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ZENCLEANZ ONE

THE MIRACLE OF LIFE

ONE DAY - GASTROINTESTINAL CLEANSING KIT

ZENCLEANZ



THE 21ST CENTURY HAS BECOME AN ERA OF BIOCHEMICAL TECHNOLOGY. ADVANCING KNOWLEDGE AND METHODS HAVE CREATED A SHIFT WITHIN THE HEALTHCARE INDUSTRY.

WHERE VITAMINS WERE ONCE THE CELEBRITIES, ENZYMES ARE NOW TAKING THE SPOTLIGHT.

“Health Maintenance” is not just a slogan. It is first and foremost an action, and perhaps the most important one.



Over the last century, there have been dramatic changes in all aspects of our lives, and consequently both our external and internal environments are in crisis. Our bodies have suffered the pressure of change, of development, of industry, often without our awareness. In order to fully embrace this modern life and its challenges, we have to strengthen the body and cultivate health.

GENERAL INFORMATION

The following is a step-by-step guide to the ZenCleans ONE enzyme cleanse, including the times and respective enzyme supplements to be taken, and all other pertinent additional information.

► PREPARATION

To ensure a comfortable cleansing experience, it is recommended to eat lightly the evening before. Good choices are juices, soups or salads. Go for low-protein options that are easy for the body to digest.

What to eat and not to eat before the cleanse?

First know that no matter what you eat the day before you will have results, enzymes will still do their work but here is a suggestion to maximize the effect and also ease your cleansing day.

If you can minimize your food intake for one to three days prior to the cleanse you will already feel more relaxed on cleansing day. It's suggested to avoid heavy proteins like meat, beans and nuts that require more work to digest for a few days before cleansing. This way you will be sure that the precious enzymes that you will ingest will be used to strictly address the mucoid plaque stuck in your digestive tract.

Note that on the day of the cleanse you will not ingest anything else but the content of the ZenCleans ONE kit. Keep in mind that enzymes are made from nutritious ingredients and you most likely will not get hungry. It is strongly recommended one keeps a liquid diet for 2-3 days after your intestinal cleanse to eliminate the most mucoid plaque. If you begin to eat before you release mucoid plaque, it can interrupt the elimination process.

How to set yourself up?

To make your day easy here are a few recommendations:

We recommended you set alarms on your phone for taking enzyme drinks at hours:

9am, 10am, 11am, 12pm, 2pm, 3pm, 5pm, 6pm, 7pm, 9pm

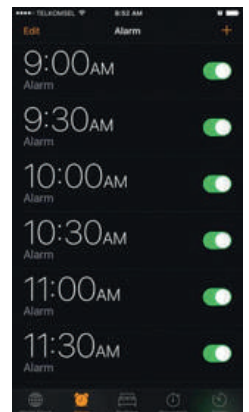
AND for the warm water drinks at the half-hours:

9:30am, 10:30am, 11:30am, 12:30pm, 2:30pm, 3:30pm, 5:30pm, 6:30pm, 7:30pm, 9:30pm

► WATER

Water should be warm: not hot, not cold!

If you have a thermos, prepare some (40°C) warm water so when the time comes you can just pour a portion of water and add the enzymes. 40°C is the temperature at which the enzyme power is optimum. If the water is too hot, it kills the enzymes. Prepare the warm water just like a comfortable bath. No need to use a thermometer, just warm enough so you can drink the whole glass in one gulp.



► MIXING YOUR DRINKS

The enzyme and water solutions need to be shaken vigorously before drinking. The best choice being a lidded jar with a large opening.

► DRINKING

Once the water and enzymes are well mixed, open your container/drink bottle and drink the enzyme solution quickly as it thickens very fast.

► WATER BETWEEN DRINKS

Drink an additional 250ml of lukewarm water 30 minutes after each enzyme drink. This will aid the movement of the enzymes through the digestive system. This doesn't need to be consumed quickly.

► RELAXATION

Take this day to focus on yourself. We recommend making time to relax, sleep if you need to and stepping away from any stresses at work or home. Listen to your body and get in touch with what is happening there.

► MOVEMENT

It is a good idea to include some light movement during your day. This could be walking, yoga, tai chi or any other form of exercise that will open the body, and encourage movement of the digestive system. Avoid exercises that are too physically exerting.

