



9 STEP BODY CLEANSE KIT INSTRUCTIONS



Before You Get Started

We know you are excited to get started on your journey and so are we! This 17 week plan will change your life and make you feel healthier than ever. We want to help you have an incredible, life changing experience, we're here to help if you need us. Before you get started, here are a few things you need to know in order to have a successful cleansing experience.

Overview of the 9 Steps



Step 1: **Personal Wellness Assessment**

Step 2: **Colon Cleanse**

Step 3: **Liver Cleanse**

Step 4: **2nd Liver Cleanse**

Step 5: **Kidney Cleanse**

Step 6: **Harmful Organism Cleanse**

Step 7: **3rd Liver Cleanse**

Step 8: **Chemical & Toxic Metal Cleanse**

Step 9: **After Cleanse Assessment**

Your Kit Includes



(2) **Oxy-Powder®**: 120 count

(2) **Latero-Flora™**

(3) **Livatrex®**

(2) **Paratrex®**

(2) **Zeotrex®**

(6) **Detox Foot Pads®**

(1) **Renaltrex®**

(1) **Green Body Cleanse PDF**

Optional Add-Ons

Aloe Fuzion®

REFERENCE BEFORE YOU START CLEANSING

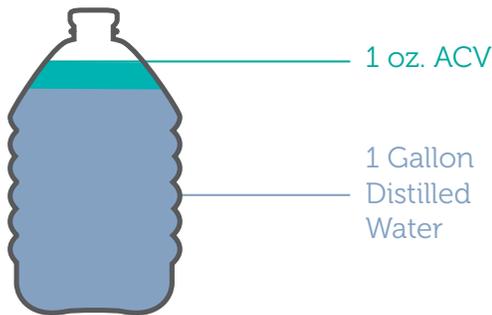
Preparing the ACV Mix

You will be making this mix a gallon at a time. We suggest drinking the ACV Mix throughout the 4 month period as your main beverage choice.

How to Make the ACV Mix

Pour out 2 ounces of water from a gallon of distilled or purified water. Next you will add 1 ounce of Raw Apple Cider Vinegar (ACV). Shake and refrigerate. You will be drinking $\frac{1}{2}$ of your body weight in ounces every day!

Example: If you weigh 150 lbs, you will drink 75 ounces of ACV Mix per day.



If You Added Aloe Fuzion

For even better results use Aloe Fuzion during your cleanse. Aloe Fuzion is a 200x concentrate formula that contains the most bio-available, certified-organic aloe. Simply take 1 capsule in the morning with purified water (half the serving on the label).



ALOE FUZION



Healthy Eating Guidelines

Eat 5 Small Meals

Limit Meat Intake

Eat one portion every other day. Avoid red meat. Try chicken or fish instead.

Eat Green

Eat lots of salads, vegetable soups, raw nuts, seeds, and fruits.

Avoid Dairy Products

Try to avoid cow's milk, instead try almond, coconut, or hemp milk.

Go Local & Organic

Purchase organic or locally grown foods.

Avoid High-Fructose Corn Syrup

Try to avoid all sodas, diet sodas, and other products containing artificial sweeteners or high-fructose corn syrup.

Avoid Soy Products

Avoid Alcoholic Beverages

Avoid Foods that Contain Gluten

For optimal results, we suggest following a vegetarian diet. However, you can also follow these guidelines over the next 4 months unless otherwise indicated in the 9 steps.

STEP 1

PERSONAL WELLNESS ASSESSMENT

5-10 Minute Assessment

This Personal Wellness Assessment is not intended to diagnose, treat, cure or prevent any disease.

