

## Class 5: Detoxification Programs

### Out with the Old in with the New.

"Therefore the redeemed of the LORD shall return, and come with singing unto Zion; and everlasting joy [shall be] upon their head: they shall obtain gladness and joy; [and] sorrow and mourning shall flee away." – Isa. 51:11

### What is a Detoxification Program?

- A detoxification program is a natural way to remove and cleanse waste material, unwanted toxins and mucus from your body while rebuilding a healthy environment that will destroy and eliminate foreign invaders.
- Waste material can include old fecal matter, dead blood & body cells, cancers, and old lymph.
- Toxins can include man-made chemicals or by-products. Toxins are also produced by your own body when you do not efficiently eliminate waste material.
- Excess mucus is caused by too much acid in the system. The mucus is produced to protect your body and keep the acid from burning your tissues. This mucus can coat all different areas in your body including your whole digestive system, nerve sheathing and your brain. This mucus stops you from absorbing proper nutrients to different parts of your body and having proper nerve and brain functions.



### Detoxification Programs:

All of the following programs are based on one program leading to the next. The Foundation Program will be one that you continuously work on throughout your life and should be the program that drives all the others.

- The Foundation Program
- The Liver/Gall Bladder – Anti-parasite Detoxification Program
- The Kidney/Bladder Detoxification Program

**Note:** You do not need to do the Liver/Gall Bladder – Anti-parasite Detoxification Program and the Kidney/Bladder Detoxification Program in that order. Choose the order that best suits your needs.



# THE FOUNDATION PROGRAM

## CHANGE OF LIFESTYLE

If you just start doing good things to your mind and body and stop doing bad things, you will start to cleanse and rebuild.

### START:

- ✓ Empowering yourself by becoming educated in natural healing.
- ✓ Being responsible by taking control of your life and your health.
- ✓ Having fun at being healthy or wanting to be healthy.
- ✓ Eating vegan foods -- more raw fruits, vegetables, sprouts, nuts, seeds, and grains – goal 80% raw or alkaline ash producing foods (most raw fruits and vegetables) and 20% cooked or acidic ash producing foods (most nuts, seeds, grains, and cooked foods).
- ✓ Drinking fresh juices.
- ✓ Exercising.
- ✓ Getting fresh air and sunshine.
- ✓ Drinking lots of distilled or pure water.
- ✓ Taking a break from the world and resting.
- ✓ Wearing cotton clothing and skin brushing so that your skin can breathe and eliminate toxins.
- ✓ Thinking positive and happy thoughts.
- ✓ Laughing.
- ✓ Hanging around people you like who are positive and like-minded.
- ✓ Looking for the good in the world.

### STOP:

Putting anything that is toxic into your mind or body; negative - thoughts, people, books, videos, TV, radio shows, or jobs; life destroying foods & habits - meats, dairy, processed sugar, caffeine (coffee, tea, sodas, chocolate), white flour, highly processed foods, drugs, alcohol, or tobacco.

## Nature's SuperFood

Start taking 2 heaping tablespoons of Nature's SuperFood daily in a mix of 16oz of fresh juice with water. This will provide you with super nutrition (extra vitamins, minerals, and enzymes), from organic herbs and foods that are nutritionally potent, concentrated and complete. Being from whole food sources, Nature's SuperFood replaces synthetic vitamin and mineral supplements with nutrients that your body can easily assimilate and use to rebuild your blood. This can be the extra boost you need to help you feel better. If you are very ill, or just need an afternoon boost, you can take an extra 2 heaping tablespoons of Nature's SuperFood a day in a mix of 16oz of fresh juice with water.

You can also make your own Nature's SuperFood out of organic herbs and whole foods that are rich in vitamins, minerals, and enzymes – Spirulina Blue-Green Algae, Barley, Nutritional yeast, Rose Hips, Orange peels, Grapefruit peels, Lemon peels, Alfalfa, Purple Dulse Seaweed, Beet root, Spinach leaf, etc...



