

DR. CHRISTOPHER'S
Herbal Legacy Newsletter

Redmond Clay Cleanse



1 c. psyllium husk powder
1 c. apple pectin
1/2 c. redmond clay
3 Tablespoons senna leaf powder
1 Tablespoon cinnamon
1/2 T ginger

Mix all together. Take 1-2 Tbsp. of the above mixture with juice or water, followed by **at least** an additional 1 glass, (8 Oz.) water. Do this morning and night or take it 3 times a day for serious cleansing.

Yvonne did this cleanse as a juice fasting cleanse. Along with drinking the mixture above, she followed the 3 day cleanse routine using vegetables as her juice. She did 1 beet, 6-7 celery stalks, one bundle of parsley or cilantro, a handful of greens (different greens daily like kale, spinach, collard greens, etc.) and enough carrots to make 2 1/2 - 3 quarts of juice. She did it for 5 days rather than three. Great results!

If you don't want to do this cleanse as a fasting cleanse, drink at least 16 ounces of fresh juice each day you are doing the cleanse.