► PSYCHO-EMOTIONAL CLEANSING

Physical processes such as this cleanse also initiate psycho-emotional processes. During your cleansing day, it may happen that unexpected emotions arise. Please see if you can approach these as a gift. Take time to feel and reflect on what exactly is happening in your life right now. Are there any emotional tensions or blocks that you would like to let go of? If you feel this is an important aspect for you, make time in your day to do some journaling and/or meditative work.

Intestinal Management Enzyme powder

1 box with 10 sachets of Intestinal Management Enzyme powder
(They are numbered 1 to 10 and correspond to a specific time)



Liquid enzyme 60ml

Liquid enzyme 60ml
3 Bottles included.

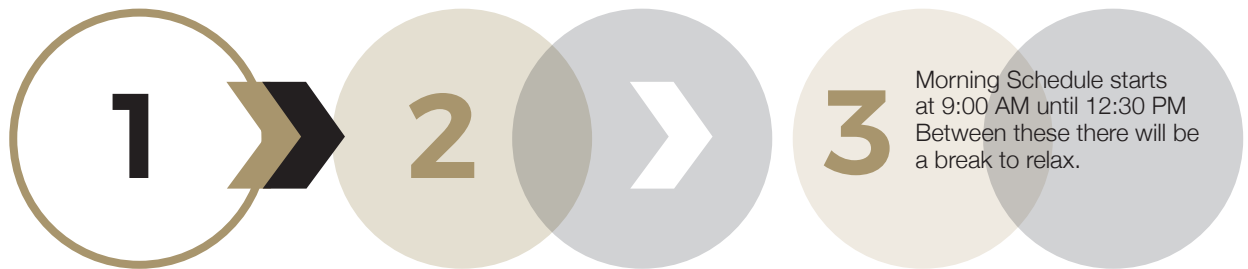


Enzyme tablets





1 sachet with 6 chewable Enzyme tablets







MORNING SCHEDULE



The following is a step-by-step guide to the enzyme cleanse, including the times and respective enzyme supplements to be taken and all additional information.

	9:00am Morning	One-Day Cleanse
250ml of lukewarm water & sachet #1 of Intestinal Management Enzyme powder		
	9:30am Morning	One-Day Cleanse
250ml of lukewarm water		
	10:00am Morning	One-Day Cleanse
250ml of lukewarm water & sachet #2 of Intestinal Management Enzyme powder		
	10:30am Morning	One-Day Cleanse
250ml of lukewarm water		

