



DR. BRANTLEY'S WEEKEND DETOX PROGRAM

A great step towards renewed health is the thorough cleansing of your internal organs. But for many, this process can seem daunting. It is easy to come up with any excuse to avoid a complicated and time-consuming detoxification program. On the other hand, if we don't start the cleansing process, our organs and glands will remain clogged, our body will continue to struggle amidst the "garbage heap", our systems will remain acidified and we will never be able to achieve the level of health to which we all aspire.

That is why Dr. Brantley came up with his "WEEKEND DETOX". First of all, he knew that for those who have never done any internal cleansing before, the "WEEKEND DETOX" is a very easy place to start. Also, for those bodies that are very sick or toxic, this gentle but effective program allows the body to slowly remove the toxins without being overwhelmed with too many detoxification symptoms. And lastly, because it is so easy to do and it is on the weekend, there is no reason to put off "Taking out the Garbage". Although this is called the "WEEKEND DETOX", if it is more convenient, you can choose any 3 days of the week.

PRODUCTS NEEDED:



Active Enzymes Plus



Rescue Me



The Eliminator

DIETARY RULES:

1. **NO JUNK FOOD:** During the weekend cleanse, stay away from junk food, fast food, refined sugar including ice cream, desserts and candy and all flour products (bread bagels, pastry items), chips, French fries, sodas and diet sodas or anything that comes in a can, box or package.
2. **EAT SIMPLY:** For the next 3 days, eat very simple foods such as fruits or vegetables. They are less dense and are easier to digest.
3. **LEMON AND WATER:** Start you day with 8 oz. of purified water with the juice of ½ organic lemon.
4. **HYDRATE:** Drink 8-10 glasses of purified water throughout the day in divided doses. Do not drink all your water at once! You need to stay hydrated!
5. **HAVE SOME JUICE:** Every morning, juice the following organic veggies: (3) celery stalks, (2) carrots, (1) handful spinach, (1) cucumber and add an equal amount of water.
6. **NO GRAINS OR BREAD:** Stay away from all grains and bread for all 3 days of the **WEEKEND CLEANSE.**

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease. Use only as directed. Consult a qualified health care professional before using if you are pregnant, nursing, taking medications or have a medical condition. Stop using immediately if you experience any adverse reactions. Do not use if ulcers or gastritis are present. KEEP OUT OF THE REACH OF CHILDREN. © 2008 Living Herbal Pharmacy, LLC. All Rights Reserved.



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DR. BRANTLEY'S "BEGINNER WEEKEND DETOX PROGRAM":

If you have never done a cleansing program, you have been diagnosed with a chronic disease, you are suffering from multiple symptoms, you are taking prescription medications on a daily basis, or you have a sensitive system, you may want to consider following the BEGINNER WEEKEND DETOX PROGRAM first. Because you will be eating food that is denser in nature, it will slow down the release of toxins. After repeating the BEGINNER WEEKEND DETOX PROGRAM at least twice, you can then graduate to the ADVANCED WEEKEND DETOX PROGRAM.

FRIDAY NIGHT:

1. Eat simply on Friday night. Choose ONE of the following recipes or see pages 165-167 in "THE CURE" for additional Dr. Brantley dinner recipes.
2. BRANTLEY SEAR ME LIGHTLY:
 - Lightly sear fish.
 - Make a big green salad with sliced tomato, avocado, carrots, celery and scallions.
 - Make your own salad dressing with cold-pressed olive oil, lemon juice and unrefined sea salt and herbal spices.
3. BRANTLEY STEAMED DELIGHT:
 - Choose 3-4 of your favorite veggies. Steam for 1-3 minutes.
 - Drizzle cold-pressed olive oil, herbal seasonings and lemon juice on top after steaming.
 - Eat with baked potato, olive oil and unrefined sea salt.
 - Grate ¼ cup organic carrot, ¼ organic beet. Drizzle with olive oil and lemon juice. You can eat this separately, or add to your evening salad. Carrots and beets are very cleansing to the liver and gallbladder.
4. Take 1 packet of **ACTIVE ENZYMES PLUS™** with your dinner to support the proper digestion of your food.
5. Take 1 packet of **THE ELIMINATOR™** with 8 oz. of purified water before bed. Sensitive individuals may want to start with 1/2 a packet.



