INSTRUCTIONS FOR THE

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 & Shizandra 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

- Upon rising take a serving of Bowel Restore in spring
- 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

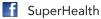
METHOD

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

FIND ME ON







SuperHealthOz



Medical Cannabis Oz





TAKE CONTROL OF YOUR HEALTH

USE THESE HANDY CHECKLISTS AS A DAILY REMINDER!

| EAT MORE | DRINK MORE |
|---|---|
| ☐ Chia seeds ☐ Green leafy's ☐ Hemp seeds ☐ Celery ☐ Pumpkin ☐ Cucumber seeds ☐ Cruciferous Vegetables Vegetables seeds ☐ Sweet Potato ☐ Almonds ☐ Apple ☐ Beetroot ☐ Berries ☐ Lemon | ☐ Fresh pressed juices ☐ Spring water ☐ Apple Cider Vinegar and water ☐ Lemon and water ☐ Charcoal drinks ☐ Herbal teas ☐ Superfood smoothies |
| DEDUCE ELECTRO DOLLUTION | DO MORE |
| REDUCE ELECTRO POLLUTION Switch off | Regularly |