

## Colon/Liver Cleanse Directions —Simple

In general, I recommend that the colon/liver cleansing products be taken for 1 to 2 months at a time, 2 to 4 times per year.

The colon/liver cleansing products you will use are:

1. Comfortone
2. Juva Power
3. Detoxzyme
4. Juva Tone
5. Lipozyme
6. Juva Cleanse or GLF essential oil blend
7. Peppermint essential oil
8. Golden Flax Seeds (can be purchased from Health Food Store or [www.flax4u.com](http://www.flax4u.com))
9. NingXia Red
10. Bottled or purified water
11. Lemonade drink
  - a. 2 cups bottled or purified water
  - b. 1 Lemon juiced
  - c. 2 tablespoons Grade B Maple Syrup (can substitute Young Living cactus derived sweetener Agave for the Maple Syrup)
  - d. 1 capsule or less Cayenne Pepper (MUST be mixed with drink, not taken separately)

Day	Product	Instructions
1 through remainder of cleanse	Bottled or purified water	A minimum of ten, 10z glasses per day
1 to 7 by itself, then continue through the remainder of the cleanse	Comfortone	3 to 5 on wake up 3 to 5 at bedtime Continue through remainder of cleanse (1 to 2 months) To be taken with 10 oz glass of water
3 to 7 add to Comfortone, then continue through remainder of cleanse	Detoxzyme	2 at bedtime 2 between meals 2 at bedtime To be taken with 10 oz glass of water
7 through remainder of the cleanse Take 20 minutes after morning dose of Comfortone with Detoxzyme, and at bedtime	Lemonade drink Peppermint Essential Oil Juva Cleanse Essential Oil Juva Tone Lipozyme	Fill a "00" size capsule with 3 drops Peppermint EO and 10 to 16 drops of Juva Cleanse EO. Take with Lemonade drink, 4 tablets of Juva Tone and 3 capsules of Lipozyme.
7 through remainder of cleanse Take 1 hour after morning lemonade drink, can be repeated again in between meals	Juva Power Golden Flax Seeds Power Meal (optional) NingXia Red	1 heaping teaspoon of Juva Power with 2 scoops of Golden Flax sees (important: MUST be finely ground using an electric coffee grinder or other grinding device, 1 scoop Power Meal (optional), 1 to 2 oz NingXia Red in a 16 oz glass of water.