



THE NEW EARTH
WHERE ALL THE STARS ALIGN

3-Day Deep Liver & Parasite Cleanse

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SEASON 1

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SEASON 1

Read Before You Begin

Medical Disclaimer & Personal Responsibility Agreement

Dear Participant,

Before you begin the **3-Day Deep Liver & Parasite Cleanse**, please read the following carefully. This is not just a formality — it's part of honouring your body, your journey, and the responsibility we each carry for our own healing.

Medical Disclaimer

This cleanse and all related materials (including videos, PDFs, audio files, and journal prompts) are for **educational and informational purposes only**.

They are **not a substitute** for professional medical advice, diagnosis, or treatment.

Always consult with a qualified healthcare provider or practitioner before starting any new health protocol, especially if you:

- ◆ **Have a pre-existing medical condition**
- ◆ **Are pregnant or breastfeeding**
- ◆ **Are taking prescription medication**
- ◆ **Have concerns about your liver, colon, kidneys, or detox pathways**

By participating, you confirm that you take full responsibility for your own health choices and outcomes.

✧ Energetic Responsibility ✧

This cleanse may bring up **emotional, mental, and spiritual shifts** as old patterns are released. It is a powerful invitation — not only to detox the body, but also to meet suppressed stories, grief, or unresolved trauma.

You are encouraged to go at your own pace.

You are not expected to push through discomfort.

You are always free to pause, adjust, or seek additional support.

This is not a race. This is a remembering.

✧ Consent & Agreement ✧

By continuing with this cleanse, you agree to the following:

- ◆ **I understand that this is a self-guided process and I am responsible for listening to my own body.**
 - ◆ **I release the creators, facilitators, and any contributors of this cleanse from any liability related to its use.**
 - ◆ **I recognise that deep healing is a personal journey, and I commit to approaching it with honesty, care, and integrity.**
-

Thank you for walking this path with awareness.

Your body is wise. Your truth is sacred.

And your willingness to meet it fully is where real transformation begins.

With love and honour,
The New Earth

Welcome to Your Cleanse

You've arrived.

This is more than a detox. It's a retreat. A sacred pause. A return to your truth.

Over the next few days, you'll be guided through a rhythm of release — physically, emotionally, and energetically. This is your chance to reset the body, meet the hidden layers beneath the surface, and step into clarity and softness.

Here's what to expect:

- ◆ A daily structure of juices, smoothies, soups, and enemas
 - ◆ Supportive tools like guided videos, audio rituals, and journal prompts
 - ◆ Emotional clearing and spaciousness — let it be what it is
 - ◆ Deep rest and integration — this is not about pushing through
-

Included in your program:

- | | |
|--|-----------------------------------|
| ✓ Day-by-day video guidance | ✓ Safe ingredient + product lists |
| ✓ Enema rituals and instructions | ✓ Parasite and liver education |
| ✓ SAD-GRIEF-DIE (Emotional Clearing Framework) | ✓ Full FAQ and reflection prompts |
-

You don't need to do it perfectly. You just need to show up with honesty.

⚠ NOTE: *If you are pregnant or breastfeeding, please read the FAQ before proceeding. Some herbs and practices may not be appropriate during this time.*

This is your cleanse. Your body. Your pace.
We're here to walk beside you.

With love and honour,
The New Earth

Course Breakdown

Start Here – Required Before Beginning

1. Disclaimer & Responsibility Agreement Video

Pre-cleanse Preparation

1. Welcome + Orientation Video
 2. Season One Prelude: Who Is Arthur?
 3. The Initiation Begins (Welcome Video)
 4. Arthur & the Path to Sovereignty: Understanding SAD, GRIEF, and DIE
 5. The Liver, Emotions & Parasite Connection Teaching
 6. Niacin & The Deeper Detox
 7. The Moon & Parasites – Why They're Linked
 8. Practical Teaching: Cleanse Structure
 9. Ready to Cleanse: Mindset Check-in
-

DAY 1 – Day 1 – The Cleanse Begins

1. Welcome to the Journey
 2. For Those with HSV & Viral Sensitivity – What to Know Before You Begin
 2. Colander Ritual: How to See What's Living Inside You
 3. Morning Enema Ritual
 4. Post-Enema Nourishment – What to Eat & Drink After Your First Flush
 5. Afternoon Enema #2 – Gentle Check-In
 - 6 Evening Enema – Aloe Flush & Final Release
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DAY 2 – The Flush

