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RAINBOW 7-DAY HOME DETOX

A VIBRANT HEALTH STARTS WITH A CLEANSE

ZENCLEANZ



THE 21ST CENTURY HAS BECOME AN ERA OF
BIOCHEMICAL TECHNOLOGY.
ADVANCING KNOWLEDGE AND METHODS HAVE
CREATED A SHIFT WITHIN THE HEALTHCARE
INDUSTRY...

WHERE VITAMINS WERE ONCE THE
CELEBRITIES, ENZYMES ARE NOW TAKING
THE SPOTLIGHT.

‘Health Maintenance’ is not just a slogan.
It is first and foremost an action, and an even more
important one.



Over the last century, there have been dramatic changes in all aspects of our lives, and consequently both our external and internal environments are in crisis. Our bodies have suffered the pressure of change, of development, of industry, often without our awareness. In order to fully embrace this modern life and its challenges, we have to strengthen the body and cultivate health.

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PREFACE

Hello Everyone, welcome to Zencleanz and congratulations for engaging on the path of self-healing! With this booklet we'd like to guide you through our "7 Days Home Detox Retreat".

This Detox Program has been designed to address the whole digestive system including the Gastro-Intestinal Tract and the Liver/Gallbladder.

Although it would be recommendable that you commit to this program within a time that you could dedicate fully to cleansing, it is not compulsory. It is an easy and convenient program that you can integrate also during a regular working schedule.

** By choosing a raw food and/or liquid diet you will maximize the depth of the cleanse. On the last part we will give you some dietary suggestions.*

► CLEANSING PRAYER

I AM now choosing to cleanse myself and release all toxic matters, thought forms, beings, situations and energies that are no longer of service to my highest and greatest good across all universes, and across all lifetimes. May all energies that are less than perfect health and love be transmuted for the highest good of all.

And so it is!

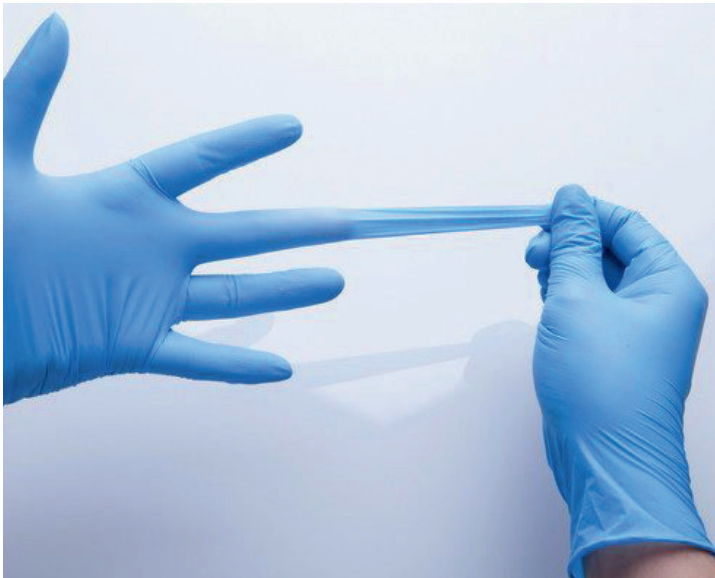


PREPARATION

Before you start, make sure you have some tools to support your detox.

- Basket, Plastic Gloves, Chopsticks: You may be interested in knowing what will come out. For this you may want to collect what will come out of your bowel movement and consult our website to see what it could be and mean. It may help move toward a healthier lifestyle.

Here's the link: <https://zencleanz.com/pages/plaque-analysis>



PRODUCTS INCLUDED

This program includes several of our products, that are also available to purchase seperately.

► **1 BOX INTESTINAL MANAGEMENT ENZYME POWDER**

This 1-day cleanse addresses the whole length of the digestive tract. It is made of a wide selection of enzymes to complete the digestion of all undigested material that stuck to your intestinal wall and many types of vegan fibers to sweep it all out!



