

Mucoid Dissolve

- **[Okra Pepsin E3 capsules](#)** (\$33/150) (Standard Process) digest mucoid waste. Okra is a very sticky, gooey, vegetable material. It tends to stick the pepsin enzyme to the mucus on the intestinal wall long enough to digest some of the mucus. Please note that the instructions on the bottle are to take this after each meal. We recommend that you take it on an empty stomach so that it will help “digest” the mucoid plaque lining your intestines rather than the food you’ve just eaten. For an interesting article on the Okra Pepsin, please click [here](#).
- **[Small Intestine Detox capsules](#)** (\$15.20/100) (Nature’s Sunshine) digest mucoid waste. This product used to be called “marshmallow pepsin.” This product makes the okra pepsin (above) work better! I find that it is to your advantage to get BOTH the Okra-Pepsin AND the Small Intestine Detox. The pepsin enzyme helps to digest the mucoid waste. The marshmallow has a high mucilage content and helps soothe digestive tract tissues as well as help keep the pepsin stuck to the walls of the intestines to allow the pepsin to do its job.
- **[papain powder](#)** (Life Extension) helps to digest mucoid waste
- **grape or cherry juice** is very cleansing
- **unfiltered apple cider vinegar** helps create alkaline condition
- **lemons** help create alkaline condition
- **citrus juicer** to create lemon juice
- **baking soda** to rinse mouth from lemons or vinegar
- **filtered or distilled water**, NEVER tap water.
- **liquid bentonite** (suggest Sonnes #7) absorbs pesticides, heavy metals and other toxins. For an interesting article on bentonite, please click [here](#).
- **psyllium husk powder** (suggest Yerba Prima) creates “intestinal broom” to push loosened material out
- **psyllium seed powder** (suggest Sonne’s #9) helps to pull junk off the intestinal wall
- **vitamin C crystals** help to dissolve mucous waste. This may create diarrhea in some people. It works great but you might want to try the program without this at first and then gradually add it in to the mix.
- **[bone meal powder](#)** is a very digestible form of calcium. Calcium is a crucial mineral to stimulate normal peristalsis of the intestines. Other [pre-packaged cleansing formulas](#) include calcium carbonate which comes from “elemental sources” which is NOT digestible and can lead to arteriosclerosis or arthritis!
- **probiotic capsules** provides intestinal “flora” (suggest Jarrow)
- **cayenne capsules** break up mucous and increase circulation
- **pancreatin capsules** digest mucoid waste
- **natural bristle skin brush** stimulates flow of lymph towards the bowel to be excreted

Arising (do this one hour BEFORE you eat breakfast)

Mix together in an empty peanut butter jar:

- half-fill with grape or cherry juice
- quarter-fill with water
- 3 tablespoons liquid bentonite
- 1 heaping teaspoon of psyllium HUSK powder
- 1 level teaspoon of vitamin C crystals (see warning above)
- 1/2 teaspoon papain powder
- 1/2 teaspoon psyllium SEED powder
- 1/2 teaspoon bone meal powder

Shake well for 10 seconds and drink immediately. With this drink take the following supplements:

- 2 probiotic capsules
- 2 cayenne capsules

In another glass put the juice of five lemons OR 1 tablespoon unfiltered apple cider vinegar with water. (Immediately after taking the lemon juice or vinegar, rinse your mouth out with a solution of 1 teaspoon baking soda in a glass of water to prevent the acid in the lemon juice from damaging the enamel on your teeth. You can drink the lemon juice with a straw to help minimize this problem. The baking soda is alkaline and the lemon or vinegar is acid and it helps neutralize it.) After this, **take another glass of water**. You will see how much additional water you need. Since the psyllium absorbs liquid, it is important to take enough water or it will actually CREATE constipation!

One hour BEFORE Lunch and again before Dinner:

- 2 pancreatin capsules
- 2 okra-pepsin E3 capsules
- 2 small intestine detox capsules

Before bed, with fruit and/or with water or juice

- 6 pancreatin capsules
- 6 okra-pepsin E3 capsules
- 6 small intestine detox capsules

If you miss any of the day's prior servings, add that serving to this final evening one. Also, if you've not been able to get BOTH the okra-pepsin E3 AND the small intestine detox, then you can double the dosages of the one you DO HAVE in each of the three servings above. So, for example, if you only have the okra-pepsin, take 4 before lunch and dinner and 12 before bed.

Before shower

Skin brushing with natural bristle brush. Brush all parts of the body TOWARDS the abdomen.