



COMPLETE BODY CLEANSE
PROGRAM INSTRUCTIONS

A Healthy Body for a Healthy Life





Look at You

You're about to start something that will mark a turning point in your life. The Complete Body Cleanse Program™ is just that — a total refresh of your physical state that will lead to a renewal of your mindset. You're going to feel better, have more energy, and spark a passion for healthy living that will change your life. Get ready, this is it.

We're Here for You

We want to be your partner and we're here to help you succeed! Contact us for VIP support.



Email us at support@globalhealingcenter.com



Call us at 1.800.476.0016



Text us at 281.949.6768



VIP Customer Satisfaction

The Complete Body Cleanse Program includes free VIP support with our knowledgeable and award-winning Customer Satisfaction Team. You can contact us directly and speak to a live person who cares about your success and is ready to answer your questions and help you through this process.

- One-on-One Personal Support
- Available Through Phone, Text, or Email
- Totally Complimentary — No Extra Fees
- No Time Limits — Your Satisfaction Is Our Goal

“

When we say that we're here for you, we mean it. The Complete Body Cleanse Program is a big investment into your health and wellness and we're committed to helping you succeed. If you have any questions or comments whatsoever, reach out and let us help!

Dr. Edward F. Group III



Contents

.....	Page
Overview	7
Diet	11
Tips	16



The Cleanses	Page
Colon Cleanse Program	21
Liver Cleanse Program	31
Harmful Organism Cleanse Program	43
Chemical and Heavy Metal Cleanse Program	53
Cleanse Calendars	70

Overview

The Complete Body Cleanse Program is a series of six cleanses.

- 1 Colon Cleanse Program
- 2 Liver Cleanse Program I
- 3 Liver Cleanse Program II
- 4 Harmful Organism Cleanse Program
- 5 Liver Cleanse Program III
- 6 Chemical and Heavy Metal Cleanse Program



Reminder

You can track your progress using the accompanying calendars starting on [page 70](#).

What to Expect

During your cleanse, you may experience what's known as a healing crisis. A "healing crisis" describes a phenomenon where you may feel worse during cleansing. It occurs because as toxins exit the body, they may cause temporary fatigue, headache, minor rash, lack of mental clarity, joint or muscle aches, irritability, or difficulty sleeping. Some people experience multiple signs, while most people experience none. It's a temporary reaction that goes away within a few days. Get more information at ghc.us/healing-crisis.



Intentionally Blank

Diet & Tips

How You Should Eat While Cleansing

The food you eat has a tremendous impact on your health. Whenever possible, choose foods that are fresh, organic, and locally sourced. Eat small meals throughout the day to support your digestive health. While each cleanse may have slightly different diet tips which you'll find in the specific cleanse instructions, you should, in general, make sure your diet includes a wide range of colorful fruits and vegetables, healthy fats and oils, and plant-based protein. For advanced insight into how to eat, check out the Body Cleansing Diet at ghc.us/cleanse-diet.

Foods To Avoid

Avoid unhealthy processed foods that contain refined sugars and artificial ingredients. 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.

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

Healthy Snacks

A handful of the following raw nuts and seeds are perfect for snacking.

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



Stay Hydrated & Enhance Your Water

Staying hydrated is an important part of the cleansing process that helps to flush toxins from your body. A good rule of thumb 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.

160 lbs
of body weight
=
80 oz
of water





TIPS

Dr. Group's Advanced Tips for Success

Next are several optional strategies that can help you get even more from your cleansing experience.



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.



Strengthen Your Gut

The probiotic colonies in your digestive tract are susceptible to damage from heavy metals and other toxins. Taking an advanced probiotic every day is extra support that can help strengthen your gut.



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.



Replace Your Fillings

Amalgam fillings contain toxic mercury that can leak continuously 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 liver, kidneys, brain, and thyroid. Avoid the following products to minimize your exposure to aluminum.

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



Intentionally Blank

Cleanse 1



6 Days to Cleanse Your Intestinal Tract

The Colon Cleanse Program™ will cleanse and rejuvenate your digestive tract and strengthen your gut. For this cleanse, you're going to follow a healthy diet and take a natural colon cleanser along with probiotic support for six days. Better digestion, improved well-being, and an overall feeling of renewal are in store for you. Keep the end in mind, you got this!