► 1 BOX LIVER MANAGEMENT ENZYME POWDER + LIVER CLEANSE JUICE A / B

This 1-day cleanse focuses on the liver. The liver is a filter responsible for eliminating anything from within the body that doesn't belong there; Everything that reaches the bloodstream from the nutrients that pass through the small intestine lining, the air we breathe and everything that comes in touch with our skin. It is imperative to cleanse it!



► 10 SACHETS QUANTUM PARTICLES + 10 BLACK VACUUM + 10 FIBER CRYSTALS

This box includes a total of 30 sachets, divided with 3 different kinds, 10 of each.



Quantum Particles®

At the base, this is our digestive enzyme supplement. The one you carry and take after your meals. To increase the absorption of nutrients in the blood and to sooth inflammation.

Black Vacuum®

This single tablet is a powerhouse in terms of clearing fat and internal dampness. It will deepen the cleansing of the liver and of the blood vessels.

Fiber Crystals®

These contain a high concentration of enzyme fibers, the intestinal "broomers". It will pursue the cleansing of your digestive tract.

► 1 x BOTTLE DETOX-S (750 ML)

Increase digestion, promote weight loss and hygiene maintenance of the intestines.



TIME TO DRINK!

To make your days unfold smoothly we recommend that you preset a series of alarms on your phone.

» WATER SHOULD BE WARM ... NOT HOT, NOT COLD.

And finally, ideally prepare some warm water (40*) in a thermos so when the time comes you can just pour the water and add the enzymes. 40* is the temperature at which the enzyme power is optimal. If the water is too hot it destroys them ... Don't get anxious about this detail, simply set it like a comfortable bath!

» PREPARATION

To ensure a comfortable cleansing experience, we recommend to eat lightly the evening before. Good choices are juices, soups or salads. Go for low-protein options that are easy for the body to digest.

» WATER

To activate the enzymes use lukewarm water of around 40°. It is important to keep the water temperature around this ... Enzymes are alive, too hot water would simply kill them.

» MIXING YOUR DRINKS

The enzyme/water solutions need to be shaken vigorously before drinking. The best choice being a shaker bottle with a large opening.

» DRINKING

Once the water and enzymes are well mixed, open your container / drink bottle and drink the enzyme solution quickly as it thickens very fast.

» WATER BETWEEN DRINKS

Drink an additional 250ml of lukewarm water 30 minutes after each enzyme drink. This will aid the movement of the enzymes through the digestive system and doesn't need to be drunk quickly.

» RELAXATION

Take this day to focus on yourself. We recommend making time to relax, sleep if you need to and stepping away from any stresses at work or home. Listen to your body and get in touch with what is happening there.

» MOVEMENT

It is a good idea to include some light movement during your day. This could be walking, yoga, taichi or any other form of exercises that will open the body and encourage movement of the digestive system. Avoid exercises that are too physically exerting.



DAY 1 - INTESTINAL CLEANSE

| Time | Process | Time | Process |
|----------|--|----------|-------------------------|
| 09:00 AM | 250ml of lukewarm water & one sachet of Intestinal Management Powder* | 09:30 AM | 250ml of lukewarm water |
| 10:00 AM | | | |
| 11:00 AM | | | |
| 12:00 PM | | | |
| 12:30 PM | 300ml lukewarm water & 30ml Detox-S** | | |
| 1:00 PM | Belly Massage | | |
| 2:00 PM | 250ml of lukewarm water & one sachet of Intestinal Management Powder* + 20ml Detox-S** | 2:30 PM | 250ml of lukewarm water |
| 3:00 PM | | 3:30 PM | |
| 4:00 PM | Sauna | | |
| 5:00 PM | 250ml of lukewarm water & one sachet of Intestinal Management Powder* + 20ml Detox-S** | 5:30 PM | 250ml of lukewarm water |
| 6:00 PM | | 6:30 PM | |
| 7:00 PM | | 7:30 PM | |
| 8:00 PM | Belly Massage | | |
| 9:00 PM | 250ml of lukewarm water & one sachet of Intestinal Management Powder* + 20ml Detox-S** | | |
| | | | |
| 9:00 PM | Ginger Footbath | | |
| 9:30 PM | Fiber Crystals Enzyme pills with 250ml of lukewarm water.*** | | |



