

AC 9

DAY BEFORE Regimen* (“Preparation”)**

(Eat light on this day: Fruit, Vegetables, Salads)

1. Eat last meal no later than 8pm
2. No Later than 8pm take: **5 CKLS**

NEXT 90 DAYS

7-8AM - Take 2 Freedom & 1 C1 Capsules

10-11AM – 1 tsp C & S formula (**if pressure is high, use C & S #2**)

12Noon - Take 2 Worms B Gone Capsules & (3) Chaparral

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Drink ½ your body weight in ounces of spring water daily

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5-6PM - Take 1 Freedom & 2 C1 Capsules

8-9PM - (2) CKLS & 1 Worms B Gone

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Vegan & 80% Alkaline Diet highly Suggested !!!

WARNING : “NOT INTENDED FOR PREGNANT OR NURSING MOTHERS”

DISCLAIMER:

Regimen above “IS NOT” for the purpose of: treating, alleviating, mitigating, curing, preventing, or caring for any “disease” in any way or manner whatsoever. 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
Or Visit www.1loveherbs.com

Courtesy of Thabiti Umoja 7 - 04