

# The Cleaning

Fasting is a universal method for purifying both the body and spirit. It is universal and in virtually all spiritual disciplines. Fasting is also one of the most difficult things to do, for improper and excess food is our statistically most illness causing addiction.

The Cleaning is a comprehensive physical program that allows you to clean the inside of your body. It is designed to do it with a minimum of time and effort and without the rigors and discipline required for complete water fasting.

**There are 3 levels, two 14-Day Cleanses and one 7-Day Cleanse.  
The Cleaning consists of three elements:**

**1. The Eden Diet** – The Eden Diet is simply eating as they did in the Garden of Eden. Basically The Eden Diet is fresh raw fruits and vegetables just like in the Garden of Eden. The key element is no food where heat above 120 degrees has been applied to it and no processing that removes the vital life giving enzymes in food. No heat, no pasteurization, no microwaving, no boiling, no grilling, no frying and no condiments (that also means NO SALAD DRESSING which is loaded with sugar and fat).

You may grind, mill or juice foods as long as you do not remove the pulp or any edible component. Pasteurized/filtered juices are not allowed, only fresh juices with all of the life giving enzymes and pulp present. Make your own juice by blending ALL of the fruit in a blender. Use strawberries (frozen strawberries are okay), bananas, grapes, apples, pears, etc. in a blender to make a delicious and all natural fruit smoothie.

**Steamed Eden** allows steamed vegetables to be added to the raw fruits and vegetables. Just fresh vegetables prepared in a steamer. If you don't have a steamer, they are available at local stores for \$20-\$40.

**2. The Cleaner®** - The Cleaner® is an herbal detox/cleanser that helps to speed the process of internal cleaning. **The Cleaner is to be taken as directed on the label twice each day of the first seven days during the cleaning.** The Cleaner® is optimized for men and women with both Men's and Women's formulas. The Cleaner® is available from your local health food store or [www.TheCleaner.com](http://www.TheCleaner.com). The Cleaner® helps you feel and flush better when fasting. It also increases weight loss by up to 50% as it causes more of the waste to be eliminated.

**3. Fasting** – Fasting days will consist of "water only" and The Cleaner®. You are allowed to squeeze the juice of one fresh whole lemon only per quart or liter of water if you desire. To learn more of the specifics of fasting read the book, "Quick Fasting" for FREE at [www.quickfasting.com](http://www.quickfasting.com).

**The Cleaner® is to be taken during the first seven days during ALL Cleanings**

**No meat or bread is allowed during ANY days of the cleaning.**

The Cleaner® uses vegetable capsules instead of animal derived gelatin capsules so it is completely animal free.  
**FAST = WATER ONLY – NO FOOD OR LIQUIDS except water and fresh lemon juice as indicated above**

**14 Day Moderate** Day 1-7 The Cleaner® / Day1-3 Eden Diet (3 days) / Day4-10 Fast (7 days)  
 Day11-12 Eden Diet (2 days) / Day 13-14 Steamed Eden (2 days)  
 (For a 20 Day detox continue the Steamed Eden for 6 additional days)

**14 Day Easy** Day 1-7 The Cleaner® (7 days) / Day7-8 Eden Diet (2 days)  
 Day 9-11 Fast (3 days) / Day12-14 Steamed Eden Diet (3 days)  
 (During Day 1-6 eat no meat or bread)

**7 Day Easy** Day 1-7 The Cleaner® / Day5 Eden Diet / Day6 Fast  
 Day7 Steamed Eden (During Day 1-4 eat no meat or bread)

**WATER is absolutely critical!**

Water carries away waste. Drink at least 8-10 glasses but it is best to drink ½ to 1 times your body weight in pounds in ounces. If you weight 150 pounds, drink 75 to 150 oz. of water daily during The Cleaning.

**You cannot thoroughly clean without water!**

The Cleaner® comes in both 7 and 14 day versions, available from [TheCleaner.com](http://TheCleaner.com)

Day	7 Day Easy	14 Day Easy	14 Day Moderate
	No Meat or Bread all days	No Meat or Bread all days	No Meat or Bread all days
1	The Cleaner® + Regular diet except NO meat or bread	The Cleaner® + Regular diet except NO meat or bread	Eden Diet & The Cleaner®
2	The Cleaner® same as Day 1	The Cleaner® same as Day 1	Eden Diet & The Cleaner®
3	The Cleaner® Same as Day 1	The Cleaner® same as Day 1	Eden Diet & The Cleaner®
4	The Cleaner® Same as Day 1	The Cleaner® same as Day 1	FAST & The Cleaner®
5	Eden Diet & The Cleaner®	The Cleaner® same as Day 1	FAST & The Cleaner®
6	FAST (water only) & The Cleaner®	The Cleaner® same as Day 1	FAST & The Cleaner®
7	Steamed Eden & The Cleaner®	Eden Diet & The Cleaner®	FAST & The Cleaner®
8		Eden Diet	FAST (Water Only)
9		FAST (Water Only)	FAST (Water Only)
10		FAST (Water Only)	FAST (Water Only)
11		FAST (Water Only)	Eden Diet
12		Steamed Eden Diet	Eden Diet
13		Steamed Eden Diet	Steamed Eden Diet
14		Steamed Eden Diet	Steamed Eden Diet

Be happy, be healthy, be clean, inside and out, spiritually and physically.