

28-Day Detox Instructions



TOUCHING CHI

Complete Instructions & Recipes for the 28-Day Detox Kit

Twenty-eight days to detoxify your system.

Instructions and recipes provided by Gilles Marin of Chi Nei Tsang Institute.

Liver & Gallbladder Flush: Reprinted by permission Hulda Clark Ph.D., N.D.
The Cure For All Diseases - Promotion Publishing, 1995

Made available by
Jak Noble, Chi Nei Tsang Practitioner
CAMTC 38722
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Table of Contents

Quality Assurance, Aftereffects, Precautions	3
Preparation & Important Note	4
The Detox Kit Checklist	5
Overview of Program	6
Parasite Cleanse	7
Kidney Tea	8
Liver Tea	9
7-Veggie Soup	10
Parsley Broth	11
Guidelines for The Flush	12
Liver-Gallbladder Flush (Day 27)	13
Liver-Gallbladder Flush (Day 28)	14
How Did You Do?	14
A Cleaner System	15
Week 1 Calendar	16
Week 2 Calendar	17
Week 3 Calendar	18
Week 4 (Days 22-26)	19

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Herbal Detox Program

Touching Chi offers this 28-Day Detox Kit as part of a total program to detoxify, tone and rejuvenate all vital organ systems. A total program would include Chi Nei Treatments, self-help techniques (Chi Kung), meditations & visualizations as well as the herbal cleanse.

Quality Assurance

Vendors and sources have been researched and selected to provide the finest herbs available. We offer this Detox Kit with full confidence that you will receive maximum benefit from the properties inherent in these herbs.

Reliability & Safety

This program uses the same formulas that Hulda Clark, PhD, N.D. uses in her cancer clinic, and is absolutely safe in the prescribed doses.

Aftereffects

Common experiences especially during the first week of The Cleanse include insomnia and agitation.

Dr. Clark attributes the insomnia to high levels of ammonia in the brain caused by the parasite die-off. The body easily eliminates ammonia from the tissues through urea, which is metabolized in the liver and kidneys and excreted through the urine. The brain cannot metabolize urea because it lacks an essential enzyme: Ornithine carbamyl-transferase. This is the purpose of the Ornithine included in the kit (see page 7). Ornithine reacts with ammonia in the brain by "mopping it up like a sponge".

Precaution

Those who are pregnant or trying to become pregnant should substitute dandelion greens for parsley in the recipes.

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PREPARATION FOR THE CLEANSE

The purpose of this herbal cleanse is to rid your body of common parasites, such as lung, liver and pancreatic flukes. We get these from our pets, the soil, our food, etc. The Cleanse will also rid your body of parasites such as tapeworms, amoebae, etc. It is best to **be prepared before beginning**. The following guidelines will be helpful.

IMPORTANT NOTE: Make sure your kit is complete **BEFORE** beginning. The checklist is on page 5 of this booklet. **There are two ways to buy your kit.**

- 1) Buy the complete kit (tea and capsules). Everything you need is in one bag.
- 2) Buy the teas separately (tea only) and order capsules from www.drclarkstore.com. ****DO NOT START the detox program until you receive your order.**

This detox program lasts for four weeks (28 days) exactly.

- On a calendar, count the days from the date you plan to begin. **Adjust your beginning date** to make sure that on the 28th day you will be at home for the final flush.
- The Parasite Cleanse goes through all four (4) weeks. Taken daily the first week, weekly thereafter.
- Liver strengthening begins the 2nd week and lasts through the rest of the program.
- The Liver & Gallbladder Flush is a two-day process that comes on the final days.
- The Flush is inexpensive and efficient. Ingredients for the flush are not included in this kit and can be found in any grocery store.
- 7-Veggie Soup has a diuretic effect, lending dietary support to the kidney formula. Eat one bowl of soup with dinner throughout the entire program.
- Avoid caffeine (i.e., black & green tea, coffee, soda, chocolate, etc.) to prevent formation of new kidney stones.
- Don't stop the program if you experience aftereffects (see page 3). It means the parasites are dying.

