



LIVER CLEANSE
PROGRAM INSTRUCTIONS

**Healthy Liver
for a Healthy Life**

INSTRUCTIONS

Here's the Plan

The Liver Cleanse Program consists of following a healthy diet and taking Liver Health, Turmeric, and Oxy-Powder for four days, followed by a flush prep day where you'll take extra virgin olive oil and Epsom salt, and then a flush day with Oxy-Powder.

DAYS 1-4: PREP

For the first four days, take 5 ml of Liver Health and 5 ml of Turmeric simultaneously, directly by mouth, three times per day between meals. That is a total of 15 ml of Liver 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. Make sure to take them at least 30 minutes to one hour apart from food. Take 4 capsules of Oxy-Powder in the evening at least 10 minutes before bed. During these four prep days, you'll use all of the Liver Health and Turmeric.



**MORNING**

5 ml
Liver Health

— & —



5 ml
Turmeric

AFTERNOON

5 ml
Liver Health

— & —



5 ml
Turmeric

EVENING

5 ml
Liver Health

— & —



5 ml
Turmeric

— & —



4 Capsules
Oxy-Powder

Each dropper has graduated measurements of 1 ml for easy use.

Take directly by mouth or mix with water.

DAY 5: PRE-FLUSH

MORNING & AFTERNOON



Keep your meals light. For best results, eat only fruit today. Stop eating at least two hours before consuming the Epsom salt and olive oil this evening.

EVENING



Two to three hours before you go to bed, mix the entire packet of Epsom salt in 8 ounces of warm water and drink it immediately.



Two hours after taking the Epsom salt, drink the entire bottle of olive oil. Many people find that drinking the olive oil is the most difficult part of this cleanse. Here are a couple suggestions to make it easier:

- Refrigerate for at least four hours prior to ingestion.
- Combine 4 ounces of fresh grapefruit juice or orange juice with olive oil and shake until well mixed.



Immediately after drinking the olive oil, go to bed and lie on your right side with your knees drawn up to your stomach for 30 minutes. After 30 minutes, stretch out and go to sleep. If you experience cramping, walk around for 10 minutes and go back to bed.



While you sleep, the Epsom salt helps to relax and open your bile ducts, and the olive oil stimulates the flow of bile. This pushes the buildup that was broken down during the first four prep days into your colon.

DAY 6: FLUSH

MORNING



Take 6 capsules of Oxy-Powder immediately upon waking to help your body flush the toxins that were released from your liver and gallbladder during the night. **Do not eat for one to two hours after taking Oxy-Powder.**



You may experience increased urination and loose stools, both of which are a normal part of the cleansing process.*



Take it easy and continue to follow the Body Cleansing Diet — consider using this as a starting point to continue to improve your diet and eat healthy after your cleanse. Most importantly, allow yourself time to rest.

*During the flush, you may or may not see waste materials released by your liver and gallbladder. Keep in mind that everyone is different and the results of your cleanse depend on your diet and lifestyle.



DIET

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.




FRUITS & VEGETABLES THAT ENCOURAGE LIVER CLEANSING

Below is a list of fruits and vegetables that support the liver. You can eat them individually or make a soup or salad using any combination. Note that watermelon is the ideal option because it's a great source of glutathione — a super antioxidant that's good for the liver.

- ✓ Apples
- ✓ Artichokes
- ✓ Asparagus
- ✓ Avocados
- ✓ Beets
- ✓ Broccoli
- ✓ Brussels Sprouts
- ✓ Cabbage
- ✓ Carrots
- ✓ Cauliflower
- ✓ Cherries
- ✓ Figs
- ✓ Garlic
- ✓ Grapefruit
- ✓ Kale
- ✓ Kiwi
- ✓ Onions
- ✓ Papaya
- ✓ Pears
- ✓ Plums
- ✓ Romaine Lettuce
- ✓ Spinach
- ✓ Watermelon

Although the suggested foods will produce the best results, you can also follow a diet that's generally healthy and low in processed foods.

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="checkbox"/> Liver Health & Turmeric	<input type="checkbox"/> Liver Health & Turmeric	<input type="checkbox"/> Liver Health, Turmeric & Oxy-Powder
Day 2	<input type="checkbox"/> Liver Health & Turmeric	<input type="checkbox"/> Liver Health & Turmeric	<input type="checkbox"/> Liver Health, Turmeric & Oxy-Powder
Day 3	<input type="checkbox"/> Liver Health & Turmeric	<input type="checkbox"/> Liver Health & Turmeric	<input type="checkbox"/> Liver Health, Turmeric & Oxy-Powder
Day 4	<input type="checkbox"/> Liver Health & Turmeric	<input type="checkbox"/> Liver Health & Turmeric	<input type="checkbox"/> Liver Health, Turmeric & Oxy-Powder
Day 5	<input type="checkbox"/> Epsom Salt	<input type="checkbox"/> Extra Virgin Olive Oil	<input type="checkbox"/> Lay Down
Day 6	<input type="checkbox"/> Oxy-Powder		


TIPS

Dr. Group's Advanced Tips for Success

Scan the QR code for a more detailed cleanse breakdown, benefits of cleansing, and even recipes to try!



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