

the Internal Cleansing Kit™

D O S A G E
C A L E N D A R

complete day by day instructions for
your total body cleansing and rejuvenation

109 Barre Plains Road
Oakham, MA 01068
phone: 800.489.4372

BLESSED HERBS

In this Calendar you will find complete day by day dosages for the entire program.

Each day has its own page with dosage amounts before breakfast, lunch, dinner, and bed.

To keep track, you may check off each formula on the page as you take it out of the bottle.

After finishing a day you may tear off that page or simply turn it over to the next one.

You will find more detailed explanations for each step in the **User's Guide**.

STEP ONE

I

Digestive System
foundation for cleansing

109 Barre Plains Road
Oakham, MA 01068

BLESSED HERBS

STEP I

STEP ONE USUALLY TAKES ONE TO THREE DAYS; go to Step Two after finding “your number” of **Digestive Stimulator**

Before
Breakfast

“BEFORE” MEANS take 30–60 minutes before a meal. If you forget, it is okay to take your dosage as soon as you remember.

VERY IMPORTANT

Before
Lunch

If you find that taking **Digestive Stimulator** before bed does not always give you three bowel movements a day, divide up “your number” by three and take before meals.

Toxin Absorber must be mixed with liquid when taken. We highly suggest apple juice. It is also very important that you follow it with at least 8 oz of distilled, filtered, or pure water.

Before
Dinner

Before
Bed

Digestive
Stimulator

To find “you number” see the User’s Guide p. 15–16

your number

Toxin
Absorber

For instruction on how to take Toxin Absorber, see the User’s Guide p. 17

I packet

toxic fact

the world is constantly exposing us to toxins, fight the toxic overload

DON’T FORGET!

6–8 glasses of water today

STEP TWO

2

Liver, Gallbladder & Parasite Elimination
the body's major cleansing organ & support formulas

109 Barre Plains Road
Oakham, MA 01068

BLESSED HERBS

STEP 2

DAY 1 of 7

Before Breakfast	<u>Toxin Neutralizer</u> I capsule	<u>Liver & Gallbladder Rejuvenator</u> I capsule	<u>Large Parasite Eliminator 1</u> I capsule	<u>Large Parasite Eliminator 2</u> I dose (3ml)	<u>Small Parasite Eliminator</u> I dose (3ml)
Before Lunch	<u>Toxin Neutralizer</u> I capsule	<u>Liver & Gallbladder Rejuvenator</u> I capsule	<u>Large Parasite Eliminator 1</u> I capsule		
Before Dinner	<u>Toxin Neutralizer</u> I capsule	<u>Liver & Gallbladder Rejuvenator</u> I capsule	<u>Large Parasite Eliminator 1</u> I capsule	<u>Large Parasite Eliminator 2</u> I dose (3ml)	<u>Small Parasite Eliminator</u> I dose (3ml)
Before Bed	<u>Digestive Stimulator</u> your number	<u>Toxin Absorber</u> I packet	<u>Friendly Bacteria Replenisher</u> I capsule		

toxic fact

every year over 120 million americans suffer from violations of the safe drinking water act

DON'T FORGET!

