



45 Day Body Cleanse Pack

Contents:

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

You Will Need:

A Great Attitude
Time
Someone to help you
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. It can work for emergency nutrition, but is not the most helpful thing we can consume.

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.

How Often Should We Detoxify

Many would like to know how often they should detoxify. This can be a difficult question to answer and would vary by the individual. Are you satisfied with your current state of health? Do you live in a polluted environment? Are you chronically ill? Although this question would be impossible to answer for everyone with a blanket statement, looking at a few types of

potential users may help you answer this question for yourself. After all, you are in charge of your own health. You bare the consequences of your actions and choices, good and bad. We will address three types of users, which one are you?

Severe Illness

Let's list a few illnesses that might be considered severe. Alzheimer's, arteriosclerosis, arthritis, asthma, cancer, diabetes, heart disease, high blood pressure, impotence, kidney disease, liver disease, prostate disease, and psychological disorders could all be considered server illness. This list is not exhaustive and could go on for pages. These diseases are a result of bad luck, bad choices, and bad habits. We were not intended to be plagued with these illnesses. They aren't given to you as a punishment. You don't deserve them. You don't have them because your mother had them. You don't have to accept them. It is your choice, either way.

How did you get into this predicament, and how are you going to get out? I can promise you that no pharmaceutical will cure a single one. I can also promise you that if you are going to fight back, you won't be able to continue doing what you have always done. You can't do what you have always done and expect different results. The poor choices and bad habits that led you to illness will only lead you to more of the same. You are going to have to change the choices and habits that have brought you to this place.

It's time to get radical. Be assured that any method of "treatment" is going to be radical. Heart surgery is radical. Long-term pharmaceutical use is radical. Chemotherapy and radiation therapy are radical. Kidney transplants and dialysis are 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.

If you are severely ill, you need to make a choice as to how you are going to get radical. Proper detoxification for the severely ill is radical. Talk to your family. Talk to your health care provider. Make a decision, as ignoring the problem won't make it go away. If you find yourself contending with a severe illness and choose to deal with it in a "natural" way, get better habits, make better choices, and never go back to what made you sick. Nothing comes easy, including good health. If you are severely ill, have made a choice to go natural, and are ready to be radical, detoxification should be continued until you are no longer sick (under the supervision of your health care provider, of course). When you are no longer sick, you should never go back to the things that brought you to a state of illness. A short answer to the "how often" question for the severely ill is always and forever. Get on the right road, and never look back.

Mild illness

Is there such a thing as a mild illness? That is a question only the suffering can answer. Mild illnesses might be any health issue that wouldn't be considered a severe illness. Let your imagination run and I'm sure most of us over 30 have some issue that could fall into this category.

The “how often” answer isn’t as cut-and-dry for this category of illness sufferers. The world is a busy place, and a detox lifestyle can be inconvenient at times. Those with mild illness would benefit greatly by living a detox lifestyle, but are often not as convinced that such a radical change in their behavior is warranted or worth the effort. After all, they’re not experiencing a severe illness. Choosing a detoxification lifestyle and never looking back would be the best conclusion, but as stated, the world is a busy place. At least those with mild illness should detoxify until the issue is resolved. This should be followed by single system detoxifications (liver, kidneys, intestinal) throughout the year, regular parasite detoxification and maintenance, total body detoxification once a year, and change the most detrimental habits.

No illness

Those without illness and seeking prevention are the smart of the bunch. They recognize the dangerous world we live in and the dangerous lifestyles we lead. Single system detoxifications (liver, kidneys, intestinal) throughout the year, regular parasite detoxification and maintenance, and a change in detrimental habits would be the prudent thing to do for those in this category.

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 45 Day 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 45 day 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. If you absolutely can’t afford one today, find a source for fresh juice and make a

plan to get a juicer. You will need live juice to nourish your systems as you remove years of buildup and parasites.

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!

The Parasite Compound Capsules are safe for regular use. They will help your intestinal tract maintain healthy bacterial levels and prevent infestations with intestinal worms. The botanicals

in Parasite Compound Capsules are loaded with anti-inflammatory properties and can be a great addition to a healthy lifestyle.

You should continue to use Parasite Cleanse Elixir **one day each week** for the rest of your life. This will kill any eggs you might have picked up throughout the week. On this day, consume 3 droppers full, three times. You should also consume 1 clove of raw garlic and 3 capsules of Parasite Compound (if you aren't consuming those through the week), 3 times, one day each week.