For your convenience, a weekly calendar/checklist is provided on pages 16-19 in this pamphlet.

Note: The strictly herbal approach calls for Parsley Broth (or Dandelion Leaf Tea) taken every day as the diuretic (instead of the 7-Veggie Soup). Recipe for the broth is the same as the Dandelion Tea (see page 11).

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Touching Chi
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CAMTC 38722

THE DETOX KIT

THE TEAS (not available through DrClarkStore)

Kidney Tea (4 tea bags, packaged)

Liver Tea (6 tea bags, packaged)

THE HERBS (can be ordered from www.drclarkstore.com)

Ginger Root capsules, 1 bottle, 500 mg/100 caps

Super Wormwood capsules, 1 bottle, 365 mg/100 caps

Black Walnut Hull Tincture, Extra Strength, 1 bottle, 4 fl. Oz/120 cc
1 dropper for the tincture

Clove Capsules, 1 bottle, 500 mg/100 caps

Uva Ursi capsules, 1 bottle, 500 mg/100 caps

Ornithine, 1 bottle, 500 mg/100 caps

Instruction pamphlet (PDF available @ TouchingChi.com)

You Will Need

Pots with lids: Non-metal, 2-quart (at least) enamel or glass perk coffee pot

Storage containers with lids for liquids for refrigeration

Needed For Final Cleanse Only

Large plastic drinking straw

Pint jar with lid (for mixing)

Quart jar (with lid)

Ingredients For Final Cleanse (4th Week)

Epsom Salts

Olive Oil (cold-pressed)

Pink Grapefruit (3 fresh)

Ingredients for the Soup

Leeks

Turnips

Carrots

Potatoes

Leafy Green of turnip, mustard, collard, or lettuce

Celery

Parsley or dandelion greens

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OVERVIEW OF THE PROCESS

Week One: Every day for 5 days take **Parasite Cleanse** (page 7)

+ **Drink:** 1 cup Kidney tea **daily**

+ **Take:** 1 capsule ginger & 1 capsule Uva Ursi 3 times **daily**

Week Two: Reduce Parasite Cleanse to ONLY one day a week; take in mid-week

+ **Drink:** 1 cup Kidney tea daily

+ **Drink:** 2 cups Liver tea daily

+ **Take:** 1 capsule ginger & 1 capsule Uva Ursi 3 times daily

Week Three: Continue Parasite Cleanse Once a Week, mid week

+ **Drink:** 1 cup Kidney tea daily

+ **Drink:** 2 cups Liver tea daily

+ **Take:** 1 capsule ginger & 1 capsule Uva Ursi 3 times daily

Week Four: Parasite Cleanse once a week on the 24th day

+ **Drink:** 1 cup Kidney tea daily until Day 26

+ **Drink:** 2 cups Liver tea daily until Day 26

+ **Take:** 1 capsule ginger & 1 cap Uva Ursi 3 times daily until Day 26

Week Four: 26th Day. Stop all supplements & teas.

Final Flush: Liver and Gallbladder intestinal flush with olive oil and grapefruit juice (*not mandatory but highly recommended to empty liver and gallbladder of stone, gravel and other residues*) (see page 12-14)

Eat 7-Veggie soup daily during 28 days. Feel free to modify, spice and customize the soup to your taste.

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THE PARASITE CLEANSE

Ingredients provided in bottles. Drink water with each dose.

Daily Dose (FIRST 5 Days Only)

Black Walnut tincture: 1 teaspoon at bedtime
Super Wormwood capsules: 7 caps before dinner
Clove capsules: 2 capsules 3 times a day before meals

Take these three herbal supplements for 7 days.

This will kill intestinal flukes (adults, eggs, miracidia, redia, cercaria and metacercaria).

Starting the 2nd Week, WEEKLY Dosage

PARASITE MAINTENANCE PROGRAM

Same three herbals as above; take **ONCE A WEEK**

Choose a day in mid-week. After the high dosage period, the **weekly** maintenance program kills any new parasites you might pick up.

