



THE
DETOX DUDES

The 14 Day Detoxification Blueprint.

- Course Workbook -

Disclaimer

The information contained in these videos and documents are for educational purposes only and is not intended to treat, diagnose, cure, or prevent any disease.

You should always seek the advice of your physician or otherwise qualified healthcare provider with any questions you have regarding a medical condition before undertaking any diet, exercise, supplement, health program, or other procedures discussed in this course.

Note about product links: Some links in this document may be affiliate links to various companies with which we have a relationship. The price to you is unaffected, but we may receive commissions for certain items.

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Welcome •

Welcome to the best introduction course in the world on detoxification of the human body. And thank you for putting your faith in the Detox Dudes to help guide your health to the next level.

If you put in the work to complete this 14 Day Blueprint and continue implementing what you learn, you will radically change your health for the better.

My desire for you is a lifetime of energy, clarity, focus & vitality.



This course is really just the beginning. If, after finishing this course, you want to dive deeper with us on your detox journey, be sure to [look into the Master Class](#). The Master Class dives much deeper into the concepts you learn here - as well as other modalities like parasite cleansing, heavy metal chelation, and spiritual healing that will dramatically accelerate your healing process.

Please note that this PDF does not replace the videos. We created it to provide an outline of each video and give you one convenient place to find links for supplements, sites, foods, or herbs that were discussed in the videos.

Like with all of my teachings, I encourage you to “See for yourself, know for yourself.” What this means is that you shouldn’t just take everything I say as gospel. Do further research and experiment with all the concepts that I teach you. This is merely a guideline (a pretty badass one if I may say), which is meant to teach you how to fish.

I can give you fish (basically telling you exactly what supplement to take and when to take it and how much) but that would pigeonhole the true magic of detoxification and healing, as this process is going to be different for everyone! You are meant to become your own doctor.

“Everyone has a doctor in him or her; we just have to help it in its work. The natural healing force within each of us is the greatest force in getting well.”

- Hippocrates



Intro Video 1: Essential Info.

NOTES:

The content in these intro videos is crucial to the success of your detox journey. Please make sure you understand everything before proceeding. Failure to do so may result in a waste of time, money, or even an uncomfortable detox (Herxheimer) reaction.

Checklist:

- Watch this video 2x. Once now, and then again in a few days
- Cross check contraindications for any prescription drugs you are currently taking

Who should or should not detox?

Everyone should take care of their health. However, there are few areas of caution:

- Anyone with severe mental illness like schizophrenia, bipolar, depression, etc. can be thrown off balance. You will want to consult with a trusted physician before proceeding.
- Pregnant women and children are a totally different game and not the target of this course. Again, please consult a trusted physician before doing anything like this.

Important Safety Note: Always check for contraindications with any medications you are currently taking. For example, methylene blue does not work well with SSRI drugs. And mucuna should not be taken with adderall. Please do your due diligence with any other supplements or prescriptions you are taking!

Herxheimer Reactions

In layman's terms, a "herx" is when your body feels "sick" because it is releasing / eliminating toxins. It may feel like headache, fatigue, drowsiness, achy, nausea. This is sometimes part of the healing process and is generally okay. However, it may also indicate that you need to slow down and let the body process it's current load.

Caution: If it feels like panic, heart palpitations, intense sweating, severe nausea - you've gone too far! In situations like this, take a break from the supplements and this course. Drink plenty of water, sweat, and take binders.



Shopping for your supplies

Shopping at the [Detox Dudes store online](#):

- Shopping at our store is not required. Our goal is that you get quality products as efficiently as you can. We've tried to do with with our store, but you may have to shop elsewhere depending on what is available at the time you start.
- Please note that the login for this site is different from other sites. You will need to generate a unique login & password.
- The store does not include every item you will need. We've done our best to get as many of the items into the bundle ([1-click option](#)) as possible, but certain items are only available through other websites. The links in the list below should get you to an appropriate source for purchase.
- If you live overseas and have questions about shipping to your country, please email customer support and ask for help (support@thedetoxdudes.com). Customs issues can severely delay or prevent some items from ever reaching you.
- Other options for shipping overseas include:
 - Direct from Detox Dudes Shop, Amazon, iHerb, etc
 - Use a US based routing service to ship to you. For example, [US Global Mail](#), [NYBox](#), or [Viabox](#).
 - If in the UK/EU - Check out the appendix for great sites that work there.
 - Travel to the US and fly home with a suitcase with all your supplies.