1. Morning Welcome: Flush Day Begins
 2. Afternoon Check-In & Second Enema
 3. Evening Enema & Integration – Aloe Flush
-

Day 3 – Rebuilding & Integration

1. Morning Welcome: Rebuilding & Integration
2. Midday Check-In: How Are You Landing?
3. Evening Close: You've Returned

Post Cleanse – Welcome to The New Earth

1. Your Offering & 7-Day Integration – Where We Go From Here

Liver Flush Protocol

Overview

This cleanse is designed to support deep liver detoxification, gut repair, and energy restoration. It includes:

- ◆ **Juices & smoothies (cleanse + nourishment)**
- ◆ **Soups (mineral-rich, easy-to-digest meals)**
- ◆ **Enemas (coffee, aloe, apple cider vinegar, essential oil-based)**
- ◆ **Timing for optimal absorption and detox**

Be sure to use a colander each time you flush to see what is released from your body.

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

JUICES

250–400ml

♦ **Green Detox:** Cucumber, celery, green apple, lemon, mint or ginger. 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 –Pinch piece of fresh ginger, Juice of 1/2 lemon

Drink slowly, spaced throughout the day. Aim for 3–4 juices per day.

SMOOTHIES

300–400ml

♦ **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

⚠ Avoid heavy protein powders, Bananas, Avocados, Nut butters, Seed or seed butters

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

Portions: 2 per day (lunch + dinner)

⚠️ Avoid Lentil Soup on **Day 1**. Okay in small amounts post-cleanse.

ENEMAS

♦ **Morning:** Coffee enema (detox liver, stimulate bile) — optional each day: add a pinch of Himalayan salt or a drop of Frankincense oil for enhanced detox and grounding effects (always diluted and tested for sensitivity)

♦ **Afternoon:** 1 tbsp Apple cider vinegar or 1 tbsp Epsom salt enema — optionally combined with Frankincense & Myrrh essential oils (gentle + antimicrobial)

♦ **Evening:** 1 tbsp Aloe vera-based enema (with 1 tbsp castor oil + or/ACV) — optionally enhanced with antiparasitic ingredients - 2-3 drops Clove & 2-3 drops Oregano (add to oil or aloe vera before adding to water to make sure it's well diluted).

⚠️ Lie on the right side for Liver flush.

COFFEE ENEMA PREPARATION

During this cleanse, a coffee enema stimulates the liver, increases bile flow, and supports the release of toxins and parasites.

When to Do It

Morning only — ideally after your first drink of the day and before taking niacin or beginning any deep cleansing steps.

Avoid coffee enemas in the afternoon or evening, as caffeine can overstimulate the system and interfere with rest.

Coffee Type

Organic only — to avoid pesticides and chemical residues.

Light or medium roast — highest in caffeine and palmitic acids (most active for detox).

Avoid instant coffee — lacks the active compounds and often contains additives.

Brewing Method

Any brewing method is fine (French press, filter, percolator).

Always brew fresh before use.

Preparation Steps

Brew using 1–2 tablespoons of organic ground coffee per 500ml (2 cups) of filtered water.

Gently simmer for 10–15 minutes, then strain.

Allow to cool to body temperature (around 37°C / 98°F).

Pour into a clean enema bag or bucket.

Administration Tips

Lie on your right side with knees slightly drawn in.

Hold for 10–15 minutes to allow maximum liver stimulation.

Release into the toilet when ready.

Alternatives to Coffee

If you are sensitive to caffeine, pregnant, or simply wish to avoid coffee:

Chamomile tea enema — soothing and anti-inflammatory.

Garlic infusion enema — antimicrobial, helps target parasites.

Plain filtered water enema — gentle flushing without stimulation.

Day 1 & 3 Timing Plan

This guide offers a clear rhythm to follow throughout the day.