1. Fill this out before you start cleansing and 3 days after you are done cleansing to see your progress.

2. Circle Yes or No to answer the following questions

1. Do you feel healthy?	Yes	No
2. Do you consider yourself to be happy?	Yes	No
3. Do you feel overweight?	Yes	No
4. Do you have elevated cholesterol or triglycerides?	Yes	No
5. Do you have numbness or tingling in your arms or legs?	Yes	No
6. Do you have high blood pressure, asthma, or colitis?	Yes	No
7. Do you experience belching, bloating, or excess gas often?	Yes	No
8. Do you have heartburn or acid reflux 2 or more times per week?	Yes	No
9. Do you feel fatigued or lethargic after eating?	Yes	No
10. Do you often feel constipated? (less than 2 bowel movements a day)	Yes	No
11. Do you catch colds or the flu easily?	Yes	No
12. Do colds, flus, or other infections tend to linger for more than 5 days?	Yes	No
13. Do have dark circles under your eyes?	Yes	No
14. Are you agitated easily?	Yes	No
15. Do you often run out of energy during the day?	Yes	No
16. Do you have brown spots on your skin? (not freckles)	Yes	No
17. Does your skin break out or is it blemished?	Yes	No
18. Do you have pain in your muscles or joints?	Yes	No
19. Do you have yellow discoloration in your fingernails or toenails?	Yes	No

STEP 1

PERSONAL ASSESSMENT CONTINUED

20. Do you have athlete's foot or noticeable foot odor?	Yes	No
21. Do you frequently feel stressed, anxious, or nervous?	Yes	No
22. Do you have problems sleeping?	Yes	No
23. Do you feel pain, experience a heavy flow, or irregularity during menses?	Yes	No
24. Do you have trouble urinating?	Yes	No
25. Do you experience nightly urination?	Yes	No

STEP 2

COLON CLEANSE

🕒 6 Day Cleanse



MUST READ! Oxy-Powder will cause watery, extremely soft and easily passed stools similar to diarrhea. The watery and soft stools are the result of the oxygen in Oxy-Powder turning the solid waste and bowel compaction into a liquid or semi liquid form.

This is a NORMAL reaction and a sign that you are cleansing properly. This is NOT diarrhea. Oxy-Powder is completely safe and will not cause dehydration or an electrolyte deficiency.

SUPPLIES NEEDED:



Oxy-Powder



Latero-Flora



ACV Mix

Meal Plan Day 1-6

For optimal results, choose ONE of the following fruits to eat or juice per meal. Eat as much as you want and as often as you want!

You can also follow the healthy eating guidelines located above. However, results may vary. (See pg. 2)

- Apples
- Avocados
- Bananas
- Blackberries
- Blueberries
- Grapefruit
- Oranges
- Papaya
- Pineapples
- Raspberries
- Strawberries
- Tomatoes
- Watermelon
- White Grapes

Reminder:

You'll be drinking $\frac{1}{2}$ your body weight in ounces of the ACV Mix each day. (See Pg. 2)



Try to purchase organic or locally grown. Conventionally grown foods bought from regular grocery stores are usually not as "healthy" as you might think due to over-processing, early picking, pesticide spraying, or being grown in nutrient-depleted soil.

STEP 2
COLON CLEANSE CONTINUED



Why Fruit?

During the Colon Cleanse, it's ideal to feed the body adequate amounts of fruit. Not only does fruit supply the body with the right kind of energy to draw out unwanted substances, it also ensures the small intestine and colon remain well hydrated.

Fruit Leads to Good Health

Fresh fruit breaks down easily and prevents the body from expending too much energy. It also supports the elimination process by providing water, oxygen, live fiber, pectin, and many vital nutrients.

Instructions for Day 1-6

Upon Waking Up

Drink 12-20 ounces of ACV Mix.

Breakfast

Take 3 Latero-Flora 20 mins before eating.
Eat breakfast. (See pg. 5)

Mid-Morning Snack

Eat a snack, if needed. (See pg. 5)
Drink 12-20 ounces of ACV Mix.

Lunch

Eat lunch. (See pg. 5)
Drink 12-20 ounces of ACV Mix.

Afternoon Snack

Eat a snack, if needed. (See pg. 5)
Drink 12-20 ounces of ACV Mix.

Dinner

Eat dinner. (See pg. 5)
Drink 12-20 ounces of ACV Mix.

