressed.

8:30 a.m. Take 2 dropperfuls of Echinacea Plus and 2 dropperfuls of Total Tonic in water or just open your mouth and down them.

8:33 a.m. If going to work, gather up tea(s), juice, Potassium Broth, formulas, Total Nutrition, distilled water, 1 tablespoon measure, 1 teaspoon measure and a plastic container with a tight lid to shake up Total Nutrition in juice or Intestinal Cleanse 2 or Potassium broth.

9:00 a.m. Intestinal Cleanse #2. Put 1/2 to 1 cup of water or "allowed beverage of your choice" in your shake container and add 1 heaping teaspoon of Intestinal Cleanse #2, shake well and drink.

10:00 a.m. Total Nutrition Breakfast - Make drink as explained on the back label of the Total Nutrition and drink.

12:00 a.m. Prepare and drink Intestinal Cleanse #2 per 9:00 a.m. instructions above.

12:30 p.m. Lunch - Drink 8 oz. of combination veggie juice - 6 oz. carrot juice with 2 fresh, garlic cloves, and raw (beet, brocolli, califlower, parsley, etc.). Add 1 heaping tablespoon of Total Nutrition if you like. Shake and drink! On Day 1 and Day 5 you will be eating only raw, organic foods like salad. No meat, cheese or cooked foods!

1:30 p.m. Drink 2 cups of Liver tea, consume 2 dropperfuls of Liver/Gall formula and 3-10 drops of Cayenne per 8:10 a.m. above.

2:30 p.m. Make and drink another Intestinal Cleanse #2 per

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above 9:00 a.m. instructions

3:30 p.m. Take 2 dropperfuls of Echinacea Plus and 2 dropperfuls of Total Tonic in water or open your mouth and down it.

4:30 p.m. Optional snack if needed or wanted - perhaps a nice hot or cold Potassium Broth.

5:00 p.m. Exercise again if possible.

5:30 p.m. Prepare and drink Intestinal Cleanse #2 per 9:00 a.m. instructions above.

6:00 p.m. Dinner - Have diluted veggie juice or fruit juice for dinner. Drink 1/2 of the drink and take your Intestinal Cleanse 1 dosage and then drink the rest of your dinner. On days 1 and 5, have veggie juice and/or eat a salad or other raw foods only. No meat, milk products, cheese or cooked foods whatsoever. If very ill or doing an incurables program, do not take the raw eggs either.

7:00 p.m. Take 2 dropperfuls of Echinacea Plus and 2 dropperfuls Total Tonic in water or open your mouth and down it.

8:00 p.m. Pour and drink 2 cups of Liver tea, consume 2 dropperfuls of Liver formula and 3-10 drops of Cayenne tincture per above.

8:30 p.m. Prepare and drink Intestinal Cleanse #2 per 9:00 a.m. instructions above. Take a hot bath. While filling the tub, make 4 cups of hot herb tea (fresh ginger root tea is best) and take the tea with you to the bathroom. Take a hot relaxing bath (as hot as you can stand it) for at least 1/2 hour continuing to add hot water to get you sweating. Drink all 4 cups of tea while in the hot bath. Ideally a spouse or friend should sit and talk with you and hand you 4 cups of hot herb tea. If you are weak or faint easily, you should definitely arrange to have someone with you. Take a deep breath. YOU ARE DONE FOR THE DAY!!

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Day #2 Repeat above herbal regimen. (Remember day 2, 3 and 4 are your 3 juice fast days.)

Day #3 Repeat above except in the a.m. toss out all of the wet herb tea and start fresh.

This is a juice fast day.

Day #4 Repeat above. This is a juice fast day.

Day #5 Repeat above. Today you break your fast gently by introducing fresh fruit.

Read important note below. Tonight you will do the Liver/Gallbladder Bomb.

See data sheet on how to do this step.

Guidelines: Diluted fruit juice, in the morning.  
Stop fruit juice around noon.

Carrot/garlic juice, Potassium broth anytime you want between noon and 6 p.m.

Tea, distilled water, and Total Nutrition anytime you want.

From about 6 p.m. on, diluted fruit juices (no vegetable juice).

Your goal is to drink 1 gallon (128 ounces) of liquid. That is 8 ounces every hour!

This includes teas, juices and potassium broth.

Intestinal Cleanse #2 must be taken every 2 to 3 hours - no more than 3 hours between

This is the ideal scene so just do the best you can.

If you get hungry, DRINK MORE.

