

Watch my Free Video on How to Safely Do a Cleanse at:  
[www.141cleanse.com](http://www.141cleanse.com)

## The \$1.41 Cleanse CHEAT SHEET

### What You'll Need:

1. **Filtered water** (no tap water!)
2. **Lemon juice** - a few squirts
3. **Magnesium Oxide** - 1 tablet (500 mg) per every 50 pounds of body weight  
*Mix 8 ounces of filtered water with a few squirts of lemon juice. Swallow the magnesium oxide tablets with the water and lemon.*
4. **Castor Oil** - a healthy fatty acid that serves as a natural laxative (available at Wal-Mart, Amazon.com, Rite Aid, etc.)  
*Take 1 tablespoon of castor oil by itself.*
5. **Milk Thistle** - excellent for detoxifying the liver and protecting against cancer. Follow instructions on the bottle. (Available at Wal-Mart.)  
*You can safely take milk thistle for 30 days to give your body an extra cleansing boost.*
6. **Psyllium Husks** - a form of fiber. (Available at local health food stores.)  
*Women, take 1 heaping teaspoon  
Men, take 1 heaping tablespoon*
7. **Azomite** - a “superfood” with bioavailable trace minerals. It has all the micronutrients your body needs to function properly. Technically, Azomite is rock dust, AKA fertilizer, and YES – you can eat it! Tastes gritty, but the rewards are worth it. (Available on Amazon.com)  
*Mix 8 ounces filtered water with Psyllium husks and 1 teaspoon Azomite, then drink it all.*

You can do this cleanse 3-5 times a month. After you've achieved good results and have your diet more under control, you can do this cleanse at least once a

month, every year, as a preventative measure. Also, you can even take milk thistle everyday for an entire month safely.

When you start a cleanse, remember to:

**EAT HEALTHY FOOD.**

- If it tastes sweet, spit it out.
- If it gets served out of a window, box, or package, spit it out.
- Eat natural foods.
- Eliminate snacking. Eat 3 meals a day.

Women, separate your meals by 4 hours.

Men, separate your meals by 5 hours.

- Abstain from fruit.
- Some of the best foods include grass-fed beef, lots of vegetables (especially CRUCIFEROUS vegetables like broccoli and Brussels sprouts). Cover your veggies in butter to help your body absorb the nutrients.

**KEEP IT SIMPLE!**