**OPTIONAL: 500 mg capsules of Ornithine
2 caps before bedtime**

Ornithine neutralizes the effect of alcohol in the tincture and absorbs ammonia in the brain caused by parasite die-off. (See page 3)

Use Ornithine if you experience insomnia or agitation.

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KIDNEY TEA

Ingredients (packaged in tea bags)

- 1 part Hydrangea Root
- 1 part Gravel Root (Queen of the Meadow)
- 1 part Marshmallow Root

You will need:

A non-metal container such as a glass perk coffee pot with lid

Prepare the tea before going to bed.

Prepare Kidney Tea:

- 1) Put one Kidney Tea bag into 2 quarts cold water
- 2) Heat to boiling point and simmer for 20 minutes
- 3) Turn off heat and cover
- 4) Let sit for six hours or overnight

This makes 7 cups.

Enough for one cup a day for one week

Prepare tea for drinking:

- 1) Bring tea to boiling point (every time)
- 2) Let cool to drinking temperature

Drink 1 cup every day

Note: Sip the cup gradually throughout the day if your stomach is sensitive to it or if you feel pressure in your bladder or kidneys.

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LIVER TEA

Ingredients (packaged in tea bags)

6 parts Comfrey Root
6 parts Tanner's Oak Bark
3 parts Gravel Root (Queen of the Meadow)
3 parts Mullein
3 parts Marshmallow Root
3 parts Walnut Bark
2 parts Milk Thistle herb
2 parts Licorice Root
2 parts Wild Yam Root
1 parts Lobelia plant
1 parts Scullcap flower

You will need:

A non-metal container such as a glass perk coffee pot with lid

Prepare the tea:

- 1) Put one Liver Tea bag in 2 quarts of water
- 2) Bring to boiling point (do not boil)
- 3) Simmer for 20 minutes
- 4) Turn off heat
- 5) Let sit for six hours or overnight

Makes 6 cups, enough tea for 3 days.

You will need to make this tea every three days

Drink 2 cups a day, sipping throughout the day for the next three weeks of The Cleanse.

**Start drinking your liver tea with Week Two
in addition to the kidney tea.**

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7-VEGGIE SOUP

For 1 person for 1 week: You will make this soup at least 4 times during your 28-Day Cleanse.

Ingredients:

1 leek
1 turnip
1 carrot
1 small potato
3 stalks of celery
1 bunch leafy green (i.e. the greens of the turnip, lettuce, collard, mustard greens, etc.) (**Not cabbage, broccoli, cauliflower, Brussels sprouts, spinach or sorrel**)
Salt to taste
1 full bunch parsley

Directions:

- 1) Dice leek, turnip, carrot, potato, celery & leafy green.
- 2) Rinse and cover with 1 quart of water.
- 3) Add salt to taste
- 4) Cook until carrots are done.
- 5) Chop 1 full bunch of parsley **and put aside.**
- 6) Add the parsley when carrots are done
- 7) Turn off the heat
- 8) Let the parsley steep for 3 minutes.

Serving:

Eat one cup a day at dinner for the duration of the detox program. To make it a full meal, add cooked chicken or diced tofu (cooked for at least 10 minutes).

Refrigerate soup in individual servings for convenience. Heat only a one-cup amount each day.

Do not boil.

Note: If you're pregnant or trying to become pregnant, use dandelion greens instead of parsley.

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PARSLEY BROTH
(Alternative to 7-Veggie Soup)

Ingredients

Parsley (1/4 bunch approximately)
Water 1 cup

You will need:

Saucepan with lid
Strainer

Place one cup of water into saucepan. Add enough fresh parsley to saturate the water (about 1/4 cup). You want the water to just cover the parsley. Bring to boil. Reduce heat and cover with lid. Let simmer for 3 minutes. Pour through strainer to remove parsley. Throw away parsley. Keep the liquid.

This makes enough broth for one day.

Drink one cup a day at dinnertime for the duration of the Detox Program.

Note: If you're on a strictly herbal cleanse, substitute Parsley Broth for 7-Veggie Soup.

