



KIDNEY CLEANSE INSTRUCTIONS

# Healthy Kidneys for a Healthy Life





## Go You

Doing a kidney cleanse doesn't happen by chance or accident. You're here because your health is a priority and you made the right decision. The Kidney Cleanse Program™ is an all-natural approach to cleansing and rejuvenating your kidneys. For the next four days, you're going to follow a healthy, plant-based diet and take supplements to stimulate and cleanse your kidneys. More energy and a happier well-being are just a couple outcomes you can expect from this cleanse. Get ready, you can do it!

# 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



## 4 Days to Cleanse Your Kidneys

# Overview

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## What's In Your Program



### **Renaltrex®**

1 Bottle, 2 oz

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Cleanses the kidneys



### **Oxy-Powder®**

1 Bottle, 60 capsules

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Promotes toxin elimination



### **Turmeric**

1 Bottle, 2 oz

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Provides antioxidant support

## 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 Kidney Cleansing

Below is a list of fruits and vegetables that support the kidneys. You can eat them individually or accentuate your diet with them.

- ✓ Beets
- ✓ Celery
- ✓ Cherries
- ✓ Cinnamon
- ✓ Cranberries
- ✓ Cucumber
- ✓ Garlic
- ✓ Ginger Root
- ✓ Grapefruit
- ✓ Kidney Beans
- ✓ Olive Oil
- ✓ Onion
- ✓ Oranges
- ✓ Tomatoes
- ✓ Turmeric
- ✓ Watermelon

## 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

The food you eat affects your health more than anything else. 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
- ✗ Eggs
- ✗ Gluten
- ✗ High Fructose Corn Syrup
- ✗ Meat
- ✗ Microwaved Food
- ✗ Processed Food
- ✗ Refined Sugar
- ✗ Soy
- ✗ Table Salt



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Your kidneys filter over 200 quarts of blood every day to remove toxins and metabolic waste. And that's just the start — they also regulate electrolyte levels and make hormones. Doing a kidney cleanse is smart maintenance that promotes kidney health for the long term!

**Dr. Edward F. Group III**



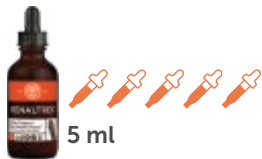
## INSTRUCTIONS

### Here's the Plan

The Kidney Cleanse Program consists of following a healthy diet and taking Renaltrex, Turmeric, and Oxy-Powder for four days. You will take 5 ml of Renaltrex and 5 ml of Turmeric three times per day between meals. That is a total of 15 ml of Renaltrex 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. Take 4 capsules of Oxy-Powder in the evening before bed — at least two hours after your evening servings of Renaltrex and Turmeric. Over the four days, you'll use all of the Renaltrex and Turmeric.



### MORNING



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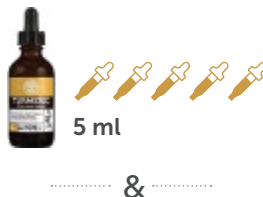
### AFTERNOON



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### EVENING








## Keep Track of Your Cleanse




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




**#HowILiveHealthy**




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### Days 1-4

Day 1	 Renaltrex & Turmeric	 Renaltrex & Turmeric	 Renaltrex, Turmeric, & Oxy-Powder
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Day 2	 Renaltrex & Turmeric	 Renaltrex & Turmeric	 Renaltrex, Turmeric, & Oxy-Powder
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Day 3	 Renaltrex & Turmeric	 Renaltrex & Turmeric	 Renaltrex, Turmeric, & Oxy-Powder
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Day 4	 Renaltrex & Turmeric	 Renaltrex & Turmeric	 Renaltrex, Turmeric, & Oxy-Powder
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## TIPS

# Dr. Group's Advanced Tips for Success

Just as your kidneys affect 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 Aloe Fuzion™ is an easy way to support your cleanse, stimulate your immune system, and soothe stress throughout your body.



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Along with your colon and liver, your kidneys are vital, hard-working organs that benefit tremendously from regular cleansing. Strong, healthy kidneys can filter waste efficiently and get it out of your body so it doesn't linger and affect your health and well-being.

**Dr. Edward F. Group III**





## You Did It!

Completing the Kidney 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 need 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 remaining for several maintenance servings. Use as directed on the label or as needed. Alternatively, you can purchase additional bottles of Renaltrex and Turmeric and use the remaining Oxy-Powder to do another kidney cleanse. 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)



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Text us at 281.949.6768

# Please Tell Us How We're Doing

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



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



**Please Recycle**

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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.

**KCP-Iv01**