

LIVER CLEANSE

INSTRUCTIONS



You should be able to perform this liver cleanse while still working or carrying on your normal daily activities. It is best to begin the liver cleanse on a Tuesday or Wednesday so that on Day 5 (Saturday or Sunday) you will be at home in a relaxed setting and near a bathroom.

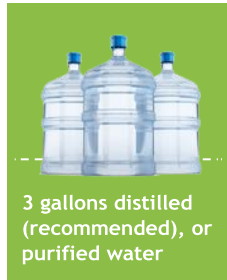
SUPPLIES NEEDED



MagO7+ Probiotic C. + BiliVen



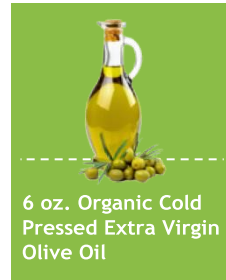
16 oz Organic Raw Apple Cider Vinegar



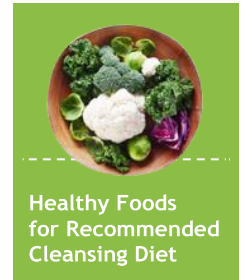
3 gallons distilled (recommended), or purified water



1 tablespoon of USP Epsom Salt



6 oz. Organic Cold Pressed Extra Virgin Olive Oil



Healthy Foods for Recommended Cleansing Diet

RECOMMENDED DIET FOR DAYS 1-4

Following the diet will give you optimal results but if you feel that you're unable to follow the diet, at least try to limit your meat intake to one portion every other day for lunch. Eat fish or chicken, avoid red meat, and incorporate healthy diet choices. You may modify this schedule to fit your routine, however, it is essential that you do not eat for 30 minutes before or after drinking the Liver Cleanse Mix.



Breakfast

Choose ONE of the following fruits to eat or juice as much as you like. If you can't find fresh fruits, substitute with frozen fruit.

- Watermelon (recommended)
- Papaya
- Kiwi
- Plums
- Pears
- Apples
- Cherries
- Figs
- Grapefruit



Lunch/Dinner

Make a homemade soup, juice, or salad with the following liver cleansing vegetables.

- Artichoke
- Asparagus
- Avocado
- Carrots
- Beets
- Broccoli
- Cabbage
- Kale
- Brussel Sprouts
- Garlic
- Spinach
- Romaine lettuce
- Salad greens
- Onions
- Cauliflower



Snacks

In between meals, eat a handful of any or all of the following raw nuts and seeds:

- Sunflower seeds
- Pumpkin seeds
- Walnuts
- Brazil nuts
- Almonds



RECOMMENDED DIET FOR DAY 5-FLUSH



Breakfast

Choose ONE of the following liver cleansing fruits to eat or juice.

choose 1

- Watermelon (recommended)
- Papaya
- Kiwi
- Plums
- Pears
- Apples
- Cherries
- Figs
- Grapefruit



Lunch & Dinner

Choose your lunch and dinner from the following options:

option 1

LIVER CLEANSING SOUP

- 1 Beet
- 2 Carrots
- 1 Cup Broccoli
- 10 Garlic Cloves
- ½ Onion
- ¼ Lemon
- 2 Bay Leaves
- 1 Tsp Salt (preferably sea salt)
- ½ Tsp Turmeric
- ½ Tsp Oregano

option 2

AVOCADOS WITH SALT & LIME

option 3

BEET/CARROT JUICE

- 3 Carrots
- 1 Beet
- 2 Red Apples
- 6 Kale Leaves
- ½ Lemon
- ½ inch Ginger Root

option 4

RAW WALNUTS

option 5

ACV MIX

(details below)

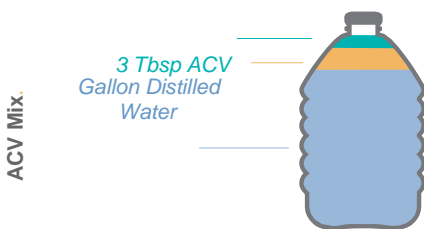
5 RULES TO FOLLOW During Your Liver Cleanse

To get the most out of your liver cleanse, it's necessary to follow a healthy diet to support your liver and colon. Try to incorporate the following dietary guidelines to reduce your toxin exposure while cleansing.

