

PETER SHANE'S
FIVE DAY KIDNEY BLADDER DETOX FAST

Day of Week: _____

START FAST

DAY 1

**** IMPORTANT: Visit PeterShane.com before doing this fast ****

- 7:00 AM Brush teeth/gums/tongue as soon as you get up
 Drink 16-24 oz. purified water

8:00 AM KIDNEY BLADDER MORNING FLUSH:

- Drink Kidney Bladder Morning Flush. How to make flush:
COMBINE IN A BLENDER:
1 Organic lemon
1-2" Fresh ginger root
3-10 Drops cayenne tincture
1 Large clove garlic
1/2"-1" Organic turmeric root (optional)
ADD enough Purified water to reach the 24 oz. mark on the blender container.
BLEND all ingredients, then STRAIN through a fine mesh strainer and then drink.

8:30 AM KIDNEY BLADDER TEA & TONICS:

- Drink 8-16 oz. Kidney Bladder tea.
Drink these tonics together. Mix into Kidney Bladder Tea or into 8 oz. of water
 Drink 4 dropperfuls Kidney Bladder Tonic
 Drink 4 dropperfuls Detox Tonic
 Drink 2 dropperfuls Echinacea (optional)
 Sit, rest and stay close to a bathroom for the next 30-45 minutes.

- 9:30 AM Eat soft fresh fruit (CHEW! Chew, chew.) Take 2 tablespoons EFA oil. (optional)
NO MORE FRUIT OR FRUIT JUICE TODAY!

- 12:00 PM Eat a raw vegetable salad tossed with:
Olive oil, lemon juice and sprinkle 1-2 tablespoons Superfood on top. CHEW! Chew, chew.

1:00 PM KIDNEY BLADDER TEA & TONICS. (SEE: 8:30 AM program)

- 4:00 PM Eat a raw vegetable salad tossed with:
Olive oil, lemon juice and sprinkle 1-2 tablespoons Superfood on top. CHEW! Chew, chew.

- 4:30 PM If necessary, take Eliminator with 24-32 oz. of water to ensure free flowing bowels. (optional)
It is VERY IMPORTANT that you are not constipated before you continue with this fast.
**** IMPORTANT: For more information go to PeterShane.com ****

- 6:00 PM Drink 8-16 oz. Fresh vegetable juice. GREENS CLEAN!
No more solid food. If you are hungry, drink purified water!

7:00 PM KIDNEY BLADDER TEA & TONICS. (SEE: 8:30 AM program)

If you are hungry, drink purified water!

Remember to start preparing your Potassium Broth for tomorrow afternoon!

Drink as much water as your body needs throughout the day.
If you feel hungry, drink more purified water.

For more fasting information, visit www.PeterShane.com or www.Herbwell.com

These statements have not been evaluated or approved by the Food and Drug Administration.

These products are not intended to diagnose, treat, cure or prevent any disease.

PETER SHANE'S
FIVE DAY KIDNEY BLADDER DETOX FAST

Day of Week: _____ LIQUIDS ONLY

DAY 2

**** IMPORTANT: Visit PeterShane.com before doing this fast ****

7:00 AM Brush teeth/gums/tongue as soon as you get up

Drink 16-24 oz. purified water

8:00 AM **KIDNEY BLADDER MORNING FLUSH:**

Drink Kidney Bladder Morning Flush. How to make flush:

COMBINE IN A BLENDER:

1 Organic lemon

1-2" Fresh ginger root

3-10 Drops cayenne tincture

2-3 Large cloves garlic

1/2"-1" Organic turmeric root (optional)

ADD enough Purified water to reach the 24 oz. mark on the blender container.

BLEND all ingredients, then STRAIN through a fine mesh strainer and then drink.

8:30 AM **KIDNEY BLADDER TEA & TONICS:**

Drink 8-16 oz. Kidney Bladder tea

Drink these tonics together. Mix into Kidney Bladder Tea or into 8 oz. of water

Drink 4 dropperfuls Kidney Bladder Tonic

Drink 4 dropperfuls Detox Tonic

Drink 2 dropperfuls Echinacea (optional)

Sit, rest and stay close to a bathroom for the next 30-45 minutes.

9:30 AM Drink 2 tablespoons EFA oil (optional)

Drink 8-16 oz. Fresh fruit juice, mixed with 2 tablespoons Superfood.

NO MORE FRUIT JUICE TODAY!

10:30 AM Additional Routines to sweat out toxins for 1 hour. (SEE: PeterShane.com for suggestions)

12:00 PM Drink 8-16 oz. Fresh vegetable juice. GREENS CLEAN!