6-8 glasses of water today

tear this page off or turn it over: 20 days left to total rejuvenation

STEP 2

DAY 2 of 7

Before Breakfast	<u>Toxin Neutralizer</u> I capsule	<u>Liver & Gallbladder Rejuvenator</u> I capsule	<u>Large Parasite Eliminator I</u> 2 capsules	<u>Large Parasite Eliminator 2</u> I dose (3ml)	<u>Small Parasite Eliminator</u> I dose (3ml)
Before Lunch	<u>Toxin Neutralizer</u> I capsule	<u>Liver & Gallbladder Rejuvenator</u> I capsule	<u>Large Parasite Eliminator I</u> 2 capsules	<u>Large Parasite Eliminator 2</u> I dose (3ml)	<u>Small Parasite Eliminator</u> I dose (3ml)
Before Dinner	<u>Toxin Neutralizer</u> I capsule	<u>Liver & Gallbladder Rejuvenator</u> I capsule	<u>Large Parasite Eliminator I</u> 2 capsules	<u>Large Parasite Eliminator 2</u> I dose (3ml)	<u>Small Parasite Eliminator</u> I dose (3ml)
Before Bed	<u>Digestive Stimulator</u> your number	<u>Toxin Absorber</u> I packet	<u>Friendly Bacteria Replenisher</u> I capsule	Note: When you see a green box behind your formula or dosage, it indicates an addition or change from the day before.	
toxic fact	a toxic cell is a sick cell and a sick cell makes for a sick body				DON'T FORGET!
					6-8 glasses of water today

AN IMPORTANT NOTE ABOUT PARASITES

How do I know
if I have parasites?

IT IS VERY POSSIBLE THAT, during Step Two, dead or live parasites will be visible in your stools. They could look like little white specks of rice or white pumpkin seeds. If you see anything that moves in your stools, it is a sure sign of parasites. Itching or rashes can also be a sign. (see pages 25 & 26 of the **User's Guide**)

Ask your health practitioner if you are unsure.

What should I do
if I have parasites?

THE PARASITE ELIMINATION FORMULAS OF this cleansing program will begin the process of their complete removal. If you already know you have parasites, or observe them, or experience uncomfortable symptoms while taking the parasite elimination formulas, then you should suspect you have them and repeat the parasite cleanse part of this program one week after you finish the **Internal Cleansing Kit**. You will also need to do this again three weeks later. Ask for our **Parasite Elimination Kit**, which contains specific formulas for this purpose only.

IF YOU DO NOT SEE ANY PARASITES IN YOUR stools or experience any uncomfortable symptoms, then do not worry. You may not have a problem. Even so, be sure to finish all the parasite formulas.

STEP 2

DAY 3 of 7

Before Breakfast	<u>Toxin Neutralizer</u> 2 capsules	<u>Liver & Gallbladder Rejuvenator</u> 1 capsule	<u>Large Parasite Eliminator 1</u> 3 capsules	<u>Large Parasite Eliminator 2</u> 1 dose (3ml)	<u>Small Parasite Eliminator</u> 1 dose (3ml)
Before Lunch	<u>Toxin Neutralizer</u> 2 capsules	<u>Liver & Gallbladder Rejuvenator</u> 1 capsule	<u>Large Parasite Eliminator 1</u> 3 capsules	<u>Large Parasite Eliminator 2</u> 1 dose (3ml)	<u>Small Parasite Eliminator</u> 1 dose (3ml)
Before Dinner	<u>Toxin Neutralizer</u> 2 capsules	<u>Liver & Gallbladder Rejuvenator</u> 1 capsule	<u>Large Parasite Eliminator 1</u> 3 capsules	<u>Large Parasite Eliminator 2</u> 1 dose (3ml)	<u>Small Parasite Eliminator</u> 1 dose (3ml)
Before Bed	<u>Digestive Stimulator</u> your number	<u>Toxin Absorber</u> 1 packet	<u>Friendly Bacteria Replenisher</u> 1 capsule		
toxic fact	the air is filled with dangerous pesticides, sulfur oxides, ozone, and carbon monoxide				DON'T FORGET!
					6-8 glasses of water today

