

## Dr. Group's 6 Day Liver Cleanse Instructions

You should be able to perform this liver cleanse while still working or carrying on your normal daily activities. It is best to begin the liver cleanse on a Tuesday or Wednesday so that on Day 5 (Saturday or Sunday) you will be at home in a relaxed setting and near a bathroom.

If you have any questions before or during your liver cleanse, please call our customer support team between the hours of 10am-6pm CST M-F at 1-800-476-0016.

## Supplies Needed for The Liver Cleanse

- The Liver Cleanse Kit (1 Livatrex®, 1 Oxy-Powder®, 1 Latero-Flora™)
- 1 bottle (16 ounces) of Organic Raw Apple Cider Vinegar (ACV)
- 3 gallons of distilled (recommended), or filtered/purified drinking water
- 1 tablespoon of USP Epsom Salt
- 6 oz. of Organic Cold Pressed Extra Virgin Olive Oil
- The recommended organic fruits, vegetables, and snacks for the diet as listed below:

*Following the diet will give you optimal results but if you feel that you're unable to follow the diet, at least try to limit your meat intake to one portion every other day for lunch. Eat fish or chicken, avoid red meat, and incorporate healthy diet choices.*

## Ingredients for Days 1-4

<b>Breakfast:</b> You will be <b>choosing ONE</b> of the following liver cleansing fruits to eat or juice as much as you like. If you can't find fresh fruits, substitute with organic frozen fruit.	<b>Lunch &amp; Dinner:</b> You will be using the following liver cleansing vegetables to make a homemade vegetable soup, juice, or salad.	<b>Snacks:</b> In between meals, you will be eating a handful of the following raw nuts and seeds:
<ul style="list-style-type: none"><li>• <input type="checkbox"/> Watermelon</li><li>• <input type="checkbox"/> Papaya</li><li>• <input type="checkbox"/> Kiwi</li><li>• <input type="checkbox"/> Plums</li><li>• <input type="checkbox"/> Pears</li><li>• <input type="checkbox"/> Apples</li><li>• <input type="checkbox"/> Cherries</li><li>• <input type="checkbox"/> Figs</li><li>• <input type="checkbox"/> Grapefruit</li></ul>	<ul style="list-style-type: none"><li>• <input type="checkbox"/> Artichoke</li><li>• <input type="checkbox"/> Asparagus</li><li>• <input type="checkbox"/> Avocado</li><li>• <input type="checkbox"/> Carrots</li><li>• <input type="checkbox"/> Beets</li><li>• <input type="checkbox"/> Broccoli</li><li>• <input type="checkbox"/> Cabbage (green, purple or both)</li><li>• <input type="checkbox"/> Kale</li></ul>	<ul style="list-style-type: none"><li>• <input type="checkbox"/> Sunflower seeds</li><li>• <input type="checkbox"/> Pumpkin seeds</li><li>• <input type="checkbox"/> Walnuts</li><li>• <input type="checkbox"/> Brazil nuts</li><li>• <input type="checkbox"/> Almonds</li></ul>

	<ul style="list-style-type: none"> <li>• <input type="checkbox"/> Brussel Sprouts</li> <li>• <input type="checkbox"/> Garlic</li> <li>• <input type="checkbox"/> Spinach</li> <li>• <input type="checkbox"/> Romaine lettuce</li> <li>• <input type="checkbox"/> Salad greens</li> <li>• <input type="checkbox"/> Onions</li> <li>• <input type="checkbox"/> Cauliflower</li> </ul>	
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## Ingredients for Day 5 - Flush Day