Before Bedtime

Take 8 Oxy-Powder capsules.
Drink 8 ounces of ACV Mix.

Amount Often Varies:

If you do not achieve 3 to 5 bowel movements the following day, increase your Oxy-Powder serving by 2 until you do. If you experience 6 or more, reduce your serving by 2 capsules.

STEP 3 LIVER CLEANSE

🕒 5 Day Cleanse



You should be able to perform this liver cleanse while still working or carrying on your normal daily activities.

It is best to begin the liver cleanse on a **Tuesday or Wednesday** so that on Day 5 (Saturday or Sunday) you will be at home in a relaxed setting and near a bathroom.

SUPPLIES NEEDED:



Oxy-Powder



Latero-Flora



Livatrex



USP Epsom Salt



Raw Apple
Cider Vinegar



Extra Virgin
Olive Oil



ACV Mix

5 RULES TO FOLLOW

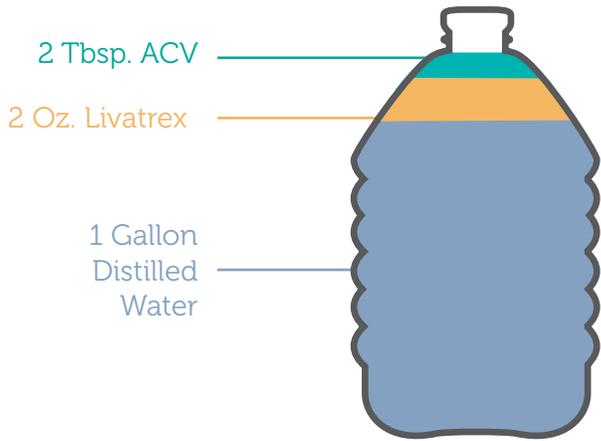
To get the most out of your liver cleanse, it's necessary to follow a healthy diet to support your liver and colon. Try to incorporate the following dietary guidelines to reduce your toxin exposure while cleansing.

- 1. Go Local & Organic**
- 2. Avoid Dairy Products**
Try almond, coconut, or hemp milk.
- 3. Avoid High-Fructose Corn Syrup**
Try to avoid all products containing artificial sweeteners or high-fructose corn syrup.
- 4. Avoid Alcoholic Beverages**
- 5. Avoid Foods that Contain Gluten**

STEP 3
LIVER CLEANSE CONTINUED

Preparing the Liver Cleanse Mix

You will want to make the Liver Cleanse Mix the night before you begin your liver cleanse. Also, try going to bed before 9 pm to ensure your body is well rested.



How to Make Liver Cleanse Mix

Pour out 3 ounces of water from a gallon of distilled or purified water. Next you will add the entire bottle of Livatrex and 2 tbsps of ACV. Shake and refrigerate.

Please Note:

You will be drinking the Liver Cleanse Mix as well as the ACV Mix throughout the Liver Cleanse. Reminder: You will drink 1/2 your body weight in ounces of the ACV Mix (see pg. 2).

Liver Cleanse Diet Day 1-4

We recommend the following diet for optimal results during your liver cleanse. However, you may also follow the healthy eating guidelines. (See Pg. 2)

Breakfast

Choose ONE of the following liver cleansing fruits to eat or juice. Eat as much as you want!

- Watermelon
- Pears
- Cherries
- Papaya
- Apples
- Figs
- Kiwi
- Grapefruit

Lunch & Dinner

Make a handmade vegetable soup, juice, or salad with the following liver cleansing vegetables.

- Artichokes
- Kale
- Cauliflower
- Asparagus
- Garlic
- Salad Greens
- Avocado
- Spinach
- Brussel Sprouts
- Beets
- Cabbage
- Broccoli
- Onions

Snacks

In between meals, eat a handful of any of the following.

- Walnuts
- Sunflower Seeds
- Brazil Nuts
- Pumpkin Seeds
- Almonds

Liver Cleanse Diet Flush Day 5

Breakfast

Choose ONE of the following fruits to eat or juice.