tear this page off or turn it over: 18 days left to total rejuvenation

STEP 2

DAY 4 of 7

Before Breakfast	<u>Toxin Neutralizer</u> 2 capsules	<u>Liver & Gallbladder Rejuvenator</u> 1 capsule	<u>Large Parasite Eliminator 1</u> 4 capsules	<u>Large Parasite Eliminator 2</u> 1 dose (3ml)	<u>Small Parasite Eliminator</u> 1 dose (3ml)
Before Lunch	<u>Toxin Neutralizer</u> 2 capsules	<u>Liver & Gallbladder Rejuvenator</u> 1 capsule	<u>Large Parasite Eliminator 1</u> 4 capsules	<u>Large Parasite Eliminator 2</u> 1 dose (3ml)	<u>Small Parasite Eliminator</u> 1 dose (3ml)
Before Dinner	<u>Toxin Neutralizer</u> 2 capsules	<u>Liver & Gallbladder Rejuvenator</u> 1 capsule	<u>Large Parasite Eliminator 1</u> 4 capsules	<u>Large Parasite Eliminator 2</u> 1 dose (3ml)	<u>Small Parasite Eliminator</u> 1 dose (3ml)
Before Bed	<u>Digestive Stimulator</u> your number	<u>Toxin Absorber</u> 1 packet	<u>Friendly Bacteria Replenisher</u> 1 capsule		

toxic fact

the FDA has a list of over 2,500 unnatural food additives deemed "safe" for consumption

DON'T FORGET!

6-8 glasses of water today

STEP 2

DAY 5 of 7

Before Breakfast	<u>Toxin Neutralizer</u> 2 capsules	<u>Liver & Gallbladder Rejuvenator</u> 1 capsule	<u>Large Parasite Eliminator 1</u> 3 capsules	<u>Large Parasite Eliminator 2</u> 1 dose (3ml)	<u>Small Parasite Eliminator</u> 1 dose (3ml)
Before Lunch	<u>Toxin Neutralizer</u> 2 capsules	<u>Liver & Gallbladder Rejuvenator</u> 1 capsule	<u>Large Parasite Eliminator 1</u> 3 capsules	<u>Large Parasite Eliminator 2</u> 1 dose (3ml)	<u>Small Parasite Eliminator</u> 1 dose (3ml)
Before Dinner	<u>Toxin Neutralizer</u> 2 capsules	<u>Liver & Gallbladder Rejuvenator</u> 1 capsule	<u>Large Parasite Eliminator 1</u> 3 capsules	<u>Large Parasite Eliminator 2</u> 1 dose (3ml)	<u>Small Parasite Eliminator</u> 1 dose (3ml)
Before Bed	<u>Digestive Stimulator</u> your number	<u>Toxin Absorber</u> 1 packet	<u>Friendly Bacteria Replenisher</u> 1 capsule		
toxic fact	one in twenty deaths in the city can be linked to air pollution				DON'T FORGET!
					6-8 glasses of water today

tear this page off or turn it over: 16 days left to total rejuvenation

STEP 2

DAY 6 of 7

Before Breakfast	<u>Toxin Neutralizer</u> 2 capsules	<u>Liver & Gallbladder Rejuvenator</u> 1 capsule	<u>Large Parasite Eliminator 1</u> 2 capsules	<u>Large Parasite Eliminator 2</u> 1 dose (3ml)	<u>Small Parasite Eliminator</u> 1 dose (3ml)
Before Lunch	<u>Toxin Neutralizer</u> 2 capsules	<u>Liver & Gallbladder Rejuvenator</u> 1 capsule	<u>Large Parasite Eliminator 1</u> 2 capsules	<u>Large Parasite Eliminator 2</u> 1 dose (3ml)	<u>Small Parasite Eliminator</u> 1 dose (3ml)
Before Dinner	<u>Toxin Neutralizer</u> 2 capsules	<u>Liver & Gallbladder Rejuvenator</u> 1 capsule	<u>Large Parasite Eliminator 1</u> 2 capsules	<u>Large Parasite Eliminator 2</u> 1 dose (3ml)	<u>Small Parasite Eliminator</u> 1 dose (3ml)
Before Bed	<u>Digestive Stimulator</u> your number	<u>Toxin Absorber</u> 1 packet	<u>Friendly Bacteria Replenisher</u> 1 capsule		
toxic fact	symptoms of PMS increase if the liver is unable to breakdown hormones due to toxic overload				DON'T FORGET!
					6-8 glasses of water today

