

AJ'S 7-DAY COLON CLEANSE

Did you know that you should be doing number 2's between two to four times per day? Did you also know that it shouldn't smell? Was that your jaw I just heard hitting the floor? It certainly was mine when I found this out!

Think of all the stuff you send through your intestines and colon! Then think of all the stuff that may still be in it! Scary huh? This week Andrew challenges you to commit to his 7-day, ten-point colon cleansing program.

Imagine how great you will feel after committing to the following 10 point plan:

1. Get up every morning and go straight to the bathroom, look in the mirror and say to yourself; ***"I feel cleansed, light and alive"***
 2. Eat a small amount of watermelon, cantaloupe or pineapple within 10 minutes of getting up, each day.
 3. Eat a healthy high fibre breakfast 15-20 minutes later, each day.
 4. Drink at least 2 litres of purified, filtered or bottled water each day (avoid tap water at all costs).
 5. Eat 2-3 pieces of fresh fruit each day.
 6. Eat 3-4 different coloured vegetables each day
 7. Have a freshly squeezed vegetable juice each day
 8. Eliminate wheat & gluten this entire week – eat only gluten free bread, pastas and grains (at all good health food shops)
 9. Avoid red meat this week and eat more fish, nuts & seeds
 10. Avoid all processed, high sugar, dairy and take away foods this week
- *Andrew would also recommend that you consider booking in for a Colonic cleansing session this week*

THE CHALLENGE:

This program is an all inclusive program. Andrew challenges you to discipline yourself for the 7 days and follow the program 100% and commit to the 10-point plan to the letter

So, take Andrew's advice and give this wonderful piece of furniture a workout this week:

