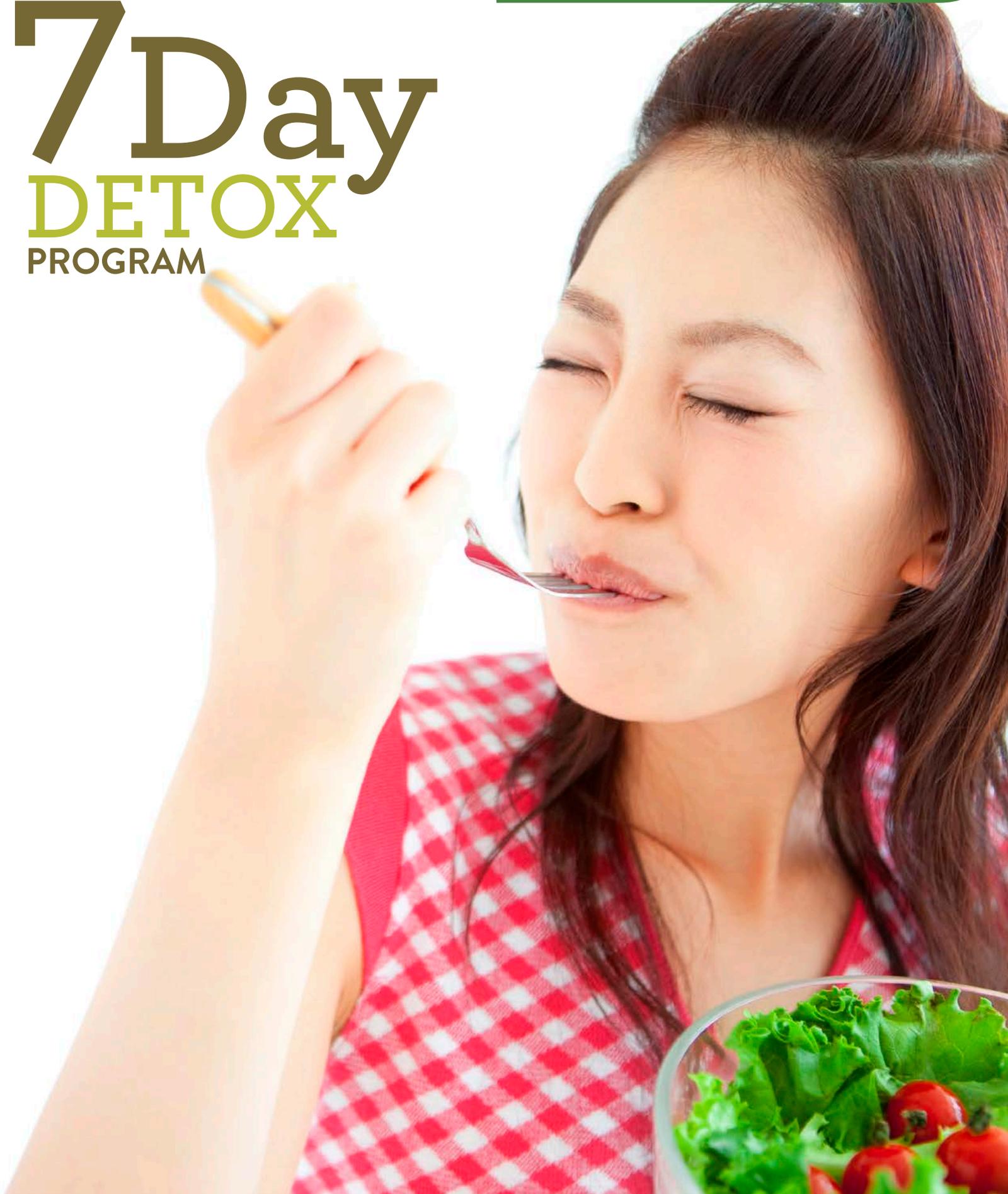


H/D HALLELUJAH DIET

Daily Schedule

# 7 Day DETOX PROGRAM



# Daily Schedule

## 7-Day Detox Program Summary:

- 7:00 am - BarleyMax® Original or Berry 4.2oz, Vitamin B12, B6 Folate, Gentle exercise (walking, Fit 10, light weights, rebounding)
- 8:00 am - 1 glass of water with ½ lemon/Warm Broth/Tea/Distilled Water
- 10:00 am - Fiber Cleanse in apple juice/Warm Broth /Tea/Distilled Water
- 11:00 am - Antioxidant fruit juice and Warm Broth/Tea/Distilled Water
- 12:00 pm - BarleyMax® Original or Berry 4.2oz
- 1:00 pm - 8 ounce glass of freshly extracted vegetable juice and Warm Broth/Tea/Distilled Water
- 4:00 pm - BarleyMax® Original or Berry 4.2oz
- 5:00 pm - Freshly Steamed vegetables pureed and served in a bowl. Consume as much as you want.

All throughout the day, you enjoy fresh, warm vegetable broth, hot tea and distilled water.

You begin each day with BarleyMax® and Vitamin B12, B6 & Folate. Each of these will help you stay energized while your body is cleansing and rebuilding.

This is no fast, rather, it feasts on keeping your body hydrated with warm broth that is comforting, sustaining and more nourishing than merely water. With the addition of the living enzymes in the freshly extracted juices and BarleyMax®, coupled with the antioxidant rich additions, you are continuously feeding your body while removing the weaker cells and replacing them with stronger, healthier cells, resulting in a more vibrant, energized body.

### To accelerate the results:

- Each day you will need to create movement for your body. Whether it is gentle weight lifting, moderately brisk walk, rebounding or Fit 10, your body needs continuous movement for at least 30 minutes every day during this period.
- At least twice a day, take 5 deep breaths and concentrate on reducing stress
- Maintain at least 6-7 hours of sleep every night to assist your body in the recovery process
- Ensure you are drinking broth, water and/or tea throughout each hour of the day. You may want to discontinue drinking at least 3 hours before bedtime to ensure adequate sleep without interruption.

