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A realignment of body and mind is often required at the beginning of the healing journey. The Healer Medium's Original 3:6:9 Cleanse offers natural detoxification, tested and approved by thousands for its transformative effects on health and vitality. In this article we will present you with a sample menu selected by Anthony William, tailored to each phase of the Original 3:6:9 Cleanse to support the body's natural ability to heal and thrive. From refreshing juices to hearty soups and vibrant salads, each recipe is carefully crafted to support your body's detoxification process while providing essential nutrients. Whether you are a beginner or experienced with these healing protocols, this menu will guide you through the path of cleansing, recipe by recipe. For your convenience, each recipe is linked to the published article on our blog so that you have the complete list of products and all the important steps to prepare it. ORIGINAL PURIFICATION 3:6:9: THE THREE DAY 1 AFTER WAKE UP 500 ml. water with lemon or lime . BEFORE BREAKFAST (at least 15 to 30 minutes later) 500 ml. celery stalk juice . BREAKFAST (at least 15 to 30 minutes later) Oatmeal from raw apples and bananas . LATE BREAKFAST Optional, if you're hungry: an apple or applesauce . LUNCH Potato salad + Steamed zucchini . AFTERNOON BREAKFAST (one to two hours after lunch) One to two apples or applesauce with one to two dates. DINNER Stew of sweet potatoes and zucchini + Salad of green leafy vegetables . ONE HOUR BEFORE BED Apple or applesauce (if you are hungry) + 500 ml. lemon or lime water + hibiscus tea. DAY 2 AFTER WAKE UP 500 ml. water with lemon or lime . BEFORE BREAKFAST (at least 15 to 30 minutes later) 500 ml. celery stalk juice . BREAKFAST (at least 15 to 30 minutes later) Smoothie with pitaya (dragon fruit) . LATE BREAKFAST One to two apples or applesauce . LUNCH Salad of tomatoes, cucumbers and fresh herbs + Steamed zucchini . AFTERNOON BREAKFAST (one to two hours after lunch) One to two apples or applesauce with one to two dates. DINNER Cream soup with broccoli + Salad of green leafy vegetables . ONE HOUR BEFORE BED Apple or applesauce (if you are hungry) + 500 ml. lemon or lime water + hibiscus tea. ORIGINAL PURIFICATION 3:6:9: THE SIX DAY 4 AFTER WAKE UP 500 ml. water with lemon or lime . BEFORE BREAKFAST (at least 15 to 30 minutes later) 500 ml. celery stalk juice . BREAKFAST (at least 15 to 30 minutes later) Liver Help Smoothie . LATE BREAKFAST Optional if hungry: Liver Help Smoothie or Heavy Metal Detox Smoothie . LUNCH Steamed asparagus + "Help for the liver" salad . AFTERNOON BREAKFAST (one to two hours after lunch) Raw apple muffins + celery stalks. DINNER Asparagus soup + Salad "Help for the liver" . ONE HOUR BEFORE BED Apple or applesauce (if you are hungry) + 500 ml. lemon or lime water + chaga tea. DAY 5 AFTER WAKE UP 500 ml. water with lemon or lime . BEFORE BREAKFAST (at least 15 to 30 minutes later) 500 ml. celery stalk juice . BREAKFAST (at least 15 to 30 minutes later) Liver Help Smoothie . LATE BREAKFAST Optional if hungry: Liver Help Smoothie or Heavy Metal Detox Smoothie . LUNCH Steamed asparagus + "Help for the liver" salad . AFTERNOON BREAKFAST (one to two hours after lunch) Apple pie filling + celery stalks. DINNER Steamed Brussels sprouts + Liver Help Salad . ONE HOUR BEFORE BED Apple or applesauce (if you are hungry) + 500 ml. lemon or lime water + chaga tea. DAY 6 AFTER WAKE UP 500 ml. water with lemon or lime . BEFORE BREAKFAST (at least 15 to 30 minutes later) 500 ml. celery stalk juice . BREAKFAST (at least 15 to 30 minutes later) Liver Help Smoothie . LATE BREAKFAST Optional if hungry: Liver Help Smoothie or Heavy Metal Detox Smoothie . LUNCH Salad of Brussels sprouts, asparagus, okishes and apple or Steamed Asparagus + Steamed Brussels sprouts + Liver Helper Salad . AFTERNOON BREAKFAST (one to two hours after lunch) Dates stuffed with apple and cinnamon + celery stalks. DINNER Steamed Brussels sprouts + Liver Help Salad . ONE HOUR BEFORE BED Apple or applesauce (if you are hungry) + 500 ml. lemon or lime water + chaga tea. ORIGINAL PURIFICATION 3:6:9: THE NINE DAY 7 AFTER WAKE UP 500 ml. water with lemon or lime . BEFORE BREAKFAST (at least 15 to 30 minutes later) 500 ml. celery stalk juice . BREAKFAST (at least 15 to 30 minutes later) Liver Help Smoothie . LATE BREAKFAST Optional if hungry: Liver Help Smoothie or Heavy Metal Detox Smoothie . LUNCH Spinach soup . AFTERNOON BREAKFAST (one to two hours after lunch) 500 ml. celery stalk juice + (at least 15 to 30 minutes later) apples, fresh cucumber and celery stalk. DINNER Pumpkin noodles + "Help for the liver" salad (optional). ONE HOUR BEFORE BED Apple or applesauce (if you are hungry) + 500 ml. lemon or lime water + lemon balm tea. DAY 8 AFTER WAKE UP 500 ml. water with lemon or lime . BEFORE BREAKFAST (at least 15 to 30 minutes later) 500 ml. celery stalk juice . BREAKFAST (at least 15 to 30 minutes later) Liver Help Smoothie . LATE BREAKFAST Optional if hungry: Liver Help Smoothie or Heavy Metal Detox Smoothie . LUNCH Spinach soup . AFTERNOON BREAKFAST (one to two hours after lunch) 500 ml. celery stalk juice + (at least 15 to 30 minutes later) apples, fresh cucumber and celery stalk. DINNER Steamed Asparagus + Steamed Brussels Sprouts + Liver Help Salad (optional). ONE HOUR BEFORE BED Apple or applesauce (if you are hungry) + 500 ml. lemon or lime water + lemon balm tea. DAY 9 AFTER WAKE UP 500 ml. water with lemon or lime . FROM BREAKFAST TO DINNER During the day: two servings of celery stem juice 500-600 ml. (one in the morning and one in the early evening) + two portions of cucumber juice 500-600 ml. (any time) + melon smoothie or papaya pudding, or pear puree, or watermelon juice, or freshly squeezed orange juice + water (optional). ONE HOUR BEFORE BED 500 ml. lemon or lime water + lemon balm tea. ORIGINAL CLEANING 3:6:9 - WHAT NOT TO FORGET WHAT TO EAT AND DRINK Eat portions that are right for you and don't wait until you're starving. But don't force yourself to eat either. Stick to the foods listed in the recipes above and to the cleansing recommendations in the article "Healer Medium's Original 3:6:9 Cleanse." If you like animal products, consume no more than one serving per day of pure organic meat from free-range or wild animals, sustainably caught fish (salmon, trout or sardines) - for dinner during the first 3 days. Stay well hydrated by drinking 1 liter of water daily (approximately 4 glasses) separately from your morning and evening lemon or lime water . You can also drink hot spicy apple juice or coconut water (no natural flavors). WHAT NOT TO EAT AND DRINK For the first three days, limit radical fats (nuts, seeds, oil, olives, coconut, avocados, animal proteins, etc.) - if you eat them at all - until dinner time, reducing your normal fat intake by at least 50 percent. For the rest of the cleanse, avoid radical fats entirely. Also skip legumes for all nine days. Avoid these foods entirely during the cleanse: eggs, dairy, gluten, soft drinks, salt and spices, pork, corn, oils (including industrial and healthy), soy, lamb, tuna, and all other fish and seafood (salmon, trout, and sardines are fine for dinner on days 1-3), vinegar (including apple cider vinegar), caffeine (including coffee, matcha, cocoa, and chocolate), grains (millet and oats are allowed on days 1 to 3), alcohol, natural/artificial flavors, fermented foods (including kombucha, sauerkraut, and coconut aminos), nutritional yeast, citric acid, monosodium glutamate (MSG), aspartame, other artificial sweeteners, formaldehyde, and preservatives. ADAPTATIONS AND SUBSTITUTES Follow the recipe instructions, substituting foods only as described in the Healer Medium 3:6:9 Cleanse Adaptations and Substitutions article. If you prefer simpler snacks or meals, see the main article "Healer Medium's Original 3:6:9 Cleanse" for general food guidelines. For example, instead of a dish like "Steamed Brussels Sprouts and Asparagus in Maple Cayenne Sauce," you can simply enjoy Steamed Brussels Sprouts or Steamed Asparagus . If you don't have access to fresh or