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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 an even more
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 the "D" day. In the case that you can't just try to avoid heavy proteins like meat, beans and nuts that require more work to digest. This way you will be sure that the precious enzymes that you will ingest will be used strictly to 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. Let's say that it is a fasting day!

How to set yourself up?

To make your day easy here are a few recommendations ...

It is recommended that you set alarms on your phone at: (for the enzyme drinks intakes) 9-10-11-12-14-15-17-18-19-21 AND at: (for the warm water intakes) 9:30-10:30-11:30-14:30-15:30-17:30-18:30-19:30-21:30.

Yes it is a lot of alarms but it will make your day much more relaxed!

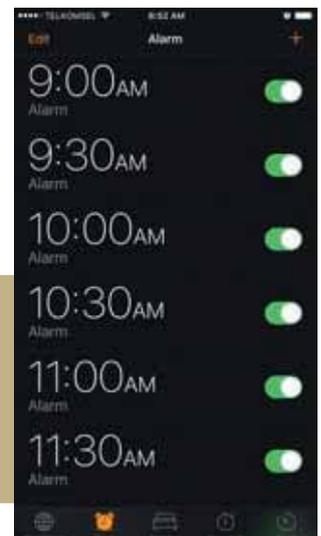
► WATER

Water should be warm ... not hot, not cold!

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



* Note: The times on the hours are enzyme times. The times on the half hours are warm water times.



➤ MIXING YOUR DRINKS

The enzyme/water solutions need to be shaken vigorously before drinking. The best choice being a shaker bottle 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 and doesn't need to be drunk 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, taichi or any other form of exercises 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.

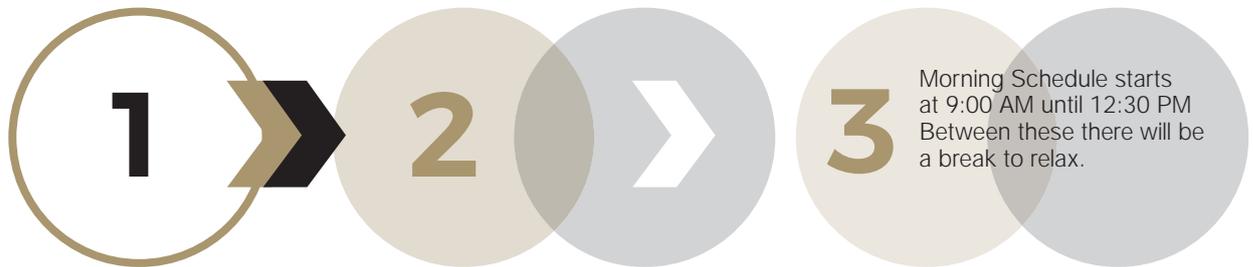


Enzyme pills

1 sachet with 6 chewable Enzyme pills



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.