This one-week eating plan is a three-pronged attack. It kicks off the detoxifying process, increases your natural resistance to illness and encourages your brain to produce feel-good chemicals. This is not a diet for life and should only be used three or four times a year. But, if used correctly, it should help you shed that excess baggage in just seven short days.

### Things You Should Know About Detoxing:

Enjoy warm vegetable broth, hot herbal tea and distilled water all day long! Consume as much as you would like to retain hydration and stay sustained and satisfied!

We can fast on vegetable broths, although it will usually require you make your own broth. Commercially available broths don't have the nutritional levels appropriate for fasting, being full of salt and usually MSG and a host of other chemicals. On the other hand, a homemade broth can be highly nutritious, full of vitamins, minerals, and electrolytes

A weeklong detox diet is the ultimate health and beauty boost, and the perfect way to kick-off a weight-loss program. You don't have to have special menus, supplements or starvation to notice a substantial difference in your body shape, energy levels and self-esteem. And you will see it within days, not weeks!

The liquids used have high nutritional value and are easy to digest and assimilate. In all cases, the intestinal tract is relieved of the "bulk" of foodstuffs, the fiber and indigestible components.

# Daily Schedule

A detox diet can relieve a host of health problems, from weight gain, abdominal bloating and indigestion, to headaches, poor skin, loss of energy and the feeling of not quite “being right”.

Typically the end of the calendar year creates numerous opportunities to indulge in food and drink that are more toxic and less nutritious than what is generally consumed on a daily basis. Thus, affording the extra pounds, additional creaking and groaning of joints and bones, and overall poor health.

To give your body a chance to rid itself of those extra fats, calories and chemicals found in those feasts and parties, you can participate in a 7 Day Detox Challenge that will quickly and carefully eliminate many toxins, reduce your weight all the while enhancing your nutrition and never leaving you hungry! You may be surprised at how much lighter; more energetic and healthy you will feel—after just 7 days!

