



LIVER CLEANSE
PROGRAM INSTRUCTIONS

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 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@globalhealing.com



Call us at 1.800.476.0016



Text us at 281.949.6768



6 Days to Cleanse Your Liver

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What's In Your Program



Liver Health
1 Bottle, 2 oz

Cleanses the liver



Extra Virgin Olive Oil
1 Bottle, 6 oz

Stimulates bile production



Turmeric
1 Bottle, 2 oz

Provides antioxidant support



Epsom Salt
1 Packet, 1 tablespoon

Relaxes the bile ducts to help
flush the liver



Oxy-Powder®
1 Bottle, 60 capsules

Promotes toxin elimination



DIET

How You Should Eat During This Cleanse

Whenever possible, choose foods that are fresh, organic, and locally sourced. Eat small meals throughout the day to support your digestive health. Include a wide range of colorful fruits and vegetables, and wash them thoroughly before eating. Make sure to eat plenty of healthy fats, oils, and plant-based protein. For more advanced insight into how to eat, 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 | ✓ Brussels Sprouts | ✓ Garlic | ✓ Pears |
| ✓ Artichokes | ✓ Cabbage | ✓ Grapefruit | ✓ Plums |
| ✓ Asparagus | ✓ Carrots | ✓ Kale | ✓ Romaine Lettuce |
| ✓ Avocados | ✓ Cauliflower | ✓ Kiwi | ✓ Spinach |
| ✓ Beets | ✓ Cherries | ✓ Onions | ✓ Watermelon |
| ✓ Broccoli | ✓ Figs | ✓ Papaya | |

Although the suggested foods will produce the best results, you can also follow a diet that's generally healthy and low in processed foods.

Healthy Snacks

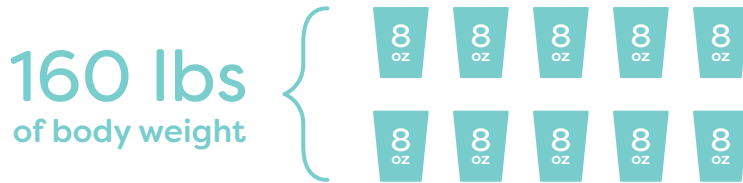
For snacks between meals, eat a handful of any or all of the following raw nuts and seeds.

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



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. You can enhance your water by adding organic raw apple cider vinegar (a probiotic- and enzyme-rich tonic) or lemon juice to taste.



Minimize These Foods

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

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

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The liver is your 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 Group



INSTRUCTIONS

Here's the Plan

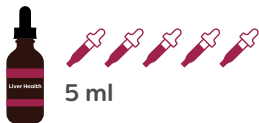
The Liver Cleanse Program consists of following a healthy diet and taking Liver Health, Turmeric, and Oxy-Powder for four days, followed by a flush prep day where you'll take extra virgin olive oil and Epsom salt, and then a flush day with Oxy-Powder.

Days 1-4: Prep

For the first four days, take 5 ml of Liver Health and 5 ml of Turmeric three times per day between meals. That is a total of 15 ml of Liver Health 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. Make sure to take them at least 30 minutes to one hour apart from food. Take 4 capsules of Oxy-Powder in the evening at least two hours after your last meal before bed. During this time, you'll use all of the Liver Health and Turmeric.



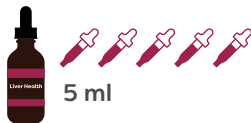
MORNING



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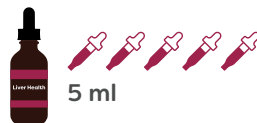
AFTERNOON



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EVENING



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Each dropper has graduated measurements of 1 ml for easy use.
Take directly by mouth or mix with water.

Day 5: Pre-Flush

MORNING & AFTERNOON



The last four days were preparation and you will not take Liver Health, Turmeric, or Oxy-Powder today. Keep your meals light. For best results, eat only fruit today. Stop eating at least two hours before consuming the Epsom salt and olive oil this evening.

EVENING



Two to three hours before you go to bed, mix the entire packet of Epsom salt in 8 ounces of warm water and drink it 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 four 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 pushes the buildup that was broken down during the first four prep days into your colon.

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 one to two 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 Group





Keep Track of Your Cleanse

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

#HowILiveHealthy

Days 1-4: Prep

Day 1	 Liver Health & Turmeric	 Liver Health & Turmeric	 Liver Health, Turmeric & Oxy-Powder
Day 2	 Liver Health & Turmeric	 Liver Health & Turmeric	 Liver Health, Turmeric & Oxy-Powder
Day 3	 Liver Health & Turmeric	 Liver Health & Turmeric	 Liver Health, Turmeric & Oxy-Powder
Day 4	 Liver Health & Turmeric	 Liver Health & Turmeric	 Liver Health, Turmeric & Oxy-Powder

Day 5: Pre-Flush

Day 5	 Epsom Salt	 Extra Virgin Olive Oil	 Lay Down
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Day 6: Flush

Day 6	 Oxy-Powder
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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

Chiropractic adjustments, massage, deep breathing exercises, acupuncture, and sauna bathing all support the cleansing process. Get enough sleep and start your day by finding a quiet space, closing your eyes, and repeating an affirmation such as, “I am clean and healthy” nine times to 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 our Aloe supplement 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 a huge step in supporting your health — congratulations! May this be the first of many steps on your journey to living a healthy life. As you continue, stay focused on your goals, form habits that will help you achieve them, and give us a call if you want support, advice, or guidance. We're here to help you succeed!

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 two or three times per week or as desired. Alternatively, because many people experience the best results after two or three consecutive liver and gallbladder cleanses, you could also purchase additional bottles of Liver Health 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



Let's Work Together. Please Recycle!

These statements have not been evaluated by the Food and Drug Administration.
This product is not intended to diagnose, treat, cure or prevent any disease.

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