

Dr. Partito's



ÉJUVA

*Intestinal Cleansing
and
Rejuvenation Program*

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Tenth Edition

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Disclaimer

The information contained in this manual is for educational purposes only and is not intended to diagnose treat, cure, or prevent any disease, be used as the basis for treating a particular symptom or disease, or to replace any prescribed treatment that you are currently undergoing. If you have a serious health condition, you should always consult the assistance of a qualified practitioner. All guidelines for the use of the ÉJUVA program are suggestions only. You are never required to follow any outline in this guide or on any product label. How you use any ÉJUVA product, whether individually or combined in a program, is ultimately up to the reader. The information presented herein is correct and accurate to the author's knowledge at the time of printing. Any statements contained herein have not been evaluated by the FDA.

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STOP!!!!

Taking supplements that you don't you need. Most people simply take the supplements their favorite Author/Lecturer recommends without having any idea if your body is in need of those nutrients.

Truth is, your favorite Author has NO IDEA what nutrients your body needs and neither do you. Arbitrarily selecting supplements based on guess work is illogical. How do you know what nutrient your body is deficient? Which Minerals, which Vitamins, which Enzymes? How do you know how well your body digests and assimilates the supplements you and your author has chosen for you? How do you know when you no longer need the supplements you suspected you needed? The answer is, you don't!

America's most successful Holistic Doctor Joel Robbins and The owner of EJUVA Dr. Charles Partito N.D. who have been reversing the the so called irreversible for decades have developed a program that will answer all the above questions and a whole lot more.

Do you want to know your body's true nutritional health picture? Which supplements your body actually needs? Its simple, accurate, inexpensive and done from the privacy of your own home.

Dr. Robbins and Dr. Partito have more than 40 years of combined experience in this field and together have developed a program that will determine your body's nutritional needs without any guess work. You will be able to see first hand what nutrients your body is lacking and, just as important, when you no longer need the supplement.

Dr. Robbins and I could not understand why people would arbitrarily buy supplements based on nothing but an Authors advice. No one, not even an author can possibly know what one needs without testing. So we developed an inexpensive and highly accurate test to determine peoples nutritional needs to insure they purchase only the supplements their body requires. We call this program "Health Through the Mail" and it has helped thousands find what their body is lacking.

According to Dr Robbins consuming supplements that your body does not need actually costs the body in valuable nutrients even if the supplements are alive. This program should be undertaken soon after your Ejuva Cleanse.

To find out more about your body's deficiencies visit our website at www.ejuva.com or call us at 866 Go Ejuva (463 5882)

Getting Started

Welcome to the Éjuva intestinal regeneration and renewal program. You have just invested in the most pure and gentle, yet deeply effective herbal cleansing formula available today. Éjuva consists of Chinese, Ayurvedic, Western herbs and a Vibrational Elixir formulation, and is the only cleansing program in the world that approaches physiological elimination and cleansing from a balanced Western, Ayurvedic and Oriental point of view.

The Cleansing Principle

During an intestinal cleanse, the body expels digestive waste matter, toxins, unhealthy bowel organisms, and mucoid layers, all of which can be ideal breeding grounds for harmful parasites, fungi, and yeasts such as *Candida albicans*. When cleansed, a well-functioning digestive tract can effectively help purify the blood, lymphatic system, glands and other organs and tissues. The Éjuva intestinal regeneration and renewal program provides safe yet powerful cleansing and rejuvenation effects on deep cellular and emotional levels. Éjuva not only eliminates waste and toxins, but works to balance subtle energy meridians and organ functions, allowing life-giving energy to return—all without harsh laxatives, purgatives, or other invasive methods. With the Éjuva program, health challenges such as skin disease, fatigue, excess weight, weakened immune systems, sluggish livers, fungal diseases, low blood sugar and mood swings often improve or disappear altogether as the body regains its intended biological homeostasis.

The Herbal Tradition

For thousands of years, herbs have been used as a healing modality in traditional cultures around the world. Herbs bestow long-lasting health benefits while they cleanse, rebuild, tonify and balance the body/mind/spirit complex. We at Éjuva have harnessed the healing action of specific herbs to clear excess wastes, expel mucus, soothe, soften and regenerate tissues. The Éjuva program is completely free of fillers, excipients, binders, synthetic flow agents, etc., our herbs are 100% organic and/or wild crafted. Unlike other intestinal cleansing products, none of the ingredients in Éjuva are sterilized or gassed. Nor do we use bentonite clay to remove toxins; we discovered that bentonite contains over 22% aluminum, a metal which has been associated with Alzheimer's Disease. Clay or dirt also severely dehydrates the body while costing the body in valuable nutrients to expell the dirt from the body. Instead, we base our toxin removers upon time-tested herbal traditions from indigenous cultures from around the world.

About the Éjuva program

Depending upon your condition, it may be helpful to seek the advice of a qualified health care practitioner before undergoing any cleansing program. The condition of your intestines, especially the colon, is critical in regaining and sustaining high level wellness. The Éjuva program uses specifically selected herbs to bulk and nourish the intestines, as well as other herbs to detoxify tissues and unblock lymph stagnation. The program is designed to loosen mucoid layers in the intestines, and mucus-producing glands are nourished to help encrusted layers break free. Some herbs in the formulation help balance glandular functioning—particularly the thyroid, pancreas, and pituitary. Other herbs work directly upon the subtle meridians of the body to assist in the harmonious flow of life-giving "Chi" energy in and around the body. Combinations of ancient Ayurvedic herbs draw both toxins and old mucous layers into the feces as they are expelled from the intestines. The growth of beneficial intestinal *Lactobacillus* bacteria, which is essential not only for optimal intestinal health but for our overall health, is also supported by the Éjuva formulas drawing from several herbal traditions, our formulas are designed to have generalized positive effects on the lymphatic system, tissue health, glandular balance and intestinal elimination. This is the key to the elimination of waste products generated throughout the body. Each herb is carefully selected for its ability to work within these systems to produce an ideal cell environment and a strong, balanced immune system.

WHAT'S IN THE KIT

The products included in the Éjuva intestinal regeneration and renewal program (the “Kit”) are sufficient to complete four phases of a month-long program or several months of an extended version of the same program. Many people have achieved excellent results taking the cleansing program on a long-term basis, using the products once or twice a day for 2-3 months. The results may not be as dramatic or as immediately noticeable as the intensive one-month program; however, for many elderly or health-compromised people, stretching out the program over time is often preferred.

1 Bottle of Renew

This formulation is made from organic and wild crafted Ayurvedic herbs from India, wild grown herbs from the mountains of Japan, and the wild *Pseudowintera colorata* shrub from the pristine rain forests of New Zealand. RENEW is designed to rid the body of harmful yeast organisms and parasites, regenerate the cells of the intestinal tract, and detoxify the body without the drying effects associated with inferior intestinal cleansing products which use bentonite clay. Triphala, a key ingredient in RENEW, is a combination of three ancient Ayurvedic fruits — Amalaki, Haritaki and Bibhitaki. These three herbs have been used together for centuries to draw toxins from the body. Triphala is renowned for its ability to regenerate intestinal cellular health. Highly absorbent, Triphala stimulates peristaltic action, creates healthy intestinal acid/alkaline pH balance, and removes heavy metals, drug residues and other toxins.

INGREDIENTS

Organically grown or wild-crafted: Ayurvedic Triphala (Amalaki, Bibhitaki, Haritaki), Trikatu, Vidanga, Kataja, Kamala, Pau d'Arco, Mu (New Zealand *Pseudowintera colorata*, Japanese Parsley root, Cnicus, Mandarin Orange peel, Licorice root, Atractylis, Cypress, Cinnamon, Hoelen, Ginger root, Rehmannia, Cloves, Peony root, Japanese Ginseng, Coptis, Ho Shu Wu, Buckthorn), Anise seed, Horopito, Turkey Rubarb, Flax Seed, Cascara Sagarada, Ashwaganda.

1 BOTTLE OF POWER

POWER consists of 23 herbs and 3 fruit from North, South and Central America, Europe and Africa, all handpicked and dried by expert harvesters. POWER is formulated to assist in the break up of waste material in the colon, rid the body of hardened mucoid layers, facilitate the cleansing of blood and tissues, and clear the lymph of impurities. The ingredients have been synergistically combined so that it is mild yet deeply effective. By increasing or decreasing the dosage of POWER, you can regulate the relative flow of expelled feces. This makes ÉJUVA equally effective for constipation or for runny, too frequent stools.

INGREDIENTS

Agrimony, Alfalfa powder, Angelica root, Cascara Sagarada, Calendula flowers, Chamomile, Chickweed, Dandelion, Devils Claw, Echinacea root (angustifolia), Elderflower berries, Fennel seed, Golden Seal, Green Papaya powder, Horsetail, Icelandic Moss, Amla, Red Raspberry leaf, Sassafras root bark, Stinging nettle, Turkey Rhubarb, Yarrow flowers, Yellow dock, Triphala (Haritaki, Amalaki, Bibhitaki).

1 BOTTLE OF BALANCE

The Éjuva BALANCE formula uses specific, time-honored Ayurvedic and Chinese herbs to balance and harmonize the body's energies (endocrine system). This unique approach is vital when undergoing any detoxification and elimination process. The body's organs, tissues, and lymphatic system need to be toned and balanced during and after cleansing. The flow of the subtle energies through the acupuncture meridians needs to be freed to encourage the movement of "Chi" or life energy. The kidney meridians, for example, often become exhausted during the course of a fast or a cleansing program. There also may not be sufficient energy reserves for the adrenal glands to function optimally. The ingredients in BALANCE are designed to counteract these effects and help the body experience exuberant vitality and harmony. The dosage of BALANCE can be adjusted to ensure maximum energy for individual body types, and ensure that the resources of the body are not exhausted.

INGREDIENTS

Ashwaganda, Astragalus, Dashamula, Fo Ti, Ginseng root, Guggulu, Hawthorn berry, Hibiscus, Chinese Licorice, Marshmallow root, Paeonia, Pau d'Arco, Rose Hips, Sarsaparilla root, Schizandra, Slippery Elm, Shih Hu, Suma root powder.

2 BOTTLES OF COMBI

Before one cleanses, the intestinal tract is often loaded with old fecal matter and built-up mucoid layers. Many people also have parasites or bacteria which thrive in this unhealthy environment. Symptoms of a blocked intestinal tract can include constipation, diarrhea, spasms, inflammation or excessive flatulence (wind). COMBI has been formulated to help the peristaltic action of the colon by bulking, nourishing and feeding naturally occurring healthy bacteria. Consisting of wild crafted Psyllium seed husk powder, Slippery Elm powder, Flax seed and Chia seeds, COMBI is designed to remove deep pockets of old fecal matter and nourishes tissues back to health. Psyllium seed husk is used to invigorate and support the intestine's normal muscular activity—without irritating the intestinal mucosa. The non-addictive nature of this gentle plant is a in direct contrast compared to the action of habit-forming over-the-counter pharmaceutical laxatives. The reduction of elevated cholesterol levels is an additional positive benefit of Psyllium seed husk. Psyllium seed husk is an excellent colon and intestinal cleanser, removing toxins that cause auto-intoxication while restoring tone to the mucus membranes of the intestines. Flax seeds, with their high lignin content, and Chia seeds, with their mucilaginous qualities, enhance the effects of the Psyllium seed husks. COMBI is mixed with water or juice in the form of a shake. This combination helps ensure that loosened deposits are quickly eliminated before the toxins they contain can be absorbed through the intestinal walls. Flax seeds contain 30-40% of fixed oils which include linoleic, linolenic and oleic acids, mucilage, protein and linamarin. The powder is produced with a proprietary low-heat method that retains the Omega 6 and Omega 3 oils. These oils are especially important for vegetarians. Herbalists have used flax for centuries for chronic constipation, diverticulitis, gastritis, coughs and eczema. Chia seeds have been used to enhance intestinal regulation for centuries. Native American Indians have used Slippery Elm for irritated intestinal tracts, sore throats, and soothing mucus membranes. Indigenous Mexican Indians make chia seeds into a drink. Chia is highly mucilaginous, strengthening, and helps to nourish the intestinal mucus membranes. Chia also helps pituitary/gonadal deficiencies.