2:00 PM Drink 16 oz. Potassium broth (SEE: [Fast PeterShane.com](http://FastPeterShane.com) for recipe)

4:00 PM **KIDNEY BLADDER TEA & TONICS (SEE: 8:30 AM program)**

Take enough Eliminator to ensure free flowing bowels, if necessary. (optional)

**** IMPORTANT: Read PeterShane.com/ (fasting section) ****

5:00 PM Drink 1 Tablespoon GI Sweep, shaken with at least 16 oz. of purified water. (optional)

Immediately drink an ADDITIONAL 16 oz. water, to rinse your throat of the GI Sweep

6:00 PM Drink 8-16 oz. Fresh vegetable juice. GREENS CLEAN!

7:00 PM **KIDNEY BLADDER TEA & TONICS (SEE: 8:30 AM program)**

8:00 PM Stretch and do deep breathing for 15-20 minutes. Optional. (SEE: PeterShane.com)

Yes, YOU can do this!

PETER SHANE'S
FIVE DAY KIDNEY BLADDER DETOX FAST

Day of Week: _____ LIQUIDS ONLY

DAY 3

**** IMPORTANT: Visit PeterShane.com before doing this fast ****

7:00 AM Brush teeth/gums/tongue as soon as you get up

Drink 16-24 oz. purified water

8:00 AM **KIDNEY BLADDER MORNING FLUSH:**

Drink Kidney Bladder Morning Flush. How to make flush:

COMBINE IN A BLENDER:

1 Organic lemon

1-2" Fresh ginger root

3-10 Drops cayenne tincture

2-3 Large cloves garlic

1/2"-1" Organic turmeric root (optional)

ADD enough Purified water to reach the 24 oz. mark on the blender container.

BLEND all ingredients, then STRAIN through a fine mesh strainer and then drink.

8:30 AM **KIDNEY BLADDER TEA & TONICS:**

Drink 8-16 oz. Kidney Bladder tea

Drink these tonics together. Mix into Kidney Bladder Tea or into 8 oz. of water

Drink 4 dropperfuls Kidney Bladder Tonic

Drink 4 dropperfuls Detox Tonic

Drink 2 dropperfuls Echinacea (optional)

Sit, rest and stay close to a bathroom for the next 30-45 minutes.

9:30 AM Drink 2 tablespoons EFA oil (optional)

Drink 8-16 oz. Fresh fruit juice, mixed with 2 tablespoons Superfood.

NO MORE FRUIT JUICE TODAY!

10:30 AM Additional Routines to sweat out toxins for 1 hour. (SEE: PeterShane.com for suggestions)

12:00 PM Drink 8-16 oz. Fresh vegetable juice. GREENS CLEAN!

2:00 PM Drink 16 oz. Potassium broth (SEE: [Fast PeterShane.com](http://FastPeterShane.com) for recipe)

4:00 PM **KIDNEY BLADDER TEA & TONICS (SEE: 8:30 AM program)**

Take enough Eliminator to ensure free flowing bowels, if necessary. (optional)

**** IMPORTANT: Read PeterShane.com/ (fasting section) ****

5:00 PM Drink 1 Tablespoon GI Sweep, shaken with at least 16 oz. of purified water. (optional)

Immediately drink an ADDITIONAL 16 oz. water, to rinse your throat of the GI Sweep

6:00 PM Drink 8-16 oz. Fresh vegetable juice. GREENS CLEAN!

7:00 PM **KIDNEY BLADDER TEA & TONICS (SEE: 8:30 AM program)**

8:00 PM Stretch and do deep breathing for 15-20 minutes. Optional. (SEE: PeterShane.com)

Yes, YOU can do this!

PETER SHANE'S
FIVE DAY KIDNEY BLADDER DETOX FAST

Day of Week: _____ LIQUIDS ONLY

DAY 4

**** IMPORTANT: Visit PeterShane.com before doing this fast ****

7:00 AM Brush teeth/gums/tongue as soon as you get up

Drink 16-24 oz. purified water

8:00 AM **KIDNEY BLADDER MORNING FLUSH:**

Drink Kidney Bladder Morning Flush. How to make flush:

COMBINE IN A BLENDER:

1 Organic lemon

1-2" Fresh ginger root

3-10 Drops cayenne tincture

2-3 Large cloves garlic

1/2"-1" Organic turmeric root (optional)

ADD enough Purified water to reach the 24 oz. mark on the blender container.

BLEND all ingredients, then STRAIN through a fine mesh strainer and then drink.