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

MORNING SCHEDULE



11:00 AM Morning

One-Day Cleanse

250ml of lukewarm water & sachet #3
of Intestinal Management Enzyme powder



11:30 AM Morning

One-Day Cleanse

250ml of lukewarm water



12:00 PM Morning

One-Day Cleanse

250ml of lukewarm water & sachet #4
of Intestinal Management Enzyme powder



12:30 PM Morning

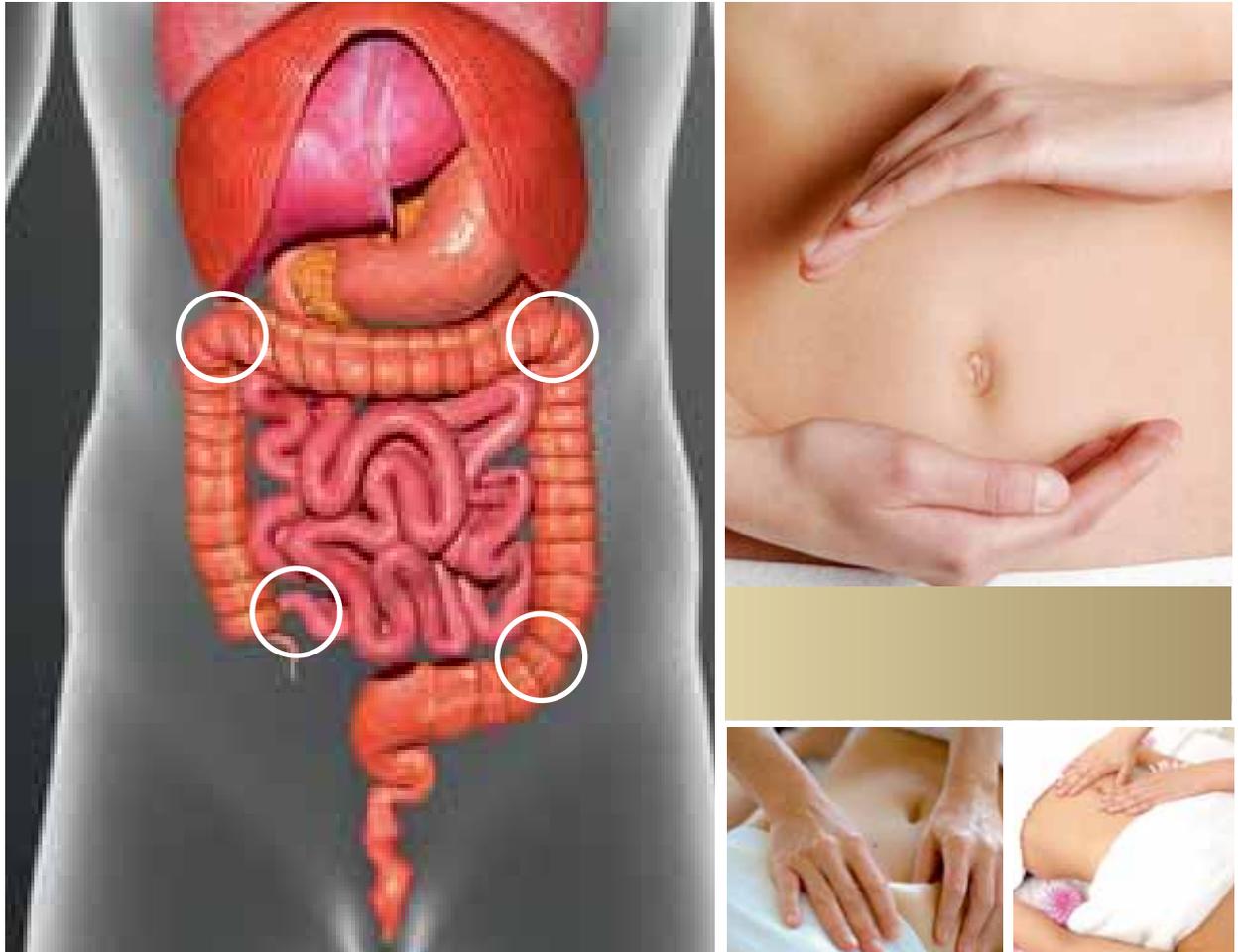
One-Day Cleanse

250ml of lukewarm water & 30ml of liquid enzymes
(1/2 a bottle)



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

1:00 PM: 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 by moving the fists 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