Intro Video 2: Supplements / Supplies.

NOTES:

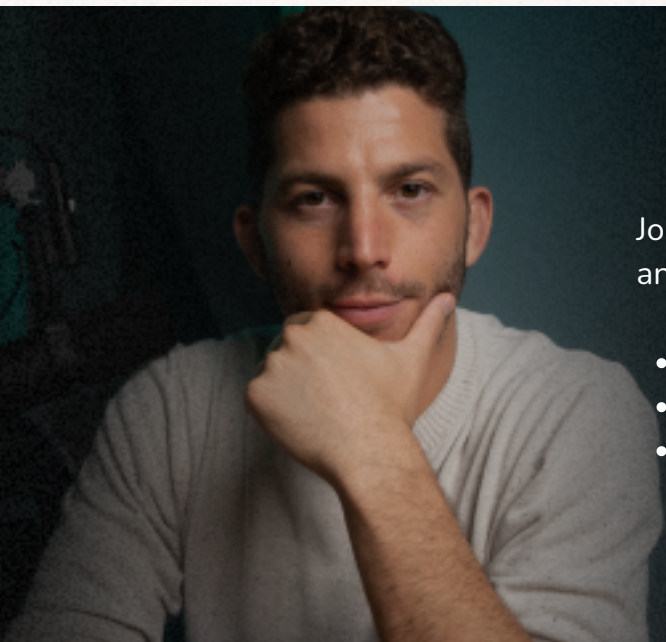
Health and Money are directly correlated! This course will require additional investment to truly achieve the results you desire. Many “gurus” talk about sacrificing now for a better future. In some areas of life, that may be the case, but it’s possible to live healthy today while generating a better future!

Improving your health raises the function of your body and brain. You will see opportunities that were invisible before. You will engage the world with more abundance and joy. Channeled correctly, this will generate you more emotional, mental, spiritual, and financial wellbeing.

Checklist:

- Review the necessary supplies and purchase everything you need for the 14 day journey (see the notes about shopping in the previous section)

NOTE: You should budget about \$650-\$1000USD for the supplies in this course.



Josh’s mantras that helped him overcome the idea of scarcity and invest in his health:

- “Every dollar I wisely invest in my health yields a 4x return”
- “With this money I am investing in me, my soul, my LIFE!”
- “When I invest in my health, all my dreams come true”

Below is the list of supplements and supplies mentioned throughout the course:

- In some cases, the brands in the video may be different than those in the store. This is due to changes in product availability or changes in the supply chain. The products in the store are still very high quality.
- Each supplement will be discussed more in detail on the day it is introduced.



Supplement	Suggested Daily Dose	Notes
Magnesium Citrate	2-4 caps	Take before bed to promote a good BM the following morning.
Sea Salt	1-2 Tablespoons (SWF) 1 teaspoon (Morn Drink)	For use with SWF and morning hydration drink.
Psyllium husk powder	1 teaspoon (Morn Drink)	Use with Morning Hydration Drink.
Apple Cider Vinegar	1 Tablespoon	Add to the morning drink and the SWF
Carbon Cleanse	3 caps	Binder cocktail that helps pull toxins out of the body
Modified Citrus Pectin	6 caps	Binder that helps with many toxins, heavy metals and inflammation reduction.
Mucuna Extract	3-5 caps	Increases dopamine for clarity and energy. Take breaks every few months if taking regularly.
Animal Organs Capsules	12-18 caps	Loaded with minerals and nutrients.
DHEA	5mg	Helps men (primarily) with testosterone production and energy. Take in the AM
Zinc	4 caps	Amazing for energy and immunity. Sorely lacking from our modern diet. Take with food.
Broccoli Sprout Extract***	2 caps	Contains sulforaphane. Amazing for Detox, Energy, and Inflammation.
Methylene Blue	5-10 mg (to start) Up to 20-40 mg	Powerful nootropic. Helps with mitochondrial and brain respiration. Clarity and energy. Start lower to see how it affects you. Can be very stimulating! Do not mix with SSRI.
Vitamin B1 • Thiamine (preferred) • Benfotiamine	50-300 mg 300-1000 mg	Critical for metabolism and heart health. Start low and work up. Can cause slight anxiety when starting.
Qualia*** (caffeine free)	7 caps	Mind vitamins. Clean focus and energy.



