

Hawaiian Colon Cleansing - **PROTOCOL**

CORNELIA POVEL
www.nutritionismedicine.eu
+49 171 7575 212



Evening before: maybe some enema	Day 1-4	Day 5	Day 6
Avoid	Coffee, black tea, sugar, alcohol, animal protein like meat, fish, cheese, cowmilk		
8:00-9:00 am	Yoga, hiking in nature, meditation; Drink 1 cup of Kukicha tea.		Light breakfast: for example: porridge made of millet, rice or buckwheat flakes cooked in water with a little bit of salt or rice sirup. Dinner: steamed veggies like savoy, carrots with rice, millet or buckwheat, if wanted some steamed fish. Supper: vegetable soup, minestrone, barley soup.
09:00 am	<ul style="list-style-type: none"> · Drink 1 l warm water with 15 g of sea salt (70 kg and over 1,5 l + 22,5 g sea salt) followed by the same amount of natural warm water (1 l or 1,5 l) · To ease the process of drinking chew some lemon which helps. · Get moving, put some music on and dance, roll on the floor to both sides in order that the water can reach your whole colon. Massage your belly. 		
09:30 am	Go to toilet even if you have not finished the natural water but try to hold on as long as you can so you get a better result. Even if you have been to toilet several times already you have to finish the natural water till the end.		
10:30-12:00 am	Rest - relax - sleep- minimum 1 hour.		
approx. 12:00 am 3:00 pm 5:00 pm 3 times formula	Prepare two big glasses (250 ml each) with water room temperature. Stir a good teaspoon of formula into an empty glas with approx. 100 ml water. Shake well and drink immediately followed by the 2 glasses of water you have prepared before. Do not answer the phone, don't open the door, don't let yourself distracted by anything. As the liquid thickens so quick you have to drink it immediately. The formula should coat your colon in order that you feel not hungry. During the day you may drink Kukicha tea as much as you like (boil it in water in a pot). If you feel weak take a knife tip of molasses.		
3:00 pm 5:00 pm soup	Heat 1-2 cups of soup and drink. Preparation of soup: Heat 4 l of water, add all ingredients into the boiling water. Let slightly boil for about 3-4 h. When cold add 200 ml of soy sauce an fill in 5 bottles. Put in fridge and drink one per each day of the cure. You may also deep freeze 1-2 portions.		