



HEAVY METAL AND CHEMICAL
CLEANSE PROGRAM INSTRUCTIONS

Detox Your Body of Heavy Metals & Chemicals

You're Amazing

You want to feel your best and you're on the right track. The Heavy Metal and Chemical Cleanse Program™ is an all-natural solution to detoxify your body of the chemicals and heavy metals we're all exposed to every day in our food, water, and environment. The 30-day cleanse involves following a healthy diet and taking cleansing supplements. You're going to be amazed by how you feel – more energy, clarity, and vibrancy are close. You can do it! And, remember, our award-winning Customer Satisfaction Team is here and ready to help. If you have any questions, don't hesitate to reach out.

We're Here for You

We want to be your partner and we're here to help you succeed!



Email us at support@globalhealing.com



Call us at 1.800.476.0016



Text us at 281.949.6768



30 Days to a Better You

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What's In Your Program



Heavy Metal & Toxic Chemical Cleanse

1 Bottle, 2 oz

Removes chemicals and
heavy metals



Detoxadine®

1 Bottle, 1 oz

Displaces chemical toxins
from the thyroid



Dr. Group's Foot Pads

30 sets, 60 total

Advanced cleansing

How You Should Eat During This Cleanse

Whenever possible, choose foods that are fresh, organic, and locally sourced. Eat small meals throughout the day to support your digestive health. Include a wide range of colorful fruits and vegetables, and wash them thoroughly before eating. Make sure to eat plenty of healthy fats, oils, and plant-based protein. For more advanced insight into how to eat, check out the Body Cleansing Diet at ghc.us/cleanse-diet.

Foods That Encourage Heavy Metal & Chemical Cleansing

Below is a list of fruits and vegetables that help your body cleanse itself of chemicals and heavy metals. You can eat them individually or accentuate your diet with them.

✓ Barley Grass

✓ Garlic

✓ Parsley

✓ Cilantro

✓ Green Tea

✓ Wild Blueberries

Stay Hydrated & Enhance Your Water

A good rule of thumb for staying hydrated is to drink one half your body weight in ounces per day. Example: 160 pounds = 80 ounces of water. You can enhance your water by adding organic raw apple cider vinegar (a probiotic- and enzyme-rich tonic) or lemon juice to taste.

160 lbs
of body weight



Minimize These Foods

Unhealthy foods are a major source of chemicals and heavy metals like arsenic, cadmium, and mercury. To minimize your exposure, reduce your consumption of the following foods as much as possible. Or, better yet, eliminate them from your diet entirely.

Foods That May Contain Cadmium

- ✗ French Fries
- ✗ Potato Chips
- ✗ Organ Meat
- ✗ Shellfish
- ✗ Peanut Butter & Peanuts

Foods That May Contain Arsenic

- ✘ Beer & Wine
- ✘ Brown Rice
- ✘ Chicken & Poultry
- ✘ Dark-Meat Fish Like Tuna, Mackerel, Salmon & Swordfish
- ✘ Packaged Grape & Apple Juice

Foods That May Contain Mercury

- ✘ King Mackerel
- ✘ Marlin
- ✘ Orange Roughy
- ✘ Shark
- ✘ Tilefish

INSTRUCTIONS


Here's the Plan

The Heavy Metal and Chemical Cleanse Program consists of following a healthy diet, taking Heavy Metal & Toxic Chemical Cleanse and Detoxadine, and using Dr. Group's Foot Pads for 30 days. Every morning, take 20 drops (1 ml) of Heavy Metal & Toxic Chemical Cleanse straight from the dropper or mixed with purified water, and 3 drops of Detoxadine 20 minutes before your morning meal. In the evening, take another 20 drops of Heavy Metal & Toxic Chemical Cleanse straight from the dropper or mixed with purified water 20 minutes before your evening meal. Apply one foot pad to the sole of each foot before bed.



MORNING



 x 20
20 Drops

..... &




3 Drops

EVENING



 x 20
20 Drops

..... &



1 Pad Per Foot

Dr. Group's Foot Pads

Dr. Group's Foot Pads are made from all-natural tree and bamboo extracts, herbs and gemstones. They are the culmination of centuries of Japanese knowledge that have been passed down through generations. Foot pads are used to help cleanse and promote good health.

What Should You Expect?

Apply the foot pads to both feet before going to bed. In the mornings, you'll see the results of the impurities that were removed while you slept. Simply peel off the foot pads to see that they're discolored, dark brown, hard and bumpy, yellow, or gray in color, with the impurities they've collected from your skin. After repeated nightly applications, depending on your body, you may see that when you remove the pads, they're not as discolored; this is a clear indication that cleansing was successful.

How to Apply the Foot Pads



STEP 1

Gently peel off one adhesive backing paper. Attach one foot pad, logo side down, onto the center of the adhesive side of the sheet.



STEP 2

Apply the foot pad to the area of the foot you wish to cleanse. Press gently to ensure the pad is secure.



STEP 3

Repeat process for the other foot. Go to bed as normal. Pads should be left in place for eight hours or until the pads become discolored, hard, or damp.



STEP 4

Remove the used pads and discard the following morning. Avoid touching the discolored part as this now contains impurities that have been absorbed during sleep. Thoroughly wash the feet. Pads may not be reused.

Tip: Wear a light sock over the foot pads to avoid accidental displacement. Do not place foot pads directly over the eyes or open cuts.

What Is Reflexology?

Reflexology is an ancient healing art that uses reflex points on the bottom of the feet to activate organs and systems throughout the body.

Apply Pads to Specific Areas

Apply the foot pads to the upper (ball), middle (arch) or lower (heel) portion of the bottom of each foot.