1. Try to purchase organic or locally grown foods.
2. Avoid cow's milk and cheese and dairy products during the cleanse, instead try coconut, or hemp milk.
3. Avoid alcoholic beverages.
4. Avoid sodas (including diet sodas) and other products containing artificial sweeteners or high-fructose corn syrup.
5. Avoid foods that contain gluten.

BEFORE YOU START: PREPARE YOUR ACV WATER

The night before you start your cleanse, make the following gallon of water and try to go to bed before 9 pm to get a good night's rest.



Making Gallon of Water:

ACV MIX™

1 gallon of distilled or purified water and add 3 Tablespoon of Organic Raw Apple Cider Vinegar (ACV) and ½ freshly squeezed lemon juice.

Drink ACV water all day during the cleanse, the amount that you need to drink depends on your body weight. You should drink ½ of your body weight in ounces (Ex. If you are 160 lbs, you need to drink 80 ounces of water daily. You can drink more if your body desires.

WHAT TO EXPECT DURING YOUR LIVER CLEANSE

MagO7 can cause watery stools, so make sure a bathroom is nearby. If your stools are liquid, remember this is not diarrhea but the result of turning solid

compacted fecal matter in the intestinal tract into a liquid or gas.



A small percentage of people may experience what is known as a healing crisis. You may feel worse during and right after your liver cleanse than you did before you started

it. The accumulation of toxic material must be processed to be removed from the body. Don't get discouraged. These symptoms will go away in 2-3 days.

START YOUR LIVER CLEANSE



You may modify this schedule to fit your routine.

<p><i>day</i></p> <p>1</p>	<p>7 AM Make your ACV mix and drink 12 ounces.</p>	<p>8 AM HEALTHY BREAKFAST OPTION. After Breakfast take 2 BiliVen with 8 ounces of the ACV mix.</p>	<p>10-11 AM Drink 10-12 ounces of the ACV mix. Optional: Healthy snack.</p>	<p>12 PM HEALTHY LUNCH MEAL. After Lunch take 2 BiliVen with 8 ounces of the ACV mix.</p>	<p>1 PM Drink 12 ounces of the ACV Mix.</p>
	<p>3 PM Drink 12 ounces of the ACV Mix.</p>	<p>4-5 PM Drink 12 ounces of the ACV Mix. Optional: Healthy snack.</p>	<p>6 PM Drink 12 ounces of the ACV Mix.</p>	<p>7 PM HEALTHY DINNER MEAL After Dinner take 2 BiliVen with 8 ounces of the ACV mix</p>	<p>8-10 PM Before bed take MagO7 capsules and 2 capsules of Latero-Flora.</p>

<p><i>day</i></p> <p>2-4</p>	<p>FOLLOW THE SAME INSTRUCTIONS AS DAY 1 However, from 8-10 PM, take 1-2 more capsules than your usual MagO7 and 4 capsules of Probiotic Complex instead.</p>	<p>3-6 capsules</p>	<p>MagO7</p>
		<p>4 capsules</p>	<p>Probiotic Complex</p>

<p>FLUSH DAY</p> <p><i>day</i></p> <p>5</p>	<p>8-10 AM BREAKFAST See breakfast options for day 5. Do not mix the fruits! We recommend using watermelon if it is available due to its high glutathione content.</p>	<p>12 PM LUNCH Choose from one of the 5 options for day 5: Soup, Beet/Carrot Juice, Water/ACV Mix, Avocados, Walnuts, Apples. (See details below).</p>	<p>4 PM DINNER This will be your last meal of the day. Choose one of the 5 options for day 5.</p>
	<p>7 PM EPSOM SALT Mix 1 tablespoon of Epsom Salt and ½ lemon juice in 8 ounces of warm purified water. Drink it as fast as you can. It is advisable to be near a bathroom when drinking the Epsom Salt as some people experience liquid stools within 20-30 minutes.</p>	<p>9 PM OLIVE OIL Mix 4 ounces of olive oil and freshly squeezeed grapefruit or orange juice and drink it.</p>	<p>See tips below for drinking olive oil.</p>

Flush Day Lunch Option 1

LIVER CLEANSE SOUP

To maximize the liver's ability to detox and cleanse, we've chosen a combination of foods which are high in naturally occurring sulphur and glutathione which help the liver cleanse harmful chemicals.

