

90 DAY (H9) LIVER CLEANSE

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

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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
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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”
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The information above is for educational purposes only , It does not claim to prevent or cure any illness, if you should have any medical concerns, consult a medical doctor.

Visit *Simply Wholesome* @ 4508 W. Slauson Ave. L.A.

CA 90043 (323) 294-2144

Phone orders call Office @ (323) 294-0916

Prices

Ckls.....	19.99
Cold Pressed olive oil.....	9.99
Freedom.....	19.99
Worms B Gone.....	16.99
4PG.....	14.99
Milk Thistle.....	14.99
Activated Charcoal.....	18.00 (aprox)
Chlorophyll (Nat sunshine)	15.50 (aprox.)
“Plus tax and shipping”	