<b>Breakfast</b>	<p>You will be <b>choosing ONE</b> of the following liver cleansing fruits to eat or juice.</p>	
	<ul style="list-style-type: none"> <li>• <input type="checkbox"/> Watermelon <i>(recommended due to its high glutathione content)</i></li> <li>• <input type="checkbox"/> Papaya</li> <li>• <input type="checkbox"/> Kiwi</li> <li>• <input type="checkbox"/> Plums</li> <li>• <input type="checkbox"/> Pears</li> <li>• <input type="checkbox"/> Apples</li> <li>• <input type="checkbox"/> Cherries</li> <li>• <input type="checkbox"/> Figs</li> <li>• <input type="checkbox"/> Grapefruit</li> </ul>	
<b>Lunch</b>	<b>Option #1 - Liver Cleanse Soup</b>	<b>Option #2 - Beet/Carrot Juice</b>
	<ul style="list-style-type: none"> <li>• <input type="checkbox"/> 1 Organic Beet</li> <li>• <input type="checkbox"/> 2 Organic Carrots</li> <li>• <input type="checkbox"/> 1 Cup Broccoli</li> <li>• <input type="checkbox"/> 10 Organic Garlic Cloves</li> <li>• <input type="checkbox"/> ½ Organic Onion</li> <li>• <input type="checkbox"/> ¼ Organic Lemon</li> <li>• <input type="checkbox"/> 2 Bay Leaves</li> <li>• <input type="checkbox"/> 1 Teaspoon Himalayan Crystal Salt</li> </ul>	<ul style="list-style-type: none"> <li>• <input type="checkbox"/> 3 Organic Carrots</li> <li>• <input type="checkbox"/> 1 Organic Beet</li> <li>• <input type="checkbox"/> 2 Organic Red Apples</li> <li>• <input type="checkbox"/> 6 Organic Kale Leaves</li> <li>• <input type="checkbox"/> ½ Organic Lemon</li> <li>• <input type="checkbox"/> ½ inch Ginger Root</li> </ul> <p><b>Option #3</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Water/ACV Mixture</li> </ul>

	<ul style="list-style-type: none"> <li>• <input type="checkbox"/> ½ Teaspoon Organic Turmeric</li> <li>• <input type="checkbox"/> ½ Teaspoon Organic Oregano</li> </ul>	
<b>Mid-Afternoon Snack</b>	<b>Option #1</b>	<b>Option #2</b>
	<ul style="list-style-type: none"> <li>• <input type="checkbox"/> Organic Avocados</li> <li>• <input type="checkbox"/> Organic Lime or Lemon</li> <li>• <input type="checkbox"/> Himalayan Crystal Salt</li> </ul>	<ul style="list-style-type: none"> <li>• <input type="checkbox"/> 6-8 ounces of raw organic walnuts</li> </ul> <p><b>Option #3</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Water/ACV Mixture</li> </ul>

## Dietary Considerations During Your Liver Cleanse

To get the most out of your liver cleanse, it's necessary to follow a healthy diet to support your liver and colon. Try to incorporate the following dietary guidelines to reduce your toxin exposure while cleansing.

- Try to purchase organic or locally grown foods as conventional foods are often over-processed, sprayed with pesticides, or grown in nutrient depleted soil.
- Try to include healthy oils in your diet such as coconut, hemp, flax seed, or olive.
- Avoid cow's milk and cheese during the cleanse, instead try almond or hemp milk.
- Avoid foods that contain gluten, such as cereal grains, wheat, barley, white flour, pasta, bread, couscous, flour, tortillas, cakes, crackers, cookies, pastries, chips, imitation fish, hot dogs, and fried foods.
- Avoid alcoholic beverages.
- Avoid diet sodas and other products often contain artificial sweeteners such as saccharin, aspartame, neotame, acesulfame potassium, and sucralose. Substitute with natural sweeteners such as honey, stevia, or coconut sugar.
- Avoid foods that contain high fructose corn syrup, corn syrup, molasses, white sugar, dextrose, sorbitol, processed fructose, and sucrose.
- Replace table salt (sodium chloride) with himalayan salt.
- Avoid soy products. Most soy contains pesticide residue and is genetically modified. Soybeans are also high in phytic acid which is damaging to the digestive tract and blocks the absorption of nutrients and essential minerals.
- Caffeine, in moderation, is acceptable during your cleanse. Try organic tea or coffee without creamers and use natural sweeteners such as raw honey.

## What To Expect During Your Liver Cleanse

Oxy-Powder® can cause watery stools, so make sure a bathroom is nearby. If your stools are liquid, remember this is not diarrhea but the result of turning solid compacted fecal matter in the intestinal tract into a liquid or gas.

A small percentage of people may experience what is known as a healing crisis. You may feel worse during and after your liver cleanse than you did before you started it. The accumulation of toxic material must be processed to be removed from the body. **Don't get discouraged.** These symptoms will go away in two to three days as the body naturally expels these toxins. If you have any questions before or during your liver cleanse, please call our customer support team between the hours of 10am-6pm CST M-F at 1-800-476-0016.

