

## Shopping List for 7-Day Cleanse:

### From Dr. Hannan:

1. Cleanse protocol
2. Castor Oil Pack
3. Herbal Laxative Formula
4. Liver Detox Product (optional)
5. Multipure Water Filter (optional)

### Supplies:

1. Pure, filtered water (consider purchasing a water filter)
2. Enemas (optional)
3. Epsom salts (optional)
4. Juicer (optional)

### Groceries:

Fresh, preferably organic fruits (enough for breakfast 7 days)

Fresh, preferably organic veggies such as:

Loose leaf lettuce

Sprouts

Spinach

Green onions

Carrots

Celery

Collards, mustard greens, kale, swiss chard, and other greens

Beets

Parsnips

Brussels sprouts

Broccoli

Asparagus

Whole grain rye, oats, barley, brown or wild rice, or millet (for 3-5 cups, cooked)

For Bieler Broth: (for two bowls—multiply as needed for additional servings)

2 medium zucchini

handful of green beans

2 stocks celery

handful of fresh parsley

For Olive Oil “breakfast cocktails” (optional):

Extra virgin, cold pressed olive oil

Head fresh garlic

3 lemons

3 oranges (optional)

If making own juices:

Apples and/or carrots

Romaine, celery, and/or cucumber

Parsley, beets, red cabbage, spinach, and/or beet tops

Optional:

Fresh veggie juices

Green drink

Prune, apple, and or black cherry juice (100% juice, preferably organic)

Protein for day 7: lamb, fish, 2 eggs, raw milk, low-fat organic yogurt

Sea salt, preferably unrefined (for maintenance diet)