



5 Day Liver Cleanse Pack

Contents:

1 Liver Detox Elixir
1 Liver Detox Tea
Vegetables
1 Body Detox Elixir
1 Green Powder
Instructions

You Will Need:

A Great Attitude
Raw Fruits and

Fresh Juice
Lemons
Pure Water
Raw Garlic
Olive Oil
Fresh Ginger Root

1. 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 extracts in the 5 Day Liver Cleanse Pack are legendary for healing and tuning-up the liver, an organ system of elimination and body regulation. They are known to clear up parasitic infections, clean out blockages, and nourish the wonderful system that we were created with.

2. How to use this detoxification program

Below you will find general guidelines for living clean and assisting the natural rhythm of detoxification. Recipes and instructions for this 5 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. 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
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- 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

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 as 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.

Directions for the 5 Day Liver Cleanse Pack

For five (5) days you will only be consuming raw (uncooked / unprocessed) fruits and vegetables, fresh juices, herbal teas, herbal tinctures, pure water, and Green Powder. This can be the best five days of your life or it can be painful and grueling. Don't forget, no one is making

you do this. It is your healthy choice. 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 will get your system moving and wake your bowels up. After the glass of water, stretch, use the restroom and move around. 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.

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. 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 on days one (1) and five (5) and drink liquid juices, teas, tinctures, and water every day (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. Raw garlic should be crushed and minced, or pressed in a garlic press, and consumed by swallowing the tiny pieces like small capsules or tablets with water. While raw garlic may temporarily hinder your social life, it is very crucial to detoxification and healing and can't be skipped.

About 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. You will repeat this process one hour after dinner and take an additional two (2) droppers full of Body Detox Elixir three (3) hours after that. 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. Don't forget – Days one (1) and five (5) you are eating only raw fruits, raw vegetables, herbal teas, tinctures, Green Powder, and fresh juices. Days two (2), three (3), and four (4), you are consuming only herbal teas, tinctures, Green Powder, pure water, and fresh juices.

5 Day Liver Cleanse Pack Quick Sheet

Day 1	Day 2	Day 3	Day 4	Day 5
Raw Fruit	Green Drink #1	Green Drink #1	Green Drink #1	Raw Fruit
Raw Vegetables	Fresh Juice	Fresh Juice	Fresh Juice	Raw Vegetables

Green Drink #2
Fresh Juice

Green Drink #2
Fresh Juice

AM

16 ounces of pure water
Liver Flush
Liver Detox Tea / Liver Detox Elixir
Body Detox Elixir in grape juice
Green Drink
Garlic

Noon

Pure water
Raw Fruit/Vegetables (Days 1 and 5 only)
Fresh Juice
Liver Detox Tea / Liver Detox Elixir
Body Detox Elixir in grape juice
Garlic

PM

Pure water
Raw Fruit/Vegetables (Days 1 and 5 only)
Fresh Juice
Liver Detox Tea / Liver Detox Elixir
Body Detox Elixir in grape juice (twice in the evening)
Garlic

Warning

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