



KIDNEY CLEANSE PROGRAM INSTRUCTIONS

Healthy Kidneys
for a Healthy Life



Go You

Doing a kidney cleanse doesn't happen by chance or accident. You're here because your health is a priority and you made the right decision. The Kidney Cleanse Program™ is an all-natural approach to cleansing and rejuvenating your kidneys. For the next four days, you're going to follow a healthy, plant-based diet and take supplements to stimulate and cleanse your kidneys. More energy and a happier well-being are just a couple outcomes you can expect from this cleanse. Get ready, you can do it!

We're Here for You

We want to be your partner and we're here to help you succeed!



Email us at support@globalhealing.com



Call us at 1.800.476.0016



Text us at 281.949.6768



4 Days to Cleanse Your Kidneys

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What's In Your Program



Kidney Health

1 Bottle, 2 oz

Cleanses the kidneys



Oxy-Powder®

1 Bottle, 60 capsules

Promotes toxin elimination



Turmeric

1 Bottle, 2 oz

Provides antioxidant support

How You Should Eat During This Cleanse

Whenever possible, choose foods that are fresh, organic, and locally sourced. Eat small meals throughout the day to support your digestive health. Include a wide range of colorful fruits and vegetables, and wash them thoroughly before eating. Make sure to eat plenty of healthy fats, oils, and plant-based protein. For more advanced insight into how to eat, check out the Body Cleansing Diet at ghc.us/cleanse-diet.

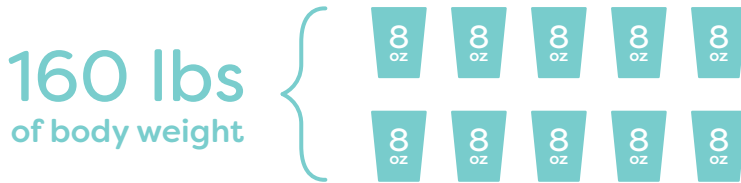
Foods That Encourage Kidney Cleansing

Below is a list of fruits and vegetables that support the kidneys. You can eat them individually or accentuate your diet with them.

- ✓ Beets
- ✓ Celery
- ✓ Cherries
- ✓ Cinnamon
- ✓ Cranberries
- ✓ Cucumber
- ✓ Garlic
- ✓ Ginger Root
- ✓ Grapefruit
- ✓ Kidney Beans
- ✓ Olive Oil
- ✓ Onion
- ✓ Oranges
- ✓ Tomatoes
- ✓ Turmeric
- ✓ Watermelon

Stay Hydrated & Enhance Your Water

A good rule of thumb for staying hydrated is to drink one half your body weight in ounces per day. Example: 160 pounds = 80 ounces of water. You can enhance your water by adding organic raw apple cider vinegar (a probiotic- and enzyme-rich tonic) or lemon juice to taste.



Minimize These Foods

The food you eat affects your health more than anything else. To help establish a strong foundation, reduce your consumption of the following foods as much as possible. Or, better yet, eliminate them from your diet entirely.

- ✗ Alcohol
- ✗ Artificial Dyes
- ✗ Artificial Preservatives
- ✗ Artificial Sweeteners
- ✗ Canned Foods
- ✗ Dairy
- ✗ Excess Coffee or Caffeine
- ✗ Gluten
- ✗ High-Fructose Corn Syrup
- ✗ Meat
- ✗ Microwaved Foods
- ✗ Processed Foods
- ✗ Refined Sugar
- ✗ Soy
- ✗ Table Salt

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Your kidneys filter over 200 quarts of blood every day to remove toxins and metabolic waste. And that's just the start – they also regulate electrolyte levels and make hormones. Doing a kidney cleanse is smart maintenance that promotes kidney health for the long term!

Dr. Edward Group



INSTRUCTIONS

Here's the Plan

The Kidney Cleanse Program consists of following a healthy diet and taking Kidney Health, Turmeric, and Oxy-Powder for four days. You will take 5 ml of Kidney Health and 5 ml of Turmeric three times per day between meals. That is a total of 15 ml of Kidney Health and 15 ml of Turmeric every day. Take the first serving in the morning, the second in the afternoon, and the last before or after your evening meal. Take 4 capsules of Oxy-Powder in the evening before bed – at least two hours after your evening servings of Kidney Health and Turmeric. Over the four days, you'll use all of the Kidney Health and Turmeric.



MORNING



..... &



AFTERNOON



..... &



EVENING



..... &



..... &



Each dropper has graduated measurements of 1 ml for easy use.
Take directly by mouth or mix with water.















Keep Track of Your Cleanse

✓ Check off each day, take a picture of your progress, and share it on Instagram and Facebook using the hashtag

#HowILiveHealthy

Days 1-4

Day 1	 Kidney Health & Turmeric	 Kidney Health & Turmeric	 Kidney Health, Turmeric, & Oxy-Powder
Day 2	 Kidney Health & Turmeric	 Kidney Health & Turmeric	 Kidney Health, Turmeric, & Oxy-Powder
Day 3	 Kidney Health & Turmeric	 Kidney Health & Turmeric	 Kidney Health, Turmeric, & Oxy-Powder
Day 4	 Kidney Health & Turmeric	 Kidney Health & Turmeric	 Kidney Health, Turmeric, & Oxy-Powder



TIPS

Dr. Group's Advanced Tips for Success

Just as your kidneys affect many aspects of your health, a conscious life supports your overall well-being. True wellness is the product of a lifelong journey.



Use Supportive Therapies

Chiropractic adjustments, massage, deep breathing exercises, acupuncture, and sauna bathing all support the cleansing process. Get enough sleep and start your day by finding a quiet space, closing your eyes, and repeating an affirmation such as, “I am clean and healthy” nine times to elevate your mindset.



Supplement With Aloe

Aloe vera contains essential nutrients, enzymes, and amino acids that boost the body’s detoxification processes. A concentrated formula like our Aloe supplement is an easy way to support your cleanse, stimulate your immune system, and soothe stress throughout your body.

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Along with your colon and liver, your kidneys are vital, hard-working organs that benefit tremendously from regular cleansing. Strong, healthy kidneys can filter waste efficiently and get it out of your body so it doesn't linger and affect your health and well-being.

Dr. Edward Group



You Did It!

Completing the Kidney Cleanse Program is a huge step in supporting your health – congratulations! May this be the first of many steps on your journey to living a healthy life. As you continue, stay focused on your goals, form habits that will help you achieve them, and give us a call if you need support, advice, or guidance. We're here to help you succeed!

What's Next?

Upon completion of your cleanse, you may have enough Oxy-Powder remaining for several maintenance servings. Use as directed on the label or as desired. Alternatively, you can purchase additional bottles of Kidney Health and Turmeric and use the remaining Oxy-Powder to do another kidney cleanse. For more help, view our complete cleansing guidelines at ghc.us/complete-cleanse or contact our Customer Satisfaction Team.



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Please Tell Us How We're Doing

Your feedback helps us guide our efforts in the right direction to help others. We want to hear from you. Share your experience by submitting your review at:

ghc.us/review-kcp



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Let's Work Together. Please Recycle!

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This product is not intended to diagnose, treat, cure or prevent any disease.

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