What's In Your Program



Latero-Flora™

1 Bottle, 60 capsules

Provides probiotic support



Oxy-Powder®

1 Bottle, 120 capsules

Cleanses the digestive tract

Fruits That Encourage Intestinal Cleansing

Below is a list of fruits that support a clean and healthy digestive system. You can eat them individually or make a fruit salad with any combination.

- ✓ Apples
- ✓ Blackberries
- ✓ Oranges
- ✓ Raspberries
- ✓ Avocados
- ✓ Blueberries
- ✓ Papaya
- ✓ Watermelon
- ✓ Bananas
- ✓ Grapefruit
- ✓ Pineapple



INSTRUCTIONS

Here's the Plan

The Colon Cleanse Program consists of following a plant-based diet (preferably fruit) and taking Oxy-Powder and Latero-Flora for six days. Take 2 capsules of Latero-Flora in the morning 20 minutes before your morning meal. Take 6 capsules of Oxy-Powder in the evening at least two hours after your evening meal with 8 ounces of purified water.

After completing this cleanse, you will have remaining Latero-Flora and Oxy-Powder. Keep both products as you'll use them in the other cleanses.



MORNING



2 Capsules



EVENING



6 Capsules

Tip: Adjust as Needed

Taking Oxy-Powder should make you have three to five bowel movements the following day. If it doesn't, increase your serving to 8 capsules for the remainder of the cleanse. Additionally, you can add lemon juice to your drinking water to boost the effects of Oxy-Powder.

During the cleanse, you may experience loose, watery stools. Note that this is normal and an indication that you're cleansing properly.





You Did It!

Finishing the Colon Cleanse Program is a huge step on your healthy living journey, keep your momentum going! Stay focused on your goals and commit yourself to achieving them. If you need support, encouragement, or just an ear to listen, give us a call. We're eager to help you be your best!

Before You Move On

One of the most commonly asked questions is, “Do I need to start the next cleanse immediately or can I take a break?” The answer is that it depends on you. If you feel like you need a few days or even a few weeks before advancing to the next cleanse, take that time. If you feel ready to move on immediately, that’s fine, too. Cleansing is a personal process and the best strategy is to pay attention to your body and do what feels right for you.



Reminders

Remember to keep your remaining Latero-Flora and Oxy-Powder for upcoming cleanses.



Intentionally Blank

Cleanse 2, 3, 5



6 Days to Cleanse Your Liver

The Liver Cleanse Program™ is an all-natural, 6-day plan to cleanse and rejuvenate your liver and gallbladder. It involves following a healthy diet and taking supplements to stimulate your liver and soften buildup, followed by a flush that will purge toxins. Better digestion, more energy, and an elevated well-being are on the horizon. Contact our award-winning Customer Satisfaction Team if you need any help, encouragement, or coaching. We're rooting for you!

Continue to use the remaining Oxy-Powder from your colon cleanse.

What's In Your Program



Livatrex®

1 Bottle, 2 oz

.....
Cleanses the liver



Turmeric

1 Bottle, 2 oz

.....
Provides antioxidant support



Oxy-Powder®

1 Bottle*

.....
Promotes toxin elimination



Epsom Salt

1 Packet, 1 tablespoon

.....
Relaxes the bile ducts to help
flush the liver



Extra Virgin Olive Oil

1 Bottle, 6 oz

.....
Stimulates bile production

*Shared with other cleanses



DIET

Fruits & Vegetables That Encourage Liver Cleansing

Here is a list of plant-based foods that support the liver. We find that adding these options to your diet boosts the efficacy of the cleansing process. Each can be consumed individually, or added into your diet in general. Feel free to eat as much as you would like. 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

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

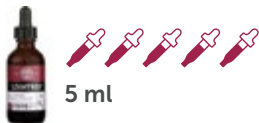
INSTRUCTIONS

Here's the Plan

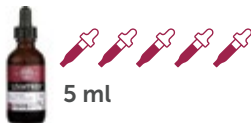
The Liver Cleanse Program consists of following a healthy diet and taking Livatrex, Turmeric, and Oxy-Powder for four days, followed by a flush prep day where you'll take extra virgin olive oil and Epsom salt, and then a flush day with Oxy-Powder.

