

DR. CHRISTOPHER'S  
*Herbal Legacy Newsletter*

## The 3-Day Juice Cleanse

What you will need for 3 days:

48 ounces of prune juice

9 ounces of olive oil

3 gallons of the selected cleansing juice  
(apple, carrot, citrus, grape, etc. - fresh is best)

3 gallons of water - preferably distilled.

The cleansing steps are:

Step One: Start the day with 16 oz of prune juice upon rising in the morning.

Step Two: Take 1 or 2 Tablespoons of olive oil 3 x day

Step Three: Take 8 oz. of fluid every 30 minutes, alternating 8 oz of juice and 8 oz. of distilled water.

Follow this routine for three days.

*Taken from Dr. Christopher's Three Day Juice Cleanse & Mucusless Diet booklet.*

