

28 DAY KIDNEY CLEANSE

8/8/07 NI



KIDNEY CLEANSING

The kidneys and bladder are one of the main detoxification and 'waste' processing systems. Keeping this area clean and functioning paves the way to prevent a wide range of problems and disorders. Bacterial, viral and other microbes are ideally kept to a minimum through better flushing of the kidneys. The aim is also to rejuvenate and repair these organs, and not to over-work or exhaust them.

28 DAY KIDNEY CLEANSE

By embarking on this lengthier kidney cleanse it means that you have either done several One Day Kidney Cleanses or you wish to do a kidney cleanse at a gentler pace over a longer period of time, with more modified detox reactions and as part of a normal working week. Although the cleanse is intended to last a month and therefore contains 28 days of supply of products it can be stopped at any time and returned to when you are able. Never force yourself to complete the cleanse, this won't necessarily help the body.

Please ensure that you have the pamphlet 'What is a Detox?' before you start this cleanse. Do not attempt if pregnant, breast-feeding, suffer from weakened or debilitating kidney conditions and diseases or are on prescribed medication. Contact our **Product Advice Line** if you would like more instruction or support. **Tel: 0870 755 48 48.**

FOR THIS CLEANSE YOU WILL USE FOUR PRODUCTS:

250ml Dandelion & Marshmallow Formula

100g Parsley & Cornsilk Herbal Tea

100g Pot Barley (*recipe to follow*)

50ml Sarsaparilla & Turmeric Formula

Free Tea Sock

Free Book by Dr. Schulze

MORNING

- Drink $\frac{3}{4}$ litre of spring water by lunchtime. Add the juice of one lemon to this amount if you like the flavour.
- Take 5ml of your **Dandelion & Marshmallow Formula** by mid-morning.
- If possible avoid wheat and dairy. Consume no coffee or tea and instead drink a cup of **Parsley & Cornsilk Herbal Tea**.

LUNCH

There is nothing particular to do at lunchtime but you need to calculate that between now and supertime you have another $\frac{3}{4}$ of a litre of spring water to drink. If you wish to become acquainted with healthier food options read Carol Vorderman's 'Detox for Life' (ISBN 075307269).

- After lunch drink another cup of **Parsley & Cornsilk Herbal Tea**.

EARLY EVENING

- Take your second dose of **Dandelion & Marshmallow Formula**; 5ml as directed.
- After supper drink your final cup of **Parsley & Cornsilk Herbal Tea**.

CLEANSE EXTRAS

- On day 23 of your cleanse start taking 5ml per day of the **Sarsaparilla & Turmeric Formula**. If you wish to shorten the duration of your cleanse at any point then either do so immediately or taper the cleanse of over a few days and build in two days of this formula at the end.
- If you are doing the full 28 day cleanse you will find that by day 25-27 you have run out of the **Dandelion & Marshmallow Formula**. This is intentional.
- You only drink and make up the lemon barley water at weekends so on Friday night or Saturday morning make it up and take it on the Saturday and Sunday. Consume two mugs of this per day.



TO MAKE LEMON BARLEY WATER YOU WILL NEED:

- $\frac{1}{2}$ Cup of Whole Barley
- 5 Cups of Water
- $\frac{1}{4}$ of a Cinnamon Stick
- Grated Ginger
- Freshly Squeezed Lemon Juice

Place the whole barley, cinnamon stick and some grated ginger into a pan and simmer for 20 minutes. After cooling, strain the mixture and finally add fresh lemon juice for extra flavour.



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