INGREDIENTS

- 1 Beet
- 2 Carrots
- 1 Cup Broccoli

- 10 Garlic Cloves
- ½ Onion
- ¼ Lemon
- 2 Bay Leaves
- 1 Teaspoon Salt (preferably sea salt)
- ½ Teaspoon Turmeric
- ½ Teaspoon Oregano

Other liver cleansing foods you can use: artichoke, asparagus, cabbage, kale, brussel sprouts, and cauliflower.

DIRECTIONS

Wash vegetables. Finely chop ingredients to desired consistency. Pour 32 ounces of distilled or purified

water into a soup pot. Add all of the ingredients to the water. Bring to a boil, reduce heat, and then simmer on low heat for one hour. Eat this soup for your lunch meal. After your meal, refrigerate the remaining portion of your soup for dinner if you'd like.

Flush Day Lunch Option 2

BEET/CARROT JUICE

INGREDIENTS

- 3 Carrots
- 1 Beet
- 2 Red Apples
- 6 Kale Leaves
- ½ Lemon
- ½ inch Ginger Root

DIRECTIONS

Wash, peel and juice ingredients in a blender until desired consistency is achieved.

Flush Day Lunch Option 3

ACV MIX

If you are not hungry or you feel that you can fast through lunch, drink as much of the Water/ACV Mix as you can.

Flush Day Lunch Option 4

AVOCADOS

Avocados, Lime or Lemon, & Salt (preferably sea salt). Eat 2-3 organic avocados. Season with salt and fresh lime or lemon juice to taste.



Flush Day Lunch Option 5

RAW WALNUTS



Eat 6-8 ounces of raw walnuts. Walnuts contain the amino acid arginine, which is necessary to help the liver detoxify ammonia. Walnuts are also high in glutathione and omega-3 fatty acids which support normal liver detoxification. Make sure you chew the nuts until they are liquefied before swallowing.

3 easy tips FOR DRINKING THE OLIVE OIL

TIP 1

Refrigerate the oil for a few hours prior to ingestion to make the taste more palatable.

TIP 2

Thin the oil by using a jar to mix ½ cup of fresh grapefruit or orange juice into the oil and shake until emulsified.

TIP 3

To reduce the taste and texture, gather two cups, straw, and small amount of juice. Place the olive oil in one cup, juice in the other, and use the straw to alternate drinking between the two.

Cleansing
Tips



FLUSH NIGHT

Immediately after drinking the oil, go to bed and lie on your right side with your knees drawn up to your stomach for 30 minutes.

After 30 minutes, you can stretch out and go to sleep. If you experience cramping, walk around for ten minutes or so and then go back to bed. You may also feel nauseated during the night. This is due to the release of stored toxins from the liver and gallbladder. This is normal and a sign the liver cleanse is working. Vomiting can help clear toxins and is okay but it's best to avoid vomiting for the first 30 minutes so you don't have to drink it again.



Do not take MagO7 or Prob.Complex on this night.



Congratulations!
You have just completed your first Liver Cleanse!

THE DAY AFTER THE LIVER CLEANSE

Upon waking, immediately take 4-6 capsules of MagO7. This will help your intestinal tract and body flush the stones released from the liver and gallbladder during the night.

If you would like to see the stones, they should appear in your bowel movements for one to two days. We recommend putting a cheap colander over the toilet to collect the stones and then rinse the fecal matter off. You will be amazed at what comes out of you.

MAINTENANCE AFTER THE CLEANSE

MagO7 can be used as needed for maintenance. Use the same amount of capsules you used for your cleanse two to three times per week or as needed. This can be taken indefinitely without it becoming habit forming or harmful to your body. Continuing with the maintenance helps keep your intestinal tract clean and prevents toxins from being absorbed into your body. It also provides your body with a steady supply of beneficial oxygen.

Probiotic Complex can be taken every morning, 20 minutes before eating to provide ongoing probiotic support.

Bragg's ACV makes a great health tonic to drink at your leisure! Simply mix a tablespoon of Bragg's Organic Raw Apple Cider Vinegar with 16 ounces of purified water. You can also mix raw honey to sweeten the taste.