



HARMFUL ORGANISM CLEANSE
PROGRAM INSTRUCTIONS

Get Rid of Harmful Organisms



You made a wise decision. The Harmful Organism Cleanse Program™ is designed to flush and cleanse your body of harmful organisms. These invaders come in many forms, and they steal nutrition, pollute your body, and weaken your immune system. Over the next 40 days, you're going to follow a healthy diet and use herbal supplements to cleanse your body and create an internal environment where those organisms can't take hold. Efficient digestion, better energy, and feeling more healthy are within reach. Don't forget — our award-winning Customer Satisfaction Team is here to help. If you have any questions, please reach out!

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



40 Days to a Cleaner You

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What's In Your Program



Paratrex®

2 Bottles, 120 capsules

Eliminates harmful organisms



Latero-Flora™

1 Bottle, 60 capsules

Strengthens the gut



Mycozil®

1 Bottle, 120 capsules

Eliminates yeast and fungus



Oregano Oil

2 Bottles, 60 capsules

Supports the immune system

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.

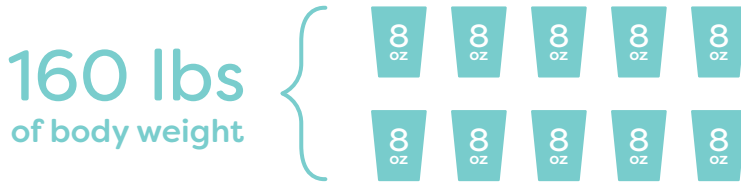
Foods That Encourage Harmful Organism Cleansing

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 | ✓ Pineapple | ✓ Turmeric |
| ✓ Fermented Foods | ✓ Pumpkin Seeds | ✓ Wild Berries |
| ✓ Onions | ✓ Raw Honey | |
| ✓ Oregano | ✓ Sunflower Seeds | |

Stay Hydrated & Enhance Your Water

A good rule of thumb for staying hydrated is to drink 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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Harmful organisms are everywhere. Our food, water, air – it's nearly impossible to get away from them. We developed the Harmful Organism Cleanse Program to help free your body of those unwanted guests while strengthening your gut and immune system so they don't come back.

— Dr. Edward Group



INSTRUCTIONS

Here's the Plan

The Harmful Organism Cleanse Program consists of following the dietary guidelines and taking Paratrex, Latero-Flora, Oregano Oil, and Mycozil 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 Mycozil 20 minutes before your afternoon meal and 3 capsules of Oregano Oil with your afternoon meal.



MORNING



3 Capsules

&



1 Capsule

AFTERNOON MEAL

BEFORE



3 Capsules

&



3 Capsules

WITH



3 Capsules



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

40 Days

Day 1 ☐ | Day 2 ☐ | Day 3 ☐ | Day 4 ☐ | Day 5 ☐

Day 6 ☐ | Day 7 ☐ | Day 8 ☐ | Day 9 ☐ | Day 10 ☐

Day 11 ☐ | Day 12 ☐ | Day 13 ☐ | Day 14 ☐ | Day 15 ☐

Day 16 ☐ | Day 17 ☐ | Day 18 ☐ | Day 19 ☐ | Day 20 ☐

Day 21 ☐ | Day 22 ☐ | Day 23 ☐ | Day 24 ☐ | Day 25 ☐

Day 26 ☐ | Day 27 ☐ | Day 28 ☐ | Day 29 ☐ | Day 30 ☐

Day 31 ☐ | Day 32 ☐ | Day 33 ☐ | Day 34 ☐ | Day 35 ☐

Day 36 ☐ | Day 37 ☐ | Day 38 ☐ | Day 39 ☐ | Day 40 ☐



TIPS

Dr. Group's Advanced Tips for Success

A conscious life supports your overall health and 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.



Strengthen Your Gut

The probiotic colonies in your digestive tract help your immune system defend against harmful organisms. An advanced probiotic formula like Floratrex® offers extra support to strengthen the gut. Use as directed.



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.



Supplement With Oxy-Powder®

Many harmful organisms take up residence in the digestive tract. An oxygen-based intestinal cleanser like Oxy-Powder supports the elimination process. Use as directed.

You Did It!

Completing the Harmful Organism 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?

To continue cleansing, follow the Harmful Organism Cleanse Program with the Liver Cleanse Program™. For more information, view our complete cleansing guidelines at ghc.us/complete-cleanse or contact our Customer Satisfaction Team.



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Text us at 281.949.6768

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-hocp



Let's Work Together. Please Recycle!

These statements have not been evaluated by the Food and Drug Administration.
This product is not intended to diagnose, treat, cure or prevent any disease.

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