INGREDIENTS

Psyllium seed husk, Slippery Elm, Flax seed meal, and Chia seeds.

1 BOTTLE OF MOFLORA

The digestive capabilities and the overall health status of the intestines are inextricably linked to the health of our intestinal flora. Antibiotics and unhealthy dietary habits kill beneficial intestinal organisms and encourage the growth of pathogenic, disease-causing bacteria. The MOFLORA formula was developed specifically to nourish and re-balance the entire gastro-intestinal tract. If you are not using the Moflora right away store in a freezer. The probiotic bacterial culture selected for the Éjuva program was first identified in the cells of healthy adults in 1940 as part of a 6 million dollar research program conducted to discover the optimal probiotic culture for human supplementation. As a result of this research, the BT1386 strain of L. Acidophilus was found to be the most compatible with the human gastrointestinal tract. The ability of this particular strain to cling to the intestinal walls has been documented to be 15 times greater than that of conventional products. The Éjuva L. Acidophilus and Bifidobacterium, Bifidus, and Infantis strains complement each other. These strains have been documented to attach effectively to human cells. The strains used in most commercially available L. Acidophilus products were originally isolated from animals for use in the dairy and animal feed industry. Such animal preparations do not work well in the human body and are often rejected by the immune system. In addition to MOFLORA'S exceptionally stable shelf-life, the properties of this unique formulation make it resistant to stomach acid and bile. The result is a high post-digestion survival level of live beneficial microorganisms. Only .5 grams per day can deliver billions of beneficial bacteria. MOFLORA also helps eliminate constipation and hunger after cleansing has been completed.

INGREDIENTS

On the day of production, 20 Billion microorganisms per gram of the following beneficial micro-organisms are present: Lactobacillus Acidophilus, Lactobacillus Lactis, Bifidobacterium Bifidum, Bifidobacterium Infantis, Lactobacillus Plantarum, Lactobacillus Salifarius, Lactobacillus Casei in a vegetable fructo-oligosaccharide base.

1 BOTTLE OF VIBRAM

Emotions have a strong effect upon our health, and positive emotions are a significant contributor to our overall well-being. Vibrational essences are used in this formulation to help harmonize and balance the emotional changes that often accompany cleansing. Blockages of the body's vital energies may result in abnormal energy flow to one or more organ systems. Over time, this abnormal energy flow may affect not only our physical well being, but our emotional and spiritual well-being as well. Especially important is the heart chakra—the central subtle energy center of the chakra/nadi system. It is important to recognize that transformation is one of the most important lessons that we need to learn in life. Rosa macrophylla, the Himalayan rose, nurtures the heart chakra. Other essences in VIBRAM are included to nourish and unblock subtle energy centers and to rapidly eliminate toxins and heavy metals. These essences are mixed into a base of the purest Ayurvedic plant oils. VIBRAM is applied externally to the skin—the largest organ of the body—especially to the areas of the body corresponding to the chakras, vital energy centers and wherever there is any underlying pain.

INGREDIENTS

Pure plant oils: Ashwaganda, Basil, Nutmeg, and Saffron. Vibration elixirs of: Diamond, Lapis Lazuli, Amethyst, Thulite, Beryl, Limestone, Coal, Rosa Macrophylla, White Quartz, Aloe Eru, Gold, and Sapphire.

ABOUT DOSAGES

Since no two people are alike, we offer guidelines to help you determine the appropriate herbal dosages, all dosages are adjustable.

POWER AND BALANCE

Start with 2 capsules each product for the first phase (week) to acclimate your body to the herbs (pre cleanse). Then, increase Power and Balance by one capsule per serving in the second phase. In the third and fourth phases increase Power, Balance and Renew. i.e. second phase 2 Renew, 3 Balance and 3 Power, third phase 3 Renew, 4 Power, 4 Balance, fourth phase is the same as the third phase but with no solid meals (juice fast). If desired you may go up to 6 capsules per serving of each product during the third and fourth phases but you will run out of product and have to order more. Likewise, if the dosages recommended prove to be too much for your body feel free to back down on the serving size. Remember, when it comes to herbs use the smallest dosage as possible while still obtaining your desired results. The POWER formula is specifically designed to help with elimination. The BALANCE formula, as the name reflects, works to bring balance to the organs, glands, meridians, the immune system and overall energy levels. POWER and BALANCE work together to rid the body of mucoid waste. Always take POWER and BALANCE with at least 4 - 8 ounces of liquid (fresh juice or water). If you experience a lag in energy this is normal during a intense cleanse. You may increase the amount of recommended BALANCE however, if you exceed the above recommendations you will need to purchase more BALANCE so keep an eye on how many capsules you have left vs. how many more days are left on the cleanse. Conversely, if you experience excess energy, feel free to cut down on BALANCE. If your stools are too loose or runny, cut down on your intake of POWER. If your stools are hard, dry or sticky, or if constipation has developed, then increase your liquid intake and cut way back on your Combi until your stools are soft, yet well-formed. If this does not help, you may consider enema's, colonics, or magnesium citrate capsules (available through Ejuva). Normal stools while cleansing should float in the toilet bowl and be soft enough to break apart when flushed. Old fecal matter and waste material will sink.

COMBI

Most people use 1-2 measures of the enclosed 5cc (approx 1 tbsp) yellow spoonfuls of COMBI per shake. Some find, however, that they can take up to 3 of the 5cc measures per shake. If you feel bloated, you have probably taken too much COMBI. Very few people experience diarrhea, but if you do, try increasing COMBI. If you become constipated stop taking COMBI and when you start to eliminate again start COMBI again but only 1/2 the previous dosage.

RENEW

The Ayurvedic herbs in this formulation tone the intestinal tract and restore peristaltic action. RENEW is designed to regenerate and rebuild cells as well as remove toxins. Usually 2 to 3 RENEW per dose is sufficient. The beauty of these preparations is that you can increase COMBI to create more bulk and solidity to your stools, or increase RENEW and POWER to loosen up and soften your bowel movements.

MOFLORA

In addition to re-populating your intestinal tract with friendly bacteria, MOFLORA helps you to de-populate harmful yeasts (Candida), parasites and putrefactive bacteria. Most people do very well with 3 of the enclosed white spoonfuls per dose (approx 3/8 of a tsp per serving).

VIBRAM

Consisting of Ayurvedic oils and Vibrational essences, VIBRAM is especially valuable during the cleansing process for harmonizing emotions, which assists in ridding the body of toxins. Several drops applied by hand in the morning and evening are suggested. Also place a few drops in the palms of your hands then cup your hands over your nose and take a deep breath. Many people find luxuriating in a bath with about 1/2 teaspoon of VIBRAM helps them to relax and sleep more soundly.

During the cleansing process, most people feel relatively good. If you feel badly, or experience cleansing reactions, reduce dosages or return to an earlier phase of the program until you feel better.

THE FOUR PHASES

PHASE 1 (Pre cleanse 2 TO 3 MEALS PER DAY)

Phases 1-4 should be completed in sequential order. The key benefit of this instruction is to loosen and eliminate toxic material gradually and lessen its negative impact on the body in later Phases. For best results, start with Phase 1 before doing any of the other Phases. This helps eliminate toxins safely without placing undue stress upon the liver, kidneys and other organs. Phase 1 also helps your body acclimatize to the herbs and prepares the way for the other Phases. Generally, people take one week for each Phase. Even though an individual may be in good health, it takes several days for the herbs to develop a “presence” in your system. In this time, the herbs are acting on old mucoid deposits so that they can be eliminated. Heavy meat-eaters, the elderly, people with long-standing chronic diseases, or those of weak constitution, may consider extending Phase 1 for several months’ time.

Phase 1 is the mildest of the 4 Phases. We call it a pre cleanse. Two or three meals can still be eaten per day. We recommend you do at least one week of Phase 1 before starting on Phase 2. As mentioned, Phase 1 conditions and softens the mucoid layers for later expulsion during Phase 3 or Phase 4. Many people, however, may find themselves expelling mucoid layers during Phase 1.

Phase 1: Day Planner

- Two to three meals per day. (Preferably with lots of fresh fruit, vegetables and fresh pressed juices).
- Twice daily, gently massage a few drops VIBRAM into skin, particularly the energy centers of the wrists, temples, soles of feet and the chest region near your heart. Alternatively, once a day pour a few drops of VIBRAM into a warm bath and soak for at least 15 minutes.
- Take 2 capsules of RENEW and 2 capsules each of BALANCE and POWER with at least a glass of water.
- One half hour to 1 hour later, follow with a COMBI shake:

Directions for Combi: In a glass of 6 to 8 ounces of pure water and/or juice, sprinkle 1 to 2 of the yellow (5cc) spoonfuls of COMBI and 3 white spoonfuls of MOFLORA. Whisk or stir briskly for 5 to 10 seconds and drink immediately (before the mixture gels).

If a thicker, more solid pudding-like mixture is preferred, wait a few seconds and then eat with a spoon. The warmer the liquid, the quicker it gels. Don’t make it so cold that it is uncomfortable to drink. Drink a “chaser” of at least 4 ounces of pure water or juice. Apple juice is preferred as a liquid base. Generally speaking, in the first few days, you should limit COMBI to 1 - 2 yellow spoonfuls, and BALANCE and POWER to 2 capsules each. Do not exceed 2 yellow spoonfuls of COMBI.

EXAMPLE OF A PHASE 1 DAY PLAN

Keeping in mind the above guidelines, this is a typical program . Each “Phase” lasting one week. You may have to make some adjustments of dosage for weight, height, and toxicity. Timing can also be adjusted to suit your particular routine. 2 yellow scoops Combi with 3 white scoops Moflora, 2 Renew, 2 Power and 2 Balance.

PHASE 1 (3 MEALS PER DAY)

6.45 am

VIBRAM: 3-4 drops applied over the heart, wrist, temple, vital energy centers, and wherever there is underlying pain.

7.00 am

RENEW: 2 Capsules.

POWER: 2 Capsules.

BALANCE: 2 Capsules.

Taken with at least 8 ounces water.

7.30 am

MOFLORA: 3 white spoonfuls.

COMBI: 1-2 level spoonfuls.
Mixed in 6 ounces fresh apple juice and swallowed immediately. Follow with at least 4 ounces water.
8.30 am
Breakfast – Fruit preferably.
1.00 pm.
Lunch.--Veggies preferably.
6.00 pm.
Dinner.--Fruit preferably
9.30 pm. Apply VIBRAM to skin or add a few drops as you soak in bath.

PHASE 2 (2 MEALS PER DAY if still hungry one may juice between meals, no more than 8-10oz per hour, see juicing section below for tips and recipes)

**** It is important to do Phase 2 for at least 7 days prior to doing Phase 3.**

PHASE 2: DAY PLANNER

- 2 meals (preferably with fresh fruit, fresh pressed juices and/or vegetables).
- VIBRAM morning and evening.
- 2 times daily RENEW, POWER and BALANCE.
- 2 COMBI shakes.
- 2 times MOFLORA in the Combi shake.