- Watermelon ○ Kiwi ○ Apples ○ Figs
- Papaya ○ Pears ○ Cherries ○ Grapefruit

We Recommend:

Watermelon due to its high glutathione content.

Lunch & Dinner

Choose from ONE of the following five options:

Option 1: Liver Cleanse Soup

Ingredients

- 1 Beet ○ ¼ Lemon
- 2 Carrots ○ 2 Bay Leaves
- 1 Cup Broccoli ○ 1 Tsp. Sea Salt
- 10 Garlic Cloves ○ ½ Tsp. Turmeric
- ½ Onion ○ ½ Tsp. Oregano

Directions

Wash vegetables. Finely chop ingredients to desired consistency. Pour 32 oz. of distilled or purified water into a soup pot. Add all of the ingredients to the pot. Bring to a boil, reduce heat, and then simmer on low heat for one hour. Eat this soup for your lunch meal. After your meal, refrigerate and eat for dinner if you'd like. Other liver cleansing foods you can add include artichoke, asparagus, cabbage, kale, brussel sprouts, and cauliflower.

Option 2: Beet/Carrot Juice

Ingredients

- 3 Carrots ○ 6 Kale Leaves
- 1 Beet ○ ½ Lemon
- 2 Red Apples ○ ½ Inch Ginger Root

Directions

Wash, peel and juice ingredients in a blender until desired consistency is achieved.

Option 3: ACV Mix

If you are not hungry or you feel that you can fast through lunch, drink as much ACV Mix as you can. (see pg. 2)

Option 4: Avocados

Eat 2-3 organic avocados. Season with salt and fresh lime or lemon juice to taste.

Option 5: Raw Walnuts

Eat 6-8 ounces of raw walnuts. Make sure you chew the nuts until they are liquified before swallowing.

STEP 3
LIVER CLEANSE CONTINUED

Instructions for Day 1

You may modify this schedule to fit your routine, however, it is essential that you do not eat for 30 minutes before or after drinking the Liver Cleanse Mix.

8 AM Breakfast

See meal options day 1-4. (pg. 8). Drink 12-20 oz. of ACV Mix

9 AM Liver Cleanse Mix

Drink 8 oz. of Liver Cleanse Mix

10-11 AM Snack Time

Drink 12 oz. of ACV Mix. If you need it, get a snack (pg. 8)

12 PM Liver Cleanse Mix

Drink 8 oz. of Liver Cleanse Mix

1 PM Lunch

See meal options day 1-4 (pg. 8). Drink 12-20 oz. of ACV Mix

3 PM Liver Cleanse Mix

Drink 8 oz. of Liver Cleanse Mix

4-5 PM Snack Time

Drink 12 oz. of ACV Mix. If you need it, get a snack (pg. 9)

6 PM Liver Cleanse Mix

Drink 8 oz. of Liver Cleanse Mix

7 PM Dinner

See meal options day 1-4 (pg. 8)
Drink 12-20 oz. of ACV Mix

8-10 PM Bedtime

Before bed take 4 Oxy-Powder capsules and 2 Latero-Flora capsules.

Instructions for Days 2, 3, 4

Follow the Same Instructions as Day 1

However, at bedtime, take 6 Oxy-Powder capsules and 4 Latero-Flora capsules instead.



OXY-POWDER



LATERO-FLORA



Instructions for Flush Day 5

8-10 AM Breakfast

See meal options day 5. (pg. 9) After breakfast, start preparing your Liver Cleanse Soup for lunch if you chose option 1.

12 PM Lunch

Choose from options 1-5. (pg. 9)

4 PM Dinner: Last Meal of the Day

Choose from options 3-5 on day 5. (pg. 9)

7 PM Epsom Salt

Mix 1 tablespoon of Epsom Salt in 8 ounces of warm purified water. Drink it as fast as you can. It is advisable to be near a bathroom when drinking the Epsom Salt as some people experience liquid stools within 20-30 minutes after ingestion.

