



LIVER CLEANSE INSTRUCTIONS

A Healthy Liver for a Healthy Life





Kudos to You

You made a smart decision. The Liver Cleanse Program is an all natural approach to cleansing and rejuvenating your liver and gallbladder. The 6-day cleanse involves following a healthy diet and taking liver-support supplements to stimulate the liver and soften buildup, followed by a flush that will purge toxins from the liver and gallbladder.

You're going to be amazed by what you see and how you feel — more energy, enhanced well-being, and smooth digestion are on the horizon. Stay the course, we're rooting for you! And, remember, our award-winning Customer Satisfaction Team is here and ready to help. If you have any questions, don't hesitate to 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@globalhealingcenter.com



Call us at 1.800.476.0016



6 Days to Cleanse Your Liver

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What's In Your Program



Livatrex®

1 Bottle, 2 oz

Cleanses the liver



Oxy-Powder®

1 Bottle, 60 capsules

Promotes toxin elimination



Turmeric

1 Bottle, 2 oz

Antioxidant support



Extra Virgin Olive Oil

1 Bottle, 6 oz

Stimulates bile production



Epsom Salt

1 Packet, 1 tablespoon

Relaxes the bile ducts to help
flush the liver



DIET

How You Should Eat During This Cleanse

When performing the liver cleanse, it's best to eat a plant-based diet — only fresh, organic or locally grown produce. Fruits and vegetables provide the body with the right nutrients to draw out toxins, and they also ensure the intestinal tract is hydrated and able to support the cleansing process. For more information about how to eat while detoxing, 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

Healthy Snacks

For snacks between meals, eat a handful of any or all of the following raw nuts and seeds.

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



Stay Hydrated & Enhance Your Water

A good rule of thumb for staying hydrated is to drink one half your body weight in ounces per day. Example: 160 pounds = 80 ounces of water. To enhance your water, add at least two tablespoons of organic raw apple cider vinegar (a probiotic- and enzyme-rich tonic) to one gallon of purified water and drink throughout the day. For an extra boost, add the juice from one half of a lemon.

For more advanced insight into how to eat while detoxing, check out the Body Cleansing Diet at ghc.us/cleanse-diet.

160 lbs
of body weight



Minimize These Foods

The food you eat affects your health more than anything else. To help establish a strong foundation of good health, reduce your consumption of the following foods as much as possible. Or, better yet, eliminate them from your diet entirely.

- ✘ Meat
- ✘ Gluten
- ✘ Dairy
- ✘ Refined Sugar
- ✘ High Fructose Corn Syrup
- ✘ Artificial Sweeteners
- ✘ Artificial Dyes
- ✘ Table Salt
- ✘ Artificial Preservatives
- ✘ Soy
- ✘ Processed Foods
- ✘ Microwaved Food
- ✘ Canned Food
- ✘ Alcohol
- ✘ Excess Coffee or Caffeine

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The liver is the human body's largest internal organ, and its primary purpose is to filter and remove toxins. This is why cleansing your liver and living a healthy lifestyle is so crucial — it'll help remove the toxic buildup that gets in the way of your overall health and wellness.

Dr. Edward F. Group III



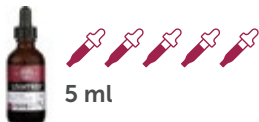
INSTRUCTIONS

Here's the Plan

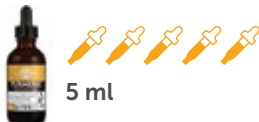
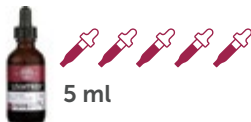
The Liver Cleanse Program consists of following the dietary guidelines and taking Livatrex, Turmeric, and Oxy-Powder for four days, followed by a flush prep where you'll take the extra virgin olive oil and Epsom salt, and then a flush day with Oxy-Powder.