*
Sachet
of Intestinal
Cleanse
enzyme
powder



**
Detox-S
750ml Liquid
Enzymes



Fiber Crystals
Enzyme pills
(chewable)

SCHEDULE

Day 2 / 3 / 4 / 5

| Date | Schedule | |
|---------------|--|---|
| After Wake Up | <ul style="list-style-type: none">• Fiber Crystals 1 sachet | <ul style="list-style-type: none">• 90ml Detox-S** mixed with 1 Liter warm water, drink it during the day |
| Morning | <ul style="list-style-type: none">• Black Vacuum 1 sachet | |
| After Lunch | <ul style="list-style-type: none">• Quantum Particles 1 sachet | |
| Afternoon | <ul style="list-style-type: none">• Black Vacuum 1 sachet | |
| After Dinner | <ul style="list-style-type: none">• Quantum Particles 1 sachet | |
| Before Sleep | <ul style="list-style-type: none">• Fiber Crystals 1 sachet | |

Activity suggestions

| Day | Schedule |
|-------|--|
| Day 1 | <ul style="list-style-type: none"> • 1:00pm belly massage • 4:00pm dry skin brush & sauna • 8:00pm belly massage • 9:00pm ginger foot bath |
| Day 2 | <ul style="list-style-type: none"> • Aromatherapy massage |
| Day 3 | <ul style="list-style-type: none"> • Dry skin brush |
| Day 4 | <ul style="list-style-type: none"> • Sauna |
| Day 5 | <ul style="list-style-type: none"> • Yoga |
| Day 6 | <ul style="list-style-type: none"> • Qigong |
| Day 7 | <ul style="list-style-type: none"> • Tai Chi • Ginger foot bath |

DAY 6 - LIVER CLEANSE

| Time | Process |
|----------|--|
| 09:00 AM | 250ml lukewarm water & Sachet of Smooth enzyme powder (Nr. 1) |
| 10:00 AM | 250ml lukewarm water & Sachet Apple enzyme powder (Nr. 2) + Detox-S** 60ml |
| 11:30 AM | 250ml lukewarm water & Sachet of Smooth enzyme powder & packet of apple enzyme powder (Nr. 3 & 4) |
| 12:00 PM | 250ml lukewarm water & Sachet of Apple enzyme powder (Nr. 5) |
| 1:00 PM | 250ml lukewarm water & Detox-S** 60ml |
| 2:00 PM | 250ml lukewarm water & Sachet of Apple enzyme powder (Nr. 6) |
| 3:00 PM | 250ml lukewarm water & Sachet of Apple enzyme powder (Nr. 7) |
| 4:00 PM | 250ml lukewarm water & Sachet of Apple enzyme powder (Nr. 8) |
| 5:00 PM | 250ml lukewarm water & Sachet of Apple enzyme powder (Nr. 9) |
| 7:00 PM | At this time you most likely had lots of movement in your intestines and some liquid bowel movements. If you didn't make sure that your intestinal tract is not blocked ... If you don't suffer from extreme chronic constipation continue the process. If you do have this type of issue and you haven't had any releases today stop the treatment and consult a healthcare professional. |
| 9:30 PM | 1. put a hot bag on the liver area if you have one, otherwise cover it with your hands |
| | 2. mix juice A and juice B , shake it. |
| | 3. Drink the mixed juice and lie down on the right side for 45 minutes to 1 hour. |

Day 7

| Date | Schedule |
|---------|--|
| 6:00 AM | 250ml lukewarm water & Sachet of smooth enzyme powder (Nr. 10) |
| 8:00 AM | 250ml lukewarm water & Detox-S** 60ml |

| Date | Schedule | |
|--------------|--|---|
| Morning | <ul style="list-style-type: none">• Black Vacuum 1 sachet | <ul style="list-style-type: none">• 60ml Detox-S** mixed with 1 Liter warm water, drink it during the day |
| After Lunch | <ul style="list-style-type: none">• Quantum Particles 1 sachet | |
| Afternoon | <ul style="list-style-type: none">• Black Vacuum 1 sachet | |
| After Dinner | <ul style="list-style-type: none">• Quantum Particles 1 sachet | |
| Before Sleep | <ul style="list-style-type: none">• Fiber Crystals 1 sachet | |



