



THE  
DETOX DUDES

# Five Day Resurrection 2.0

- 2024 Update -

# 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.

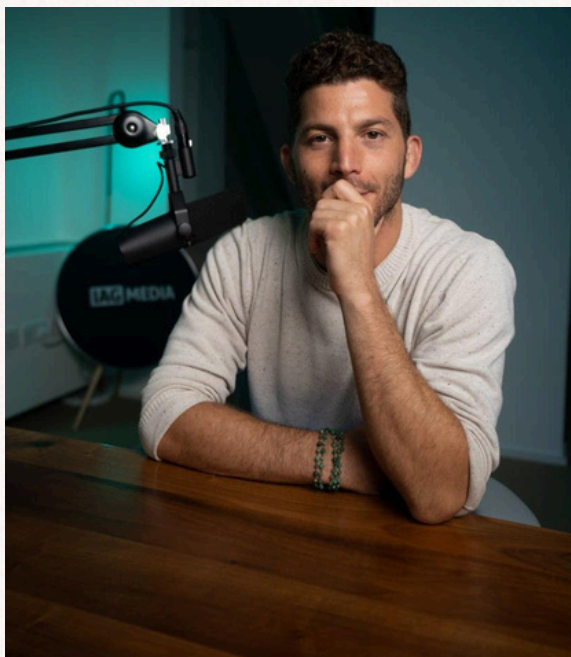
You should always seek the advice of your physician or otherwise qualified healthcare provider with any questions you have regarding a medical condition before undertaking any diet, exercise, supplement, health program, or other procedures discussed in this course.

Affiliate links note: Most of the product links in this document take you to our store online where we have curated the best supplements in one easy place. However, there are other links that may lead to other websites that are affiliate links. These links will not cost you any extra money, but may provide some compensation to us.

# Table of Contents.

I.	Welcome	01
II.	Fasting, cleansing, and reaching your true potential	02
III.	Water Fasting	04
IV.	Typical juice fasting	06
V.	Store-bought cleanses	06
VI.	Preparations	07
VII.	What you'll need	09
VIII.	Day 1 - Getting Into The Routine	11
IX.	Day 2 - Salt Water Flush Day	14
X.	Day 3 - ZenCleans ONE - Intestinal	16
XI.	Day 4 - ZenCleans Release Day	18
XII.	Day 5 - Coffee Enema / Final Day	20
XIII.	Day 6 - Breaking the fast	25
XIV.	Miscellaneous tips	21

# Welcome to the Five Day Resurrection Protocol.



I am very proud of this protocol. I originally developed it years ago when I was just emerging from my very difficult journey through physical and spiritual healing. (You can read my full story [here](#).) Over the years, it helped thousands of people find daylight in their quest for personal healing.

The fundamentals of detox remain the same. However, improved modalities and supplements have come to the market - which are now incorporated in this updated version to bring you maximum benefit. Between me and my coaching staff, this new “5 Day Res” easily represents over 20 years of cleansing and detox experience. We are thrilled to bring it to you.

If you follow this protocol, I’m confident it will open your eyes to a far better way of life. A life of better vitality and personal sovereignty. If this is your first time doing this, I recommend following this guide as closely as possible. However, as you continue this journey, remember my detox motto:

***“See for yourself, know for yourself.”***

This means that as you implement these practices and become more familiar with the process of detox, you can make your own adjustments as needed for your own body. Find what works best for you. Tune in and listen to your body. My goal is to teach you *how* to fish - not just *give* you a fish.

If you want to learn more about what we do or join us for more in-depth coaching, visit our website to learn more. Join thousands of high-performers who took their health, energy, and vitality to the next level.

To your health,

Josh Macin  
Founder, The Detox Dudes

***“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*





## Fasting, cleansing, and reaching your true potential.

Everybody wants a magic pill. In the mainstream medical community, it's commonly believed that every disease has a pill to combat the symptoms. Or, for example, people spend millions a year on liposuction instead of losing weight in a healthy manner.