9 PM Olive Oil

Drink 6 ounces of cold pressed extra virgin olive oil.



3 TIPS FOR DRINKING OLIVE OIL

1. Refrigerate

Refrigerate the oil for a few hours prior to ingestion to make the taste more palatable.

2. Add Grapefruit or Orange Juice

Thin the oil by using a jar to mix a ½ cup of fresh grapefruit or orange juice into the oil and shake until emulsified.

3. Alternate Oil & Juice

To reduce the taste and texture, gather two cups, a straw, and a small amount of juice. Place the olive oil in one cup, the juice in the other, and use the straw to alternate between the two.



Dr. Group tested and approved!

STEP 3
LIVER CLEANSE CONTINUED

Instructions for Flush Day 5

After the Olive Oil

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.

30 Minutes Later

You can stretch out and go to sleep. If you experience cramping, walk around for ten minutes or so and then go back to bed. You may also feel nauseated during the night. This is due to the release of stored toxins from the liver and gallbladder. This is normal and a sign the liver cleanse is working.

In Case of Vomiting

Vomiting can help clear toxins and is okay but it's best to avoid vomiting for the first 30 minutes so you don't have to drink the olive oil again.

Do not take Oxy-Powder or Latero-Flora on this night.

Instructions for Day After

Upon Waking Up

Immediately take 6 Oxy-Powder capsules. This will help your intestinal tract and body flush the stones released from the liver and gallbladder during the night.

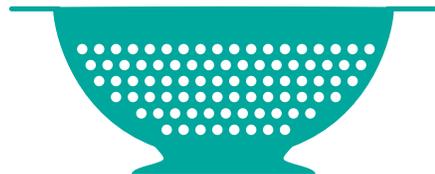


OXY-POWDER



Want to See the Stones?

If you would like to see the stones, they should appear in your bowel movements for one or two days. We recommend putting a cheap colander over the toilet to collect the stones and then rinse the fecal matter off. You will be amazed at what comes out of you.



Take a Rest Week

Enjoy a week of rest on us! This week will give your body time to recover from the Liver Cleanse you just completed. A small percentage of people may experience what is known as a healing crisis. If this happens, please don't get discouraged. These symptoms will go away in two to three days as the body naturally expels these toxins.

STEP 4

2ND LIVER CLEANSE

 5 Day Cleanse



For this step you will be performing another liver cleanse. Please **follow and repeat** the same instructions before during step 3 which can be found on pg. 5-12. Happy cleansing!

You should be able to perform this liver cleanse while still working or carrying on your normal daily activities.

It is best to begin the liver cleanse on a **Tuesday or Wednesday** so that on Day 5 (Saturday or Sunday) you will be at home in a relaxed setting and near a bathroom.

Take a Rest Week

Enjoy a week of rest! This week will give your body time to recover from the Liver Cleanse you just completed. A small percentage of people may experience what is known as a healing crisis. If this happens, please don't get discouraged. These symptoms will go away in two to three days as the body naturally expels these toxins.

STEP 5 KIDNEY CLEANSE

🕒 4 Day Cleanse



You should be able to perform this kidney cleanse while still working or carrying on your normal daily activities.

For optimal results: Drink only ACV Mix (see pg. 2) in addition to the Renaltrex™ Kidney Cleanse Mix throughout the day.

SUPPLIES NEEDED:



