

# 30 Day Cleansing Instructions and Guidelines

## Ferryman Cleansing Program

### Elixir Cleansing Tea



### Minister of Power Kidney Support



### Noble Servant Lymphatic Support



## Success Tips

### Dietary suggestions to avoid if possible, to help enhance your results

1. Meat of any kind including fish and chicken
2. Fried foods
3. Caffeine, sodas, energy drinks.
4. Alcohol
5. White sugars or imitation sweeteners

### What to Do:

1. Drink only clean filtered water
2. Exercise raising heart rate for 20 min a day
3. Plenty of sleep

## Suggested Dosing

Upon Rising	Mid-Day
<ol style="list-style-type: none"> <li>1. Make the tea per the instructions on the package (Shake, boil, pour and sip).</li> <li>2. Take 2 Minister of Power and 2 Noble Servant with filtered water</li> <li>3. Sip half the tea</li> <li>4. Drink at least 1 liter of clean filtered water after drinking the tea.</li> <li>5. Wait 1 hour before eating</li> </ol>	<ol style="list-style-type: none"> <li>1. Wait 1 hour after food before drinking the other half of the tea</li> <li>2. Take 2 Minister of Power and 2 Noble Servant with filtered water</li> <li>3. Drink at least 1 liter of clean filtered water after the tea.</li> <li>4. Wait 1 hour before any additional food</li> </ol>

## Make the Commitment Before You Begin

This elixir tea can break down years of toxins that have been building in your system, layer by layer. Being diligent with your diet will provide the best results but even if you slide along the way, you can still make progress. It's easy to use, no measuring, soaking, waiting, or mixing, just shake the packet and pour into 16oz of boiling water, sip half in the morning and half in the afternoon, drinking enough water afterwards to FLUSH out the toxins.



## Optional Add-on

**THE ONE** Your daily multi-nutrient that contains all the MICRO-nutrients and Vitamin C the body needs for good health. Can replace any other vitamins that you are now taking.