



THE MORNING ROUTINE

MODULE 1: SKD PROTOCOL

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Celery Juice FAQs

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Step 1: Drink 16 - 20 ounces of Lemon Water Every Morning

First thing in the morning, before eating or drinking anything else, drink 16 ounces of lemon water.

Your liver wakes up a few hours before you do and starts cleaning everything out. It begins to pull toxins out of your organs. It begins early in the morning before you wake up because it needs to get everything done before you go putting it to work by eating or drinking. That's why your morning urine is so dark. It contains all of the toxins that your liver just worked so hard to draw out.

You want to help your liver with the detoxing process by drinking at least 16 ounces of lemon water upon waking up to help flush that all out. Simply squeeze a half of a lemon into 16 - 20 ounces of room temperature water or cold water and drink it.

Why is the lemon so important?

It adds the life force back into your water. Today our water is basically dead. From the tap or filtered, it has no life force as it once did when we drank from rivers and fresh water supplies. Lemon brings life back into the water and allows the water to travel more deeply into your cells.

At first you may feel like the water is running right through you. You may feel like you're urinating more than you're drinking. This is because your body is dehydrated.

Imagine pouring a gallon of water on a dry, cracked desert floor. The water would not immediately get absorbed into the ground. It would bead up and sit on the surface. What would happen if you poured a gallon of water on moist soil? It would soak right in, right? Since the soil was already hydrated, it could absorb the water and bring it to the roots of the plants in the soil. Your body works the same way. The more water you drink, the more you will absorb it and allow it to travel to your organs.

If you prefer, you could use limes in place of lemons. They work the same as lemons.

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Why is it important to detox the liver?

In order to heal your symptoms, we have to actively kill the Epstein-Barr virus and at the same time, get the virus out. You can't just keep killing the virus and not get it out because your body will then become overwhelmed with the die-off and that leads to more symptoms because the dead corpse of the virus is a neurotoxin.

That's why it's so important to first learn how to detox your body and then we'll get into actively killing the virus in later modules. This is why it is very important to follow the modules in order. They are set up so that each module can build upon the success of the previous module.

What Does Lemon (or Lime) Do?

The roots of lemon and lime trees go deep into the earth, extracting dozens of trace minerals that get passed onto you when you consume the fruits. Lemons and limes are ultra-hydrating and electrolyte-producing, because they are a top source of mineral salts and trace mineral salts. Traces of bioavailable sodium in lemons and limes are a driving force in the value they offer our bodies.

These citrus siblings have some of the most highly absorbable vitamin C around. And you often hear people concerned about where to get their calcium. Look no further than fresh-squeezed lemon or lime, which offers bio-active calcium that your body craves. Plus, phytochemicals called limonoids in lemons and limes actually bond the vitamin C and calcium together, so that wherever one goes in the body, the other rides along. This enhances the bioavailability of each, and also creates alkalinity in the body to help prevent the growth of almost every type of cancer. The antioxidant flavonoids in lemons and limes are another ally in fighting disease.

And when you're dealing with a cold, flu, bronchitis, or pneumonia, lemon is one of the most effective mucus expellers you can find. Lemons and limes are also amazing cleansers of the liver, kidneys, spleen, thyroid, and gallbladder. They purge the many toxic substances we collect from exposure to plastics, synthetic chemicals, radiation, and poor food choices.

Trying to kill the Epstein-Barr virus without drinking enough water is like taking the trash to the curb with no waste-management service to pick it up. Once detoxification has drawn the gunk out of your cells and tissues (your liver does much of its work overnight), it needs to be flushed out when you wake up, otherwise, those toxins settle back in and the process starts all over again the next night.

Lemon or lime water is more beneficial for this process than plain water, because filtration has often taken the life out of drinking water, and adding citrus reawakens its healing abilities.

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Step 2: Work up to drinking 16 - 20 ounces of Celery Juice 20 minutes after finishing the lemon water.

