

# 3.6.9 Day Cleanse

## MEDICAL MEDIUM

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The Medical Medium 3:6:9 Cleanses offer you the opportunity to engage with the profound nature of cleaning and rejuvenating cells throughout the body, so you can have every opportunity to recover and heal. Over the 9 days of the cleanse, troublemakers that cause or contribute to illness such as pathogens, viral waste matter, old pharmaceuticals, petrochemicals, plastics, toxic heavy metals, and so much more are given the opportunity to finally be safely and effectively released from the body. This allows healing to occur that deepens every time you repeat the 3:6:9 Cleanse and use other Medical Medium healing tools and techniques.



### *Simplified*

6 DAY CLEANSE

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Start each day with 16 ounces of lemon water to flush your liver's accumulated waste from the night before out of your system. The rest of the day has been designed with options for consumption.

**DAYS 3-6**



### *Original*

3 DAY CLEANSE

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Start each day with 16 ounces of lemon water to flush your liver's accumulated waste from the night before out of your system. The rest of the day is at your own pace, so long as you follow the guidelines for days 1-3.

**DAYS 1-3**



### *Advanced*

9 DAY CLEANSE

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Start each day with 16 ounces of lemon water to flush your liver's accumulated waste from the night before out of your system. The rest of the day has been designed with options for consumption and increased water intake.

**DAYS 6-9**

## DAY 1

## DAY 2

## DAY 3

UPON WAKING

16 ounces  
lemon water

16 ounces  
lemon water

16 ounces  
lemon water

MORNING

Breakfast of  
choice within  
guidelines.

Breakfast of  
choice within  
guidelines.

Breakfast of  
choice within  
guidelines.

LUNCHTIME

Meal of Choice  
within  
guidelines

Meal of Choice  
within  
guidelines

Meal of Choice  
within  
guidelines

MID AFTERNOON

Two apples or  
servings of  
applesauce

Two apples or  
servings of  
applesauce

Two apples or  
servings of  
applesauce

DINNERTIME

Meal of Choice  
within  
guidelines

Meal of Choice  
within  
guidelines

Meal of Choice  
within  
guidelines

EVENING

Apple, 16 oz  
lemon water,  
lemon balm tea

Apple, 16 oz  
lemon water,  
lemon balm tea

Apple, 16 oz  
lemon water,  
lemon balm tea

GUIDELINES

- Follow the Liver Rescue Morning
- Avoid these foods: gluten, dairy eggs, lamb, pork products, canola oil.
- Reduce your normal consumption of radical fruits, (nuts, seeds, oils, coconut, animal proteins, etc) by 50 percent and wait to eat fats until dinnertime.
- If you enjoy animal products, stick to one serving per day, eaten only at dinner.
- Focus on eating more fruits, vegetables, and leafy greens every day.

## DAY 4

## DAY 5

## DAY 6

UPON WAKING

16 ounces  
lemon water

16 ounces  
lemon water

16 ounces  
lemon water

MORNING

16 ounce Celery  
Juice Smoothie

16 ounce Celery  
Juice Smoothie

16 ounce Celery  
Juice Smoothie

LUNCHTIME

Steamed  
asparagus w/ Liver  
Rescue salad

Steamed  
asparagus w/ Liver  
Rescue salad

Steamed asparagus  
& brussels sprouts  
w/ Liver Rescue  
salad

MID AFTERNOON

At least two  
apples or servings  
of applesauce

At least two  
apples or servings  
of applesauce

At least two  
apples or servings  
of applesauce

DINNERTIME

Steamed  
asparagus w/ Liver  
Rescue salad

Steamed brussels  
sprouts w/ Liver  
Rescue salad

Steamed asparagus  
& brussels sprouts  
w/ Liver Rescue  
salad

EVENING

Apple and 16 oz  
lemon water,  
lemon balm tea

Apple and 16 oz  
lemon water,  
lemon balm tea

Apple and 16 oz  
lemon water,  
lemon balm tea

GUIDELINES

- Avoid radical fats (nuts, seeds, oils, coconut, animal proteins).
- Stick to the foods outlined in the chart above.
- Eat as much of above foods as you need to feel full.
- If you are 100% raw, please visit our full cleanse for alternatives.

*DAY 7*

*DAY 8*

*DAY 9*

UPON WAKING

16 ounces  
lemon water

16 ounces  
lemon water

16 ounces  
lemon water

MORNING

16 ounce Celery  
Juice Smoothie

16 ounce Celery  
Juice Smoothie

Over the course  
of the day,  
consume two  
16-ounce celery  
juices.

Two 16-ounce  
cucumber apple  
juice.

Blended melon,  
papaya, or  
fresh-squeezed  
orange juice (as  
many as you  
want)

24 ounces H2O

LUNCHTIME

Steamed  
asparagus w/ Liver  
Rescue salad

Steamed  
asparagus w/ Liver  
Rescue salad

MID AFTERNOON

At least two  
apples or servings  
of applesauce

At least two  
apples or servings  
of applesauce

DINNERTIME

Steamed  
asparagus w/ Liver  
Rescue salad

Steamed brussels  
sprouts w/ Liver  
Rescue salad

EVENING

Apple and 16 oz  
lemon water,  
lemon balm tea

Apple and 16 oz  
lemon water,  
lemon balm tea

16 oz lemon  
water, lemon  
balm tea

GUIDELINES

- Continue to avoid radical fats (nuts, seeds, oils, coconut, animal proteins).
- Stick to the foods outlined in the chart above.
- Eat as much of above foods as you need to feel full.
- If you are 100% raw, please visit our full cleanse for alternatives.