

How to Make Your Sludgy Cocktail Transcript

It's sludgy cocktail time. This is going to become your nightcap for the next month. If you take medication at night this will become your first morning drink. Remember we're making this sludgy cocktail with diatomaceous earth and we're using the clay, top quality clay, and the combination of those two things is going to be working deep on the biofilms throughout this month. It's also going to be working as chelation to pull heavy metals and excess estrogen out of the system and really, really cleaning things up. You don't have to be too afraid. It doesn't taste horrible, it just tastes kind of chalky. We want to get you really excited to take this sludgy cocktail because the effect it's going to give.

You all have this top quality diatomaceous earth, food-grade diatomaceous earth and within here is a little teaspoon. You're going to do one teaspoon of the diatomaceous earth, which I've already put in our jar, and then you open up your clay capsules, two clay capsules, also put that in your jar. If you have a blender bottle that will also work really well. Then we add 8 oz. of water, and you give it a good mix till it looks nice and chalky. Again, if you have a blender bottle, you just shake it up, and then I want you to drink it as fast as you can. Just go ahead and get it down, and then after that you're going to fill another 8 oz. of water, and you're going to take your triphala, because diatomaceous earth can be constipating, and we don't want you to get constipated. We want to move this stuff out of your body.

You'll notice on your protocol sheet that if you tolerate this just fine, we're starting off slow for the first week, you do one teaspoon of the earth and you do two capsules of the clay. If you tolerate that just fine, you don't get constipated, in Week 2 you can increase. You double the dose of your earth, you do 2 tsp of earth and you would do 3 capsules of clay, and you hold there for the remaining time. You're going to be on this for a full month.