

HERBAL PERFECT KIDNEY/BLADDER FLUSH

Products Necessary for Cleanse:

- Herbal Perfect K/B
- Herbal Perfect Kidney Bladder

FIVE DAY KIDNEY/BLADDER FLUSH TO BE COMPLETED AS RECOMMENDED OR ACCORDING TO THE CALENDAR OF CLEANSSES

1. Upon waking in the morning, drink 8-12 ounces of distilled or purified water.
2. Prepare and drink Kidney/Bladder Flush Drink. (See instructions at end of protocol)
3. Fifteen minutes after the Kidney/Bladder Flush Drink, take the recommended dose of Herbal Perfect Kidney/Bladder tincture or capsule (your preference) and recommended dose of Herbal Perfect Detox tincture or capsule (your preference).
 - **HERBAL PERFECT K/B TINCTURE:** Four droppers full 3-4 times daily
 - **HERBAL PERFECT K/B CAPSULE:** Four capsules 3 times a day
 - **HERBAL PERFECT KIDNEY BLADDER CAPSULE:** Two Capsules 3 times daily
 - **HERBAL PERFECT KIDNEY BLADDER TINCTURE:** Four droppers full 3-4 times daily
4. At lunch or dinner repeat recommended dose of Herbal Perfect Kidney Bladder and Herbal Perfect K/B.

HERBAL PERFECT 5 DAY KIDNEY BLADDER FLUSH DRINK

1. Mix the following in a blender.
2. The juice of one lemon and one lime.
3. Distilled or purified water, 16-32 ounces.
4. One opened capsule of Herbal Perfect Cayenne or 5 drops of Herbal Perfect Cayenne tincture. Can be increased as recommended by health care professional.
5. Optional-A small amount of maple syrup for taste.
6. Blend all ingredients together and drink.

*This drink needs to be made fresh daily. Do not make ahead of time and store. The lemon or lime will lose their effectiveness.

This protocol requires total commitment by the client to achieve successful results. For clients with sever or chronic kidney or bladder problems, the flush can be repeated a minimum of three times with a week off between each flush.