Days 1-4: Prep

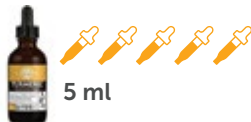
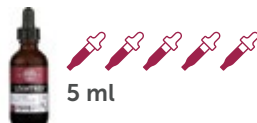
For the first four days you will need to take 5 ml of Livatrex and 5 ml of Turmeric three times per day between meals. That is a total of 15 ml of Livatrex and 15 ml of Turmeric every day. Take the first serving in the morning, the second in the afternoon, and the last before or after your evening meal. Take 4 capsules of Oxy-Powder in the evening before bed. During this time, you'll use all of the Livatrex and Turmeric.

**MORNING**

..... &

**AFTERNOON**

..... &

**EVENING**

..... &



..... &



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

Day 5: Pre-Flush

MORNING & AFTERNOON



Keep your meals light. For best results, eat only fruit. Do not eat for at least two hours before taking the Epsom salt this evening. You will not take Livatrex, Turmeric, or Oxy-Powder on this day.

EVENING



Mix the entire packet of Epsom salt in 8 ounces of warm water and drink 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 4 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 helps to flush out toxins so they can be passed with fecal matter tomorrow. So take it easy and get a good night's rest!

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 1-2 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.

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One of the secrets to living the life you want is to untap your innate power and recognize that your thoughts are manifestations of who you will become. By practicing mindfulness and positive affirmations every day, you can actually control your destiny.

Dr. Edward F. Group III





Keep Track of Your Wellness Routine

 Check off each circle, take a picture of your progress, and share it on Instagram and Facebook using the hashtag

#HowILiveHealthy

Days 1-4: Prep

Day 1 | Livatrex & Turmeric Livatrex & Turmeric Livatrex, Turmeric, & Oxy-Powder

Day 2 | Livatrex & Turmeric Livatrex & Turmeric Livatrex, Turmeric, & Oxy-Powder

Day 3 | Livatrex & Turmeric Livatrex & Turmeric Livatrex, Turmeric, & Oxy-Powder

Day 4 | Livatrex & Turmeric Livatrex & Turmeric Livatrex, Turmeric, & Oxy-Powder

Day 5: Pre-Flush

Day 5 | Epsom salt extra virgin olive oil lay down

Day 6: Flush

Day 6 | Oxy-Powder

TIPS

Dr. Group's Advanced Tips for Success

Just as your liver affects many aspects of your health, a conscious life supports your overall well-being. True wellness is the product of a lifelong journey.





Use Supportive Therapies

During and after your cleanse, consider balance-promoting therapies like chiropractic adjustments, massage, deep breathing exercises, acupuncture, and far infrared saunas as they all support the cleansing process. Even getting enough sleep and starting your day by finding a quiet space, closing your eyes, and repeating an affirmation such as, “I am clean and healthy” nine times will elevate your mindset.



Supplement With Aloe

Aloe vera contains essential nutrients, enzymes, and amino acids that boost the body’s detoxification processes. A concentrated formula like Aloe Fuzion™ is an easy way to not only support your cleanse but also stimulate your immune system and soothe stress throughout your body.



You Did It!

Completing the Liver Cleanse Program is one of the most effective measures you can take to support your health, and you should be proud. May this be the first step of many in your quest to live a healthy life. As you continue your journey, stay focused on your goals, take actions that will help you achieve them, and don't be afraid to reach out if you need a little help.

What's Next?

Upon completion of your cleanse, you may have enough Oxy-Powder left over for several maintenance servings. Use as directed on the label, 2-3 times per week or as needed. Alternatively, because many people experience the best results after 2-3 consecutive liver and gallbladder cleanses, you could also purchase additional bottles of Livatrex and Turmeric and use the remaining Oxy-Powder to do another liver cleanse. For more help, view our complete cleansing guidelines at ghc.us/complete-cleanse or contact our Customer Satisfaction Team.



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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-lcp



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