Sachet of
Apple &
Smooth
enzyme
powder
(Nr. 1 till 10)



**

Detox-S
750ml
Liquid
Enzymes



Mix Juice **A & B**
Liquid
Enzymes

You can get latest version of this manual at: <https://zencleanz.com/pages/manuals>

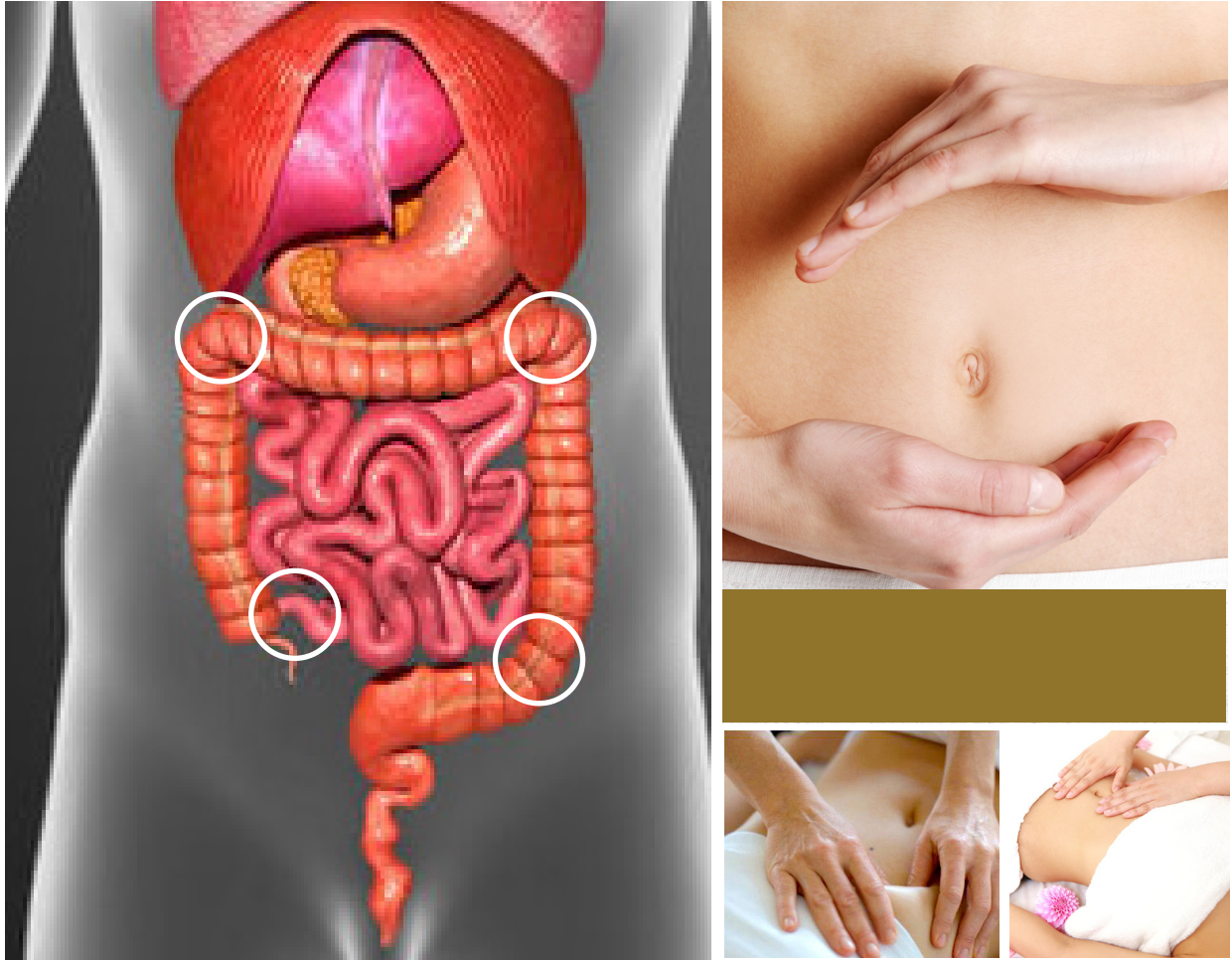
DIETARY SUGGESTIONS

If you choose to have some food intake during your “7-Day Home Detox Retreat” we recommend that you choose enzyme-rich foods so it doesn’t work against your detox process. Below you will find some suggestions for a plant-based diet.

