

A decorative pattern of stylized yellow leaves and vines on a light orange background, located at the top of the page.

The Detox Dudes Presents:

A photograph of a woven basket filled with fresh vegetables, including zucchini, apples, broccoli, bell peppers, and corn, set against a light orange background.

THE 5-DAY RESURRECTION

A photograph of fresh produce including several whole and sliced tomatoes, two sliced onions, and an apple, set against a light orange background.

JOSH MACIN

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INTRODUCTION

Everybody in our culture wants a magic pill. In the mainstream medical community, it is more pronounced, in that almost every disease is thought to have a pill to combat the symptoms. Or that people spend millions a year on liposuction instead of losing weight in a healthy manner.

Even in the holistic healing world, people still want quick fixes. It's what we have been trained to want.

We want a juice cleanse to cure digestive issues. We want a 3 day water fast to cure fatigue. We want a supplement to cure our depression.

Ladies and gentlemen. There are *no* quick fixes in this game of life. The jewels only come when we put in the work. And guess what? We wouldn't want it any other way. There is a higher part of ourselves that came down here for an epic hide and seek game, and wants a challenge. Do you enjoy watching total blowouts in football or soccer games? Or do you like watching a battle until the very end? We would be very bored if achieving epic health was a matter of taking a pill or fasting for five days. No dragon, no hero.

Anyway, this five-day detox goes against all of my beliefs around detoxification. Detoxification is a marathon, not a sprint. It's a lifestyle change, not a "mode" that we go into. However, I also recognize the need for people to measure and see results before they commit fully to a new way of life. I recognize that people need to experience something before they can wrap their minds around it. This five day detox is absolutely not a cure-all. If I do my job correctly, you should experience profound results, lose many pounds of old fecal matter, and take a peek behind the curtain at what is possible for your life and health.

Most likely, if you don't dive deeper from that point, in a matter of a week, you can come right back to your homeostasis, which for most people is relative misery.

If you do your part after I do mine, this five-day cleanse can be the pivotal moment of your life, where you begin to understand:

- A. Just how toxic your body is
- B. How much your diet is affecting your life and well-being
- C. How you are operating at <5% of your true capability.
- D. How you have basically been dying slowly for all these years (hence resurrection)

What about just normal fasting? Juice fasting? What is wrong with other cleanses and why should you do this instead of all the other stuff out there?



WATER FASTING

Water fasting is an ancient healing modality that stretches back as far as humans were alive. I don't think there is a definitive time when fasting began, because it is basically synonymous with our existence. Man and animal intuitively lose appetite during illness and this is the body suggesting that food is not needed during this time of recovery. In ancient cultures, there used to be special houses built outside the village for when people fell ill, and they went to the house and fasted until they recovered. Most animals in nature fast when under stress or when feeling ill, to seek balance, conserve energy, and rest the organs.

What happens when we fast is that the organs get a much needed rest from the 24/7 work that they do. Particularly the digestive tract, with our three meals a day from the time we were born, has not had a rest in decades! When we stop putting food in, the system gets to take a nap. Furthermore, the body goes into a process called "autolysis" where it cannabilizes and breaks down anything that doesn't serve it. It eats old damaged tissues, cancers, fat, and unneeded substances/toxins before going after the important things (organs, healthy tissues, muscles etc.) Thus, one could say that we have an intelligent all knowing doctor inside each and every one of us.

We have come a long way since water fasting has been "invented" and in my opinion water fasting is obsolete. The native Americans predicted that in order for the world to change, the eagle and the condor would have to fly together. The condor representing ancient medicine, the heart, intuition, and the eagle representing industry, technology, western medicine, and the mind. Merging these two worlds is the ultimate path of healing, not getting stuck fighting for one team. We have new tools in this modern era aside from water and not eating, so let's make sure we use them.

Water fasting is obsolete because it drastically reduces mineral reserves and electrolytes from the body. Remember, when we detox, we also strip vital nutrients from the body. People are extremely malnourished in our world today, not just toxic, therefore detoxification must be balanced with remineralization, otherwise you are in for a world of hurt. Also, water fasting detoxes the body too quickly in my opinion. Furthermore, water fasting alone does not do a good job at breaking down mucoid plaque and old fecal matter. Imagine rusty old rotting sink pipes. Would water do the trick?