Iodine	3 drops	Detoxes halogens (chlorine, fluorene, bromide), radiation, decalcifies the pineal gland, and is critical for thyroid function. Do not use if hyper-thyroid.
NAC	500-1000 mg	Boosts glutathione production and helps with detox. Antiinflammatory
NAD Suppositories ++	1 suppository	Energy production and DNA repair.
Pine Pollen ++	1-2 droppers. (Start with 1 for a few days before increasing)	Testosterone and energy production. Remove estrogens and plastics from the body.
ZenCleans ONE *** (Code: "detoxdudes")	Per Instructions (you can download from their site)	Powerful intestinal cleanse that uses mega doses of enzymes.
ZenCleans FORGIVE ++ (Code: "detoxdudes")	Per Instructions (you can download from their site)	Powerful liver cleansing protocol that uses mega doses of enzymes.
Castor Oil	1-2 Tablespoons	As a cleansing protocol. Cleaning the GI and eliminating pathogens.

Notes / Symbols Explained

- The symbol *** after the product name indicates that it may be removed from the course if on a tight budget.
- The symbol ++ after a product name indicates that it may be added if you want to "level up" your 14 day cleansing / detox process if budget allows.



The following are additional products mentioned throughout the videos that are not part of the “official shopping list.”

They are not required to complete the course, but will be helpful during your detox if your budget allows.

Digestive Enzymes	2-4 caps	Take just before a meal. Helps process food and get max nutrition. Also promotes better BMs.
LMNT Electrolytes	1 packet	Additional Electrolytes and minerals for proper hydration and energy.
Mouth Tape: <ul style="list-style-type: none"> • Respire (best) • Somnifix (good alternative) 		Proper breathing through the nose while sleeping. Improved oxygenation and many other benefits.
Ease Magnesium	20 sprays	Rub into skin for additional Mg in the body.
Blue Blocking Glasses		Blocks the strong blue light from computer/phone screens. Reduces stress and promotes natural melatonin production. (Use code <i>DETOXDUDES</i> for 10% off)
Router Timer		Automatically turns the wifi router on/off. Protects you from EMF while sleeping.
Inexpensive Colander		For capturing and investigating stool the day following the ZenCleans products
Book: Breath		By James Nestor about proper breathing and its impact on health.



Day 1 - Morning Hydration Drink and OMAD.

NOTES:

Food & Diet

OMAD, or One Meal a Day, is a very effective way to maintain energetic motivation throughout the day. It also lengthens the time between meals, which helps your body process waste and increase metabolism. [Check out the interview](#) Josh references in the video between Lex Fridman and Jack Dorsey. You don't have to follow OMAD forever, but it's worth a try during this course.

Checklist:

- Morning hydration drink
- One Meal in the evening - or - One meal in the evening with a small snack in the morning or afternoon
- Digestive Enzymes with meal (if desired)
- Bowel Stimulant before bed

Who should not do OMAD? The extended period of not eating can put additional pressure on your adrenals. If you are dealing with lyme, extreme illness, mentally ill, or other instability, don't feel pressured to do OMAD. If you choose not to, simply follow lectin avoidance diet and eat 2-3 meals a day.