Additional Note: Dandelion Leaf Tea is prepared in the same way. Use it instead of parsley if you prefer.

A Word About Parsley: If you're pregnant or trying to become pregnant, use dandelion greens instead of parsley.

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GUIDELINES FOR THE LIVER-GALLBLADDER FLUSH

Read before beginning the Final Flush

Good job! You have come this far in the detox program. Your diligence has created a window of opportunity in which to remove stones that have accumulated in your liver & gallbladder. Your system is clean, and this is the most opportune time to do the flush.

Specific instructions are provided so that you will gain maximum benefit from the flush and also so that you will not feel discomfort during the flush. Follow the directions carefully for best results. Charts are provided at back of this book for weekly guidance.

- Do not eat or drink after 2 PM on the day of the flush; this could cause you to feel very ill later.
- Prepare your Epsom Salts Water ahead of time.
- Timing is critical. Don't be more than 10 minutes late in taking the dosages.
- Epsom Salts Water opens the bile ducts and prevents pain when the stones are released.
- After the 8 PM dosage, prepare yourself for bed.
- Drink the 10 PM Potion standing up, but lie down immediately. The stones might fail to come out if you don't. The sooner you lie down after drinking the potion, the more stones you will get out.
- Lie down flat with your head raised high on the pillow.
- Relax. Keep perfectly still for 20 minutes.
- Put your hand on your liver area. You might feel a trail of stones (like marbles) moving along the bile ducts. You will feel no pain (due to the Epsom Salts).
- Go to sleep. The deep relaxation of sleep is what the body needs while the stones are being removed.
- If you have indigestion or nausea upon awakening, wait until it's gone to drink the 3rd dose of Epsom Salts Water. Suck on ginger or peppermint to settle the stomach.
- Don't take the 3rd dose before 6 AM.

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LIVER & GALLBLADDER FLUSH
(DAY 27)

Take no medicines, vitamins or pills that you can do without, as this might prevent success.

Ingredients: (not included in Detox Kit)

Epsom salts: 4 tablespoons in 3 cups of water

Olive oil (cold pressed): 1/2 cup

3 pink grapefruits 2/3 to 3/4 cup of freshly squeezed juice

You will need:

Large plastic straw to help drink potion

A Pint jar with lid for mixing oil & grapefruit juice

A quart jar with lid for Epsom Salts Water

Epsom Salts Water

Mix Epsom salts in 3 cups water and pour into a quart jar.

Set the jar in the refrigerator to get cold (*for convenience and taste only*).

This is the Epsom Salts Water.

Makes 4 servings, 3/4 cup each

Preparation/Directions (On the 27th day):

Eat a low-fat breakfast and lunch. Do not eat or drink after 2:00 pm.

6:00 pm: Drink 1 serving (3/4 c.) of Epsom salts water.

8:00 pm: Drink second 3/4 c. of Epsom salts water.

The Potion

9:45 pm: In a **pint jar**

1) Pour 1/2 cup Olive oil (measured)

2) Squeeze the grapefruit into a measuring cup and remove pulp (with a fork). You should have 1/2 c. or more (3/4 c. is best). *You may top it off with lemon juice.*

3) Add this to the olive oil.

4) Put lid tightly on jar and shake until watery.

(Only fresh grapefruit juice does this).

10:00 pm: **Drink the potion** you have mixed. **Lie down immediately. Go to sleep.**

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LIVER & GALLBLADDER FLUSH
(DAY 28)

Next morning (AFTER 6 AM) upon awakening

Take your 3rd dose of Epsom salts water.

Stay home to be able to go to bathroom anytime for at least half the day.

2 hours later:

Take your 4th (final) dose of Epsom salts water. Drink 3/4 c. of the mixture. You may go back to bed.

2 hours later:

You can start eating again. Start with fruit juice. Half an hour later eat fruit. One hour later you may eat regular food but keep it light. By supper you should feel recovered.

Expect diarrhea in the morning,
Less in the afternoon,
And you should be done by dinnertime.