➤ RAINBOW PLANT-BASED DIET

<https://zencleanz.com/pages/zencleanz-rainbow-plant-based-diet>

ACTIVITY SUGGESTIONS



► BELLY MASSAGE

Take some time to massage your abdomen, especially the four critical points where the large intestine bends. The four white circles on the upper picture are where these spots are on your body.

NOTE

Don't be afraid to go deep with your massage. Using pressure, explore all areas of the abdomen. The liver, the stomach, the large and small intestine will all experience this cleanse. You may notice some places on your abdomen feel soft and painless, while others are hard and painful. By massaging these areas, you both support the digestive system and create a deeper relationship with what is happening in your body.

Remember to use conscious breathing to accompany your massage, oxygenating the digestive tract and breathing into each area to create a feeling of space and relaxation.

BODY POSTURE DURING THE BELLY SELF-MASSAGE: We recommend kneeling on the floor and bending your upper body forward, with your head on a cushion. Create a soft fist with your hands, and allow them to sink into the abdomen as you bend forward. Massage by moving the fists in a circular motion. Let this process become like a meditation, with the awareness that your body is happy about your loving care.

► FAR INFRARED SAUNA (FIR)

The far infrared sauna radiates waves that penetrate deep into the human body and gently elevate the surface and the core temperature. That deepens the detox.

This helps to activate many of the body's major functions. When you sweat in this type of sauna your sweat will contain about 17% toxins (including heavy metals), compared to the 3% you would sweat out in a traditional sauna or while out in the sun. This type of heat therapy also increases circulation and boost the immune system.



► DRY SKIN BRUSHING

The Lymphatic System is an intricate network of nodes, ducts and vessels throughout your body that moves lymph from the body tissue to the bloodstream. Since it's circulating through your body and is key to expel out toxins and waste, it's an important point of focus when it comes to detoxification. A popular way to smooth out the flow of your lymphatic system is called "dry brushing", which is the process of running a brush in specific, continuous, circular motions across your skin, upwards towards your heart.

It is highly recommended to do dry skin brushing in sauna room.

► AROMATHERAPY MASSAGE

During an aromatherapy massage, you will both release toxins from your muscles, inhale essential oil molecules and absorb them through your skin. Essential oils are known to be very healing and to promote beneficial changes in your body and mind by affecting the limbic system, a region of the brain known to influence the nervous system.





► GINGER FOOT BATH

The “gingering hormone” in ginger can expand the blood vessels, activate blood circulation, reduce inflammation and promote the opening of the pores and sweating. At the same time, it can stimulate the acupuncture points on the soles of the feet and enhance the metabolism of each system.

Step 1: If you have a juicer, juice some ginger and put up to 60ml of it. If you don't have a juicer make a very strong ginger tea or use ginger essential oil.

Step 2: Pour your ginger solution in 5 to 7 liters of hot water in a bucket so it can cover up to your ankle (as hot as you can handle without burning your skin).

Step 3: Soak your feet for 30 minutes

► MILD EXERCISES

Add some mild exercises like yoga, qigong, tai chi, pilates, or simply dynamic walks in nature. Movement will help the blood and lymph circulation and to move toxins out of the articulations.



EXCRETION TIME!

You will begin releasing mucoid plaque ... When? When it will come! Do not have expectations as it depends of your own system and of the work the enzymes have to do within your digestive tract.