About the Body Cleanse Pack

The 45 Day Body Cleanse Pack is designed to take you through a total body detoxification. It is meant for those who are severely ill or want a complete overhaul. The first two weeks are focused on getting your bowels moving and removing parasites from your system. The third and fifth weeks of the program will focus on your liver, gallbladder, and bloodstream. The fourth and sixth weeks focus on the kidneys, immune system, and intestines.

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 fourth and sixth weeks.

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.

Some 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.

Cleansing the parasites from your body is only the first step in a healthy direction. The parasite cleansing program is the easiest and least painful program in your quest for health and detoxification. While light fasting is encouraged during this part of the program, it is not essential for the killing of parasites.

When you begin to eliminate the invading parasites that are robbing you of nutrients and life, you may feel a little tired and toxic. As stated earlier, make sure to get plenty of rest and keep your immune system functioning properly. Drink plenty of pure water. Consider using Immunolix during and directly after the parasite cleansing program. Parasites can harbor bacteria and viruses, just like any living organism. When you destroy the parasites, any bacteria or virus living within the organism is released into your body. Stay rested and nourish your immune system. Colloidal silver can be helpful with this process.

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. Ideally, for the third through sixth weeks, raw fresh juice should be the only thing you consume. If you have lost hope, get ready to find it again. It is never too late to heal. Miracles happen when you combine effort with truth.

Come, let us return to the Lord. He has torn us to pieces, but he will heal us. He has injured us, but he will bind up our wounds. After two days he will revive us. On the third day he will restore us, that we may live in his presence. Let us acknowledge the Lord, and let us press on to acknowledge him. As surely as the sun rises, he will appear. He will come to us like the winter rains, like the spring rains that water the earth. Hosea 6

Directions – First 2 Weeks – Parasite Cleansing

For the first week of the program, take one dropper full of Parasite Elixir in 4 ounces of pure water twenty minutes before breakfast on an empty stomach. Take the Green Powder Drink, 2 Parasite Compound Capsule, and 1 clove of raw garlic with your morning meal. Do the same before your afternoon meal, without the Green Powder drink. Twenty minutes before the evening meal, take one dropper full of Parasite Elixir in 4 ounces of pure water on an empty stomach and 1 clove of raw garlic with, or after the meal.

For the second week of the program, take 2 droppers full of Parasite Elixir in 4 ounces of pure water twenty minutes before breakfast on an empty stomach. Take the Green Powder Drink, 2

Parasite Compound Capsules, and 1 clove of raw garlic with your morning meal. Do the same before your afternoon meal, without the Green Powder drink. Twenty minutes before the evening meal, take 2 droppers full of Parasite Elixir in 4 ounces of pure water on an empty stomach. Finish off your evening meal with 1 clove of raw garlic.

During this phase of the detoxification, you should get your bowels moving two to three times each day. While this is beneficial for the removal of intestinal parasites, it will be imperative during the last four weeks of the program. The first two weeks is also a great time to begin experimenting with natural therapies. Do some internet research and participate in your own healthcare.

Examples of natural therapies

Contrast Showers (hot and cold)

Massage

Enemas (coffee, herbal, etc.)

Colonics

Castor Oil Packs

Directions – Weeks 3 and 5 – 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. If you are seriously ill, this should be 100% raw vegan food. This means fruit, vegetables, sprouts, grains, raw nuts, fresh juices, and pure water. If you want to see miracles, consume raw fresh juice only during this detoxification. 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 (or other natural therapies). 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). If you are only consuming raw fresh juices, even better.

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. Those who have decided to consume only raw fresh juice during the fast should continue with the juices throughout the entire detoxification.

Directions – Weeks 4 and 6 – Kidney / Bladder / Intestinal

During the fourth and sixth weeks of the cleanse, you will be taking the Detox Compound Capsules, but only after you are maintaining two to three bowel movements per day.

Continue the detox by eating 75 to 100% raw vegan food or raw fresh juices. 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. You should notice a sharp increase in the frequency of urination.

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. Keep using the natural therapies that you have practiced. 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, drink, or juice 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 or juice 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 weekly detoxifications, 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. Don't forget the garlic.

45 Day Body Cleanse Pack Quick Sheet

Week 3 and 5 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 4 and 6 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.