Days 1-4: Prep

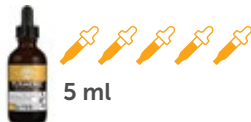
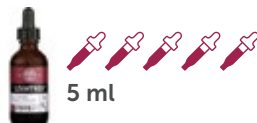
For the first four days, you will need to take 5 ml of Livatrex and 5 ml of Turmeric three times per day between meals. That is a total of 15 ml of Livatrex and 15 ml of Turmeric every day. Take the first serving in the morning, the second in the afternoon, and the last before or after your evening meal. 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 2 hours after your last meal 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 for easy use.

Day 5: Pre-Flush

MORNING & AFTERNOON



The last four days were preparation and you will not take Livatrex, 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 the 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 at least 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. Most importantly, allow yourself time to rest if necessary.

*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.

You Did It!

Completing the Liver Cleanse Program is one of the most effective measures you can take to support your health. As you continue the Complete Body Cleanse Program, stay focused on your goals, continue good diet habits, and don't be afraid to reach out if you need a little help.

We suggest resting for a week after completing this cleanse before moving on to the next.

What's next

- 1** If this was your first liver cleanse, repeat and perform another.
- 2** If it was your second liver cleanse, move on to **Cleanse 4** (harmful organism cleanse) on **page 43**.
- 3** If it was your third liver cleanse, then **Cleanse 6** (chemical and heavy metal cleanse) is next on **page 53**.



Intentionally Blank

Cleanse 4



40 Days to a Cleaner You

The Harmful Organism Cleanse Program™ will flush and cleanse your body of the harmful organisms that steal nutrition, weigh you down, and weaken your immune system. This 40-day plan involves following a healthy diet and using all-natural supplements to cleanse your body and create an internal environment where those organisms can't take hold. Efficient digestion, better energy, and improved well-being are on the way!

Continue to use the remaining Latero-Flora from your colon cleanse.

What's In Your Program



Paratrex®

2 Bottles, 120 capsules

Eliminates harmful organisms



Oregatrex™

1 Bottle, 1 oz

Supports the immune system



Latero-Flora™

1 Bottle*

Strengthens the gut



Vegetable Capsules & Dropper

1 Bag, 90-100 capsules

For use with Oregatrex



Mycozil™

1 Bottle, 120 capsules

Eliminates yeast and fungus

*Shared with colon cleanse

Foods That Encourage Harmful Organism Cleansing

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

- ✓ Coconut & Coconut Oil
- ✓ Fermented Foods
- ✓ Onions
- ✓ Oregano
- ✓ Pineapple
- ✓ Pumpkin Seeds
- ✓ Raw Honey
- ✓ Sunflower Seeds
- ✓ Turmeric
- ✓ Wild Berries

Avoid Simple Carbohydrates

Harmful organisms thrive on refined sugar and processed foods. For best results, keep those foods and beverages out of your diet.



INSTRUCTIONS

Here's the Plan

The Harmful Organism Cleanse Program consists of following the dietary guidelines and taking Paratrex, Latero-Flora, Oregatrex, and Mycozil for 40 days to cleanse your body of harmful organisms and strengthen your gut. Take 3 capsules of Paratrex and 1 capsule of Latero-Flora every morning 20 minutes before your morning meal. Take 3 more capsules of Paratrex and 3 capsules of Mycozil 20 minutes before your afternoon meal and 6 drops of Oregatrex in a vegetable capsule with your afternoon meal. Take 6 more drops of Oregatrex in a vegetable capsule with your evening meal.

Preparing Oregatrex



Oregatrex contains capsaicin and may be caustic if taken directly. A dropper and vegetable capsules are included for use with this product. Fill the capsules as needed, filled capsules will dissolve if stored. See label for instructions. Additionally, taking it with food is recommended.



MORNING



3 Capsules

..... &



1 Capsule

AFTERNOON



3 Capsules

..... &



3 Capsules

..... &



6 Drops

EVENING



6 Drops



You Did It!

Completing the Harmful Organism Cleanse Program means that you're more than half done with the Complete Body Cleanse Program. Keep going! Stay focused on your goals, make smart, health-conscious decisions, and remember that we are your partner in this. Have questions? Call us. Need coaching or advice? Call us. We're here to help you!