tear this page off or turn it over: only 15 days left to total rejuvenation

STEP 2

DAY 7 of 7

Before Breakfast	Toxin Neutralizer <u> </u> I capsule	Liver & Gallbladder Rejuvenator <u> </u> I capsule	Large Parasite Eliminator I <u> </u> I capsule	Large Parasite Eliminator 2 <u> </u> I dose (3ml)	Small Parasite Eliminator <u> </u> I dose (3ml)
Before Lunch	Toxin Neutralizer <u> </u> I capsule	Liver & Gallbladder Rejuvenator <u> </u> I capsule	Large Parasite Eliminator I <u> </u> I capsule	Large Parasite Eliminator 2 <u> </u> I dose (3ml)	Small Parasite Eliminator <u> </u> I dose (3ml)
Before Dinner	Toxin Neutralizer <u> </u> I capsule	Liver & Gallbladder Rejuvenator <u> </u> I capsule	Large Parasite Eliminator I <u> </u> I capsule	Large Parasite Eliminator 2 <u> </u> I dose (3ml)	Small Parasite Eliminator <u> </u> I dose (3ml)
Before Bed	Digestive Stimulator <u> </u> your number	Toxin Absorber <u> </u> I packet	Friendly Bacteria Replenisher <u> </u> I capsule		
toxic fact	you are not only what you eat, but also what you absorb				DON'T FORGET!
					6-8 glasses of water today

tear this page off or turn it over: only 14 days left to total rejuvenation

STEP THREE

3

Lungs, Kidneys & Bladder

the body's oxygenating and purifying organs

109 Barre Plains Road
Oakham, MA 01068

BLESSED HERBS

STEP 3

DAY 1 of 7

Before Breakfast	Toxin Neutralizer I capsule	Liver & Gallbladder Rejuvenator 2 capsules	Large Parasite Eliminator I I capsule	Lung Rejuvenator I dose (3ml)	Kidney & Bladder Rejuvenator I dose (3ml)
Before Lunch	Toxin Neutralizer I capsule	Liver & Gallbladder Rejuvenator 2 capsules			
Before Dinner	Toxin Neutralizer I capsule	Liver & Gallbladder Rejuvenator 2 capsules	Large Parasite Eliminator I I capsule	Lung Rejuvenator I dose (3ml)	Kidney & Bladder Rejuvenator I dose (3ml)
Before Bed	Digestive Stimulator your number	Toxin Absorber I packet	Friendly Bacteria Replenisher 2 capsules	◀ new dose for rest of program	

toxic fact

almost three quarters of lymph fluid are cleaned and purified by the lymph system every 24 hours

DON'T FORGET!

6-8 glasses of water today

STEP 3

DAY 2 of 7

Before Breakfast	<u>Toxin Neutralizer</u> I capsule	<u>Liver & Gallbladder Rejuvenator</u> 2 capsules	<u>Large Parasites Eliminator I</u> I capsule	<u>Lung Rejuvenator</u> I dose (3ml)	<u>Kidney & Bladder Rejuvenator</u> I dose (3ml)
Before Lunch	<u>Toxin Neutralizer</u> I capsule	<u>Liver & Gallbladder Rejuvenator</u> 2 capsules	<u>Lung Rejuvenator</u> I dose (3ml)	<u>Kidney & Bladder Rejuvenator</u> I dose (3ml)	
Before Dinner	<u>Toxin Neutralizer</u> I capsule	<u>Liver & Gallbladder Rejuvenator</u> 2 capsules	<u>Large Parasites Eliminator I</u> I capsule	<u>Lung Rejuvenator</u> I dose (3ml)	<u>Kidney & Bladder Rejuvenator</u> I dose (3ml)
Before Bed	<u>Digestive Stimulator</u> your number		<u>Friendly Bacteria Replenisher</u> 2 capsules		
toxic fact	three months is the life span of a red blood cell and each second 2.4 million must be replaced				DON'T FORGET!
					6-8 glasses of water today