## COLON CLEANSING

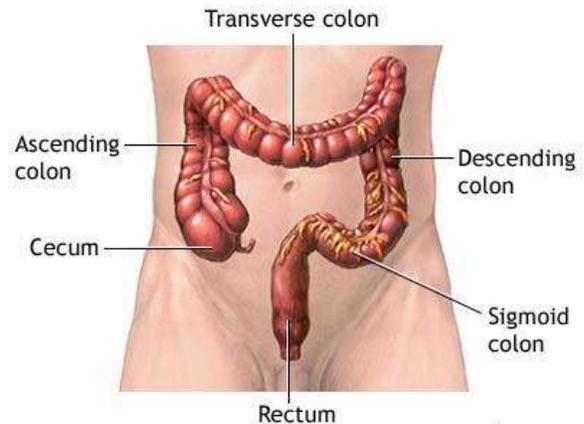
This is the most important step in detoxifying the body. Most waste and many toxins are stored in the colon and this is where the majority of disease and illness begins. Everyone needs to cleanse their bowels.

### There are 3 ways to cleanse the bowels:

- 1) Cathartic & cleansing herbs & juices
- 2) High Enemas
- 3) Colonics

### Herbs:

When using herbs you should use herbs that are cleansing, healing, and strengthening to the entire gastro-intestinal tract. They should stimulate peristaltic action and over time strengthen the muscles of the large intestine.



## H.E.A.L.'s Lower Bowel Formula #1 – LBF#1



This Formula does many things for cleansing, healing, and strengthening the gastro-intestinal tract. It stimulates your peristaltic action to move waste quickly through your intestines and out of your body. This Formula is for about 97% of the population; those who have sluggish bowels - do not have a bowel movement for every meal, have hard or sinking stools, have missed bowel movements in their life. The only people that this Formula is not for are those whose bowels are irritated, hot or working too frequently. They should skip to Lower Bowel Formula #2.

Start with only one capsule of this formula during or just after dinner. This Formula works best when taken with food. The next morning you should notice an increase in your bowel action and in the amount of fecal matter that you eliminate. The consistency should also be softer. If you do not notice any difference in your bowel behavior today or the difference wasn't dramatic, then tonight increase your dosage to two capsules. You can continue to increase your dosage every evening by one capsule until you notice a dramatic difference in the way your bowel works. There is no limit. Most people need only 2-3 capsules but a few have needed over 30 capsules. It has taken most of us years to create a sluggish bowel, so let us be patient for a few days and increase by one capsule each day only.

This formula can be taken for a week, a month or the rest of your life. Continue to use this formula until you are having one bowel movement each day for every meal you eat, between 2 and 4 bowel movements a day are normal. Considering all the disease and death we have because of retained fecal matter, I wouldn't worry about taking too much of this formula.

## Lower Bowel Formula #2 – LBF#2



This cleansing and soothing formula is to be used periodically in conjunction with Lower Bowel Formula #1. This formula is a strong purifier and intestinal vacuum. This formula will draw old fecal matter off the walls of your colon and out of any bowel pockets. It will also draw out poisons, toxins, heavy metals such as mercury and lead, and even remove radioactive material such as strontium 90. This formula will also remove over 3,000 known drug residues. Its natural mucilaginous properties will soften old hardened fecal matter for easy removal and also makes it an excellent remedy for any inflammation in the stomach and intestines.

Take this formula 5 times each day beginning in the morning for 5-6 days, consuming a total of 8 ounces of the powdered formula during this period. One hour after your morning nutritional drink mix 1 heaping teaspoon of Bowel Formula #2 powder with 8 ounces of diluted juice. It mixes best if you shake it in a small jar. Do the same ½ hour before lunch, between lunch and dinner, ½ hour before dinner and 1 hour before bed, so that you are consuming a total of 5 heaping teaspoons each day. During or after dinner, take your Bowel Formula #1 as usual but increase your regular dosage by 1 additional pill, or more if necessary to have sufficient bowel movements. It is helpful to drink additional liquid after each dose of Lower Bowel Formula #2, at least 8 ounces.

You want this formula in your colon at all times, and not sporadically. Then you will notice parasites being removed, casing of old fecal matter coming out, and mucus. If you take the number two formula erratically or once or twice a day, this will not happen.