2:00 PM Afternoon ➤ One-Day Cleanse

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



2:30 PM Afternoon ➤ One-Day Cleanse

250ml of lukewarm water



3:00 PM Afternoon ➤ One-Day Cleanse

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



3:30 PM Afternoon ➤ One-Day Cleanse

250ml of lukewarm water



Time for a little break to relax and treat yourself well



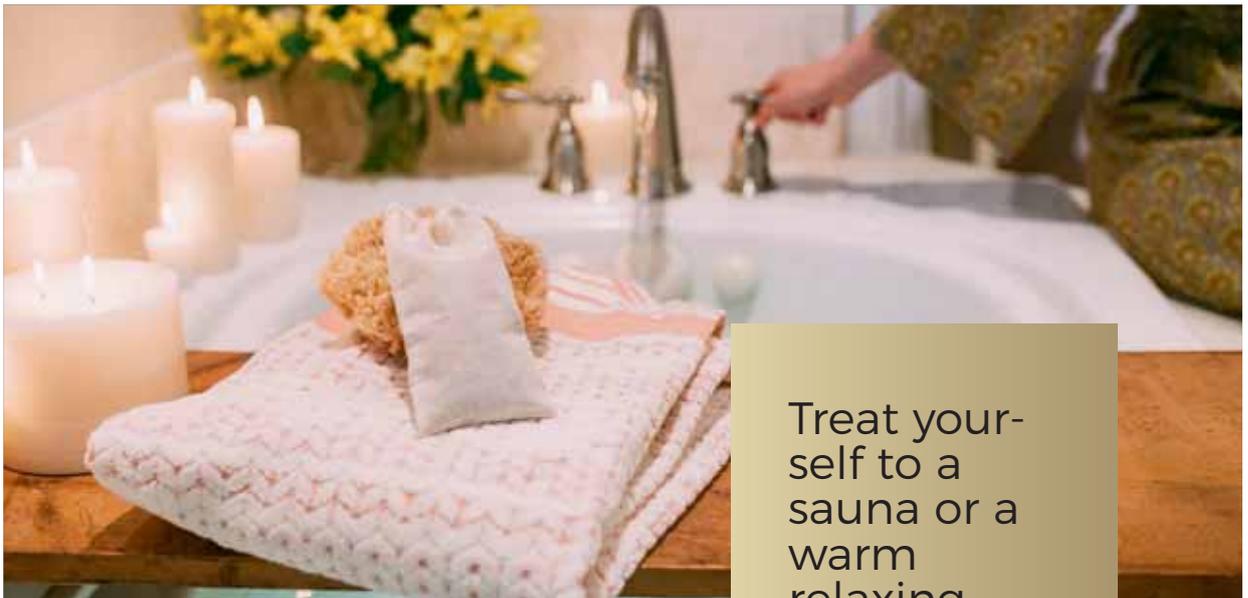
4:00 PM: WELLNESS & WARMTH



Take this day to focus on you. 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.



Treat yourself to a sauna or a warm relaxing bath!