Even in the holistic healing world, people still want quick fixes. It's what we have been trained to want. We want a juice cleanse to cure all our digestive issues. We want a three-day water and lemon juice fast to cure fatigue. We want a single supplement to vaporize our depression and anxiety.

Ladies and gentlemen, there are **no** quick fixes in this game of life. The jewels only come when we put in the work. And guess what? We wouldn't want it any other way. There is a higher part of ourselves that came here for an epic hide-and-seek game ... and it wants a challenge. Do you enjoy watching total blowouts in football or sports games? Or do you like watching a battle until the very end? We would be very bored if achieving epic health was a matter of taking a pill or fasting for five days. No dragon, no hero.

What you get by achieving your goals is not as important **”**  
as what you become by achieving your goals

-Zig Ziglar

For that reason (and to be 100% honest), this five-day detox runs counter to my belief about detoxification. This journey is a marathon, not a sprint. It's a *lifestyle change*, not a temporary "mode" that we go into. However, I also recognize the need for people to experience some results before fully committing to a new way of life. As humans, we long to *feel*, before we can wrap our minds around it.

So with that in mind, this five-day detox is absolutely not a cure-all. However, if I do my job correctly, you should experience profound results. You may lose many pounds of old fecal matter, gain mental clarity you haven't had in years, and take a peek behind the curtain at what is possible for your life and health.

My goal is to whet your appetite for deeper cleansing and healing. If you choose not to, you will quickly fade back into your current homeostasis, which for most people is relative misery.

If you put in the work, this five-day cleanse can be the pivotal moment of your life, where you begin to understand:

- The true toxicity of your body
- How much your diet is affecting your life and well-being
- How you are operating at <5% of your true capability.
- How you have basically been dying slowly for all these years (hence resurrection)

What about just normal fasting? Juice fasting? What is wrong with other cleanses and why should you do this instead of all the other stuff out there?



# WATER FASTING



## Water Fasting.

Water fasting is an ancient healing modality that stretches back as far as humans were alive. I don't think there is a definitive time when fasting began, because it is basically synonymous with our existence. Man and animal intuitively lose appetite during illness and this is the body suggesting that food is not needed during this time of recovery. In ancient cultures, there used to be special houses built outside the village for when people fell ill, and they went to the house and fasted until they recovered. Most animals in nature fast when under stress or when feeling ill, to seek balance, conserve energy, and rest the organs.

What happens when we fast is that the organs get a much needed rest from the 24/7 work that they do. The digestive tract, in particular, with our "three meals a day" from the time we were born, has not had a rest in decades! When we stop putting food in, the system gets to take a nap. Furthermore, the body goes into a process called "autolysis" where it cannabilizes and breaks down anything that doesn't serve it. It eats old damaged tissues, cancers, fat, cellular waste, and unneeded substances/toxins before going after the important things (organs, healthy tissues, muscles etc.) Thus, one could say that we have an intelligent all-knowing doctor inside each of us.

We have come a long way since water fasting was “invented.” And, in my opinion, water fasting is obsolete. The Native Americans predicted that in order for the world to change, the eagle and the condor would have to fly together. The condor represents ancient medicine, the heart, intuition, and the eagle represents industry, technology, western medicine, and the mind. Merging these two worlds is the ultimate path of healing, not getting stuck fighting for one team. We have new tools in this modern era, aside from water and not eating, so let’s make sure we use them.

### Water fasting is obsolete for several reasons:

- ☑ It drastically reduces mineral reserves and electrolytes from the body. Remember, when we detox, we also strip vital nutrients from the body. And unlike centuries past, people today are extremely malnourished - *on top of being very toxic!* Detox must be balanced with remineralization, otherwise you are in for a world of hurt.
- ☑ Water fasting detoxes the body very quickly, which can lead to more intense herxheimer reactions. (A herxheimer, or “herx,” is when you feel sick due to rapid toxin removal). Because of the rapid rate of detoxification and the lack of remineralization, many mental and physical conditions can actually deteriorate rapidly, in an unsafe and ungrounded manner - far more than a normal healing reaction.
- ☑ Water fasting alone does not do a good job at breaking down mucoid plaque and old fecal matter that gets “caked” onto the intestinal walls. Imagine rusty old rotting sink pipes. Would water do the trick?
- ☑ Water fasting (with no other tricks) does not do a good job of provoking bowel movements, which is absolutely essential during cleansing.
- ☑ Because water fasting is so drastic, it does not tend to heal one’s relationship with food and diet. Instead, in my personal experience and experience with clients, it often exacerbates overeating issues and food cravings because it swings the body and mind to the other end of the pendulum, only to swing back in an unhealthy way. One extreme to the other... not helping create harmony and achieving a “middle ground” with diet.