- ◆ **7:30 AM** 🍷 – Niacin → Movement: Start the day by taking 200mg niacin on an empty stomach and follow with some movement. Niacin is taken before the cleanse to open the capillaries, flush toxins from the tissues, and prepare the liver for deeper release.
- ◆ **08:00 AM** 🍷 – Aloe Vera Juice + Probiotic: 20–30ml aloe vera in warm water and 1 capsule of Just Thrive Probiotic. Soothes the gut lining, supports immune balance
- ◆ **08:30 AM** 🍷 – Smoothie (ideally room temperature and sip slowly and chew for maximum digestion)
- ◆ **10:00 AM** 💩 – Coffee Enema or alternative (Coffee will give full benefits) Brew using 1–2 tablespoons of organic ground coffee per 500ml (2 cups) of filtered water. Gently simmer for 10–15 minutes, then strain. Allow to cool to body temperature (around 37°C / 98°F). Pour into a clean enema bag or bucket.
- ◆ **10:30 AM** 🖋️ – Journalling – Follow the journal prompts in the separate Journal Handout to reflect on your first enema experience.
- ◆ **11:00 AM** 🍷 – Juice #1: Start rehydrating gently — make it room-temperature, sip it slowly.
- ◆ **12:30 PM** 🍲 – Soup: Take 1 tsp apple cider vinegar (ACV) in warm water 5–10 mins before to support bile flow.
- ◆ **2:30 PM** 🍷 – Juice #2: Sip at room temperature. Avoid gulping — allow saliva to mix with the juice to support optimal digestion and absorption.
- ◆ **3:30 PM** 🧴 – Enema #2 (ACV or Epsom Salt Based): 1 tbsp Apple cider vinegar or 1 tbsp Epsom salt enema in warm water — optionally combined 2–3 drops of Frankincense & Myrrh essential oils (gentle + antimicrobial)
- ◆ **4:30 PM** 🍷 – Your Own Juice or Smoothie (Tune into your body. Use whatever ingredients you have left.) Be your own alchemist.

Day 1 & 3 Timing Plan

- ◆ **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 haemorrhoids, bleeding, or gut fragility.
- ◆ **6:30 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

EXERCISE:

- ⚠ Gentle movement only (e.g., stretching, breathwork, walking. Avoid high-intensity workouts (e.g., Insanity or heavy training)
-

Day 2 (Flush Day) Timing Plan

MORNING:

- ◆ 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)

AFTERNOON:

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

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.
- ◆ 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.

EXERCISE:

- ⚠️ Avoid exercise on this day. Rest and stillness are ideal.

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

Tools & Ingredients

- ☐ Juicer and/or blender
- ☐ Ingredients for juices, smoothies, soups, and enemas (see checklist PDF)
- ☐ OR I've arranged a delivery or collection of juices and smoothies based on the cleanse ingredients — fresh is best
- ☐ Supplements: Aloe Vera, Just Thrive Probiotic (or another high-quality spore-based probiotic), Apple Cider Vinegar, Niacin (Nicotinic acid)
- ☐ Enema kit (with optional food-grade essential oils: Frankincense, Myrrh, Clove, Oregano)

Note: Oils must be labelled food-grade/ingestible. Cosmetic/aromatic oils are not safe for enemas.

❑ Edible Epsom salt, Organic olive oil, Granny Smith apples (or fresh apple juice) 🍏 *If Granny Smith apple juice is not available:*

- Use any tart green apple juice
 - Or fresh lemon juice in warm water
 - Or ½ tsp malic acid powder in warm water, 2–3x before 2 PM
- These alternatives help soften the liver and stimulate bile flow.*

❑ Herbal teas: Dandelion, Ginger, Chamomile

❑ Colander (for observing what's released)

❑ Coconut oil or a natural lubricant for the gentle insertion of the enema tip

❑ Camera or phone to take photos or short videos of what's released (optional for your witnessing)

For more recipes, refer to the Preparation Checklist PDF located in the Disclaimer & Responsibility Agreement section of the course.

Supplements & Herbal Support

- Magnesium (Calm or Glycinate)
- Milk Thistle, Turmeric, Schisandra (Liver Repair Blend)
- Slippery Elm or Marshmallow Root Powder
- Tulsi (Holy Basil) Tea
- Lemon Balm Tea
- Bone Broth or Vegan Broth Powder (for post-cleanse healing)

Ritual & Sacred Tools

- Crystal or Rune
- Sage or Palo Santo stick

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.