IMPORTANT: Start very slowly! Begin with just 4 ounces and pay close attention to how your body responds. Drinking too much too fast can kill the virus too quickly, triggering a die-off reaction that increases fatigue, brain fog and causes diarrhea.

We don't want you feeling so bad that you give up on celery juice altogether.

If 4 ounces feels okay, try 6 ounces the next day, and gradually increase from there. Stop immediately if symptoms worsen, and don't resume until you feel back to normal.

You must work up to 20 ounces slowly. More isn't better. Faster isn't better. Pushing through worsening symptoms will trap you in a valley of discomfort that could make you swear off celery juice forever. The slower you go, the faster your healing.

Drink 16 - 20 ounces of pure celery juice 20 minutes after drinking your lemon water in the morning. I remove the leaves before juicing the celery because the leaves make the juice taste bitter. Do not add anything, not even ice. You have to drink it straight (do not add anything) to receive the healing benefits. (Organic celery is best, but if you don't have access to organic, you can use conventional. Just be sure to wash it thoroughly.)

TIP: Costco carries organic celery in 2.5 lb. bags that has been cleaned with the base and leaves removed. It is quite convenient to buy your celery this way. I use one package every morning which gives me about 20 ounces of juice. You can buy 2 weeks worth at a time as it lasts quite a while in your fridge.

****If you don't have a juicer, go buy one. You don't need anything fancy or expensive. Any juicer will do. There are juicers on the market made specifically for juicing celery and they are quite expensive. You do not need the expensive one. Some people choose to put the celery in a blender and then use a cloth to strain out the juice. This will work in a pinch; however, it's not realistic to do long term. You want to keep your morning routine as simple and enjoyable as possible.**

Celery juice kills pathogens **on contact** and helps purge the liver of toxins. If you have a high level of toxins, you most likely will experience loose or watery stools for days or weeks as your body removes the waste product. This is normal and a good sign that your body is working to clean itself out.

Wait 20 minutes before consuming anything else. If you drink coffee, you may want to hold off longer than 20 minutes before having a cup. I found that drinking coffee right after having celery juice will upset my stomach. Everyone is different though so you will have to experiment to see what works for you.

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Celery Juice FAQs

What is the ideal amount of celery juice to receive the healing benefits?

16 ounces of straight celery juice a day is ideal for receiving its healing benefits. Increasing your intake up to 24 to 32 ounces a day can be extremely beneficial for anyone suffering with chronic illness or symptoms.

Is there anything that can be added to celery juice to make it more beneficial?

Adding anything will destroy and denature the celery juice taking away all of its healing properties.

Can I just eat celery instead of juicing it?

The reason we juice the celery versus eating it is because juicing and removing the pulp (fiber) is the **only way** to get the healing benefits.

Celery juice restores your central nervous system, removes old toxins and poisons, such as old pharmaceuticals from your liver.

Is it normal to experience a change in bowel movements after drinking celery juice?

Some people may experience a change in their bowel movements like loose stool when starting to consume celery juice. This is a normal detox reaction that some individuals who have a higher level of toxins may experience. Celery juice will kill off unproductive bacteria in the gut and will also help purge the liver. This can result in loose stools as the body pushes out the toxins from a very toxic liver. **This is why it is so important to start with only 4oz and work your way up.**

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Will I experience an increase in symptoms after drinking celery juice?

Yes, most likely, you will. Celery juice is very healing, and the sodium cluster salts will begin to immediately kill off pathogens like viruses such as Epstein-Barr and Shingles, as well as bacteria such as Streptococcus inside the body right away.

For some people, if they've already experienced some symptoms on and off in their life such as fatigue or other symptoms, it's possible that in some cases these people may temporarily experience symptoms again. These symptoms will be short and brief as the body heals and cleans up.