MORNING TO AFTERNOON SCHEDULE

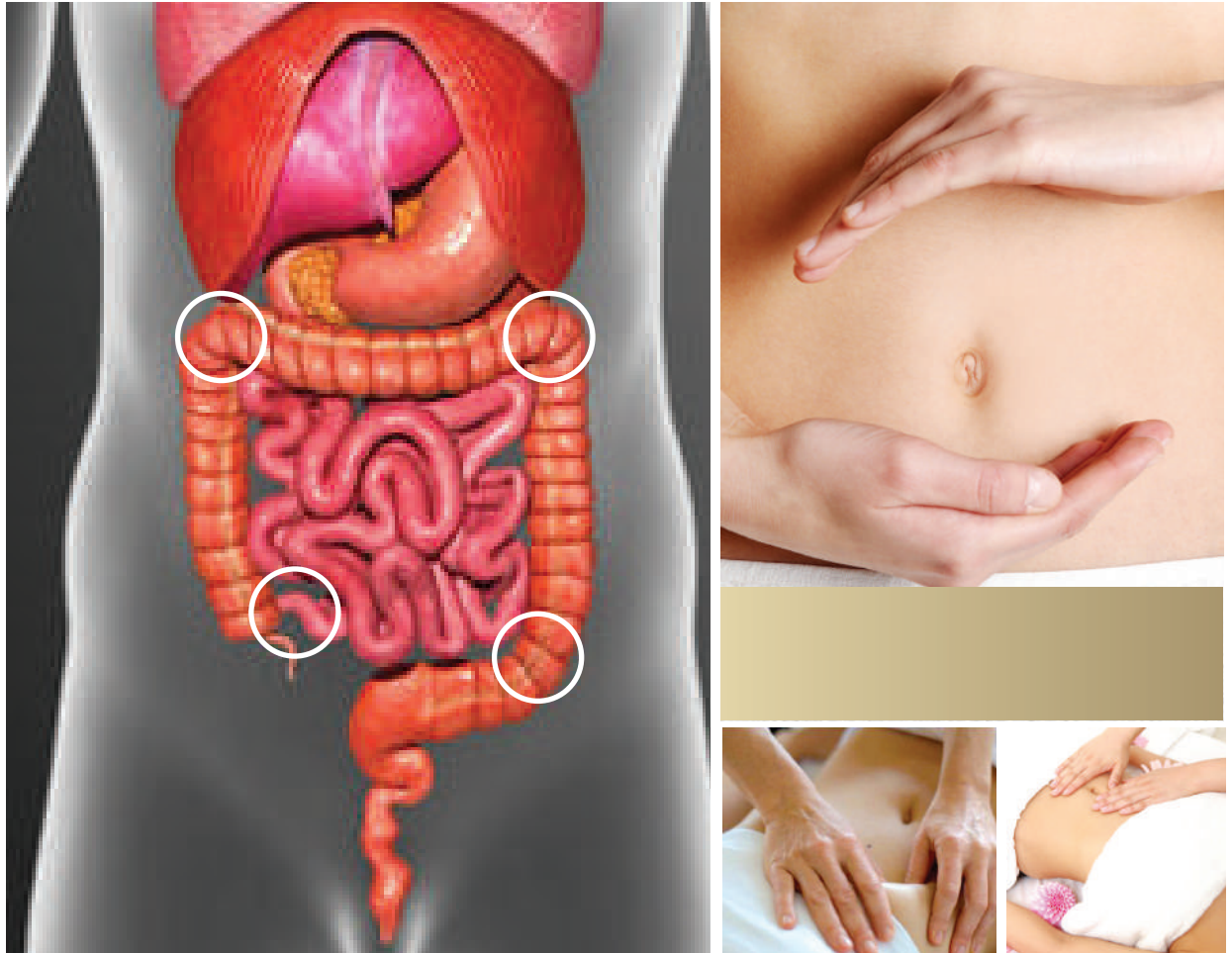
	11:00am Morning ➤ One-Day Cleanse
	250ml of lukewarm water & sachet #3 of Intestinal Management Enzyme powder
	11:30am Morning ➤ One-Day Cleanse
	250ml of lukewarm water
	12:00pm Afternoon ➤ One-Day Cleanse
	250ml of lukewarm water & sachet #4 of Intestinal Management Enzyme powder
	12:30pm Afternoon ➤ One-Day Cleanse
	250ml of lukewarm water & 30ml of liquid enzymes



Time for a little break until 2:00pm when you will resume the afternoon schedule. Just take some time to relax and to feel yourself.



1:00pm: BELLY MASSAGE



Take some time to massage your abdomen, especially the four critical points where the large intestine bends. The four white circles on the upper picture are where these spots are on your body.

► NOTE

Don't be afraid to go deep with your massage. Using pressure, explore all areas of the abdomen. The liver, the stomach, the large and small intestine will all experience this cleanse. You may notice some places on your abdomen feel soft and painless, while others are hard and painful. By massaging these areas, you both support the digestive system and create a deeper relationship with what is happening in your body.

Remember to use conscious breathing to accompany your massage, oxygenating the digestive tract and breathing into each area to create a feeling of space and relaxation.

BODY POSTURE DURING THE BELLY SELF-MASSAGE: We recommend kneeling on the floor and bending your upper body forward, with your head on a cushion. Create a soft fist with your hands, and allow them to sink into the abdomen as you bend forward. Massage the belly by moving your fist in a circular motion. Let this process become like a meditation, with the awareness that your body is happy about your loving care.

AFTERNOON SCHEDULE



2:00pm Afternoon ➤ One-Day Cleanse

250ml of lukewarm water & sachet #5 of Intestinal Management Enzyme powder + 20ml Liquid Enzymes



2:30pm Afternoon ➤ One-Day Cleanse

250ml of lukewarm water



3:00pm Afternoon ➤ One-Day Cleanse

250ml of lukewarm water & sachet #6 of Intestinal Management Enzyme powder + 20ml Liquid Enzymes