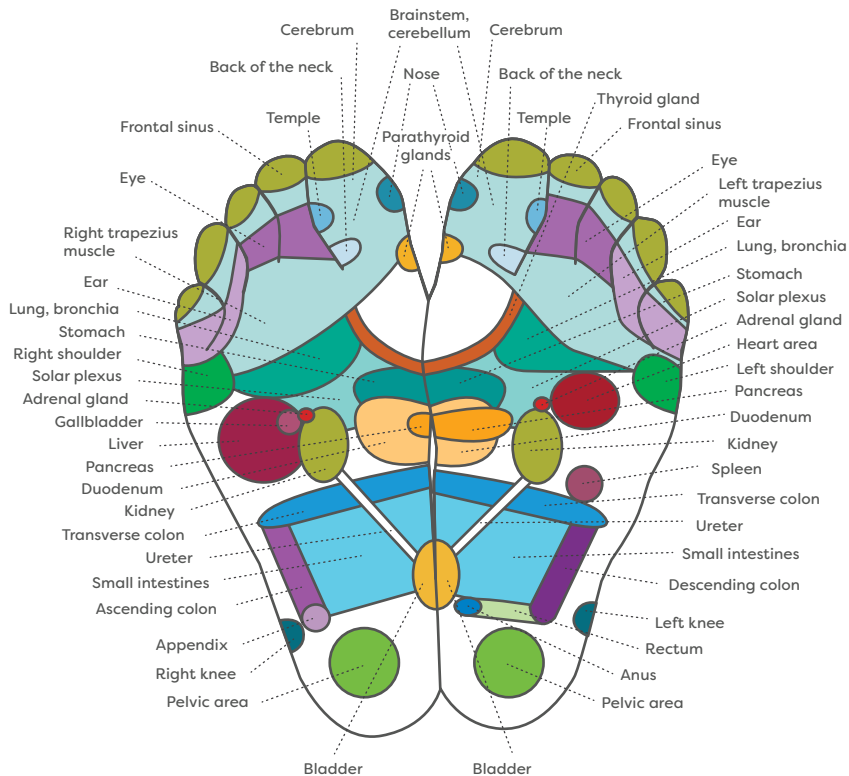
Upper



Middle



Lower





Keep Track of Your Cleanse

✔ Check off each day, take a picture of your progress, and share it on Instagram and Facebook using the hashtag

#HowILiveHealthy

30 Days

Day 1 | Day 2 | Day 3 | Day 4 | Day 5

Day 6 | Day 7 | Day 8 | Day 9 | Day 10

Day 11 | Day 12 | Day 13 | Day 14 | Day 15

Day 16 | Day 17 | Day 18 | Day 19 | Day 20

Day 21 | Day 22 | Day 23 | Day 24 | Day 25

Day 26 | Day 27 | Day 28 | Day 29 | Day 30

TIPS

Dr. Group's Advanced Tips for Success

A conscious life supports your overall health and well-being. True wellness is the product of a lifelong journey.





Replace Your Fillings

Amalgam fillings contain mercury that can leak into the body. If you have amalgam fillings, find a natural dentist who can replace them with mercury-free alternatives.



Avoid Products That Contain Aluminum

Aluminum is the most widely distributed metal on the planet, and it's used in the production of many everyday products. It's especially toxic to the kidneys, brain, lungs, liver, and thyroid. To minimize your exposure to aluminum, avoid the following products.

- ✗ Aluminum Cookware
- ✗ Buffered Aspirin
- ✗ Lipstick
- ✗ Antacids
- ✗ Cans
- ✗ Nasal Sprays
- ✗ Anti-Diarrhea Medication
- ✗ Denture Adhesive
- ✗ Processed Cheese
- ✗ Antiperspirants
- ✗ Fireworks
- ✗ Toothpaste
- ✗ Astringents
- ✗ Foil
- ✗ Vaginal Douches
- ✗ Baking Powder
- ✗ Hemorrhoid Medications



Use Supportive Therapies

Chiropractic adjustments, massage, deep breathing exercises, acupuncture, and sauna bathing all support the cleansing process. Get enough sleep and start your day by finding a quiet space, closing your eyes, and repeating an affirmation such as, “I am clean and healthy” nine times to elevate your mindset.



Strengthen Your Gut

The probiotic colonies in your digestive tract help your immune system defend against harmful organisms. An advanced probiotic formula like Floratrex® offers extra support to strengthen the gut. Use as directed.



Supplement With Aloe

Aloe vera contains essential nutrients, enzymes, and amino acids that boost the body's detoxification processes. A concentrated formula like our Aloe supplement is an easy way to support your cleanse, stimulate your immune system, and soothe stress throughout your body.



You Did It!

Completing the Heavy Metal and Chemical Cleanse is a huge step in supporting your health – congratulations! May this be the first of many steps on your journey to living a healthy life. As you continue, stay focused on your goals, form habits that will help you achieve them, and give us a call if you need support, advice, or guidance. We're here to help you succeed!

What's Next?

Upon completion of your cleanse, you will have Detoxadine left over. Continue to use as directed on the label for ongoing thyroid support. You can also purchase additional Heavy Metal & Toxic Chemical Cleanse or Dr. Group's Foot Pads and use each as directed on the label for maintenance cleansing. For more help, view our complete cleansing guidelines at ghc.us/complete-cleanse or contact our Customer Satisfaction Team.



Email us at support@globalhealing.com



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Text us at 281.949.6768

Please Tell Us How We're Doing

Your feedback helps us guide our efforts in the right direction to help others. We want to hear from you. Share your experience by submitting your review at:

ghc.us/review-hmccp



Let's Work Together. Please Recycle!

These statements have not been evaluated by the Food and Drug Administration.
This product is not intended to diagnose, treat, cure or prevent any disease.

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