tear this page off or turn it over: 12 days left to total rejuvenation

STEP 3

DAY 3 of 7

Before Breakfast	<u>Toxin Neutralizer</u> 1 capsule	<u>Liver & Gallbladder Rejuvenator</u> 2 capsules		<u>Lung Rejuvenator</u> 1 dose (3ml)	<u>Kidney & Bladder Rejuvenator</u> 1 dose (3ml)
Before Lunch	<u>Toxin Neutralizer</u> 1 capsule	<u>Liver & Gallbladder Rejuvenator</u> 2 capsules	<u>Lung Rejuvenator</u> 1 dose (3ml)	<u>Kidney & Bladder Rejuvenator</u> 1 dose (3ml)	
Before Dinner	<u>Toxin Neutralizer</u> 1 capsule	<u>Liver & Gallbladder Rejuvenator</u> 2 capsules		<u>Lung Rejuvenator</u> 1 dose (3ml)	<u>Kidney & Bladder Rejuvenator</u> 1 dose (3ml)
Before Bed	<u>Digestive Stimulator</u> your number		<u>Friendly Bacteria Replenisher</u> 2 capsules		

toxic fact	we breathe 35 pounds of air every day six times more than our food and drink	DON'T FORGET!
		6-8 glasses of water today

STEP 3

DAY 4 of 7

Before Breakfast	<u>Toxin Neutralizer</u> 1 capsule	<u>Liver & Gallbladder Rejuvenator</u> 2 capsules	<u>Lung Rejuvenator</u> 1 dose (3ml)	<u>Kidney & Bladder Rejuvenator</u> 1 dose (3ml)
Before Lunch	<u>Toxin Neutralizer</u> 1 capsule	<u>Liver & Gallbladder Rejuvenator</u> 2 capsules	<u>Lung Rejuvenator</u> 1 dose (3ml)	<u>Kidney & Bladder Rejuvenator</u> 1 dose (3ml)
Before Dinner	<u>Toxin Neutralizer</u> 1 capsule	<u>Liver & Gallbladder Rejuvenator</u> 2 capsules	<u>Lung Rejuvenator</u> 1 dose (3ml)	<u>Kidney & Bladder Rejuvenator</u> 1 dose (3ml)
Before Bed	<u>Digestive Stimulator</u> your number		<u>Friendly Bacteria Replenisher</u> 2 capsules	

toxic fact

stress releases toxic substances and waste products into your body's systems

DON'T FORGET!

6-8 glasses of water today

STEP 3

DAY 5 of 7

Before Breakfast	<u>Toxin Neutralizer</u> 1 capsule	<u>Liver & Gallbladder Rejuvenator</u> 2 capsules	<u>Lung Rejuvenator</u> 1 dose (3ml)	<u>Kidney & Bladder Rejuvenator</u> 1 dose (3ml)
Before Lunch	<u>Toxin Neutralizer</u> 1 capsule	<u>Liver & Gallbladder Rejuvenator</u> 2 capsules	<u>Lung Rejuvenator</u> 1 dose (3ml)	<u>Kidney & Bladder Rejuvenator</u> 1 dose (3ml)
Before Dinner	<u>Toxin Neutralizer</u> 1 capsule	<u>Liver & Gallbladder Rejuvenator</u> 2 capsules	<u>Lung Rejuvenator</u> 1 dose (3ml)	<u>Kidney & Bladder Rejuvenator</u> 1 dose (3ml)
Before Bed	<u>Digestive Stimulator</u> your number		<u>Friendly Bacteria Replenisher</u> 2 capsules	

toxic fact	our bodies naturally cleanse every day, but the more toxic we are, the more energy it takes	DON'T FORGET!
		6-8 glasses of water today

