

# Dr. Christopher's Three Day Juice Cleanse



## Quick Reference Guide

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at [Healing Waters Clinic & Herb Shop](#)

Healing Waters Clinic & Herb Shop

## Supplies You Will Need:

- 48 ounces or 2 quarts prune juice
- 9 ounces olive oil
- 3 gallons selected cleansing juice (apple, carrot, citrus, or grape, etc.)
- 3 gallons water (preferably distilled)

## Cleansing Steps:

- **Step One:** Prune Juice
  - 16 ounces or more upon arising in the morning
- **Step Two:** Olive Oil
  - One or two tablespoons three times a day
- **Step Three:** Cleansing Juice and water
  - 8 ounces of fluid every 30 minutes, alternating 8 ounces of juice with 8 ounces of distilled water

## Suggested Time Schedule:

7:30 am. -- 16 ounces prune Juice and 1-2 Tbsp. olive oil

8:00 am. -- 8 ounces or more cleansing juice

8:30 am. -- 8 ounces or more distilled water

9:00 am. -- 8 ounces or more cleansing juice

9:30 am. -- 8 ounces or more distilled water

Continue alternating juice and water till noon.

12:00 pm -- 8 ounces or more Juice and 1-2 Tbsp. Olive Oil

Continue alternating juice and water till 5:00

5:00 pm -- 8 ounces or more Juice and 1-2 Tbsp. Olive Oil

Continue alternating juice and water every half hour until early evening.

8:00 pm -- 8 ounces of water every hour until retiring.

For more information on the Dr. Christopher approach to cleansing visit the Patient Handout page at: <http://www.healingwatersclinic.com/patient-handout.html>

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