AFTERNOON SCHEDULE



5:00 PM Afternoon ➤ One-Day Cleanse

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



5:30 PM Afternoon ➤ One-Day Cleanse

250ml of lukewarm water



6:00 PM Afternoon ➤ One-Day Cleanse

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



6:30 PM Afternoon ➤ One-Day Cleanse

250ml of lukewarm water



7:00 PM Afternoon ➤ One-Day Cleanse

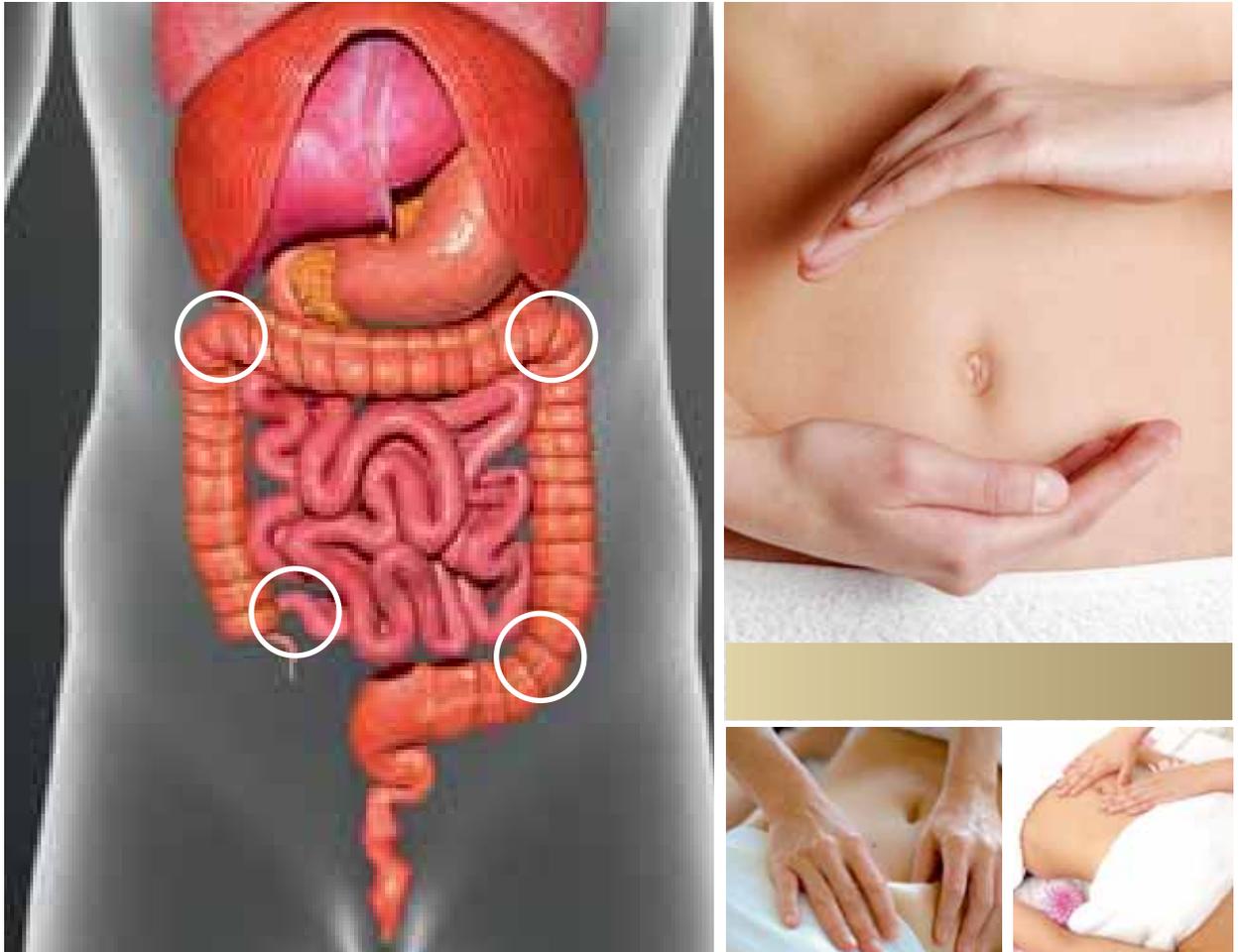
250ml of lukewarm water & sachet #9
of Intestinal Management Enzyme powder
+ 20ml Liquid Enzymes



7:30 PM Afternoon ➤ One-Day Cleanse

250ml of lukewarm water

8:00 PM: 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.

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EVENING SCHEDULE



9:00 PM Evening

One-Day Cleanse

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



9:30 PM Evening

One-Day Cleanse

Enzyme pills with 250ml of 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.

EXCERSION

When you will begin releasing mucoid plaque depends completely on the pace of your own digestive system and whether any areas require some particular cleansing work. Some people begin releasing on the evening of the cleanse, most people on the next morning and others only later. In any cases 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 sieve 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>



