



CHEMICAL AND HEAVY METAL  
CLEANSE INSTRUCTIONS

# Detox Your Body of Chemicals & Heavy Metals





## You're Amazing

You want to feel your best and you're on the right track. The Chemical and Heavy Metal Cleanse Program™ is an all-natural solution to detoxify your body of the chemicals and heavy metals we're all exposed to every day in our food, water, and environment. The 30-day cleanse involves following a healthy diet and taking cleansing supplements. You're going to be amazed by how you feel — more energy, clarity, and vibrancy are close. You can do it! 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](mailto:support@globalhealingcenter.com)



Call us at 1.800.476.0016



Text us at 281.949.6768



## 30 Days to a Better You

# Overview

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Diet

Instructions

Tips

**Page**

.....

**5**

**9**

**22**



## What's In Your Program



### **Zeotrex®**

2 Bottles, 1 oz

Removes chemicals and heavy metals



### **Detox Foot Pads**

30 sets, 60 total

Stimulates detoxification



### **Detoxadine®**

1 Bottle, 1 oz

Displaces chemical toxins from the thyroid



### **Adhesive Strips**

30 sets, 60 total

Secures Detox Foot Pads to feet

## 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](https://ghc.us/cleanse-diet).

### Foods That Encourage Chemical & Heavy Metal Cleansing

Below is a list of fruits and vegetables that help your body cleanse itself of chemicals and heavy metals. You can eat them individually or accentuate your diet with them.

✓ Barley Grass

✓ Garlic

✓ Parsley

✓ Cilantro

✓ Green Tea

✓ Wild Blueberries

## 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.

**160 lbs**  
of body weight  
=  
**80 oz**  
of water



# Minimize These Foods

Unhealthy foods are a major source of chemicals and heavy metals like arsenic, cadmium, and mercury. To minimize your exposure, reduce your consumption of the following foods as much as possible. Or, better yet, eliminate them from your diet entirely.

## Foods That May Contain Cadmium

- ✘ French Fries
- ✘ Peanut Butter & Peanuts
- ✘ Potato Chips
- ✘ Organ Meat
- ✘ Shellfish



## **Foods That May Contain Arsenic**

- ✘ Beer & Wine
- ✘ Brown Rice
- ✘ Chicken & Poultry
- ✘ Dark-Meat Fish Like Tuna, Mackerel, Salmon & Swordfish
- ✘ Packaged Grape & Apple Juice

## **Foods That May Contain Mercury**

- ✘ King Mackerel
- ✘ Marlin
- ✘ Orange Roughy
- ✘ Shark
- ✘ Tilefish

## INSTRUCTIONS

### Here's the Plan

The Chemical and Heavy Metal Cleanse Program consists of following a healthy diet, taking Zeotrex and Detoxadine, and using Detox Foot Pads for 30 days. Every morning, take 20 drops (1 ml) of Zeotrex straight from the dropper or mixed with purified water, and 3 drops of Detoxadine 20 minutes before your morning meal. In the evening, take another 20 drops of Zeotrex straight from the dropper or mixed with purified water 20 minutes before your evening meal. Apply one Detox Foot Pad to the sole of each foot before bed.



## MORNING



💧 x 20

20 Drops

..... & .....



3 Drops



## EVENING



💧 x 20

20 Drops

..... & .....



1 Pad Per Foot

# Detox Foot Pads

## How Do Detox Foot Pads Work?

Detox Foot Pads cause the skin to perspire, and they draw circulating toxins from the bottom of the feet. The carbon-titanium adhesives are designed to increase circulation and the flow of bioelectricity around the pad to boost its effectiveness. The foot is where most of the nerves in the body end, making it the ideal location to detox chemicals and heavy metals.



## What Should You Expect?

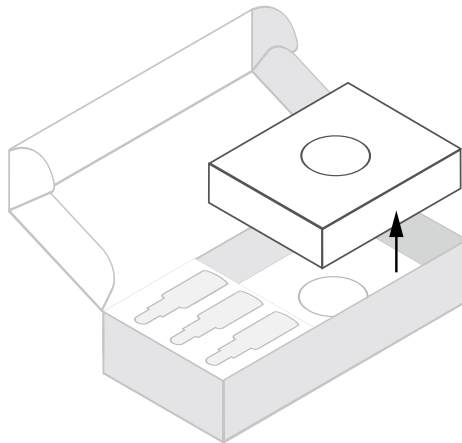
Apply Detox Foot Pads to both feet before bed and let them work while you sleep. During the night, as they draw out toxins from your body, the pads will become discolored, hard, or damp. Your results may vary depending on your level of toxicity. Many people find that as they continue the cleanse, the Detox Foot Pads become less dark.