tear this page off or turn it over: only 9 days left to total rejuvenation

STEP 3

DAY 6 of 7

Before Breakfast	<u>Toxin Neutralizer</u> 1 capsule	<u>Liver & Gallbladder Rejuvenator</u> 2 capsules	<u>Lung Rejuvenator</u> 1 dose (3ml)	<u>Kidney & Bladder Rejuvenator</u> 1 dose (3ml)
Before Lunch	<u>Toxin Neutralizer</u> 1 capsule	<u>Liver & Gallbladder Rejuvenator</u> 2 capsules	<u>Lung Rejuvenator</u> 1 dose (3ml)	<u>Kidney & Bladder Rejuvenator</u> 1 dose (3ml)
Before Dinner	<u>Toxin Neutralizer</u> 1 capsule	<u>Liver & Gallbladder Rejuvenator</u> 2 capsules	<u>Lung Rejuvenator</u> 1 dose (3ml)	<u>Kidney & Bladder Rejuvenator</u> 1 dose (3ml)
Before Bed	<u>Digestive Stimulator</u> your number		<u>Friendly Bacteria Replenisher</u> 2 capsules	
toxic fact	parasites are not just a problem of third world countries, we have them too			DON'T FORGET!
				6-8 glasses of water today

tear this page off or turn it over: only 8 days left to total rejuvenation

STEP 3

DAY 7 of 7

Before Breakfast	<u>Toxin Neutralizer</u> I capsule	<u>Liver & Gallbladder Rejuvenator</u> 2 capsules	<u>Lung Rejuvenator</u> I dose (3ml)	<u>Kidney & Bladder Rejuvenator</u> I dose (3ml)
Before Lunch	<u>Toxin Neutralizer</u> I capsule	<u>Liver & Gallbladder Rejuvenator</u> 2 capsules	<u>Lung Rejuvenator</u> I dose (3ml)	<u>Kidney & Bladder Rejuvenator</u> I dose (3ml)
Before Dinner	<u>Toxin Neutralizer</u> I capsule	<u>Liver & Gallbladder Rejuvenator</u> 2 capsules	<u>Lung Rejuvenator</u> I dose (3ml)	<u>Kidney & Bladder Rejuvenator</u> I dose (3ml)
Before Bed	<u>Digestive Stimulator</u> your number	<u>Toxin Absorber</u> I packet	<u>Friendly Bacteria Replenisher</u> 2 capsules	

toxic fact

toluene, often found in colognes, has been linked to asthma, seizures, and birth defects

DON'T FORGET!

6-8 glasses of water today

STEP FOUR

4

Lymph, Blood & Skin
the rivers of life throughout the body

109 Barre Plains Road
Oakham, MA 01068

BLESSED HERBS

STEP 4

DAY 1 of 7

Before Breakfast	<u>Toxin Neutralizer</u> 1 capsule	<u>Liver & Gallbladder Rejuvenator</u> 2 capsules		<u>Lymph Rejuvenator</u> 1 dose (3ml)	<u>Blood & Skin Rejuvenator</u> 1 dose (3ml)
Before Lunch	<u>Toxin Neutralizer</u> 1 capsule	<u>Liver & Gallbladder Rejuvenator</u> 2 capsules		<u>Lymph Rejuvenator</u> 1 dose (3ml)	<u>Blood & Skin Rejuvenator</u> 1 dose (3ml)
Before Dinner	<u>Toxin Neutralizer</u> 1 capsule	<u>Liver & Gallbladder Rejuvenator</u> 2 capsules		<u>Lymph Rejuvenator</u> 1 dose (3ml)	<u>Blood & Skin Rejuvenator</u> 1 dose (3ml)
Before Bed	<u>Digestive Stimulator</u> your number	<u>Toxin Absorber</u> 1 packet	<u>Friendly Bacteria Replenisher</u> 2 capsules		
toxic fact	every four minutes the kidneys will receive the total volume of your body's blood for filtration			DON'T FORGET!	
				6-8 glasses of water today	