How Did You Do?

- Look for gallstones in the toilet after bowel movements.
- Use a flashlight if at first you don't see anything.
- Look for glob-like material that resembles oil floating on water.
- The size can be anywhere from sand grain to pea.
- Color range tans and greens.
- Gallstones float, due to cholesterol inside.
- The bowel movement sinks.
- Look for pea green. Only bile from the liver is pea green.
- Count as many as you can.

Keep in mind that you'd need to remove 2,000 stones to **permanently** rid yourself of allergies, bursitis or upper back pain. The first cleanse might rid you of symptoms for a few days; however, stones from the rear of the liver will move forward, and the symptoms will return.

The more regularly you do the flush, you may notice small flat stones (similar to aquarium gravel). These stones are from the liver's biliary tubing.

Hulda Clark, Ph.D., N.D. The Cure For All Diseases - Promotion Publishing, 1995

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A CLEANER SYSTEM

Congratulations! You have accomplished quite a lot over the last four weeks.

You've cleaned your kidneys. Parasites in your lungs, liver, pancreas, intestines and other organs are gone.

You have cleansed your liver, gallbladder and bile ducts of gallstones. Residues of dead parasites have been flushed out of your large intestine.

Your kidneys, bladder and urinary tract are in top working condition. They have efficiently removed any undesirable substances from the intestine as the bile was being excreted.

Feel how this feels. Let it sink in for a few days. Go slow in returning to the diet you had before. Eat the 7-Veggie Soup for a few more days.

You can expect an improvement of your overall health.

If you had allergies, you might find that they have abated.

If you had shoulder, neck or back pain, see if the pain has lessened.

Whatever ailments you had, give it a few days and see if they are improved.

Your system is clean.

Congratulations on a job well done.

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Week One

	Day 1 Parasite Cleanse	Day 2 Parasite Cleanse	Day 3 Parasite Cleanse	Day 4 Parasite Cleanse	Day 5 Parasite Cleanse	Day 6 Parasite Cleanse	Day 7 Parasite Cleanse
Breakfast	1 c. Kidney Tea* 1 Ginger cap 1 Uva Ursi 2 Clove Capsules	1 c. Kidney Tea* 1 Ginger cap 1 Uva Ursi 2 Clove Capsules	1 c. Kidney Tea* 1 Ginger cap 1 Uva Ursi 2 Clove Capsules	1 c. Kidney Tea* 1 Ginger cap 1 Uva Ursi 2 Clove Capsules	1 c. Kidney Tea* 1 Ginger cap 1 Uva Ursi 2 Clove Capsules	1 c. Kidney Tea* 1 Ginger cap 1 Uva Ursi 2 Clove Capsules	1 c. Kidney Tea* 1 Ginger cap 1 Uva Ursi 2 Clove Capsules
Mid-Morning							
Lunch	1 Ginger capsule 2 Clove capsules	1 Ginger capsule 2 Clove capsules	1 Ginger capsule 2 Clove capsules	1 Ginger capsule 2 Clove capsules	1 Ginger capsule 2 Clove capsules	1 Ginger capsule 2 Clove capsules	1 Ginger capsule 2 Clove capsules
Dinner	1 Ginger capsule 2 Uva Ursi 7 capsules Wormwood 2 Clove caps 1 cup 7-Veggie soup**	1 Ginger capsule 2 Uva Ursi 7 capsules Wormwood 2 Clove caps 1 cup 7-Veggie soup**	1 Ginger capsule 2 Uva Ursi 7 capsules Wormwood 2 Clove caps 1 cup 7-Veggie soup**	1 Ginger capsule 2 Uva Ursi 7 capsules Wormwood 2 Clove caps 1 cup 7-Veggie soup**	1 Ginger capsule 2 Uva Ursi 7 capsules Wormwood 2 Clove caps 1 cup 7-Veggie soup**	1 Ginger capsule 2 Uva Ursi 7 capsules Wormwood 2 Clove caps 1 cup 7-Veggie soup**	1 Ginger capsule 2 Uva Ursi 7 capsules Wormwood 2 Clove caps 1 cup 7-Veggie soup**
Bedtime	1 tsp. Black Walnut tincture Ornithine as needed	1 tsp. Black Walnut tincture Ornithine as needed	1 tsp. Black Walnut tincture Ornithine as needed	1 tsp. Black Walnut tincture Ornithine as needed	1 tsp. Black Walnut tincture Ornithine as needed	Ornithine as needed	Ornithine as needed

