

# Detoxification Protocol

## Cleansing the Body of Unwanted Toxins

The best way to rapidly, yet safely, remove these toxins from the soft tissues of the body is through a modified fast, which causes the liver, kidneys, colon, and bowel to dump their stored toxins into the blood stream for eventual elimination via the urine and feces. The following fast is safe for most people unless you have a health issue that prevents fasting such as hypoglycemia or diabetes.

**Note:** You can still benefit from a modified detox even if you cannot fast. For those with health concerns that prevent fasting, simply take 2 of the multi-herbal formula (Slim Cleanse Capsules) twice per day, with 8 or more ounces of fluid, for 14 days. Do this along with your regular diet. The detox will not be as profound but certainly helpful.

### Needed:

1. Between 12 and 15 fresh lemons daily for three days.
2. About 3 quarts of distilled water per day for three days.
3. A multi-herbal formula (Slim Cleanse Capsules).
4. Honey to taste.
5. High Potency Probiotic (The Best Probiotic).

### Day One

Make up one and one half cups of freshly squeezed lemon juice. Add this to, two or three quarts of distilled water and mix in a little honey for taste. This will be your total intake of food of any kind for the entire day. Sip this mixture slowly throughout the day. If you become excessively thirsty or develop a headache this first day, make up another quart of lemon and honey water and continue sipping it as needed. In addition, take 2 capsules of the multi-herbal formula (Slim Cleanse Capsules) with at least 8 ounces of the lemon water twice per day for today and the next three days.

### Day Two

Continue as on day one, making up another fresh batch of the lemon-honey distilled water mixture. Take 2 capsules of the multi-herbal formula (Slim Cleanse Capsules) twice today as in day one.

### Day Three

Repeat the lemon and honey water. Take 2 multi-herbal formula (Slim Cleanse Capsules) twice today as well.

### Day Four

Day four marks the end of the concentrated cleansing program. Today stop the lemon water mix and add tomato juice, V8 juice, carrot juice, or fruit juices. Do NOT consume any citrus juices of any kind however. Take 1 of the multi-herbal formula (Slim Cleanse Capsules) twice today with at least 8 ounces of water.

### Day Five

Continue with the juices and you can now add steamed vegetables. Take 1 of the herbal formula (Slim Cleanse Capsules) twice today.

## Days Six and Seven

Continue as above but now you can add fruits as well as yogurt and/or cottage cheese back into your diet. Take 1 capsule of the multi-herbal formula (Slim Cleanse Capsules) twice today.

## Days Eight and Nine

Continue as above but you can now add whole grains such as oats, wheat germ, etc. Take 1 capsule of the multi-herbal formula (Slim Cleanse Capsules) as above, twice today.

## Day Ten and Forward

Add in whole protein foods such as chicken or fish slowly, for instance at one meal per day, gradually returning to your normal protein intake over the next few days. Stop taking the multi-herbal formula (Slim Cleanse Capsules) today. Begin by taking 2 Tablet of a High Potency Probiotic (The Best Probiotic) today and for the next nine days.

This fast is not only safe and easy, but also very effective in removing the buildup of toxins that can contribute too many chronic degenerative diseases, especially arthritis and Fibromyalgia. It is important to remember that you **MUST** consume the stated amount of the lemon and honey water during the first three days of this program.

Should you have any questions about this program, please see your health care advisor or contact our office at 1-888-454-8464 or Email me at [askthedoc@healthyinformation.com](mailto:askthedoc@healthyinformation.com)