## Detox Tips:

1. Remove all temptations from the house – either wait to begin your detox until your stock of snacks and treats has run out, or throw/give them away. It’s much easier to resist temptation if it simply isn’t there.
2. Try to stay at home and avoid much socializing. When detoxing, it’s really important to rest and sleep as much as possible. Your body has a tough job processing the toxins being liberated, so it’s important to save energy for the job at hand. Besides, you’ll be bombarded by temptations when you’re out and about, and a few days at home will be worth it when you emerge a new you.
3. Be prepared. With a soup and juice fast make sure you have your “menu” mapped out. Shop accordingly and make sure you have plenty of distilled or filtered water at hand.
4. Try to make sure that all your ingredients are organic so that you are not consuming any toxic herbicides and pesticides. If this isn’t possible, make sure you wash your food well to remove any external residues.
5. Start your morning by dry skin body brushing (with a natural bristle brush) to remove dead skin cells while also supporting your lymph fluids. Your skin is the largest organ of elimination, so it’s important to keep it clear and help it expel toxins. Continue this habit after your detox finishes to keep your skin healthy, supple and glowing.
6. Try to use natural and organic soaps, shampoos and conditioners, and avoid using moisturizers and lotions that are full of toxic chemicals. Use olive oil, coconut oil or almond oil if your skin is dry, or just let it breathe so that the toxins can be released.
7. Wake up every morning and do some gentle stretches and breathing exercises. Reduce your stress level by reading morning bible meditations and listening to great Christian music.
8. Get a massage. It will do wonders to release any knots of tension in your body, increasing the effectiveness of your detox plan.
9. Enjoy a far-infrared sauna. Sweating is the body’s safe and natural way to heal & stay healthy. Far infrared sauna benefits the body by heating it directly causing a rise in core temperature resulting in a deep, detoxifying sweat at the cellular level, where toxins reside. May be valuable for the defusion of fatigue, headache, irritability or depression that may occur during this time.

# Day 1

<b>7:00 AM</b>	BarleyMax® Original or Berry 4.2oz Vitamin B12, B6 Folate Gentle exercise (walking, Fit 10, light weights, rebounding)
<b>8:00 AM</b>	1 glass of water with ½ lemon/Warm Broth/Tea/Distilled Water
<b>10:00 AM</b>	Fiber Cleanse in apple juice/Warm Broth /Tea/Distilled Water
<b>11:00 AM</b>	Antioxidant fruit juice and Warm Broth/Tea/Distilled Water
<b>12:00 PM</b>	BarleyMax® Original or Berry 4.2oz
<b>1:00 PM</b>	8 ounce glass of freshly extracted vegetable juice and Warm Broth/ Tea/Distilled Water
<b>4:00 PM</b>	BarleyMax® Original or Berry 4.2oz
<b>5:00 PM</b>	Freshly Steamed vegetables pureed and served in a bowl. Consume as much as you want.

## Pureed Soup and Broth Preparation:

Put 2 cups of cut-up leafy green vegetables such as collard, kale, bok choy, chard or spinach, and broccoli, sweet potato, celery and cilantro in a large pot. Add 4 cups of water and cook until softened (about 10-20 minutes). Add herbs and spices to taste (fresh parsley, cilantro, oregano, garlic, cayenne pepper). For an energy boost, add 1 tsp. of kelp. Remove boiled vegetables from pot, and puree in blender. Set aside broth to drink.

Note: Carrot, beets or sweet potato will give a sweeter taste, but the goal is to keep the vegetable mix as green as possible. So use fewer amounts of the sweeter vegetables.

# Day 2

<b>7:00 AM</b>	BarleyMax® Original or Berry 4.2oz Vitamin B12, B6 Folate Gentle exercise (walking, Fit 10, light weights, rebounding)
<b>8:00 AM</b>	1 glass of water with ½ lemon/Warm Broth/Tea/Distilled Water
<b>10:00 AM</b>	Fiber Cleanse in apple juice/Warm Broth /Tea/Distilled Water
<b>11:00 AM</b>	Antioxidant fruit juice and Warm Broth/Tea/Distilled Water
<b>12:00 PM</b>	BarleyMax® Original or Berry 4.2oz
<b>1:00 PM</b>	8 ounce glass of freshly extracted vegetable juice and Warm Broth/ Tea/Distilled Water
<b>4:00 PM</b>	BarleyMax® Original or Berry 4.2oz
<b>5:00 PM</b>	Freshly Steamed vegetables pureed and served in a bowl. Consume as much as you want.

## Pureed Soup and Broth Preparation:

Put 2 cups of cut-up leafy green vegetables such as collard, kale, bok choy, chard or spinach, and broccoli, sweet potato, celery and cilantro in a large pot. Add 4 cups of water and cook until softened (about 10-20 minutes). Add herbs and spices to taste (fresh parsley, cilantro, oregano, garlic, cayenne pepper). For an energy boost, add 1 tsp. of kelp. Remove boiled vegetables from pot, and puree in blender. Set aside broth to drink.