EXCERSION

- Basket
- Plastic Gloves
- Chopsticks

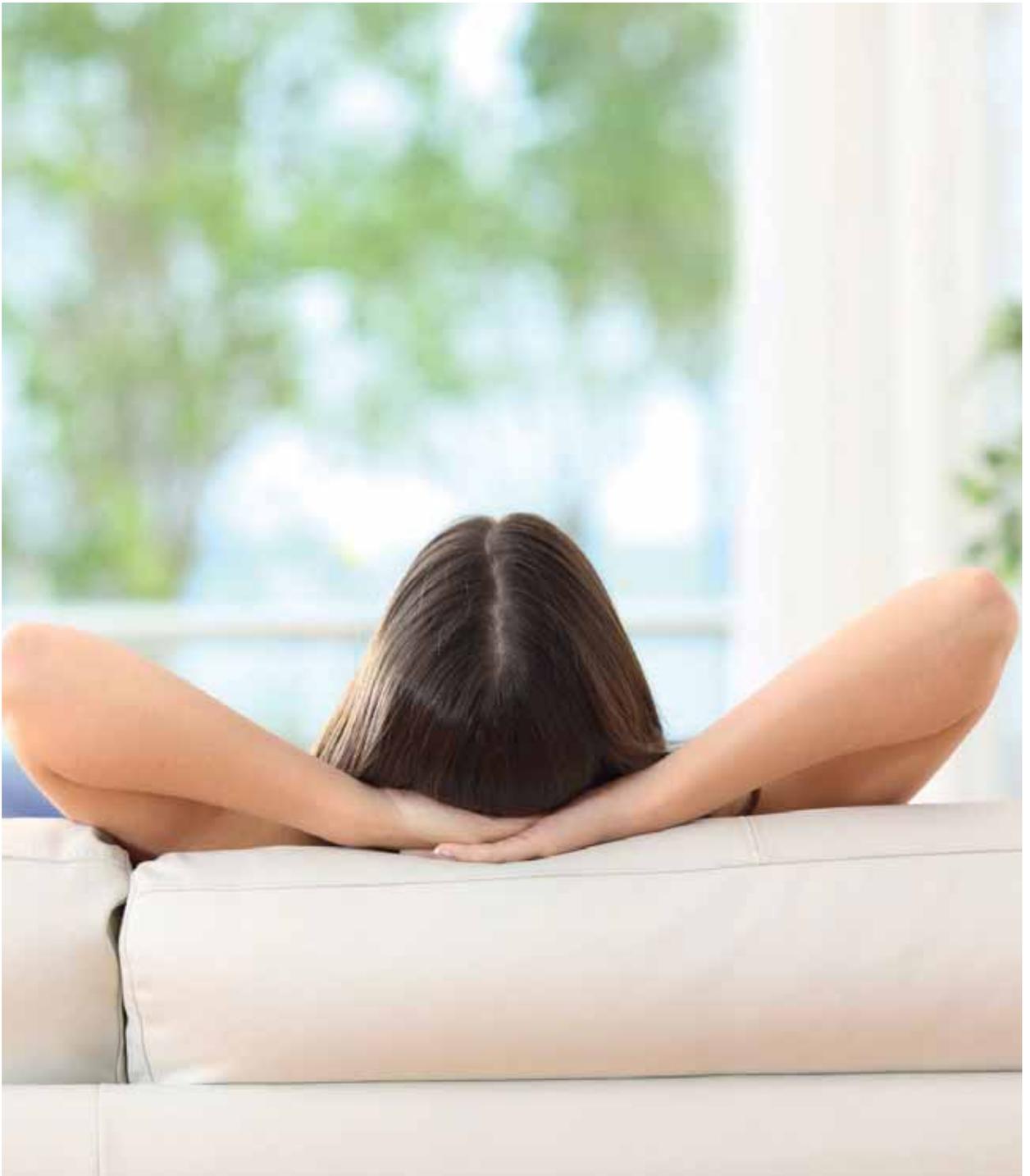
Understanding what has been released from your body is important, and can help you with moving into a healthier way of life.



THE DAY AFTER!

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

During that period we recommend that you keep an enzyme-rich liquid diet if possible. This will support the activity of the enzymes within your digestive tract. For most of the people the process only lasts a day but for others it can extend on two or more days. Keep in mind that if you keep juicing until you feel that the process is finished, you will get the most out of it!



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.

INTESTINAL MAINTENANCE TRIO

ALL YOU NEED TO KEEP YOUR GUT HEALTHY

Complement your cleanse with this One-Month Supply
Clean the tract, heal the lining, nourish the flora,
and support digestion ... on a daily basis!

► PRODUCTS INCLUDED:

- 1 x Detox-S (750 ml bottle)
- 1 x Fiber Crystals (30 sachets)
- 1 x Quantum Particles (100 sachets)

NORMALLY YOU WOULD PAY: US\$330,-
BUY THIS TRIO WITH 1 OF OUR KITS AND
RECEIVE (-15%) **DISCOUNT**.
YOU PAY: **US\$280,50**

~~US\$ 330,-~~
\$US 280.50



ENZYMES ARE THE BEST FRIENDS
OF YOUR DIGESTIVE SYSTEM!

