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# ZENCLEANZ FLOW

BLOOD & LYMPH

THE MIRACLE OF LIFE

7 DAY - BLOOD & LYMPH CLEANSING KIT

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## CONTENTS

7 SACHETS

PASSIONFRUIT CLEANSING POWDER  
20G EACH SACHET

7 BOTTLES

PURIFYING POLYSACCHARIDE ENZYME BLEND  
30ML EACH

7 BOTTLES

YI QI INVIGORATING BLEND DRINK  
30ML EACH

7 SACHETS

CHEWABLE STRENGTHENING TABLETS  
1G EACH SACHET

## PREPARATION

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**Stop smoking, drinking alcohol, and caffeine for the duration of the cleanse.**

➤ This will ensure the best conditions for blood and lymph detoxing.

Eat at consistent times, and avoid eating after 7pm.

## WHAT DO I EAT ?

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**Bitter, astringent, and naturally sweet foods are best for blood cleansing.**

➤ Examples: fruits, including bitter melon, carrots, beets, broccoli, pumpkin, leafy vegetables.

**Anti-inflammatory foods.**

➤ Such as fatty fish, hot peppers, garlic, onions, and berries.

**Drink at least 2 liters of clean water per day.**

➤ Add lemon or apple cider vinegar to water, which helps to flush toxins from the lymph.

**Cut down on salty, spicy, and refined sugar foods.**

**Avoid all processed foods.**

**Focus on whole food; eat as close to nature as possible.**

**Keep as alkaline as possible.**

**Keep a vegetarian diet if possible.**

And join our support group:

LINK: <https://t.me/+InfEAo3T1j84NTVl>



## SUPPORTING PROTOCOLS

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- Dry skin brushing before Invigorating Drink, about an hour before a sauna session
- Bouncing movement such as walking: 30-40 minutes per day
- Stretching, Yoga, Qi Gong, and Tai-Chi are good for blood.
- Lymphatic drainage massage, search for videos online
- Sleep 7-8 hours a night, more if needed



## SCHEDULE

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



9:00am Morning

At least 30 minutes before food

Combine one Passionfruit Cleansing powder sachet with 150ml warm water, shake and drink quickly.



12:00am Noon

At least 30 minutes before food

Mix one 30ml bottle of Purifying Polysaccharide Enzyme blend with 200ml warm water and drink.



4:00pm Afternoon

At least 30 minutes before food

Drink one 30ml bottle of Yi Qi Invigorating Blend drink as one shot.



9:00pm Evening

An Hour Before Bed

Chew or take one sachet of Strengthening tablet like a snack, and drink with warm water.



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