- Kidney tea can be taken with breakfast or lunch.
- ** For those on the strictly herbal cleanse, drink Parsley Broth instead of 7-Veggie Soup.
- *** Start with 2 capsules Ornithine, increase **if needed** up to 6 capsules per day during the first week.

Drink plenty of water when taking any capsules.

Use this page as a checklist and mark each day as you complete all the above.

Your Begin Date _____

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Week Two

	Day 8	Day 9	Day 10* Parasite Cleanse	Day 11	Day 12	Day 13	Day 14
Breakfast	1 c. Kidney Tea 1 Ginger cap 1 Uva Ursi	1 c. Kidney Tea 1 Ginger cap 1 Uva Ursi	1 c. Kidney Tea 1 Ginger cap 1 Uva Ursi	1 c. Kidney Tea 1 Ginger cap 1 Uva Ursi	1 c. Kidney Tea 1 Ginger cap 1 Uva Ursi	1 c. Kidney Tea 1 Ginger cap 1 Uva Ursi	1 c. Kidney Tea 1 Ginger cap 1 Uva Ursi
Mid-Morning	1 cup Liver Tea	1 cup Liver Tea	1 cup Liver Tea	1 cup Liver Tea	1 cup Liver Tea	1 cup Liver Tea	1 cup Liver Tea
Lunch	1 Ginger capsule 1 cup Liver Tea	1 Ginger capsule 1 cup Liver Tea	1 Ginger capsule 1 cup Liver Tea *3 Clove capsules	1 Ginger capsule 1 cup Liver Tea	1 Ginger capsule 1 cup Liver Tea	1 Ginger capsule 1 cup Liver Tea	1 Ginger capsule 1 cup Liver Tea
Dinner	1 Ginger capsule 2 Uva Ursi 1 cup 7-Veggie soup	1 Ginger capsule 2 Uva Ursi 1 cup 7-Veggie soup	1 Ginger capsule 2 Uva Ursi 1 cup 7-Veggie soup *Wormwood 7 capsules	1 Ginger capsule 2 Uva Ursi 1 cup 7-Veggie soup	1 Ginger capsule 2 Uva Ursi 1 cup 7-Veggie soup	1 Ginger capsule 2 Uva Ursi 1 cup 7-Veggie soup	1 Ginger capsule 2 Uva Ursi 1 cup 7-Veggie soup
Bedtime	Ornithine as needed	Ornithine as needed	*1 tsp. Black Walnut tincture Ornithine as needed	Ornithine as needed	Ornithine as needed	Ornithine as needed	Ornithine as needed

Reminder:

Week 2 begins the Parasite Maintenance Program. **One day a week** for clove, wormwood & black walnut.

- Kidney tea can be taken with breakfast or lunch.
- ** For those on a strictly herbal cleanse, drink Parsley Broth instead of 7-Veggie Soup.
- ***Adjust Ornithine as needed.

Drink plenty of water when taking any capsules.

