

FIBROID CLEANSE

1 DAY BEFORE CLEANSE* (“Preparation”)**

(Eat light on this day: Fruits, Vegetables, and Salads)

1. Eat last meal no later than 8pm
 2. No Later than 8pm; Take 5 CKLS with Apple Juice
-

NEXT 90 DAYS

10AM - Take (2) C1 Capsules & (1) Freedom

NOON - Take (2) AG7 or Damiana

.....

Drink $\frac{1}{2}$ body weight in ounces of spring or Alkaline water daily

.....

5PM – (1) C1 Caps & (2) Freedom **7 PM** (2) AG7 or Damiana
B4 Bed (2) CKLS & (2) Worms B Gone or 2ml Blk. Walnut Complex

.....

John Coltrane or similar Jazz 25-45min 1-2x daily

DO’S – Alkaline diet Eat plenty fruits and vegetables (*red or orange in color*), pumpkin seeds, tomatoes, Drink $\frac{1}{2}$ body weight in ounces of water, **Good Juices**: pomegranate juice, black cherry juice, Papaya, exercise..

DON’T’S - Consume dairy products, internalize stress, resolve and release conflicts.

WARNING: “NOT INTENDED FOR PREGNANT OR NURSING MOTHERS”

The information above is for educational purposes only, if you should have any medical concerns, consult a medical doctor.

Items can be purchased @ WWW.1LOVEHERBS.COM