Safe Ingredient Reference Sheet

This guide helps you understand which ingredients support the cleanse and which ones may interfere, especially for those managing HSV or clearing parasites.

✓ Safe & Supportive Ingredients

- Aloe Vera (oral and enema)
 - Apple Cider Vinegar (ACV)
 - Organic Coffee (for enemas only)
 - Castor Oil (in enemas, not for consumption)
 - Coconut Water (natural electrolyte, gentle)
 - Just Thrive Probiotic (or another trusted probiotic)
 - Chamomile, Lemon Balm, Dandelion Tea
 - Organic Coconut oil
 - Essential Oils (Clove, Oregano, Frankincense, Myrrh – food-grade only; **(see safety note below)**)
-

⚠ HSV-Sensitive Ingredients (High Arginine)

Avoid or limit these if you are prone to flare-ups:

- Bananas
 - Almond Butter (and most nuts)
 - Oats and granola
 - Lentils (especially red)
 - Chocolate (even raw cacao)
 - Sesame Seeds and Tahini
 - Sunflower Seeds
 - Coconut Flesh (in large amounts)
-

● Ingredients to Avoid During Cleanse

These disrupt detox, spike insulin, or feed parasites:

- Refined sugar and sweeteners
- Gluten (bread, pasta, pastries)
- Dairy (except ghee if well-tolerated)
- Fried and processed foods
- Alcohol or caffeine (except in enemas)
- Store-bought juices with additives

⚠ Essential Oil Enema Safety Protocol (NMR Method)

Essential oils can support deep cleansing — but only when used correctly.

Use only **food-grade oils**, clearly labelled for **internal or ingestible use**.

Enema Protocol:

- Use a **maximum of 1–2 drops total per enema** (e.g., 1 drop oregano + 1 drop myrrh).
- **Pre-dilute** in **1–2 tbsp coconut or castor oil** before adding to water.
- Add diluted oil to **500–750 ml warm filtered water**, cap the bag, and **shake well**.
- Optional: Add **aloe vera juice** separately to soothe the gut lining.

Oil Pairing Guidance:

- You may pair **frankincense + myrrh** or **clove + oregano** — but note:
 - **Clove and oregano are “hot” oils** and may irritate sensitive tissue, even when diluted.
 - Only use the hot oil pairing if you have no inflammation, bleeding, or high sensitivity.
 - If in doubt, start with **frankincense + myrrh**, or use oils one at a time.

If you're sensitive to enemas:

- You may **opt to take the oils orally instead**:
- Add **1 drop** of food-grade oil (e.g., oregano, frankincense, or myrrh) into your **morning aloe water or diluted juice** — never directly on the tongue.
- Avoid carrier fats during the cleanse (no ghee or nut milk). Do not take essential oils undiluted.

Do not use in enemas if you are:

- **Pregnant or breastfeeding**
- Experiencing **hemorrhoids, fissures, ulcers, IBD, or rectal bleeding**

If you feel **burning or cramping**, stop immediately and flush with clean water.

We use these four oils for very specific reasons:

- Clove – breaks down parasite eggs
- Oregano – powerful antifungal and antimicrobial
- Frankincense – cellular repair, gut lining support
- Myrrh – clears mucus, soothes inflammation

Optional Antiparasitic Enhancers (Advanced Users)

For those extending their cleanse or using the Full Moon Protocol:

- Wormwood (capsule or tincture)
- Black Walnut Hull (tincture)
- Clove (capsule or essential oil, well diluted)
- Oil of Oregano (capsule or diluted in enemas)
- Garlic (raw, fermented, or capsule)

Always patch-test essential oils and consult a qualified practitioner if unsure.

Liver-Support Alternatives (If Fresh Juice Is Unavailable)

If Granny Smith apples or lemon juice are unavailable, you may consider the following pharmacy-grade or supplement-based alternatives:

Malic Acid Powder

½ tsp in warm water, 2–3 times per day before the flush
Supports liver softening and bile flow

Magnesium Malate

1–2 capsules, 2–3 times daily before Flush Day
Combines malic acid with magnesium to aid liver and colon detox
(Avoid using this with Epsom salt flush on the same day)

Citric Acid Powder

¼ tsp in warm water as a mild liver support (less effective than malic)

These alternatives are optional and helpful for those without access to specific fresh produce or during international travel.