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Week Three

	Day 15	Day 16	Day 17* Parasite Cleanse	Day 18	Day 19	Day 20	Day 21
Breakfast	1 c. Kidney Tea 1 Ginger cap 1 Uva Ursi	1 c. Kidney Tea 1 Ginger cap 1 Uva Ursi	1 c. Kidney Tea 1 Ginger cap 1 Uva Ursi	1 c. Kidney Tea 1 Ginger cap 1 Uva Ursi	1 c. Kidney Tea 1 Ginger cap 1 Uva Ursi	1 c. Kidney Tea 1 Ginger cap 1 Uva Ursi	1 c. Kidney Tea 1 Ginger cap 1 Uva Ursi
Mid- Morning	1 cup Liver Tea	1 cup Liver Tea	1 cup Liver Tea	1 cup Liver Tea	1 cup Liver Tea	1 cup Liver Tea	1 cup Liver Tea
Lunch	1 Ginger capsule 1 cup Liver Tea	1 Ginger capsule 1 cup Liver Tea	1 Ginger capsule 1 cup Liver Tea *3 Clove capsules	1 Ginger capsule 1 cup Liver Tea	1 Ginger capsule 1 cup Liver Tea	1 Ginger capsule 1 cup Liver Tea	1 Ginger capsule 1 cup Liver Tea
Dinner	1 Ginger capsule 2 Uva Ursi 1 cup 7- Veggie soup	1 Ginger capsule 2 Uva Ursi 1 cup 7- Veggie soup	1 Ginger capsule 2 Uva Ursi 1 cup 7- Veggie soup *Wormwood 7 capsules	1 Ginger capsule 2 Uva Ursi 1 cup 7- Veggie soup	1 Ginger capsule 2 Uva Ursi 1 cup 7- Veggie soup	1 Ginger capsule 2 Uva Ursi 1 cup 7- Veggie soup	1 Ginger capsule 2 Uva Ursi 1 cup 7- Veggie soup
Bedtime	Ornithine as needed	Ornithine as needed	*1 tsp. Black Walnut tincture Ornithine as needed	Ornithine as needed	Ornithine as needed	Ornithine as needed	Ornithine as needed

Remember...

Mid-week for the Parasite Maintenance

- Kidney tea can be taken with breakfast or lunch.
- ** For those on the strictly herbal cleanse, drink Parsley Broth instead of 7-Veggie Soup.
- *** Adjust Ornithine **as needed**

Drink plenty of water when taking any capsules.

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Week Four

(DAY 22 THROUGH DAY 25)

	Day 22	Day 23	Day 24* Parasite Cleanse	Day 25	Day 26	Day 27	Day 28
Breakfast	1 c. Kidney Tea 1 Ginger cap 1 Uva Ursi	1 c. Kidney Tea 1 Ginger cap 1 Uva Ursi	1 c. Kidney Tea 1 Ginger cap 1 Uva Ursi	1 c. Kidney Tea 1 Ginger cap 1 Uva Ursi	STOP	Go to Day 27 (Page 13)	Go to Page 14
Mid- Morning	1 cup Liver Tea	1 cup Liver Tea	1 cup Liver Tea	1 cup Liver Tea	STOP		
Lunch	1 Ginger capsule 1 cup Liver Tea	1 Ginger capsule 1 cup Liver Tea	1 Ginger capsule 1 cup Liver Tea *3 Clove caps	1 Ginger capsule 1 cup Liver Tea	STOP	Go to Day 27 (Page 13)	Go to Page 14
Dinner	1 Ginger capsule 1 Uva Ursi 1 cup 7- Veggie soup	1 Ginger capsule 1 Uva Ursi 1 cup 7- Veggie soup	1 Ginger capsule 1 Uva Ursi 1 cup 7- Veggie soup *Wormwood capsules (7)	1 Ginger capsule 1 Uva Ursi 1 cup 7- Veggie soup	STOP	Go to Day 27 (Page 13)	Go to Page 14
Bedtime	Ornithine if needed	Ornithine if needed	*1 tsp. Black Walnut tincture Ornithine if needed	Ornithine if needed	STOP	Go to Day 27 (Page 13)	Go to Page 14

Day 26: Stop. No More Supplements. No More Teas. Take no medicine that you can do without. Bile will build up and develop pressure in the liver. Higher pressure pushes out more stones. And that's the goal.

Day 26 completes this phase of the program.

Go to Liver-Gallbladder Flush for instructions for Days 27 and 28 (pages 13 & 14). Also read guidelines for the Flush (page 12).

Buy the grocery items you need, and find your jars.

Use this page as a checklist and mark each day as you complete all the above.