Furthermore, water fasting (with no other tricks) does not do a good job of provoking bowel movements, which is absolutely essential during cleansing.



Because of the rapid rate of detoxification and the lack of remineralization, many mental and physical conditions can actually get very bad during a water fasting process. Beyond a normal healing reaction, and in an unsafe and ungrounding way.

Furthermore, because water fasting is so drastic, it does not tend to heal one's relationship with food and diet. Instead, in my personal experience and experience with clients, it tends to exacerbate overeating issues and food cravings, because it swings the body and mind to the other end of the pendulum, only to be brought back after the fast to even stronger levels. Thus, it is not helping create harmony and achieving a "middle ground" with diet. One extreme to the other...

Most books written about fasting are at least 50 years old. This is a problem because the condition of the world, toxicity, and the health of humanity has drastically declined in the past 50 years, to which those books could not have possibly predicted or addressed.



NORMAL JUICE FASTING

In my opinion juice fasting is superior to water fasting, but doesn't come close to The Detox Dudes Resurrection program. The benefits of juice fasting is that the body still goes into autolysis because there is no digestion happening, but atleast vital nutrients are being resupplied during the process. Juice helps break down old fecal matter, breathe life into the cells and intestines, and provide minerals. However, standard juice fasts do not address mucoid plaque and have absolutely no way of tackling hard-to-reach mucoid plaque. Furthermore, normal juice fasting (and water fasting) causes intense detox reactions that prevent people from handling long stretches of time, and turn people off to detox in general. There are several things that I implement to tackle that problem. Furthermore, the juices that people typically use during juice fasts or feasts are not ideal. Way too much sugar/fruit is used, and not enough solvents and biofilm breakers are used.

STORE-BOUGHT CLEANSSES

These are often very toxic and do not address any of the other variables or factors of a detox. They simply tell you to take certain supplements (many times clay and psyllium) while eating a normal diet. This does not accomplish anything and in-fact makes many people more constipated and bloated.

Thus, I present you with the resurrection protocol. Remember, I am **NOT** a doctor, so you should be consulting with your physician regarding everything that I recommend.



PREPARATIONS

* Note - This cleanse can be anywhere between 2 - 15 days. I suggest 5 days for a beginner, but that is not a hard and fast rule.

This fast is ideally done in warmer months of the year, though for some that is not possible. Fasting during extreme cold months can be depleting, even if your time is spent warm indoors. I have done it many times through NJ winters, so I can't really tell you not to.

48 hours before the detox begins, make sure to not have any red meat. Try to have a lot of raw salads, fruits, and cooked vegetables. I typically subscribe to a lectin avoidance diet, which is a lot of cooked and raw veggies and my main source of protein are sardines (2x a week), eggs, and hemp protein powder. More on diet to come in a later minibook.

Begin preparing your launching pad. Begin the foundation of your house. What does this mean? The next five days for you (for most) will be extremely challenging, unique, unfamiliar, and rewarding. You may feel physical symptoms you have never felt before. You may separate from your body. You may travel to astral worlds. You may feel utter bliss. You may experience extreme hatred down to a cellular level. You may experience debilitating detox pain. You may get really anxious. You may have many life revelations.

The point here is that you have to logistically plan your life around to handle this kind of experience. During the cleanse, you will be super sensitive and fragile, and do not want to be planning or handling stressful tasks. Things will affect you 5x harder while you are cracking open your psyche and cleaning your body.

Step one would be to find a comfortable home (or friend/family members) home to do this. You do not want to be around toxic people, toxic situations, or unsupportive friends. You want to do this ideally alone or with a supportive friend/family member.

Ideally you would take off of work, or choose a long weekend to do this. Most people want to mess around around, drink, smoke, party or whatever it is they need to do to cope with the monotony of the week. I highly recommend you devote some of your fuck around time to this instead. You may find yourself inspired enough to realize that you aren't living up to your potential and the fucking around on weekends is the trap that completes the circle that allows you to stay in mediocrity.



The trap here is to say that “I don't have enough time for this” or “There is no way I can devote five days to this.” If one can't prioritize one's life around having five intense healing days for your mind, body, and spirit, then one's paradigm is broken. Think about all of the time you have wasted on other stuff that has given absolutely no benefit to your life. Or about how many days off work you may have taken for less than important things. Or, if you are a workaholic, perhaps recognize that your whole paradigm of being a workaholic is part of the sickness!