Example of a Phase 2 day plan

(Adjust dosage for weight, height, age and toxicity). Timings can be adjusted to suit your particular routine. Afternoon dosages are the same as morning dosages.

6.45 am VIBRAM: 3-4 drops applied over the heart, wrist, temple, vital energy centers, and wherever there is underlying pain.

7.00 am

RENEW: 2 Capsules.

POWER: 3 Capsules.

BALANCE: 3 Capsules

Taken with at least 8 ounces water.

7.30 am

MOFLORA: 3 white spoonfuls.

COMBI: 1-2 level spoonfuls.

Mixed in 6 ounces fresh apple juice and swallowed immediately. Follow with at least 4 ounces water.

8.30 am

Breakfast – Fruit preferably.

12.00 pm.

Lunch.-Veggies

4.00 pm. 2 RENEW, 3 POWER, and 3 BALANCE

4.30 pm. MOFLORA/ COMBI shake

6.00 pm. Dinner. (juice only optional)

9.30 pm.

Apply VIBRAM or soak in bath with a few drops of VIBRAM added.

PHASE 3 (1 MEAL PER DAY)

Phase 3 is like Phase 2 except that one of the meals is replaced with a RENEW/BALANCE/POWER and COMBI/MOFLORA sequence. Only 1 solid meal a day is eaten. And, we are consuming more capsules. Which meal you replace is up to you. Although not as cleansing as Phase 4, consuming the herbs 3 X's per day with less food is much stronger than the 2nd phase. Doing Phase 3 for two weeks without continuing on to Phase 4 is also an option for those who feel too toxic, weak, or, is having difficulty going without food in Phase 4.

PHASE THREE: DAY PLANNER

- 1 meal (preferably with fresh fruit, fresh pressed juices and/or vegetables).

- VIBRAM morning and evening.
- 3 times daily RENEW, POWER and BALANCE.
- 3 COMBI shakes.
- 3 times MOFLORA.

**If you are a little jittery take a couple less balance, if your stools are too loose take a couple less Power, if you are too constipated stop the Combi, add more liquid to your diet. When you start eliminating add Combi back in but at much lessor dosage, enema's, colonics and Mag Citrate caps may be required.

Example of a Phase 3 day plan

(Adjust dosage for weight, height, age and toxicity). For detailed afternoon dosages, please refer to morning dosages. You may Juice in addition to your 1 meal per day, see juicing section for tips and recipes)

6.45 am

VIBRAM: 3-4 drops applied over the heart, wrist, temple, vital energy centers, and wherever there is underlying pain.

7.00 am

RENEW: 3 Capsules.

POWER: 4 Capsules.

BALANCE: 4 Capsules.

Taken with at least 8 ounces water.

7.30 am

MOFLORA: 3 white spoonfuls.

COMBI: 1-2 level spoonfuls.

Mixed in 6 ounces fresh apple juice and swallowed immediately. Follow with at least 4 ounces water.

Beginning 8am you may juice as much as 12 ounces of juice up until 9:30am

10.00 am.

RENEW, POWER, and BALANCE

10.30 am.

MOFLORA/ COMBI shake

12.00 pm.

Lunch.-Fruit or veggie salad

4.00 pm. 3 RENEW, 4 POWER, and 4 BALANCE

4.30 pm. MOFLORA/ COMBI shake

Beginning 5pm you may juice 8-10 ounces per hour until bedtime

9.30 pm. Apply VIBRAM or soak in bath with a few drops of VIBRAM added.

PHASE 4 (NO SOLID MEALS)

Phase 4 is the most cleansing part of the Éjuva Program. No solid food is eaten during this phase, which allows for maximum detoxification and maximum nutritional input. People who have fungal problems such as yeast infections, or who are extremely toxic, may experience times when they do not feel well. Going entirely without solid food in Phase 4 may trigger deep healing, yet, most people report feeling better during this phase of the Éjuva cleansing program than they did before the cleanse. This is because rejuvenation has already begun—they've already eliminated substantial quantities of toxins and waste materials and are feeling better because of it. All the while receiving more nutrients through juice than solid food can deliver. In Phase 4, four COMBI shakes and 4 sets of herbs are taken each day. No solid food is eaten, but fresh fruit and vegetable juices are required (see juicing tips and recipes on page 16). Although not required, taking enemas and or colonics up to twice a day will speed the removal of toxins and old mucoid layers. Without a doubt, people experience the deepest cleansing on Phase 3 and Phase 4. However, sometimes there are still "ups and downs". For instance, you may feel fine for a while, then suddenly feel weak or tired for a few hours, and then feel good again. This is normal. If you experience a more pronounced cleansing reaction (feeling weak for longer periods, breaking out in a rash, mucus discharges from the nose etc.) while on Phase 4, then you may choose to return to Phase 3 until you feel better. When you can do Phase 3 for three days without having a cleansing reaction then you are ready to go back to Phase 4. Only start with Phase 4 having done Phase 3 for at least one week. Because a lot of toxins are removed in Phase 4, you may experience mood swings. Make liberal use of VIBRAM if this happens. On Phase 4 it is helpful to introduce a good source of chlorophyll such as the juice made from sunflower sprouts, buckwheat sprouts, kamut sprouts or E3Live Liquid Algae, fresh or powdered wheat grass, or barley grass. Fresh fruit or vegetable juices are best to drink while doing Phase 4. Though may be difficult due to lack of solid food intake you should be having at least 1 - 2 bowel movements per day.

**If your are a little jittery take a couple less balance, if your stools are too lose take a couple less Power, if you are too constipated stop the Combi, add more liquid to your diet. When you start eliminating add Combi back in but at much lessor dosage, enema's, colonics and Mag Citrate caps may be required.

PHASE 4: DAY PLANNER

- No solid meals.
- VIBRAM morning and evening.
- 4 times daily RENEW, POWER and BALANCE.
- 4 COMBI shakes.
- 4 times MOFLORA.

EXAMPLE OF A PHASE 4 DAY PLAN

(Adjust dosage for weight, height, age and toxicity). For detailed afternoon and evening dosages, please refer to morning dosages.

6.45 am

VIBRAM: 3-4 drops applied over the heart, wrist, temple, vital energy centers, and wherever there is underlying pain.

7.00 am

RENEW: 3 capsules.

POWER: 4 capsules.

BALANCE: 4 capsules.

Taken with at least 8 ounces water.

7.30 am

MOFLORA: 3 white spoonfuls.

COMBI: 1-2 level spoonfuls.

Mixed in 6 ounces fresh apple juice and swallowed immediately. Follow with at least 4 ounces water.

8:00 am. start juicing, you may consume up to 15 ounces between 8 and 9:30am

10.00 am.

3 RENEW, 4 POWER, and 4 BALANCE

10.30 am.

MOFLORA/COMBI shake

Beginning 11am you may begin juicing 10 oz's per hour until 1:30pm

2.00 pm. RENEW, POWER, and BALANCE

2.30 pm. MOFLORA/ COMBI shake

3:pm start juicing 10oz's per hour until 5:30pm

6.00 pm. RENEW, POWER, and BALANCE

6.30 pm. MOFLORA/COMBI shake

7:00 pm. juice 10oz's per hour until bedtime

9.30 pm. Apply VIBRAM or soak in bath.

ABOUT FOOD

Over and over I hear the question, “what should I eat during the cleanse?” This is a very personal issue for each of us. Generally speaking, during the Éjuva program it is best to eat those foods which do not interfere with your body’s ability to eliminate toxins and waste products. Most health authorities agree that raw vegetables and fruits (fresh and organic, if possible) are the foods that best help accomplish this house-cleaning. Raw and uncooked vegetarian foods nourish, cleanse, and alkalize the body through the combined action of bio-energetic properties and natural nutritional components such as vitamins, minerals, amino acids (proteins in a digestible form), liquids, complex carbohydrates, fiber, oxygen, and enzymes. Heating food above 118 degrees destroys most of its nutrients and enzymes. I Recommend to consume enzymes with all you meals even if your meals are alive. Most enzymes available are inferior due to the lack of minerals in the formulation. The body does not use enzymes alone during digestion and specific minerals are needed. If your enzymes contain no minerals the body will pull the needed minerals from itself. Ejuva sells the Worlds best enzymes 866 GO EJUVA (463 5882) Seaweeds such as dulse, wakame, and nori are also excellent foods. A note of advice, however: it takes a long time to create a toxic condition, and it takes time to correct it, so please don’t try to rush your cleansing program. If you are accustomed to a SAD diet (Standard American Diet), make a gradual transition to vegetarian fare— unless you have the expert guidance of a nutritionally oriented health practitioner such as Charles Partito N.D. It is better to slowly shift your diet in this direction, rather than to rush into something that isn’t comfortable for you. We highly recommend uncooked vegetables and fruits; germinated and sprouted grains, nuts and seeds; and alkalizing fruit and vegetable juices during cleansing and we recommend RO water over spring. We do not recommend eating fried food or meats as the body has great difficulty in processing and eliminating cooked fats and oils.

DIET GUIDELINES:

- Avoid foods high in salt and all highly processed foods and sugars. Salt slows or halts cleansing completely. If you must use salt, use a sun-dried salt, such as Celtic Salt.
- Milk products have a tendency to clog the action of the liver and produce excess mucus.
- Fresh juices are better than bottled, as fresh juices contain living enzymes and nutrients needed to help your body eliminate toxins and replace nutrients. Most bottled juices also contribute to an acidic condition of the body.
- Alcoholic drinks will interfere with cleansing.
- Meat and fish slow cleansing and have many associated health risk factors
- Nuts and seeds should be raw and soaked in water overnight. Either chew them very well, or run them through a Coffee bean grinder, together with fruit for a morning drink.
- Tofu and tempeh and all breads are acid-forming, so use in moderation.
- Avoid mixing sweet fruits with acid fruits.
- Avoid eating fruits and vegetables or fruits and starches or fruits and proteins at the same meal.
- Avoid drinking black tea or coffee.

A diet consisting mainly of devitalized foods inevitably contributes to the breakdown of cells, tissues, and organs, creating disease conditions. To build abundant health, we must furnish the body with sufficient variety and quantity of vital nutritional elements. As well as giving the body all the healthful carbohydrates and sugars that it needs, fruits are fantastic cleansers of the human system, but the fruit should be ripe and organically-grown. (If you are suffering from Candida, you may need to temporarily avoid fruit and add our Candi Not Cleanse to this cleanse). Fruit juices are almost instantly absorbed. Vegetable juices contain plentiful amounts of minerals, salts, enzymes, and vitamins needed by the human body, provided that they are used fresh, raw, and have been properly extracted. It is said that fruit juices are great cleansers, and vegetable juices are builders and re-generators. For a more thorough analysis of what to eat during the cleansing process and beyond, including information about food combinations and sample recipes, you can purchase: Dying to Cleanse eBook, by Steven Hurwitz MA., DD and/or other digital downloads located at www.ejuva.com.

Instructions for Juice Diet by Dr. Joel Robbins M.D. D.C. N.D.

Fresh raw fruit and vegetable juices are the only intake you'll have while on the 4th phase of the program. The juice must be freshly made and consumed as soon as possible. The longer you wait to drink the juice, the less nutrition it contains. Remember, you're doing this to get living nutrition into the body. Fresh juice frozen immediately after making is acceptable. Frozen concentrates are not acceptable.