Important Note: Start your day 5 with some fresh fruit. Chew it very slowly and mix each mouthful with plenty of saliva. Remember, breaking your fast is a very important part of this program. Chew your food well and eat until satisfied, not full. You can always eat more later if you are still hungry. After 1:00 p.m., you may have a small vegetable salad, and fruit again in the evening, chewing everything to a liquid pulp.

Remember, this program restricts what you can have not the amount. If you are hungry at any point during this detoxification program, drink and/or eat more. The more you eat and drink, the more you will flush the toxins out of your body. Also remember to have a fun time. Your positive, healing attitude is most important to achieve maximum benefits out of this program; be loving to yourself. Learn some jokes and laugh! In between routines sit in the sun in a bathing suit and soak up some vitamin D. Bare feet on the ground feels wonderful and grounds you. Remember to breathe deeply as extra oxygen in the lungs helps the whole body.

Take it easy when returning to a new healthy food program. We can help you with this. You may have already noticed what your body does well on and what you need to avoid and have taken steps toward a more healthy lifestyle. Well Done!! The idea is to choose lighter, easily digested foods (as many live, raw foods as possible) and be careful not to over eat. Chew your food well. Eating smaller meals more often is better than one or two large meals and proper food combining is also something you should learn about to increase your energy and facilitate your digestion. Ongoing education is vital to you being cause over your health. Ask us about our courses.

## Potassium Broth

This is a great-tasting addition to your cleansing program. It will flush your system of toxins, poisons and unwanted salts and acids while giving you a concentrated amount of vitamins and minerals.

Refer to the sheet entitled "Everything You Need For Liver/Gallbladder and Kidney Flush Drink . . ." This sheet provides you with a shopping list as well as everything needed to make this wonderful broth.

Important: On the Liver/Gallbladder Cleanse, The most important drink of the day is the Liver/gallbladder flush morning drink. if this drink should make you nauseous, add an extra piece of ginger. ginger handles nausea. MOST PEOPLE TOLERATE THIS DRINK WELL. should you throw up this drink - make another and down it. it is vital that you keep this drink down! Dr. Christopher's viewpoint is that regurgitation just makes a cleaner stomach for the next dose. Keep this drink down!

Important: It is absolutely vital that you take the Intestinal Cleanse #2 at least 5 times a day (6 if possible), once every two to three hours. you must have it in your system at all times so do not take them all at once. This is the formula that absorbs all toxins and prevents you from getting ill or from going into a healing crisis due to reabsorbtion of toxic materials released by the body.

Much love and good luck. we are with you all the way.

Dr. Ian & valorie Shillington

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Sample Schedule Week 4

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4th Week        You should drop the Echinacea, Intestinal Cleanse #1 and #2 unless you need to continue the Intestinal Cleanse #1 for normal bowel movements. Continue the Total Nutrition, Total Tonic, Hot and Cold Showers, Hot Baths and Exercise. Add the Kidney/Bladder Program per the data sheet. Continue the Cayenne drops in the tea or water.

Night before beginning the Kidney & Bladder Cleanse, soak Kidney/Bladder tea in accordance with the instructions on the tea.

7:00 a.m.        Exercise: Walk, run or rebound. Be sure you sweat!

7:30 a.m.        Take a hot and cold shower.

7:55 a.m.        Bring your tea to a simmer and simmer for 15 minutes.

8:00 a.m.        Kidney & Bladder Morning Flush Drink. Make and drink per the Five Day Kidney and Bladder Cleanse information sheet.

8:30 a.m.        Tea - 15 - 30 minutes after you drink you flush drink, strain and drink

2 cups of Kidney/Bladder tea and take 2 dropperfuls of Kidney/Bladder formula. Take 3 - 10 drops of Cayenne in water or in your tea.

9:00 a.m.        Total Nutrition Breakfast - Make and drink.

10:30 a.m.       Total Tonic - Take 2 dropperfuls

Noon            Lunch - Vegan

1:00 p.m.        Kidney/Bladder tea - Drink 2 more cups of tea and take 2 more dropperfuls of Kidney/Bladder formula and 3 - 10 drops of Cayenne.

- 2:00 p.m. Total Tonic - Take 2 dropperfuls
- 4:00 p.m. Total Nutrition drink again if you like or eat  
a Vegan snack.
- 5:00 p.m. Kidney/Bladder tea, formula and Cayenne again  
per 1:00 p.m.
- 5:30 p.m. Exercise again if possible.
- 6:00 p.m. Total Tonic - Take 2 dropperfuls
- 6:30 p.m. Vegan dinner.
- 9:00 p.m. Continue hot baths and ginger tea.

Dr. Ian & Valorie Shillington (Revised 5/3/2)

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