## Where You'll Find the Detox Foot Pads & Adhesives



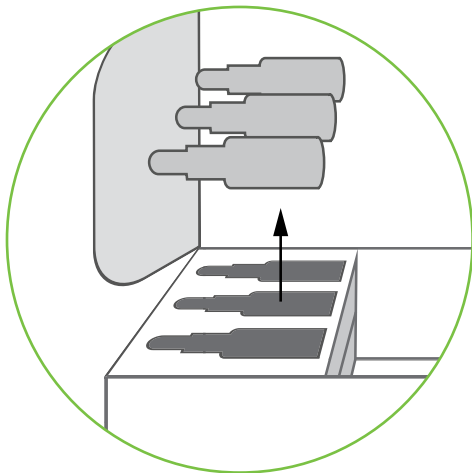
### STEP 1

Remove box with the  
Detox Foot Pads.



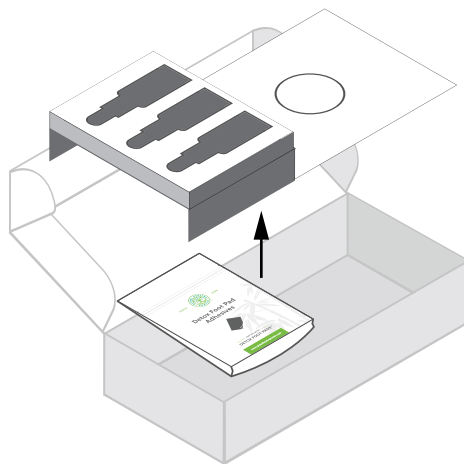
**STEP 2**

Carefully remove bottles from insert.



**STEP 3**

Lift the bottle insert to locate the adhesive strips pouch.



## How to Apply the Detox Foot Pads



### **STEP 1**

Take one adhesive and one Detox Foot Pad. Gently peel the backing paper off the adhesive, leaving the top piece attached for easy handling.



### **STEP 2**

Hold the Detox Foot Pad with the Global Healing Center logos facing down toward the adhesive sheet. Carefully place the Detox Foot Pad on the center of the adhesive.



### **STEP 3**

Remove the remaining backing paper and attach to the bottom of your foot. See the reflexology chart on page 18 to determine where to place the pad to target specific areas of your body.





#### **STEP 4**

Repeat the process for the other foot. Once the Detox Foot Pads are attached to each foot, go to bed. The Detox Foot Pads should be left in place for eight hours.



#### **STEP 5**

The next morning, remove the used pads and discard. They'll likely be discolored, hard, or damp and cannot be reused. Thoroughly cleanse your feet.

Tip: Wear a light sock over the Detox Foot Pads to avoid accidental displacement. Do not place Detox Foot Pads over the eyes or open cuts.

# What Is Reflexology?

Reflexology is an ancient healing art that stimulates specific points on the bottoms of the feet to energize the organs and systems in the body. Detox Foot Pads activate these areas and help to clear blockages.

## Apply Pads to Specific Areas

Apply Detox Foot Pads to the upper (ball), middle (arch), or lower (heel) areas on the bottoms of your feet to stimulate the reflex points that correspond with the organs you want to cleanse.



