



2 Week Body Cleanse Pack

Contents:

1 Sennara Capsules
1 Detox Compound Capsules
1 Liver Detox Elixir
1 Liver Detox Tea
1 Kidney Detox Elixir
1 Kidney Detox Tea
1 Immunolix
1 Body Detox Elixir
1 Green Powder
Instructions

You Will Need:

A Great Attitude
Raw Fruits and Vegetables
Fresh Juice
Raw Garlic
Lemons
Olive Oil
Fresh Ginger Root
Cherry Juice Concentrate
Pure Water

Detoxification

We are constantly bombarded with toxic substances from the air we breath, water we drink, things we put ON our bodies (deodorants, perfumes, synthetic clothing, etc.), and things we put IN our bodies (processed foods, soda, synthetic drugs, etc.). Our bodies produce toxic waste when we break down and digest less than desirable foods (animal products, fried foods, and alcohol to name a few). The many parasites hiding in our bodies produce toxic waste as they gorge on our nutrition and cells. When studying the abuse our bodies endure, one can only marvel at our ability to survive.

How are we capable of tolerating the insults of toxins in the environment, toxins we ingest, toxins produced by parasites, and even the toxins produced by our own bodies? Our bodies were created to detoxify themselves. Detoxification is something that happens naturally in the human body given time, rest, proper nutrients, and a reduction of insults.

The Creator made us with great tolerance for abuse. We were not made to consume meat or animal products; this is evident in the length of our intestinal tract and structure of our teeth. The meat literally rots in our intestines as it is broken down and partially assimilated into our blood stream. The processed flour and sugars that we so love rob us of nutrients, clog our elimination path, and feed the parasites that poison us. Yet we keep moving and surviving on average into our 70's.

We keep going until chronic illness and sickness take hold. From there, correction must take place or the downward spiral of chronic illness begins. For some of us, this spiral can begin in our 40's and 50's. For some it can begin as early as our 20's and 30's. Most chronic illness can be attributed to the long-term abuse, poisoning, and neglect of the systems we were created with. To enjoy our later years, we must stop the abuse, clean our bodies, and allow the healing powers in us all to begin.

Detoxification can be uncomfortable, costly, and plain miserable at times. Be assured that the discomfort and cost you might experience when cleaning your body pale in comparison to the misery, cost, and loss that can take place once chronic illness has taken hold and begins to steal your life.

Let's start with the physical benefits of having a clean body, inside and out. If you were to take a high performance vehicle and pour something into the fuel tank that wasn't meant to be used by the vehicle, how would this insult affect the performance of your perfectly built car? Logic would say... that depends. It would depend on what you put into the tank. It would depend on how much of the insulting substance you added. Our bodies are like high performance vehicles, made perfectly. When we use the "fuel" we were meant to use, our bodies tend to work properly. When we pollute ourselves with toxins, parasites, and low quality fuels, our perfect machines tend to get clogged up, fowled up, and chronic illness gets a foot in the door.

Detoxification can allow the body to begin healing the effects of constant abuse and a toxic state. It can remove the buildup that disrupts our efficient system. Detoxification can allow the body to self-correct. Persons suffering from allergies can experience permanent relief. Those with chronic illness such as diabetes, high blood pressure, cancer, depression, fatigue, memory loss, premature aging, and recurring infections can allow their bodies to function correctly and recover whole.

The mental and spiritual benefits of detoxification and better living could be the most important aspect of cleaning the body. Our body, mind, and soul are connected. Some of us realize this connection more than others. Any benefit or insult to one of the three results in a respective benefit or insult to the other two. If our bodies are clean, our minds and souls tend to climb to a higher level. The elevation of one lifts all. Are you depressed and fatigued? Do you have trouble sleeping at night? Are you gradually giving in to memory loss and premature aging? You don't have to. Stop abusing yourself and learn some new habits.

