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Remember only medical doctors and drugs can cure people. ;)

This document is created by and for Justin Stellman, host of Extreme Health Radio only.

Please right click on any links to open in a new window.

*Note: In my protocols I'll be **purposely misspelling words** in order to avoid any legal issues.*

The Yearly Cleanse Schedule

Justin's Quick Take...

I recommend cleansing only if you've been taking care of your body for some time. This means having a clean diet and having at least weekly habits of walking, grounding, working out, sauna therapy, and taking some supplements.

In general I don't recommend people going directly from a standard American diet to doing intense cleansing and detoxification protocols. It's too much for their system.

We need ATP to cleanse and in order to have mitochondrial ATP production we need minerals like magnesium, copper, b vitamins, retinol etc.

So with that said here **are** some cleanse options you may want to consider. Again these are simply options I'm considering. If you feel the need to try another system simply plug it into the monthly slots. Some of these cleanses you'll like, some you won't. Some will work well, some will not.

It's important to work with your body and gain success by trying different options each year.

Please be aware that prices on items listed may change due to inflation.

Also note this is my schedule I'm sharing with you. Please don't follow it exactly, rather use it as a template for coming up with something that works for you and your schedule.

January

Colon Cleanse (Start on Jan 1st or as close as possible).

Some of the cleanses I recommend can be found below. Choose one below or you can follow your own. I recommend trying different ones to see how your body responds.

- [The Warrior Cleanse](#)
 - Length - 6 Weeks
 - Cost - \$497 - \$747 (includes supplements)
- [Global Healing Cleanse Program](#)
 - Length - 6 days
 - Cost - \$69.85
- [Ejuva Colon Cleanse](#)

- Length - 14 days or 30 days
- Cost - \$175 - \$325
- [The Clean Program](#)
 - Length - 21 days
 - Cost - \$475
- [Quicksilver Scientific Push Catch System](#)
 - Length - 4 weeks
 - Cost - \$625
- [Cellcore Detox Support Kit](#)

February

Colon hydrotherapy

I do a series of 6 colon hydrotherapy sessions once per year. Dr. Norman Walker recommended doing a series of 6 twice per year in his book [Colon Health Key to Vibrant Life](#). I've modified it for my lifestyle to once per year since I'm doing so many other things. He recommended 2 per week, for 3 weeks in a row. To find a location in your area you can try [here](#) or [here](#).

March

Blood donation

Helps to offload iron and has been shown to help [rid the body of chemicals](#) and perhaps [extend lifespan](#). I've donated every 3 months before (4x per year) but my sweet spot right now seems to be 2x per year.

If you're unable to donate via [Red Cross](#) you can always try [Veni Express](#), [Phleetbo](#), [Vitalant](#) or search Google for "Mobile phlebotomist" and your zip code to find somebody that will come to you.

April

Liver Cleanse

When Spring comes I like to focus on doing things to optimize liver function. Remember the liver has over 500 enzymatic functions. There are several things you can do to support liver health like...

- [Castor oil packs](#) - I do them Mon through Fri for the full month. This can be done alongside most other cleanse programs.
- [Liver gallbladder flushes](#) - These are difficult to do and require lots of prep.
- [Coffee enemas](#) - A good place to start is 1 per day 3x per week for 4 weeks.
- [Rectal ozone treatments](#) - There are many protocols to try. I'm doing the Cuba protocol which is M-F, 3 weeks on and 1 week off. [Here's the machine I'm using.](#)
- Liver Support Cleanses
 - [Global Healing Center](#) - 6 days - \$84.85
 - [Health Force Liver Rescue](#) - Capsule Only - 30 days 2caps per day - \$35.95
 - [Cell Core Liver Support Kit](#)
 - [Bioray Liver Restoration Program](#) - per day - \$118.71

May

Off!

I take the month of May and June off. Although I continue to do my daily and weekly routines of health maintenance I just don't do anything specific in terms of cleansing or detoxing the body.

June

Off!

Take it easy and enjoy the long days of summer!

July

Heavy Metal Cleanse

Heavy metals can be a causative factor in most all diseases. The problem is we are exposed to a vast amount of heavy metals in synergistic combinations that have never been studied together. Doing a cleanse once a year is critical for your health, immunity and longevity.

Here are some heavy metal cleanses you can consider...

- [Global Healing Center](#) - 30 days - \$199
- [Bioray Heavy Metal Detox Kit](#) - 30 days - \$210.72
- [Ejuva](#) - 90 Days - \$175
- [Doc of Detox Heavy Metal Kit](#) - \$333.90

August

Off!

If you're in the northern hemisphere, enjoy the long days of Summer knowing that Fall is approaching. :)

September

Blood Donation

Blood donations are critical for lowering the chances of heart attacks, thinning the blood and increasing circulation, potentially lowering cancer risk and so much more.

We recommend full blood donation, not platelets.

October

Parasite Cleanse

It's very possible that parasites play a major role in all diseases. By donating blood (iron) you'll be removing their main source of food, which is a good thing. But sometimes this is not enough.

There are many to choose from and I'll list some good options here. Simply choose the one that looks the best to you. You may consider doing a new one every year to see which ones you seem to work best. If you own or are near animals on a regular basis yearly cleansing is a requirement.

Something else you may consider is that parasites and worms hate electricity. You may want to add to your daily stack electronic medicine like the [Electron Charger](#) (or their portable model), or a good Zapper. There are a handful you can try. I personally like the [Silver Pulser](#) as well as the [Terminator 2 Zapper](#) (I have both), the [Hulda Clark Zapper](#), and the [Ultimate Zapper](#).

