

the **Internal Cleansing Kit**™

AN HERBAL DIETARY SUPPLEMENT

D O S A G E
C A L E N D A R

complete day by day instructions for
your total body cleansing and rejuvenation

109 Barre Plains Road
Oakham, MA 01068
phone: 800.489.4372

BLESSED HERBS

In this Calendar you will find complete day by day dosages for the entire program.

Each day has its own page with dosage amounts before breakfast, lunch, dinner, and bed.

To keep track, you may check off each formula on the page as you take it out of the bottle.

After finishing a day you may tear off that page or simply turn it over to the next one.

You will find more detailed explanations for each step in the **Users Guide**.

DAILY BOWEL MOVEMENTS A DAILY REQUIREMENT

ELIMINATION IS THE PRIMARY way that the body gets rid of wastes and toxins. The success of any good cleansing program depends on elimination; specifically, daily bowel movements. You also get rid of wastes through exhaling, sweating (both perceptible and non-perceptible) and urinating.

That said, having daily bowel movements is often challenging for many people, yet **it is vital that you have at least one, and preferably three, bowel movements every day of your cleanse.**

During this cleanse you will be taking **Digestive Stimulator** every night to promote daily bowel

movements.* Even so, you may become occasionally constipated some days and find you need additional support to have a bowel movement.

On these days you can help yourself by taking an enema, colema or colonic. **You should never, ever, go a whole day without at least one bowel movement.** If you get to the end of a day and have not had a bowel movement, **don't wait until the next day.** Take an enema or colema before bed that very same day and also increase “your number” of **Digestive Stimulator** capsules that evening

at dinner time (see p19–20 of the **Users Guide** for more details). It is perfectly alright to do this every evening, if you need to, while cleansing. If you do an enema or colema you should only use purified, filtered water for your liquid. That said, you may add an herb tea, fresh brewed coffee or wheatgrass juice to the water, but nothing else.

If you are using a one quart enema bag, you may repeat as many quarts as needed until you feel you have had a good bowel movement.

A colema uses five gallons of liquid, which really cleans you out.

THREE ACTIONS TO SUPPORT DAILY BOWEL MOVEMENTS

1. Drink 6-8 glasses of pure water daily. Without enough water you can easily get “backed up” in your intestines.
2. Increase “your number” of **Digestive Stimulator** caps, before dinner, if you do not have a bowel movement all day.*
3. Take an enema or colema, before bed, on any day that you do not have a bowel movement.

STEP ONE

I

Digestive System
foundation for cleansing

109 Barre Plains Road
Oakham, MA 01068

BLESSED HERBS

STEP I

STEP ONE USUALLY TAKES ONE TO THREE DAYS; go to Step Two after finding “your number” of **Digestive Stimulator**

Before
Breakfast

“BEFORE” MEANS
take 30–60 minutes before a
meal. If you forget, it is okay
to take your dosage as soon
as you remember.

Before
Lunch

If you find that taking **Digestive Stimulator**
before dinner does not always give you three bowel
movements a day, divide up “your number” by
three and take before meals.

Before
Dinner

Digestive
Stimulator

your number

To find “your number” see
the Users Guide p. 19–20

VERY IMPORTANT

Toxin Absorber must be mixed with
liquid when taken. We highly suggest
apple juice. It is also very important
that you follow it with at least 8 oz
of distilled, filtered, or pure water.

Before
Bed

Toxin
Absorber

1 packet

For instruction on how to
take **Toxin Absorber**, see the
Users Guide p. 21

toxic fact

the world is constantly exposing us
to toxins, fight the toxic overload

REMEMBER!

6–8 glasses of water today

STEP TWO

2

Liver, Gallbladder & Para Cleansing
the body's major cleansing organ and support formulas

109 Barre Plains Road
Oakham, MA 01068

BLESSED HERBS

STEP 2

DAY I of 7

Before Breakfast	<u>Toxin Neutralizer</u> I capsule	<u>Liver & Gallbladder Rejuvenator</u> I capsule	<u>Large Para Cleanser I</u> I capsule	<u>Large Para Cleanser 2</u> I dose (~3ml)	<u>Small Para Cleanser</u> I dose (~3ml)	
Before Lunch	<u>Toxin Neutralizer</u> I capsule	<u>Liver & Gallbladder Rejuvenator</u> I capsule	<u>Large Para Cleanser I</u> I capsule	<p>Note: Because of individual variations in drawing up liquid into your dropper, you may finish your bottles of liquid formulas before the end of seven days. This is perfectly OK. Continue with remaining formulas as directed.</p>		
Before Dinner	<u>Toxin Neutralizer</u> I capsule	<u>Liver & Gallbladder Rejuvenator</u> I capsule	<u>Large Para Cleanser I</u> I capsule	<u>Large Para Cleanser 2</u> I dose (~3ml)	<u>Small Para Cleanser</u> I dose (~3ml)	<u>Digestive Stimulator</u> your number
Before Bed	<u>Toxin Absorber</u> I packet	<u>Friendly Bacteria Replenisher</u> I capsule				

