

Inexpensive, Easy Detox – The One Gallon Challenge

You've heard of the ice bucket challenge, and maybe even the Ferguson Challenge. Here's a new challenge: the one gallon challenge. Drink a gallon of cranberry lemonade a day, sweetened with stevia, and spiced with cayenne. This is one of the best ways to detoxify and clean out your system.

There's more.

Exercise. Sweat. Get your heart rate going. Deep, heavy breathing helps detoxify the body. Exercise vigorously for 20 minutes a day. If you have access to a sauna, especially one of a non-toxic variety, use it! A steam room is great, too, as long as the water is purified, with the fluoride and other chemicals removed.

Rebounding

There is one specific exercise that can help this detox in an unusual way—bouncing. Rebounding on a trampoline, jumping rope, or jogging while ensuring that you're running with good form (not heel striking) all help circulate your lymph. Do one of these activities for at least 20 minutes a day. Of course, if done vigorously enough to induce heavy breathing and to work up a sweat, the bouncing activities count as the exercise for the day.

Eat. This isn't a fast. You can detoxify without fasting. You are welcome to fast if you want to and you know your body can handle it, but it's not necessary in order to receive amazing benefits. Eat produce, salads and fruits. A serious detox is a good time to avoid pretty much anything else and just focus on produce. If the body is very toxic or so sick that it cannot get nutrition out of food, it is a good time to juice.

Otherwise, we recommend eating whole, unadulterated vegetables and fruits in order to get the fiber and many other benefits that are lost when juicing.

If the gut is out of balance, i.e. Candida overgrowth and/or an abundance of bad bacteria, eat lots of garlic with those salads, and take a high quality probiotic and some undecylenic acid or oil of oregano. (When taking oil of oregano, do not take it with probiotics as it will kill the beneficial bacteria).

Cranberry Lemonade Recipe

- Glass gallon jar
- Safe, clean, spring water or distilled water
- 1 cup of organic cranberry juice, not from concentrate
- 3 organic fresh lemons
- A citrus juicer
- Liquid stevia
- Liquid cayenne

Fill the jar to about 85% capacity with spring water (or distilled water). Squeeze the lemons and pour the juice into the water. Add cranberry juice. Add stevia to taste and then add cayenne to taste. The amount of cayenne used is up to you, but the more the better.

If you don't have access to a good spring water source, use other clean drinking water that does not have fluoride. If you don't have access to organic lemons, use conventional. If there are no fresh lemons, use bottle lemon juice. If you can't get cranberry juice that is not from concentrate, get the reconstituted kind (just don't get any kind of cranberry juice that has any other ingredients like sweeteners or other juices). If you can't stand cayenne, don't use it. No glass jar? Use plastic. No excuses.

If you have powdered cayenne and/or powdered stevia, I

recommend using a blender to mix some of the liquid with the powders so they don't settle later.

Drinking a gallon of water a day makes an amazing difference to your health and your appearance (google gallon a day water before and after). Drinking this much fluid flushes the organs and the lymph nodes, hydrates the skin, and helps the body to rebuild cells and regenerate in ways that most people do not get to experience. The cranberry and the lemon help flush the liver and the kidneys even more, and in my experience it's a lot easier to drink a gallon of cranberry lemonade than it is to drink a gallon of plain water. And cayenne has a ton of amazing health benefits. For more, check out, *Cayenne – Natures Miracle Medicine*.

How long should you do this for? I challenge you to ten days. But do it as long as you like. While produce should always be the staple of any healthy diet, no matter what you're eating, your body will always benefit from this gallon of hydration a day.

Please use common sense with this. If you do not follow a healthy diet with lots of produce, the amount of liquid consumed on this regimen can deplete the body of much needed minerals. Do not attempt to drink a gallon of anything in one sitting. This has been known to kill people, even with just water. If you have kidney problems, this may be the best thing for you. On the other hand, depending on your health issues, it may overload the kidneys. I find that smaller people who weigh less than 120 pounds can see the benefits at 1/2 to 1/3 of a gallon. Your health is in your hands. Again, please use good judgment.

If you've got a bit of money and you're willing to take this detox program to a whole other level, consider detoxifying the blood, killing parasites, and balancing the body's ecosystem. Shillington's Blood Detox, MicroDefense – Pure Encapsulations, and will detoxify the blood and kill parasites. SF722 will

kill Candida (yeast). Shillington's Intestinal Cleanse will clean out the colon, and FloraMend will restore beneficial bacteria.

If Candida is an issue for you, as it is for most, check out *How to Cure Candida*.

Recommended Supplements:

- MicroDefense – Pure Encapsulations
- Shillington's Blood Detox
- SF722 – Thorne
- Shillington's Intestinal Cleanse
- FloraMend – Thorne

Further Reading:

- *Gluten, Candida, Leaky Gut Syndrome, and Autoimmune Diseases*
- *How to Cure Candida*
- *Cheap and Easy Detox Diet Plan*