Why Herbal Preparations

If the human body detoxifies on its own, why would you spend your hard-earned money on herbal formulas to assist in a process that will happen naturally? Herbs used in effective detoxification programs contain biologically active substances that can gently aid our bodies in the detoxification process. They help nourish our systems, break down buildup, and speed the results of detoxification. Think of them as the fuel additive, used to lubricate and clean the internal parts of our vehicles' engine.

The herbal preparations in the Body Cleanse Pack are legendary for rejuvenating the organ systems, eliminating human parasites and their eggs, neutralizing and removing toxins and poisons, breaking up and clearing years of buildup, and revitalizing the entire body. The parasites have been stealing your nutrition and releasing toxins. The buildup has been blocking your nutrition and preventing you from receiving the best from your food. The toxins and poisons have been killing you slowly at a cellular level. Herbal preparations are necessary to speed the cleaning and recovery from a lifetime of abuse.

How to use this cleanse pack

Below you will find general guidelines for living clean and assisting the natural rhythm of detoxification. Recipes and instructions for this 2 week program follow these basic cleansing guidelines.

Warning

In order to achieve good results with detoxification and cleansing programs, you must have a fruit and vegetable juicer. If you don't have a juicer and aren't willing to seek one out, you will miss out on the results that are possible. A juicer is a must. It is an investment in your health and your life. You will need live juice to nourish your systems as you remove years of buildup and parasites. Get one.

As stated in the previous sections, detoxification and cleansing isn't for the uncommitted, it is radical. Be assured that any method of "treatment" is going to be radical. Don't think that you can continue the bad choices and habits, take a few herbal pills and powders, and get well. It won't happen and you are wasting your time, money, and possibly your life. You can't do what you have always done and expect different results.

Detoxification Lifestyle

The following guidelines should be used during any cleansing program and incorporated into your everyday life. They will assist your body in the natural cleaning process, help you to heal, and possibly save your life.

- Masticate (chew) food properly and thoroughly
- Increase pure water consumption
- Increase bowel movements (2 to 3 per day)
- Increase raw foods, including sprouted grains, fruits, and vegetables
- Increase raw nuts and seeds
- Increase fresh fruit and vegetable juice (a juicer is HIGHLY recommended)
- Increase organic, non-genetically modified foods
- Increase consumption of raw garlic
- Increase the frequency of fasting
- Increase nutrient dense foods and helpful herbal preparations
- Increase exercise
- Increase healthy sun exposure

- Increase rest
- Limit sugar, sodas, alcohol, tobacco, caffeine, meat, and all animal products
- Limit eating after 6 PM
- Limit processed foods
- Limit fried foods
- Limit salt (we need salt, just not as much as most of us get)
- Limit synthetic fibers on your skin (natural fiber clothing)
- Limit contact with toxic cleaners in the home and on your body
- Limit stress and negative thinking

Recipes

Liver Flush

- 8 oz Juice (Orange, Apple, or Grape) fresh is best
- Juice of 2 lemons
- 8 oz pure water
- 2-5 cloves of garlic
- 2-5 tablespoons of olive oil
- 2 inch piece of fresh ginger root

Day	Cloves of Garlic	Tablespoons Olive Oil
1	2	2
2	2	2
3	3	3
4	4	4
5	5	5

Mix all ingredients in a blender until smooth and uniform. Drink this entire flush within five minutes if possible. More than two cloves of raw garlic can sometimes be tough for people. The garlic is vital and every effort to get the garlic in will produce results later.

Green Drink #1

Use during liquid only detox

- 8 oz Juice (Orange, Apple, or Grape) Fresh Only
- 8 oz Pure Water
- 2 Tablespoons Green Powder

Mix in a blender until smooth and uniform

Green Drink #2

Use during detox when solid raw food is being consumed

- 8 oz Juice (Orange, Apple, or Grape) Fresh Only
- 1 cup of fresh fruit (apple, pear, etc.)
- 8 oz Pure Water
- 2 Tablespoons Green Powder

Mix in a blender until smooth and uniform

Kidney Flush

- 24 oz pure water

- Juice of 2 lemons
- ¼ to ½ teaspoon cayenne powder
- 3 Tablespoons Cherry Juice Concentrate

Mix all ingredients well. Drink this entire flush within five minutes if possible.

