

LK Cleanse

One of the most important factors in any disease condition is the detoxification of the body. It should also follow that such a detoxification can be an excellent means of preventing disease and promoting good health. The following is a simple 3-day program which assists normal detoxification of the major organs involved in processing toxins in the body.

MATERIALS NEEDED:

1. 2 to 4 lemons daily, depending on the size
2. 2 to 6 whole beets daily, including greens (tops). (Or work up gradually to 2 LIVER SUPPORT 3x/day.)
3. 2 to 3 quarts Reverse/Osmosis water (or preferably Micro-Water) daily
4. A small container of honey
5. COLON-AID (use 1-2 tablespoons at least 30 minutes before any meal — directions on label)
6. Welch's unsweetened grape juice

WORD OF CAUTION:

It is extremely important that the specified quantity of water is taken into the system each day; the success of your fast depends on strict adherence to the rules without exception. If, by any chance, nausea is produced or the beet juice should prove too distasteful, then dilution with a small amount of celery or apple juice is permitted. It is to be emphasized that this does not reduce the stated amounts of beet juice.

Three-Day Program

DAY 1:

Look at the instructions on the front page of your diet booklet. Mix the recommended amount of freshly squeezed lemon juice and Reverse/Osmosis water, adding honey only if so instructed. Sip on it constantly during the day. (Notice that you must drink additional liquids to meet your required minimum fluid intake.) In addition, juice sufficient whole beets (tops and root) to make 2 fluid ozs. of juice and consume this, or you may take 1 LIVER SUPPORT 2x/day. Take COLON-AID in the morning and in the evening mixed in grape juice.

DAY 2:

Repeat the Reverse/Osmosis water/lemon/honey mixture. Take COLON-AID twice daily. Increase the beet juice to 4 ozs. or LIVER SUPPORT to 1-3x/day.

DAY 3:

Repeat the Reverse/Osmosis water/lemon/honey mixture. Take COLON-AID twice daily. Increase the beet juice to 6 ozs. or LIVER SUPPORT to 2-3x/day. (Check your retest appointment schedule to see if you are due for a monitor.)

THIS IS THE END OF THE CONCENTRATED DETOXIFYING, BUT THE FIRST WEEK AFTER THIS PROGRAM IS EXTREMELY IMPORTANT TO ACHIEVING LASTING BENEFITS. THE FOLLOWING SUGGESTIONS AS TO EATING HABITS SHOULD BE OBSERVED.

DAYS 4 & 5:

Stop using the Reverse/Osmosis water/lemon/honey mixture, but continue the COLON-AID. Drink all you wish of tomato juice, carrot juice, grape juice (dilute grape juice with about 1/3 Reverse/Osmosis water) or other vegetable or fruit juices. Eliminate citrus juices. Consume Reverse/Osmosis water as recommended in your diet outline. Continue LIVER SUPPORT 2-2x/day.

DAY 6 & 7:

Add raw fruits and vegetables to your regime, maintaining COLON-AID intake and juices as desired. Continue LIVER SUPPORT 1-3x/day.

DAY 8:

Add plain yogurt and/or cottage cheese, continue COLON-AID. Continue LIVER SUPPORT 1-3x/day.

DAY 9:

Add lightly steamed vegetables, reduce COLON-AID to morning only. Continue LIVER SUPPORT 1-2x/day.

DAY 10:

Add a small portion of meat (chicken, turkey or white fish) to one meal if you so desire. Continue COLON-AID mornings only until gone. Continue LIVER SUPPORT 1-2x/day.

DAY 11:

Time for a Monitor to determine future considerations.

NOTE: Food supplements may be continued throughout the program if desired.