Drink 8-10 oz's of juice per hour as that is all the body can handle, if this is not enough you may dilute the juice with water by 50% (no more than one gallon of juice per day). You should attempt to drink a minimum of one half gallon (two quarts) per day. If you drink less than one half gallon, the body may go into a fasting mode. Avoid doing this unless you are either under medical supervision or well-informed on fasting. On some days your appetite will dictate that you desire less than one half gallon of juice. This is acceptable providing this does not continue for two or more consecutive days. It is paramount that you try to keep a glass of juice in your hand at all times. In other words, you must sip on juice almost constantly. This does not mean that you must drink a glass of juice every hour; rather it means that you should attempt to keep a glass of juice handy and take a mouthful every 15-30 minutes. Sipping juice steadily will keep your blood sugar level up and help to maintain your energy level. If you wait two to four hours between juice intakes, you probably will become low on energy and end up eating a hamburger (or its equivalent) for a quick fix. I cannot emphasize enough the importance of sipping juice. In fact, constantly sipping on juice is the key to your being successful on this program. Often the question is asked: "If I'm supposed to stay on juice all day, and the juice is supposed to be fresh/live, where can I find the time to juice throughout the day? I can barely find the time to juice once or twice a day." If you can juice at least twice a day the problem is solved. Your juicing should really begin in the evening. Juice a couple of glasses worth of vegetable juice for the rest of that evening and consume them slowly before bedtime (obviously keeping the glass you're not drinking in the fridge until you get to it). While you have the juicer running, make an extra quart of juice for the next day. Freeze this quart immediately in a number of glass or plastic containers. The next morning, crank up the juicer again and juice enough to get you through the morning (approximately one quart). Keep this in the fridge except for the current glass you are drinking. In the morning, set out the frozen juice from the night before to thaw. Time this so it will be ready by the time your morning quart is finished. Now you have the freshly thawed juice ready to get you through until that evening when you start the process again. Even though this approach is not as good as if you juiced every glass fresh throughout the day, there are still plenty of benefits in this not-so-fresh juice. It is better if you can have fresh juice more often, but not essential to accomplish great progress in your health picture. Follow all other rules listed in chapter one for juice consumption which include:

- Do not mix fruit and vegetable juices in the same glass (note the exceptions permitted).
- Try not to dilute the juices with water.
- Do not add any seasonings.

For more on Juicing visit our Digital Downloads page at www.ejuva.com and check out our Juicing for Health lecture by Dr. Joel Robbins.

Types of Juices to Consume

Juice and consume as wide a variety of fruits and vegetables as possible. This is to help ensure a more complete picture of nutrients as needed by the body. I've listed below the fruits and vegetables you can choose :

Fruits:

Apple Apricot Cherry Grape
Grapefruit Lemon Lime Nectarine
Orange Papaya Peach Pear
Plum Strawberry Tangerine Pineapple

Melons:

Honeydew Muskmelon Watermelon Cantaloupe

Vegetables:

Alfalfa Sprouts Bamboo Sprouts Beets
Broccoli Brussel Sprouts Cabbage (red & green)
Carrots Cauliflower Celery Cucumber
Endive Green Beans Kale Leaf Lettuce Leeks
Radish (sweet) Spinach (young & tender] Sweet Pepper (red & green)
Tomato Yellow Squash Zucchini Squash

There is no magic combination of juices that will "cure" any disease or ailment as all ailments need more than any one juice combination can offer. The important thing is that you combine the juices so they are palatable and digest easily. (Also see the recipes below)

Non-Juiceable Plants

For those who know they cannot do well on juice alone foods such as bananas, avocados, nuts, and seeds, which do not contain adequate amounts of liquid to be juiced, can be consumed on this program as follows:

- Bananas: They can be blended (in a blender) with any fruit juice(s). Ideally, make a fresh fruit juice mixture of your choice with the juicer. Immediately pour this in the blender with a banana and blend. You can also use a frozen banana for a nice cool treat. (See recipe ideas below.)
- Avocados: As with bananas, avocados can be blended with freshly-made juices. The avocado mixes well with any vegetable juice mixture, or is quite tasty with any citrus juice mixture. (See recipe ideas below.)
- Nuts and Seeds: Nuts and seeds should be ground using a coffee grinder. (See page below guidelines.) You can make raw nut or seed butters and blend them with citrus juice. (See recipe ideas below.) Nut and seed butters can also be blended with tomato juice, but do not mix with carrot juice. Coconut milk is acceptable as a juice as well.

Other Liquids Permitted for Consumption

Drink only pure water - distilled or reverse osmosis filtered water as spring water contains dead minerals. Drink all you want in addition to the required amount of juice to be consumed. If you do not desire water, there is no need to have any as the juice will provide all the liquid needed. Do not consume bottled, store bought frozen, concentrate, commercial, or health food store varieties of juice – even if they say "no sugar added" or "no preservatives." They are not fresh, have been pasteurized, and therefore, are not living nor health benefiting. Exception: If you are in a pinch, don't have fresh juice, and are craving a hamburger, stop at a health food store and get a bottle of juice. If there is no health food store in the area, stop at a convenience store and purchase a "no sugar" fruit drink as a last resort. This is only to get you home to make some fresh juice. Do not buy the hamburger! Stay with the juice! No other liquids of any kind are permitted.

Permissible Solids

You may eat - chew - all the melons you desire because melons digest and absorb as easily as juiced vegetables. Melons can also be juiced if you want. The most common complaint or difficulty while on a juice diet is missing something to chew. It is a natural desire of the body to chew. To help satisfy this desire, you may consume the following once a day:

- A piece of fruit (any fruit - apple, orange, a bunch of grapes, etc.)
- Melons, as stated above.
- Raw and unsalted nuts or seeds: 1-2 ounces by weight (almonds, cashews, pecans, filberts, pistachios, sunflower seeds, squash seeds)
- **Nuts and seeds are best avoided while on the cleanse but can be consumed under the following conditions:**
 - a. They must be chewed very thoroughly or placed in a coffee grinder. Don't swallow until they are liquid in the mouth.
 - b. They must be consumed with the juice of a citrus fruit. Citrus fruits include oranges, grapefruits, and pineapples.

NOTE: Avoid peanuts; they are not a true nut, but a legume or bean and are difficult to digest.

Maintaining Regular Bowel Function

It is imperative that while on a juice diet the bowels move at least once a day, if not two or three times. This is extremely important while on a juice diet because the body is detoxifying at a very rapid rate. Toxins are being channeled through the liver and dumped into the bowel for elimination. If the bowel is not evacuated on a regular basis, then the toxins in the bowel will re-absorb into the body and drastically reduce the benefits of this program. This is very important. If necessary bowel function is maintained by enemas, or colonics, or mag citrate capsules. For very stubborn cases I am not against Magnesium Citrate capsules (not liquid) as you MUST eliminate at all costs.

- If you are finding you are not eliminating properly then increase both Power and Balance and stop taking the Combi.
- Consider Enema's and/or Colonics
- Take Magnesium Citrate capsules (available from Ejuva)
- Increase your water intake.

Frequently Asked Juicing Questions

Q: Can't I just chew the raw fruits and vegetables thoroughly instead of juicing?

A: No. While chewing more thoroughly is very advantageous and everyone should learn to do so, juicing breaks the food down into very small particles, much smaller than we can chew. With juicing, more of the nutrition is available for the body.

Q: Can't I just blend raw fruits and vegetables instead of juicing?

A: This is the equivalent of chewing thoroughly. It does not compare to nor replace the benefits of juicing.

Q: I've heard that it is dangerous to drink too much juice - is this true?

A: Too much of anything can be bad. However, with raw, fresh juice, it is difficult to overdo. If you are sipping on the juice slowly, as per instructions, the body will alert you as to the amount of nutrition coming in and will tell you when to stop drinking. As with anything, we must use self-control. Diabetics, on the other hand, can easily overdo, especially drinking fruit juice. A diabetic should consult their physician concerning this, drink mainly vegetable juice, and monitor their own blood sugar level. People with hypoglycemia (low blood sugar) and candidiasis (candida albicans), may also need to limit their fruit juice intake to one or two glasses per day and focus mainly on vegetable juice.

Q: If I am thin to start with, can I gain weight while on a juice diet?

A: No. On a juice diet, you will either lose some weight or remain at your pre-juicing weight. To gain weight, you have to eat high caloric foods such as raw nuts, seeds, avocados, potatoes, rice, etc. This, along with a healthful diet and one or two glasses of fresh juice daily, can help you gain weight. Dr. Partito has a weight gain diet. Contact him for details. Charles@ejuva.com

Q: Is it OK to have a glass of raw juice just before, during, or immediately following exercise?

A: No. Drinking a glass of fresh juice is almost like eating a bowl of food just before, during, or immediately after exercising. It is not going to be digested well. The body suffers because much energy is diverted from the muscles to the digestive system. Leg and/or stomach cramps can occur while exercising with food/juice in the stomach. Likewise, indigestion can occur if food/juice is consumed around exercise. If you want a 'pick-me-up' around exercise time, drink fresh fruit juice diluted 50% with water.

If you desire to drink full strength juice around exercise use the following guidelines:

- Before exercise: drink at least 30 minutes before exercise
- During exercise: none
- After exercise: wait 30 minutes

Q: Why do people's palms and skin sometimes turn orange when they drink carrot juice?

A: The yellow/orange discoloration is not harmful and does not mean one suffers from vitamin A or carotene poisoning. The discoloration is the deposit of carotene (that which gives a carrot its orange color) in the skin. This happens when the liver is congested and is not able to metabolize all the carotene in the carrot juice. As a result, the carotene is passed on to the skin for temporary storage. This will continue until the liver gets cleaned out. Drinking juice along with a healthful diet will take care of this in time. In the

meantime, if you don't like the yellow color, simply cut back on the amount of carrot juice you consume until you find a daily amount that does not produce the discoloration. If you are worried about Vitamin A or carotene poisoning from drinking carrot juice> don't be. You would have to drink literally gallons of straight carrot juice daily for months before this could even begin to become a possibility.

Q: Is juicing beneficial during pregnancy?

A: Though you may never do an herbal cleanse while pregnant, Yes, juicing alone has tremendous benefits both to the mother and baby. Many health problems that commonly occur during pregnancy can be alleviated by adding two or more glasses of fresh juice daily. Problems often helped by juicing include: anemia, fatigue, excess weight gain, muscle cramps, and gestational diabetes.

Q: Do you receive the same health benefits juicing irradiated food?

A: No. In spite of what the government tells us, there is no living nutrition available in irradiated foods.

Q: Are enemas habit forming?

A: No. Enemas may appear to be habit forming but this is only because those who take them on a regular basis usually engage in the same wrong dietary and lifestyle patterns that created constipation in the first place. In fact, enemas can actually help to exercise the colon muscles, toning these muscles, and helping develop regular bowel movements. Should the bowels not return to regular movements after completing a juice diet, simply discontinue the enemas. After one or two days the bowels should begin to function on their own.

Quick & Easy Juice Recipes

Juice these fruits alone or in any combination.

