

The Five-Day
Kidney & Bladder Cleanse

IMPORTANT NOTICE: Ideally, you should be using Total Nutrition, Echinacea, Total Tonic, and Cayenne on a daily basis and complete the 2-week bowel detoxification and rebuilding program using Intestinal Cleanse #1 and #2 before starting on this program. CONTINUE taking Intestinal Cleanse #1 & #2, Total Nutrition, Echinacea, Total Tonic, and Cayenne when you begin this program unless you do this program immediately after the 5 Day Liver Cleansing and Detoxification Program in which case you should stop the Intestinal Cleanse #1 & #2, and the Echinacea. You should definitely continue with the Total Nutrition, Total Tonic, and Cayenne when this cleanse is done after the Liver/Gallbladder cleanse.

The night before you begin, make the Kidney/Bladder Tea per the instructions on the package.

Day #1 Start: Upon arising drink 8 ounces of distilled water. This is a great way to start your day. The water rinses and flushes your digestive tract of any leftover food and digestive juices. Make your tea per instructions on the package. Within 1 hour prepare the following Morning Drink:

Kidney & Bladder Flush Morning Drink

- ú Juice of one Lemon and one Lime
- ú 16 to 32 ounces of Distilled Water
- ú A pinch of Cayenne Pepper or 1 to 10 drops of Cayenne Tincture.
- ú Optional - Maple Syrup (a little) to Taste

15 minutes after this drink, consume 2 cups of Kidney/Bladder Herb Tea and 2 dropperfuls of Kidney/Bladder Formula. The Kidney/Bladder Formula can be taken straight or in a few ounces of water. Repeat the Kidney/Bladder Tea and the Kidney/Bladder Formula 2 more times during the day.

Day #1 Breakfast:

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Live, FRESH fruit or vegetable juice is the best way to get your Vitamins, Minerals and other Essential Nutrients. They are also very important for cleansing and detoxification. If you are hungry before lunch time you may have fruit, diluted fruit juices, and fruit smoothies. Stop all fruit or fruit juices at least 1 hour before lunch. It is best while on this program not to mix fruit and vegetables together.

Day #1 Lunch:

For lunch you can have diluted fresh raw vegetable juices, raw vegetables alone or in salads, sprouts, potassium broth, and herb teas. You may make dressings for the salad if you like using Olive oil, Avocado, Raw Apple Cider Vinegar, Lemon Juice, Garlic, Onions and any Herbs and Spices.

Afternoon Snacks: Raw vegetables, raw vegetable salads, diluted vegetable juices, sprouts, potassium broth and herb teas. All vegetable food must be stopped by 6 p.m.

Day #1 Dinner:

Diluted fruit juices, fruits, fruit smoothies, fruit salads and herb teas.

Day #2, #3 and #4: If you have done the Liver/Gallbladder Cleanse, day #2, #3, & #4 are the same as Day #1 without doing the fast. If doing the Kidney Cleanse first, then begin a 3 day juice fast. Start with your water, morning flush drink and herbal tea. Diluted fruit juices and herb tea until noon, diluted vegetable juices, Potassium Broth and herb tea mid-day and afternoon and diluted fruit juices and herb tea again in the evening. Consume at least 1 gallon (128 ounces) of liquid. That is 8 ounces every hour! If you get hungry, DRINK MORE!!!

Potassium Broth

This is a great-tasting addition to your cleansing program. It will flush your system of toxins, poisons and unwanted salts and acids while giving you a concentrated amount of vitamins and minerals.

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Recipe: See Data Sheet entitled "EVERYTHING YOU NEED FOR Liver/Gallbladder & Kidney Flush Drink, Kidney & Liver Tea, Potassium Broth and The Bomb" All Ingredients Are Organic. This sheet will give you complete instructions and supplies needed to make your nutritious Potassium Broth.

Day #5:

Today is the day to break your fast if doing this cleanse before the Liver/Gallbladder Cleanse. Make this day the same as day #1. After your morning drink, you can have some fresh fruit. Chew it very slowly and mix each mouthful with plenty of saliva. Remember, breaking your fast is a very important part of this program. Chew your food well and eat until satisfied, not full. You can always eat more later if you are still hungry. After 1:00 PM you should have a small vegetable salad, and fruit again in the evening, chewing everything to a liquid pulp.

Remember, this program restricts the types of food you will be eating, not the amount. If you are hungry at any point during this detoxification program, drink and/or eat more. The more you eat and drink, the more you will flush the toxins out of your body. Also remember to have a fun time. Your positive, healing attitude is most important to achieve maximum benefits out of this program; be loving to yourself. Take it easy when returning to a new healthy food program. Choose lighter foods for a few days and be careful not to overeat. Chew your food well. Eating smaller meals more often is better than one or two large meals. Enjoy your new set of values on food choices and amounts. For the best health, eat lots of raw, organic foods that are grown locally and in season. Repeat this program until you are well but do it at least twice more after you have recovered.

Love,

Doc

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