

# Simple Detoxification Program

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## Disclaimer:

The information provided here is not meant to replace advice from medical professionals whatsoever. In any circumstance, The Veg School, the author and all of his associates shall not be held responsible for any damage, injury, death or unfavourable consequences that one may claim arising from the application of the information.

**Warning: Proceed at your own risk!**

# Simple Detoxification Program

## *Materials and Ingredient:*

- All types of fresh fruits (local fruits preferred, except durian and jackfruit): supply for 4-5 meals
- 10 cups of freshly prepared fruit juices (non-cold)
- Unlimited access of fresh clean water (at least carbon-filtered to remove chlorine and germs): at least 6Litres
- Sea salt / Rock salt: at least 6 teaspoon
- Lemon: x3
- Spirulina: at least 12g x 9days supply
- Probiotics: at least 1 sachet (12bil cfu) x 9days supply

## *Equipment:*

- Electronic Juicer, Hand Juicer
- 1L Jar, Spoon, Cup, Knife

## **Day 0 (e.g. Friday):**

- for breakfast and lunch, eat as usual, but avoid oily food
- for dinner, eat wholemeal semi-solid food (e.g. oat, brown rice porridge or oatmeal congee) [no meat, no milk, no egg] or fruits and vegetarian salads

## **Day 1 (e.g. Saturday):**

**WARNING: Absolutely no cooked food/processed food/refined food for the whole day, eat only those as advised and absolutely nothing else**

- throughout the day, drink 2x1L lemon-saline (recipe: 1L water + ½ teaspoon sea salt + ½ lemon squash)
- upon waking up, before brushing teeth, drink 1 cup (250mL) of water with continuous small gulps in 1 breath, slowly.
- take 1 sachet of Probiotics before breakfast
- for each of breakfast, lunch and dinner,
  - drink 2 cups of fresh fruit juices and
  - eat a lot of fruits.
  - 4g of Spirulina to be taken along with fresh fruit juices
  - if hungry between meals, snack with fresh fruits
- with extra ½ teaspoon of sea salt before sleep, drink 1 cup (250mL) of lemon-saline

## Day 2 (e.g. Sunday):

**WARNING: Absolutely no cooked food/processed food/refined food except semi-solid cooked food for dinner**

- throughout the day, drink 2x1L lemon-saline (recipe: 1L water + ½ teaspoon sea salt + ½ lemon squash)
- upon waking up, before brushing teeth, drink 1 cup (250mL) of water with continuous small gulps in 1 breath, slowly.
- take 1 sachet of Probiotics before breakfast
- for each of breakfast and lunch,
  - drink 2 cups of fresh fruit juices
  - eat a lot of fruits.
  - 4g of Spirulina to be taken along with fresh fruit juices (total 12g/day)
  - if hungry between meals, snack with fresh fruits
- for dinner,
  - eat salads or vegetarian whole meal porridge/congee
  - 4g of Spirulina

## Day 3~9 (e.g. Monday~Sunday):

- 2 cups of fresh fruit juice and 10 cups of fresh water every day, ½hr before meal or 1hr after meal
- snack with fruits between meals (½hr before meal or 1hr after meal)
- eat as usual, but prefer natural vegetarian meals, with no refined/processed foods and oils
- drink 1 cup of fresh water slowly, with small gulps in 1 breath every morning, before brushing teeth
- take 1 sachet of Probiotics before breakfast everyday
- continue to take Spirulina 3x4=12g per day along with fruit juice

## After day 9 / maintenance:

- 2 cups of fresh fruit juice and 10 cups of fresh water every day, ½hr before meal or 1hr after meal
- snack with fruits between meals (½hr before meal or 1hr after meal)
- prefer to eat natural vegetarian meals, with little refined/processed foods and oils (see Appendix)
- drink 1 cup of fresh water slowly, with small gulps in 1 breath every morning, before brushing teeth
- prefer to take 1 sachet of Probiotics before breakfast everyday
- prefer to take Spirulina 2x3=6g per day

~~ Well wishes! ~~

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# 简易排毒程序

## 材料:

- 各类水果（尽可能选择本地水果，榴莲和波罗蜜除外）：供应 4-5 餐
- 10 杯鲜榨果汁（忌冷）
- 清水（至少经活性炭过滤，以除去氯和细菌）：至少6公升
- 海盐/岩盐：至少6茶匙
- 柠檬 3 粒
- 螺旋藻：至少 12克 x 9 天
- 益生菌：1包（120亿CFU）x 9 天

## 器具:

- 电动果汁机、手动挤汁器
- 1公升容器、汤匙、250毫升杯子、刀

## 前一天（例如：星期五）

- 早、午餐如常但避免油腻食物
- 晚餐只吃全谷半固体食物（例如：燕麦、糙米粥）[忌蛋、奶、肉] 或水果和沙拉

## 第一天（例如：星期六）:

注意：一整天严禁任何熟食、制成食品、精炼食品；只摄取所指定食物，其余一概不理

- 一天内把 2 公升的柠檬盐水喝完（柠檬盐水= 1 公升的清水+半茶匙盐+半粒柠檬汁）
- 起床后，未刷牙前，一口气，以连续小口，慢慢喝下一杯250毫升的温水
- 早餐前服用1包益生菌
- 早、午、晚餐各：
  - 饮2杯鲜榨果汁
  - 尽情吃水果
  - 4克螺旋藻（伴果汁）
  - 饿时便吃水果
- 临睡前，喝1杯柠檬盐水（多加半茶匙的盐）

## 第二天（例如：星期日）：

**注意：一整天严禁任何熟食、制成食品、精炼食品；晚餐的半体固熟食除外**

- 一天内把2公升的柠檬盐水喝完（柠檬盐水=1公升的清水+半茶匙盐+半粒柠檬汁）
- 起床后，未刷牙前，一口气，以连续小口，慢慢喝一杯250毫升的温水
- 早餐前服用1包益生菌
- 早、午餐各：
  - 饮2杯鲜榨果汁
  - 尽情吃水果
  - 4克螺旋藻（伴果汁）
  - 饿时便吃水果
- 晚餐
  - 吃全谷半固体食物（例如：燕麦、糙米粥）[忌蛋、奶、肉]或沙拉
  - 4克螺旋藻

## 第三至九天（例如：星期一至日）：

- 每天2杯果汁、10杯清水（切勿饭前半小时、饭后一小时饮用）
- 新鲜水果当零嘴（切勿饭前半小时、饭后一小时食用）
- 饮食如常，但尽量选择天然素食（免精炼、加工食品和油腻食物）
- 起床后，未刷牙前，一口气，以连续小口，慢慢喝一杯250毫升的温水
- 每天继续服用3x4=12克螺旋藻（伴果汁）
- 每天早餐前服用1包益生菌

## 第十天以后/健康维持：

- 每天2杯果汁、10杯清水（切勿饭前半小时、饭后一小时饮用）
- 新鲜水果当零嘴（切勿饭前半小时、饭后一小时食用）
- 饮食如常，但尽量选择天然素食（免精炼、加工食品和油腻食物）[见附录]
- 起床后，未刷牙前，一口气，以连续小口，慢慢喝一杯250毫升的温水
- 建议每天服用3x2=6克螺旋藻（伴果汁）
- 建议每天早餐前服用1包益生菌

~~ 祝福健康!~~

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**Monthly Organic Meetup**

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**Simple Vegetarian eCookbook**

**<http://tinyurl.com/SimpleVeg>**

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