3:30pm Afternoon ➤ One-Day Cleanse

250ml of lukewarm water



Time for a little break to relax and treat yourself well



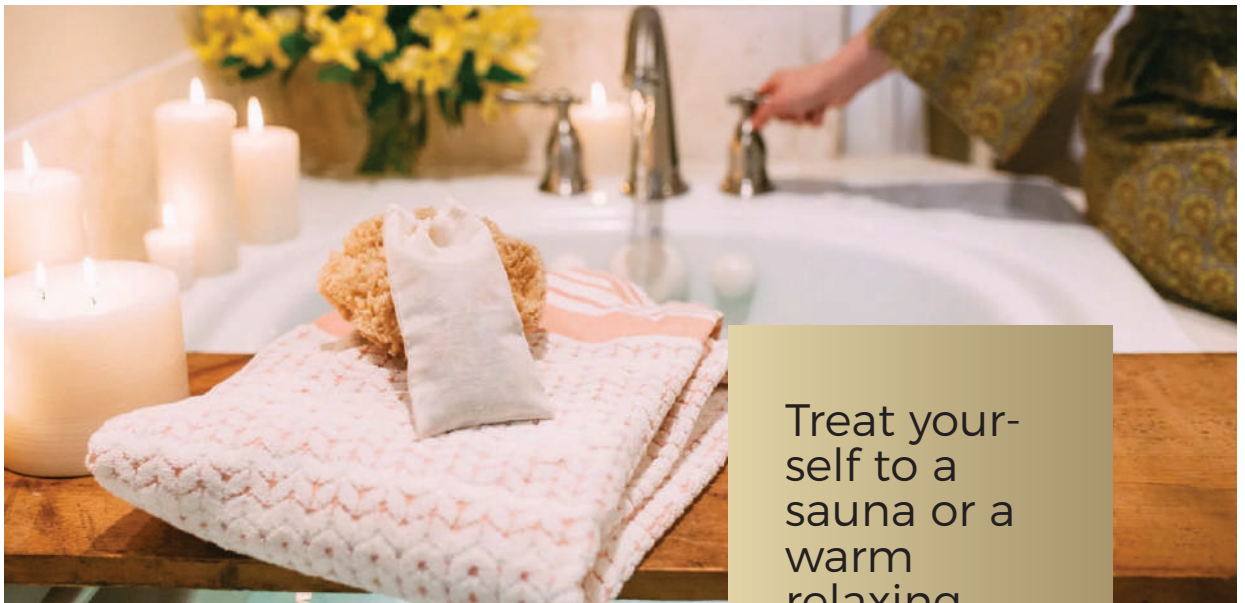
4:00pm: WELLNESS & WARMTH



Take this day to focus on you. We recommend making time to relax, sleep if you need to, and step away from any stress at work or home.



Listen to your body and get in touch with what is happening there.



Treat yourself to a sauna or a warm relaxing bath!



AFTERNOON / EVENING SCHEDULE



5:00pm Afternoon ➤ One-Day Cleanse

250ml of lukewarm water & sachet #7
of Intestinal Management Enzyme powder
+ 20ml Liquid Enzymes



5:30pm Afternoon ➤ One-Day Cleanse

250ml of lukewarm water



6:00pm Evening ➤ One-Day Cleanse

250ml of lukewarm water & sachet #8
of Intestinal Management Enzyme powder
+ 20ml Liquid Enzymes



6:30pm Evening ➤ One-Day Cleanse

250ml of lukewarm water



7:00pm Evening ➤ One-Day Cleanse

250ml of lukewarm water & sachet #9
of Intestinal Management Enzyme powder
+ 20ml Liquid Enzymes