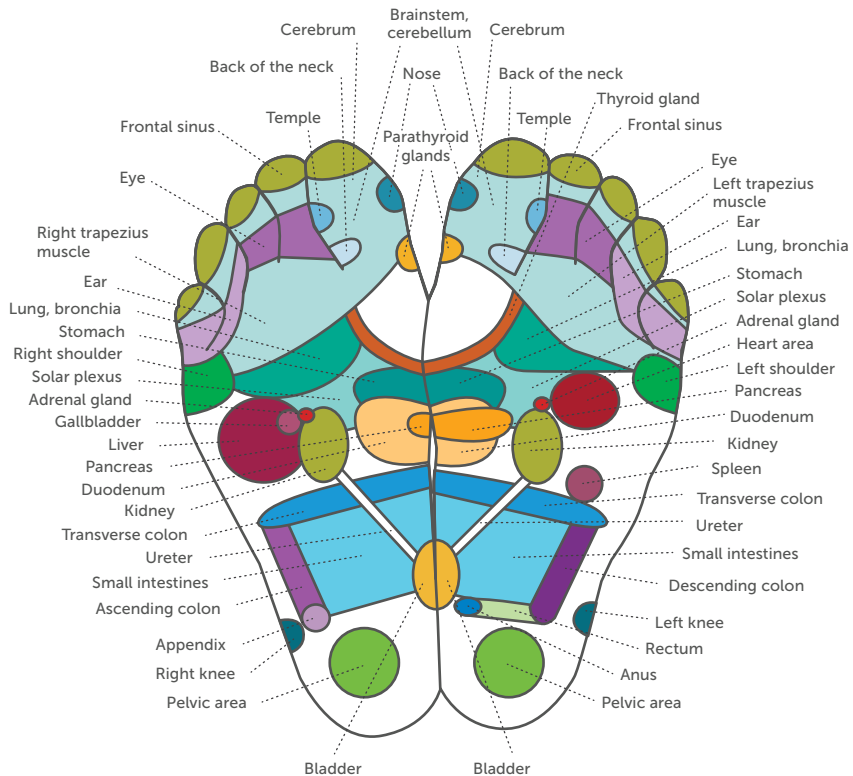
**Upper**



**Middle**




**Lower**





## Keep Track of Your Wellness Routine

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

**#HowILiveHealthy**

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## 30 Days

Day 1  | Day 2  | Day 3  | Day 4  | Day 5

Day 6  | Day 7  | Day 8  | Day 9  | Day 10

Day 11  | Day 12  | Day 13  | Day 14  | Day 15

Day 16  | Day 17  | Day 18  | Day 19  | Day 20

Day 21  | Day 22  | Day 23  | Day 24  | Day 25

Day 26  | Day 27  | Day 28  | Day 29  | Day 30

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TIPS

## Dr. Group's Advanced Tips for Success

A conscious life supports your overall health and well-being. True wellness is the product of a lifelong journey.



## Replace Your Fillings

Amalgam fillings contain mercury that can leak into the body. If you have amalgam fillings, find a natural dentist who can replace them with mercury-free alternatives.



## Avoid Products That Contain Aluminum

Aluminum is the most widely distributed metal on the planet, and it's used in the production of many everyday products. It's especially toxic to the kidneys, brain, lungs, liver, and thyroid. To minimize your exposure to aluminum, avoid the following products.

- |                            |                          |                    |
|----------------------------|--------------------------|--------------------|
| ✗ Aluminum Cookware        | ✗ Buffered Aspirin       | ✗ Lipstick         |
| ✗ Antacids                 | ✗ Cans                   | ✗ Nasal Sprays     |
| ✗ Anti-Diarrhea Medication | ✗ Denture Adhesive       | ✗ Processed Cheese |
| ✗ Antiperspirants          | ✗ Fireworks              | ✗ Toothpaste       |
| ✗ Astringents              | ✗ Foil                   | ✗ Vaginal Douches  |
| ✗ Baking Powder            | ✗ Hemorrhoid Medications |                    |



## Use Supportive Therapies

During and after your cleanse, use balance-promoting therapies like chiropractic adjustments, massage, deep breathing exercises, acupuncture, and sauna bathing as they 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.



## Strengthen Your Gut

The probiotic colonies in your digestive tract help your immune system defend against harmful organisms. An advanced probiotic formula like Floratrex™ offers extra support to strengthen the gut. Use as directed.





## 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 support your cleanse, stimulate your immune system, and soothe stress throughout your body.





## You Did It!

Cleansing your body of chemicals and heavy metals is an important and beneficial step in your healthy living journey. Continue on this path by staying focused on your health goals and taking the necessary actions to achieve them. Remember, if you need support, guidance, or just some encouragement — give us a call. Helping you is what we do.

## What's Next?

Upon completion of your cleanse, you will have Detoxadine left over. Continue to use as directed on the label for ongoing thyroid support. You can also purchase additional Zeotrex or Detox Foot Pads and use each as directed on the label for maintenance cleansing. For more help, view our complete cleansing guidelines at [ghc.us/complete-cleanse](https://ghc.us/complete-cleanse) or contact our Customer Satisfaction Team.



Email us at [support@globalhealingcenter.com](mailto:support@globalhealingcenter.com)



Call us at 1.800.476.0016



Text us at 281.949.6768

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[ghc.us/review-chmcp](https://ghc.us/review-chmcp)



[globalhealingcenter.com](https://globalhealingcenter.com)



**Please Recycle**

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This product is not intended to diagnose, treat, cure or prevent any disease.