[Worms do not like electricity.](#)

- [Global Healing Cleanse](#) - 40 days - \$159.75
- [Ejuva Cleanse](#) - 14 days - \$195.00
- [Accelerated Parasite Cleanse](#) - 14 Days - \$210.95
- [Shen Blossom Mountain Detox](#) - 100 days (5 bottles) - \$199.95
- [Health Force Scram](#) - 30 days (2 bottles) - \$71.90
- [Dr. Morse Parasite M](#) - 30 days (2 bottles) - \$60.00
- [The Raw Food World](#) - 30 days - \$61.97
- [Markus Rothkranz Parasite Cleanse](#) - 90 days (3 bottles) - \$179.91
- [Zuma Nutrition](#) - 90 days - \$149.85

November

Off!

Taking the month of November off. Remember to still take care of yourself on a daily and weekly basis!

December

Blood Donation

December is the time for a blood donation. I typically try to schedule them around the 20th (the change of each season happens around the 20th to the 24th). Remember every time you donate blood you are lowering your iron stores by approximately 250 milligrams and by doing so lowering the risk of cancers and heart disease.

Daily Routine

These are items I try to do daily (sometimes with twins I can't get to them all!) but you can alter or change them as your own! Generally these are my daily practices I do to maintain my health that I don't make a part of my active wellness practice. In other words I don't set aside time to do the items below. I set aside allotted times for items in the "calendar" items above.

I'm putting this together to share with you what I do and hope to inspire you to put together a similar list for yourself!

Drink 90oz (3 mason jars full) of contaminant free, acid free and bicarbonate rich water bubbled with Brown's Gas.

Stretch or a yoga practice

Sungaze outside w/o sunglasses grounded at the morning sun

Walk outside w/o sunglasses

Mouth taping during sleep

Block blue light

Near infrared light while I work

Rife Machine while I work

Nasal breathing as much as possible during the day

Practice mindfulness, gratitude, forgiveness and letting go

Skin brushing before shower

Oil pulling before shower

Morning coffee with healthy fats

Breathe Brown's gas for 3 to 4 hours

Rectal ozone insufflation 3 weeks on 1 week off, M-F (Cuba Protocol)

Red light therapy

Weekly Calendar

Monday

- Workout - 30 min
- Fisher Back Traction - 30 min
- Red Light Therapy - 10 min
- PEMF Therapy - 10 min
- Magnesium Bath - 10 min
- TOTAL: 1:30 min

Tuesday

- Workout - 30 min
- Fisher Back Traction - 20 min
- Red Light Therapy - 10 min
- Castor Oil Pack - 20 min
- Magnesium Bath - 10 min
- TOTAL: 1:30 MIN

Wednesday

- Rebound - 10 min
- Inversion Table - 10 min
- Red Light Therapy - 10 min
- PEMF Therapy - 10 min
- Sauna Therapy - 30 min
- TOTAL: 1:30 min

Thursday

- Rebound - 10 min
- Inversion Table - 10 min
- Red light Therapy - 10 min
- Sauna - 30 min
- TOTAL: 1:20 min

Friday

- Workout - 45 min
- Fisher Back Traction - 20 min
- Red Light Therapy - 10 min
- Magnesium Bath - 10 min
- TOTAL: 1:35 min

Saturday

- Rebound - 30 min
- Coffee Enema - 30 min
- Sauna - 30 min
- Inversion Table - 10 min
- TOTAL: 1:40 min

Sunday

- Rebound - 30 min
- Sauna - 30 min
- Inversion Table - 10 min
- PEMF Therapy - 10 min
- TOTAL: 1:20 min

Monthly Health Practices

These are items I try to do at least once per month whenever I can fit them in. I'm not always able to fit them in but I try to! Remember, don't feel guilty for your self care routine. Your family and friends need the best version of you!

- Massage - I try for at least once or twice per month
- Chiropractic - Same as above.

Quarterly Health Practices

These are things I do on a quarterly basis.

Blood donation 4x per year. (Mar 21st, June 21st, Sept 21st, Dec 21st)

I'm constantly changing up the blood donation experiments. I may be going back to quarterly instead of 2x per year soon. If it's quarterly, I follow the dates listed above.

Yearly Health Practices

Just like you would change the oil in your car on a regular basis, we need to regularly take care of our bodies. I invite you to try different cleanses to see what works best for you and your goals.

Here's mine...

- Herbal colon cleanse January
- Colon hydrotherapy February
- Liver cleanse April
- Heavy metal cleanse July
- Parasite cleanse October

Suppository Based Alternatives To Conventional Cleansing

This can potentially be used as an alternative to the cleanses listed above. If you feel like your body can handle doing suppositories AS WELL AS the cleanses listed above, check with your doctor and your own intuition.

I'll be doing mine in April and October to see how it goes.

I'm going to be doing these suppositories once or twice per year and see how I go.

- Phase 1 - [Glytamins](#) (10 days) - Liver/Gallbladder Flush
- Phase 2 - [Xeneplex](#) (10 days) - Chemical Detox
- Phase 3 - [Medicardiam](#) - (10 days) - Heavy Metal Chelation

I'm currently doing the aforementioned suppositories 2x per year for 1 month each. I'm also doing an anti cancer protocol 2x per year that also last 30 days each. So that looks like this...

- April - Suppositories from [Remedy Link](#)
- July - [Beljanski Supplements](#) (Rauwolfia Vomitoria and Pao pereira)
- October - Suppositories from [Remedy Link](#)
- January - [Beljanski Supplements](#)

Justin's Final Take

I'd invite you to use this guide to create your own protocols based on your finances, schedule and your lifestyle.

I hope this helps you create a yearly schedule to create health and vitality!

Happy Gut, Healthy Life 😊

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