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SATURDAY MORNING:

1. Start your morning with 8 oz. of purified water with the juice of ½ organic lemon.
2. Take 1 more packet of **THE ELIMINATOR™** with 8 oz. of purified water. Again, sensitive individuals may want to use 1/2 a packet. This product is designed to cleanse your small and large intestines. It is best to open up your intestines before you start to cleanse other parts of your body.
3. Make sure that you are following hydration instructions throughout the day (see Dietary rules above).
4. Using a juicer, juice the following organic veggies: (3) celery stalks, (2) carrots, (1) handful spinach, (1) cucumber and add an equal amount of water. If you do not have a juicer, you can use a high quality blender. Place the above veggies in the blender with some purified water and blend until smooth. If there is too much pulp, you can strain the pulp and drink the liquid. If you do not have access to organic produce, soak your vegetables with a fruit and vegetable cleanser that you can purchase at most grocery and/or health food stores. If your grocery store doesn't carry a fruit and vegetable cleanser, wash your fruits and vegetables very well.
5. 30 minutes later, have breakfast.
6. **BRANTLEY FRUIT DELIGHT**: Add a handful of at least 3 of the following fruits in a bowl: You can alter your choices according to season and availability. If you have access to organic fruit, that is best.
 - Apple pieces, cubed
 - Oranges or tangerines, cubed
 - Pears, cubed
 - Blueberries or strawberries (fresh or frozen)
 - Pecans or walnuts (soak these nuts in purified water overnight and rinse in the morning and pat dry)
 - 1 small avocado, cubed
 - Pinch of ground cinnamon
 - 1 tbsp. raw coconut oil or 1 tbsp. flaxseed oil drizzled on top.
7. Take 1 packet of **ACTIVE ENZYMES PLUS™** with breakfast.



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SATURDAY LUNCH:

1. Choose ONE of the following recipes for lunch. See pages 161-164 in THE CURE for additional Dr. Brantley lunch recipes.
2. BRANTLEY SALMON on a STRING:
 - Lightly seared salmon (as rare as possible in the middle)
 - Lightly steamed cabbage and string beans (steam 1-3 minutes in 1/8 inch water to keep crunchy)
 - Add raw butter or cold-pressed olive oil and unrefined sea salt after steaming.
 - Eat with a large mixed salad, with freshly made dressing from cold-pressed olive oil, lemon juice, unrefined sea salt and herbs.
3. BRANTLEY LET US ROLLUP:
 - Raw hummus, avocado, tomatoes and sprouts rolled in romaine lettuce with condiments and spices (add sprouted nuts and/or seeds if you like).
 - Instead of Romaine lettuce as your wrap, you can substitute nori (a black seaweed), which comes in sheets.
4. Take 1 packet of **ACTIVE ENZYMES PLUS™** with lunch.
5. Continue to hydrate throughout the day.

SATURDAY NIGHT:

1. Choose ONE of the following recipes. See pages 165-167 in THE CURE for additional Dr. Brantley dinner recipes.
2. BRANTLEY SEAR ME LIGHTLY:
 - Lightly sear fish.
 - Grate carrots and beets with lemon juice and cold-pressed olive oil
3. BRANTLEY STEAMED DELIGHT:
 - Choose 3-4 of your favorite veggies. Steam for 1-3 minutes.
 - Drizzle cold-pressed olive oil, herbal seasonings and lemon juice on top after steaming.
 - Eat with baked potato, olive oil and unrefined sea salt.
 - Grate ¼ cup organic carrot, ¼ organic beet.



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- Drizzle with olive oil and lemon juice. You can eat this separately, or add to your veggies. Carrots and beets are very cleansing to the liver and gallbladder.
4. Take 1 packet of **ACTIVE ENZYMES PLUS™** with dinner.
 5. Now it is time to stop **THE ELIMINATOR™** and switch to **RESCUE ME™**. It was designed to cleanse the small and large intestines, liver and gallbladder, kidney and bladder, blood and support the adrenals and pancreas. Take 1 packet of **RESCUE ME™** with 8 oz. of purified water before bed. Sensitive individuals may want to start with 1/2 a packet.