The lectin avoidance diet is the best overall program we have found to provide your body optimal nutrition while minimizing inflammation. [Check out this list for a good overview](#) of what you should and should not be eating. Another good resource is [Dr. Gundry's Website](#). The guidelines do change over time with lectin avoidance.

Water

Clean water is ultra important for your health journey. You want to make sure you're getting the best water possible in your body. Distilled is a great option for the long term. [Consider buying a distiller](#) or purchasing distilled water for the duration of this cleanse. Pure spring water is also a great option. You can [look online to see if there is a spring near you](#). Reverse osmosis water is not quite as good, but certainly better than most filtered water and tap water.



Bowel Regularity

Avoiding constipation is very important to your overall health. You want to be pooping at least 1-3 times every day. Taking the recommended binders can also contribute to constipation. So it will be important to have a good natural bowel stimulant. Magnesium citrate is a great option to start with. However, here are few other options if interested in trying something else:

- [Triphala](#). Gentle on the body, but not as strong as other options
- [Bowel Mover](#). Herbal formula. More powerful. Usually only need 1-2 capsules.

Morning Hydration Drink

Hydrating every morning is critical for your health. It reinvigorates the body and helps provoke a good bowel movement. You want to drink your morning drink within 30-40 minutes. The basic formula for this course is as follows:

- 26-32 oz of warm purified / spring water
- 1 teaspoon of high-quality sea salt
- 1 teaspoon of psyllium husk powder
- 1 tablespoon of organic apple cider vinegar and/or fresh-squeezed juice from one organic lemon



Day 2 - Introducing Supplements.

Checklist:

Morning hydration drink (blender or shaken)

Add 2 capsules of True Carbon Cleanse

Add 6 capsules of PectaSol

Note: You can also just take the capsules separately if desired

Bonus: Add 1 packet of LMNT electrolytes

Note: Take binders about an hour away from other supplements / pharmaceuticals / food

Take organs, DHEA, and mucuna about an hour after the morning drink

One meal in the evening - or - One meal in the evening with a small snack in the morning

Digestive Enzymes with meal (if desired)

Take Zinc with dinner

Bowel Stimulant before bed

Plan to spend about 2-3 hours at home tomorrow morning. You will be doing a salt water flush.



NOTES:

Binders

Adding binders to your routine is an amazing way to help reduce the toxic burden on your body, We dive deeper into this in the advanced course, but just know that binders are one of “secret sauces” that Josh used to heal - they can also reduce herx reactions. PectaSol modified citrus pectin also has the added benefit of breaking down galectin-3 proteins that contribute to chronic inflammation. You’ll want to make them a part of your everyday routine. You can take binders in the morning or evening. However, it’s best to take them at least an hour away from other food, supplements, and prescription medications.

NOTE: For this course, we are mixing the binders with the morning drink for simplicity. This may result in slight neutralization of some of the ingredients, but will not have a major effect. However, if you want to completely maximize the effectiveness of the binders, you may take them 45-60 minutes prior to the morning drink.

Rules for supplementation

- Don’t mix binders with medication / food / supplements
- Take DHEA in the morning and start low and work up
- Don’t mix mucuna with Adderall
- Don’t mix methylene blue with SSRI
- Avoid taking zinc on an empty stomach
- Go slow with methylene blue and B1 (Allithiamine / Benfotiamine) if you have anxiety
- Supplements are best before 6pm
- If something gives you a Herx reaction, don’t take it again the next day. Take a break. Then try a lower dose when reintroducing them to your diet.

Notes for today’s supplements:

Mucuna

- Highest concentration of l-dopa from any supplement, which is the precursor for dopamine. Amazing for energy and well-being.
- Take a break every couple of months. Long term usage may downregulate your body’s organic production of dopamine.



Organs

- Traditionally considered a delicacy. Loaded with vitamins, nutrients, and minerals. Even predator animals know to go for the organs first.
- You can take more than the recommended amount per day. As many as 12-18/day for this course. Play with the dosage throughout this cleanse and see how they make you feel. You can also experiment with other forms of animal organs in the future.