Apple Orange Grape Pineapple Grapefruit
Papaya Cantaloupe Watermelon Honeydew melon

Fruit Juice Combos

Citrus Swizzle

1 peach
1 pear
1 apple
1 orange
1-inch slice of pineapple

Succulent Spray

2 apples
1/2 grapefruit

Koala Punch

1 orange
3 kiwis
1 medium bunch of grapes

Treetop Tantalizer

1 peach
1 pear
1 apple

A Bizarre Bunch

1 medium bunch of grapes
1 cup of cranberries
1-inch slice of pineapple

Citrus Explosion

1/2 grapefruit
1 orange
1/4 lemon with peel

Luscious Elixir

1 orange
 1/4 grapefruit
 6-8 strawberries

Island Blend

1-inch slice of pineapple
 1/2 cup of raspberries
 1 orange

Strawberry Swizzle

1 large bunch of grapes
 6-8 strawberries

Tangy Spray

1 medium bunch of grapes
 3 tangerines
 1-inch slice of pineapple

Apple Treat

3 apples
 6-8 strawberries

Pear-Apple Blend

1 pear
 2-3 apples

Basically Succulent

1 orange
 2 apples

Snappy Blend

2 medium bunches of grapes
 2 handfuls of cherries

Grapple Twist

1 medium bunch of grapes
 3 apples
 1/4 lemon

Florida vs. Georgia Juice

2 oranges
 1 peach

Melon Tang

1/4 honeydew melon
 1/4 lime

Zesty Quencher

3-4 apples
 1/4 lemon

Succulent Snap

1 apple
 1/4 grapefruit
 1" slice of pineapple
 1/8 lemon

Fruit & Veggie Combo

1 apple
 1/4 lemon
 2 lettuce leaves

Cool Cocktail

1 cup of cranberries
 3 apples

Apple Delight

2 apples
 1/2 pomegranate

For those that just can't get through the week on Juice alone try these combinations. For all fruit shakes, combine all ingredients in blender until smooth..To freeze bananas, peel and put in container overnight.

All That Jazz (serves 2)

2 apples juiced
 2-3 dates (seeds removed)

Sun-Swept Daiquiri (serves 2)

1-2 oranges juiced or 2-inch slice of pineapple
 5-6 strawberries

2 apples (peel and cut into small pieces)
1 frozen banana
1/2 cup blueberries (frozen or fresh)

California Creamer (*serves 2*)

1-2 oranges juiced
2-3 strawberries
2 frozen bananas
3-4 dates (seeds removed)

Orchard Malt (*serves 2*)

2 oranges or 2 apples juiced
1-2 frozen bananas
2 peaches (peeled and cut into small pieces)
1/2 papaya (peel and remove seeds)

Berry Bomber (*serves 2*)

2 frozen bananas
1 cup watermelon juice
1 cup raspberries

3-4 dates (seeds removed)
1 papaya (peel and remove seeds)
1 frozen banana

Instant Energizer (*serves 2*)

2-3 frozen bananas
1-2 oranges juiced
4-6 2-3 frozen bananas strawberries

Sumptuous Shake (*serves 2*)

2 apples juiced or 2 oranges juiced
1 frozen banana
1/2 papaya (peel and remove seeds)
5-6 strawberries (frozen or fresh)

Nut and Seed Milks

Almond Milk

1/4 cup or raw almonds
1 cup of distilled or reverse osmosis water Blanch almonds. (In a large skillet, cover bottom with boiling water and place almonds in for 30 seconds. The skins will loosen. Drain almonds and remove skins.) Put almonds and water in blender at high speed for two to three minutes, until a thick white milk is formed. You may also try it without blanching the almonds, following the same instruction.

Cashew Milk

1/4 cup of raw cashews
1 cup of distilled or reverse osmosis water. Put cashews and water in blender. Blend at high speed for two to three minutes, until thick white milk is formed.

Almond Treat (*serves 2*)

2 frozen bananas
4-6 strawberries
1 cup of almond milk (see above)

Banana Jolt (*serves 2*)

2 frozen bananas
1 cup of almond milk (see above)
1 peach (peel and cut into small pieces)

Irresistible Pleasure (*serves 2*)

2 frozen bananas
1 cup of almond milk (see above)
NOTE: Almond milk shakes can be replaced with cashew milk

Vegetable Juice Combos

These vegetables may be juiced alone for a delicious fresh juice.

Carrot

Tomato

Mad Mixer

5-6 carrots
1 apple
1 handful of parsley

Prime Choice

4 apples
1/2 beet with greens

Appetizing Cocktail

4-5 carrots
3 cauliflower florets with steins
1/2 leaf of bok choy

Pineapple Punch

2 stalks of celery
2-inch thick slice of pineapple

Garden Cooler

6 carrots
3 broccoli florets with stems

Tantalizing Trio

4-5 carrots
1/4 red pepper
1 small handful of parsley

Master Blend

5-6 carrots
1 apple
3-4 apples
1/4 beet with greens

Grand Gourmet

4 carrots
1 apple
1/2 cucumber

Celery Cleanser

2 stalks of celery
2 oranges

Lime Love

1 tomato
1 stalk of celery
1/2 cucumber
1 thin slice of lime

Exquisite Extravaganza

4 carrots
2 kale leaves
1/2 cucumber
1/4 green pepper

Carrot Snap

6-7 carrots
1 handful of parsley

Breakfast Buzz

2 tomatoes
1 stalk of celery

Veggie Combo

4-5 carrots
1 beet with greens
1 handful of spinach

Golden Yam

5-6 carrots
1/4 sweet potato

Breeze Blend

2 stalks of celery
3-4 apples

Daily Delight

4 carrots
1 apple
1 stalk of celery

Jivin' Jolt

4 carrots
1 apple
1/4 sweet potato

Bunny Blend

5 carrots
2 stalks of celery
1 handful of parsley

Robust Round

6 carrots
1 /2 beet with greens

Bizarre Blend

4 carrots
2 cauliflower florets with stems
1 apple 1 handful of parsley

1 handful of parsley

Invigorating Pop

6 carrots
1 handful of spinach

Secret Tonic

5-6 carrots
1 handful of green cabbage
1 apple

The Necessity of an Enema

The purpose of an enema is to efficiently and effectively evacuate the colon (large intestine) of toxic waste when the body is unable to do this on its own merit. This may occur when there is a lack of bulk in the diet as when fasting or on a juice diet. Dr. Robbins instructions for taking an enema:

1. Use a standard enema bag purchased at most pharmacies. It should be able to hold one to two quarts of water. The nozzle should be a regular nozzle, approximately six inches long. High enema tubes are available, but not necessary.
2. Fill the enema bag to capacity for teenagers and adults. For children between five and 12 years of age, use half this amount. Use regular tap water. Distilled water may be used but is not necessary since the water will not be absorbed into the body. The water should be slightly warm - a temperature that is comfortable to the wrist.
3. Hang the enema bag on a towel rack (or that approximate height), using a coat hanger if a hook is not provided with the bag.
4. Lubricate the rectum and nozzle with petroleum jelly or some other lubricant.
5. Kneel on the floor in the "knee-chest" position so the rectum is higher than the shoulders. This position allows for the water to run all the way into the colon. If it is not possible to obtain this position, an alternate position is to lie on the left side or on the back.
6. Insert the nozzle gently. If it will not go in all the way at first, it should once the flow of water has begun. It will be necessary to hold the nozzle in place throughout the enema as the body will tend to push it out.
7. Once the nozzle is in place, begin the flow of water from the enema bag into the colon. Regulate the flow of water into the colon by pinching or bending the hose so it enters at a slow rate. Some enema bags come with a flow regulator device.
8. Should any discomfort or an urge to expel the water be felt as the water is flowing in, simply stop the flow of water, take a few deep breaths and then resume the water flow.
9. Attempt to empty the entire contents of the enema bag into the colon. Should this be hindered because the urge to expel the water is too great, remove the enema nozzle, and expel what water is in the colon into the stool. This clears out the lower colon. It should now be possible to empty the remainder of water in the enema bag into the colon. If not, allow what can comfortably be held in the colon.
10. Once the enema bag contents have been emptied into the colon (or all that can be held), remove the nozzle from the rectum. Now lie down on your left side; then roll onto your back; then to the right side; then the stomach. Each position should be held for approximately 30 seconds. The colon should be gently massaged while on the back. This works the water all the way into the colon for better cleansing.
11. Sit on the stool and expel the water.
12. Should a good evacuation not be experienced, or not much water was able to be introduced into the colon, the enema bag-can be immediately refilled and the entire process repeated. This may be done several times if deemed necessary. Should the colon not be able to expel any or all of the water, introduce a little water at a cooler temperature into the colon. Likewise, should the colon be overactive by not allowing any or very little water to enter the colon, use a warmer temperature (not hot) for the enema water. If only a small amount of water is consistently able to enter into the colon, no more should be forced. Simply work with what will enter - it will be of benefit, providing it is stimulating a bowel movement.

The following herbs make excellent enemas:

- Catnip or peppermint have soothing effects on the body, are good for deep relaxation and to improve circulation. These teas are also excellent for colds and fever.
 - Slippery Elm is highly nutritious and soothing to the intestinal linings.
 - Coffee is excellent fluid to use for an enema base. It is good for liver stagnation and highly effective in removing toxins quickly, especially when one has a cold or flu. (Do not drink coffee, however.)
- *note~Coffee is toxic and this type enema comes with a big price to the body. It's best to stick with clear water if possible.

Importance of Exercise

If you don't exercise while on the juice diet you will not get the maximum benefit of the program. Exercise helps the body be far more efficient at cleaning house and getting healing nutrients into the body. Exercise once per day, a minimum of five days a week. Keep in mind that while on a juice program your energy level should be high, but your stamina is usually less. Tone down the vigor of the exercise so as not to overdo it. If you already exercise, you may want to reduce the length and severity of your workout. Your body will tell you how much is adequate and how much is too much.

Types of exercise include the following:

- Walking or treadmill: **brisk** pace, work up to one or two miles daily.
- Mini-trampoline: jump for five to ten minutes daily (go longer if you can handle it).
- Other forms of exercise that are acceptable to gain the benefits of this program include: swimming, stationary bike, ski machine, and aerobics (mild/low impact).

Rest Makes Healing More Efficient

When you do the juice diet, you'll want to get the most out of it. This means taking the time to get proper rest while on the juice program. It is while we are resting that our body does most of its house cleaning, energy production, and healing. In fact, while resting, our body is about twice as efficient at these tasks than when we're awake. It would make sense then to arrange to get the proper amount of rest, as listed below, even if it is more than you normally get and even though you may have to rearrange your schedule. Remember, it is just temporary.

- Sleep: Get at least seven to nine hours of sleep per night. The use of sleeping pills to accomplish this is not recommended. These are chemicals which the body is forced to detoxify instead of being able to focus on the healing process.
- Catnaps: Attempt to take one or two 15-30 minute catnaps every day. ;

Taking Supplements and Medications

It is recommended that while on the juice diet that you consume Moflora. It is the friendly bacteria that normally grows in the digestive tract to help in the assimilation of nutrients and fight unfriendly yeast and bacteria. Moflora also manufactures vitamin B12.

Take the dosage recommended on the label of the Moflora (3 white scoops). Generally, it is recommended that you discontinue any food supplements while on the juice diet. We want to give the body as complete a rest as possible during this time for an optimum healing experience. Some herbs and supplements are stimulatory or have chemical additives and thus can interfere with the benefits of the juice diet. If you are under the supervision of a nutritionist who understands these concepts concerning food supplements and herbs and still recommends supplements during this time, it is acceptable and appropriate. You are to remain on any and all prescription medications prescribed by your doctor while on the cleanse. Some people have found that after going on a juice diet they are feeling much better. They consult with their doctor only to find that their medication is no longer necessary or the dosages may be reduced. Remember, this is your doctor's decision. All over-the-counter drugs should be discontinued while on the cleanse (and hopefully afterwards as well).