 You can find these online or in local pharmacies/health shops under “liver support,” “gallbladder flush,” or “malic acid.”



This is a clearing journey.
Keep it clean. Keep it simple. Let the body lead.

With love and honour,
The New Earth Team

The Liver, Emotions & Parasite Connection

You'll notice this mirrors the SAD–GRIEF–DIE process we shared in the welcome video. The liver is often where the suppression (SAD) lives, and as you move through this cleanse, you'll pass through resistance (GRIEF) into expression and clarity (DIE). This is not just detox. This is transformation. Before we begin the cleanse, I want to share something that may change how you relate to your liver forever.

Most people think of the liver as just a detox organ. A filter. A physical machine. But in reality, your liver is much more than that. It's emotional. It's energetic. It's spiritual.

In many traditions, from Chinese Medicine to Ayurveda, the liver is seen as the seat of suppressed anger. Not just rage, but the slow-burning, unspoken kind: resentment, bitterness, frustration. And when that energy doesn't move... it stagnates. The bile becomes thick. The digestion weakens. The body stops releasing. And in that stuckness, parasites thrive.

Energetically, parasites are drawn to suppressed emotion. Especially emotions you've swallowed. Especially the things you haven't said.

You may have cleared your diet. You may be drinking the green juice. But if you haven't cleared what the liver is holding, you're still carrying the root of the imbalance.

This cleanse — this three-day deep flush — isn't just about digestion. It's about emotional digestion.

You're about to give the liver permission to let go. Through juices. Through enemas. Through space. Through breath.

You'll support bile flow — and with it, the release of toxins, stuck hormones, and stored emotional residue. And when bile flows... parasites loosen their grip. Because they rely on that stagnation to hide. That's why we begin here, with the liver.

Before diving deep into parasites. Before any full moon flush. Because the liver is the gateway. The great processor of your internal world. The organ of discernment. Of purification. Of truth.

Some people cry during this cleanse. Some feel irritable. Some remember things they haven't thought about in years. That's not the cleanse going wrong. That's the cleanse doing its job.

Your body doesn't just store toxins. It stores choices. It stores silence. It stores protection strategies that may no longer serve you.

And now... we're giving it permission to let them go.

REFLECTION PROMPT

What might your liver be holding on to?

**Let that question live in the background of this cleanse.
Let the body show you.**

You don't need to force anything. Just make space.

And your liver will do the rest.
With love and honour,
The New Earth

Niacin & The Deeper Detox

This is an optional but powerful add-on — especially if you're ready to go deeper.
Because while the parasite cleanse targets what feeds in the dark...
There's another layer hidden beneath the surface: heavy metals.

They're in our food, water, air — even our fillings and electronics.
They lodge deep in the tissues, nerves, and brain.

They block detox pathways.
They disrupt the gut-brain connection.

And sometimes, they keep the very parasites you're clearing alive.
Niacin (Vitamin B3) helps mobilise these stored toxins — especially radiation, mould, and
heavy metals.

It opens the blood vessels, moves lymph, and brings these toxins to the surface —
so they can be released through sweat, movement, and cleansing.

How to take it:

Take niacin on an empty stomach each morning —
45–60 minutes before your first enema.
Start small: 50–100mg, increase gradually.

You may feel a niacin flush — warmth, redness, tingling, even an emotional release.
This is not an allergic reaction.

It's the body opening, clearing, recalibrating.
The sensation usually fades within 20–40 minutes.

Then — move your body.
Walk, dance, shake, stretch, do sun salutations — or follow the 15-min video linked below.
Movement activates the flush.

Cleansing releases what niacin pulls up.

This simple sequence —
Niacin → Movement → Cleanse —
is one of the most effective ways to detox, naturally and deeply.

Niacin: Where to Get It

To clarify:

Niacinamide (non-flushing) → Won't cause redness or that warm tingling flush. It also doesn't have the same detox and metal-mobilizing properties.

Nicotinic Acid (flushing niacin) → This is what you need for the liver flush and heavy metal mobilization. Look specifically for plain "Niacin" (Nicotinic Acid) — not sustained release, not niacinamide.