DHEA

- Naturally produced hormone in the adrenal glands. It declines as we age. Amazing for testosterone production and other hormone synthesis.
- Women can also take it with great benefit. But do some research to see if it's right for you.
- Testosterone is generally low in both men and women due (in part) to an avalanche of microplastics in our environment. These act as estrogen-mimicking agents and also greatly disrupt the endocrine (thyroid) system.

Zinc

- One of the most important minerals for the body, but is lacking in our modern diet. Unfortunately, our soils and animals are very deficient. It helps with energy, sex drive, and immunity.
- Long term, you want to consider balancing zinc intake with copper - but for this cleanse, you will be fine.
- Remember to take with a smoothie, fruit, or a meal to avoid possible nausea.



Day 3 - Salt Water Flush + Two New Supplements.

NOTES:

The salt water flush

The SWF is an ancient yogic healing modality that “hacks” the body by sending the water through the colon for elimination. It basically shoots the water through the digestive tract and helps clean out old fecal matter and other impurities. It is an amazing way to flush/clean the colon from old matter that causes fatigue and brain fog. The sea salt helps remineralize the body, balance electrolytes, and gives a short “reset” to the digestive system.

Helpful notes for a good SWF:

- Always use a good quality Sea Salt. Do not use iodized or table salt.
- Not recommended for people with high blood pressure or a history of Crohn's or IBS
- Make sure you have at least 2 hours of devoted toilet time after drinking the solution. If you feel like you have to pass gas - it's likely not just gas. Play it safe and use the bathroom anytime you feel the urge to go

- Do not do this with guests or when engaged in any sort of social activity. The results can be traumatizing and disgusting.
- Do not do SWF every day. They can take a toll on the gut microbiome if done too often. Max recommendation is 1 SWF per week or 2-3 per month.

Checklist:

- Morning hydration drink
- 2 hours following the SWF, take your morning hydration drink per the previous instructions. However, you will not use salt this time.
- Take supplements as previously instructed or as desired throughout the day.
- Add in the following two supplements today
- Broccoli Sprout Extract
- Methylene Blue
- OMAD - or - One meal in the evening with a small snack in the morning
- Digestive Enzymes with meal (if desired)
- Bowel Stimulant before bed



Basic recipe and process for the SWF is:

- 10-14 Oz of warm clean/purified water
- 1 to 2 Tablespoons of Sea Salt
- 1 fresh squeezed lemon or a tablespoon of apple cider vinegar
- Mix the ingredients into a glass jar and alternate drinking the solution with another glass of 18-20 Oz of clean water within about 5 minutes if possible. 10-15mins is probably okay, but the longer you take, the greater chance that the salt water will simply absorb into the body and not “flush” the GI.
- By the time you are done, you will have consumed approximately 32 Oz / 1L of liquid.
- Continue drinking clean water if desired and relax
- You should start having a good bowel movement within 30-60 minutes. Let the process continue until finished.
- Don't eat for about 2 hours following SWF
- Supplement with additional probiotics and fermented foods later in the day if able.

Notes for today's supplements:

- Broccoli Sprout Extract
 - Contains sulforaphane. Which is amazing for detox, inflammation, energy, and even anticarcinogenic
- Methylene Blue
 - Long history of treating and preventing illness.
 - Helps with cellular and brain respiration in the electron transport chain. Provides clarity and energy.
 - Will stain anything blue. Be careful with it. I may also turn your urine blue or green, but it's totally normal.
 - Do not take if you use SSRI or MAOI prescriptions
 - Takes a couple of days off per week if taking regularly

Check in with your body:

By today you may be feeling anywhere from amazing to very weird and ungrounded. There is no wrong way to feel right now. Listen to your body, be mindful of the supplement and herx rules, and process at your own pace. It's okay if you don't finish everything in exactly 14 days.