ABOUT MUCOID LAYERS

Mucoid layers can be striated, smooth, overlapped or creased in appearance. They are sometimes shiny, and often come out in small pieces. They can resemble leather or rubber, or they may be layered, stringy or look like little pieces of cabled rope. It is possible to identify which portion of the intestine mucoid layers originate from by their unique appearance. When they originate from the upper small intestine, they have well-defined striations. These striations disappear if the mucoid layers come from the lower ileum, where they are smooth and usually shiny. Colon mucoid layers don't have striations, but bumpy shapes and overlaps. Another way to tell is to cut the eliminated material apart. If you see a definite mass inside that is different from the outside, either in color or texture, then you have removed a mucoid layer. People eliminate segments ranging from minuscule, to 4 or 5 inches, to a lot longer. You may also pass long, well-formed, translucent mucus-like strings of matter. Sometimes, people expel a black liquid which is caused by the action of the herbs liquifying the mucoid layers. Don't be surprised if you see a dead (or live) worm come out as well—better out of you than in you!

Actual Pictures of what came out during cleansing sent in by users of Éjuva (background removed)



HOW TO END THE CLEANSE

A minimum of two weeks cleansing is recommended. The following guidelines are suggested to end your program:

LAST DAY:

1. (Optional) Sometime during the evening take an enema or colonic.
2. Soak in a bath with one teaspoon VIBRAM mixed in.

FIRST DAY AFTER STOPPING

1. In the morning take 2-capsules of RENEW together with 2 capsules each of POWER and BALANCE.
2. Wait 30 minutes, then take a COMBI drink.
3. Lunch should consist of either fresh fruit or lightly steamed vegetables, or fresh raw soup. Eat all you want of fresh raw salad. You may squeeze a little natural lemon on your salad as a dressing. After eating, take 3 level white spoonful MOFLORA.
4. Dinner should consist of fresh raw fruit or raw salad.
5. Two hours after Dinner, take 2 capsule each of RENEW, POWER and BALANCE plus 3 level white spoonful MOFLORA.
6. One hour before bed, 3 level white spoonful MOFLORA.
7. Soak in a bath with one teaspoon VIBRAM mixed in.

SECOND DAY AFTER CLEANSING (final day):

1. In the morning take 1 capsule of RENEW together with 1 capsule each of POWER and BALANCE.
2. Wait 30 minutes then take a COMBI drink.
3. For lunch, eat salad, vegetable soup, or lightly steamed vegetables.
4. Dinner can be whatever you feel is best.
5. One hour before bed, 3 level white spoonfuls MOFLORA.
6. Soak in a bath with one teaspoon VIBRAM mixed in.
7. Continue taking 3 level white spoonful of MOFLORA each night, one hour before bedtime, until the entire bottle is empty.

CLEANSING FREQUENT QUESTIONS AND ANSWERS

Other cleansing programs use bentonite clay in their formulas. Why don't you?

According to independent laboratory analysis, bentonite clay contains roughly 22% aluminum. While it has not been conclusively proven, there is sufficient evidence that aluminum plays a role in the etiology of Alzheimer's disease and osteoporosis. Clay, or Dirt dehydrates the human intestines and cost the body in valuable nutrients to expel from the body. Bentonite is not used in any Éjuva product. Instead, I have created RENEW, an Ayurvedic, Chinese, Japanese formulation of herbs. I consider this a major breakthrough. In RENEW, we use the herb combination Triphala which, rather than drying the body like bentonite clay, pulls out toxins and naturally lubricates the intestines, further building the immune system. We also add herbs which are anti-fungal, anti-parasitic, and immune system supporting such as Pau d'Arco, and Pseudowintera colorata. Another wonderful benefit of RENEW is that those who suffer from chronic constipation now find welcome, gentle relief, with less need for enemas or colonics.

What about Senna? Why don't you use Senna leaves?

Never, never, never use Senna. Not only is it habit-forming, Senna causes intestinal griping (that SUDDEN urge to go to the toilet) because it substitutes normal peristaltic action with a harsh artificial one. Many people who have used Senna have lost their natural peristaltic action until they cease use.

I am overweight, can I do your cleanse?

Yes, by all means. Some have reported weight losses of up to 40 lbs. in one month! Usually an overweight person can expect to lose around 20 lbs. in the first month. If you take the program on a long-term basis after the first month, it is easy to lose more weight and keep it off.

I am underweight, can I do your cleanse?

Éjuva helps your body harmonize to its ideal body weight, its own homeostatic "zero point." This means that while overweight people tend to lose weight, people who are very thin either do not lose additional weight during the cleanse, or only lose a few pounds and quickly gain them back within a few weeks.

Do I need to take an enema?

The Éjuva program goes a long way to remove tremendous amounts of toxins and wastes from the body. However, due to poor diet, lack of tone in the intestines, blockages and lack of peristaltic action, the intestines may sometimes need a little more help in the form of an enema. Cleaning the lower intestines with the pure water of an enema can definitely help remove even more wastes and blockages. In summary, enemas may not be necessary, but they are often very helpful.

What if I don't feel well during the cleansing process?

If you feel weak and tired during any of the Phases, most likely it is because toxins are re-entering your bloodstream. If symptoms continue for more than several hours, you may consider taking an enema. (See section on Enemas).

One of the advantages of the ÉJUVA program is that as the need arises, you can shift from one phase to another in order to control your cleansing reactions and energy levels. If you feel exceptionally weak at any time, give yourself a water enema. If this doesn't help, return to Phase 2 (or if necessary, Phase 1), until you feel better. When you're ready, you can return to the more advanced stages of Phase 3 and 4.

Example: Let's say you've already done Phase 2 (one or two meals per day) for one week; a week of Phase 3 (one meal per day). Then, three days into Phase 4 (no meals), you start feeling weak, so much so it's affecting your ability to function. Simply switch to Phase 3, eating a meal once a day.

What do I do if nausea occurs while cleansing?

Do one or more of the following:

- Take an enema.
- Take less of all tablets.
- Drink Ginger, Fennel, or Peppermint tea.
- Cut back on the amount of COMBI.

If the above suggestions does not eliminate your nausea, it is possible that your nausea is being caused by parasites. In this case, add to the ÉJUVA cleansing program our PARA Nix anti-parasitic program. After its completion, return to the cleansing program.

Note: It happens only rarely, but some people have temporary discomfort in their intestines while cleansing. If symptoms persist to the point of being “too much to handle,” either move back to an earlier Phase, reduce dosages, or discontinue the program for now. There is no need to suffer during the cleansing program. There’s no necessity to cleanse so quickly that you experience serious discomfort. See your health care practitioner if symptoms persist.

How do I keep from being constipated?

- Drink a large glass of water each morning. Adding some lemon juice is also helpful.
- If constipation continues, try increasing your dosages of POWER and RENEW.
- Reducing the amount of COMBI may also help.

If you have not had a bowel movement by the end of the second day, use POWER and BALANCE that evening before bed. The next morning, take 1 COMBI/MOFLORA shake and continue with RENEW. Extra fiber and more water should help with most constipation problems. It is important to drink lots of water during and after cleansing. Some people intuitively know they need to re-populate their intestinal tract with a more beneficial intestinal bacteria. To create the ultimate in intestinal health, the Éjuva Moflora formula was created. This formulation contains over 40 billion organisms per gram of human-specific *Lactobacillus acidophilus*, *Bifidobacterium bifidus* and *Lactobacillus brevis*. This product can be purchased directly from Éjuva or your Éjuva distributor.

I suffer from flatulence. What can I do?

One of the wonderful additional benefits of the cleansing program is that it helps clear up flatulence. However, if you experience any flatulence after cleansing, try drinking peppermint or catnip tea. Should the flatulence continue for more than a few days, the Éjuva Ultra Pro formula may be taken to assist re-populating the friendly bacteria of the bowel.

My tummy feels bloated when on the cleanse. What should I do?

If you feel bloated, it is usually because of either of several things.

- You took too much COMBI—cut back to a smaller dosage.
- Poor food combinations may have contributed to indigestion and poor assimilation. Skip a meal. Drink lots of fluid. Sip peppermint tea.
- You may have a partial waste product blockage which doesn’t permit the free flow of digestion in your gastro-intestinal tract.
- Past dietary patterns have left residual mucus and toxins yet to be expelled.
- You may have parasites.

I’m on the road a lot, can I do the cleanse?

Yes, absolutely, you’ll be able to maintain control. We even have bus drivers doing our program. Can you imagine them saying to their passengers “hmm..., hold on a minute, I need to.....”

I have too much energy.

That can happen when you take too much BALANCE. Reduce your dosage of BALANCE tablets.

I do not have enough energy. Increasing the amount of BALANCE generally helps. Consider, too, that with the release of toxins the body sometimes feels lethargic. Take it as a sign that you should rest more whenever possible.

I feel so fantastic on the program! Must I stop?

No. Some people extend the program another week or so. Many purchase additional kits for future cleanses (buy 2 get 1 for free special). Thankfully, many users note that improving one’s eating habits and health lifestyle is the needed pro-active solution after the cleanse.

Is it necessary to take all the products in the kit?

Yes. The components of the program are designed to complement each other and should be taken together.

Can I take BALANCE by itself, while not cleansing?

BALANCE can be taken by itself even after the cleanse. It is especially good for organ-balancing and increasing energy.

I have Candida. Will the ÉJUVA Program help me?

Due to the action of the program's Ayurvedic herbs, particularly *Pseudowintera Colorata*, most people experience a significant improvement in their Candida symptoms. For some, Candida symptoms disappear entirely. Our CANDI NOT program is available for those stubborn cases.

Can I go back to my old "not so great" way of eating after the program?

I don't recommend it. Cleansing is wonderful opportunity for you to tune into what your body really wants and needs. Be kind to yourself. Most people want to feel healthy after the program.

I've never fasted. Do I have to?

No. In fact, for many elderly individuals or the infirm, it is often better to stay on Phase 3 for two weeks instead of going on to Phase 4 .

I've done many cleanses before, can't I start with Phase 2 or 3?

It is not recommended. The herbs need to build up a momentum in the body. Prematurely starting with these later Phases can short-change you of the full elimination and balancing effects that the program offers you.

Why does the ÉJUVA program take longer than other cleansing programs?

It is a widely held misconception that deep intestinal cleansing can be accomplished in a few days or a week. Dozens of intestinal cleansing programs promote the idea of a "spring cleaning." Most of these so-called 'quick cleanse' products stimulate the intestine with herbs that widen the bowel, stimulate peristalsis, mobilize accumulated fecal matter and thus merely increase the frequency of bowel movements. While increased elimination gives consumers some relief, they do not address the removal of tenacious waste deposits that have accumulated over the years. It makes sense that short term cleanses cannot eliminate long-term waste build-up. It took months, perhaps even years, for your body to become unbalanced. Restoring optimal health requires an investment of time and energy in the healing process. Deep cleansing is best done more slowly over the course of one month to ensure removal of parasites and their eggs. This is accomplished with the safe yet powerful health-promoting herbs found in all ÉJUVA products. We recommend repeating the program after six months, up to twice every year, until you feel clean. This allows your body to maintain the cleansing, health-building action of the herbs for extended periods. The body is not a machine or mechanical apparatus to be flushed or swept out "Roto-Rooter style." Healthful cleansing does not shock the body into eliminating bodily waste. Instead, proper cleansing helps bring the body into a state of balance by ridding itself of mucoid debris, toxins, and parasites. Intestinal cleansing with herbs and plants offers the wonderful opportunity to restore our bowels to a state of optimal health.