Tell your friends, family, clients, and co-workers that you will be offline for five days. I strongly suggest minimizing your internet/tv/phone time as much as you can during these five days. I would say one hour total combined of the previously mentioned technologies would be too much. You should be looking for possible emergency situations from work/family and then resigning from the digital world. Remaining “plugged in” to technology during this process will extremely dilute the process and drastically reduce the healing potential.

Ideally you would unplug entirely for those five days, not even checking your phone or email (or cryptocurrency prices) once.

Make sure you unplug your wifi router in your home (especially at night while sleeping).



WHAT YOU'LL NEED:

[Glass Mason Jar w/cap](#) \$5

[Sea Salt](#) (cheaper in grocery store - icelandic or celtic sea salt is best) \$6

10 gallons of distilled water (get from large grocery stores, not CVS, as the water sits on shelves for less time, thus accumulating less plastic) \$10

[Enema Bag](#) \$25

[Triphala](#) \$10

Organic Coffee (light roast from South America, from any health store, finely ground) \$8

A [juicer](#) and vegetables (or access to a juice press/juice market)

\$250 for juicer new (can be used for years after the cleanse). \$100 on Craigslist. + \$15 per day in vegetables

Or ~30\$ per day in juice from market. (\$150 total)

Binders ([Coconut Charcoal](#), [Bentonite Clay](#), [Takesumi](#)) \$22, \$25, \$26

[Organic Psyllium Husk Powder](#) \$12

Two bottles [Enterogel](#) (33\$)

Or a cheaper and less effective option (but still effective enough) that can replace charcoal, clay, and takesumi is [IF # 2](#)

TOTAL COST

~\$330 if you have none of the things that I mentioned. But most people will have a juicer, enema bag, salt and a few other things lying around the house, so the cost for most people will be ~\$200. But remember that you will not be spending a penny on anything else during these 5 days. Chances are it will be the same price or even cheaper as living your normal life. Also remember, that if you invest in these products and especially the juicer, your 2nd and 3rd (if you decide to do it again) cleanse will be exponentially cheaper. Also, you will not be using all of the binders during these 5 days, so although you will have to come up with initial cost, you won't actually be spending it all during the 5 days.

The night before the cleanse begins, take 2 triphala pills.

DAY 1:

If you don't have a smooth and large bowel movement this day (from the triphala) then make sure to take 3 triphalas per night for the rest of the cleanse.

Wake up and take a binder cocktail. A binder cocktail is going to be all of the binders and fiber mixed together in 8-10 oz of water.

Binders are negatively charged and highly porous substances (some natural, some man-made) that go into your intestines and act as a "magical vacuum" sucking up all the positively charged pollutants. (heavy metals, pesticides, plastics etc.) This is a process and does not happen by taking binders once, but rather over the course of several months or even longer. Binders help to reduce inflammation in the gut caused by free floating toxins, improve herxheimer reactions, and also helps to remove mucoid plaque from the body.

Do not drink any juice for 40-60 minutes after taking a binder cocktail, as the nutrients will get absorbed into the vacuum of binders.

- 1 tsp of Charcoal
- 1 tsp bentonite clay (if liquid clay, use 2oz)
- 1 tsp of takesumi
- 1 heaping tsp of organic psyllium husk powder
- If using IF#2 instead, then use the RDD and I have even 2x the RDD before.

During day 1 (and all other days) you can drink unlimited juices. The lowest the ratio of vegetables to fruit should be 4:1. This means that $\frac{1}{3}$ fruit juice and $\frac{2}{3}$ vegetable juice is too much fruit juice.

The minimum amount of juice you want to be having is 32oz per day.

If you are purchasing your juice, see if you can ask for custom orders. Worst case scenario if the juice market is not offering custom orders, and only has highly sweetened fruit juices, it is still better than not having juice and the cleanse will still be successful.

Drink at least 100oz of distilled water. For the long term, drinking distilled water out of plastic bottles is not ideal, but it will be fine for this cleanse. It is superior than spring water or filtered water for this cleanse because it is negatively charged, attracts pollutants, and cleanses the body of inorganic waste.

P.s. If you want to get a water distiller at some point (incredible investment for your home) then use this [link](#). (get the countertop water distiller and use discount code 'detoxdudes' for 5% off.