8:30 AM **KIDNEY BLADDER TEA & TONICS:**

Drink 8-16 oz. Kidney Bladder tea

Drink these tonics together. Mix into Kidney Bladder Tea or into 8 oz. of water

Drink 4 dropperfuls Kidney Bladder Tonic

Drink 4 dropperfuls Detox Tonic

Drink 2 dropperfuls Echinacea (optional)

Sit, rest and stay close to a bathroom for the next 30-45 minutes.

9:30 AM Drink 2 tablespoons EFA oil (optional)

Drink 8-16 oz. Fresh fruit juice, mixed with 2 tablespoons Superfood.

NO MORE FRUIT JUICE TODAY!

10:30 AM Additional Routines to sweat out toxins for 1 hour. (SEE: PeterShane.com for suggestions)

12:00 PM Drink 8-16 oz. Fresh vegetable juice. GREENS CLEAN!

2:00 PM Drink 16 oz. Potassium broth (SEE: [Fast PeterShane.com](http://FastPeterShane.com) for recipe)

4:00 PM **KIDNEY BLADDER TEA & TONICS (SEE: 8:30 AM program)**

Take enough Eliminator to ensure free flowing bowels, if necessary. (optional)

**** IMPORTANT: Read PeterShane.com/ (fasting section) ****

5:00 PM Drink 1 Tablespoon GI Sweep, shaken with at least 16 oz. of purified water. (optional)

Immediately drink an ADDITIONAL 16 oz. water, to rinse your throat of the GI Sweep

6:00 PM Drink 8-16 oz. Fresh vegetable juice. GREENS CLEAN!

7:00 PM **KIDNEY BLADDER TEA & TONICS (SEE: 8:30 AM program)**

8:00 PM Stretch and do deep breathing for 15-20 minutes. Optional. (SEE: PeterShane.com)

Yes, YOU can do this!

PETER SHANE'S
FIVE DAY KIDNEY BLADDER DETOX FAST

Last day of Fast!

DAY 5

**** IMPORTANT: Visit PeterShane.com before doing this fast ****

7:00 AM Brush teeth/gums/tongue as soon as you get up

Drink 16-24 oz. purified water

8:00 AM **KIDNEY BLADDER MORNING DETOX FLUSH:**

Drink Kidney Bladder Morning Detox Flush. How to make flush:

COMBINE IN A BLENDER:

1 Organic lemon

1-2" Fresh ginger root

3-10 Drops cayenne tincture

2-3 Large cloves garlic

1/2"-1" Organic turmeric root (optional)

ADD enough Purified water to reach the 24 oz. mark on the blender container.

BLEND all ingredients, then STRAIN through a fine mesh strainer and then drink.

8:30 AM **KIDNEY BLADDER TEA & TONICS:**

Drink 8-16 oz. Kidney Bladder tea.

Drink these tonics together. Mix into Kidney Bladder Tea or into 8 oz. of water

Drink 4 dropperfuls Kidney Bladder Tonic

Drink 4 dropperfuls Detox Tonic

Drink 2 dropperfuls Echinacea (optional)

Sit, relax and stay close to a bathroom for the next 30-45 minutes.

9:00 AM Eat soft fresh fruit (CHEW! Chew, chew.)

Take 2 tablespoons Superfood and 2 tablespoons EFA oil. (optional)

10:00 AM Additional Routines to sweat out toxins for 1 hour. (SEE: PeterShane.com for suggestions)

11:30 AM Drink 8-16 oz. Fresh vegetable juice. GREENS CLEAN!

12:30 PM **KIDNEY BLADDER TEA & TONICS. (SEE: 8:30 AM program)**

2:00 PM Eat a small raw vegetable salad tossed with olive oil, lemon juice and sprinkle 1-2 tablespoons Superfood on top. CHEW! Chew, chew. Eat only until 50-75% full.

5:00 PM Eat a raw vegetable salad with a light protein (i.e. tofu). CHEW! Chew, chew.

6:30 PM **KIDNEY BLADDER TEA & TONICS. (SEE: 8:30 AM program)**

For the next 3-5 days, you will continue to detoxify a little. Be sure you:

Take probiotics at bedtime and continue to take them for an additional 3-5 days.

Continue to eat raw salads and soft foods to help your digestive system re-start itself.

Continue to drink 16-24 oz. fresh vegetable juice daily for an additional 3-5 days.

Continue taking the Kidney Bladder Tonic and Detox Tonic until each bottle is finished.

Take up to 4 dropperfuls, 3 times per day in water or your favorite juice. (Optional)

YES! CONGRATULATIONS - You made it!