



The Life Tree

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# Detoxify

## A Dysfunctional or Toxic Liver & Kidneys Are a Major Obstacle to Vibrant Health

### What Is Detoxify?

Detoxify is a 100% natural dietary supplement designed to help assist your body to cleanse toxins and pollutants from the liver and kidneys. Detoxify can help in the elimination of cellular metabolic waste, dietary toxemia, environmental toxins, and general toxic inundation. It can also help eliminate the toxemia from drug usage.

### How To Use Detoxify:

- ⇒ Detoxify can be taken anytime of the day on either an empty or full stomach, followed by a full glass of water.
- ⇒ For most individuals, take (1 - 3 veg capsules) per day for 30 to 90 days to optimally detoxify the liver and kidneys. Overall, adjust the dosage to compensate for general health, intensity of the cleansing process, and the cleansing pace desired.
- ⇒ 2 to 3 months is an average initial usage for most people with toxic liver and kidneys. After the initial cleanse, a one month annual maintenance program is suggested.
- ⇒ After completing the 30 - 90 day Detoxify supplement program. Utilizing the optional Liver Flush cleanse will greatly assist in the removal of embedded liver and gallstones.
- ⇒ We do not recommend that you take Detoxify at the same time of day as a colon cleanser. Rather, take Detoxify a minimum of two hours apart from a colon cleanse product.
- ⇒ As with any cleanse, drink at least eight to ten glasses of water per day.
- ⇒ Although no particular diet is needed for Detoxify to work, eating healthy foods is always a good idea. Try to avoid or minimize refined foods, sugar, salt, saturated fats, coffee, alcohol, food additives, nicotine, colorings and preservatives while cleansing.
- ⇒ As with all cleansing & detox products, pregnant & lactating women should not use Detoxify without health practitioner or doctor approval. Always consult a health practitioner before usage with children.

*Please Note:* All information should be considered educational only. This information is not to be used to replace the services or instructions of a physician or qualified health care practitioner. Always consult your doctor or nutritionist before beginning any cleansing program.

# Liver Flush Cleanse

The **optional** Liver Flush is an excellent cleanse to conclude your Detoxify Liver/Kidney program. The Liver Flush will help to promote a powerful method to induce the liver and gall bladder to release any bile stones. The stones released could be anywhere in size between that of a sesame seed --- to that of a mini-golf ball (and any size in between). Most people will pass hundreds of them over the course of the following day. Perform this Liver Flush **after** fully completing the Detoxify toxin removal program.

The recipe consists of common ingredients that you can purchase at your local grocery store and mix at home:

## **Liver Cleanse Ingredients List:**

- 4 x Tablespoons Epsom Salts
- 1 x Cup Olive Oil (light oil is best for taste)
- 14 x Pink Grapefruit
- 12 x Apples
- 4 x Lemons

## **Liver Cleanse Suggested Itinerary Timeline:**

### **8:30am - 12:30pm**

Juice 12 grapefruits and drink throughout the morning.

### **1:30pm - 5:30pm**

Juice 12 apples and drink throughout the afternoon.

### **6:00pm**

Mix 1 tablespoon of Epsom Salts with 3/4 cup of ice cold water and squeeze one lemon into it for taste and drink down. Some find drinking it with a straw helps to bypass the taste buds to buffer the bitter taste.

### **8:00pm**

Repeat same process as at 6:00pm

### **9:30pm**

Prepare for bed and do bedtime chores. Measure 1 cup of olive oil into a jar for shaking and add the fresh juice of two grapefruits and shake. Shake real hard to mix thoroughly. Go to the bathroom the last time.

### **10:00pm**

Drink the Olive Oil mixture. Drink with a straw as it helps it to go down easier. Immediately lie down on your right side for at least 20 minutes. Try not to move during this time as the oil is passing down the into the liver. Go to sleep.

### **Next Morning**

Upon waking take another dose of Epsom Salts, 3/4 water and lemon. Repeat 2 hours later.

After two more hours you may eat. Start with fruit juice. Half an hour later eat fruit. One hour later you may eat a light meal.

### **Notes:**

- For smaller people starting the Liver Flush for the first time, a half cup of olive oil could be used instead of the whole one cup.
- This cleanse is best done at the conclusion of the Detoxify Liver/Kidney detox supplements.
- This cleanse generally requires access to a bathroom. Schedule to do it on a restful day.

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