

# Colon Cleanse - Maximum Level Cleanse

## Potent 9-Day Program with a Liquids-Only Fast

### Step 1:

Pre-Cleanse - Days 1-3

Each evening take one dose of Digestive Stimulator (1-5 capsules, depending on your needs) and Toxin Absorber (mixed with apple juice), reduce your food intake 25% each day to help ease you into the fast portion and be sure to drink 6-8 glasses of water.

### Step 2:

Cleansing - Days 4-8

During the next five days, take Toxin Absorber EVERY THREE HOURS for a total of 5X per day. Each evening, also take your dosage of Digestive Stimulator. And don't forget 6-8 glasses of water daily!

### Step 3:

Post Cleansing - Days 9

To help ease back into eating solid foods, use Day 9 to break the fast. Eat a single apple for breakfast. For lunch, introduce a small portion of salad, steamed veggies, brown rice, or a baked potato. For dinner, enjoy the same as lunch, but introduce a protein to the mix. In the evening, take one last dose of Digestive Stimulator and Toxin Absorber, and you've completed the maximum cleanse!