

## HERBAL PERFECT LIVER/GALLBLADDER FLUSH

### **5 DAY LIVER/GALLBLADDER FLUSH TO BE COMPLETED AS DIRECTED OR ACCORDING TO THE CALENDAR OF CLEANSSES**

Products Necessary for Cleanse:

- Herbal Perfect Liver/Gallbladder
- Herbal Perfect Detox

1. Upon waking in the morning, drink 8-12 ounces of distilled or purified water.
2. Prepare and drink Liver/Gallbladder Flush Drink. (See instructions at end of protocol)
3. Fifteen minutes after the Liver/Gallbladder Flush Drink, take the recommended dose of Herbal Perfect Liver/Gallbladder tincture or capsule (your preference) and recommended dose of Herbal Perfect Detox tincture or capsule.
  - **HERBAL PERFECT LIVER/GALLBLADDER CAPSULE DOSE:** Four Capsules 4-5 times daily for 1 week
  - **HERBAL PERFECT LIVER/GALLBLADDER TINCTURE DOSE:** Four droppers full 4-5 times daily for 1 week
  - **HERBAL PERFECT DETOX CAPSULE DOSE:** Two Capsules 15 minutes after Liver/Gall Bladder Flush drink in the morning. Followed by 4 capsules 4-5 times daily. Drink a 16-ounce glass of distilled water after each dose.
  - **HERBAL PERFECT DETOX TINCTURE DOSE:** Four droppers 15 minutes after Liver/Gallbladder Flush drink in the morning followed by 4 droppers full 4-5 times daily. Drink 16 ounces of distilled or purified water after each dose.
4. At lunch or dinner repeat recommended dose of Herbal Perfect Liver/Gallbladder and Herbal Perfect Detox.

**Important:** Please ensure bowel movements continue as normal and communicate with staff if not having normal bowel movements. If currently taking ICF #1, continue with recommended doses during this cleanse to insure 2-3 bowel movements daily.

### **HERBAL PERFECT 5 DAY LIVER/GALLBLADDER FLUSH DRINK**

1. Mix 8 ounces of fruit juice of choice with 1 squeezed lemon or lime and 8 ounces of distilled or purified water.
2. Add 1 clove of raw garlic. Start with 1 clove of garlic, increasing by 1 clove daily. The clove should be approximately the size of a thumbnail.
3. Add 1 tablespoon of organic, cold pressed virgin olive oil. Increase by 1 tablespoon daily.
4. Add approximately 1 inch of fresh ginger root.
5. Blend all ingredients together, strain and drink.

This protocol requires total commitment by the client to achieve successful results. For clients with severe or chronic liver and/or gallbladder problems, the flush can be repeated a minimum of 3 times with a week off between each flush.