Making Herbal Teas

Mix 2 tablespoons of the herbal tea with 24 ounces of distilled water in a glass or stainless steel container and cover. Let the mixture soak overnight. The next morning, bring the mixture to a boil and let it simmer for 1 minute. Strain and drink the tea when it is cooled. Refrigerate the prepared tea between uses. Used herbs can be refrigerated and used up to three times when 1 tablespoon of new tea is added to each batch.

Taking Elixirs

Elixirs, or tinctures, are extracts of herbal formulas and are more potent than the same volume of dried herbs. The liquid elixirs do contain small amounts of alcohol that should not cause problems for those who are prone to issues with alcohol. If you would like to reduce or eliminate the alcohol in the preparation, add the elixir dose to a cup of water that has just been boiled. The high temperature of the water will cause the alcohol to evaporate.

The elixirs can be added to teas, juices, or water. Some elixirs, such as Body Detox Elixir, are very pungent and are more palatable if added to 2 to 4 ounces of dark grape juice. Make sure to shake them up well before use and keep them out of the sunlight at much as possible, as the ultraviolet light of the sun degrades the bioactivity of certain substances.

Maintenance

After completing the detox program, stick with the healthy habits you know will produce the results you desire. You wouldn't want to clean your house and then throw buckets of garbage and sewer onto the floors when done. Move with the momentum you have created with the detoxification. The Green Powder is made to be taken every day. It contains botanicals that can keep your systems moving and clean, give you the energy you need to be effective, and feed your being with what it has been lacking.

Botanical Pharm's Sennara is a maintenance **must** for anyone who can't achieve the goal of 2 to 3 bowel movements each day. It is safe to use on a regular basis and will assist in retaining your gains with the detoxification. Immunolix is great to keep your immune system revved up and working at its best. Don't forget the raw garlic, it could save your life!

About the 2 Week Body Cleanse Pack

The 2 Week Body Cleanse Pack is designed to take you through a total body detoxification. It is meant for those who need a tune-up and don't need a complete overhaul. The first week of the program will focus on your liver and bloodstream. The second week focuses on the kidneys and intestines. Those who are seriously ill can benefit from this program, but should consider the 45 Day Cleanse Pack directly after completing the two weeks.

Intestinal cleansing is a vital building block to total body rejuvenation. When using the intestinal portion of this program, it is **imperative** that you keep your bowels moving and immune system functioning properly. Make sure you are getting plenty of rest. You must maintain two to three bowel movements each day prior to taking the Detox Compound Capsules in the second week.

You can achieve this bowel movement goal of two (2) to three (3) times each day by taking Sennara. Sennara Capsules were formulated for the most stubborn of sluggish bowels. Start with one capsule the first night. Take it after your evening meal with plenty of pure water. If you don't achieve two to three bowel movements the next day, take two capsules that evening. Continue to increase by one capsule each night until the goal of two to three movements per day is achieved. The bowel movements should not be watery. They should be unformed and soft, but not watery.

There are some who don't need the Sennara Capsules to achieve two to three bowel movements each day. These blessed individuals may need to consider Sennara while consuming the Detox Compound Capsules, as the Detox Compound Capsules were formulated to draw toxins and gently scrub the intestines. The use of Detox Compound Capsules can slow the intestines. For this reason, users may need to consider using or increasing the Sennara Capsules.

There are some who might need more than four Sennara Capsules to achieve the goal of two to three bowel movements each day. If this is the case for you, keep going, as your nerve allows, and increase the number of Sennara Capsules each evening until you reach your goal. If, during the second week using Detox Compound Capsules, you are not achieving the goal of two to three bowel movements each day, stop using the Detox Compound Capsules and increase the Sennara Capsules. Do not use the Detox Compound until you are again achieving two to three bowel movements each day.

