

# PROSTATE CLEANSE & NOURISHMENT

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

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

1. Eat last meal no later than 8pm
2. No Later than 8pm; Take 4 CKLS with 1 and ½ cup of Apple Juice

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## NEXT 90 DAYS

**8AM** - 1 tsp. of “Prostate Formula” **10AM** - 1 tsp of “Stamina Formula”

**12pm** - Take (3) UvaUrsi Capsules **or** 1 teaspoon Uva Ursi

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Drink ½ your body weight in ounces of spring water daily

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**6PM** 1 tsp. of “Prostate Formula” **8PM** - Take (3) UvaUrsi Capsules  
**B4 Bed** (2) CKLS **or** 1 teaspoon Uva Ursi

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

**DO’S** - Eat plenty fruits and vegetables ( *red or orange in color*), **pumpkin seeds** (at least 2 tablespoons a day), tomatoes, Drink ½ body weight in ounces of water,  
**Good Juices:** pomegranate juice, black cherry juice, papaya, exercise..

**DON’TS** - Wear tight clothing, eat dairy products, drink carbonated drinks, over ejaculation (*take fast periods*), internalize stress, resolve and release conflicts.

**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](http://WWW.1LOVEHERBS.COM)**