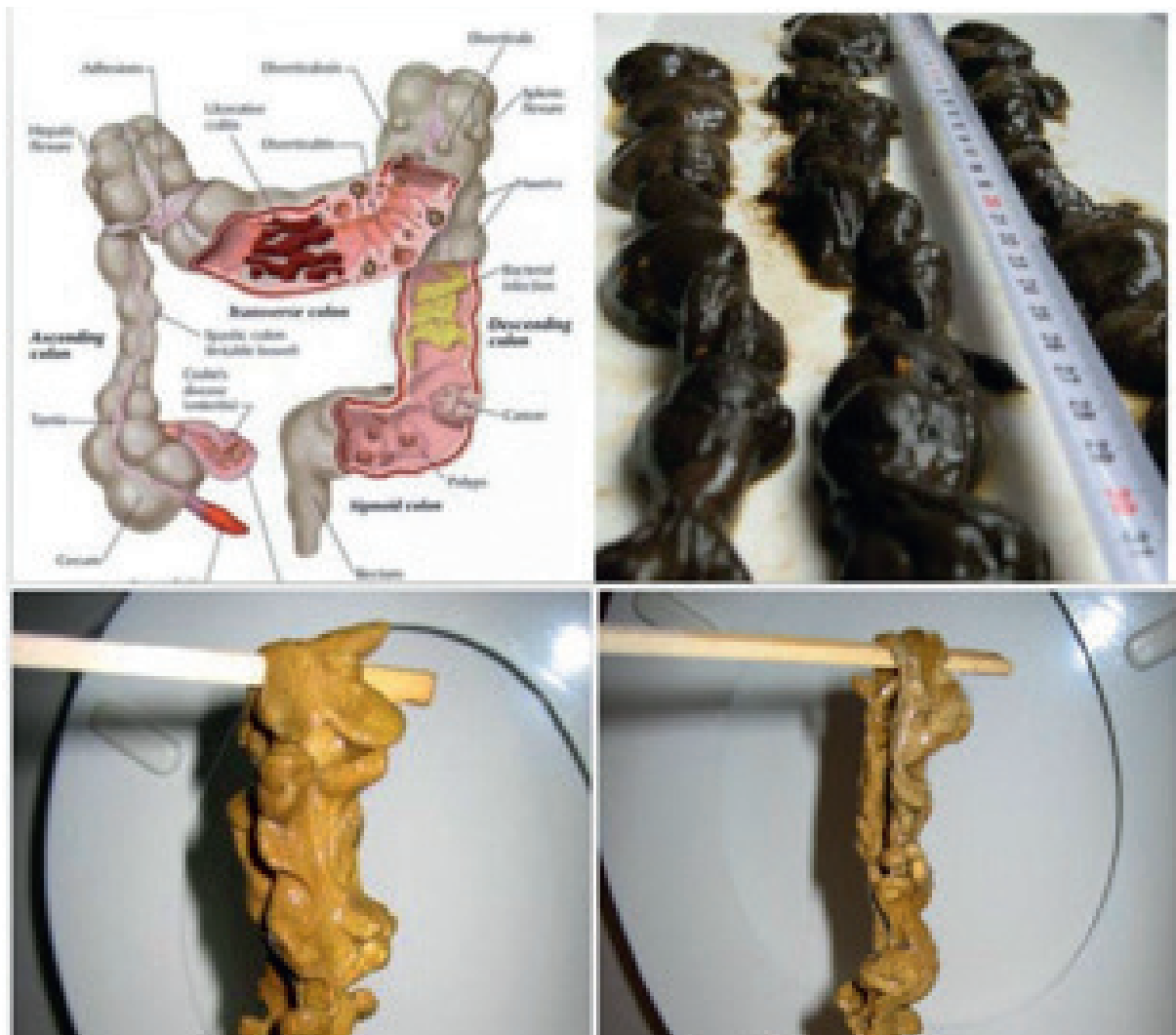
But be certain that it will come. Some people begin releasing on the evening of the cleanse, most on the following day and some others but rare may start only the following day. If you did not have any bowel movements after two days following the cleanse, we recommend a small enema with lukewarm water that can be done at home.