Note: Carrot, beets or sweet potato will give a sweeter taste, but the goal is to keep the vegetable mix as green as possible. So use fewer amounts of the sweeter vegetables.

# Day 3

<b>7:00 AM</b>	BarleyMax® Original or Berry 4.2oz Vitamin B12, B6 Folate Gentle exercise (walking, Fit 10, light weights, rebounding)
<b>8:00 AM</b>	1 glass of water with ½ lemon/Warm Broth/Tea/Distilled Water
<b>10:00 AM</b>	Fiber Cleanse in apple juice/Warm Broth /Tea/Distilled Water
<b>11:00 AM</b>	Antioxidant fruit juice and Warm Broth/Tea/Distilled Water
<b>12:00 PM</b>	BarleyMax® Original or Berry 4.2oz
<b>1:00 PM</b>	8 ounce glass of freshly extracted vegetable juice and Warm Broth/ Tea/Distilled Water
<b>4:00 PM</b>	BarleyMax® Original or Berry 4.2oz
<b>5:00 PM</b>	Freshly Steamed vegetables pureed and served in a bowl. Consume as much as you want.

## Pureed Soup and Broth Preparation:

Put 2 cups of cut-up leafy green vegetables such as collard, kale, bok choy, chard or spinach, and broccoli, sweet potato, celery and cilantro in a large pot. Add 4 cups of water and cook until softened (about 10-20 minutes). Add herbs and spices to taste (fresh parsley, cilantro, oregano, garlic, cayenne pepper). For an energy boost, add 1 tsp. of kelp. Remove boiled vegetables from pot, and puree in blender. Set aside broth to drink.

Note: Carrot, beets or sweet potato will give a sweeter taste, but the goal is to keep the vegetable mix as green as possible. So use fewer amounts of the sweeter vegetables.

# Day 4

<b>7:00 AM</b>	BarleyMax® Original or Berry 4.2oz Vitamin B12, B6 Folate Gentle exercise (walking, Fit 10, light weights, rebounding)
<b>8:00 AM</b>	1 glass of water with ½ lemon/Warm Broth/Tea/Distilled Water
<b>10:00 AM</b>	Fiber Cleanse in apple juice/Warm Broth /Tea/Distilled Water
<b>11:00 AM</b>	Antioxidant fruit juice and Warm Broth/Tea/Distilled Water
<b>12:00 PM</b>	BarleyMax® Original or Berry 4.2oz
<b>1:00 PM</b>	8 ounce glass of freshly extracted vegetable juice and Warm Broth/ Tea/Distilled Water
<b>4:00 PM</b>	BarleyMax® Original or Berry 4.2oz
<b>5:00 PM</b>	Freshly Steamed vegetables pureed and served in a bowl. Consume as much as you want.

## Pureed Soup and Broth Preparation:

Put 2 cups of cut-up leafy green vegetables such as collard, kale, bok choy, chard or spinach, and broccoli, sweet potato, celery and cilantro in a large pot. Add 4 cups of water and cook until softened (about 10-20 minutes). Add herbs and spices to taste (fresh parsley, cilantro, oregano, garlic, cayenne pepper). For an energy boost, add 1 tsp. of kelp. Remove boiled vegetables from pot, and puree in blender. Set aside broth to drink.

Note: Carrot, beets or sweet potato will give a sweeter taste, but the goal is to keep the vegetable mix as green as possible. So use fewer amounts of the sweeter vegetables.

# Day 5

<b>7:00 AM</b>	BarleyMax® Original or Berry 4.2oz Vitamin B12, B6 Folate Gentle exercise (walking, Fit 10, light weights, rebounding)
<b>8:00 AM</b>	1 glass of water with ½ lemon/Warm Broth/Tea/Distilled Water
<b>10:00 AM</b>	Fiber Cleanse in apple juice/Warm Broth /Tea/Distilled Water
<b>11:00 AM</b>	Antioxidant fruit juice and Warm Broth/Tea/Distilled Water
<b>12:00 PM</b>	BarleyMax® Original or Berry 4.2oz
<b>1:00 PM</b>	8 ounce glass of freshly extracted vegetable juice and Warm Broth/ Tea/Distilled Water
<b>4:00 PM</b>	BarleyMax® Original or Berry 4.2oz
<b>5:00 PM</b>	Freshly Steamed vegetables pureed and served in a bowl. Consume as much as you want.