**(Do not take LBF#2 without taking LBF#1 unless you have bowels that are irritated, hot or working too frequently. LBF#2 has no power to move the bowels and can be constipating when used alone.)**

## Lower Bowel Formula #3 – LBF#3



This formula is a mild, great tasting liquid laxative for the whole family. It is designed primarily for children.

Kids love the taste, a sweet fig-tangerine flavor. And they don't have to worry about swallowing a capsule. It's gentle, not gripping, and even powerful enough for many adults.

This formula increases the normal muscular contractions of the gastro-intestinal tract, especially the colon. It promotes soft easy bowel movements. It will help strengthen the colon for better future elimination.



**LBF #3 Kit**

**Included in Kit**

It relieves gas, cramping, colic, indigestion, nausea and stomachaches. It promotes proper, normal functioning of the bowels and will expel parasites.

Weight	Dosage
10 to 25 pounds	1/8 to ¼ teaspoon
25 to 50 pounds	¼ to ½ teaspoon
50 to 75 pounds	½ to ¾ teaspoon
75 to 100 pounds	¾ to 1 teaspoon
100 to 150 pounds	1 to 1½ teaspoons

For adults, if you need over 2 teaspoons than use Lower Bowel Formula #1.

With children, always start out with the lower dosages and work your way up to whatever dosage is needed. You may exceed the dosages recommended above - whatever it takes to get the bowels working regularly.

## The Prune Juice Flush

If you feel toxic or clogged, like things aren't moving fast enough. If you have the need to get your bowels moving rapidly to flush them and get bodily toxins out, the Prune Juice Flush is for you.

**Warning: Do not leave home on the day(s) you do this. Stay very near a toilet.**

The prune juice will empty the bowels and draw toxins from all parts of the body into the bowel. This will open up the flood gates allowing your liver to dump out its excess bile, your body to eliminate mucus, and the draining of your lymph system, all relieving many toxins. (This will come out in a dark brown, orange, or greenish liquid proceeded by a lot of peristaltic action, a.k.a – Liver dump or cecal flush.)



- ✓ First thing in a.m. drink 8-16oz of warm distilled water.
- ✓ 15-30 minutes later drink 16oz of prune juice. (SunSweet brand seems to work best.)
- ✓ 30 minutes later drink 8oz of warm distilled water.
- ✓ 30 minutes later, if you are not on the toilet eliminating, drink 8oz more of the prune juice.
- ✓ 30 minutes later, if you are not on the toilet eliminating, drink 8oz of warm distilled water.
- ✓ This should have you going by now. If not, be patient, it will.



For the rest of the day drink 8oz of fresh apple juice alternated with 8oz distilled water every 30 minutes. The apple juice will replace the removed toxic liquids (bile & lymph) and re-alkalinize your system.

**Note:** Sip all juices, swishing in mouth before swallowing. This will mix saliva with the juice for better digestion.



**It is a good idea to take 1-2 tablespoons of Olive Oil 3 times a day when doing the flush. This will help to lubricate and protect the bile and liver ducts.**



You can do this flush for up to three consecutive days getting a good cleansing of your system, flushing out up to 3 gallons of toxic lymph.

If you want to eat, wait until evening and eat raw fruits or vegetables. If you want something cooked, eat a baked potato.

You can do the Prune juice Flush once a month or whenever your bowels, liver, or lymph feel backed-up and need some extra propulsion. The above amounts are guidelines. Use your best judgment for your specific case.

(See "School of Natural Healing" by Dr. John R. Christopher, pages 568-570.)

## High Enemas:

A high enema is when you use an enema bag or bucket to insert pure water in through the rectum into the descending colon then across the transverse colon into the ascending colon to the cecum. This will soften, loosen, and draw out old fecal matter, cleansing the whole large intestine. A high enema takes practice. Have patience. You may use herbal tea in your enema water to increase the healing benefits. Everyone should do a high enema at least once every two weeks. If you have a minor illness you should do a high enema at least once or twice a week. If you are seriously ill you should do a high enema at least every two days. High enemas are very beneficial in conjunction with LBF#1 and LBF#2.