Day 4 - Introducing Supplements

Checklist:

- Morning hydration/binder drink
- Take supplements as previously instructed or as desired throughout the day.
- Add in the following supplements today
 - B1 (Allithiamine or Benfotiamine)
 - Qualia
 - Iodine
 - NAC
- If you bought the bonus items, you can begin experimenting with the following items:
 - NAD Suppositories
 - Pine Pollen
- Avoid heavy foods like meat and cheese during your evening meal tonight
- Review the ZenCleans ONE instructions. Instructions for the cleanse can be downloaded at the [ZenCleans website](#). Stay internal and plan to not leave the house tomorrow.
 - Buy a cheap colander for the cleanse tomorrow.
- Wear blue blocking glasses starting around 8pm
- Plug your wireless wifi router into a wall timer
- Bowel Stimulant before bed
- Try out mouth tape when sleeping



NOTES

Notes for today's supplements:

B1 / Allithiamine / Benfotiamine

- Missing from many of our food sources. Critical to our metabolism, GI, and cardiovascular health. Can feel like a lightbulb switched back on when taking it. Start slow with it and work up. It can cause some anxiety with some people because of the jump in energy.

Qualia

- A mix of “mind vitamins” that help provide clean energy and focus. Recommend using the caffeine-free version because eventually you will want to get off stimulants and rely solely on clean food/supplements for energy.

Iodine

- Supercritical for many things in the body. The thyroid needs it for proper function, it removes halogens from the body (chlorine, fluorene, bromine), and decalcifies the pineal gland. It has a powerful detoxification effect if taken in large doses, so be mindful of the dosing. Do not take it if you have a HYPER-thyroid condition. It can also be taken directly on the skin (e.g. wrists, neck).

N-Acetyl Cystine (NAC)

- Amazing for glutathione production in the liver (which is the body's master antioxidant). It also helps with inflammation and energy.

Note: If you feel like this is a lot of new supplements in the first four days, that's totally fine. You can always slow down and stretch this process beyond 14 days. Never just follow the advice of this course blindly! Listen to your body and proceed with discernment.



Additional items mentioned today:

Mouth Taping.

- We were designed to primarily breathe through our nose. Most people breathe through their mouth when sleeping which negatively affects oxygen levels, mouth flora, jaw formation, teeth alignment, apnea, lung function, allergies, immunity, and so on. Check out the book [Breath, by James Nestor](#). You can also [watch this Podcast](#).

Blue Blocking Glasses.

- Blocks the blue light from screens, phones, etc - which drastically reduces your body's ability to generate melatonin in the evening. Start wearing them starting around 8pm. Or any time you are watching screens (computer, TV, phone, etc).

Outlet timer for WiFi router.

- Very inexpensive way to reduce EMF while sleeping. Wifi produces very strong signals that can disrupt sleep. Plug it in, set the time, and let it go.

NAD+ Suppositories

- NAD is amazing for cellular energy and DNA repair. It will give you good clean energy. Always take on an empty bowel, otherwise it may provide a BM and your suppository will be wasted. Try to hold it for 2-3 hours.

Pine Pollen

- Helps improve testosterone levels and combat the effects of estrogen (and estrogen mimicking plastics/toxins) overwhelm. Great for clean energy and clean focus.



Day 5 - ZenCleansz ONE.

NOTES:

The Zen Cleansz is a uniquely-designed mega-dose of enzymes that act like "pac men" in your gut - cleaning out old fecal matter, dead tissues, and releasing mucoid plaque. All this old fecal matter prevents optional nutrient absorption and creates fertile ground for other pathogens.

Most people have epic results from this cleanse. However, there are some people who shouldn't do this cleanse. If you have Crohn's, severe/moderate IBS / IBD, or Lyme Disease it's best to wait until you're further along in your healing journey.

