



THE NEW EARTH
WHERE ALL THE STARS ALIGN

No Deviations: Your Full Cleanse Kit Guide
Preparation Checklist: Juices, Enemas &
Tools

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SEASON 1

NO DEVIATIONS: YOUR FULL CLEANSE KIT GUIDE PREPARATION CHECKLIST: JUICES, ENEMAS & TOOLS

The Essentials You'll Need

Fruit

- ☐ Green apples – 18 to 20 large (Granny Smith)
- ☐ Lemons – 9 (see full recipe use below)
- ☐ Oranges – 7 (for flush drinks)
- ☐ Grapefruit – 1 (optional)
- ☐ Papaya – 1 large
- ☐ Blueberries – ½ cup (fresh or frozen)
- ☐ Pear – 1 ripe (optional, for smoothies)
- ☐ Orange – 1 (for smoothies)
- ☐ Honeydew or cantaloupe – ½ to 1 small melon
- ☐ Limes – 2 (optional)

Vegetables

- ☐ Cucumber – 1 large
- ☐ Celery – 2 large bunches (~9 stalks)
- ☐ Carrots – 3 (1 for Beetroot Tonic, 2 for soup)
- ☐ Beetroot (small) – 1
- ☐ Zucchini – 2
- ☐ Spinach – 2 bunches or bags
- ☐ Dandelion greens or arugula – 1 bunch
- ☐ Sweet potato – 1
- ☐ Pumpkin (chopped) – 2 cups
- ☐ Fennel – 1 small bulb or piece (optional)
- ☐ Onions (small) – 2
- ☐ Garlic cloves – 2



Herbs

- ☐ Mint (fresh) – 1 small bunch
- ☐ Parsley or dried oregano – 1 tsp (for broth)

Liquids & Pantry

- ☐ Coconut water – ~1L (3 smoothies x 200ml + buffer)
- ☐ Filtered or spring water – for blending and broths (~2.5L or more)
- ☐ Cold-pressed extra virgin olive oil – 120ml (40ml x 3 for Day 2 flush, can also be used for light cooking)
- ☐ Apple cider vinegar (raw, unfiltered)
- ☐ Aloe vera juice – follow dosage on your bottle (varies by brand)
- ☐ Coconut oil or other natural lubricant – for gentle enema tip insertion
- ☐ Sea salt – to taste
- ☐ Black pepper (optional)
- ☐ Turmeric powder – ½ tsp
- ☐ Cumin powder – ½ tsp (optional)

Calm, quiet space for rest and reflection
Access to a toilet and private space during enema
and flush phases

SEASON 1

QUICK OVERVIEW PREPARATION CHECKLIST ENEMAS & TOOLS



The Essentials You'll Need

Tools & Equipment

- ☐ Enema kit – BPA-free silicone or stainless steel (essential)
 - ☐ Juicer and/or blender – or access to a juice café
 - ☐ Colander – to capture what's living inside you
 - ☐ Access to toilet and private space during flush/enema phases – Calm, quiet space for rest and reflection

Oils

- ☐ Essential oils (optional): Clove, Oregano, Frankincense, Myrrh – food-grade only. Use a maximum of 1–2 total drops per enema, always pre-diluted in 1–2 tbsp coconut or castor oil. Never add oils directly to water.
- ☐ Castor oil or Coconut oil (for packs, enema carrier oil, or topical liver support)

Supplements

- ☐ Edible Epsom salts (magnesium sulfate – must be food grade) (edible, not bath salts)
- ☐ Niacin (Vitamin B3) – Nicotinic Acid (flushing form only, NOT niacinamide or flush-free)
- ☐ Just Thrive Probiotic (or equivalent)

None Essentials:

🔥 Ritual & Sacred Tools

- ☐ Sage or palo santo (for space clearing)
- ☐ Crystal or Rune
- ☐ Candle and matches
- ☐ Mantra or affirmation card
- ☐ Sanctuary community

SEASON 1

QUICK OVERVIEW PREPARATION CHECKLIST: JUICES, ENEMAS & TOOLS



The Essentials You'll Need

Juices & Smoothies in This Cleanse

Here's a quick breakdown of quantities used (already accounted for above):

Green Detox Juice

- Cucumber, celery (2), green apple, lemon (0.5), mint/ginger

Beetroot Liver Tonic

- Beetroot, carrot, green apple, lemon (0.5), ginger

Celery-Ginger Flush

- Celery (3), green apple (0.5), lemon (1), ginger

Berry Mint Smoothie

- Blueberries, mint, coconut water

Papaya Enzyme Smoothie

- Papaya, lemon (0.5), ginger, coconut water

Zucchini-Melon Mineral Blend

- Zucchini (0.5), melon, lemon (0.5), water

Flush Drink (Day 2)

- Oranges (2-3), lemon (1)

Soups

• Warming Pumpkin + Carrot Detox Soup (Plant-Based)

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

• 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

Cleanse Preparation Checklist

This process is not just physical — it's energetic, emotional, and spiritual. Please take a few moments to make sure you're fully prepared to receive the cleanse.

Retreat Preparation

- ☐ I've informed my loved ones that I'll be less available for the next 3 days
- ☐ I've created a calm, quiet space for myself
- ☐ I've cleared or simplified my schedule to allow rest and reflection
- ☐ I've set the intention to treat this like a sacred retreat, not just a detox
- ☐ I have a candle and sage (or smudge) to cleanse my space after each enema
- ☐ I've reduced my screen time and digital noise where possible

Energy & Environment

- ☐ I've created a sacred atmosphere — candles, stillness, intentional music or silence
- ☐ I've made space to be with myself — emotionally, spiritually, physically
- ☐ I am open to what wants to rise, without judgment
- ☐ I trust that this journey is divinely guided and that everything I need is already within me

If something isn't fully ready yet, pause. Honour your timing.
Begin when you feel fully resourced and supported.

When you're ready, press Play on Day One: The Cleanse.