*(See "There Are No Incurable Diseases" pages 56-60 for complete instructions or watch tape #10 of the "Sam Biser Save Your Life Video Collection.")*

## Colonics:

Colonics are like high enemas in that they cleanse the large intestine. Colonics are administered by a professional. While laying on a table you are hooked to a machine that allows pure water in through one tube and waste water out another tube. Many gallons of water can go through the large intestine giving you a very thorough cleanse. Colonics are great while you are doing any cleanse. Consult with a professional for further information.

## IMMUNE BOOSTING

While you are cleansing it is a very good idea to boost your immune system. You will be stirring up a lot of toxins and dumping them into your blood, lymph, and bowel. This can weaken or over-work the immune system making you more susceptible to bugs that are going around. By boosting your immune system you will help it to be able to handle the extra workload.

Echinacea is one of the strongest immune simulators and enhancers known. It can double and triple the amount of T-cells and Macrophages in your bloodstream within a few days. It can also increase the amount of Interferon, Interleukin, Immunoglobulin and other important natural immune chemicals present in your blood. This is how Echinacea works, by boosting the number of immune cells and the amount of natural immune chemicals, then stimulating them into more activity. The benefit of immune stimulation is a shorter duration of existing colds and flu and/or prevention of future infections. It also initiates and speeds up recovery from chronic and long-term immune-related depression illnesses, diseases and degeneration.

Cayenne is the best herb to stimulate circulation and makes these already powerful immune herbs many times more effective. Garlic is the best, most effective broad spectrum antibiotic, anti-viral, anti-fungal herb known. Echinacea and Garlic are the Herbal Dynamic Duo.

## For general protection and immune stimulation, especially when you are not ill:

The best dosage for this scenario is two dropperfuls, three times daily, until you use up two fluid ounces. This dosage will take about twelve days.

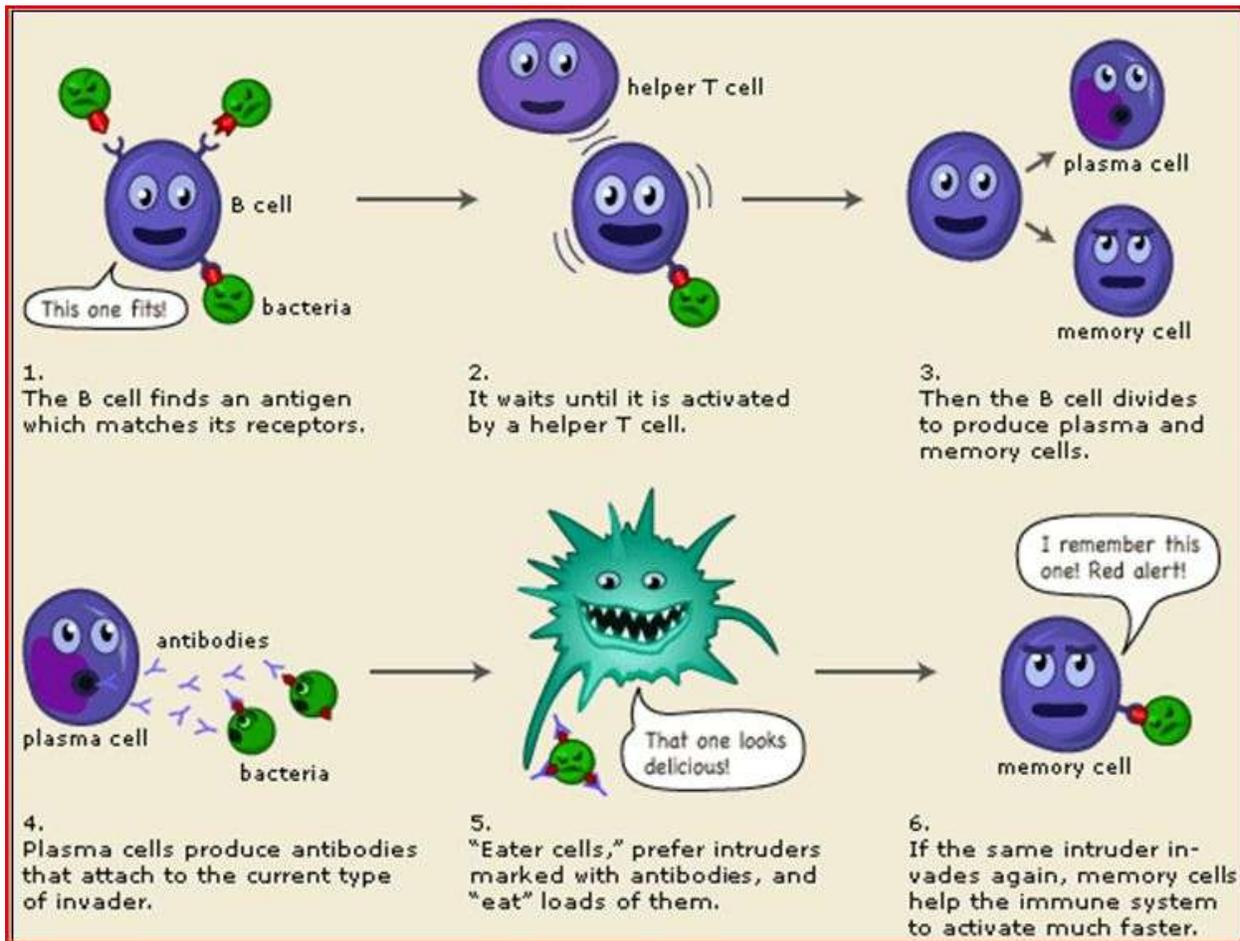
## Feeling out of sorts:

If you are feeling a bit off, but it's nothing you can really put your finger on, this may mean that you are about to get sick. It also may mean that your body is fighting something off but in either case it is a good time to give it some help. Take two dropperfuls six times daily until you consume two fluid ounces. This will take approximately six days.

## I know I am sick:

This is when you actually have some observable, clinical symptoms. Sore throat, fever, nasal or lung congestion, toxic bite or sting, wound or trauma. Anytime there is anything wrong with you, your immune system must go to work. An initial blast of 1 dropperful every waking hour or about 16 dropperfuls in a day, until you consume a total of two fluid ounces. This will take approximately four days.

## ACTION OF A HEALTHY IMMUNE SYSTEM



### I am REALLY sick:

This is when you are suddenly sweating, have the chills, a cold, food poisoning, cancer, whatever, but you are really ill. There is not time to waste fooling around and immediate aggressive herbal treatment can save you days of agony. In this case I suggest drinking an entire fluid ounce of Echinacea tincture immediately. For those who might have a hard time doing this, it can be diluted in juice or drunk  $\frac{1}{2}$  an ounce one hour and the other  $\frac{1}{2}$  ounce the next. Remember that this is 1 ounce of alcohol so keep that in mind and don't drive. Then consume an additional two droppersfuls every waking hours until you finish two fluid ounces. Continue taking Echinacea tincture at this rate and consume an additional two fluid ounces totaling four fluid ounces. This will take two to four days.

### Doing a detoxification Program:

You should consume one 2oz bottle during a one week period. Then take one week off. Then consume another 2oz bottle during a one week period. This should be alternating with the week you are taking the D-Tox Formula.

**REMEMBER**, all of the above suggested dosages can be doubled, meaning you can consume more than two fluid ounces.

## LIVER DETOXIFICATION PROGRAM

This program should be done only if the bowels are moving well, otherwise toxins will be dumped into the colon and re-circulated into the body making you feel ill. Make sure you do this program in conjunction with the Foundation Program.

You will want to prepare and set aside a minimum of 5 days to do this program thoroughly. This program consists of:

- The Foundation Program
- The Liver/Gall Bladder Flush Drink
- The Liver/Gall Bladder & Anti-Parasite Formula
- The Detoxification Herb Tea
- The D-Tox Formula
- Potassium Broth
- Eating raw foods and drinking fresh juices



### Liver/Gall Bladder Flush Drink

Mix the following in a blender:

**During Spring or Summer**, mix 8oz of fresh orange juice or citrus juice combination (1 lemon or 1 lime and enough orange, grapefruit or tangerine juice to make 8 oz) or

**During Fall or Winter**, mix 8oz of fresh apple and/or grape juice with 8 ounces of distilled or purified water

1-5 cloves of garlic (start with one and increase daily)

1-5 tablespoons of organic virgin cold-pressed olive oil (start with one and increase daily)

1 piece of Ginger root (about 1 inch long)

### Liver/Gall Bladder & Anti-Parasite Formula



The herbs in this formulae are famous for their ability to stimulate, cleanse and protect the liver and gall bladder and rid the body of parasites.