toxic fact	every year over 120 million americans suffer from violations of the safe drinking water act	REMEMBER!
		6-8 glasses of water today

tear this page off or turn it over: 20 days left to total rejuvenation

STEP 2

DAY 2 of 7

Before Breakfast	<p>Toxin Neutralizer</p> <hr/> <p>I capsule</p>	<p>Liver & Gallbladder Rejuvenator</p> <hr/> <p>I capsule</p>	<p>Large Para Cleanser I</p> <hr/> <p>2 capsules</p>	<p>Large Para Cleanser 2</p> <hr/> <p>I dose (~3ml)</p>	<p>Small Para Cleanser</p> <hr/> <p>I dose (~3ml)</p>	
Before Lunch	<p>Toxin Neutralizer</p> <hr/> <p>I capsule</p>	<p>Liver & Gallbladder Rejuvenator</p> <hr/> <p>I capsule</p>	<p>Large Para Cleanser I</p> <hr/> <p>2 capsules</p>	<p>Large Para Cleanser 2</p> <hr/> <p>I dose (~3ml)</p>	<p>Small Para Cleanser</p> <hr/> <p>I dose (~3ml)</p>	
Before Dinner	<p>Toxin Neutralizer</p> <hr/> <p>I capsule</p>	<p>Liver & Gallbladder Rejuvenator</p> <hr/> <p>I capsule</p>	<p>Large Para Cleanser I</p> <hr/> <p>2 capsules</p>	<p>Large Para Cleanser 2</p> <hr/> <p>I dose (~3ml)</p>	<p>Small Para Cleanser</p> <hr/> <p>I dose (~3ml)</p>	<p>Digestive Stimulator</p> <hr/> <p>your number</p>
Before Bed	<p>Toxin Absorber</p> <hr/> <p>I packet</p>	<p>Friendly Bacteria Replenisher</p> <hr/> <p>I capsule</p>	<p>Note: When you see a green box behind your formula or dosage, it indicates an addition or change from the day before.</p>			
toxic fact	<p>a toxic cell is a sick cell and a sick cell makes for a sick body</p>					<p>REMEMBER!</p>
						<p>6-8 glasses of water today</p>

AN IMPORTANT NOTE ABOUT UNWANTED GUESTS

How do I know if I have unwanted guests?

IT IS VERY POSSIBLE THAT, during Step Two, dead or live unwanted guests will be visible in your stools. They could look like little white specks of rice or white pumpkin seeds. If you see anything that moves in your stools, it is a sure sign of unwanted guests. Itching or rashes can also be a sign. (see pages 29 & 30 of the **Users Guide**)

Ask your healthcare practitioner if you are unsure.

What should I do if I have unwanted guests?

THE PARA CLEANSING FORMULAS OF this cleansing program will begin the process of their complete removal. If you already know you have unwanted guests, or observe them, or experience uncomfortable symptoms while taking the para cleansing formulas, then you should suspect you have them and repeat the para cleanse part of this program one week after you finish the **Internal Cleansing Kit**. You will also need to do this again three weeks later. Ask for our **Para Cleansing Kit**, which contains specific formulas for this purpose only.

IF YOU DO NOT SEE ANY UNWANTED GUESTS in your stools or experience any uncomfortable symptoms, then do not worry. You may not have a problem. Even so, be sure to finish all the para cleansing formulas.