Optional: You can also use negative ion foot baths to help draw out metals and radiation through the feet.

It's not just a flush.

It's a reset.

And it's yours.



What Might Come Out of You

This might be the first time you've ever flushed with intention. You're not just releasing food waste, you're releasing what's been quietly feeding off you.

Imagine this process like casting a net into a deep lake. When you pull it back up... you don't just get water. You get sediment. Tangles. Living things. Old stories.

Here's what you might see — and what it might mean:

Ropeworms

Long, twisted strands or rubbery ropes. Not true worms — they're mucosal colonies that cling to the intestinal wall. Seeing them means your body is saying, "Not this anymore."

Mucus + Biofilm

Cloudy goo or translucent jelly. This slimy fortress shelters parasites and yeast. Releasing it means you're dissolving years of toxic protection.

Liver Flakes

Tiny tan or green flakes — old bile, detox byproducts, or softened stones released from the liver/gallbladder region.

Parasite Eggs + Specks

Sesame-seed shapes, white dots, or black specks. These may be eggs, larvae, or yeast clusters. Herbs and enemas break them up.

Stones or Undigested Fragments

Small hard balls or old food trapped in biofilm. Even if you haven't eaten it recently, it can be released during cleansing.

Synthetic Debris & Fluorescent Materials

In today's world, you may also notice small pieces of plastic-like threads, fibres, or even fluorescent particles. These could be residues from environmental toxins, microplastics, or chemical coatings absorbed over time.

If something looks unusual, it probably is.
And that's even more reason to take a photo.

 Take a photo — with reverence.

Not out of vanity, but to witness. To reflect. To inquire.
Share it in the group, or send it to us directly. We'd be honoured to help
identify what's come out of you, or at least bring awareness to it.

And more importantly — we'll help you clear the shilt — that old mix of
shame and guilt that keeps you from owning your release.

Because when we name something, we strip away its power.
When we share it, we dissolve the secrecy.
And when we witness it, we reclaim our sovereignty.



And then there's what you won't see:
The energy. The emotion. The silent holding.

You might cry. Rage. Remember things. Or feel totally clear.
That's release too.

You're not being gross. You're being present.
This is the work. This is the wonder.
And this is why we cleanse.

Frequently Asked Questions

Here are some common questions and honest answers to help you feel supported throughout your cleanse.

ENEMAS

Q : What if I can't hold the enema for 15 minutes?

A : That's okay. Even 5 minutes is beneficial. With practice, your capacity will naturally grow.

Q : How do I clean the enema kit?

A : Rinse immediately after use with warm water. You can also use diluted apple cider vinegar or hydrogen peroxide to disinfect.

Q : Can I skip an enema?

A : It's not ideal. Each enema plays a role in the release process. But if you absolutely need to rest, listen to your body and return when ready.

Q : What if nothing comes out?

A : That can happen if you're dehydrated or tense. Sip warm water or herbal tea, breathe deeply, and try again later.

Q : Are all essential oils safe to use in enemas?

A : No. Only therapeutic-grade essential oils that are certified food-grade or ingestible should ever be used — and only in tiny amounts (1–2 total drops) pre-diluted in 1–2 tbsp of a carrier like coconut or castor oil.

Never use oils labelled “external use only.”

If you're highly sensitive, skip oils entirely and consider chamomile or garlic tea enemas instead.

SYMPTOMS

Q : I feel emotional or agitated. Is this normal?

A : Yes. You're releasing old energy. Emotions are often stored in the liver and gut — it's all part of the process.

Q : I feel tired or achy. Am I doing it wrong?

A : No. Your body is working deeply. Fatigue or body aches can be signs of detox and healing. Rest is powerful.

Q : I got a herpes flare-up. Why?

A : Detox can temporarily awaken latent viruses. This is not a setback — it's your body clearing viral residue. Stay hydrated, rested, and gentle.

ELIMINATION + WHAT TO EXPECT

Q : What might come out of me, and is it normal?

A : More than you might expect, and yes, it's all part of the process.