## Before You Start: Prepare Your Liver Cleanse Formula

The night before you start your cleanse, make the following 2 gallons and try to go to bed before 9pm to get a good night's rest.

### *How to Make the Livatrex® Liver Cleanse Formula*

- **Making Gallon #1: Livatrex® Liver Cleanse Formula:** Pour out 3 ounces from your 1<sup>st</sup> gallon of distilled or purified water and add all of the Livatrex® formula and 2 tablespoons of Organic Raw Apple Cider Vinegar (ACV). Shake and refrigerate.
- **Making Gallon #2: Water/Apple Cider Vinegar Mixture (ACV):** Pour out 2 ounces from your 2nd gallon of distilled or purified drinking water and add 1 ounce of Organic Raw Apple Cider Vinegar. Shake and refrigerate.

## Day 1 - Start Your Liver Cleanse

It is best to follow the time schedule listed below. You may modify this schedule to fit your daily routine, however, it is essential that you do not eat for 30 minutes before or after drinking the Livatrex® Liver Cleanse Formula.

- **8:00am:** Eat a healthy Breakfast Option (see breakfast diet options from day 1-4). Do not mix the fruits!
- **9:00am:** Drink one 8-ounce glass of **Livatrex® Liver Cleanse Formula.**
- **10:00-11:00am:** Water and Snack (optional). Drink 12 ounces of your Water/ACV Mixture.
- **12:00pm:** Drink one 8-ounce glass of the **Livatrex® Liver Cleanse Formula.**
- **1:00pm:** Eat healthy Lunch Meal (see lunch diet options from day 1-4). Drink only the Water/ACV Mixture with your lunch meal.
- **3:00pm:** Drink one 8-ounce glass of the **Livatrex® Liver Cleanse Formula.**
- **4:00-5:00pm:** Water and Snack (optional). Drink 12 ounces of your Water/ACV Mixture.
- **6:00pm:** Drink one 8-ounce glass of the **Livatrex® Liver Cleanse Formula.**
- **7:00pm -** Eat healthy Dinner Meal (see dinner diet options from day 1-4). Drink only the Water/ACV Mixture with your dinner meal.

- **8:00-10:00pm:** Before bed, take 4 capsules of Oxy-Powder® and 2 capsules of Latero-Flora™. The Latero-Flora™ will help balance the probiotic bacteria in the intestinal tract to assist in liver cleansing. Do not go to bed past 10pm!

## Days Two, Three, and Four of Your Liver Cleanse

Follow the same instructions as Day 1, however, from **8:00-10:00pm:** take 6 capsules of Oxy-Powder® and 3 capsules of Latero-Flora™ instead.

## Day 5 of Your Liver Cleanse - "Flush Day"

**8:00am to 10:00am** - Breakfast Meal (see breakfast diet options for day 5). Do not mix the fruits! We recommend using watermelon if it is available due to its high glutathione content. After breakfast, start preparing your Liver Cleanse Soup for lunch (see the recipe below) if you choose Option #1. Drink the Water/ACV Mixture as needed until lunch.

**12:00pm** - Liver Supporting Lunch Meal.

Choose from one of the following 3 options for your lunch meal:

- **Option #1 - Liver Cleanse Soup (Recommended)** - To maximize the liver's ability to detox and cleanse, choose a combination of foods which are high in naturally occurring sulphur and glutathione. Sulphur helps the liver cleanse harmful chemicals.



The ingredients in the liver cleanse soup include the following:

- 1 Organic Beet (Washed and Chopped)
- 2 Organic Carrots (Chopped)
- 1 Cup Broccoli (Chopped)
- 10 Organic Garlic Cloves (Minced)
- ½ Organic Onion (Chopped)
- ¼ Organic Lemon
- 2 Bay Leaves
- 1 Teaspoon Himalayan Crystal Salt
- ½ Teaspoon Organic Turmeric

- ½ Teaspoon Organic Oregano
- *Other liver cleansing foods you can use:* artichoke, asparagus, cabbage, kale, brussel sprouts, and cauliflower can be added to the soup.

