

PETER SHANE'S ULTIMATE KIDNEY-BLADDER
DETOX FAST FIVE DAY PROGRAM

ORDER FROM HERBWELL.COM

Kidney-Bladder Detox Kit:

1 bottle	Kidney-Bladder Detox Tonic
1 bag	Kidney-Bladder Tea
1 bottle	Detox Tonic
1 bottle	Cayenne Tonic

Optional Products:

1 bottle	Eliminator
1 Jar	GI Sweep
1 Jar	Superfood
1 bottle	Echinacea Tonic

SHOPPING LIST

Organic is always best!

NEEDED FOR DETOX DRINK & POTASSIUM BROTH

5	Lemons
3 bulbs	Garlic
8-10" (approx.)	Ginger root
10	Potatoes
2 lbs.	Carrots
2	Onions
2	Leeks
2 bunches	Celery
2 bunches	Dark greens (i.e. - spinach, kale, dandelion, etc.)
2	Habaneros
1 bottle	High Quality Essential Fatty Acid Oil (EFA Oil) (optional) (i.e. - salmon, flax/hemp seed, olive oil, etc.)
1 bottle	High Quality Probiotics/Acidophilus (optional) Bragg Liquid Aminos (optional) Purified or distilled water - Distilled water is best only while fasting, as it helps pull out toxins better than regular water.

NEEDED FOR JUICES

Enough fruits for 36 oz. of juice

RECOMMENDED FRUIT: apple, pear, grape

Enough vegetables for approx. 1-1.5 gallons of juice

RECOMMENDED VEGETABLES: carrot, celery, lemon, parsley, spinach, cucumber, romaine
lettuce, dandelion greens, beet & beet tops, alfalfa, radish & radish leaves, kale, wheatgrass

Greens clean!

Important Note: If needed, you can add an apple to the juice to sweeten it. Only use up to two
apples per 24 oz. of vegetable juice.

SEE: PeterShane.com for more juicing recipes, potassium broth recipe, ideas and tips.

ADDITIONAL HELPFUL ITEMS TO HAVE ON HAND:

Dry Skin Brush/Loofah/rough washcloth

Chapstick

Silicone enema bag that turns into a hot-water bottle (optional)

Castor oil -for external use on stomach (optional)

Juicer

Blender

2-2.5 gallon pot or pressure cooker for the potassium broth

5qt/5L **Glass** or stainless-steel covered pot for the tea (avoid aluminum, if possible)

(Vision cookware is recommended)

Wood/plastic spoons

Sealable drinking glasses for water, tea, juices and mixing GI Sweep

(i.e. - Mason jars)

Peter Shane's exercise videos, such as beginner Qi Gong

Warm, natural fiber blanket

Comfortable natural fiber clothes

For more information, see Peter Shane's fasting video on PeterShane.com