Milk Thistle has certain chemicals not only bind to and coat liver cells. These phytochemicals not only heal previous liver damage but also protect the liver from future damage. Oregon Grape root bark, Gentian root, Wormwood leaves and Dandelion root are all classic bitter liver tonic herbs. These herbs not only stimulate digestion but also stimulate the liver to excrete more bile which in turn cleans both the liver and gall bladder. If you have been exposed to any toxic substances, had constipation, eaten large amounts of animal food or drunk alcohol or other harmful beverages this formula is for you. It is also beneficial if you have had high cholesterol, blood fats or any family history of liver or gall bladder problems. Many believe that anyone who has cancer or

any immune dysfunction had a weak congested liver to begin with. Even if a person has had their gall bladder removed these herbs will still be effective to clean the liver and bile ducts. The Black Walnut hulls, Wormwood and Garlic are strong ANTI-PARASITICAL plants. Parasite infestation is a fact of life. One cubic inch of beef can have over 1,000 living parasites larvae waiting to hatch in your body. Over 65% of fresh fish tested has toxic levels of bacteria and parasites. Chicken is even worse. **It works best if used in conjunction with both Lower Bowel Formula #1 and #2.** Use if parasites are suspected, or if there has been a history of bowel problems, constipation, eating of animal products, prolonged illness, disease or degeneration.

## D-Tox Formula



This is a very powerful blood and lymph cleansing formula. This formula is based on the famous Hoxey Formula, Dr. Christopher's Red Clover Tonic formula and many similar formulae from around the world.

These herbs are famous for scrubbing the accumulated toxins and poisons out of the body's blood, fat and cells. When using this formula **make sure to consume a gallon of water, juice and herbal tea each day.**

After one of the late Dr. John Christopher's arrests he was instructed to never use the word cancer again. In a private conversation Dr. John Christopher said "I just can't help myself, Red Clover is the antidote for cancer."

Chaparral is one of nature's most powerful anti-oxidants and has proven to break-up, destroy and dissolve all types of tumors.

**Dosage:** 2 dropperfuls (35 to 70 drops) 3 to 5 times daily. Best results are obtained if used during 5 day cleanse program. Can be put in a few ounces of grape juice to make it go down easier.

## Detoxification Herb Tea



This tea has numerous health benefits. First, it is based on an ancient East Indian digestive tea formula. It is a stimulant to the entire digestive process, especially the stomach during the first stages of digestion.

This tea also mildly cleanses the blood, skin, liver, and gall bladder and is the perfect tea to use after the liver flush. It flushes out the bile and fats that the liver flush purged from your liver and gall bladder. It is also a mild diuretic and disinfectant to the kidneys and bladder and will cause you to urinate a little more within an hour after ingestion.

This tea is also an excellent coffee replacement. It is a hot beverage, dark in color and tastes good. It's even better when a little pure maple syrup is added to the final brew. It also increases your circulation but has no caffeine. It is a good tea to help people get off the coffee habit.

## Dosage:

- Drink 2 cups of the tea 15 minutes after doing your Liver/Gall Bladder Flush.
- During the 5 day program drink 2 cups 2 more times daily.
- It can also be drunk at any other time during the day, as many cups as desired.



## Brewing Instructions:

- Put 1 tablespoon (medium) or 2 tablespoons (strong) of this tea into 20 ounces of distilled water.
- Be sure to use only stainless steel or glass cookware.
- Let the tea sit in the water overnight.
- In the morning heat up to a boil, reduce heat and let simmer for 15 minutes.
- Strain the herbs, do not discard them, let cool a bit but use hot.
- Put the used herbs back into the pot, add 1 tablespoon of fresh herbs and 20 ounces of pure water.
- Let sit overnight and repeat whole process again.
- Keep adding new herbs to old ones for three days, then discard all herbs and start over.



