



THE NEW EARTH

WHERE ALL THE STARS ALIGN

The 7-Day Integration Guide

SEASON 1

3-DAY DEEP LIVER
& PARASITE CLEANSE



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SEASON 1

Post Cleanse The 7-Day Integration Guide

A gentle rhythm for the days after the cleanse
"Let what left... stay gone."

DAY 1: LANDING

Food:

Steamed vegetables, soft fruits (papaya, banana), warm teas.

Avoid anything cold, processed, or heavy.

If you feel empty, good. Let the body reintroduce slowly.

Ritual:

Lie on your right side, hand on belly.

Say out loud: "I bless this space I've made."

Reflection:

What am I no longer carrying?

DAY 2: LISTENING

Food:

Begin adding: soaked millet, cassava, lentils, gentle oils.
Hydrate deeply with lemon water + herbal infusions (peppermint, chamomile).

Ritual:

Take a walk without your phone — just presence.
Notice what wants to speak from within.

Reflection:

What's whispering underneath the silence?

DAY 3: STABILIZING

Food:

Begin normal portions, keep it clean.
If you crave junk — pause. Ask: "Who is craving this?"

Ritual:

Play a mantra (Om Namah Shivaya, Niyoru Om) while preparing food.
Make it sacred.

Reflection:

What does nourishment feel like, emotionally?

DAY 4: FEELING

Food:

Good fats: olive oil, avocado, ghee.
Gentle fiber: pumpkin, zucchini, soaked chia.

Ritual:

10-minute breathwork or somatic shaking.
Let anything left in the body rise and move.

Reflection:

What emotion have I not yet honoured?

DAY 5: RECLAIMING

Food:

Add back your usual rhythm, but stay conscious.
No sugar, gluten, alcohol — just for now.

Ritual:

Write one truth you were afraid to say.
Burn it. Or bless it.

Reflection:

What truth wants to live through me now?

DAY 6: REMEMBERING

Food:

Continue clean eating, one intuitive meal (your body will tell you).

Ritual:

Light a candle. Speak to your future self: "Thank you for walking with me."

Reflection:

What am I remembering about who I am?

DAY 7: OFFERING

Food:

Whatever feels clean, whole, and honouring.
Keep listening — you are still integrating.

Ritual:

Make an offering: a prayer, a donation, a walk in service.
Let your body be a temple.

Reflection:

What can I offer now, from this version of me?
