



# CHEMICAL & TOXIC METAL CLEANSE KIT INSTRUCTIONS

## Follow for 30 Days



### Zeotrex (Take 2x daily)

Morning and Evening Daily: Shake bottle well. Add 20 drops of Zeotrex to 2 ounces of distilled or purified water and drink first thing in the morning on an empty stomach. Then repeat in the evening 20 minutes before the dinner meal.



Zeotrex was developed to assist the body in chemical and toxic metal cleansing. Zeotrex contains zeolites in combination with powerful cleansing herbs, trace minerals and Iodine.

Global Healing Center is the first company in the world to produce a formula combining both zeolites and organic herbs in one easy to take formula.

### Detox Foot Pads (Apply every night)

Application Instructions: Apply one Detox Foot Pad to the sole of each foot before bed, every night of the 30 days cleanse process. Detox Foot Pads contain powerful herbs and other natural substances that work gently while you sleep. They generate warmth as they stimulate the meridians and acupuncture points on your feet. Stimulating the acupuncture points helps to direct energy to your body's systems and organs

that have been weakened by diseases and chronic exposure to toxic chemicals and toxic metals.



In the morning, you'll see the results of the toxins that were drawn from your body while you slept. Simply peel off the foot pads to see that they're no longer white but dark brown, yellow, or gray

in color, and hard and damp with the toxins they've collected. After several nightly applications, depending on your body, you may see that when you remove the pads, they're not so squishy and discolored; this is a clear indication that your toxin load is being reduced.

Toxins Drawn Out from Body

## The Chemical and Toxic Metal Cleanse Kit Is a 30-Day Program

### SUPPLIES CHECKLIST

- Plenty of distilled or purified water
- 1 bottle of Zeotrex®
- Healthy foods and fresh fruit (preferably organic or locally grown)
- 6 packages of Detox Foot Pads®

### OPTIONAL ADD-ONS CHECKLIST

- Aloe Fuzion™
- 16 ounces of Organic Raw Apple Cider Vinegar

### Optional Aloe Fuzion Instructions

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).



The results are dependent upon several things including, the strength of your immune system, the efficiency of your elimination systems, as well as your toxin load. Typically, the clearer and drier your foot pads are in the mornings, the nearer you are to the close of the 30-day cleansing cycle.

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## Maintenance

Using a regular maintenance schedule of these products helps keep the body cleansed of chemical and toxic metal buildup. And, you can reduce the need for maintenance by following a healthy diet and by eliminating the sources of chemical and toxic metal toxins from your environment.

The maintenance instructions below can be used indefinitely without becoming habit forming or harmful to your body.

**Zeotrex** - Every 3 days take Zeotrex in the morning and in the evening. Add 20 drops of Zeotrex to 2 ounces of distilled or purified water and drink first thing in the morning on an empty stomach. In the evenings, take the same amount 20 minutes before the dinner meal.

**Detox Foot Pads** - Apply pads once a week to the soles of the feet before bed for weekly cleansing that can prevent the accumulation of toxic chemicals and toxic metals.

## What Should I Drink During the Chemical & Toxic Metal Cleanse?

Your best results will come with drinking Dr. Group's Super Water. Calculate half your body weight; drink that amount in ounces of "Super Water" every day of the cleansing process.

Example: If you weigh 150 pounds you should drink 75 ounces of Super Water daily. Drink this water after you cleanse on a regular basis to maintain overall health.

### How to Make Dr. Group's Super Water

- Prepare one gallon of purified water, preferably kept in a glass bottle. Pour out some so that you can add the ingredients below. You can add water back in to suit your taste.
- Add 3 tablespoons of organic raw apple cider vinegar to the gallon of water. Shake well. If the taste is too strong for you to handle, reduce to 2 tablespoons per gallon until you become accustomed to the taste.



Call us at 1.800.476.0016 for any cleansing question or email us at support@globalhealingcenter.com.