

10-Day Liver-Kidney Cleanse

Detoxification of the body can be an excellent means of promoting good health. The following is a simple 3-10 day program which assists normal detoxification of the major organs involved in processing toxins in the body. The actual 10-day program is on the reverse side.

Items Needed:

- 1) 2 to 4 lemons daily, depending on the size
- 2) 2 to 6 whole beets daily, including greens (tops)
- 3) **Maximum Wellness**
- 4) 2 to 3 quarts reverse-osmosis water, or IonPod® water, daily
- 5) A container of honey or **Xylitol**
- 6) **Colon Toddy** (use 1 tsp at least 30 minutes before one meal).
- 7) Welch's unsweetened grape juice
- 8) **Digestive Enzymes**
- 9) **Greenergy**
- 10) **Liver Super Cleanse**

Word of Caution:

It is extremely important that 1 oz. water for each 2 lbs. of body weight is consumed daily, no more than 4 oz. per 30 minutes. One half your daily water intake should be purified water; the remaining ½ should be lemon water (limit total lemon water to 40 oz. daily). The success of your detox depends on strict adherence to the rules without exception. If nausea is pronounced or the beet juice should prove too distasteful, then dilution with a small amount of celery or apple juice is permitted. You may also use **Xylitol** to sweeten. This does not reduce the stated amount of beet juice that must be consumed.

Lemon water:

- 1) Divide your body weight by 2.
- 2) Refer to the pounds as ounces.
- 3) Prepare lemon water equal to ½ the total oz. by adding 1 oz. freshly squeezed lemon juice per 10 oz. purified water.
- 4) Add 1 tbsp. honey, or Xylitol, to taste, per 10 oz. lemon water.

Example:

160 lb. person
160 / 2 = 80 oz.
80 oz./2 = 40 oz. lemon water required (10% solution)
Lemon water example for 160 lb person = 4 oz. fresh squeezed lemon juice
36 oz. purified water
4 tbsp. honey or **Xylitol**, to taste

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Day 1: Mix the recommended amount of lemon water. Sip on it constantly during the day. You must drink additional water to meet your required minimum fluid intake. Alternate your lemon water/plain water intake during the day. In addition, juice sufficient whole beets (tops and root) to make 2 fluid oz. of juice and consume this. Take **Maximum Wellness** = 1x2 daily and **Colon Toddy** in the morning and in the evening. Drink 8 oz. of **Greenergy** made with reverse-osmosis water. **Digestive Enzymes** = 2x3 daily. **Liver Super Cleanse** = 2 capsules daily.

Day 2: Continue your lemon water/plain water. Take **Colon Toddy** twice daily. Increase the beet juice to 4 oz. and **Maximum Wellness** = 1x3 daily. Drink 8 oz. of **Greenergy** made with reverse-osmosis water. Take **Digestive Enzymes** = 2x3 daily. **Liver Super Cleanse** = 2 capsules daily.

Day 3: Continue the lemon water/plain water. Take **Colon Toddy** twice daily. Increase the beet juice to 6 oz. and **Maximum Wellness** = 2x3 daily. Drink 8 oz. of **Greenergy** made with reverse-osmosis water. Take **Digestive Enzymes** = 2x3 daily. **Liver Super Cleanse** = 2 capsules daily.

This is the end of the concentrated detoxifying. The next several days are extremely important to achieving additional benefits. The following diet suggestions are worth considering:

Day 4 & 5: Stop the lemon water. Reduce the **Colon Toddy** to once daily. Drink all you wish of tomato juice, carrot juice, grape juice (dilute grape juice with about 1/3 purified water) or other vegetable or fruit juices. Avoid citrus juices. Consume the required daily fluid intake. Continue **Maximum Wellness** = 1x3 daily. Drink 8 oz. of **Greenergy** made with reverse-osmosis water. Take **Digestive Enzymes** = 2x3 daily. Continue **Liver Super Cleanse**.

Day 6 & 7: Add raw fruits and vegetables to your regime, maintaining **Colon Toddy** intake once daily and juices as desired. Continue required daily fluid intake plus **Maximum Wellness** = 1x3 daily and **Digestive Enzymes** = 2x3 daily. Drink 8 oz. of **Greenergy** made with reverse-osmosis water. **Liver Super Cleanse** = 2 capsules.

Day 8: Add plain yogurt and/or cottage cheese. Continue **Colon Toddy** once daily. Continue required daily fluid intake plus **Maximum Wellness** = 1x3 daily and **Digestive Enzymes** = 2 with meals. Drink 8 oz. of **Greenergy**. **Liver Super Cleanse** = 2 capsules.

Day 9: Add lightly steamed vegetables. Continue **Colon Toddy** once daily. Continue required daily fluid intake plus **Maximum Wellness** = 1x3 daily, **Digestive Enzymes** = 2 with meals. Drink 8 oz. of **Greenergy**. **Liver Super Cleanse** = 2 capsules daily..

Day 10: Add a small portion of meat (chicken, turkey or white fish) to one meal if you so desire. Continue **Colon Toddy** mornings only. Continue **Maximum Wellness** = 1x3 daily, **Digestive Enzymes** = 2 with meals. Drink 8 oz. of **Greenergy** made with reverse-osmosis water. **Liver Super Cleanse** = 2 capsules daily.

NOTE: After day 3, your personal dietary supplement regime may be continued throughout the program. Do not alter any prescription medication, nor do this diet without medical approval or supervision.