

# CLEANSING PROGRAM INSTRUCTIONS

## PRE-CLEANSE

Before you start the 7-day program, you must first prepare your systems for at least 5 days by taking 3 C.K.L.S. at night before bed, and drinking ½ gallon of spring water per day. This is done to rid the body of excess waist and to create a better environment for a deeper cleansing.

During this time you are not required to eat all live foods, but keep in mind that it can only enhance your cleansing process.

## DAY ONE

### WHAT YOU WILL NEED

- ✓ Five **C.K.L.S.** capsules
- ✓ 32 ounces of spring water
- ✓ Cold pressed, unrefined **OLIVE OIL**.(16) ounces if your weight is over 130 pounds, and (8) ounces if under 130 pounds
- ✓ One cup of freshly squeezed lemon juice.

#### STEP ONE:

First thing in the morning take 5 **C.K.L.S.** capsules with at least 32oz of spring water.  
*Wait one hour before proceeding to step two.*

#### STEP TWO:

Drink Olive Oil and Sip on lemon juice as needed to aid in consumption of olive oil.  
You must drink all of the olive oil within: 30minutes.

(Consume the Olive Oil at a comfortable pace within the time allowed)

## DAYS 2 - 7

### HOW YOU SHOULD EAT

During this time you can only eat 100% raw fruits and vegetables, a half-gallon or more of spring water per day and pure juices without any additives.

No alcohol, no coffee, no dairy, no flour, no flesh, no fried foods, no salt, no smoking, no sugar

#### Recommended herbs to take:

The following Products will assist in cleansing the body on a deeper level. They should be taken from day 2 (two) to day 7 (seven).

<b>C.K.L.S. ®</b>	Colon Kidney Liver Spleen	<b>2 per day</b>
<b>FREED-OM ®</b>	Blood Detoxification	<b>4 per day</b>
<b>WORMZ-B-GONE ®</b>	Removes Parasites	<b>4 per day</b>
<b>4-PG ®</b>	Multi-Nutrient	<b>4 per day</b>

*You can continue taking these herbs on a daily basis for continued cleansing.*

## When Is The Best Time To Cleanse?

The best time to start a cleansing program is when you feel a need to make a positive change in your life, balanced with seasonal cycles is ideal. The change of the seasons is an excellent opportunity to allow our selves to lighten up and eliminate toxins from our bodies. It is not recommended to do this program prior to or just after surgery, pregnant or lactating women, or under the age of 12.

## What To Expect

About 10 to 24 hours after consuming the olive oil, expect several rapid bowel movements. Elimination should last all day and may continue till the next morning. Please do examine your stool. You may notice a variety of green pea like objects floating in your stool. They are gallstones, which is a form of cholesterol, which comes from mostly fried foods and saturated fat. Be very pleased, for this is your main goal. You may also notice lots of mucus and parasites (micro and macro).

*Mild cleansing reactions are common, like stomach discomfort, gas, fatigue or dizziness. These reactions are your body's way of telling you it's getting rid of toxic waste. If you do have cleansing reactions, drink more water, but only after you've had two bowel movements.*

## CLEANSE TIPS

On the night before drinking the oil, EAT LIGHT.

Do not eat anything on the day you drink the olive oil. You can have water or unfiltered apple juice after your 2<sup>nd</sup> bowel movement. It is also good to suck on lemons to aid in keeping the oil down.

Do not lay down, the oil can come up. If you feel tired you can prop yourself on some pillows and get rest that way.

It's best to take off 24 to 48 hours from the time you finish drinking the oil.

Meditate, read a good book, relax. Don't over exert yourself on this day.

Share the good news with a friend.