STEP 2

DAY 3 of 7

Before Breakfast	Toxin Neutralizer <u>2 capsules</u>	Liver & Gallbladder Rejuvenator <u>1 capsule</u>	Large Para Cleanser I <u>3 capsules</u>	Large Para Cleanser 2 <u>1 dose (~3ml)</u>	Small Para Cleanser <u>1 dose (~3ml)</u>	
Before Lunch	Toxin Neutralizer <u>2 capsules</u>	Liver & Gallbladder Rejuvenator <u>1 capsule</u>	Large Para Cleanser I <u>3 capsules</u>	Large Para Cleanser 2 <u>1 dose (~3ml)</u>	Small Para Cleanser <u>1 dose (~3ml)</u>	
Before Dinner	Toxin Neutralizer <u>2 capsules</u>	Liver & Gallbladder Rejuvenator <u>1 capsule</u>	Large Para Cleanser I <u>3 capsules</u>	Large Para Cleanser 2 <u>1 dose (~3ml)</u>	Small Para Cleanser <u>1 dose (~3ml)</u>	Digestive Stimulator <u>your number</u>
Before Bed	Toxin Absorber <u>1 packet</u>	Friendly Bacteria Replenisher <u>1 capsule</u>				

toxic fact

the air is filled with dangerous pesticides, sulfur oxides, ozone, and carbon monoxide

REMEMBER!

6-8 glasses of water today

STEP 2

DAY 4 of 7

Before Breakfast	Toxin Neutralizer 2 capsules	Liver & Gallbladder Rejuvenator 1 capsule	Large Para Cleanser I 4 capsules	Large Para Cleanser 2 1 dose (~3ml)	Small Para Cleanser 1 dose (~3ml)	
Before Lunch	Toxin Neutralizer 2 capsules	Liver & Gallbladder Rejuvenator 1 capsule	Large Para Cleanser I 4 capsules	Large Para Cleanser 2 1 dose (~3ml)	Small Para Cleanser 1 dose (~3ml)	
Before Dinner	Toxin Neutralizer 2 capsules	Liver & Gallbladder Rejuvenator 1 capsule	Large Para Cleanser I 4 capsules	Large Para Cleanser 2 1 dose (~3ml)	Small Para Cleanser 1 dose (~3ml)	Digestive Stimulator your number
Before Bed	Toxin Absorber 1 packet	Friendly Bacteria Replenisher 1 capsule				

toxic fact

the FDA has a list of over 2,500 unnatural food additives deemed "safe" for consumption

REMEMBER!

6-8 glasses of water today

tear this page off or turn it over: 17 days left to total rejuvenation

STEP 2

DAY 5 of 7

Before Breakfast	<u>Toxin Neutralizer</u> 2 capsules	<u>Liver & Gallbladder Rejuvenator</u> 1 capsule	<u>Large Para Cleanser I</u> 3 capsules	<u>Large Para Cleanser 2</u> 1 dose (~3ml)	<u>Small Para Cleanser</u> 1 dose (~3ml)	
Before Lunch	<u>Toxin Neutralizer</u> 2 capsules	<u>Liver & Gallbladder Rejuvenator</u> 1 capsule	<u>Large Para Cleanser I</u> 3 capsules	<u>Large Para Cleanser 2</u> 1 dose (~3ml)	<u>Small Para Cleanser</u> 1 dose (~3ml)	
Before Dinner	<u>Toxin Neutralizer</u> 2 capsules	<u>Liver & Gallbladder Rejuvenator</u> 1 capsule	<u>Large Para Cleanser I</u> 3 capsules	<u>Large Para Cleanser 2</u> 1 dose (~3ml)	<u>Small Para Cleanser</u> 1 dose (~3ml)	<u>Digestive Stimulator</u> your number
Before Bed	<u>Toxin Absorber</u> 1 packet	<u>Friendly Bacteria Replenisher</u> 1 capsule				

toxic fact

unwanted guests are not just a problem of third world countries, the first and second world countries have them too

REMEMBER!

6-8 glasses of water today

STEP 2

DAY 6 of 7

Before Breakfast	<u>Toxin Neutralizer</u> 2 capsules	<u>Liver & Gallbladder Rejuvenator</u> 1 capsule	<u>Large Para Cleanser I</u> 2 capsules	<u>Large Para Cleanser 2</u> 1 dose (~3ml)	<u>Small Para Cleanser</u> 1 dose (~3ml)	
Before Lunch	<u>Toxin Neutralizer</u> 2 capsules	<u>Liver & Gallbladder Rejuvenator</u> 1 capsule	<u>Large Para Cleanser I</u> 2 capsules	<u>Large Para Cleanser 2</u> 1 dose (~3ml)	<u>Small Para Cleanser</u> 1 dose (~3ml)	
Before Dinner	<u>Toxin Neutralizer</u> 2 capsules	<u>Liver & Gallbladder Rejuvenator</u> 1 capsule	<u>Large Para Cleanser I</u> 2 capsules	<u>Large Para Cleanser 2</u> 1 dose (~3ml)	<u>Small Para Cleanser</u> 1 dose (~3ml)	<u>Digestive Stimulator</u> your number
Before Bed	<u>Toxin Absorber</u> 1 packet	<u>Friendly Bacteria Replenisher</u> 1 capsule				

toxic fact

symptoms of PMS increase if the liver is unable to breakdown hormones due to toxic overload

REMEMBER!

