

Basic Liver Program

Liver Cleanse

Whole fresh herb tinctures, starting with St. John's Wort

Natural B Complex (food based)

C 5 or C 5 + - food based vitamin C powder

Probiotic Flora

Adrenal Support formula

Liver formula #1:

astragalus root, milk thistle seed blend
(custom blended for each individual, bulk, organic)

Liver formula #2:

artichoke, black radish, dandelion root
(custom blended for each individual, bulk, organic)

options :

selenium, alpha lipoic acid, thymus support formula
other herbs or supplements as required on an individual basis

Books: Nutrition, Liver Therapy, Liver Program

Supplies: capsule maker and vegetarian capsules, others as needed

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Leaf lady's Liver Cleanse

TAKE FIRST THING EACH MORNING, BEFORE ANY OTHER FOOD OR BEVERAGE FOR SIX DAYS

SKIP ONE DAY THE DAY OFF ALLOWS YOUR BODY TO ADJUST TO CHANGES OCCURRING IN NATURAL HEALING

REPEAT ONCE USING THE 6/1 SCHEDULE

USE PERIODICALLY OVER TIME OR AS ADVISED BY YOUR HEALTH PRACTITIONER

Use organic ingredients if possible, and freshly squeezed juice.

You will need –

8 - 10 ounces not from concentrate or fresh squeezed orange juice – preferably from organic fruit

Dilute juice with distilled water to 50% volume if sugar sensitive

Whole lemon with peel – ¼ to ½ of a large lemon or ½ to 1 small lemon – slice thinly

1 tablespoon cold pressed, extra virgin olive oil (not Bertolli)

1 large clove garlic, peeled and smashed

1 thumb nail size piece of fresh ginger root - grated

BLEND ON HIGH IN A BLENDER UNTIL SMOOTH

SIP SLOWLY - NO GULPING

Leaf lady's Gentle Liver Cleanse

You will need -

1 ripe banana

1 TBSP chopped fresh parsley

1 clove garlic

2 lemons peeled

1 TBSP extra virgin olive oil

8 oz. unfiltered Apple Juice,
dilute juice with distilled water to 50% volume if sugar sensitive

Drink at night about 1 hour before bed for 3 - 5 nights.

Ask about *Leaf lady's* Kidney Cleansing Program and
our cleansing programs for addictions.

To get our *Healthy Handout*© to learn how to clean non-organic foods
send a legal size (#10) Self-Addressed Stamped Envelope and \$1.00 (US) to:
CHI, PO Box 8661, Moscow ID 83843

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