

28 DAY LIVER CLEANSE

4.1.07 NI



LIVER CLEANSING

If you are feeling sluggish or out of sorts this method of cleansing may be beneficial. Cleansing your liver should lead to an improved sense of well being as built up toxins in the liver are shed. It is especially effective in breaking down cholesterol in the bloodstream by preventing fatty deposits from forming along the walls of the arteries. Herbal cleansing once or twice a year will significantly help those people with an 'above normal' cholesterol count. It can help people with a history of either prescribed or recreational drug taking or simply a sluggish liver due to too many late nights enjoying a drink or two.

28 DAY LIVER CLEANSE

By embarking on this lengthier liver cleanse it means that you have either done several **One Day Liver Cleanses** or you wish to do a liver cleanse at a gentler pace over a longer period of time, with more modified detox reactions and as part of a normal working day. 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 liver conditions and diseases or are on prescribed medication. Contact our **Product Advice Line** if you are need more support. Tel: 0870 755 48 48.

FOR THIS CLEANSE YOU WILL USE THREE PRODUCTS:

250ml Milk Thistle & Dandelion Formula
100g Cleanse & Balance Herbal Tea
50ml Sarsaparilla & Turmeric Formula
Free Tea Sock
Free Book by Dr. Schulze

MORNING

- First thing drink a glass (or pint) of spring water with fresh lemon juice if you can.
- Take 5mls of **Milk Thistle & Dandelion Formula** as directed on the bottle.
- If possible avoid wheat and dairy. Consume no coffee or tea and instead drink a cup of **Cleanse & Balance Herbal Tea**.

LUNCHTIME

- There is nothing particular to do at lunchtime but you need to calculate that between now and supertime it would be good to drink 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).

EARLY EVENING

- Take your second dose of **Milk Thistle & Dandelion Formula**; 5ml as directed.
- After supper drink your final cup of **Cleanse & Balance Herbal Tea**.

CLEANSE EXTRAS & DOSE SUGGESTIONS

- 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 off 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 **Milk Thistle & Dandelion Formula**. This is intentional and the **Sarsaparilla & Turmeric Formula** will be taken on its own at this point at the same dose.
- The dose of the **Milk Thistle & Dandelion Formula** may need to be modified to suit you and your liver's needs. If your detox reactions are too strong reduce the 5ml x 2 daily dose to 2ml x 1 daily.
- On the last two Saturdays of the **28 Day Liver Cleanse** you may wish to add a little more detoxing to your efforts by making and drinking the **Liver Drink**. Avoid this however if you do not wish to provoke any more cleansing reactions.

TO MAKE THE LIVER DRINK YOU WILL NEED:

- 1 or 2 freshly squeezed lemons
- 8fl oz/200ml freshly squeezed (or carton) apple juice
- 8fl oz/200ml spring water
- 1 clove fresh garlic
- 1 tablespoon extra virgin olive oil
- $\frac{1}{4}$ inch or 1cm of fresh ginger root

Liquidise all the above ingredients until they are well blended to produce a smooth liquid. Transfer into a glass and drink it slowly, this can be followed by some organic apple juice if desired. Lemon juice is a citric acid that becomes alkaline in the stomach and thereby aids the cleansing of the digestive tract. It will also reduce the taste of the olive oil by emulsifying it. Virgin olive oil is a mono-unsaturated fat, this means that it does not clog your arteries or contain cholesterol. It also increases the body's levels of high-density lipo-proteins (HDL).



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