It is essential to this program to consume raw garlic. While this can be temporarily detrimental to your social life, it is vital to the expulsion of unwanted organisms and wonderful for your health. The raw cloves should have the outer skin peeled away, the clove crushed in a press or on a cutting board, and minced to fine pieces. The fine minced pieces can then be consumed like a mouthful of tiny pills. It often helps to scoop the fine pieces up with a spoon, take them in your mouth, and drink some water while swallowing the wonderful goodness. Any way you can get them down is fine, use your imagination, just get them down.

If you are severely ill and using this pack as the beginning of your healing journey, consume only raw vegan food and take in as much fresh juice as possible. The 45 day body cleanse pack was formulated for the severely ill. If you have lost hope, don't. It is never too late to heal.

Directions for the 2 Week Body Cleanse Pack

Days 1-7 Liver / Gallbladder / Blood

During this detoxification consume only vegan foods. This means no animals or animal products. Animals and their products (cheese, yogurt, eggs, etc.) clog the system up and turn rancid in the intestines. You will find it difficult to sweep a room out and clean it well if someone is coming up and throwing more dirt onto your clean floor behind you. In the same

way, don't throw more toxin producing animal products into the system that you are working to cleanse.

Begin working toward eating 75% raw vegan food. This means fruit, vegetables, sprouts, grains, raw nuts, fresh juices, and pure water. Prepare the herbal tea the night before the detoxification starts, following the instructions. Your days will start with a large glass of water (16 ounces). This might be a good time to start boiling the herbal tea that was soaking from the night before. Prepare the liver flush according to the recipe and drink it down as fast as possible. The flush will cause your liver to clean out buildup and your gallbladder to contract, pushing stored bile from your liver into your intestines. The daily liver flush should take care of your raw garlic consumption. If you can stand it, eat more raw garlic. The benefits will amaze you.

After the liver flush you should carefully strain the Liver Detox Tea, put one (1) cup of the tea into a container, and add two (2) droppers full of Liver Detox Elixir. Drink this as soon as it is cool enough not to scald your mouth. This might be a good time for some light exercise, a massage, and/or a contrast shower. Try to get as much healthy sunlight exposure and fresh air as possible during the detoxification.

About an hour after you finish the Liver Detox Tea / Liver Detox Elixir mixture, mix and consume two (2) droppers full of Body Detox Elixir in four (4) ounces of dark grape juice. Blend and drink your Green Drink. After this, you can eat raw fruits and vegetables and drink liquid juices, teas, tinctures, and water (as much as you can drink).

An hour after lunch (raw fruit, raw vegetables, or fresh juice) you will be consuming one (1) cup of Liver Detox Tea and two (2) droppers full of Liver Detox Elixir. One hour after that you should consume two (2) droppers full of Body Detox Elixir in four (4) ounces of dark grape juice. Repeat the Body Detox Elixir before dinner for a total of four droppers in the afternoon.

You will repeat this process one hour after dinner. Try to get as much sleep as possible and make sure to take plenty of time to lightly exercise.

Be sure to prepare your tea mixture the night before you are going to consume it. For three days during the first week, you should only consume herbal teas, tinctures, Green Powder, pure water, flushes, and fresh juices. For these three days, don't eat any solid food. If you must eat solid food, stick with raw vegan foods.

Days 8-14 Kidney / Intestinal

During the last six days of the cleanse, you will begin taking the Detox Compound Capsules, but only after you are maintaining two to three bowel movements per day.

Begin the week and finish the detox by eating 75% raw vegan food. This means fruit, vegetables, sprouts, grains, raw nuts, fresh juices, and pure water. Prepare the Kidney Detox Tea the night before each day you are going to detoxify, following the instructions. Your days will start with a large glass of water (16 ounces). This might be a good time to start boiling the herbal tea that was soaking from the night before. Prepare the kidney flush according to the

recipe and drink it down as fast as possible. The flush will cause your kidneys to cleanout buildup.

After the kidney flush you should carefully strain the Kidney Detox Tea, put one (1) cup of the tea into a container, and add two (2) droppers full of Kidney Detox Elixir. Drink this as soon as it is cool enough not to scald your mouth. This might be a good time for some light exercise, a massage, and/or a contrast shower. Try to get as much healthy sunlight exposure and fresh air as possible during the detoxification.