6-8 glasses of water today

STEP 2

DAY 7 of 7

Before Breakfast	Toxin Neutralizer I capsule	Liver & Gallbladder Rejuvenator I capsule	Large Para Cleanser I I capsule	Large Para Cleanser 2 I dose (~3ml)	Small Para Cleanser I dose (~3ml)	
Before Lunch	Toxin Neutralizer I capsule	Liver & Gallbladder Rejuvenator I capsule	Large Para Cleanser I I capsule	Large Para Cleanser 2 I dose (~3ml)	Small Para Cleanser I dose (~3ml)	
Before Dinner	Toxin Neutralizer I capsule	Liver & Gallbladder Rejuvenator I capsule	Large Para Cleanser I I capsule	Large Para Cleanser 2 I dose (~3ml)	Small Para Cleanser I dose (~3ml)	Digestive Stimulator your number
Before Bed	Toxin Absorber I packet	Friendly Bacteria Replenisher I capsule				
toxic fact	you are not only what you eat, but also what you absorb				REMEMBER!	
					6-8 glasses of water today	

tear this page off or turn it over: only 14 days left to total rejuvenation

STEP THREE

3

Lungs, Kidneys & Bladder
the body's oxygenating and purifying organs

109 Barre Plains Road
Oakham, MA 01068

BLESSED HERBS

STEP 3

DAY 1 of 7

<p>Before Breakfast</p>	<p>Toxin Neutralizer ----- 1 capsule</p>	<p>Liver & Gallbladder Rejuvenator ----- 2 capsules</p>	<p>Large Para Cleanser I ----- 1 capsule</p>	<p>Lung Rejuvenator ----- 1 dose (~3ml)</p>	<p>Kidney & Bladder Rejuvenator ----- 1 dose (~3ml)</p>	
<p>Before Lunch</p>	<p>Toxin Neutralizer ----- 1 capsule</p>	<p>Liver & Gallbladder Rejuvenator ----- 2 capsules</p>	<p>Note: Because of individual variations in drawing up liquid into your dropper, you may finish your bottles of liquid formulas before the end of seven days. This is perfectly OK. Continue with remaining formulas as directed.</p>			
<p>Before Dinner</p>	<p>Toxin Neutralizer ----- 1 capsule</p>	<p>Liver & Gallbladder Rejuvenator ----- 2 capsules</p>	<p>Large Para Cleanser I ----- 1 capsule</p>	<p>Lung Rejuvenator ----- 1 dose (~3ml)</p>	<p>Kidney & Bladder Rejuvenator ----- 1 dose (~3ml)</p>	<p>Digestive Stimulator ----- your number</p>
<p>Before Bed</p>	<p>Toxin Absorber ----- 1 packet</p>	<p>Friendly Bacteria Replenisher ----- 2 capsules</p>	<p>◀ new dose for rest of program</p>			

<p>toxic fact</p>	<p>every four minutes the kidneys will receive the total volume of your body's blood for filtration</p>	<p>REMEMBER!</p>
		<p>6-8 glasses of water today</p>

tear this page off or turn it over: 13 days left to total rejuvenation

STEP 3

DAY 2 of 7

Before Breakfast	<u>Toxin Neutralizer</u> 1 capsule	<u>Liver & Gallbladder Rejuvenator</u> 2 capsules	<u>Large Para Cleanser I</u> 1 capsule	<u>Lung Rejuvenator</u> 1 dose (~3ml)	<u>Kidney & Bladder Rejuvenator</u> 1 dose (~3ml)	
Before Lunch	<u>Toxin Neutralizer</u> 1 capsule	<u>Liver & Gallbladder Rejuvenator</u> 2 capsules		<u>Lung Rejuvenator</u> 1 dose (~3ml)	<u>Kidney & Bladder Rejuvenator</u> 1 dose (~3ml)	
Before Dinner	<u>Toxin Neutralizer</u> 1 capsule	<u>Liver & Gallbladder Rejuvenator</u> 2 capsules	<u>Large Para Cleanser I</u> 1 capsule	<u>Lung Rejuvenator</u> 1 dose (~3ml)	<u>Kidney & Bladder Rejuvenator</u> 1 dose (~3ml)	<u>Digestive Stimulator</u> your number
Before Bed	<u>Friendly Bacteria Replenisher</u> 2 capsules					
toxic fact	every day your blood is purified 240 times through 1 million tiny filters in the kidneys				REMEMBER!	
					6-8 glasses of water today	