**To prepare the Liver Cleanse Soup:** Wash vegetables. Finely chop ingredients to desired consistency. Pour 32 ounces of distilled or purified water into a soup pot. Add all of the ingredients to the water. Bring to a boil, reduce heat, and then simmer on low heat for one hour. Eat this soup for your lunch meal. After your meal, refrigerate the remaining portion of your soup for tomorrow's lunch meal (Day 6).



- **Option #2 - Beet/Carrot Juice (Alternate):** Peel and juice ingredients in a blender until desired consistency is achieved.

3 Organic Carrots (washed and peeled)  
 1 Organic Beet (washed and peeled)  
 2 Organic Red Apples (washed and cut)  
 6 Organic Kale Leaves  
 ½ Organic Lemon (washed and peeled)  
 ½ inch Ginger Root

- **Option 3: (Water/ACV Mixture)** - If you are not hungry or you feel that you can fast through lunch, drink as much of the Water/ACV Mixture as you can.

#### **2:00pm - Mid-Afternoon Snack**

This will be your last meal of the day. Choose one of the following 3 options:

- **Option #1:** Organic Avocados, Organic Lime or Lemon, & Himalayan Crystal Salt. Eat 2-3 organic avocados. Season with salt and fresh lime or lemon juice to taste. Avocados help the body produce glutathione, which is necessary for the liver to cleanse harmful toxins.
- **Option #2:** Eat 6-8 ounces of raw organic walnuts. Walnuts contain the amino acid arginine, which is necessary to help the liver detoxify ammonia. Walnuts are also high in

glutathione and omega-3 fatty acids which support normal liver detoxification. Make sure you chew the nuts until they are liquefied before swallowing.

- **Option #3:** Water Meal. If you are not hungry or you feel that you can fast through the afternoon, drink as much of the Water/ACV Mixture as you can.

#### **7:00pm - USP Epsom Salt**

Mix 1 tablespoon of Epsom Salt in 8 ounces of warm purified water. Drink it as fast as you can. It is advisable to be near a bathroom when drinking the Epsom Salt as some people experience liquid stools within 20-30 minutes after ingestion.

#### **8:30pm to 9:00pm: Drink The Olive Oil & Juice**

Drink  $\frac{3}{4}$  cup (6 ounces) of organic cold pressed extra virgin olive oil. A small amount (2 tablespoons) of freshly squeezed orange, grapefruit, or lemon juice may be added to improve the taste.

#### **How to Drink the Olive Oil**

It's important to drink all 6 ounces of the olive oil; below are three approaches to help your experience:

- **Approach #1:**
- Thicken the oil by refrigeration for a few hours prior to ingestion to make it go down quickly.
- **Approach #2:**
- Thin the oil by using a jar to mix  $\frac{1}{2}$  cup of fresh grapefruit or orange juice into the oil and shake until thin.
- **Approach #3:**
- To reduce the taste and texture, gather two cups, straw, and small amount of juice. Place the olive oil in one cup, juice in the other, and use the straw to alternate drinking between the two.

Immediately after drinking the oil, go to bed and lie on your right side with your knees drawn up to your stomach for 30 minutes.

After 30 minutes, you can stretch out and go to sleep. If you experience cramping, walk around for ten minutes or so and then go back to bed. You may also feel nauseated during the night. This is due to the release of stored toxins from the liver and gallbladder. This is normal and a sign the liver cleanse is working.

If you feel the need to vomit, do so as this will help release toxins. If you vomit, this is a sure sign your body is extremely toxic and you should consider repeating the liver cleanse after a five day break. Do not take Oxy-Powder® or Latero Flora™ on this night.

## **Congratulations! You have just completed your first liver cleanse.**

## **What to Expect After the Liver Cleanse**

Upon waking in the morning, immediately take 6 capsules of Oxy-Powder®. This will help your intestinal tract and body flush the stones released from the liver and gallbladder during the night. For breakfast, eat only fruit. For lunch eat the remaining portion of your liver cleanse soup. For dinner eat a healthy meal such as a salad and some protein.

If you would like to see the stones, they should appear in your bowel movements for one to two days. We recommend putting a cheap colander over the toilet to collect the stones and then rinse the fecal matter off in the sink. You will be amazed at what comes out of you.

**Repeat the Liver Cleanse if Necessary**

If you are still experiencing indications after your third flush, this may be a sign you need additional cleanses. The most we have heard of someone completing is 20 back-to-back liver cleanses before their indications were significantly reduced.