NOTE: *If you are not doing the ZenCleansz today, you can simply repeat Day 4 before moving on.*

Checklist:

- Consume nothing but water and the contents of the [Zen Cleansz ONE](#). (Exact Instructions found at their website)
- Set alarms on your watch or phone for each of the events of the day.
- Make sure you have your colander, gloves or chopsticks handy for tomorrow.
- Join the ZenCleansz Telegram support chat. (Instructions included in the package)

Tips for a good cleansing experience:

- Stay at home and minimize your commitments for the day. Focus primarily on this cleanse and don't engage in a lot of social activities. This includes the following day until about 2pm.
- Do not skip the self care portion of the cleanse. Especially the belly massage! It's very important and can make a huge difference in the outcome of your cleanse. Use a massage gun if available.
- You may feel a little unwell or even emotional by the afternoon. This is totally normal, as you are likely releasing many years worth of toxins and impacted fecal matter from the GI. Try to push through if you can. If it becomes unbearable, pause the cleanse and just consume water for the rest of the day. You will likely still release plenty of matter the next day.



Day 6 - ZenCleansz Release Day.

NOTES:

This is a big day. You can think of this “hump day” for this process. You did a lot of hard work yesterday. However, today is also just as important for the success of this cleanse. Below is a recommended routine and notes for the day:

NOTE: You can choose to fast this entire day and consume only juice and bone broths. It’s an option, but not mandatory.

Checklist:

- Complete ZenCleansz ONE by finishing any product as instructed
- Morning hydration drink
- Prep your bathroom with a colander
- Plenty of warm water/teas throughout the morning
- Break the fast around noon with fruit
- [Analyze what is eliminated using the guide from ZenCleansz](#)

9am-12pm

- Morning hydration drink
- Continue drinking plenty of warm liquids throughout the morning
- It’s totally normal to feel a little groggy or unwell this morning. You will likely feel better once you start passing the mucoid plaque
- Using a colander to inspect your stool is really important. It sounds gross, but it will change the way you feel about health. In fact, many of the best athletes and high-performers in the world regularly inspect their stool. It’s like nature’s daily report card. Good bowel movements = good bowels = good health.

12pm

- You will likely begin releasing stool / plaque around midday.
- This is also a good time to break the fast with fresh organic fruit or veggies. Do NOT break the fast with heavy/dense foods like meat and cheese. Remember, breaking the fast mindfully is as important as the fast itself.
- Continue eating soups, fruits, veggies throughout the rest of the day



12-4pm

- Take your supplements in this window

6pm

- Digestion should be restored to the point where you can handle a full evening meal. It's still wise to avoid dense foods because your digestion may still be a little sensitive.
- You may also feel a little sensitive for a few days due to the deep changes that may have occurred.



Day 7-9 - Post ZenCleans / Continuation of Healthy Routine.

NOTES:

These three days will be similar. The goal is to continue your healthy habits and keep taking most (or all) of your chosen supplements. This is also a good time to find ways to incorporate new healthy habits. Spending time outdoors hiking or walking is very good for your health. Regularly going to a sauna or steam room helps your body detox and give your liver / GI a break. Other forms of movement and stretching are also amazing.

You may also want to set some time aside here to do deeper research about detox and cleansing the body. Or simply look further into the supplements that you are now taking. This is a great way to claim more control over your own health. Knowledge is power!

Checklist:

- Morning hydration drink
- Supplements throughout the day
- OMAD (or whatever eating routing you've chosen)
- Add in one of the following items each day
 - Hiking/outdoors
 - Sauna or steam room
 - Gym/yoga/movement



Day 10 - Castor Oil Cleanse.

NOTES:

You will want to keep this day relatively calm. Castor oil cleansing can provoke several bowel movements and you will want to be flexible with your time and location. Do this immediately upon waking. You will do this lieu of the hydration drink, binders, and supplements in the morning.

Checklist:

- Castor Oil Cleanse
- Supplements throughout the day
- OMAD (or whatever eating routing you've chosen)

Note: Not all castor oil is meant for consumption. When purchasing castor oil, make sure it is organic, in a glass jar, and hexane-free.