► COLLECTING THE MUCOID PLAQUE (OPTIONAL)

For at least after taking the ZenCleans ONE and FORGIVE protocol put the basket in the toilet bowl so you can collect the released mucoid plaque. Then use the gloves or the chopsticks to spread it on a sheet of plastic or paper ... then take a picture.

► CURIOUS ABOUT WHAT THIS MAY TELL YOU?

Go on <https://zencleanz.com/pages/plaque-analysis>



ZENCLEANZ AMBROSIA®

RECOMMENDED AS A FOOD SUPPLEMENT TO MAINTAIN A GOOD SUPPLY OF VITAMINS AND MINERALS OR TO BALANCE NUTRITIONAL DEFICIENCIES.

► GENERAL INFORMATION:

- Made of 60 ingredients: fruits, vegetables, Mushrooms, and Herbs
- Contains the whole spectrum of food enzymes
- Has the highest concentration of SOD (anti-oxidant)
- Provides wide range of vitamins, minerals, and other essential nutrients
- Balances the counts of gut bacteria
- Energize and enhances the body's metabolism
- Balances internal organs
- Support for all body functions
- Purifies the blood
- Strengthens immunity, and reduces inflammation

► 750 ml



ZENCLEANZ DETOX-S®

RECOMMENDED TO INCREASE DIGESTION, PROMOTE WEIGHT LOSS AND HYGIENE MAINTENANCE OF THE COLON.

► GENERAL INFORMATION:

- Can lower serum cholesterol
- Balances intestinal flora
- Supports digestion of lipids in the digestive tract and the body tissues
- Purifies the gastro-intestinal tract
- Is the best choice to keep you nice and slim!



► 750 ml

ZENCLEANZ LIGHTSEED®



750 ml

RECOMMENDED TO SUPPORT AND STABILIZE THE BODY METABOLIC FUNCTIONS AND KEEP THE BLOOD SUGAR LEVEL BALANCED.

► GENERAL INFORMATION:

- Metabolizes sugars so the body can absorb without effort.
- Rich in dietary fibers and vitamins
- Helps to strengthen and balance body functions
- Increase sugar metabolism
- Balance your blood sugar
- Stabilizing physiological functions and increases the metabolic performances

Sugars are already predigested through the fermentation process and doesn't represent a problem for diabetics.



ZENCLEANZ CHI®

RECOMMENDED TO CONTROL THE BLOOD SUGAR LEVEL, BOOST THE IMMUNE SYSTEM, PROTECT THE LIVER, AND AS A ANTI-INFLAMMATORY.

► GENERAL INFORMATION:

- Promotes nutrient absorption
- Improves gastrointestinal function
- Strengthens the five internal organs
- Controls blood sugar levels
- Stimulates the immune system
- Protects the liver
- Great anti-inflammatory



750 ml

ZENCLEANZ INCA®

RECOMMENDED TO INCREASE LIBIDO, REDUCE ERECTILE DYSFUNCTION, AND BOOST ENERGY

► GENERAL INFORMATION:

- Maca is rich in calcium and potassium.
- It also contains trace elements such as iron, iodine, copper, manganese and zinc, as well as certain fatty acids,
- Including linoleic acid, palmitic acid, oleic acid and 19 amino acids
- Nourishes and strengthens your body
- Improve menopausal disorders and increase libido
- Famous for its anti-fatigue properties and to increase endurance.
- Contain fat burning abilities but ultimately we recommend it to increase your sex drive and to boost your energy level.



► 750 ml

ZENCLEANZ MYCELIA®

**UNIVERSAL ALCHEMIST (WITH POLYSACCHARIDES)
RECOMMENDED AS A STRENGTHENER TO COUNTERACT
WEAKNESSES, AND AS AN OVERALL PROTECTOR OF
YOUR HEALTH.**

► GENERAL INFORMATION:

- Prevents the formation of tumors
- Strengthens the immune system
- Prevents cardiovascular disease
- Reduces allergic reactions
- Protects the Liver
- Enhances Sexual Function
- Promotes anti-aging
- Improves Neurological Symptom




► 750 ml




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THANK YOU
FOR YOUR KIND CONTRIBUTION