In the afternoon, experiment with enterosgel. Start by taking 2 tbsp in 4oz water. If no reaction (anxiety, increased heart rate etc.) then move up to ½ of the bottle in 4oz water.

In the evening (1 hour away from juices), take another binder cocktail.

Take 2-3 triphala at night before bed, at least an hour after the binder cocktail.

Tip 1: Drink your juices slowly. Do not chug them. You should be taking a few big sips every few minutes, and it should take you at least 15 minutes to finish a juice. Chugging juices will cause bloating.

Tip 2: Excellent vegetables/fruits to juice are :

Lemon, grapefruit, orange, cucumber, celery, kale, spinach, carrot, beet, green apple, turmeric, ginger, garlic

Tip 3: turmeric, ginger, and garlic will drastically alter the taste of juices, so it's best to make a separate juice with them and some lemon.

Tip 4: You can also have unlimited bone broth, vegetable broth, and teas during this fast. (no caffeine in teas). So if you are craving something warm, then you have plenty of options.

SUMMARY OF DAY 1:

Upon waking - Binder cocktail

Unlimited juices and distilled water throughout the day

Enterosgel

2 hours before bed - another binder cocktail

Before bed - 2-3 triphala (at least one hour after binders)



DAY 2

Repeat binder cocktail

45 minutes later, do a [salt-water flush](#)

Drink unlimited juice and unlimited distilled water

Take another ½ bottle of enterosgel in water in the afternoon.

In the evening (1 hour away from juices), take another binder cocktail.

Take two triphala at night before bed, at least an hour after the binder cocktail.

Tip: Salt-water flushes can cause bizarre symptoms ranging from old emotions coming back up, to euphoria, to exhaustion. The whole spectrum is possible here and I suggest resting for most of day, preferably out in nature after the salt-flush.



DAY 3

Binder cocktail in AM.

Coffee Enema

Unlimited juices and distilled water

½ bottle enterosgel in water

Binder cocktail in PM

Triphala before bed

How to do a Coffee Enema:

1. Boil a pot with 1 cup of distilled water.
2. Add 1-2tbsp (start with 1 if first coffee enema) of organic coffee grounds into the water once boiling.
3. Immediately turn to lowest heat setting on stovetop. Cook for 12 minutes.
4. After 12 minutes, add 1-2 cups of distilled water. For experienced coffee enema goers, you can use more water but if this is your first coffee enema, it would be best to just use 1 cup. More water = harder to retain the water
5. Depending on the temperature of the water you add in, it should be the perfect temperature for insertion almost immediately. You want the coffee to be very warm, just before it would hurt the back of your hand in the pot. So either turn the heat off if it is ready, let it cool if it is too hot, or keep simmering to make it warmer.
6. Go to your bathroom and lubricate the tip of your coffee enema with coconut oil.
7. Pour the coffee into the enema bag (make sure the tip is higher than the bag itself or else coffee will immediately begin to pour out. While pouring the coffee, pour very slowly and make sure to stop as soon as the grinds start coming out of the pot.
8. Slowly and gently insert the tip of the enema into your rectum
9. Hang up the coffee enema on a door handle, towel rod, or anything that is approximately 4-6 feet above the ground



10. Lie on the floor with your legs elevated (either resting on the wall, or resting on the top of the bathtub lining)
11. At this point the warm (it might be slightly uncomfortable but shouldn't burn) coffee should be entering into your colon. You may experience the strong desire to go to the bathroom right away, chances are this is just gas and increased peristalsis. If it is overwhelming you can clinch the bottom of the enema tip so that the flow slows down. The objective here is to hold the coffee for at least 12 minutes before releasing.
12. Once all the coffee is inside your colon, **keep the enema tip inside**. If you remove the enema tip, then every time you have some gas pockets, it will have nowhere to escape and it will be impossible to hold for 12 minutes.
13. While holding for 12 minutes, you may have extreme urges to go to the bathroom. Most of the time, these are false alarms, and it is actually just gas being released and moved. The trick is to be able to breathe through the mild to moderate gas pains, and the gas will be released through the enema tip and the pain will pass. If the pain becomes extreme or does not pass, do not hold it anymore and release into the toilet. Another good thing to do when experiencing gas pains is to roll back and forth from your right side to your left side and hold for 30 seconds each side, before returning to lying on your back.
14. After 12 minutes (try to hold for 20 if you can), or when the pain becomes intense, release into the toilet.
15. Use less water if it is impossible for you to hold for 12 minutes.