Who should cleanse?

Almost everyone, except for extremely weakened individuals, can benefit from proper intestinal cleansing. Even if you eat an ideal diet, you may not be receiving all the available health enhancing nutrients if your intestines aren't properly digesting and assimilating the food you eat. During an intestinal cleanse, the body expels unwanted digestive waste matter, unhealthy bowel flora and old mucus layers, all of which are ideal breeding grounds for parasites and fungi (such as *Candida albicans*). Intestinal cleansing also facilitates the mobilization and elimination of stored toxins from the blood, organs, lymphatic system and other tissues.

While cleansing often helps the body fight or prevent illness, it is important to remember that not every health problem can be helped by cleansing. A myriad of other factors, such as genetic weaknesses, structural injuries and imbalances, emotional stress, environmental poisoning, also contribute to illness. Nevertheless, cleansing HAS proven to be effective with conditions such as compromised immune systems, Epstein-Barr virus, Herpes, Candida, parasites, Roseola (a form of middle-age acne), sluggish liver, low blood sugar and mood swings. Many ailments that at first glance appear to have nothing to do with the intestines (certain skin diseases, fatigue, problems with weight, weak immune systems and fungal diseases) have been greatly improved or eliminated entirely with intestinal cleansing. Cleansing is not recommended for women during pregnancy, post-operative patients, and those whose health is very fragile due to any number of causes. People taking allopathic medications, or who have intestinal inflammation, diverticulitis, colon cancer or similar conditions, should seek the help of a qualified health practitioner before undergoing any cleansing program.

I have many food addictions. Can this help?

We receive numerous testimonials from people who have eliminated their cravings for excess sweets, chocolate, coffee, meat etc. The herbs are specifically designed to help with the removal of food addictions. Most people report eating healthier than they ever have before.

Do I need to eat a raw food diet?

We all possess freedom of choice. In the past, traditional cultures honored the ways of nature and knew the importance of eating live and raw natural foods as a major component of their nutritional intake. I strongly recommend eating as much raw, uncooked foods to your diet as possible. As mentioned before, these foods include vegetables and fruits, germinated and sprouted grains, nuts and seeds, alkalizing juices, and some dehydrated and fermented foods. Living “raw” foods such as sprouts provide us with so much vitality because of the abundant bio-electrical forces present in them. Kirlian photography has shown that the electrical energy surrounding a tray of wheat grass enhances the bio-force field surrounding the human body merely by being in its proximity. The abundance of oxygen in living foods is vitally important. Oxygenation of the bloodstream is essential to the nourishment of all the cells in one’s body. Numerous studies reveal that oxygen deprivation within the body leads to disease and death. On a living foods diet, a continual supply of oxygen is fed into the system—with extremely beneficial results. Sprouting increases the amount of nutrition in foods. As soon as a seed, grain or nut is soaked, it becomes more easily digested as enzyme inhibitors, phytates (natural insecticides), oxalates, etc., are washed away. During the germination process, sprouts literally spring to life: starches are converted into simple sugars, proteins are broken down into amino acids, fats are converted into soluble fatty acids, and vitamins are created where they didn’t exist in the same food in its pre-sprouted state. Living foods that are germinated and sprouted afford us the most concentrated natural sources of vitamins, chelated minerals and amino acids. They also contain abundant enzymes and bio-electrical energy. Pound for pound, leafy sprouts and seed or grain sprouts yield just as much protein as red meat, yet in a totally digestible form without saturated fat, cholesterol, artificial hormones and antibiotics that are found in most present-day meats. With these simple truths in mind, it is easy to see how harmony can be restored to the body through the use of fresh, raw and living foods. Raw foods, however, are not a “cure all”—there are many other factors that create health. Among them are simple things such as exercise, positive mental attitude, sufficient rest, and fresh air. It seems that not everybody can tolerate an all-raw food diet, however. After generations of eating cooked and highly processed foods from crops which have been raised on poor soil, our bodies have to some degree lost their ability to fully extract and absorb the optimum life force and goodness from food. If you’ve been eating a junk food diet full of fried food and meats, gradually transitioning to raw foods is better. “Raw foods” is not a cure all. And indeed some people cannot tolerate an all raw food diet. Our bodies, through generations of eating cooked food and imbibing highly processed foods from crops which have been raised on poor soil, have lost the ability to extract and absorb the optimum life forces and goodness from food in general. If you’ve been eating a junk food diet, full of fried food and meats then a gradual transition to raw foods is better. Nevertheless, raw foods—for the majority of people—supports maximum and optimal cleansing. However, in your dietary transition, eating steamed vegetables still allows cleansing to take place. And although eating a 100% raw food diet is allows for maximum cleansing, a 75% raw food diet is sufficient to maintain vibrant health —assuming all other factors that contribute to health are being observed. See EBook "Eating For Health And Wellness" and other digital downloads located at www.ejuva.com

Why do I need to take MOFLORA, can't I just use plants in my daily diet?

You could. You need 4 pounds of Probiotics in your bowel, if there are insufficient amounts of healthy bacterial flora to begin with (due to loss from antibiotics, stress, etc.) as in most cases. It is best to add probiotics Grown on a chicory base, the human-specific probiotic cultures contained in MOFLORA are specifically designed to give your intestinal tract the boost it needs to regain its optimal bacterial balance.

There are several other cleansing programs available in the health marketplace. Why is yours better?

Intestinal cleansing is certainly not a new idea, and it is true that there are other cleansing systems out there. The majority, however, either do not go deep enough to rid the body of harmful old mucoid deposits and toxins, or they are too harsh on the body as well as being addictive. We do not use bentonite clay. In my opinion, clay is too harsh, too drying and too full of heavy metals to even consider being safe. The Éjuva intestinal regeneration and renewal program is unique in that is based on a synthesis Ayurvedic, Western, Japanese and Chinese herbs whose efficacy has stood the test of time. Many people who use other intestinal programs find themselves out of balance for months afterward. Some even suffer ongoing gastric disturbances. Our program was specifically

designed to avoid this and keep people of all body types balanced during the program, and afterwards. It was not easy to create an intestinal cleansing system that was nurturing, yet powerfully effective. We feel we've accomplished this, and Éjuva is endorsed by many of the world's most respected health authorities.

Your program is expensive. Why is that?

The Éjuva program is made with organic and wild crafted herbs wherever possible. This attention to quality drives the costs up. In addition, absolutely no fillers, binders, flow agents, or preservatives are ever used. In fact, when we were looking for a laboratory to compress our tablet products, none were able to meet our stringent conditions. In order to make our tablets without using these harmful ingredients, Éjuva uses a proprietary, no heat process developed by Éjuva's formulator, Steven Hurwitz. Our tablets have nothing in them but the purest of plant ingredients. This also means that because there are no flow agents to help the powders run through a hopper into the tableting machine, a trained technician must be there to constantly supervise the machine, stirring the powders to maintain proper flow. Again, this increases our costs.

Why don't you ship in plastic for reduced weight?

All our products are packed in an exclusive light-shielding Swiss-made violet glass which not only protects the vibrational essence of the product, but amplifies and potentizes its energetic properties. As you can see, we are purists. We want to offer you the very best—because you deserve the very best.

INTESTINAL MASSAGE

Dr. Renate Collier of Germany has developed an effective self-massage system to restore tone and proper peristaltic action to the intestines. We have adapted her regimen to help you eliminate toxins, free blockages and gain maximum effects while cleansing. Read each of the step-by-step instructions, and incorporate these healing exercises into your program.

Sensitivity

An abdominal self-massage requires sensitivity and the ability to tune in to your body.

Time

In the beginning, let your massage last between 15 and 30 minutes. Since each of the successive steps takes only a few minutes, it is advisable to use an old-fashioned hourglass to develop your sense of timing.

Treat yourself to an abdominal massage in the mornings and evenings while lying in bed. If desired, you can enjoy an additional session in lieu of an afternoon nap or while taking a bath.

Pressure

With a little practice, you will understand the benefits of each technique as you “learn by doing.” You can’t go wrong if you keep the most important aspect in mind: always apply light pressure on your abdomen—as if caressing a newborn baby. Even gently stroking the abdomen constitutes an effective massage! Never massage a painful area directly; instead, work your way around it by massaging only the pain-free areas surrounding it. In most cases, the pain will subside. If you have chronic pain, consult your healthcare practitioner.

Rhythm and Breathing

Always massage with your whole hands and not just with your fingertips; your palms are particularly sensitive. Just as there are waves and troughs in an ocean, the abdomen expands and contracts during breathing. Your hands must adapt to these natural movements. When your strokes are in harmony with your breathing, stimulating your diaphragm will enhance your abdominal massage as well as encourage deeper abdominal breathing. During inhalation, your hands follow the expansion of the abdomen. During exhalation, your hands move along with the contraction. The pressure applied by your hands is almost zero while inhaling, whereas it increases in pressure on exhalation.

Remember

- Sensitivity during your upward and downward movements (expansion and contraction) of the abdomen is the key to an effective massage. How can you enhance your sensitivity?
- Imagine a boat drifting up and down on the waves of an ocean. Whether it rides on the crest of a wave or sails in a deep trough, the boat always rests on the water. Likewise, your hands should rest gently on the abdomen with no variation in pressure. Be fully aware of this pressure in order to train your sensitivity.
- The intestinal walls respond best to soft stimulation. Imagine a cat that arches its back when petted but elegantly pulls away when the pressure is increased.
- The softer the abdominal massage, the more effective it will be. After you have developed your sensitivity for the right “touch,” everything else will be easy. You can then intensify your massage strokes with gentle vibrations during the exhalation.

Hand Position

Lie down and stretch your legs. Place your hands on your abdomen so that your little fingers lie just above the groin. Thus, the lower part of the intestines will also benefit from the massage. Elbows Prop up your elbows and let your hands rest gently on your abdomen. (Heavier people can prop up their elbows with pillows.) Your hands and elbows are the crucial points that determine the pressure that is applied during the massage.

Inhalation and Exhalation

Listen to the rhythm of your breath and feel the movements of your abdomen during the inhalation and exhalation. Feel the gentle pressure in your palms when you have fully inhaled. To derive optimal benefits from the massage, no subsequent strokes should be applied with more pressure than this initial stimulation. The first phase, in which the breathing affects an abdominal massage, should last at least three to five minutes. During the exhalation you may let your hands vibrate gently. This will help you in getting a feel for the right contact.

Circular Motions

When the exhalation begins, draw nine circles counter-clockwise with your right hand on the right side, followed by nine circles clockwise with your left hand on the left side. Then exhale. The pressure should be just enough to move the skin lightly. The circles should only be as large as the stretched skin permits. Now perform circular motions with both hands so that the hands move towards each other. The right hand moves counter-clockwise, the left hand clockwise. Both hands are moved from the lower outside region of the abdomen to the center. Once they reach the center the hands are moved upward, then to the sides and downward. Thus, each hand draws one circle on the right and one on the left side of the abdomen.

The Pause

There usually occurs a short pause after the exhalation that you can use for gentle vibrations or circular motions. When the inhalation commences, refrain from applying any pressure and just let your hands rest gently on the abdomen. This phase of the massage should last between three and five minutes.

Ending

To conclude, you can combine the circles with gentle vibrations. These soft strokes stimulate the entire intestine. This phase should also last between three and five minutes. Slender persons may prefer using just one hand for the massage. Through circling and vibrating the hand, as well as shifting the pressure from one area of the palm to another, all regions of the abdomen can be treated with only one hand.

