

# PROSTATE CLEANSE & NOURISHMENT

## 1 DAY BEFORE CLEANSE\*\*\* (“Preparation”)

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

1. Eat last meal no later than 8pm
2. No Later than 8pm; Take 4 CKLS with Apple Juice

## NEXT 90 DAYS

7AM-8AM - Take (2) Uva Ursi Capsules & (2) Saw Palmetto

11-12 noon - Take (3) NVS Capsules

Drink ½ to 1 gallon of spring water daily

7 PM (2) Uva Ursi & (2) Saw Palmetto

B4 Bed (2) CKLS & (3) NVS

John Coltrane or similar Jazz 25-45min 1-2x daily

**DO’S** - Eat plenty fruits and vegetables (*red or orange in color*), pumpkin seeds, tomatoes, Drink ½ body weight in ounces of water,.. **Good Juices:** pomegranate juice, black cherry juice, Papaya, exercise..

**DON'TS** - Wear tight clothing, eat dairy products, drink carbonated drinks, over ejaculation (*take fast periods*), internalize stress, resolve and release conflicts.

**The information above is for educational purposes only, if you should have any medical concerns, consult a medical doctor.**

**Items can be purchased @ *Simply Wholesome***

4508 Slauson Ave. Los Angeles, CA 90043 (323) 294-2144

Mail orders call office - (323) 294-0916

Courtesy of Thabiti Umoja 7 - 06