Many books written about fasting are at least 50 years old. Some of them are really great. However, the condition of the world, toxicity, and the health of humanity has drastically declined in the past 50 years - to a level which those books could not have possibly predicted or addressed.





## Typical juice fasting.

In my opinion, juice fasting is superior to water fasting. However, it still doesn't come close to this Five Day Resurrection protocol. The benefits of juice fasting is that the body still goes into autolysis because there is no digestion happening. However, vital nutrients are being consistently resupplied throughout the process. Juice helps break down old fecal matter, breathe life into the cells and intestines, and provide minerals.

That said, standard juice fasts have their limitations.

- ✓ They do not address mucoid plaque and have absolutely no way of tackling hard-to-reach areas of nearly ten yards (nine meters) of intestinal tract folded up in your gut.
- ✓ Normal juice fasting (like water fasting) may also cause intense detox reactions that prevent people from handling long stretches of time. This can deter people from really getting the deep healing they are looking for. (But don't worry - this cleanse helps tackle that issue!).
- ✓ The juices that people typically use are not ideal. They have far too much sugar/fruit - and not nearly enough solvents and biofilm breakers.



## Store-bought cleanses.

These are often very toxic and do not address any of the other variables or factors of a detox. They simply tell you to take certain supplements (many times clay and psyllium) while eating a normal diet. This does not accomplish anything. And, in fact, makes many people more constipated and bloated.

Thus, I present you with the Five Day Resurrection Protocol. Let's get started, shall we?

Remember, I am NOT a doctor, so you should be consulting with your physician regarding everything that I recommend.



## Preparations.

### NOTES:

This cleanse can be anywhere between 2 - 15 days. If you are just starting out, I suggest doing five days as outlined in this document. However, as you become more experienced, you can make your own adjustments as needed.

This fast is ideally done in warmer months of the year, if possible. Fasting during extreme cold months can feel depleting, even if you spend most of your time indoors. Many people have done this during colder months with great success.

**48 hours prior to starting this detox, you will want to start making the following preparations:**

- ☑ Avoid heavier foods like meat and dairy. This will help your body ease into the process and provide a more successful cleanse. Focus more on eating plenty of raw salads, fruits, and cooked vegetables. Basics like eggs, butter, ghee are okay. If you must have grain, try to avoid anything that contains gluten. I typically promote a lectin avoidance diet, which we dive deeper to in my other courses.
- ☑ Begin preparing your sanctuary, which will likely be your house. The next five days may be extremely challenging, unique, unfamiliar, and rewarding. You may feel physical symptoms you have never felt before. You may revisit old feelings and experiences. You may feel utter bliss. You may experience strong detox pain or anxiety. You may have many life revelations.

- ✓ The point here is that you should plan your life around handling this kind of experience. During the cleanse, you will be much more sensitive and fragile. So if you can avoid stressful tasks, that will help.
- ✓ You do not want to be around toxic people, toxic situations, or unsupportive friends. You want to do this ideally alone or with a supportive friend/family member. If your home is not an option, try to find a comfortable home (or friend/family members) home to do this.
- ✓ If able, take off of work, or choose a long weekend to do this. At a minimum, start on a weekend so that you can get yourself into a rhythm. Day 3 and 4 will be slightly more involved as you will be doing a special Zen Cleanz and then releasing plenty of old matter.
- ✓ You definitely do not want to be drinking, smoking, partying, etc. Following this cleanse, you may even inspire yourself to dump the habits/friends who keep you trapped in mediocrity.
- ✓ Plan to reduce (or eliminate) your use of digital stimulus. Tell your friends, family, clients, and co-workers that you will be offline for five days. I strongly suggest minimizing your internet/tv/phone time as much as possible during these five days. The more you remain “plugged in,” the more it will dilute the process and drastically reduce healing potential.