tear this page off or turn it over: only 6 days left to total rejuvenation

STEP 4

DAY 2 of 7

Before Breakfast	<u>Toxin Neutralizer</u> I capsule	<u>Liver & Gallbladder Rejuvenator</u> 2 capsules	<u>Lymph Rejuvenator</u> I dose (3ml)	<u>Blood & Skin Rejuvenator</u> I dose (3ml)
Before Lunch	<u>Toxin Neutralizer</u> I capsule	<u>Liver & Gallbladder Rejuvenator</u> 2 capsules	<u>Lymph Rejuvenator</u> I dose (3ml)	<u>Blood & Skin Rejuvenator</u> I dose (3ml)
Before Dinner	<u>Toxin Neutralizer</u> I capsule	<u>Liver & Gallbladder Rejuvenator</u> 2 capsules	<u>Lymph Rejuvenator</u> I dose (3ml)	<u>Blood & Skin Rejuvenator</u> I dose (3ml)
Before Bed	<u>Digestive Stimulator</u> your number		<u>Friendly Bacteria Replenisher</u> 2 capsules	

toxic fact	every day your blood is purified 240 times through 1 million tiny filters in the kidneys	DON'T FORGET!
		6-8 glasses of water today

tear this page off or turn it over: only 5 days left to total rejuvenation

STEP 4

DAY 3 of 7

Before Breakfast	<u>Toxin Neutralizer</u> 1 capsule	<u>Liver & Gallbladder Rejuvenator</u> 2 capsules	<u>Lymph Rejuvenator</u> 1 dose (3ml)	<u>Blood & Skin Rejuvenator</u> 1 dose (3ml)
Before Lunch	<u>Toxin Neutralizer</u> 1 capsule	<u>Liver & Gallbladder Rejuvenator</u> 2 capsules	<u>Lymph Rejuvenator</u> 1 dose (3ml)	<u>Blood & Skin Rejuvenator</u> 1 dose (3ml)
Before Dinner	<u>Toxin Neutralizer</u> 1 capsule	<u>Liver & Gallbladder Rejuvenator</u> 2 capsules	<u>Lymph Rejuvenator</u> 1 dose (3ml)	<u>Blood & Skin Rejuvenator</u> 1 dose (3ml)
Before Bed	<u>Digestive Stimulator</u> your number		<u>Friendly Bacteria Replenisher</u> 2 capsules	

toxic fact	detoxification can help you manage stress	DON'T FORGET!
		6-8 glasses of water today

tear this page off or turn it over: only 4 days left to total rejuvenation

STEP 4

DAY 4 of 7

Before Breakfast	<u>Toxin Neutralizer</u> I capsule	<u>Liver & Gallbladder Rejuvenator</u> I capsule	<u>Lymph Rejuvenator</u> I dose (3ml)	<u>Blood & Skin Rejuvenator</u> I dose (3ml)
Before Lunch	<u>Toxin Neutralizer</u> I capsule	<u>Liver & Gallbladder Rejuvenator</u> I capsule	<u>Lymph Rejuvenator</u> I dose (3ml)	<u>Blood & Skin Rejuvenator</u> I dose (3ml)
Before Dinner	<u>Toxin Neutralizer</u> I capsule	<u>Liver & Gallbladder Rejuvenator</u> I capsule	<u>Lymph Rejuvenator</u> I dose (3ml)	<u>Blood & Skin Rejuvenator</u> I dose (3ml)
Before Bed	<u>Digestive Stimulator</u> your number		<u>Friendly Bacteria Replenisher</u> 2 capsules	

toxic fact	internal cleansing has been a healing technique for thousands of years	DON'T FORGET!
		6-8 glasses of water today