Oxy-Powder



Latero-Flora



Renaltrex



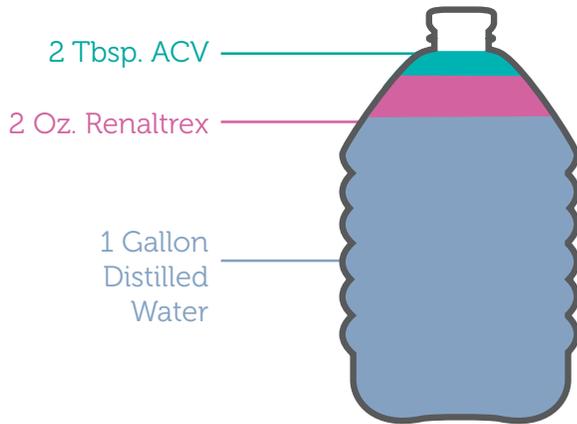
ACV Mix



Raw Apple
Cider Vinegar

KIDNEY CLEANSE CONTINUED**Preparing the Kidney Cleanse Mix**

You will want to make the Kidney Cleanse Mix the night before you begin your kidney cleanse. Also, try going to bed before 9 pm to ensure your body is well rested.

**How to Make Kidney Cleanse Mix**

Pour out 3 ounces of water from a gallon of distilled or purified water. Next you will add the entire bottle of Renaltrex and 2 tbsp of Raw Apple Cider Vinegar (ACV). Shake and refrigerate.

Please Note:

You will be drinking the Kidney Cleanse Mix as well as the ACV Mix throughout the Kidney Cleanse. Reminder: You will drink $\frac{1}{2}$ your body weight in ounces of the ACV Mix. (see pg. 2)

Instructions for Day 1-4

We recommend the following diet for optimal results during your kidney cleanse. However, you may also follow the healthy eating guidelines. (See Pg. 2)

Breakfast

Choose ONE of the following kidney cleansing fruits to eat or juice. Eat as much as you want!

- Apples
- Cranberries
- Grapes
- Oranges
- Papaya
- Watermelon
- Strawberries
- Blueberries
- Raspberries

Snacks

In between meals, eat any of the following.

- Avocado
- Sunflower Seeds
- Walnuts
- Brazil Nuts

Lunch & Dinner

Please refer to the healthy eating guidelines on pg. 2 for lunch and dinner.

STEP 5
KIDNEY CLEANSE CONTINUED

Instructions for Day 1-4

You may modify this schedule to fit your routine, however, it is essential that you do not eat for 30 minutes before or after drinking the Kidney Cleanse Mix.

8 AM Breakfast

See meal options day 1-4. (pg. 15)
Drink 12-20 oz. of ACV Mix

9 AM Kidney Cleanse Mix

Drink 8 oz. of Kidney Cleanse Mix

10-11 AM Snack Time

Drink 12 oz. of ACV Mix. If needed, get a snack. (pg. 15)

12 PM Kidney Cleanse Mix

Drink 8 oz. of Kidney Cleanse Mix

1 PM Lunch

See healthy eating guidelines (pg. 2)
Drink 12-20 oz. of ACV Mix

3 PM Kidney Cleanse Mix

Drink 8 oz. of Kidney Cleanse Mix

4-5 PM Snack Time

Drink 12 oz. of ACV Mix. If needed, get a snack. (pg. 15)

6 PM Kidney Cleanse Mix

Drink 8 oz. of Kidney Cleanse Mix

7 PM Dinner

See healthy eating guidelines (pg. 2)
Drink 12-20 oz. of ACV Mix

8-10 PM Bedtime

Before bed take 4 Oxy-Powder capsules and 2 Latero-Flora capsules



OXY-POWDER



LATERO-FLORA



STEP 6 HARMFUL ORGANISM CLEANSE

 40 Day Cleanse



A harmful organism cleanse is a natural process designed to flush and cleanse your body of harmful organisms. These unhealthy invaders exist in many forms and live throughout the body, especially the digestive tract. Acquiring an infestation is easy as they may be inhaled, ingested in food, or consumed in drinking water.

SUPPLIES NEEDED:



(2) Paratrex



Latero-Flora



ACV Mix

Instructions for Day 1-40

Before Breakfast

Take 3 Paratrex capsules 20 minutes before you eat for the next 40 days.

Before Lunch

Take 3 Paratrex capsules 20 minutes before you eat for the next 40 days.

Every Other Day

Take 2 Latero-Flora capsules, on an empty stomach, 20 minutes before you eat breakfast for the next 40 days.