tear this page off or turn it over: 12 days left to total rejuvenation

STEP 3

DAY 3 of 7

Before Breakfast	<u>Toxin Neutralizer</u> 1 capsule	<u>Liver & Gallbladder Rejuvenator</u> 2 capsules	<u>Lung Rejuvenator</u> 1 dose (~3ml)	<u>Kidney & Bladder Rejuvenator</u> 1 dose (~3ml)	
Before Lunch	<u>Toxin Neutralizer</u> 1 capsule	<u>Liver & Gallbladder Rejuvenator</u> 2 capsules	<u>Lung Rejuvenator</u> 1 dose (~3ml)	<u>Kidney & Bladder Rejuvenator</u> 1 dose (~3ml)	
Before Dinner	<u>Toxin Neutralizer</u> 1 capsule	<u>Liver & Gallbladder Rejuvenator</u> 2 capsules	<u>Lung Rejuvenator</u> 1 dose (~3ml)	<u>Kidney & Bladder Rejuvenator</u> 1 dose (~3ml)	<u>Digestive Stimulator</u> your number
Before Bed	<u>Friendly Bacteria Replenisher</u> 2 capsules				
toxic fact	we breathe 35 pounds of air every day six times more than our food and drink			REMEMBER!	
				6-8 glasses of water today	

tear this page off or turn it over: 11 days left to total rejuvenation

STEP 3

DAY 4 of 7

Before Breakfast	<u>Toxin Neutralizer</u> 1 capsule	<u>Liver & Gallbladder Rejuvenator</u> 2 capsules	<u>Lung Rejuvenator</u> 1 dose (~3ml)	<u>Kidney & Bladder Rejuvenator</u> 1 dose (~3ml)	
Before Lunch	<u>Toxin Neutralizer</u> 1 capsule	<u>Liver & Gallbladder Rejuvenator</u> 2 capsules	<u>Lung Rejuvenator</u> 1 dose (~3ml)	<u>Kidney & Bladder Rejuvenator</u> 1 dose (~3ml)	
Before Dinner	<u>Toxin Neutralizer</u> 1 capsule	<u>Liver & Gallbladder Rejuvenator</u> 2 capsules	<u>Lung Rejuvenator</u> 1 dose (~3ml)	<u>Kidney & Bladder Rejuvenator</u> 1 dose (~3ml)	<u>Digestive Stimulator</u> your number
Before Bed	<u>Friendly Bacteria Replenisher</u> 2 capsules				

toxic fact

stress releases toxic substances and waste products into your body's systems

REMEMBER!

6-8 glasses of water today

STEP 3

DAY 5 of 7

Before Breakfast	<u>Toxin Neutralizer</u> 1 capsule	<u>Liver & Gallbladder Rejuvenator</u> 2 capsules	<u>Lung Rejuvenator</u> 1 dose (~3ml)	<u>Kidney & Bladder Rejuvenator</u> 1 dose (~3ml)	
Before Lunch	<u>Toxin Neutralizer</u> 1 capsule	<u>Liver & Gallbladder Rejuvenator</u> 2 capsules	<u>Lung Rejuvenator</u> 1 dose (~3ml)	<u>Kidney & Bladder Rejuvenator</u> 1 dose (~3ml)	
Before Dinner	<u>Toxin Neutralizer</u> 1 capsule	<u>Liver & Gallbladder Rejuvenator</u> 2 capsules	<u>Lung Rejuvenator</u> 1 dose (~3ml)	<u>Kidney & Bladder Rejuvenator</u> 1 dose (~3ml)	<u>Digestive Stimulator</u> your number
Before Bed	<u>Friendly Bacteria Replenisher</u> 2 capsules				
toxic fact	our bodies naturally cleanse every day, but the more toxic we are the more energy it takes				REMEMBER!
					6-8 glasses of water today