SUNDAY MORNING:

1. Start your morning with 8 oz. of purified water with the juice of ½ organic lemon.
2. Take 1 more packet of **RESCUE ME™** with 8 oz. of purified water. Sensitive people may want to take 1/2 a packet.
3. Juice the following organic veggies: (3) celery stalks, (2) carrots, (1) handful spinach, (1) cucumber and add an equal amount of water. Once again, if you do not have a juicer, you can use a high quality blender. Place the above veggies in the blender with some purified water and blend until smooth. If there is too much pulp, you can strain the pulp and drink the liquid. If you do not have access to organic produce, soak your vegetables with a fruit and vegetable cleanser that you can purchase at most grocery and health food stores. If your grocery store doesn't carry a fruit and vegetable cleanser, wash your fruits and vegetables very well.
4. 30 minutes later, have breakfast.
5. **BRANTLEY FRUIT DELIGHT:** Use a handful of at least 3 of the following:
 - Apple pieces, cubed
 - Oranges or tangerines, cubed
 - Pears, cubed
 - Blueberries or strawberries (fresh or frozen)
 - Pecans or walnuts (soak these nuts in purified water overnight and rinse in the morning).
 - 1 small avocado, cubed
 - Pinch of ground cinnamon
 - 1 tbsp. raw coconut oil or 1 tbsp. flaxseed oil drizzled on top.



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6. Take 1 packet of **ACTIVE ENZYMES PLUS™** with breakfast.
7. Continue to hydrate throughout the day (see Dietary rules above).
8. Throughout the rest of the day, repeat lunch and dinner recipes (See Saturday lunch and dinner recipes above)

SUNDAY NIGHT:

1. Take one packet of **THE ELIMINATOR™** with 8 oz. of purified water before bed. Sensitive individuals may want to start with 1/2 a packet.

IF YOU SUFFER FROM CHRONIC CONSTIPATION:

If you do not have a bowel movement 2-3 times a day with ease, you may be chronically constipated. It is advised that after the WEEKEND DETOX, 1 packet of **THE ELIMINATOR™** be taken every night before bed with 8 oz. of purified water, 5 times a week, until your bowel habits are consistently regular (2-3 easy bowel movements every day). Dr. Brantley formulated **THE ELIMINATOR™** not only to support healthy bowel elimination, but to re-nourish and re-constitute the bowel tissue. Please be patient. For some, there are immediate results, but for others, because of life-long problems with constipation, it has taken up to one year to totally correct their problem.

HOW OFTEN CAN I REPEAT DR. BRANTLEY'S PHASE ONE WEEKEND DETOX?

You can safely repeat the BEGINNER WEEKEND DETOX every weekend or you can set aside at least 1 weekend per month. It is essential for your health to slowly and gently remove all the trapped poisons that are stuck inside your organs, tissues and blood. No matter how well you THINK that you eat, if you haven't cleansed your body regularly, the best time to start is NOW. Dr. Brantley put thousands of his patients on this cleansing program with stunning results. If you have severe digestive challenges, after completing at least two BEGINNER WEEKEND DETOX PROGRAMS, you can move on to the ADVANCED WEEKEND DETOX PROGRAM.

WHEN CAN I START THE ADVANCED WEEKEND DETOX?

For those of you who have cleansed before, have a clean diet, have a heartier constitution, or are interested in a deeper cleanse, the ADVANCED WEEKEND DETOX is for you. In the ADVANCED DETOX, you will only be eating fruits and vegetables from Friday night through Sunday night. When less food is eaten, your digestive organs have less work to do and your body has a chance to let go of more toxins.



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DR. BRANTLEY'S "ADVANCED WEEKEND DETOX PROGRAM":

FRIDAY NIGHT:

1. Eat simply on Friday night. Choose ONE of the following:

2. RAW SALAD:

- Romaine Lettuce
- Avocado, carrots, beets, red or yellow peppers, celery cubed. Make your salad dressing: cold-pressed olive oil, lemon juice and unrefined sea salt.

3. STEAMED VEGGIES:

Choose at least 3 of the following veggies:

- Broccoli
- Zucchini
- Cauliflower
- Green Beans
- Carrots
- Kale
- Swiss Chard

First, steam veggies for 1-3 minutes using a wire steamer with $\frac{1}{4}$ inch of water in the bottom of the pan. If you don't have a wire steamer, you can put about $\frac{1}{4}$ to $\frac{1}{3}$ inch of water on the bottom of a pan, bring the water to a boil, place the veggies in the water, and stir for 1-3 minutes, until veggies are bright in color and still crisp. Next, drizzle with 1 tbsp. of cold-pressed olive oil and lemon juice.

4. Take 1 packet of **ACTIVE ENZYMES PLUS™** with your dinner to support the proper digestion of your food.

Depending on your individual take 1-2 packets of **THE ELIMINATOR™** with 8 oz. of purified water before bed. Sensitive individuals may want to start with 1 packet.