- ☑ Unplug your wifi router in your home (especially at night while sleeping). Or, better yet, [get a wall timer switch](#) that turns it off automatically each evening.
- ☑ Do NOT overlook Day 6 - breaking the fast. If you have never fasted before, you need to know that breaking the fast is just as important as the fast itself. Failing to do this may result in harm to your body.

Lastly - be alert for the mental trap. The one that tells you, "I don't have enough time for this" or "There is no way I can devote five days to this."

Think about it - if you can't prioritize your life around just five days of intense healing for your mind, body, and spirit, then your paradigm is broken. Consider all of the time you may have wasted on other things that yielded absolutely no benefit to your life. Or about how many days off work you may have taken for less than important things. Or, if you are a workaholic, recognize that perhaps that is part of your illness!

## What you'll need.

- [Glass jar with solid \(non-plastic\) top](#). Or just repurpose one from your kitchen.
- [High quality sea salt](#) (or another [good option here](#))
- Access to approximately 10 gallons of distilled water. If buying from the store, avoid places like CVS where the water sits in plastic jugs for much longer periods of time. Grocery stores are better.
  1. [Magnesium Citrate](#)
  2. [Enema Kit](#)
  3. [Organic Coffee](#) - for the coffee enema
- Juicer (or access to fresh juices from organic fruits and vegetables)
  1. [Affordable option](#)
  2. [Mid Level](#)
  3. [Top of the line](#)
- Fresh / organic fruits and vegetables
- Binders
  1. [Takesumi Supreme](#)
  2. [TrueCarbon Cleanse](#)
  3. [Modified Citrus Pectin](#)
  4. [ZeoBind \(Zeolite\)](#)



- [Organic Psyllium Husk Powder](#)
- [ZenCleans ONE](#) - Intestinal Cleansing Kit (use code “detoxdudes” for a discount)
- [Cheap colander](#) & chopsticks

## TOTAL COST:

Anywhere from \$500-1000 USD - and that's if you have none of the things on the list. However, you may already have a juicer, enema bag, sea salt, and a few other things lying around the house. You can also look for people selling things like juicers online (eg craigslist.com). People often buy them thinking they will get healthy, then never use them.

Also remember that you will not be spending a penny on any other food during these 5 days. It may not be that much more than you typically spend on your food in a week. Investing in these products (especially the juicer), will also make future cleanses far cheaper.

## THE DAY BEFORE YOU BEGIN

The night before the cleanse begins, take 3 magnesium citrate capsules. This will help stimulate a good bowel movement the following morning.



# Day 1: Getting Into The Routine.

## Morning Bowel Movement

If you do not have a smooth, large, and easy-to-pass bowel movement (BM) this day (from the magnesium citrate), increase to 4-5 capsules per night for the rest of the cleanse. You want to find the right dosage that will give you smooth BM without becoming completely watery.

## Morning Binders

Wake up and take a binder cocktail. Mix the following ingredients into 10-16 oz of distilled water and shake vigorously. It's ideal to use a glass jar because binders will pull on things like plastic and metal. The drink should feel slightly thick, but not like jello. Adjust the amount of water or psyllium fiber to get the right consistency.

## NOTE:

You can also use a blender to mix them. Generally, you don't want binders touching metal, but for this sort of time, it should be okay - and may save you from manually breaking apart any clumps that are formed. You should avoid ingesting dry clumps of binders.

Another tip if the binders clump up a bit in water is to shake it vigorously for a minute, then let sit for 3-5 minutes. Most of the clumps will evenly dissolve in the water when you shake it again.