If the coffee enema felt good and was not too draining (or was not accomplished to standard), you can do a second one later that day. If a coffee enema turns you off completely, and makes you not want to do this cleanse, then just replace enemas with salt-water flushes.

DAY 4:

Upon waking - Binder cocktail

Unlimited juices and distilled water throughout the day

Your choice between a salt-water flush or coffee enema or both if you don't feel too drained.

½ bottle enterosgel in water

2 hours before bed - another binder cocktail

Before bed - 2-3 triphala (at least one hour after binders)



DAY 5:

Upon waking - Binder cocktail

Unlimited juices and distilled water throughout the day

Your choice between a salt-water flush or coffee enema or both if you don't feel too drained.

Finish enterosgel if you have any left

2 hours before bed - another binder cocktail

Before bed - 2-3 triphala (at least one hour after binders)



AFTER THE FAST:

After the fast there is no predicting how one may feel. Some people can feel extremely drained (until they break the fast), some can be extremely euphoric, energized, and activated. Some can have absolutely no appetite for food and others may be famished.

The most important thing to note here is that you must break the fast mindfully. The longer the fast went, the more important it is to break it mindfully. There have actually been people who have died after breaking a fast incorrectly. The digestive system is going to be waking up from a huge epic nap, and you don't want to just throw a steak or cheeseburger at it after it's nap.

Another interesting component is the energetic component of breaking a fast. Sometimes, with very long fasts, breaking it can be an extremely emotional experience. Just holding or smelling food again after 5-10 days can create intense sensations, intense emotions, and can even give you an energy boost. It's important to fully experience this and express gratitude and appreciation for the food that we normally take for granted. It is important to congratulate yourself after the fast is over on a job well done, even if you didn't follow the rules to a T. This feeling of rewarding yourself after some days of not eating will feel very good and very natural.

The way to break a fast properly is to start with some fruits. The best fruits to break a fast with are melons. Most melons bypass the stomach because they contain all the enzymes needed for digestion, and pass right through to the small intestine.

So ideally you'll be breaking your fast with a small plate of watermelon/papaya or both together. But although you will want to, do not eat an entire watermelon or an entire papaya in your first sitting. Eat a small amount, and then an hour later eat a little more. Then an hour later you can have some more.

In the afternoon of your first day of breaking your fast, you can start with some more substantial foods. Some fermented foods like sauerkraut can be a good option. Other good things to have that afternoon would be a cooked vegetable soup (small portions only), or a raw vegetable salad (spinach, avocado, and any other cooked/raw vegetables that you like. Don't eat super dense or starchy vegetables raw though (carrots, turnips, etc). The day after you break your first, you should have a similar diet as the break-fast day. You can resume your "normal" diet on the 3rd day, though I hope normal changes for you after this fast.

MISCELLANEOUS TIPS:

- If you have trouble sleeping, try walking outside barefoot and looking up at the sky. Sometimes even sleeping outside is a great option if you feel super ungrounded. Another option is taking [Dragon Bone](#). it is my all time favorite calming/sleep supplement. 5-10g of [glycine](#) can be a good daily option for people with anxiety too. Also make sure to get out everyday and get a good walk in!
- Also, if you pee alot at night (you may during this fast) it is best to cut off juices/water around 6pm. Also, putting sea salt in your water (and even your juices) can help by keeping the water in your body and keeping you hydrated.
- Men should not ejaculate during this cleanse. Watch [this video](#) for more.
- Turn off your wifi router at night. Watch this [crappy video](#) for more.
- If you really like the binder cocktails and intuitively feel like you need more, you can take three per day instead of two. Remember the binders job is to reduce detox reactions that occur when the body cleans itself (fatigue, nausea, headache, body aches, lethargy, anxiety)
- It could be great if you could get to a sauna (at a local gym) or mineral hot springs during this cleanse. Sauna only if you are not too drained.
- [5 Tibetan Rites](#) are a good exercise to do every morning during this cleanse.
- If the cleanse becomes overwhelmingly hard, try having a few scoops of [protein power](#) in a juice, before giving up.

If this cleanse wakes you up from your multi-decade nap, then make sure to dive deeper by going here:

[My Website](#)

[My YouTube Channel](#)

[My Course](#)



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