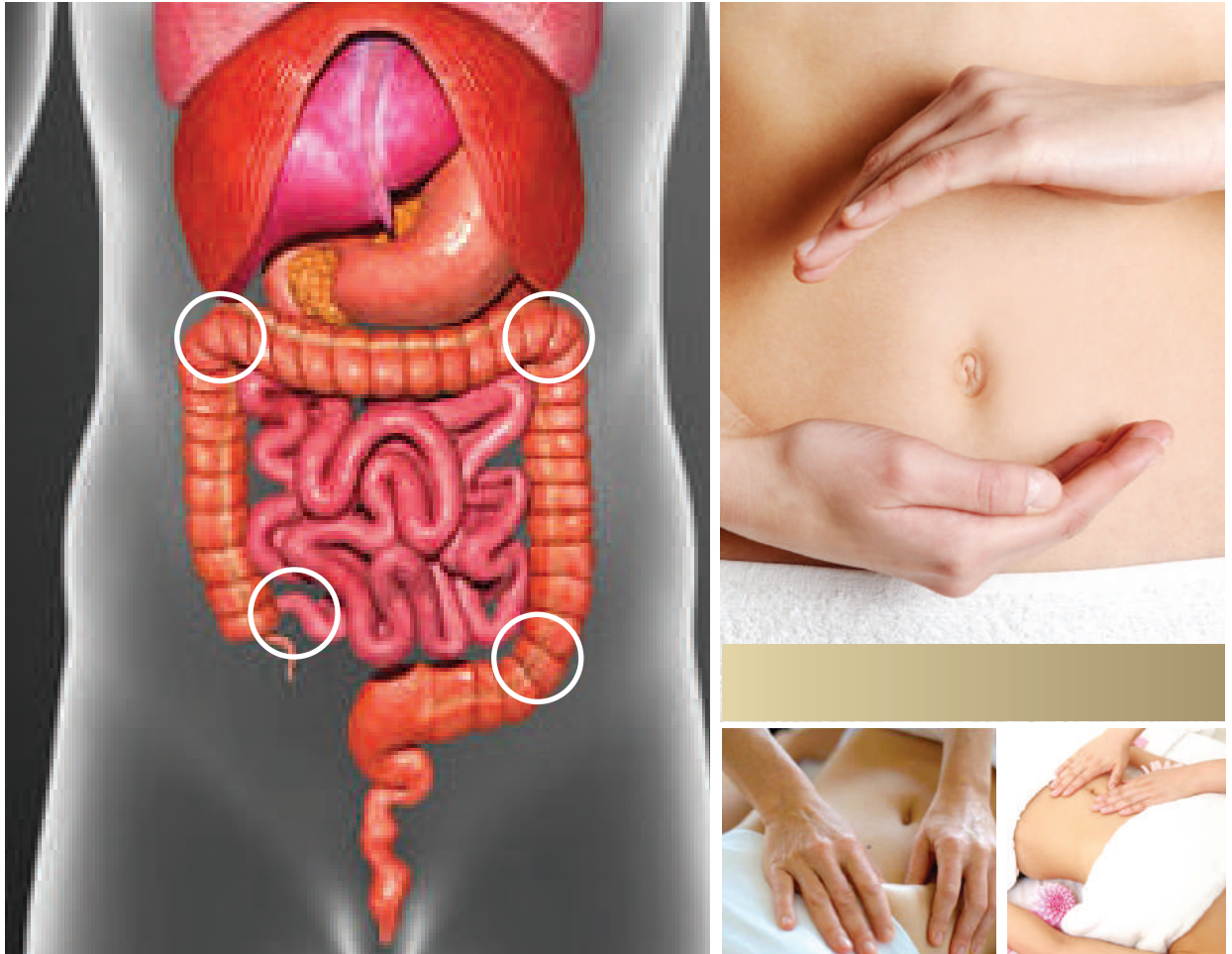


7:30pm Evening ➤ One-Day Cleanse

250ml of lukewarm water



8:00pm: BELLY MASSAGE



Take some time to massage your abdomen, especially the four critical points where the large intestine bends. The four white circles on the upper picture are where these spots are on your body.

► NOTE

Don't be afraid to go deep with your massage. Using pressure, explore all areas of the abdomen. The liver, the stomach, the large and small intestine will all experience this cleanse. You may notice some places on your abdomen feel soft and painless, while others are hard and painful. By massaging these areas, you both support the digestive system and create a deeper relationship with what is happening in your body.

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EVENING SCHEDULE



9:00pm Evening

One-Day Cleanse

250ml of lukewarm water & sachet #10 of Intestinal Management Enzyme powder + 20ml Liquid Enzymes



9:30pm Evening

One-Day Cleanse

Chew or swallow Fiber Crystal enzyme tablets with 250ml lukewarm water

SLEEP



Create a peaceful environment and get a restful night's sleep of at least 7-8 hrs. More if you need. When you wake up take the 30ml of liquid enzymes left in 250ml of warm water.

ELIMINATION

When you begin releasing mucoid plaque depends completely on the pace of your own digestive system and whether any areas require particular cleansing work. Some people begin releasing on the evening of the cleanse, most people the next morning and others in the days after. In any case don't worry, it will come out. If you have not had any bowel movements after two days following cleanse, we recommend an enema of lukewarm water. This can be done at home.

