



HARMFUL ORGANISM CLEANSE
PROGRAM INSTRUCTIONS

Get Rid of Harmful Organisms

INSTRUCTIONS

Here's the Plan



The Harmful Organism Cleanse Program consists of following the dietary guidelines and taking Paratrex, Latero-Flora, Oregano Oil, and Candida Balance for 40 days to cleanse your body of harmful organisms and strengthen your gut.



Take 3 capsules of Paratrex and 1 capsule of Latero-Flora every morning 20 minutes before your morning meal. Take 3 more capsules of Paratrex and 3 capsules of Candida Balance 20 minutes before your afternoon meal and 3 capsules of Oregano Oil with your afternoon meal.





MORNING



3 Capsules
Paratrex

— & —



1 Capsules
Latero-Flora



AFTERNOON MEAL

BEFORE



3 Capsules
Paratrex

— & —



3 Capsules
Candida Balance

WITH



3 Capsules
Oregano Oil

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 **#HowLiveHealthy**

Day 1	<input type="radio"/>	Day 2	<input type="radio"/>	Day 3	<input type="radio"/>	Day 4	<input type="radio"/>	Day 5	<input type="radio"/>
Day 6	<input type="radio"/>	Day 7	<input type="radio"/>	Day 8	<input type="radio"/>	Day 9	<input type="radio"/>	Day 10	<input type="radio"/>
Day 11	<input type="radio"/>	Day 12	<input type="radio"/>	Day 13	<input type="radio"/>	Day 14	<input type="radio"/>	Day 15	<input type="radio"/>
Day 16	<input type="radio"/>	Day 17	<input type="radio"/>	Day 18	<input type="radio"/>	Day 19	<input type="radio"/>	Day 20	<input type="radio"/>
Day 21	<input type="radio"/>	Day 22	<input type="radio"/>	Day 23	<input type="radio"/>	Day 24	<input type="radio"/>	Day 25	<input type="radio"/>
Day 26	<input type="radio"/>	Day 27	<input type="radio"/>	Day 28	<input type="radio"/>	Day 29	<input type="radio"/>	Day 30	<input type="radio"/>
Day 31	<input type="radio"/>	Day 32	<input type="radio"/>	Day 33	<input type="radio"/>	Day 34	<input type="radio"/>	Day 35	<input type="radio"/>
Day 36	<input type="radio"/>	Day 37	<input type="radio"/>	Day 38	<input type="radio"/>	Day 39	<input type="radio"/>	Day 40	<input type="radio"/>

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. To help keep your body in an alkaline state, eat a wide range of colorful fruits and vegetables and wash them thoroughly before eating. Avoid acidic foods like refined sugar, dairy, and wheat. Make sure to eat plenty of healthy fats, oils, and plant-based protein. For more advanced insight into how to eat while cleansing, check out the Body Cleansing Diet at ghc.us/cleanse-diet.

FOODS THAT ENCOURAGE HARMFUL ORGANISM CLEANSING

Below is a list of fruits and vegetables that help your body cleanse itself of harmful organisms. You can eat them individually or accentuate your diet with them.

- ✓ **Coconut & Coconut Oil**
- ✓ **Fermented Foods**
- ✓ **Onions**
- ✓ **Oregano**
- ✓ **Pineapple**
- ✓ **Pumpkin Seeds**
- ✓ **Raw Honey**
- ✓ **Sunflower Seeds**
- ✓ **Turmeric**
- ✓ **Wild Berries**

TIPS

Dr. Group's Advanced Tips for Success

Scan the QR code for more information on harmful effects of harmful organisms and how to avoid them.



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