



THE NEW EARTH

WHERE ALL THE STARS ALIGN

Day 2 Flush Day

SEASON 1

3-DAY DEEP LIVER
& PARASITE CLEANSE



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SEASON 1

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Day 2 – Welcome to Flush Day

Today is known as Flush Day. And it's different.
Not just in what you consume— But in how you listen.

You've already begun opening the channels. Yesterday's enemas helped loosen the debris, physical and emotional. Today... you flush it.

Not by force. But by surrender.

Here's what to expect.

This morning, you'll begin with apple juice. Ideally, cold-pressed Granny Smith— sharp, cleansing, liver-specific. Then, at 2 PM, your dry fast begins. No food. No liquids. Just stillness.

This phase is important. The dry fast allows the body to pull bile and toxins inward — not to store them, but to deliver them to the edge, ready for release. And when the evening comes, you help them exit.

In the evening the flush truly begins. You will drink a glass of fresh Citrus Juice, follow by epsom salt mixed with warm water and finally olive oil.

This may sound intense – but it works:

- Citrus stirs the stagnation.
- Epsom salt relaxes the bile ducts.
- Olive oil stimulates the gallbladder.

It's a sacred cocktail to help your body do what it already knows how to do: release.

Each round deepens the clearing. It may feel emotional. It may feel intense. You may feel tired, empty, or raw.

That's okay. That's honest. That's the truth rising to the surface.

DAY 2

Flush Day Timing Plan

7:30 AM – Niacin (empty stomach) → Movement

8:00 AM – Aloe Vera Juice + Probiotic (empty stomach)

8:30 AM – Green Granny Smith Apple Juice (begin sipping 1.5–2L until 2 PM)

9:30 AM – Optional: Take 1 tsp Apple Cider Vinegar in warm water

10:00 AM – Coffee Enema or suggested replacement

12:30 PM – Optional: Apple Cider Vinegar in warm water

1:00 PM – Journal – Midday check-in. Follow the journal prompts in the separate Journal Handout to reflect on your first enema experience.

2:00 PM 🚫 – Dry Fast Begins (No food or liquids after this point)

3:00 PM – Enema #2 Optional: (1 tbsp ACV or 1 tbsp Epsom Salt based – gentle flush) Rest, reflect, journal, lie down in silence.

(We skip essential oils in this enema to keep the body in a state of stillness before the evening flush.)

6:00 PM – Flush Drink #1

Drink a glass of fresh Citrus Juice (2 oranges and 1 lemon). Immediately after, drink 1 tbsp Epsom Salt mixed with warm water (warm water 40–50 C dissolves with salt. Finally, drink 40ml Organic Olive Oil. Lie down immediately after.

8:00 PM – Flush Drink #2 – Repeat the 6.00 PM flush.

8:30 PM – Evening Journal prompt reflection.

DAY 2

9:00 PM – Enema #3 with Optional: (1 tsp Aloe Vera + 1–2 tbsp castor oil with 1–2 total drops of food-grade essential oils — pre-diluted in the oil before adding to water. Suggested pairing: 1 drop Clove + 1 drop Oregano. A potent but gentle final flush.)

⚠ Skip oils if you're feeling raw, inflamed, overly sensitive, or have any signs of haemorrhoids, bleeding, or gut fragility.

9:30 PM – Brush your teeth.

11:00 PM – Flush Drink #3 Repeat the 6.00 PM flush. Rinse your mouth after. And go to bed. After this, do not consume anything until after 4:00 AM the next day.

💡 Throughout the Day:

- Keep warm (socks, blankets, soft clothing)
 - Stay near a toilet and rest area
 - Journal what moves through you
- Use breath, music, or silence to stay anchored

This is your sacred day of release.

Be gentle.
Be honest.
Let it go.