► ANALYSIS

Understanding what has been released from your body is important, and can help you with moving into a healthier way of life. We recommend releasing all bowel movements into a colander placed in the toilet bowl. Using gloves, you can then spread and stretch out the mucoid plaque on a flat surface, taking note of differences in coloration and texture.

Note that you can self-analyze the mucoid plaque by consulting the "Mucoid Plaque Analysis" section on our website. <https://zencleanz.com/pages/plaque-analysis>



ELIMINATION

- Basket
- Plastic Gloves
- Chopsticks

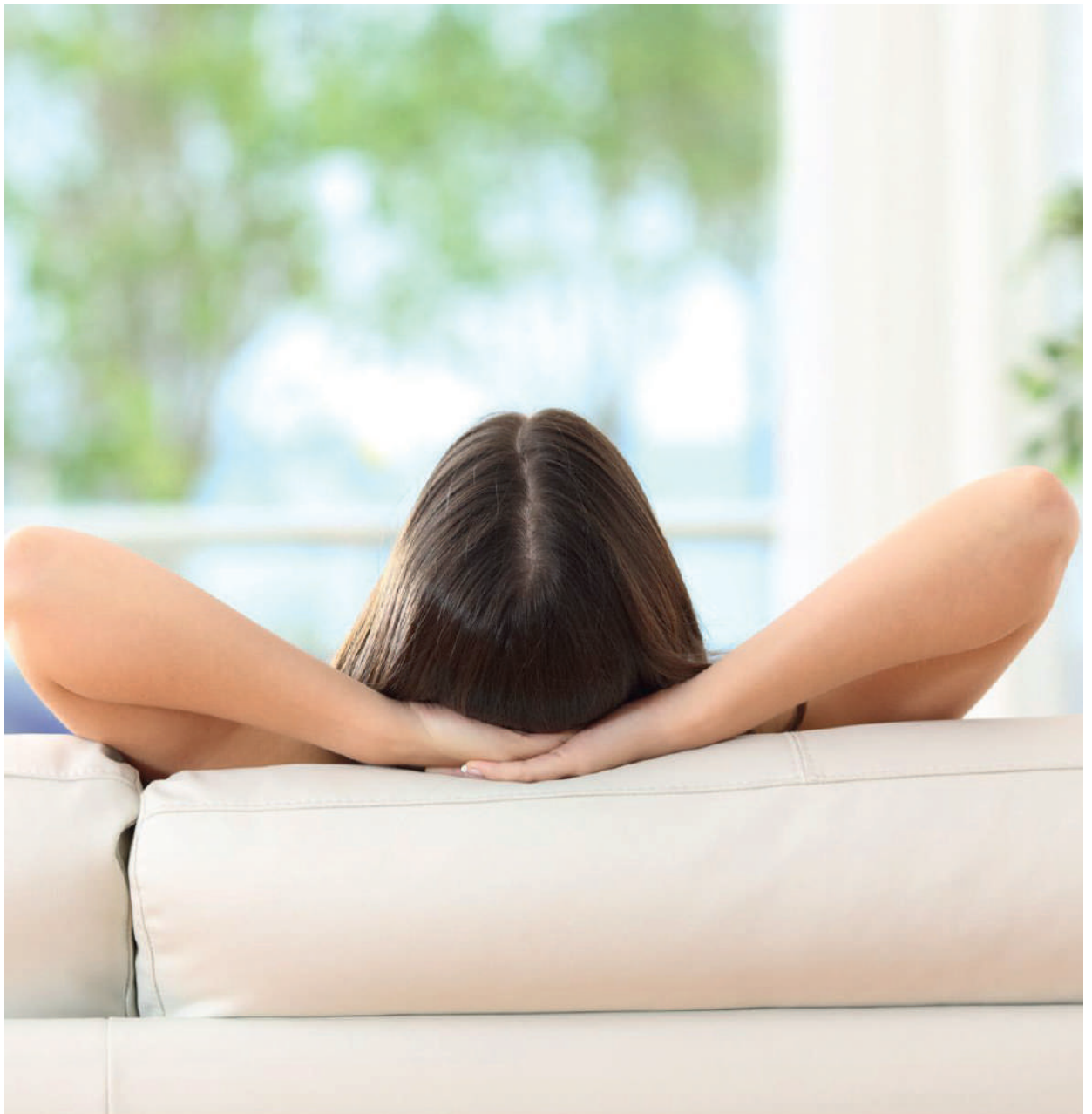
Understanding what has been released from your body is important, and can help you with moving into a healthier way of life.



