

THE DEEP TISSUE CLEANSING KITS

Weeks 1-2

Kidney I*
Kidney II
Lymphatic I*
Parasite M
Parasite G
Endocrine Glands
Liver/Gallbladder
Stomach & Bowels*

Weeks 3-4

Kidney I*
Kidney II
Lymphatic I*
Lymph Nodes II
Parasite M
Endocrine Glands
Liver/Gallbladder
Stomach & Bowels*

Weeks 5-6

Kidney III*
Kidney IV
Lymphatic II*
Lymph Nodes II
Parasite M
Brain & Nerve II
Upper Circulation
Stomach & Bowels*

Weeks 7-8

Kidney III*
Kidney IV
Lymphatic III*
Lymph Nodes III
Adrenal Glands
Brain & Nerve II
Upper Circulation
Stomach & Bowels*

Weeks 9-10

Kidney III*
Kidney IV
Lymphatic III*
Lymph Nodes III
Adrenal Glands
Brain & Nerve II
Upper Circulation
Stomach & Bowels*

Weeks 11-12

Kidney I*
Kidney II
Lymphatic IV*
Lymph Nodes IV
Adrenal Glands
Blood
Lungs II
Stomach & Bowels*

Weeks 13-14

Kidney I*
Kidney II
Lymphatic IV*
Lymph Nodes IV
Adrenal Glands
Blood
Lungs II
Stomach & Bowels*

*Formula in capsule
form

How to Take Your Herbs

Tinctures

Normal dosing on tinctures for adults is generally one dropperful, three times daily, about 15-30 minutes prior to eating a meal. Double check your own weight and compare it to the dosing recommendations listed on the bottle, especially for children and pets.

Capsules

Capsules can be taken along with the tinctures. Dosing recommendations for capsules for adults are two capsules, three times daily. Just as with the tinctures, check your weight and compare it to the recommendations listed on the bottle. Capsules can be opened and mixed into smoothies or homemade applesauce to make it easier for children to take.

Note: *The Stomach & Bowels formulas is an exception, and dosing should be adjusted depending on your movement frequency. Do your best to regulate your bowel movements with your diet.*

Special Notes and Considerations

Chances are you will not be able to pull up one full dropperful of the tincture. If this happens, just take two dropperfuls at the halfway mark. It is not an exact science, so do the best that you can with “eyeing” the amount. Each bottle will last *approximately* two weeks. If you find that you are running out before the two weeks are up, adjust your dose or prepare to move on to the next kit.

All of our herbal formulas work synergistically. You can mix the liquid formulas together in a little fresh fruit juice or water. We find it easy and convenient to put all the tinctures together in a shot glass. Let's face it, we all know they are not the best tasting, so taking all of them together in a shot glass seems to be quick and “painless” for those who want to just get it over with. As the weeks move on, you will grow to love the taste (believe it or not!).

It is best to take our formulas on an empty stomach or with fruits; we recommend 15-30 minutes before each meal. If you must take them on a full stomach, that is perfectly okay too. Do not sweat the small stuff! Relax and enjoy!

Diarrhea and constipation are not wanted! You will want to work on achieving two to three easy, nicely formed bowel movements per day. Adjust your bowel formula accordingly. Our bowel formulas are not laxatives! They clean, rebuild, remove inflammation and strengthen the GI tract.

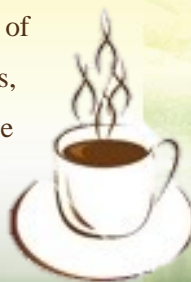
We recommend burning off the alcohol by placing 1-3 ounces of simmering (not boiling) distilled water in an empty cup, then put one dropperful of each tincture into the water. Let this cool approximately 10 minutes or so, then consume. You may also put your liquid herbs directly into juice or water, or they may be consumed directly if desired!

Have fun and enjoy your journey into the next
Several weeks of GETTING HEALTHY!

REDUCING THE ALCOHOL CONTENT

“Burning off the alcohol”

We recommend burning off the alcohol when taking liquid herbal tinctures. To do this, place 1 to 3 ounces of simmering (not boiling!) distilled water into an empty cup, then put all your liquid formulas together in the cup of water. Allow to cool for approximately 10 minutes, during which time the steam carries off some of the alcohol.



Liquid herbs can also be consumed in fruit juice, plain water, or a smoothie!

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Remember, this is not an exact science! Just estimate as best you can, and anything in this general amount is adequate and will be effective!

One Half (1/2)
Dropperful
[One Squeeze]



One Dropperful
[Two Squeezes]

Note: If you can't pull up a full dropperful, then just use two half droppers.

Floater in your tincture?

Don't panic! It's actually particles of herbs that were not strained out—this is a good thing! It makes your tinctures stronger and will not cause any harm by being consumed.

TINCTURE MEASURES