

## FORMULA Y

Formula Y is a fasting formula adapted from Hazel Parcells' cleansing program. Formula Y is designed to support the detoxification of the liver. This fasting plan includes an optional gallbladder flush. For optimal results, the Formula Y is taken according to instructions for the five days fast (see schedule on pages 3 – 6).

### PREPARATION OF FORMULA Y

To make a broth from the Formula Y herbs, allow a rounded teaspoon of Formula Y for each 4 oz. of water. When the broth is taken 6 times (the number of times in a single day) take 6 rounded teaspoons of Formula Y and mix in three 8-ounce cups of boiling water. When you are ready to begin the fast you will mix 4 ounces of Formula Y broth with four ounces of tomato juice. For the first three days, the combination of 4 ounces Formula Y and 4 ounces tomato juice alternates with 8 oz of grapefruit juice (see schedule on page 3), on days four and five apple juice is introduced (see schedule on pages 4). It is best to prepare the broth the night before each day of the fast. The broth can be consumed either hot or cold.

Total Juice amounts needed for 5-day cleanse (does not include the gallbladder flush, see below to determine additional amount of grapefruit and olive oil needed for the flush)

Tomato	3.75 quarts
Grapefruit	6.25 quarts
Apple	1.5 quarts

You will also take 6 capsules of OXY-OXC (2 capsules three times a day, each day that you fast) to aid in the cleansing of the colon and an herbal laxative before going to bed (see schedule on pages 3 and 4).

Use the schedule on pages 3 and 4 to keep track of your fast.

### INCREASING ELIMINATIONS OF TOXINS

To further increase the elimination of toxins, enemas or colonics are highly recommended as a part of the five day fast with Formula Y. As the body detoxes it is important that the toxins are eliminated before they are reabsorbed. Enemas are recommended in the morning and in the evening. Enemas also help eliminate some of the symptoms associated with detoxing such as headaches, joint pain and nausea. Adding a tablespoon of Blackstrap Molasses to the enema water will also facilitate release of toxins and help to relax the gallbladder duct. If you are doing colonics, check with the practitioner to see the recommended frequency.

In addition, hot baths with 1lb each of soda and salt or 1pt of cider vinegar added to a tub of water will aid in the skin releasing toxins. Saunas and steam baths can also be used to eliminate toxins from the skin.

### **GALLBLADDER FLUSH**

You may choose to include a gallbladder flush to your fast on the third night. Before going to sleep, after one has taken an enema, mix 4-ounces of grapefruit juice in to 4-ounces of olive oil until the liquids form an emulsion and drink. After drinking the grapefruit/olive oil mixture, lie on your right-hand side for thirty minutes to avoid nausea. (Usually there is no nausea.) At the end of this period, drink an 8-ounce glass of grapefruit juice. Should the oil be vomited on the first night, repeat the following night. To be successful the flush needs to be repeated for three consecutive nights. Watch the stool for pea-like pellets in the toilet after bowel movements. The flush also helps to free congealed bile and any catarrhal condition responsible for mucus that can clog the bile duct.

### **BREAKING THE FAST**

How you chose to break your fast is as important as the fast itself. The body must now readjust to the digestion of food, so it is best to eat small portions of raw fruits and/or vegetables. A strict diet of fresh fruits and vegetables should be followed for the first two days after the fast has ended. (Avoid bananas and citrus fruit in the first two days after the fast is broken.) Only one kind of food should be eaten at a time and starches like bread, rice, oatmeal, etc. and sugar should be avoided. In addition to allowing the body to slowly adjust to digesting food, eating in this manner will allow the detoxification process to continue. Abruptly ending a fast can result in gastrointestinal discomfort or illness.

Days 1-3

7am	Take probiotic with 8oz. glass of water
8 am	8oz. Formula Y and 2 capsules Oxy-Oxc
9 am	8oz. Grapefruit juice
10 am	8oz. Formula Y
11 am	8oz. Grapefruit juice
Noon	8oz. Formula Y and 2 Oxy-Oxc capsules
1 pm	8oz. Grapefruit juice
2 pm	8oz. Formula Y
3 pm	8oz. Grapefruit juice
4 pm	8oz. Formula Y
5 pm	8oz. Grapefruit juice
6 pm	8oz. Formula Y and 2 Oxy-Oxc capsules
7 pm	8oz. Grapefruit juice
8 pm	Smooth Move Tea or another herbal laxative and probiotic



Days 4-5

7am	Take probiotic with 8oz. glass of water
8 am	8oz. Formula Y and 2 capsules Oxy-Oxc
9 am	8oz. Grapefruit juice
10 am	8oz. Formula Y
11 am	8oz. Apple juice
Noon	8oz. Formula Y and 2 Oxy-Oxc capsules
1 pm	8oz. Grapefruit juice

2 pm	8oz. Formula Y
3 pm	8oz. Apple juice
4 pm	8oz. Formula Y
5 pm	8oz. Grapefruit juice
6 pm	8oz. Apple juice and 2 Oxy-Oxc capsules
7 pm	8oz Formula Y
8 pm	Smooth Move Tea or another herbal laxative and probiotic



