

THE THREE WEEK INTESTINAL AND LIVER CLEANSE

The best time to do the cleanse is during the warmer months. Here's what you will need:

1 bottle Dr. Schulze Intestinal Cleansing Formula #3, if you have regular bowel movements, or Formula #1, if you tend to be constipated	\$22
1 bottle Dr. Schulze Superfood Plus supplement	30
1 bottle Dr. Schulze Intestinal Formula #2	18
1 bottle Dr. Schulze Liver/Gall Bladder Formula	28
1 bottle Dr. Schulze D-Tox Formula	28
1 bag Detoxification Tea	16
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	\$142

product order line: 800-437-2362; www.dr-schulze.com

What you do:

Start each day with half an hour of walking outside or other light exercise. In the afternoon, do another half hour of exercise. Follow a vegan diet (some fish or organic poultry is ok). Vegetables should be steamed or lightly sautéed. Eat a lot of brown rice or other cooked whole grains. I recommend short grain brown rice cooked with four parts water to one part rice, low heat for 3-4 hours until water is absorbed, to achieve a soft consistency. Drink only water, vegetable juice, herbal teas or pure fruit juice diluted 75% with water. No soda, no heavily fried foods, no refined sugar.

Week 1: Take two rounded tablespoons Superfood powder mixed in juice or water every morning. Take one teaspoon Formula #3 after dinner. If you do not see an increase in bowel action by the next day, increase your dosage by one teaspoon, up to a maximum of four per day. [Note: If you have colitis, Irritable Bowel Syndrome, Crohn's or some other condition causing frequent bowel movements and diarrhea, skip *Week 1* and start with *Week 2*.]

The purpose of Week 1 is to establish efficient bowel function so that toxins released in weeks 2 and 3 are eliminated. The goal of Week 1 is to have at least two good bowel movements per day; if you do not reach this goal, do not advance to Week 2 but consult your practitioner.

Week 2: Take one heaping teaspoon Intestinal Formula #2 dissolved in juice or water, five times a day, at least half an hour before or after meals. Continue with Superfood and Formula #3 as in *Week 1*.

The purpose of Week 2 is deep cleansing of old, impacted fecal matter from the colon.

Week 3: Continue with Superfood and Formula #3, but stop Intestinal Formula #2. Take two droppersful Liver/Gall Bladder Formula and two droppersful D-Tox Formula, mixed with juice or water, three times a day. Fifteen minutes after each dose drink one cup Detox Tea. Beginning on day 3, prepare the following *Liver Flush Drink* in your blender and drink once a day:

- 1 cup juice (orange juice tastes best)
- 1 clove garlic
- 1 tablespoon organic virgin olive oil (increase daily by 1 tablespoon)
- 1 piece fresh ginger, about one inch long
- 1/2 cup water