

## Before or after after 7 day cleanse

### *Daily Cleansing Program*

1. In the evening, prior to bedtime, mix one tablespoon of DETOXIFICANT, and one heaping teaspoon of INTESTINAL CLEANSER with a glass of diluted juice. Shake well in a covered jar and drink before jelling action sets in. See directions below:

- #1 In a 12 oz jar that has a screw top lid, place 8 -10 oz of water and juice combination. Do not use citrus juices.
- #2 Add 1 tablespoon of DETOXIFICANT and 1 heaping teaspoon of INTESTINAL CLEANSER
- #3 Tighten cap on jar and shake vigorously
- #4 Remove cap and drink quickly before jelling action starts. Drink another 6 to 8 oz of water immediately.
- #5 Drink copious amounts of water throughout the day.

2. The next morning upon arising, repeat step 1 as above and follow with water.
3. Drink as much water as desired. Do not consume solid foods for at least one hour before or after taking the INTESTINAL CLEANSER and DETOXIFICANT mix.
4. Repeat steps 1 and 2 every morning and evening as long as you want optimum results.
5. One bottle of INTESTINAL CLEANSER and one quart of DETOXIFICANT should last approximately 30 days when used as directed on the bottles.
6. IMPORTANT - A most outstanding feature is that in a few days individuals establish their own personal points of reference, i.e. visual and physical.
7. After establishing your personal points of reference through your own experience and results, introduce it to others. As your relationship improves and confidence increases you can ask your distributor about our other products.
8. Continue as long as you want to feel good.

NOTE: When using psyllium, one should wait at least one hour before or after taking food, medications, or supplements.

In order for psyllium to swell, it has to have room to expand. NEVER put psyllium into capsules. Capsules have been known to cause choking as a result of partially dissolving in the digestive tract.

## ***Rebuilding Program***

1. Continue using the DETOXIFICANT and INTESTINAL CLEANSER morning and evening to insure two natural bowel movements daily.
2. Take 20 tablets of Greenlife<sup>®</sup>, 3 capsules of Wheat Germ oil, 3 tablets of Natural Source Vitamin C, and 6 tablets of Whole Beet Plant Juice tablets, daily for two or three months, then reduce to amounts on labels.
3. Take 2 Enzymatic Supplements with each meal (3 times daily).
4. Eliminate from your diet anything containing bleached whole wheat or bleached and refined white flour products or refined sugars. Instead, use whole grain unbleached products and honey (preferred), raw sugar, or maple syrup. Inquire until you find them.
5. Eat a good size raw vegetable salad daily.
6. Eat fresh, raw fruits **in season** between meals and for desserts.
7. Cook or steam all vegetables on the raw side. (Microwaving not recommended for **any** food.)
8. Eliminate pork from your diet. Cook beef very rare, eggs soft, broil fish on one side only.
9. Avoid mixing starches and proteins.
10. Eat melons alone or leave them alone (eat between meals).
11. Drink water heavily **between** meals (**not** during, otherwise the digestive enzymes are diluted.)
12. See that at least one half of your food intake is fresh and raw. Be sure to eat something **raw** at each meal.
13. The following bottles of products should last at least 30 days. One DETOXIFICANT, one INTESTINAL CLEANSER, one GREENLIFE<sup>®</sup>, one WHEAT GERM OIL, one NATURAL SOURCE VITAMIN C, and one WHOLE BEET PLANT JUICE TABLETS. This program will supply all known and unknown food factors as found in nature and provides an excellent food supplement to the daily diet.
14. Exercise. Even good, balanced blood is ineffective unless aerated (oxygenated), so walk, walk, walk.