



THE NEW EARTH

WHERE ALL THE STARS ALIGN

Day 3

Rebuilding & Integration

SEASON 1

3-DAY DEEP LIVER
& PARASITE CLEANSE



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SEASON 1

Content

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SEASON 1

Day 3 - Time to Rebuild & Integrate

You've made it through the peak.
The purge.
The stillness.
The mystery.

And now... you're here. In the quiet after the storm.
This day isn't just about recovery. It's about integration.

You may feel clear.
You may feel fragile.
You may even feel a little disoriented.
That's okay.

Your body has released years—maybe lifetimes—of emotional and energetic weight. It's natural to feel the echo of that today.

So begin softly and move gently. Let your intuition guide your pace.

You might feel emotions rising again today—grief, joy, fear, softness.
Let them.

Ask yourself:
"What am I hungry for today?"
Not just with food. But with life.
What truth feels louder now that the noise has been cleared?

Day 3 is structured as day 1, but your experience will be very different. Today is about gentle reentry, nourishing the body and stabilising the energy you've reclaimed.

You are no longer purging, but you are still integrating.
Food is not just fuel today. It's grounding. It's communication.

DAY 3

Nourishment & Rebuilding Guidance

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

8:00 AM 🍷 – Aloe Vera Juice + Probiotic

8:30 AM 🥤 – Smoothie #1: Papaya Enzyme Smoothie (AM only)
(chew your drinks and drink your food.)

10:00 AM ☕ – Coffee Enema or Alternative
• Final clearing, supports liver, deepens release

11:00 AM 🥤 – Juice #1 Celery-Ginger Flush (Room temp and sip slowly)

12:30 PM 🍲 – Soup #1 Gentle Seasonal Vegetable Broth (No Tomato)
Optional: 1 tsp ACV in warm water 5–10 mins before

01:00 PM 📖 – Journal #1 (Follow the journal prompts in the separate Journal Handout to reflect on your first enema experience.)

2:30 PM 🥤 – Juice #2 Green Detox Juice (Start rehydrating gently — make it room-temperature, sip it slowly.)

3:30 PM 🧴 – Enema #2 Optional: (1 tbsp ACV or 1 tbsp Epsom salt in warm water — optionally combined with 1 total drop Frankincense and 1 drop Myrrh, pre-diluted in 1–2 tbsp castor or coconut oil. Gentle clearing and post-flush support.)

4:30 PM 🥤 – Your Own Juice or Smoothie (Tune into your body. Use whatever ingredients you have left.) Be your own alchemist.

06:00 PM – Enema #3 Optional: (1 tbsp Aloe Vera + 1 tbsp castor oil + 1 total drop Clove + 1 drop Oregano — pre-diluted in the oil before adding to water. A potent final flush.)

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

06:30 PM 🍲 – Soup #2 Gentle Seasonal Vegetable Broth (No Tomato)
Keep it warm, simple, and comforting

9:45 PM 🌿 – Optional: Aloe Vera (Oral) Take as directed on the bottle —
each product may have its own unique dosage and concentration. Always
follow the label instructions provided by the manufacturer.
Final calming act for the gut and nervous system

💡 **Gentle Reentry Tips:**

- Avoid overeating — your digestive fire is rekindling
- Stay light and slow for at least 1–2 days after this cleanse
- Notice what you're drawn to — cravings can reflect emotion, not just hunger
- Avoid inflammatory foods: processed, fried, gluten, dairy, or refined sugar

✨ **Emotional Nourishment:**

- You've made space. Don't rush to fill it.
- Stillness is still doing the work. Let your nervous system catch up.
- Rest is productive. Silence is healing. Integration is sacred.

Let this nourishment be a declaration:
"I feed myself what affirms me."

Eat slowly. Breathe deeply. Trust fully.
With love and honour,
The New Earth Team

RECIPES

A SET PATH TO AVOID CONFUSION

Juices

Green Detox Juice

1 cucumber
2 celery stalks
1 green apple
1/2 lemon (peeled)
Small handful of mint or 1-inch ginger

Beetroot Liver Tonic

1 small beetroot
1 carrot
1 green apple
1/2 lemon (peeled)
1-inch fresh ginger

Celery-Ginger Flush

3 celery stalks
1/2 green apple
1-inch piece of fresh ginger
Juice of 1/2 lemon

Smoothies

Berry Mint Smoothie

1/2 cup blueberries (fresh or frozen)
Small handful fresh mint
200ml coconut water

Papaya Enzyme Smoothie (AM only)

1/2 cup fresh papaya
Juice of 1/2 lemon
200ml coconut water
1/2 inch fresh ginger

Zucchini-Melon Mineral Blend

1/2 cup zucchini (peeled, chopped)
1/2 cup honeydew or cantaloupe melon
Juice of 1/2 lemon
200ml water

RECIPES

A SET PATH TO AVOID CONFUSION

Soups

Warming Pumpkin + Carrot Detox Soup

Ingredients:

- 1 tbsp olive oil or coconut oil
- 1 small onion, chopped
- 2 cloves garlic, minced
- 2 cups pumpkin, peeled and chopped
- 2 carrots, peeled and chopped
- 1-inch piece fresh ginger, peeled and sliced
- 3 cups water or homemade plant broth
- 1/2 tsp turmeric
- 1/2 tsp cumin (optional)
- Sea salt to taste

Instructions:

- In a pot, heat the oil and sauté onion and garlic until soft.
- Add pumpkin, carrots, ginger, turmeric, and cumin.
- Add water or broth, bring to a boil, then simmer until soft (20–25 mins).
- Blend until smooth. Adjust salt as needed.
- Serve warm. Optional: stir in a dash of black pepper or coconut milk.

Gentle Seasonal Vegetable Broth (No Tomato)

Ingredients:

- 1 tbsp olive oil
- 1/2 leek or 1 small onion, chopped
- 2 stalks celery, chopped
- 1 zucchini, peeled and chopped
- 1 small sweet potato, peeled and chopped
- 1 small piece fennel, optional and chopped
- 1 tsp dried oregano or parsley
- 4 cups filtered water
- Sea salt to taste

Instructions:

- Sauté leeks or onion in olive oil until translucent.
- Add the rest of the vegetables and herbs.
- Pour in water, bring to a gentle boil, then reduce to simmer for 30–40 mins.
- Strain or blend to smooth, depending on preference.
- Sip slowly throughout the day.