My recommendation is to stop the celery juice or at least drink a lesser amount until you feel back to normal. Then begin the process again. **DO NOT PLOW THROUGH AND IGNORE THE SIGNS THAT YOUR BODY NEEDS A BREAK.**

Is it normal to get bloated after drinking celery juice?

Celery juice rapidly speeds up digestion. It does this by prompting the liver to increase bile production and instantly strengthening the stomach's hydrochloric acid production. Which then begins to break down old undigested rotting protein, old rancid fats trapped at the bottom of the stomach, and in the small intestinal tract that have been there for decades in everyone.

Once these fats and proteins dissolve, bloating tends to go away for almost everyone who is dealing with chronic bloating issues. But for some, a feeling of bloating can occur that can be mild to severe, depending on how toxic someone's digestive tract has become and how much old rotten undigested debris is in their digestive tract. As these individuals continue to use celery juice the right way long term, the condition and toxicity of their digestive tract will improve, and bloating can disappear. This is another reason to start with only 4oz, see how your body responds, and slowly build up to 16oz.

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Does celery juice contain oxalates?

Yes, there are oxalates in every single fruit and vegetable on the planet. The vast array of nutrients in so-called 'high oxalate' leafy greens and celery are some of the most nutritious available to us. Medical research and science has not discovered that there are anti-oxalates in fruits, vegetables, and leafy greens that prevent the oxalates from causing us the damage the current trend tells us they do. In reality, these foods don't cause us any harm, rather they provide critical healing nutrients like phytochemicals, vitamins, and minerals.

Can I take celery juice powder or celery powder instead of drinking fresh celery juice?

No, celery powder and celery juice powder can't replace fresh celery juice. Celery juice powder and celery powder don't offer any of the benefits that 16 ounces of fresh straight celery juice can.

Selling celery juice powders and putting celery inside supplements is going to become a popular trend as celery juice becomes even more well known and people try to profit off the global celery juice movement that is healing the chronically ill. Try to avoid all of these fads. They are a waste of money and they don't offer the same healing benefits as drinking straight, fresh celery juice every day.

Can I juice celery root instead of celery?

No, celery root is a different plant to the large bunches of celery stalks with leaves. Juicing celery root will not provide the same healing benefits.

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How long does it take to feel the benefits of drinking celery juice?

It depends on what condition the person is in. Almost everyone feels benefits of some kind in their first week of drinking celery juice in the right amount and in the right way daily. Many people even feel benefits after their first juice. It all depends on the person and their circumstances, such as their health conditions and symptoms and how toxic and overburdened their liver is with different pathogens and poisons such as pesticides, solvents, herbicides, toxic heavy metals, and all kinds of other chemicals and toxins.

If someone is dealing with weight issues, if they have a lot of putrefied and rancid fats in their colon, and/or a lot of bacteria in their intestinal tract such as streptococcus, this will also affect the healing timeline.

The amount of stress someone is experiencing in their life, what else they choose to eat and drink in addition to their straight celery juice, and their other lifestyle habits will also play a role in how long it takes for someone to feel the benefits. But most people do feel a difference rather quickly.

Some people who have been drinking celery juice for a long time get used to how good or how much better it makes them feel than when they weren't drinking it. Then they stop drinking celery juice temporarily, like many do, and find they don't feel as good anymore. They realize at this point just how instrumental the celery juice was in helping them feel better.

It's important to know that even if someone doesn't see or feel the benefits of drinking celery juice quickly, it doesn't mean the benefits aren't happening. Everybody who drinks celery juice receives benefits immediately because celery juice begins working immediately upon entering the body.

For some people, it can take a bit of time to see or feel the benefits in a tangible way they can notice, even though the celery juice has been providing healing benefits from the first drink internally.

Please resist the urge to start with 16oz your first time drinking celery juice!

So many people say, "I should have started slow." "I wish I would have listened to your advice." "I had no idea how powerful that pale green juice could be."

Learn from those who came before you and remember, the slower you go, the faster you will heal.