- 1 teaspoon of ZeoBind
- 2-3 scoops of Takesumi Supreme
- 4 capsules of Carbon Cleanse
- 6 capsules of modified citrus pectin
- 1 teaspoon of psyllium husk powder (always powder never whole husks)

## Checklist:

- Upon waking - Binder cocktail
- Unlimited juices and distilled water throughout the day
- 2 hours before bed - another binder cocktail
- At bedtime - 3-4 magnesium citrate (at least one hour after binders)



Binders are one of the “secret sauces” of the Detox Dudes. Josh was using them long before they became more popular among alternative health practitioners. negatively charged and highly porous substances (some natural, some man-made) that go into your intestines and act as a “magical vacuum” sucking up all the positively charged pollutants. Most toxins (heavy metals, pesticides, plastics etc.) have a positive charge. Binders help to reduce inflammation in the gut caused by free floating toxins, limit herxheimer reactions, and also helps to remove mucoid plaque from the body.

Do not drink any juice for 40-60 minutes after taking a binder cocktail. Otherwise some of the nutrients and minerals will be neutralized/absorbed by the binders.

## Juices.

During day 1 (and all other days except for day 3) you can drink unlimited juices. The lowest the ratio of vegetables to fruit should be 4:1. Meaning, you want  $\frac{1}{4}$  fruit juice (or less) and  $\frac{3}{4}$  vegetable juice.

If you are purchasing juice, see if you can ask for custom orders. Worst case scenario if the juice market is not offering custom orders, and only has highly sweetened fruit juices, it is still better than not having juice and the cleanse will still be successful.

The minimum amount of juice you want to be having is 32oz per day. And you should be drinking at least 130 oz of total fluids per day. Some people find that juices are too concentrated. It helps to cut your juices with water ( $\frac{1}{2}$  juice  $\frac{1}{2}$  water) to make them last all day and provide more consistent nourishment.



## Water.

For the long term, drinking distilled water out of plastic bottles is not ideal, fine for this cleanse. It is superior to spring water or filtered water for this cleanse because it is negatively charged, attracts pollutants, and helps cleanse the body of inorganic waste.

### NOTE:

If you want to get a water distiller at some point (incredible investment for your home) then use this [link](#). Get the countertop water distiller and use code 'detoxdudes' for 5% off.



## EVENING BINDERS

In the evening (1 hour after last juice, but at least one hour before bed/bowel stimulant), take another binder cocktail.

## EVENING BOWEL STIMULANT

!! Important !!

Daily bowel movements are critical in this process. (It's actually super important all the time.) The binder cocktails may have a constipating effect. So taking a good dose of bowel stimulant is key to helping this process. Take 3-4 magnesium citrate capsules right before bed, at least an hour after the binder cocktail.

## ADDITIONAL TIPS

- ☑ Drink your juices slowly. Do not chug them. You should be taking a few big sips every few minutes, and it should take you at least 15 minutes to finish a juice. Chugging juices will cause bloating.
- ☑ Excellent vegetables/fruits to juice are:
  - Lemon, grapefruit, orange, cucumber, celery, kale, spinach, carrot, beet, green apple, turmeric, ginger
  - In season, local produce is a bonus!
- ☑ Don't mix too many flavors into one juice. It will taste awful and make the cleanse more difficult. Some simple recipes are:
  - Carrot, grapefruit (or orange), ginger (or turmeric)
  - Green apple, beet, cucumber, ginger (or turmeric)
  - Celery, Lemon, spinach (or kale), ginger (or turmeric)
  - Experiment with your own.
- ☑ Turmeric, ginger, and garlic will drastically alter the taste of juices. Be mindful of this when choosing your recipes.
- ☑ You can also have unlimited bone broth, vegetable broth, and teas during this fast. (no caffeinated teas or coffee). So if you are craving something warm, then you have plenty of options.





# Day 2: Salt Water Flush Day.

## Salt Water Flush

For instruction on how to do this, [refer to this blog post/video](#). The SWF is a method of sending a large volume of water through the GI and out the colon (vs the kidneys and urine). This is an amazing colon and GI cleansing modality that literally flushes the entire GI tract and removes a lot of old fecal matter.