THE DAY AFTER!

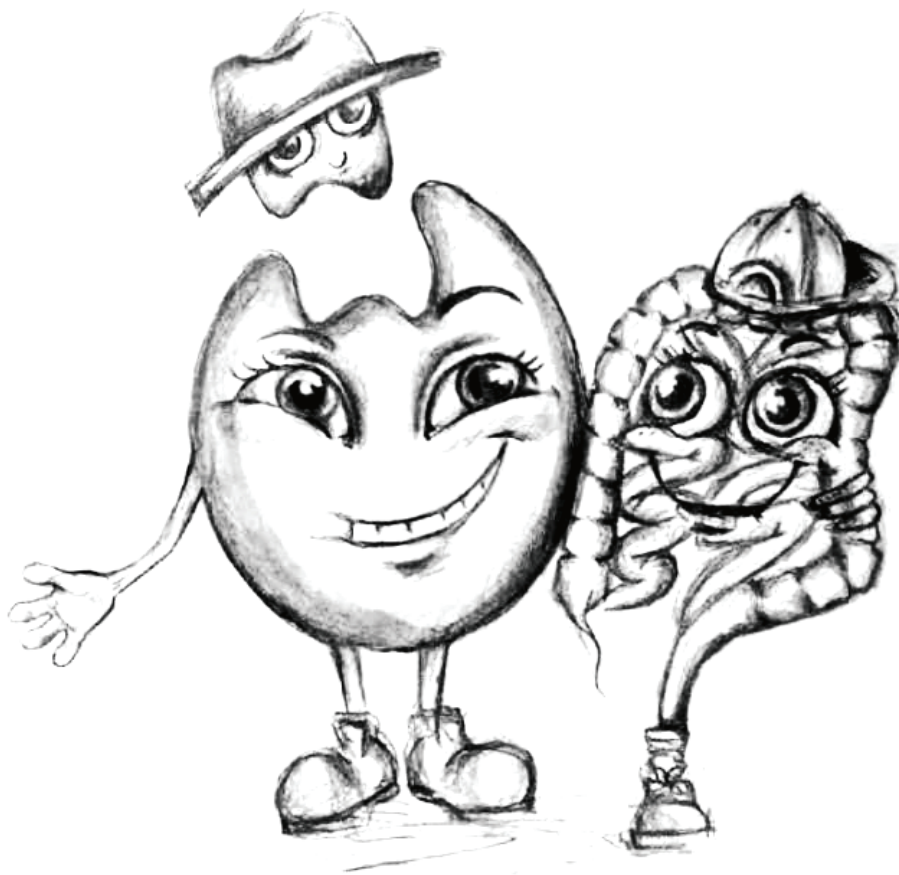
The following day the release of the mucoid plaque will start.

It is important to keep an enzyme-rich liquid diet for these few days after the intestinal cleanse so that you eliminate plaque. Keeping an enzyme-rich liquid diet will support the activity of the enzymes within your digestive tract. If you begin eating right after the cleanse, your body stops the fasting process of “autophagy”, and moves into digestion mode. The body will eliminate plaque if you maintain a fasted state. You can drink more warm water and liquid enzymes, fresh, raw juices, herbal teas, and broths. As long as you consume liquid (not blended foods) you will eliminate the most plaque. Keeping a liquid diet for these few days ensures the most effective elimination of mucoid plaque. For most of the people this elimination process only lasts a day but for others it can extend on two or more days.



WHAT NEXT?

This cleanse offers you the opportunity to re-program your digestive system and step into a fresher, healthier way of life. Following the cleanse, you may notice that you don't want to consume certain foods, or that you are ready to make some changes to your diet. Cleansing the body is not the end point, but rather the beginning of something new. It creates a wonderful foundation on which to build your health. You can feel joyful for the precious gift you have given your body, and embrace the opportunity to move into a more vibrant, healthy lifestyle.



ENZYMES ARE THE BEST FRIENDS
OF YOUR DIGESTIVE SYSTEM!