Before You Move On

Remember how after you finished the Colon Cleanse Program we addressed the question of moving on to the next cleanse immediately or taking a rest period? That line of thinking still applies. If, after you finish the Harmful Organism Cleanse, you feel like you need a break before advancing to the next cleanse in the program, take it. If you feel ready to move forward right away, do it. Again, the best approach is to listen to your body and do what feels right.

What's next

When you're ready, go to [page 31](#) to continue to [Cleanse 5](#).



Intentionally Blank

Cleanse 6



30 Days to a Better You

The Chemical and Heavy Metal Cleanse Program™ will detoxify your body of the chemicals and heavy metals you're exposed to in food, water, and the environment. The 30-day cleanse involves following a healthy diet and taking cleansing supplements. More energy, clarity, and vibrancy are close. You can do it! As always, if you have questions, reach out to us.

What's In Your Program



Zeotrex®

2 Bottles, 1 oz

Removes chemicals and heavy metals



Detox Foot Pads

6 pouches, 60 total

Stimulates detoxification



Detoxadine®

1 Bottle, 1 oz

Displaces chemical toxins from the thyroid

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



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.

Don't forget about Dr. Group's advanced tips for success at the front of this booklet. Having your fillings replaced and avoiding products that contain aluminum are especially helpful for minimizing your exposure to chemicals and heavy metals. See page 16 for more details.

Note that after completing this cleanse, you will have Detoxadine left over. Use as directed on the label for continued thyroid support.



MORNING



💧 x 20

20 Drops

..... &



3 Drops



EVENING



💧 x 20

20 Drops

..... &



1 Pad Per Foot



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.





Awesome!

Finishing the Complete Body Cleanse Program is a major accomplishment and proof that you can do anything when you put your heart into it. You deserve a huge congratulations for what you've achieved!

Now is the time to fully embrace this improvement in your well-being and keep the ball rolling. Live your best life, and use this experience as a catalyst to continue living with your health and happiness in mind.

Cleanse Regularly

Do the Complete Body Cleanse Program every 12 to 18 months or the individual cleanses as needed. We suggest doing colon and liver cleansing a few times throughout the year and harmful organism and chemical and heavy metal cleansing yearly.

Keep Eating Healthy

Few things in life affect your health as much as the food you eat. Use this experience as a starting point and continue to follow an organic diet that includes a lot of fresh fruits and vegetables. Avoid processed food that contains refined sugar and artificial ingredients.

Cleanse Your Home

Detoxing your home environment is the perfect complement to detoxing your body. Replace toxic cleaning chemicals with natural alternatives. If you're remodeling, use green building supplies. Get an air purification device to filter the air. The possibilities are endless!

You Have a Guide for This Journey

Whether you need guidance about what to do next, have feedback about your experience, or want to celebrate your completion of the Complete Body Cleanse Program, reach out. We'd love to hear from you.



Email us at support@globalhealingcenter.com



Call us at 1.800.476.0016



Text us at 281.949.6768

Connect With Us On Social Media

Living healthy is a lifestyle and it's easier when you have a community of people to support you. Follow us for regular insight and encouragement.



Stay in the Loop

Check out our blog at ghc.us/blog for insight on living a happy, healthy lifestyle.



Intentionally Blank

Cleanse Calendars





Intentionally Blank







Keeping Track of Your Progress



✔ The next several pages feature calendars for you to keep track of your daily progress with each cleanse. As you check off each day, you can even take a picture of your progress, and share it on Instagram and Facebook using the hashtag **#HowILiveHealthy**



Days 1-6



Day 1 |  Latero-Flora |  Oxy-Powder

Day 2 |  Latero-Flora |  Oxy-Powder

Day 3 |  Latero-Flora |  Oxy-Powder

Day 4 |  Latero-Flora |  Oxy-Powder

Day 5 |  Latero-Flora |  Oxy-Powder

Day 6 |  Latero-Flora |  Oxy-Powder

Notes

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

Notes

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

Notes

40 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

Day 31 | Day 32 | Day 33 | Day 34 | Day 35

Day 36 | Day 37 | Day 38 | Day 39 | Day 40

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

Notes

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

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-cbcp



globalhealingcenter.com



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.