5. Continue to hydrate with purified water throughout the day.



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SATURDAY MORNING:

1. Start your morning with 8 oz. of purified water with the juice of ½ organic lemon.
2. Depending on your personal needs, take 1 more packet of **THE ELIMINATOR™** with 8 oz. of purified water. This product is designed to cleanse your small and large intestines. It is best to open up your intestines before you start to cleanse other parts of your body.
3. Make sure that you are following hydration instructions throughout the day.
4. Using a juicer, juice the following organic veggies: 3 celery stalks, 2 carrots, 1 handful spinach, 1 cucumber and add an equal amount of water. If you do not have a juicer, you can use a high quality blender. Place the above veggies in the blender with some purified water and blend until smooth. If there is too much pulp, you can strain the pulp and drink the liquid. If you do not have access to organic produce, soak your vegetables with a fruit and vegetable cleanser that you can purchase at most grocery and health food stores. If your grocery store doesn't carry a fruit and vegetable cleanser, wash your fruits and vegetables very well.
5. 30 minutes later have a simple breakfast. In a bowl, combine 2-3 of the following fruits. It is best if they are organic, but if you don't have access to organic produce, use a fruit and vegetable cleanser that can be purchased at your local grocery or health food store.
 - Apple pieces, cubed
 - Oranges or tangerines, cubed
 - Pears, cubed
 - Blueberries or strawberries (fresh or frozen) or any other seasonal fruit that is available.

✓ **NOTE:** No bananas, they are too high in fruit sugar.
6. Take 1 packet of **ACTIVE ENZYMES PLUS™** with breakfast.
7. Continue to hydrate with purified water throughout the day.



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SATURDAY LUNCH AND DINNER AND BEDTIME:

1. Eat simply. Choose ONE of the following for lunch and dinner:

RAW SALAD:

- Romaine Lettuce
- Avocado, carrots, beets, red or yellow peppers, celery cubed
- Make your salad dressing: cold-pressed olive oil, lemon juice and unrefined sea salt.

STEAMED VEGGIES:

Choose at least 3 of the following veggies:

- Broccoli
- Zucchini
- Cauliflower
- Green Beans
- Carrots
- Kale
- Swiss Chard

Steam veggies for 1-3 minutes using a wire steamer with $\frac{1}{4}$ inch of water in the bottom of the pan. If you don't have a wire steamer, you can put about $\frac{1}{4}$ to $\frac{1}{3}$ inch of water on the bottom of a pan, bring the water to a boil, place the veggies in the water, and stir for 1-3 minutes, until veggies are bright in color and still crisp. Next, drizzle with 1 tbsp. of cold-pressed olive oil and lemon juice.

2. Take 1 packet of **ACTIVE ENZYMES PLUS™** with lunch and dinner.
3. **BEDTIME:** Now it is time to use **RESCUE ME™**. It was designed to cleanse the small and large intestines, liver and gallbladder, kidney and bladder, blood and support the adrenals and pancreas. Depending on your needs, take 1-2 packets of **RESCUE ME™** with 8 oz. of purified water before bed. Sensitive people may want to start with 1 packet.



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SUNDAY MORNING:

1. Start your morning with 8 oz. of purified water with the juice of ½ organic lemon.
2. Depending on your personal needs, take 1 more packet of **RESCUE ME™** with 8 oz. of purified water.
3. Repeat morning juice and breakfast. (see above).
4. Continue to hydrate with purified water throughout the day.

SUNDAY NIGHT:

1. Depending on your personal needs take one packet of **THE ELIMINATOR** with 8 oz. of purified water before bed.

IF YOU SUFFER FROM CHRONIC CONSTIPATION:

If you do not have a bowel movement 2-3 times a day with ease, you may be chronically constipated. It is advised that after the WEEKEND DETOX, 1 packet of **THE ELIMINATOR™** be taken every night before bed with 8 oz. of purified water, 5 times a week, until your bowel habits are consistently regular. Dr. Brantley formulated **THE ELIMINATOR™** not only to support healthy bowel elimination, but to re-nourish and re-constitute the bowel tissue.

HOW OFTEN CAN I REPEAT THE ADVANCED WEEKEND DETOX?

You can safely repeat the ADVANCED WEEKEND DETOX every weekend or you can set aside at least 1 weekend per month. It is essential for your health to slowly and gently remove all the trapped poisons that are stuck inside your organs, tissues and blood. No matter how well you THINK that you eat, if you haven't cleansed your body regularly, the best time to start is NOW. Dr. Brantley put thousands of his patients on this cleansing program with stunning results.