

LIVER SUPPORT

LIVER REJUVENATION TEA

1 tsp Fenugreek seeds

1 tsp Fennel seeds

1 tsp Peppermint leaves

4 slices of ginger root

Licorice root (optional)

1 tsp flaxseed

Bring 4 cups of water to a boil and add ginger

Boil 3 minutes then turn off

Add all other ingredients and let steep for 15 minutes

___ cups daily for ___ weeks, months

LIVER FLUSH

Put in Blender

1 grapefruit peeled but keep the white pith

1 lemon peeled and with the white pith

2 TB cold pressed olive oil

Small pinch cayenne pepper

1 or 2 garlic cloves

1 - 2 teaspoon flax seed

___ times weekly for ___ weeks, months

MASTER CLEANSE

1 gallon jug

1 cup fresh lemon juice

1 cup Grade B Maple syrup

1 tsp cayenne

Drink only this all day long, no food, for ___ days, repeat _____

Chlorella

Take ___ tablets first thing in the morning 2 hours before food or other supplements for ___ weeks

1 oz Aloe Vera Juice ___ times per day for ___ days, weeks, months

Diet restrictions during the support program: the circled items apply to you

no meat, fish, chicken, eggs, starches, sugar, milk, milk products, coffee, black tea, alcohol, drugs, don't use aluminum cookware