## Tips

- Make sure you have at least 2 hours available near a toilet for this. Do not attempt to go out. The urge to go will likely be very strong.
- Do not trust a fart for at least 3 hours. It likely is not gas, but liquid.
- Try to consume the solution within 10-15 minutes. If you take too long, it can just absorb into the body and make you thirsty.
- Conversely, don't chug the salt water either. It can make you throw up.
- Add a little apple cider vinegar or lemon juice for taste.
- Salt-water flushes can cause bizarre symptoms ranging from old emotions coming back up, to euphoria, to exhaustion. The whole spectrum is possible here and I suggest resting for most of the day, preferably out in nature after the salt-flush.

## Checklist:

- Upon waking - Binder cocktail
- Salt Water Flush (45-60 minutes after binders)
- Unlimited juices and distilled water throughout the day
- 2 hours before bed - binder cocktail
- Prep your kitchen/house for the Zen Cleanz tomorrow. Read over the instructions and look over the supplies.
- At bedtime - 2-4 magnesium citrate (at least one hour after binders)



## THE REST OF THE DAY

Drink unlimited juice, distilled water, broths, and teas.

In the evening (1 hour away from juices), take another binder cocktail.

Take 2-4 magnesium citrate at night before bed, at least an hour after the binder cocktail. It's better to err on the side of taking more than less, but keep working on determining how much is the ideal dosage for you.



## Day 3: ZenCleans ONE - Intestinal.

### Checklist:

- Consume nothing but water and the contents of the ZenCleans ONE box per the instructions all day.
- Set alarms on your watch or phone for each of the events of the day. (There are a lot)
- Make sure you have your colander, gloves or chopsticks handy for tomorrow.
- Join the ZenCleans Telegram support chat. (Instructions included in the package)



### THE ZEN CLEANS

The Zen Cleans 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 optimal nutrient absorption and creates fertile ground for other pathogens.

Most people have epic results from this cleanse. However, there are some people who should NOT 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. If this is you, simply substitute Day 1 for Day 3.

### 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.
- Some people release the day of the cleanse. Most release the following day. It helps to have gloves, chopsticks, and a cheap colander handy to see what comes out of you. It's disgusting, but worth it. You will be amazed at what is released. You can get more info about what comes out at the [analysis link on their website](#).
- 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 4: ZenCleans Release Day.

### Checklist:

- Complete ZenCleans ONE by finishing any product as instructed
- NO binder cocktail in the morning
- Plenty of juices, broths, teas all day (especially the morning)
- Prep your bathroom with a colander
- [Analyze what is eliminated using the guide from ZenCleans](#)
- Review the coffee enema notes for Day 5. Prep as necessary
- 2 hours before bed - binder cocktail
- At bedtime - 2-4 magnesium citrate (at least one hour after binders)

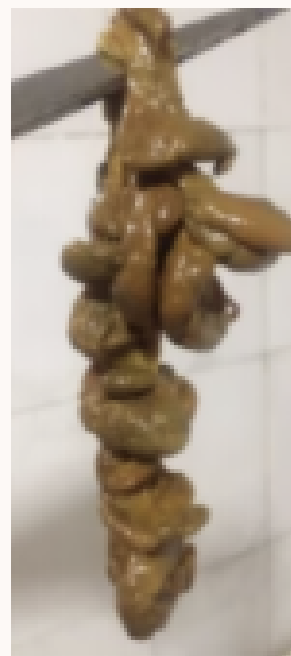
### RELEASE DAY NOTES:

You won't be doing a binder cocktail this morning. Finish the last part of the ZenCleans and then proceed with juices, broths, teas for the rest of the day. Warm liquids throughout the morning will help with the release process.

It's totally normal to feel a little groggy or unwell in the morning. You will likely feel better once you start passing the mucoid plaque. You will likely begin releasing stool / plaque around midday.

Using a colander to inspect your stool is highly encouraged. 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.

Take note of how you feel. Relax and prepare for Day 5. If you've never done a coffee enema, you may want to read ahead on this document to make sure you have an idea what is involved.



# Day 5: Coffee Enema / Final Day.

## Coffee Enemas

If you are feeling overly drained from the previous 4 days, the coffee enema is not required. However, it is an amazing modality that gets my clients very notable results in their health. It will also help irrigate the colon and remove any leftover items from the ZenCleans.