Perceptions

When you begin your abdominal massage therapy, it will take some time before the intestinal walls respond to the treatment. You will feel your success by noticing warmth in your palms and abdomen—there will be less tension in your abdominal muscles. After a while it will take only 10 to 15 minutes for you to reach this state. An (almost) healthy abdomen requires only five minutes of treatment. The circular motions push the abdominal wall against the intestines. Notice the soft structure of your intestine underneath your abdominal wall. If you can not feel it, you will not be able to massage effectively. It is only this sensitivity which enables you to develop the right “touch” for massaging. Otherwise you will either apply too much pressure or engender no effect at all. The more experience you have in massaging, the more you will perceive. You might, for example, detect muffled, gurgling noises originating in the intestine. Sometimes these are even quite audible. These sounds are caused by the movement of air or gas amidst the fluid intestinal contents. Obviously, these should not be suppressed. You might also witness an abdominal contraction. This is due to an increase in tone of the intestines and foreshadows improved functioning. The intestine relaxes and at the same time contracts. Frequently, you will be able to feel the abdomen getting warmer, as the blood flow to the intestines is increased when its motility is enhanced and spastic blockages are dissolved. During the massage, you may feel a “lump” dissolve. This indicates that this particular section of the intestines has become clear of fecal matter. If, on the other hand, it feels as if a “cord” has developed, the intestine has contracted. The blood vessels in the abdominal cavity benefit from a general improvement in blood circulation. The veins transport the oxygen-depleted blood to the heart more quickly and thus the arteries promptly respond by supplying the body cells with freshly oxygenated blood. The liver, the gall-bladder, and the pancreas receive a large share of oxygen and nutrients and release their metabolic waste products such as carbonic acid into the bloodstream. No segment of the intestine reacts in isolation; the intestines always respond to any stimulus as a unified whole. The peristaltic waves of the alimentary canal begin in the upper stomach and continue down through the rectum where fecal matter is eliminated. In a healthy person, such a wave commences every 20 seconds during digestion. When the digestive system is not actively digesting a meal, peristalsis is slower. Peristaltic waves must be able to flow unhindered through the entire digestive tract in order to ensure the proper functioning of the intestines. Abdominal massage is highly effective in dissolving obstructions and restoring the harmonious flow. *For full*

details on intestinal massage, with illustrations, purchase *Dying To Cleanse* eBook at www.ejuva.com

Ejuva Products

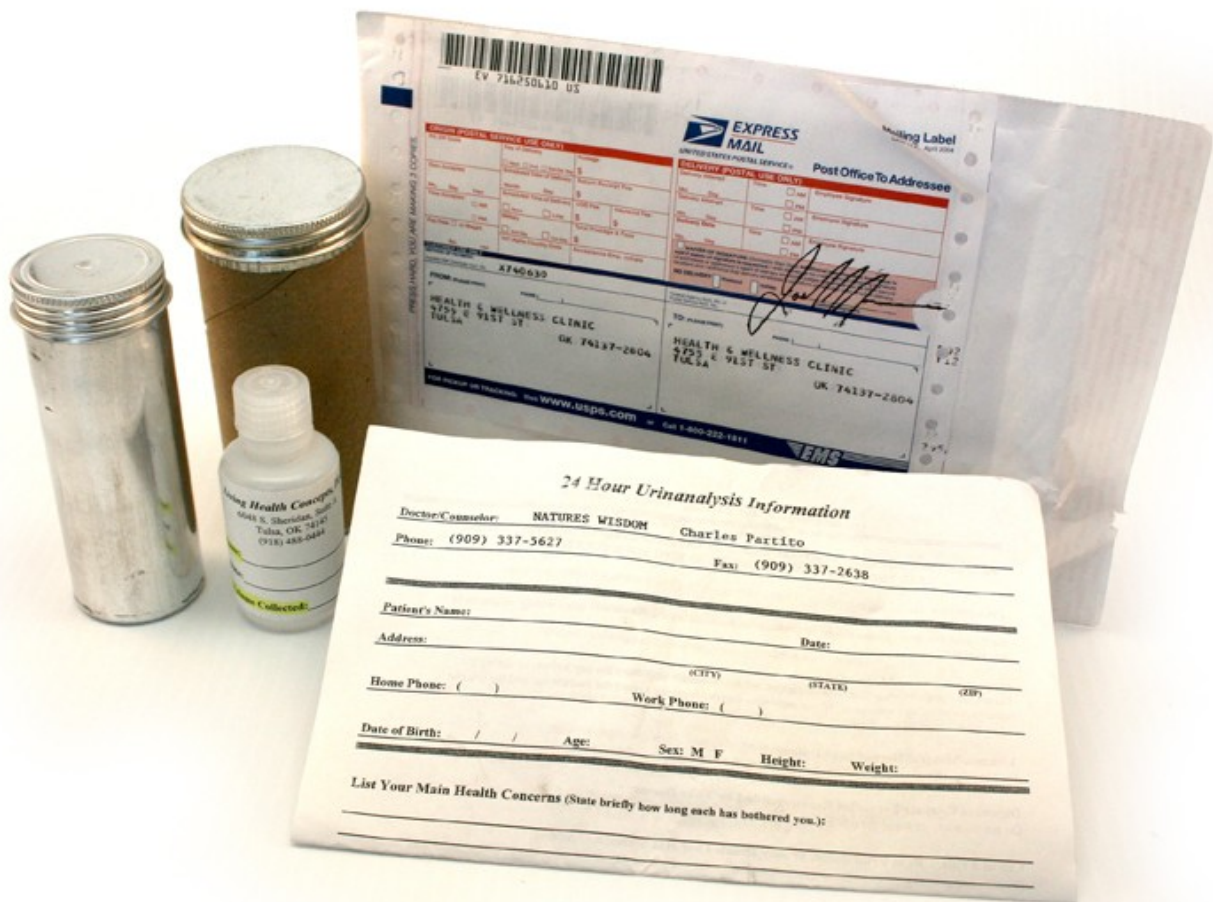
Introducing the **Worlds First Live Wild Crafted/Organic Heavy Metal Cleanse,**
We call it, "Metal Gone."



\$175.00 Many people suffer from metal poisoning and don't know it. Dr Robbins and I searched the World over for the best heavy metal cleanse ever. It did not matter to us if the cleanse was from an Allopathic prescription, Homeopathic, over the counter drugs, or herbal, we just wanted the best. After 30 years of searching and trying literally hundreds of cleanses we found it. It was an herbal cleanse from Europe. Nothing came close to eliminating toxic metals from the body. We were amazed by the effectiveness of this cleanse. So, I took the same formulation and put the Ejuva twist on it. We made it liquid to insure the best possible absorption. We made the ingredients live, wild crafted and organic. We opened the cells of the Organic live Chlorella for the best possible chelation and, used the World's most potent Live Wild Crafted Garlic. We made the dosages stronger than the European cleanse and we added our World famous probiotics. This is a 90 day cleanse and if all that was not enough we offer a Heavy Metal test kit to monitor your progress and/or to find out if you are toxic in the first place. For more information please contact Ejuva at 866 GO EJUVA (863 5882) or info@ejuva.com

Health Through The Mail. \$275

Toxicity and Nutritional deficiencies are 2 of the main causes of Disease! Are you interested in knowing what Vitamins, Minerals, Fatty Acids, Amino Acids and Enzymes your body is deficient? Do you want to know how well you body digests and assimilates what you consume. Would you like to eliminate the guessing game and stop wasting money on supplements you don't need. How do you know what supplements you need if you don't test? How do you know when you no longer need these supplements without testing? The answer is you don't! This



test also includes Parasite, Candida, Heavy Metal testing, Digestion, Assimilation, Allergies, and it scans all your Glands and Organs. This test is conducted from the privacy and convenience of your own home. The tests include everything you need to take the tests and you will receive in writing all your test results along with recommended supplementation's and recommended diet that will allow your body to heal itself from any of its ailments. Call 866 GO EJUVA (683 5882) or visit www.ejuva.com for complete details.

Candi Not Cleanse \$195



This is a 2 week Homeopathic and Liquid Herb cleanse that destroys Fungus, Yeasts and Molds including Candida Albicans. Includes 1~ 30ml bottle of Candi Mia (liquid Herbs to be placed under your tongue 3x's per day for 2 weeks), 1~ 30ml bottle of Candi Go (liquid Homeopathies to be placed under your tongue 3x's per day for 2 weeks), 1~ 60ml bottle of Citrus Enhance (a natural quaternary compound to be placed in your shake 3 X's per day), 1 bottle of Moflora (25 Grams of Ejuvas proprietary blend of Human specific Probiotics), 1 Measuring spoon and 2 droppers, easy to follow instructions.

This Cleanse may be taken with or without the EJUVA Body Cleanse. Order both Cleanses at the same time and receive 50.00 off.

“Everyone no matter who they are should undertake a parasitic cleanse annually”

Dr. Joel Robbins M.D., N.D.,D.C., PhD, Founder of the College of Natural Health, esteemed Author, Lecturer, Icon and Genius.

Para Nix Cleanse \$195



This is a 2 week Homeopathic and Liquid Herb Cleanse that Destroys most types Parasites including their eggs. Includes 1~ 30 ml bottle of Para Mia (Liquid herbs to be placed under your tongue 3'xs per day for 2 weeks), 1~ 30ml bottle of Para Go (Liquid Homeopathies to placed under your tongue 3x's per day for 2 weeks). 1~ 60ml bottle of Citrus Enhance (a natural quaternary compound to be placed in your shake 2 x's per day). 1bottle of Moflora (25 grams of Ejuva's proprietary blend of Human specific Probiotics), 1 measuring spoon, 2 Droppers and simple to follow instructions.

This Cleanse may be taken with or without the EJUVA Body Cleanse. Order both Cleanses at the same time and receive 50.00 off. Get both our Candi Not cleanse and our Para Nix cleanse all in one cleanse for a discounted price, we call it our Combo kit.

Combo Cleanse kit \$244

This cleanse is a combination of both our Candi Not and Para Nix cleanses all in one cleanse for a discounted price as opposed to purchasing each kit individually. Combo Kit Includes 1~ 30 ml bottle of Para Mia (Liquid herbs to be placed under your tongue 3xs per day for 2 weeks), 1~ 30ml bottle of Para Go (Liquid Homeopathies to placed under your tongue 3x's per day for 2 weeks). 1~ 30ml bottle of Candi Mia (liquid Herbs to be placed under your tongue 3x's per day for 2 weeks), 1~ 30mlbottle of Candi Go (liquid Homeopathies to be placed under your tongue 3x's per day for 2 weeks)1~ 60ml bottle of Citrus Enhance (a natural quaternary compound to be placed in your shake 2 x's per day). 1bottle of Moflora (25 grams of Ejuva's proprietary blend of Human specific Probiotics), 1 measuring spoon, 4 Droppers and simple to follow instructions.



This Cleanse may be taken with or without the EJUVA Body Cleanse. Order both Cleanses at the same time and receive 50.00 off.

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Ejuva Jr. 14 day Body Cleanse 175.00



The EJUVA Jr Cleanse includes all the LIVE products needed to complete a 2 week Body Cleanse....

See www.ejuva.com for all our package deal specials. Also, all our products in our kits are available as individual products. In other words, you do not need the purchase the entire cleanse if you're in need of only 1 or 2 of the products.

Happy Cleansing!!!!!!