tear this page off or turn it over: only 9 days left to total rejuvenation

STEP 3

DAY 6 of 7

Before Breakfast	<u>Toxin Neutralizer</u> 1 capsule	<u>Liver & Gallbladder Rejuvenator</u> 2 capsules	<u>Lung Rejuvenator</u> 1 dose (~3ml)	<u>Kidney & Bladder Rejuvenator</u> 1 dose (~3ml)	
Before Lunch	<u>Toxin Neutralizer</u> 1 capsule	<u>Liver & Gallbladder Rejuvenator</u> 2 capsules	<u>Lung Rejuvenator</u> 1 dose (~3ml)	<u>Kidney & Bladder Rejuvenator</u> 1 dose (~3ml)	
Before Dinner	<u>Toxin Neutralizer</u> 1 capsule	<u>Liver & Gallbladder Rejuvenator</u> 2 capsules	<u>Lung Rejuvenator</u> 1 dose (~3ml)	<u>Kidney & Bladder Rejuvenator</u> 1 dose (~3ml)	<u>Digestive Stimulator</u> your number
Before Bed	<u>Friendly Bacteria Replenisher</u> 2 capsules				
toxic fact	one in twenty deaths in the city can be linked to air pollution				REMEMBER!
					6-8 glasses of water today

tear this page off or turn it over: only 8 days left to total rejuvenation

STEP 3

DAY 7 of 7

Before Breakfast	<u>Toxin Neutralizer</u> 1 capsule	<u>Liver & Gallbladder Rejuvenator</u> 2 capsules	<u>Lung Rejuvenator</u> 1 dose (~3ml)	<u>Kidney & Bladder Rejuvenator</u> 1 dose (~3ml)	
Before Lunch	<u>Toxin Neutralizer</u> 1 capsule	<u>Liver & Gallbladder Rejuvenator</u> 2 capsules	<u>Lung Rejuvenator</u> 1 dose (~3ml)	<u>Kidney & Bladder Rejuvenator</u> 1 dose (~3ml)	
Before Dinner	<u>Toxin Neutralizer</u> 1 capsule	<u>Liver & Gallbladder Rejuvenator</u> 2 capsules	<u>Lung Rejuvenator</u> 1 dose (~3ml)	<u>Kidney & Bladder Rejuvenator</u> 1 dose (~3ml)	<u>Digestive Stimulator</u> your number
Before Bed	<u>Toxin Absorber</u> 1 packet	<u>Friendly Bacteria Replenisher</u> 2 capsules			
toxic fact	toluene, often found in colognes, has been linked to asthma, seizures, and birth defects				REMEMBER!
					6-8 glasses of water today

tear this page off or turn it over: only 7 days left to total rejuvenation

STEP FOUR

4

Lymph, Blood, & Skin
the rivers of life throughout the body

109 Barre Plains Road
Oakham, MA 01068

BLESSED HERBS

STEP 4

DAY 1 of 7

<p>Before Breakfast</p>	<p>Toxin Neutralizer I capsule</p>	<p>Liver & Gallbladder Rejuvenator 2 capsules</p>	<p>Lymph Rejuvenator I dose (~3ml)</p>	<p>Blood & Skin Rejuvenator I dose (~3ml)</p>	<p>Note: Because of individual variations in drawing up liquid into your dropper, you may finish your bottles of liquid formulas before the end of seven days. This is perfectly OK. Continue with remaining formulas as directed.</p>
<p>Before Lunch</p>	<p>Toxin Neutralizer I capsule</p>	<p>Liver & Gallbladder Rejuvenator 2 capsules</p>	<p>Lymph Rejuvenator I dose (~3ml)</p>	<p>Blood & Skin Rejuvenator I dose (~3ml)</p>	
<p>Before Dinner</p>	<p>Toxin Neutralizer I capsule</p>	<p>Liver & Gallbladder Rejuvenator 2 capsules</p>	<p>Lymph Rejuvenator I dose (~3ml)</p>	<p>Blood & Skin Rejuvenator I dose (~3ml)</p>	<p>Digestive Stimulator _____ your number</p>
<p>Before Bed</p>	<p>Toxin Absorber I packet</p>	<p>Friendly Bacteria Replenisher 2 capsules</p>			
<p>toxic fact</p>	<p>almost three quarts of plasma fluid are cleaned and purified by the lymph system every 24 hours</p>				<p>REMEMBER!</p>
					<p>6-8 glasses of water today</p>