Coffee enemas are best accomplished following your morning bowel movement. If you do it before then, it will just provoke a bowel movement and the enema will be over. Enemas for the purpose of provoking BMs are fine, but we are accomplishing

something more therapeutic here. The coffee helps stimulate the liver via the portal vein.

In the future, you can experiment with including additional supplements/herbs in the mixture. However, that is not necessary for this cleanse. Just use the coffee solution if this is your first time. Alternatively, you can just use warm water with a half teaspoon of sea salt.

## NOTES:

Remember to always use purified water for enemas. Never use tap water.

To find full instructions on how to do a coffee enema, [refer to this blog post/video on our website.](#)

### Checklist:

- Binder cocktail in the morning
- Unlimited juices, broths, teas all day
- Coffee enema sometime after morning bowel movements
- 2 hours before bed - binders
- At bedtime - 2-4 magnesium citrate (at least one hour after binders)



## Day 6: Breaking the fast.

**!! Important !! Do not skip this step.**

After the fast, some people can feel extremely drained (until they break the fast), some can be euphoric, energized, and activated. Some can have absolutely no appetite for food and others may be famished.

The most important thing to note is that you must break the fast mindfully. The longer the fast, the more important it is to break it mindfully. People have actually injured or even died after breaking extended fasts incorrectly. The digestive system is going to be waking up from an epic nap and you do not want to just throw a steak or cheeseburger down there.

There is also an energetic component to breaking a fast. Sometimes, with very long fasts, breaking it can be an emotional experience. Just holding or smelling food again after 5-10 days can create intense sensations, emotions, and can even give you an energy boost. It's important to fully experience this and express gratitude and appreciation for the food that we normally take for granted. It is important to congratulate yourself after the fast for a job well done, even if you didn't follow the rules exactly. This feeling of rewarding yourself after some days of not eating will feel very good and very natural.

The way to break a fast properly is to start with some fruit, like melons. Most melons contain all the enzymes needed for digestion and pass right through to the small intestine.



For example, start with a small plate of watermelon, papaya, or both together. If you are tempted to eat an entire watermelon or papaya in your first sitting, do NOT. Eat a small amount, and then an hour later eat a little more. Then an hour later you can have some more. Etc.

In the afternoon of your first day of breaking your fast, you can start with some more substantial foods. Some fermented foods like sauerkraut can be a good option. Other

good things to have that afternoon would be a cooked vegetable soup (small portions only), or a raw vegetable salad (spinach, avocado, and any other cooked/raw vegetables that you like. Don't eat dense or starchy vegetables raw (carrots, turnips, etc).

The day after you break your first, you should have a similar diet as the break-fast day. However, you can increase the volume. Just don't overdo it. Additional vegetable soups would be great.

You can resume your "normal" diet on the 3rd day. However, I really hope that this experience redefines what you consider a "normal" diet.

## Miscellaneous tips.

- ✓ Try to take a good walk every day outside. It will help with the process and even sleep.
- ✓ If you have trouble sleeping, try walking outside barefoot and looking up at the sky. Sometimes even sleeping outside is a great option if you feel super ungrounded. You can also [try 1-2 sprays of this melatonin](#). Another option is taking [Dragon Bone](#).
- ✓ If you urinate frequently at night (you may during this fast), it is best to cut off juices/water around 6pm. Also, putting sea salt in your water and juices will help keep water in your body..
- ✓ Men should not ejaculate during this cleanse. Holding this energy will give a big boost to your healing journey. And vice versa. Watch [this video](#) for more.
- ✓ Sauna, mineral hot springs, acupuncture, and chiropractic during this cleanse are amazing. Same goes for acupuncture and chiropractic. Sauna only if you are not too drained.
- ✓ If the cleanse becomes overwhelmingly hard due to hunger, try having a few scoops of protein powder in a juice or water before giving up.
- ✓ If this experience changes your perspective on food and health, consider diving deeper with us at the [Detox Dudes](#). We go way deeper into things like liver cleansing, parasite elimination, heavy metal detox, and energetic wellness.