You may release:

- Ropeworms (mucosal strands that cling to the gut)
- Parasite eggs, seeds, specks
- Mucus, biofilm, yeast, and even liver flakes (old bile and detox waste)
- Synthetic fibres, fluorescent particles, or even microplastics

These are signs that your body is letting go of what no longer belongs. If something surprises or confuses you, take a photo with reverence. You're welcome to share it in the group or send it to us privately.

We're here to help you witness what's leaving — not with shame, But with compassion.

Sometimes the body releases more than physical debris.

\You may cry, shake, purge, or remember.

What leaves is not just "waste" — it's history.

As we say: when we witness it, we clear the shilt — that blend of shame and guilt we've carried in silence.

HUNGER & FOOD

Q : What if I'm really hungry?

A : Drink more juice or warm herbal tea. If needed, add an extra light smoothie or soup. Hunger is natural — meet it with softness.

Q : Can I snack?

A : Ideally, no — it disrupts the rhythm of your gut and detox cycle. But if needed, choose something aligned (like avocado, cucumber, or warm broth)

Q : I accidentally ate something off-protocol. Should I start over?

A : No need. Acknowledge it, reset, and continue with presence. Perfection isn't the goal — honesty is.

DETOX + MEDICATION

Q : Can I do the cleanse while on antibiotics?

A : It's not recommended to do a flush (liver, colon, or salt-based) while actively taking antibiotics.

These types of flushes can interfere with the absorption of your medication, especially your final doses, and may place additional strain on your system while your gut flora is still suppressed. There's also an increased risk of dehydration and electrolyte imbalance during this time.

For best results, **wait at least 2–3 full days after completing your antibiotic course** before starting this protocol.

This gives your body time to stabilise, rehydrate, and begin gentle gut recovery.

Q : Can I do this cleanse if I'm pregnant or breastfeeding??

A : This protocol is not recommended during pregnancy due to the detoxifying nature of the herbs, enemas, and parasite-clearing ingredients.

Many of the herbs, like wormwood, clove, and oregano oil, are powerful and may not be safe during gestation.

If you are breastfeeding, please consult a trusted naturopath or integrative health practitioner before beginning.

That said, there are still gentle ways to support your system, including the journaling, meditations, and herbal teas we include. These can be safely used to support emotional release without triggering a physical detox.

When your body is ready, this deeper cleanse will be waiting for you.

AFTER THE CLEANSE

Q : How should I reintroduce foods?

A : Slowly. Stick with soups and smoothies for a day or two, then reintroduce one new group at a time. Avoid gluten, sugar, and processed foods for at least 3–5 days.

Q : Can I continue enemas or aloe after the cleanse?

A : Yes — weekly enemas and morning aloe can be a supportive part of your lifestyle.

Q : When should I do another cleanse?

A : Trust your body. Some people do a seasonal cleanse, and others follow the moon's cycle (see our Full Moon Protocol).

Some participants love syncing future mini-cleanses with the Full Moon. Parasites are more active during this time. See our Full Moon Flush Protocol for more.

Didn't see your question here?

You can reach out to us directly at support@thenewearth.com and we'll do our best to support you within 24–48 hours.



**You are your best guide.
Let this be your return to deep listening.**

Empty the Cup

This is a gentle space for reflection.
You don't need to rush.
You don't need to get it right.
You just need to be honest with yourself.

Before You Begin

This is not homework. This is not something to tick off your list. This is a space to breathe. A space to listen. A space to remember.

Let each prompt meet you where you are. No pressure. No performance.

You can complete these reflections before the cleanse or anytime during the three days. Use them as mirrors. Use them as medicine.

Reflection Prompts

1. Where am I still suppressing my truth?

2. What parts of me have I silenced to keep the peace, to stay liked, or to feel safe?

3. What am I attached to—even if it's quietly hurting me? (This could be a role, a lifestyle, an identity, or a belief.)

4. Where have I become dependent on a person, a paycheck, a pattern?

5. If I truly honoured my truth... what would need to change?

Arthur as a Mirror

Rewatch Arthur's story through the lens of the SAD-GRIEF-DIE framework.

1. Where do you see yourself in him?

2. What moments echo your own life?

Final Note



You don't need to share this with anyone.
You don't need to have the answers.

You just need to be willing to feel what's there.

This is your time. Your truth. Your space to begin.

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