## Liver/Gall Bladder Detoxification Program Instruction Guidelines 5 days

- Start when you get up in the morning.
- Drink 8-16 oz distilled water.
- 30 minutes later drink the Liver/Gall Bladder Flush Drink (sip).
- 15 minutes later drink 2 cups of Detoxification Herb Tea and take 2 droppersful of Liver/Gall Bladder – Anti-parasite Formula and 2 droppersful of D-Tox Formula.
- 1 hour later drink your fresh squeezed juice with Nature's Superfood. (Add fresh fruit in blender if desired.)
- Repeat the Detoxification Tea and the Liver/Gall Bladder – Anti-parasite Formula 2 more times during the day.
- Repeat the D-Tox Formula 3 to 5 more times during the day. (Try to consume 1 bottle in 1 week.)
- Drink at least 2 more fresh juices during the day. (Add Nature's Superfood if desired.)
- Drink plenty of pure or distilled water. You want your liquid intake to be at least a gallon a day during this cleanse.
- Remember to continue to take your LBF#1 and LBF#2.
- If you must eat, eat only raw fruits and vegetables and only at lunch and/or dinner.
- When you are done with the 5 days you can go on to the Kidney/Bladder Detoxification Program or take a short break.

# Kidney/Bladder Detoxification Program

Make sure you do this program in conjunction with the Foundation Program. This program can be done prior to the Liver Detoxification Program, especially if the bowels are still a little sluggish.

You will want to set aside a minimum of 5 days to do this program thoroughly. This program consists of:

- The Foundation Program
- The Kidney Flush Drink
- The Kidney/Bladder Formula
- The Kidney Bladder Tea
- The Immune Boosting Formula (Echinacea – See Foundation Program)
- Potassium Broth
- Eating raw foods and drinking fresh juices



## Kidney Flush Drink

Mix the following in a blender:

Juice of 1 lemon and 1 lime

16-32oz of distilled or purified water

A pinch of Cayenne Powder or 5-20 drops of Cayenne tincture

Optional: A small amount of maple syrup to taste

## Kidney/Bladder Formula



This tonic is both diuretic (increases the flow of urine) and disinfectant to the kidneys, bladder and urinary system. According to medical reports the herbs in this formula destroy the bacteria that cause kidney and bladder infections.

**Dosage:** 1 to 2 dropperfuls (35 to 70 drops) 3 to 4 times daily. This tonic formula works best if used along with the Kidney/Bladder Tea and the Kidney/Bladder Flush as in the 5 day cleanse.



## Kidney/Bladder Tea

Same powerful effect as the Kidney/Bladder Formula above.

This tea is most effective if used along with the K/B Formula during a 5 day cleanse. This formula also completely dissolves stubborn kidney stones and calculi.

**Dosage:** 2 cups 3 times daily.

- Brewing Instructions: 2 Tablespoons of herbs to 20oz of distilled water.
- Let soak overnight and simmer in morning for one minute.



## Kidney/Bladder Detoxification Program Instruction Guidelines 5 days

- Start when you get up in the morning.
- Drink 8-16 oz distilled water.
- 30 minutes later drink the Kidney Flush Drink (sip).
- 15 minutes later drink 2 cups of Kidney/BladderTea and take 2 droppersful of Kidney/Bladder and 2 droppersful of Immune Booster Formula.
- 1 hour later drink your fresh squeezed juice with Nature's SuperFood. (Add fresh fruit in blender if desired.)
- Repeat the Kidney/Bladder Tea and the Kidney/Bladder Formula 2 more times during the day.
- Repeat the Immune Booster Formula 3 to 5 more times during the day. (Try to consume 1 bottle in 1 week.)
- Drink at least 2 more fresh juices during the day. (Add Nature's SuperFood if desired.)
- Drink plenty of pure or distilled water. You want your liquid intake to be at least a gallon a day during this cleanse.
- Remember to continue to take your LBF#1 and LBF#2.
- If you must eat, eat only raw fruits and vegetables and only at lunch and/or dinner.
- When you are done with the 5 days you can go on to the Liver/Gall Bladder – Anti-parasite Detoxification Program or take a short break.

