

# LIVER CLEANSE (H9)

## "90 DAY"

### **1 DAY BEFORE REGIMEN\*\*\* ("Preparation")**

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

1. Eat last meal no later than 8pm
2. No Later than 8pm take: 5 CKLS

.....

### **FOR NEXT 90 DAYS, FOLLOW REGIMEN BELOW**

**(VEGAN DIET SUGGESTED - 80% RAW)**

**8AM** - Take (2) Freedom & 1 tsp of C & S formula's 1 or 2  
*(if pressure high, use C & S Formula 2).*

**10AM** - Add 1 teaspoon of Milk Thistle to 10-12oz's of water (**Drink 2 Cups**)

Drink ½ to 1 gallon of spring or alkaline water daily

.....

**6PM** - Take (2) Freedom & (2) C1 & 1 tsp of C & S formula 1

**8PM** - Add 1 teaspoon of Milk Thistle to 10-12oz's of water, (**Drink 1 Cup**)

**Before bed** (2) CKLS & (2) Activated charcoal

**NOTE:** After 2 weeks, substitute Activated charcoal with (2) Worms B Gone. (Do the Olive Oil Cleanse, and get back on regimen)

*(Keep charcoal on hand in case of food poisoning)*

**Take 1 day off weekly "Take no herbs on this day"**

.....

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