Castor Oil cleanses are a very old and proven technique for cleaning the entire GI tract and even killing some opportunistic organisms (e.g. parasites, bacteria, fungus). It also helps keep the lymphatic system moving. It's normal to feel a little "gurgle guts" or a mild herx reaction until you have a bowel movement later in the day.

You can take supplements today, but they are not required if you are feeling drained or a little weird. You will also want to take probiotics or eat plenty of fermented foods later in the day.

This is a great maintenance protocol for years to come. Doing this about once per month is ideal, but not much more than that. In the MasterClass, we dive a lot deeper into total parasite elimination, but this is a good starting point.

Instructions for the cleanse:

- Mix 1-2 tablespoons (start with 1.5) of castor oil in about 4 oz of warm water.
- Add the juice of one lemon
- Mix together and drink quickly
- **Note:** Most people do not enjoy the taste of castor oil. You may want to hold your nose while drinking. You can also chase with additional water or a little bit of citrus juice to remove the taste from your mouth.



- Avoid broths and juices for about 1-2 hours following drinking the castor oil
- Avoid food for 3-4 hours following drinking the castor oil.



Day 11-14 Cruise Control & ZenCleansz FORGIVE.

NOTES:

This period of time is designed for you to assess how you are feeling and where you want to go next on your journey. Continue to listen to your body and make adjustments as necessary.

ZenCleansz FORGIVE

If you purchased the ZenCleansz FORGIVE (liver cleanse), choose one of these days to complete that cleanse. The process is similar to the ZenCleansz ONE, but with different ingredients and slightly different routine. A few notes to consider for this process:

- Try to accomplish the cleanse (and the day following) when you have time to relax without a lot of other distractions. Be sure to review the instructions and FAQs prior to the cleanse so you know what to expect.
- Keep your cheap colander handy again b/c your liver will be releasing some interesting “stones” the day following the cleanse

- Join the ZenCleansz Telegram support group (if you didn't already). Instructions are usually provided in the box when it arrives.
- Sometimes cleansing the liver can cause mild-to-moderate herx reactions. This is very normal as the liver is releasing large amounts of toxins. If this happens, try your best to complete the cleanse. Generally people feel far better the following day.

Checklist:

- Continue the routine, diet, and supplements you have established thus far
- If you purchased the ZenCleansz FORGIVE, choose one of these following days to complete the cleanse.
- You can review the [instructions and other FAQs here from their website](#)



Final Video .

NOTES:

Congratulations! You have completed the best 14-day detox in the world ... and you are on your way to achieving more vitality and health.

Checklist:

- Continue the routine, diet, and supplements you have established

Where to go from here?

Continue doing your routine and water in the morning indefinitely. You can also take binders and bowel stimulants as often as you need them. Even experienced detoxers may still do them several times per week. They are amazing.

As for the other supplements and other eating routines, it's completely up to you which things you want to continue or experiment with. If you feel good with everything you are doing, you can continue the routine and supplements for many months.

- **Note:** Just be mindful to take breaks every few months from methylene blue and mucuna. They aren't well suited for daily usage for long periods of time.

If you want to take things to the next level, [consider joining us in the master class or mastermind](#), where we dive far deeper into fully cleansing the body from unwanted pathogens, toxins, and heavy metals. We also explore more concepts in esoteric spirituality and transforming your home into a sanctuary - where you can truly heal.

If you have feedback on this process, feel free to email us at info@thedetoxdudes.com. We'd love to hear from you.



Appendix 1 - UK and EU Ordering and Substitute Products.

The primary goal is to successfully purchase the exact supplement brand that I recommended in the course from either Amazon (local country), my partner site, the manufacturer's direct site, or by using a routing service that ships overseas (UsGlobalMail or Viabox).

As a secondary option for those trying to avoid EU customs, you can also search the following sites for identical products or high-quality substitutes:

- [Armita Nutrition](#)
- [LiveHelfi](#)
- [Aggressive Health Shop](#)
- [KiScience](#)
- [Biopure \(EU\)](#)
- [Newtraceuticals](#)
- [Whizz \(UAE - specific\)](#)

