

INSTRUCTIONS FOR THE SUPER CLEANSE

A natural process that detoxifies and rejuvenates your body on a daily basis.



Preparation

To ensure that you get great results with this cleanse:

- It is essential that you drink at least 2 litres of clean, fresh spring water per day.
- Increase your fibre with fruits, vegetables, Chia seeds, flax seeds, Psyllium Husk, Slippery Elm powder, beans and legumes.
- Eat more plant based foods.

Initial Servings

Start with these serving sizes and gradually build them up each day until you reach the full serving size:

- **Revive:** Start with 1/4 teaspoon and build up to 2 heaped teaspoons per day in spring water or in a Kick Start Smoothie.
- **Bowel Restore:** Start with 1/2 scoop in 300ml of spring water and build up to 1 scoop twice a day.
- **Activated Charcoal:** Start with 1/2 teaspoon and build up to 5 teaspoons per day, shaken up in a bottle of spring water.
- **Goji & Schizandra drops:** Take 1-4 full droppers a day straight into the mouth, smoothies or into a hot tea.
- **Ocean's Alive:** Take 1-3 full droppers a day under the tongue and hold in the mouth for 30 seconds (for best results) and swallow or add to your smoothie.
- **Mega Hydrate:** 2 capsules once/twice a day with a glass of spring water or smoothie.
- **MSM:** Start with 1/4 teaspoon build up to 1 teaspoon twice a day in spring water, fresh juice or ideally lemon and water.
- **Estroblock:** Start with 1 capsule once a day, then after a week take 1 capsule twice a day.
- **EzyProtein:** 1-3 scoops a day depending on your protein requirements.

Pro-Cleanse Tips!

- Add a teaspoon of Psyllium Husk, Chia seeds or Slippery Elm powder to your Activated Charcoal and spring water to add more fibre and to enhance the cleansing effects. Shake the mixture in a jar and drink quickly before it thickens.
- Consume 1-2 tablespoons of Cider Vinegar in your spring water daily.
- Don't consume medication or supplements within 1.5 hours either side of taking Activated Charcoal.

Are you feeling over weight, lacking energy, your hormones are out of balance or you are feeling depressed?

Does your digestive system need a revamp or maybe your skin doesn't glow like it used to? These are all symptoms of a toxic body and the perfect reason to do a cleanse!

PROTOCOL

1. Upon rising take a serving of **Bowel Restore** in spring water.
2. 30 minutes later consume a serving of **Revive** and **EzyProtein** in a Kick Start smoothie.
3. While consuming your smoothie take 2 capsules of **Mega Hydrate**, 1 capsule of **Estroblock** and a squirt of **Ocean's Alive** under the tongue.
4. Consume a healthy lunch.
5. Mid-afternoon drink the juice of a lemon, a serving of **MSM** and **Goji and Schizandra** drops in a glass of spring water.
6. Late afternoon or 1.5 hours before your evening meal, consume a serving of **Activated Charcoal** in jar of spring water.
7. After your evening meal take another **Estroblock** capsule with a small glass of spring water.
8. Before bed consume another serving of **Bowel Restore**.

KICK START SMOOTHIE

INGREDIENTS

2 cups frozen organic Blueberries (Woolworths freezer section)
 1 tablespoon organic Goji berries
 500ml Spring water
 2 teaspoons REVIVE (start 1/4 teaspoon and gradually build up)
 1 scoop Wildberry EzyProtein

METHOD

Place all ingredients except the REVIVE into a high-powered blender and blend until smooth. Add REVIVE and blend briefly before serving. Makes 900ml.



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TAKE CONTROL OF YOUR HEALTH

USE THESE HANDY CHECKLISTS AS A DAILY REMINDER!

EAT MORE

- | | |
|--|---|
| <input type="checkbox"/> Chia seeds | <input type="checkbox"/> Green leafy's |
| <input type="checkbox"/> Hemp seeds | <input type="checkbox"/> Celery |
| <input type="checkbox"/> Pumpkin seeds | <input type="checkbox"/> Cucumber |
| <input type="checkbox"/> Sunflower seeds | <input type="checkbox"/> Cruciferous vegetables |
| <input type="checkbox"/> Almonds | <input type="checkbox"/> Sweet Potato |
| <input type="checkbox"/> Beetroot | <input type="checkbox"/> Apple |
| <input type="checkbox"/> Lemon | <input type="checkbox"/> Berries |

DRINK MORE

- Fresh pressed juices
- Spring water
- Apple Cider Vinegar and water
- Lemon and water
- Charcoal drinks
- Herbal teas
- Superfood smoothies

REDUCE ELECTRO POLLUTION

- | | |
|--|---|
| <input type="checkbox"/> Switch off phone at night | <input type="checkbox"/> Aeroplane mode when not in use |
| <input type="checkbox"/> Switch off WiFi at night | <input type="checkbox"/> FLUX app - Reduce blue light |
| <input type="checkbox"/> Use speaker phone for calls | <input type="checkbox"/> Dispose of cordless phones |
| <input type="checkbox"/> Use AirTube ear phones | <input type="checkbox"/> Cut back social media use |
| <input type="checkbox"/> No calls in the car | |
| <input type="checkbox"/> Hard wire ETHERNET to devices | |

DO MORE

- | | |
|--|--|
| <input type="checkbox"/> Regularly air out your home | <input type="checkbox"/> Surround yourself with like-minded people |
| <input type="checkbox"/> Exercise | <input type="checkbox"/> Regular detoxing |
| <input type="checkbox"/> Make someone's day | <input type="checkbox"/> Meditation |
| <input type="checkbox"/> Get your feet on the earth | <input type="checkbox"/> Goal setting |
| <input type="checkbox"/> Spend time in nature | <input type="checkbox"/> Research on your favourite topic |
| <input type="checkbox"/> Eat organic food | <input type="checkbox"/> Vision boarding |