About an hour after you finish the Kidney Detox Tea / Kidney Detox Elixir mixture, consume two (2) droppers full of Immunolix in four (4) ounces of water or juice. Blend and drink your Green Drink. After this, you can eat raw fruits and vegetables and drink liquid juices, teas, tinctures, and water (as much as you can drink). It is also advisable to eat as much raw garlic as you can stand, and then eat one more clove. Take 5 Detox Compound Capsules after the morning meal with 16 to 32 ounces of pure water (only if you are achieving the recommended number of bowel movements).

Take 5 Detox Compound Capsules after the noon meal with 16 to 32 ounces of pure water (only if you are achieving the recommended number of bowel movements).

An hour after lunch (raw fruit, raw vegetables, or fresh juice) consume one (1) cup of Kidney Detox Tea and two (2) droppers full of Kidney Detox Elixir. One hour after that you should consume two (2) droppers full of Immunolix. Repeat the Immunolix another hour after that, for a total of four droppers in the afternoon.

You will repeat this process one hour after dinner. Try to get as much sleep as possible and make sure to take plenty of time to lightly exercise. Be sure to prepare your tea mixture the night before you are going to consume it. For three days during the second week, you should only consume herbal teas, tinctures, Green Powder, pure water, flushes, and fresh juices. For these three days, don't eat any solid food. If you must eat solid food, stick with raw vegan foods. If the frequency of bowel movements slows with the use of Detox Compound Capsules, increase the number of Sennara Capsules you are taking.

2 Week Body Cleanse Pack Quick Sheet

Week 1 Liver / Gallbladder / Blood

	Sennara	Liver Detox Elixir	Liver Detox Tea	Body Detox Elixir	Garlic Cloves	Green Powder	Flush	Therapy
AM		2 Droppers Full	1 Cup	2 Droppers Full	1	Green Drink	Liver Flush	Contrast Shower Massage
Noon		2 Droppers Full	1 Cup	4 Droppers Full	1		Pure Water	Exercise Sun Bathing
PM	1-4 Capsules	2 Droppers Full	1 Cup	4 Droppers Full	1		Pure Water	Other Therapies

Week 2 Kidney / Intestinal

	Sennara	Detox Compound Capsules	Kidney Detox Elixir	Kidney Detox Tea	Immunolix	Garlic Cloves	Green Powder	Flush	Therapy
AM		5 Caps w/ 16-32 oz Water Days 9-14	2 Droppers Full	1 Cup	2 Droppers Full	1	Green Drink	Liver Flush	Contrast Shower Massage
Noon		5 Caps w/ 16-32 oz Water Days 9-14	2 Droppers Full	1 Cup	4 Droppers Full	1		Pure Water	Exercise Sun Bathing
PM	1-4 Capsules	5 Caps w/ 16-32 oz Water Days 9-14	2 Droppers Full	1 Cup	4 Droppers Full	1		Pure Water	Other Therapies?

Parasites, Impacted Fecal Material, and Intestinal Worms

Take note of what is coming out in the bathroom. Go ahead and look, no one will know. If you are daring, take a picture. A word of caution – If you decide to remove any strange fecal matter from the toilet for a photo opportunity, make sure it does not touch your bare skin. It is toxic and could be full of parasites or larvae (and might ruin your picture). We love to see the pictures and hear testimonials that start with “What the heck?” Don’t worry, we’ll keep you anonymous, send it in.

Warning

The information in this booklet and on the Botanical Pharm, LLC website is for educational purposes only and is not intended to substitute for the advice from your health care practitioner. If you are ill, see your health care provider. It is your constitutional right to prescribe treatment for yourself, but this does involve risk. In prescribing treatment for yourself, you assume your own risk. Any statements in this booklet and on the Botanical Pharm, LLC website have not been evaluated by the Food and Drug Administration. Botanical Pharm, LLC information and products are not intended to diagnose, treat, cure, or prevent any disease.