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ZENCLEANZ ORIGIN

THE MIRACLE OF LIFE

30-DAY KIDNEY CLEANSE - USER'S MANUAL

ZENCLEANZ



We have reached the time of awakening,
and initiated our walk back home.
From ages of confusion and anguish,
clarity is now rising above the darkness
as we retrieve our divine purity.

We remember our sovereignty.
We understand that it is all a dream,
and that we ARE the dream.
We are naturally calm, gentle, generous,
and our loving power is INFINITE.

We are consciously ready
for a peaceful ride through eternity.

GENERAL INFORMATION

The following is a step-by-step guide to the ZenCleans ORIGIN kidney cleanse. The ORIGIN cleanse helps prevent viral invasion, promotes liver detoxification, and strengthens kidney function. This guide includes the times and respective enzyme supplements to be taken and all other pertinent additional information.

PREPARATION

- Please stop smoking and drinking alcohol and caffeine for this 30-day program, as it will ensure the best conditions for detoxifying your kidneys.
- Try to release yourself from unnecessary stress, focus on a positive emotional state, and get quality sleep throughout the program.
- If you have diabetes or high blood pressure, be mindful of these states, as they are a leading contributor to kidney disease.

WHAT TO EAT AND WHAT NOT TO EAT DURING THE CLEANSE:

- Good hydration is vital to kidney health.
Be sure to drink enough water, about 2-3 liters daily.
- Focus on foods high in nutrients and antioxidants, such as apples, grapes, berries, kale, spinach, onions, and garlic.
- Olive oil is a good choice for kidney health as it can lower heart disease, cholesterol, and blood pressure, which puts less stress on the kidneys.
- Eat less salt, and limit sodium intake to no more than 2g per day.
High-sodium diets cause high blood pressure and increased calcium in the urine, increasing the risk of kidney stones.
- Limit protein intake, especially animal protein such as meat, eggs, and dairy, as too much protein burdens the kidneys.
- Avoid high-sugar foods such as cakes, candies, sodas, etc., as these increase the risk of type 2 diabetes and kidney disease.



INCLUDED IN THIS KIT

- One 750ml bottle of Inca liquid enzyme blend
- One 750ml bottle of Aztec liquid enzyme blend
- 30 sachets of Jing enzyme tablets



SCHEDULE



The following is a step-by-step guide to the enzyme cleanse, including the times and respective enzyme supplements to be taken and all additional information.

We recommend setting alarms for enzyme-intake times on your phone to make your days easier. Set three alarms on your phone at: 9 am, Noon, and 9 pm.



9:00am Morning

Before Breakfast

Inca liquid enzyme

9 am, at least 30 minutes before breakfast: Inca liquid enzyme
Mix 25ml with 250ml warm water, and drink directly.



12:00pm Noon

Before Lunch

Aztec liquid enzyme

Noon, at least 30 minutes before lunch: Aztec liquid enzyme
Mix 25ml with 250ml warm water, and drink directly.



9:00pm Evening

Before Sleep

Jing enzyme tablet

9 pm, an hour before sleep: Jing enzyme tablet (1 sachet)
Take like pills and swallow with 250 ml of warm water.

► WATER

Water should be warm: not hot, not cold!

If you have a thermos, prepare some warm water (40°C/104°F) so when the time comes, you can pour a portion of the water out and add the enzymes. 40°C/104°F is the temperature at which the enzyme power is optimum. If the water is too hot, it kills the enzymes. Prepare the warm water just like a lukewarm bath. No need to use a thermometer; just warm enough to drink the whole glass in one gulp.

► MOVEMENT

- About 30-40 minutes per day of aerobic exercises such as walking, jogging, swimming, or cycling. Don't focus on excessive strenuous activities, as this causes stress to the kidneys.
- Research yoga postures for kidneys.
- Research Qi Gong exercises that boost kidney function.
- Standing upright, touch your kidneys with your hands. With your hands in place over your kidneys, bend backward and forward, to the left and the right, and circle your body around at your waist (kidneys) for 10 minutes per day. This exercise will help to strengthen your kidneys if done consecutively for 30 days.
- Incorporate liver massage by pressing on your liver 100 times per day. This helps promote liver detoxification.

► PSYCHO-EMOTIONAL CLEANSING

Physical processes such as this cleanse also initiate psycho-emotional processes. During your cleansing day, unexpected emotions may arise. Please attempt to receive these as a gift. Take time to reflect on what is happening in your life right now. Are there any emotional tensions or blocks you want to let go of? If you feel this is important for you, make time in your day to do some journaling and/or meditative work.

► SLEEP

Create a peaceful environment, and get a restful night's sleep each night for at least 7-8 hours, more if needed.



► REFERENCE VIDEOS:

- How to Cleanse, Detox, & Heal Your Kidneys Naturally! Dr. Mandell - YouTube
<https://www.youtube.com/watch?v=-cYNtMCuAoo>
- Keep Your Kidneys Strong: 3 Simple Exercises Without Ever Leaving Your Home! - YouTube
<https://www.youtube.com/watch?v=6umb5SEnBx8>
- The Best Foods to Cleanse & Repair Your Kidneys | Dr. Mandell - YouTube
<https://www.youtube.com/watch?v=eXdE2AWG-wg>
- How to Keep Your Kidneys Healthy: 10 Ways To Fight Kidney Disease! - YouTube
<https://www.youtube.com/watch?v=3Clz-zspBgA>
- Qi Gong Exercise to Boost the Kidney System - YouTube
<https://www.youtube.com/watch?v=NjoYjYzNfFE>
- Kidneys: How to improve your kidney function - YouTube
<https://www.youtube.com/watch?v=dnhkivD7eFE>

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