tear this page off or turn it over: only 3 days left to total rejuvenation

STEP 4

DAY 5 of 7

Before Breakfast	<u>Toxin Neutralizer</u> 1 capsule	<u>Liver & Gallbladder Rejuvenator</u> 1 capsule	<u>Lymph Rejuvenator</u> 1 dose (3ml)	<u>Blood & Skin Rejuvenator</u> 1 dose (3ml)
Before Lunch	<u>Toxin Neutralizer</u> 1 capsule	<u>Liver & Gallbladder Rejuvenator</u> 1 capsule	<u>Lymph Rejuvenator</u> 1 dose (3ml)	<u>Blood & Skin Rejuvenator</u> 1 dose (3ml)
Before Dinner	<u>Toxin Neutralizer</u> 1 capsule	<u>Liver & Gallbladder Rejuvenator</u> 1 capsule	<u>Lymph Rejuvenator</u> 1 dose (3ml)	<u>Blood & Skin Rejuvenator</u> 1 dose (3ml)
Before Bed	<u>Digestive Stimulator</u> your number		<u>Friendly Bacteria Replenisher</u> 2 capsules	
toxic fact	research by the WHO suggests 60-80% of all cancers are due to environmental chemicals			DON'T FORGET!
				6-8 glasses of water today

tear this page off or turn it over: only 2 days left to total rejuvenation

STEP 4

DAY 6 of 7

Before Breakfast	<u>Toxin Neutralizer</u> I capsule	<u>Liver & Gallbladder Rejuvenator</u> I capsule	<u>Lymph Rejuvenator</u> I dose (3ml)	<u>Blood & Skin Rejuvenator</u> I dose (3ml)
Before Lunch	<u>Toxin Neutralizer</u> I capsule		<u>Lymph Rejuvenator</u> I dose (3ml)	<u>Blood & Skin Rejuvenator</u> I dose (3ml)
Before Dinner	<u>Toxin Neutralizer</u> I capsule	<u>Liver & Gallbladder Rejuvenator</u> I capsule	<u>Lymph Rejuvenator</u> I dose (3ml)	<u>Blood & Skin Rejuvenator</u> I dose (3ml)
Before Bed	<u>Digestive Stimulator</u> your number		<u>Friendly Bacteria Replenisher</u> 2 capsules	

toxic fact

over 60,000 synthetic chemicals find their way into our air, food, and water

DON'T FORGET!

6-8 glasses of water today

tear this page off or turn it over: only 1 day left to total rejuvenation

STEP 4

DAY 7 of 7

<p>Before Breakfast</p>	<p>Toxin Neutralizer</p> <hr/> <p>I capsule</p>	<p>Liver & Gallbladder Rejuvenator</p> <hr/> <p>I capsule</p>	<p>Lymph Rejuvenator</p> <hr/> <p>I dose (3ml)</p>	<p>Blood & Skin Rejuvenator</p> <hr/> <p>I dose (3ml)</p>
<p>Before Lunch</p>	<p>Toxin Neutralizer</p> <hr/> <p>I capsule</p>			
<p>Before Dinner</p>	<p>Toxin Neutralizer</p> <hr/> <p>I capsule</p>		<p>Lymph Rejuvenator</p> <hr/> <p>I dose (3ml)</p>	<p>Blood & Skin Rejuvenator</p> <hr/> <p>I dose (3ml)</p>
<p>Before Bed</p>	<p>Digestive Stimulator</p> <hr/> <p>your number</p>	<p>Toxin Absorber</p> <hr/> <p>I packet</p>	<p>Friendly Bacteria Replenisher</p> <hr/> <p>2 capsules</p>	
<p>toxic fact</p>	<p>your largest organ of elimination is your skin and it acts like a third kidney</p>			<p>DON'T FORGET!</p>
				<p>6-8 glasses of water today</p>

tear this page off or turn it over: you're done!!

Congratulations!! You have finished.

Before
Bed

You should still have some
Digestive Stimulator and
Friendly Bacteria Replenisher
capsules left over. Continue to
take these until they are all gone.

Digestive
Stimulator

your number

Friendly
Bacteria
Replenisher

2 capsules

ENJOY LIFE

toxic fact

your lungs expand and contract 10–20 times
a minute bringing you life, enjoy it

DON'T FORGET!

6–8 glasses of water today