## Pureed Soup and Broth Preparation:

Put 2 cups of cut-up leafy green vegetables such as collard, kale, bok choy, chard or spinach, and broccoli, sweet potato, celery and cilantro in a large pot. Add 4 cups of water and cook until softened (about 10-20 minutes). Add herbs and spices to taste (fresh parsley, cilantro, oregano, garlic, cayenne pepper). For an energy boost, add 1 tsp. of kelp. Remove boiled vegetables from pot, and puree in blender. Set aside broth to drink.

Note: Carrot, beets or sweet potato will give a sweeter taste, but the goal is to keep the vegetable mix as green as possible. So use fewer amounts of the sweeter vegetables.

# Day 6

<b>7:00 AM</b>	BarleyMax® Original or Berry 4.2oz Vitamin B12, B6 Folate Gentle exercise (walking, Fit 10, light weights, rebounding)
<b>8:00 AM</b>	1 glass of water with ½ lemon/Warm Broth/Tea/Distilled Water
<b>10:00 AM</b>	Fiber Cleanse in apple juice/Warm Broth /Tea/Distilled Water
<b>11:00 AM</b>	Antioxidant fruit juice and Warm Broth/Tea/Distilled Water
<b>12:00 PM</b>	BarleyMax® Original or Berry 4.2oz
<b>1:00 PM</b>	8 ounce glass of freshly extracted vegetable juice and Warm Broth/ Tea/Distilled Water
<b>4:00 PM</b>	BarleyMax® Original or Berry 4.2oz
<b>5:00 PM</b>	Freshly Steamed vegetables pureed and served in a bowl. Consume as much as you want.

## Pureed Soup and Broth Preparation:

Put 2 cups of cut-up leafy green vegetables such as collard, kale, bok choy, chard or spinach, and broccoli, sweet potato, celery and cilantro in a large pot. Add 4 cups of water and cook until softened (about 10-20 minutes). Add herbs and spices to taste (fresh parsley, cilantro, oregano, garlic, cayenne pepper). For an energy boost, add 1 tsp. of kelp. Remove boiled vegetables from pot, and puree in blender. Set aside broth to drink.

Note: Carrot, beets or sweet potato will give a sweeter taste, but the goal is to keep the vegetable mix as green as possible. So use fewer amounts of the sweeter vegetables.

# Day 7

<b>7:00 AM</b>	BarleyMax® Original or Berry 4.2oz Vitamin B12, B6 Folate Gentle exercise (walking, Fit 10, light weights, rebounding)
<b>8:00 AM</b>	1 glass of water with ½ lemon/Warm Broth/Tea/Distilled Water
<b>10:00 AM</b>	Fiber Cleanse in apple juice/Warm Broth /Tea/Distilled Water
<b>11:00 AM</b>	Antioxidant fruit juice and Warm Broth/Tea/Distilled Water
<b>12:00 PM</b>	BarleyMax® Original or Berry 4.2oz
<b>1:00 PM</b>	8 ounce glass of freshly extracted vegetable juice and Warm Broth/ Tea/Distilled Water
<b>4:00 PM</b>	BarleyMax® Original or Berry 4.2oz
<b>5:00 PM</b>	Freshly Steamed vegetables pureed and served in a bowl. Consume as much as you want.

## Pureed Soup and Broth Preparation:

Put 2 cups of cut-up leafy green vegetables such as collard, kale, bok choy, chard or spinach, and broccoli, sweet potato, celery and cilantro in a large pot. Add 4 cups of water and cook until softened (about 10-20 minutes). Add herbs and spices to taste (fresh parsley, cilantro, oregano, garlic, cayenne pepper). For an energy boost, add 1 tsp. of kelp. Remove boiled vegetables from pot, and puree in blender. Set aside broth to drink.

Note: Carrot, beets or sweet potato will give a sweeter taste, but the goal is to keep the vegetable mix as green as possible. So use fewer amounts of the sweeter vegetables.