tear this page off or turn it over: only 6 days left to total rejuvenation

STEP 4

DAY 2 of 7

Before Breakfast	<u>Toxin Neutralizer</u> 1 capsule	<u>Liver & Gallbladder Rejuvenator</u> 2 capsules	<u>Lymph Rejuvenator</u> 1 dose (~3ml)	<u>Blood & Skin Rejuvenator</u> 1 dose (~3ml)	
Before Lunch	<u>Toxin Neutralizer</u> 1 capsule	<u>Liver & Gallbladder Rejuvenator</u> 2 capsules	<u>Lymph Rejuvenator</u> 1 dose (~3ml)	<u>Blood & Skin Rejuvenator</u> 1 dose (~3ml)	
Before Dinner	<u>Toxin Neutralizer</u> 1 capsule	<u>Liver & Gallbladder Rejuvenator</u> 2 capsules	<u>Lymph Rejuvenator</u> 1 dose (~3ml)	<u>Blood & Skin Rejuvenator</u> 1 dose (~3ml)	<u>Digestive Stimulator</u> your number
Before Bed	<u>Friendly Bacteria Replenisher</u> 2 capsules				
toxic fact	three months is the life span of a red blood cell and each second 2.4 million must be replaced			REMEMBER!	
				6-8 glasses of water today	

tear this page off or turn it over: only 5 days left to total rejuvenation

STEP 4

DAY 3 of 7

<p>Before Breakfast</p>	<p>Toxin Neutralizer</p> <hr/> <p>1 capsule</p>	<p>Liver & Gallbladder Rejuvenator</p> <hr/> <p>2 capsules</p>	<p>Lymph Rejuvenator</p> <hr/> <p>1 dose (~3ml)</p>	<p>Blood & Skin Rejuvenator</p> <hr/> <p>1 dose (~3ml)</p>	
<p>Before Lunch</p>	<p>Toxin Neutralizer</p> <hr/> <p>1 capsule</p>	<p>Liver & Gallbladder Rejuvenator</p> <hr/> <p>2 capsules</p>	<p>Lymph Rejuvenator</p> <hr/> <p>1 dose (~3ml)</p>	<p>Blood & Skin Rejuvenator</p> <hr/> <p>1 dose (~3ml)</p>	
<p>Before Dinner</p>	<p>Toxin Neutralizer</p> <hr/> <p>1 capsule</p>	<p>Liver & Gallbladder Rejuvenator</p> <hr/> <p>2 capsules</p>	<p>Lymph Rejuvenator</p> <hr/> <p>1 dose (~3ml)</p>	<p>Blood & Skin Rejuvenator</p> <hr/> <p>1 dose (~3ml)</p>	<p>Digestive Stimulator</p> <hr/> <p>your number</p>
<p>Before Bed</p>	<p>Friendly Bacteria Replenisher</p> <hr/> <p>2 capsules</p>				

<p>toxic fact</p>	<p>detoxification can help you manage stress</p>	<p>REMEMBER!</p>
		<p>6-8 glasses of water today</p>

tear this page off or turn it over: only 4 days left to total rejuvenation

STEP 4

DAY 4 of 7

Before Breakfast	<u>Toxin Neutralizer</u> 1 capsule	<u>Liver & Gallbladder Rejuvenator</u> 1 capsule	<u>Lymph Rejuvenator</u> 1 dose (~3ml)	<u>Blood & Skin Rejuvenator</u> 1 dose (~3ml)	
Before Lunch	<u>Toxin Neutralizer</u> 1 capsule	<u>Liver & Gallbladder Rejuvenator</u> 1 capsule	<u>Lymph Rejuvenator</u> 1 dose (~3ml)	<u>Blood & Skin Rejuvenator</u> 1 dose (~3ml)	
Before Dinner	<u>Toxin Neutralizer</u> 1 capsule	<u>Liver & Gallbladder Rejuvenator</u> 1 capsule	<u>Lymph Rejuvenator</u> 1 dose (~3ml)	<u>Blood & Skin Rejuvenator</u> 1 dose (~3ml)	<u>Digestive Stimulator</u> your number
Before Bed	<u>Friendly Bacteria Replenisher</u> 2 capsules				

toxic fact	detoxifying the body has been a healing technique for 20,000 years — Linda Page		REMEMBER!
			6–8 glasses of water today