PARATREX



LATERO-FLORA



STEP 7

3RD LIVER CLEANSE

 5 Day Cleanse



For this step you will be performing another liver cleanse. Please **follow and repeat** the same instructions before during step 3 which can be found on pg. 5-12. Happy cleansing!

You should be able to perform this liver cleanse while still working or carrying on your normal daily activities.

It is best to begin the liver cleanse on a **Tuesday or Wednesday** so that on Day 5 (Saturday or Sunday) you will be at home in a relaxed setting and near a bathroom.

Take a Rest Week

Enjoy a week of rest on us! This week will give your body time to recover from the Liver Cleanse you just completed. A small percentage of people may experience what is known as a healing crisis. If this happens, please don't get discouraged. These symptoms will go away in two to three days as the body naturally expels these toxins.

STEP 8

CHEMICAL & TOXIC METAL CLEANSE

 30 Day Cleanse



A chemical and toxic metal cleanse is an all natural process designed to flush, detoxify, and purge the body of harmful chemicals and toxic metals.

Chemicals and toxic metals are accumulated in the body from exposure to contaminated air, water, food, VOC's (Volatile Organic Compounds), beverages and environmental contaminants.

SUPPLIES NEEDED:



(2) Zeotrex



(6) Detox Foot Pads



ACV Mix

Instructions for Day 1-30

Before Breakfast

Shake bottle well. Add 20 drops of Zeotrex to 2 oz. of distilled or purified water on an empty stomach.

Before Dinner

Shake bottle well. Add 20 drops of Zeotrex to 2 oz. of distilled or purified water 20 minutes before you eat.

Before Bedtime

Apply one Detox Foot Pad to the sole of each foot before bed, every night of the 30 day cleanse.

Every Morning After

In the morning, you'll see the results of the toxins that were drawn from you body while you slept. Simply peel off the foot pads to see what you have collected through the night.

STEP 9

AFTER CLEANSE SELF ASSESSMENT

10 - 15 Minute Assessment

This Personal Wellness Assessment is not intended to diagnose, treat, cure or prevent any disease.

1. Fill this out 3 days after you are done cleansing to see your progress.

2. Circle Yes or No to answer the following questions

1. Do you feel healthy?	Yes	No
2. Do you consider yourself to be happy?	Yes	No
3. Do you feel overweight?	Yes	No
4. Do you have elevated cholesterol or triglycerides?	Yes	No
5. Do you have numbness or tingling in your arms or legs?	Yes	No
6. Do you have high blood pressure, asthma, or colitis?	Yes	No
7. Do you experience belching, bloating, or excess gas often?	Yes	No
8. Do you have heartburn or acid reflux 2 or more times per week?	Yes	No
9. Do you feel fatigued or lethargic after eating?	Yes	No
10. Do you often feel constipated? (less than 2 bowel movements a day)	Yes	No
11. Do you catch colds or the flu easily?	Yes	No
12. Do colds, flus, or other infections tend to linger for more than 5 days?	Yes	No
13. Do have dark circles under your eyes?	Yes	No
14. Are you agitated easily?	Yes	No
15. Do you often run out of energy during the day?	Yes	No
16. Do you have brown spots on your skin? (not freckles)	Yes	No
17. Does your skin break out or is it blemished?	Yes	No
18. Do you have pain in your muscles or joints?	Yes	No
19. Do you have yellow discoloration in your fingernails or toenails?	Yes	No

STEP 9

AFTER CLEANSE SELF ASSESSMENT

20. Do you have athlete's foot or noticeable foot odor?	Yes	No
21. Do you frequently feel stressed, anxious, or nervous?	Yes	No
22. Do you have problems sleeping?	Yes	No
23. Do you feel pain, experience a heavy flow, or irregularity during menses?	Yes	No
24. Do you have trouble urinating?	Yes	No
25. Do you experience nightly urination?	Yes	No

Congratulations!

You Have Just Completed Your 9 Step Body Cleanse!