

## Appendix 2

### **APPLE CLEANSING DRINK**

This is the main cleansing drink, which you will take 5 times per day.

In a glass container with a tight fitting lid, which you can drink from as well, combine the ingredients listed below. Put the lid on and shake to mix it all up (there should be no lumps). Drink it before it thickens too much. Then rinse the container and set it to dry for your next drink in 3 hours.

Enjoy herbal teas, broths, and fresh juices as desired in between Apple Drinks. A good example of a schedule for the Apple Drink would be: 7am – 10am – 1pm – 4pm – 7pm.

<b>APPLE CLEANSING DRINK</b>	
<b>INGREDIENTS</b>	<b>AMOUNT</b>
Organic Apple juice (fresh pressed is best)	½ C
Distilled water	1/3 C
Bentonite Clay (liquid)	1 tsp
Isolated Whey Powder	1 tsp
Fibreworks or psyllium or slipper elm powder	1 heaping tsp