frozen asparagus or Brussels sprouts, use steamed zucchini instead. Steam vegetables only or add them to soups and stews according to a purifying recipe. Avoid fried and baked foods for the entire nine days. If you don't have time to eat salads, don't like them, have a hard time chewing or have sensitive digestion, feel free to make Liver Help Soup instead of Liver Help Salad . If that seems too much to you, replace it with Liver Help Juice . If apples are a problem for you due to sensitivities, enjoy ripe pears instead. Additional guidelines for recipe adaptations and substitutions for the various products can be found in the main article "Original Healer Medium 3:6:9 Cleanse" as well as in the article "Healer Medium 3:6:9 Cleanse Adaptations and Substitutions" . Material from Anthony William - Medical Medium was used to create this article This blog, its content and all related materials are presented for informational purposes only and are not a substitute for medical advice, diagnosis, treatment or prescription. Nothing contained in or accessible from this blog should be considered medical advice, diagnosis, treatment or prescription, nor a promise of benefits, claim of cure, legal guarantee or guarantee of results to be achieved . Never disregard medical advice or delay seeking it because of something you read on this blog or any of the related materials. 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These links are provided as citations and aids to help you identify and find other Internet resources that may be of interest and are not intended to state or imply that Prirodnik EOOD or the lead author recommends, endorses, supports, sponsor or are in any way related or associated with any person or organization related to the referenced material or are legally authorized to use a trade name, registered trade trademark, logo, legal or official seal, or copyrighted symbol that may appear in the referenced material. Additional complications of dirty blood syndrome varicose veinsPeople with varicose veins often mockingly thank their ancestors for them. Because weve seen these dark, bulging blood vessels on the feet, ankles, legs (especially... Read more Additional complications of dirty blood syndrome Raynaud's syndromeMany people today suffer from Raynauds phenomenon. Symptoms include skin discoloration, sometimes accompanied by tingling and numbness, most often in the extremities. This is due... Read more Additional complications of dirty blood syndrome goutContaminated blood and gout go hand in hand, like a scarecrow in a cornfield, a kitchen knife in the process of cooking, or a horse... Read more Additional complications of dirty blood syndrome chronic inflammationInflammation can occur for two different reasons, and sometimes for both at the same time. The first reason is physical injury. You fall on the... Read more How ever difficult it was to do this shopping and get all the items in advance, after completing the cleanse, must say I LOVED IT! I went into deep detox for the last three days of the cleanse and even spontaneously stayed on it for one day longer!Ok but now, lets talk about what exactly the cleanse is, why I did it and what I experienced. Why do we need to help our liver cleanse from old toxins?If we want to make a difference on this earth, we need to be able to function. The problem is though, symptoms limit us. As Anthony Williams states in his book Liver Rescue, brain fog, fatigue, weight gain, Seasonal Affective Disorder (SAD), irritability, high blood pressure, high cholesterol, anxiousness, acne, bloating, constipation and many more, are very often signs of a liver calling out for help. When its supported, your liver has the ability to release and withhold at will. If you get cold, your liver will create heat to warm you; if you get hot, it will take on heat to cool you. If you run a marathon, your liver will release every bit of stored glucose to help you cross the finish line. If you drink too much water and dilute your blood composition, your liver will absorb the excess water