tear this page off or turn it over: only 3 days left to total rejuvenation

STEP 4

DAY 5 of 7

<p>Before Breakfast</p>	<p>Toxin Neutralizer <hr/>1 capsule</p>	<p>Liver & Gallbladder Rejuvenator <hr/>1 capsule</p>	<p>Lymph Rejuvenator <hr/>1 dose (~3ml)</p>	<p>Blood & Skin Rejuvenator <hr/>1 dose (~3ml)</p>	
<p>Before Lunch</p>	<p>Toxin Neutralizer <hr/>1 capsule</p>	<p>Liver & Gallbladder Rejuvenator <hr/>1 capsule</p>	<p>Lymph Rejuvenator <hr/>1 dose (~3ml)</p>	<p>Blood & Skin Rejuvenator <hr/>1 dose (~3ml)</p>	
<p>Before Dinner</p>	<p>Toxin Neutralizer <hr/>1 capsule</p>	<p>Liver & Gallbladder Rejuvenator <hr/>1 capsule</p>	<p>Lymph Rejuvenator <hr/>1 dose (~3ml)</p>	<p>Blood & Skin Rejuvenator <hr/>1 dose (~3ml)</p>	<p>Digestive Stimulator <hr/>your number</p>
<p>Before Bed</p>	<p>Friendly Bacteria Replenisher <hr/>2 capsules</p>				

<p>toxic fact</p>	<p>research by the WHO suggests 60–80% of all cancers are due to environmental chemicals</p>	<p>REMEMBER!</p>
		<p>6–8 glasses of water today</p>

tear this page off or turn it over: only 2 days left to total rejuvenation

STEP 4

DAY 6 of 7

Before Breakfast	<u>Toxin Neutralizer</u> 1 capsule	<u>Liver & Gallbladder Rejuvenator</u> 1 capsule	<u>Lymph Rejuvenator</u> 1 dose (~3ml)	<u>Blood & Skin Rejuvenator</u> 1 dose (~3ml)	
Before Lunch	<u>Toxin Neutralizer</u> 1 capsule		<u>Lymph Rejuvenator</u> 1 dose (~3ml)	<u>Blood & Skin Rejuvenator</u> 1 dose (~3ml)	
Before Dinner	<u>Toxin Neutralizer</u> 1 capsule	<u>Liver & Gallbladder Rejuvenator</u> 1 capsule	<u>Lymph Rejuvenator</u> 1 dose (~3ml)	<u>Blood & Skin Rejuvenator</u> 1 dose (~3ml)	<u>Digestive Stimulator</u> your number
Before Bed	<u>Friendly Bacteria Replenisher</u> 2 capsules				

toxic fact	over 60,000 synthetic chemicals find their way into our air, food, and water	REMEMBER!
		6-8 glasses of water today

tear this page off or turn it over: only 1 day left to total rejuvenation

STEP 4

DAY 7 of 7

<p>Before Breakfast</p>	<p>Toxin Neutralizer</p> <hr/> <p>1 capsule</p>	<p>Liver & Gallbladder Rejuvenator</p> <hr/> <p>1 capsule</p>	<p>Lymph Rejuvenator</p> <hr/> <p>1 dose (~3ml)</p>	<p>Blood & Skin Rejuvenator</p> <hr/> <p>1 dose (~3ml)</p>	
<p>Before Lunch</p>	<p>Toxin Neutralizer</p> <hr/> <p>1 capsule</p>				
<p>Before Dinner</p>	<p>Toxin Neutralizer</p> <hr/> <p>1 capsule</p>		<p>Lymph Rejuvenator</p> <hr/> <p>1 dose (~3ml)</p>	<p>Blood & Skin Rejuvenator</p> <hr/> <p>1 dose (~3ml)</p>	<p>Digestive Stimulator</p> <hr/> <p>your number</p>
<p>Before Bed</p>	<p>Toxin Absorber</p> <hr/> <p>1 packet</p>	<p>Friendly Bacteria Replenisher</p> <hr/> <p>2 capsules</p>			
<p>toxic fact</p>	<p>your largest organ of elimination is your skin and it acts like a third kidney</p>				<p>REMEMBER!</p> <hr/> <p>6-8 glasses of water today</p>

tear this page off or turn it over: you're done!!

Congratulations!! You have finished.

Before
Bed

You may have some **Digestive Stimulator** and **Friendly Bacteria Replenisher** capsules left. Continue to take these until they are all gone.

Digestive Stimulator		Friendly Bacteria Replenisher
_____		_____
your number		2 capsules

ENJOY LIFE

toxic fact

your lungs expand and contract 10–20 times
a minute bringing you life, enjoy it

REMEMBER!

6–8 glasses of water today