



# KIDNEY CLEANSE KIT INSTRUCTIONS



## 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).

NOTE: Avoid drinking milk, alcohol, bottled juices, energy drinks soft drinks or diet drinks during this cleanse. These liquids will decrease the effectiveness of the kidney cleanse, and add more toxins to your body. For optimal results drink only distilled water with raw apple cider vinegar added in addition to your Renaltrex Kidney Cleanse Drink throughout the day.



## The Kidney Cleanse Kit Is a 4-Day Program

### SUPPLIES CHECKLIST

- 2 gallons of distilled water (1 gallon for the Renaltrex™ Kidney Cleanse Drink, and 1 gallon for the Water / Lemon / ACV Drink)
- 2 ounces (1 full bottle) of Renaltrex
- 1 bottle of Oxy-Powder® and 1 bottle of Latero-Flora™
- Organic kidney cleansing fruit for breakfast each morning, such as apples, cranberries, grapes, oranges, papaya, watermelon, strawberries, blueberries and raspberries
- Raw seeds or nuts such as sunflower, walnuts, Brazil nuts, or almonds for snacks
- Either 8 ounces organic walnuts or 3 organic avocados for snack options (whichever you prefer)

### OPTIONAL ADD-ONS CHECKLIST

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

NOTE: You should be able to perform this kidney cleanse while still working or carrying on your normal daily activities. The Oxy-Powder however can cause watery stools, so make sure a bathroom is nearby. If your stools are liquid, remember this is not diarrhea but the byproduct of turning the solid compacted fecal matter in the intestinal tract into a liquid or gas.

## Follow for 4 Days

It is best to follow the schedule listed below. However, you may modify it to fit your daily routine. Don't eat 30 minutes before or after drinking the Kidney Cleanse Drink.

## Preparation (Day 1 Only)

**7:30 am:** Make your Kidney Cleanse Drink and the Water/ Lemon/ACV Drink when you wake up. Try to go to bed early, before 9pm if possible, to get a good night's rest.

- How to Make the Kidney Cleanse Drink:

Start with 1 gallon of distilled water. Pour out 5 ounces of water to make room for the ingredients you will add. Add two ounces (the whole bottle) of RenalTrex, 2 tablespoons of organic raw apple cider vinegar (ACV), and the juice of one organic lemon. Shake and refrigerate. You will drink this gallon over the next 4 days. If you need to work or run errands during the day, bring it with you in a small cooler.



- How To Make the Water/Lemon/ACV Mixture:

Take a second gallon of distilled water and pour out 6 ounces. Add 1 ounce of organic raw apple cider vinegar to the water. Then add 4 ounces of fresh squeezed organic lemon juice. You will drink this for snacks, during meals and between meals when thirsty. Drink as much as you like throughout the day. The more you drink the more successful your kidney cleanse will be. When you finish this mix, make another gallon and continue to drink as needed.

## Daily Protocol (Days 1-4)

**8:00 am:** Eat breakfast, choose one of the following kidney-cleansing fruits and eat as much as you like. These include

## KIDNEY CLEANSE KIT INSTRUCTIONS

apples, cranberries, grapes, oranges, papaya, watermelon, strawberries, blueberries and raspberries. For best results all fruit should be organic. If fresh fruit is not available, use frozen or dried.

**9:00 am:** Drink one 8-ounce glass of the Kidney Cleanse Drink.

**10:00-11:00 am:** Water / Snack (optional) - Drink 12 ounces of your Water/Lemon/ACV Drink (This is your second gallon of distilled water, lemon juice, ACV). If you prefer a small snack it should consist of organic raw seeds such as sunflower, chia, hemp or pumpkin. Also, raw nuts such as walnuts, Brazil nuts, or almonds will work. Its best to avoid the snack if possible and just drink the Water/Lemon/ACV Drink. Remember you are cleansing!



**12:00 pm:** Drink one 8-ounce glass of the Kidney Cleanse Drink.

**1:00 pm:** For lunch eat fresh organic vegetables, make homemade vegetable soup, or eat a salad. Use or combine the following kidney cleansing vegetables: asparagus, beets, cabbage (green, purple or both), celery, turmeric, ginger and parsley. Drink only the Water/Lemon/ACV Drink with your lunch meal. Make your lunch in the morning and bring it with you to work or if you eat out, eat a salad.

**3:00 pm:** Drink one 8-ounce glass of the Kidney Cleanse Drink.

**4:00-5:00 pm:** Drink 12 ounces of the Water/Lemon/ACV Drink. Optional: if you prefer a small snack it should consist of no more than one handful of organic raw seeds such as pumpkin, hemp or sunflower and nuts such as walnuts, Brazil nuts, or almonds. Tip: it's best to avoid the snack if possible and just drink the Water/Lemon/ACV Drink.

**6:00 pm:** Drink one 8-ounce glass of the Kidney Cleanse Drink.

**7:00 pm:** Eat Dinner: follow the same suggestions as you did for lunch using fresh organic vegetables, homemade vegetable soup, or eat a fresh salad. Use or combine the following kidney cleansing vegetables: artichoke, salad greens, avocado, asparagus, beets, cabbage (green, purple or both), cucumbers, kale, sprouts, garlic, onions, and cauliflower. Drink only the Water/Lemon/ACV Drink with your dinner meal.

**8:00-10:00 pm:** Before bed, take 4 capsules of Oxy-Powder and 2 capsules of Latero-Flora. The Latero-Flora will help balance the Probiotic bacteria in the intestinal tract to assist in kidney cleansing. Do not go to bed past 10pm!



Call us at 1.800.476.0016 or email us at  
[support@globalhealingcenter.com](mailto:support@globalhealingcenter.com).