## Detoxification Program Notes:

The Programs presented are a BASIC OUTLINE of what you can do. Remember it took years for your body to become ill and it is going to take a while for it to get better. Keep working on the Programs, even if you have to do them over and over again. You can be as creative as you want in using these Programs. You can rotate the Liver Program with the Kidney Program daily. You can do the Liver Program for a month. There is no limitation to what you can do. Just make sure your bowels are moving good at all times.

## TO REMOVE ALCOHOL FROM TINCTURES:

Place desired dosage of tincture(s) into a cup. Pour boiling water over tincture. Stir for 20-30 seconds. Let sit for 5 minutes or until cool. This will evaporate the majority of the alcohol from the tincture with no effect to the herbs.

## Other Detoxification Notes:

**Mucous Removal:** For a deeper cleanse, you can use herbs to pull out excess mucus build-up from the body. You would do this after completing the other programs. Please contact H.E.A.L. for further instructions.

## General:

If you continue to have problems after doing a lot of detoxification and you have Mercury Amalgom fillings or root canals, it might be worth your while to check with a Naturopathic Dentist to see if these are toxifying your body. (See [Health & Mouth](#))

Remember that your environment is very important to your health. If you do not feeling like you are seeing the results that you wanted from your cleanse, look for other problem areas. (This is if you have done the cleanses with intensity and commitment.) Check your house for cleanliness, foul odors, etc. Are there strange molds growing in damp areas? Do you have too much junk? Have you done a cleansing of your house by getting rid of 1/3 of what you own? Are you living with someone that is toxic to you? Is your life or job still stressing you out? These all have an effect on your immune system.

To speed your healing along you may want to contact a Chiropractor that understands natural healing. They can align your spine and bones to make sure that there is no blockage of nerve flow.

This is just a sample program. Feel free to change it to fit your needs. You will want to add potassium broth, enemas, massage, garlic, poultices and more hydrotherapy. Yes, this is a full time job for a while, but the pay is worth the effort.

## Sample Daily Schedule for 5 day Programs

7:00am	Take L.B.F.#2 then Drink 8-16oz warm distilled or purified water.
7:10am	Skin Brush, then take hot & cold shower – 7 repetitions.
7:45am	Drink Liver Flush or Kidney Flush Drink.
8:00am	Drink 2 cups of D-Tox tea and take 2 dropperfuls of L/G-AP Formula or Drink 2 cups of Kidney/Bladder Tea and take 2 dropperfuls of K/B Formula.
8:15am	Take 2 dropperfuls of D-Tox Formula or 2 dropperfuls of Immune Booster.
9:00am	Morning Juice with Nature's SuperFood – optional; fresh fruit blended in drink.
9:30am	Morning walk.
10:30am	Take 2 dropperfuls of D-Tox Formula or 2 dropperfuls of Immune Booster. Drink 8-16oz of distilled or purified water.
11:30am	Take L.B.F.#2 then Drink 8-16oz warm distilled or purified water.
12:00pm	Lunch: fresh juice or salad or fruit.
1:30pm	Drink 2 cups of D-Tox tea and take 2 dropperfuls of L/G-AP Formula or Drink 2 cups of Kidney/Bladder Tea and take 2 dropperfuls of K/B Formula.
2:00pm	Take 2 dropperfuls of D-Tox Formula or 2 dropperfuls of Immune Booster.
3:00pm	Take L.B.F.#2 then Drink 8-16oz warm distilled or purified water.
4:00pm	Fresh juice with Nature's SuperFood.
4:30pm	Drink 2 cups of D-Tox tea and take 2 dropperfuls of L/G-AP Formula or Drink 2 cups of Kidney/Bladder Tea and take 2 dropperfuls of K/B Formula.
4:45pm	Take 2 dropperfuls of D-Tox Formula or 2 dropperfuls of Immune Booster.
5:30pm	Take L.B.F.#2 then Drink 8-16oz warm distilled or purified water.
6:00pm	Dinner: fresh juice or salad or fruit. Take L.B.F.#1.
7:00pm	Take 2 dropperfuls of D-Tox Formula or 2 dropperfuls of Immune Booster.
8:30pm	Take L.B.F.#2.