like a sponge. If you breathe in cigarette smoke, your liver will absorb the smokes chemicals from your bloodstream. If you eat a 12-ounce steak with French fries and chocolate cake, your liver will process and break down those denatured omega-6s and trans fatty acids to protect you. If youre swimming in the ocean and a rogue wave starts taking you out to sea or a riptide pulls you under and wont let go, your liver will release its storage banks of adrenaline to give you superhuman strength and a chance at saving yourself. [Liver Rescue, Chapter 2: Your Adaptogenic Liver]] Envision your liver as a baleen whale and your blood as the ocean. If the ocean gets thick with sludge - think antibiotics, other medications, pesticides, fungicides, cleaning products, solvents, plastics, chronic dehydration, viral and bacterial waste matter, excess fat from unproductive foods, and more - its harder for that whale to pull in nourishment. Without ever getting a break, the whale can get sickly over time. It can become difficult for it to even come up for air. [Liver Rescue, Chapter 1: What Your Liver Does for You, paragraph: The Endangered Liver]. That is exactly the same case for your liver. And this is what your liver does for you: Processing fat and protecting the pancreas Glucose and glycogen storage Filtering and detoxifying harmful materials Screening and filtering blood Guarding you with its own personalized immune system Imagine - your liver is constantly doing this! It only takes some hours off during the night and if the job is not done, it even works over-hours! It doesnt even have the change to deal with all the toxins, our over-loaded world keeps throwing at us!A healthy liver is the ultimate de-stressor, the ultimate anti-aging ally, the ultimate safeguard against a threatening world. Its key to mental, emotional, physical, and spiritual well-being. After reading this, it was pretty clear for me, that I needed to do this cleanse. Not once, but several times. Here I am and I did it once. 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If it doesnt, make sure you order some powder in advance - I bought this pitaya powder from Amazon, as it is recommended by Anthony William.Buy several papayas in advance, so that they can ripen until you wanna use them, or do it like me - let them ripen in advance and freeze them in several portions to have them ready for the cleanse. If you can buy them fresh, they'll be ready in 2-3 days. The green ones that get moldy as they ripen will take 7-10 days. Buy sprouting equipment in advance, if you want to go with optional B of the Liver Rescue Smoothie , which I did. I bought all my equipment from sproutpeople.org (including seeds) - and am especially satisfied with their Easy Sprouter. Sprouting is easy and adds so much nutrition to you diet - its something you should keep up with also after the cleanse! Watch my Instagram highlight about sprouting if you want to know more.Make sure you have a powerful Blender available - I have a vitamix and my fiance and I love it so much! We couldnt wanna live without it anymore. I got a great deal for it at Groupon - so keep an eye out there for offers.Make sure you have a juicer available, best if a slow juicer, like the one I have: Kuvings Whole Slow Juicer. Or you can consider buying your juice fresh every morning at your local juice shop. Remember it should be freshly made to have its full potential. I actually got into the habit of making two 16 ounces worth juice one day and fill it in glass bottles to have it ready the next day. Like this you can save time and make your juice only every other day. I am sure it will still have enough nutrients (Anthony Williams doesnt agree here though). Make sure you have some sort of noodle spiralizer available - you need it for the spinach soup over cucumber noodles on days 7 & 8. I have this one!Be prepared that you may have days you dont feel well. Be compassionate with yourself. If symptoms are too much to handle, dont be afraid to stop the cleanse. 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