

Daily Schedule for Colon/Liver Cleanse

SCHEDULE	6:00 AM		6:30 AM		7:30 AM		8:00 AM	NOON	3:00 PM		6:00 PM	9:00 PM		CLEANSING NOTES
	Before breakfast		Day 7, 30 min after Comfortone		Day 7, 30 min after lemonade		Breakfast	Lunch	Day 3, 2+ hours after lunch		Dinner	2+ hours after dinner		
	Supplement	Qty	Supplement	Qty	Supplement	Qty			Supplement	Qty		Supplement	Qty	Suggested length of cleanse: four to six weeks.
DAY 1	ComforTone	2										ComforTone	2	Drink ten 10 ounce glasses of purified water daily.
	Water	10 oz										Water	10 oz	
DAY 2	ComforTone	3										ComforTone	3	Add two ComforTone capsules daily, one in AM, one in PM.
	Water	10 oz										Water	10 oz	
DAY 3	ComforTone	4							Detoxzyme	2		ComforTone	4	Add Detoxzyme on Day 3 or later.
	Detoxzyme	2							Water	10 oz		Detoxzyme	2	
	Water	10 oz										Water	10 oz	
DAYS 4-6	ComforTone	4 or 5							Detoxzyme	2		ComforTone	4 or 5	Adjust number of ComforTone capsules to ensure cleansing without discomfort.
	Detoxzyme	2							Water	10 oz		Detoxzyme	2	
	Water	10 oz										Water	10 oz	
DAY 7 +	ComforTone	4 or 5	Lemonade	1	Nutrition drink	1			Detoxzyme	2		ComforTone	4 or 5	Add cleansing lemonade and nutrition drink on Day 7. Repeat Day 7 schedule daily until end of cleanse.
	Detoxzyme	2	JuvaTone OR	2					Water	10 oz		Detoxzyme	2	
	Water	10 oz	JuvaCleanse	1								Water	10 oz	
			Lipozyme	3										

Recipes and Directions for Colon/Liver Cleanse

Cleansing lemonade

2 c Water
 1 Juice of one lemon
 2 tbsp Grade B maple syrup or Young Living Blue Agave
 1/8 tsp Cayenne pepper
 or less

Stir and drink with one of the liver supporting supplements at right.

Optional - On Day 7 or later, if well tolerated, add a second lemonade with liver supplements at bedtime.

Liver supplements

JuvaTone tablets
 Milder liver cleansing formula. Start with 2 tablets, taken with lemonade. May gradually increase to four tablets, 4 times daily.

JuvaCleanse essential oil blend
 Stronger liver cleansing formula. Start with 5 drops of JuvaCleanse plus 3 drops of Peppermint essential oils in a "00" size capsule. Close capsule and take with lemonade.

Optional - May increase JuvaCleanse by 2 drops per day to max of 16 drops per day, plus 3 drops of Peppermint.

Nutrition and fiber drink

1/2 scoop Golden flax seed
 1 scoop Salba seed
 1/4 cup Dried wolfberries
 Fine grind in coffee grinder
 Water
 2 cups NingXia Red juice
 1-2 oz Stir to mix and drink.

Optional ingredients
 1-1/2 tsp JuvaPower supplement
 1 scoop Power Meal protein drink
 Optional - On Day 7 or later, if well tolerated, take a second nutrition & fiber drink at 3:00 PM with Detoxzyme.

Product and Price List

ComforTone® 150 caps, Item #3204
 Whsl \$29.75 Pref Cust \$34.45 Retail \$39.14

Detoxzyme® enzyme complex, 180 veg caps, Item #3203
 Whsl \$39.74 Pref Cust \$46.03 Retail \$52.30

JuvaTone supplement, 150 tabs, Item #3214
 Whsl \$31.75 Pref Cust \$36.76 Retail \$41.78

JuvaCleanse essential oil blend, 15 ml, Item #3395,
 Whsl \$94.75 Pref Cust \$109.71 Retail \$124.67

NingXia Red juice, 2 pak, 1 ltr ea, Item #3023
 Whsl \$77.00 Pref Cust \$89.16 Retail \$101.32

JuvaPower supplement, 8 oz, Item #3276
 Whsl \$39.75 Pref Cust \$46.03 Retail \$52.30

Power Meal protein drink, Item #6300
 Whsl \$49.75 Pref Cust \$57.61 Retail \$65.46

Di-Gize essential oil blend 15 ml, Item #3324
 Whsl \$32.00 Pref Cust \$37.05 Retail \$42.11

These statements have not been evaluated by the Food & Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.