

# 60-Day Purge Purification Program 7.10.12

## SUGGESTIONS FOR USE:

Take with meals. It is recommended that you limit intake of fat, sugars, and caffeine, and increase the use of more acidic foods (e.g., apples, onions, garlic, chilis, spices, etc.) while engaging in this purification program\*.

### Foods to Avoid\*

- Raw or uncooked beef, pork, fish, chicken
- Sugars, and carbohydrates
- Mountain stream water
- Unwashed vegetables and fruits

### Foods to Increase\*:

- Pumpkin seeds
- Garlic
- Cranberry Juice
- Pomegranates
- Apple cider vinegar

### Products you will need to complete the 60-day Purification Program:

4 bottles Maximol Solutions\*

4 bottles of Purge\*

2 bottles of Feelin' Good\* (can also add New Vera liquiceutical)

2 bottles Protozymes\*

In order to purge parasites you need to provide a harsh environment for them and a continuous liquid flow to eliminate them from your system\*. Water (preferably distilled, but purified is okay) in high quantities will keep your body hydrated and support the elimination of toxins and parasites\*. You will notice that for the average person a gallon of distilled water is recommended each day\*. There is an important reason for this. The most important part of an intestinal cleanse is to adequately hydrate yourself. This will help to flush out toxins and avoid constipation\*. You may choose to follow a more precise formula for daily water consumption based on your body weight. This will help you determine the appropriate amount of water to drink each day.

$$\text{Body weight} \div 2 + 50 = \text{daily water requirement (in ounces)}$$

Take your body weight, divide it by two, and add 50. This will equal the amount (in ounces) of water you should consume daily\*. For example, a 160-pound individual using the above formula would need 130 ounces (slightly over a gallon) of water daily.

Color coding below emphasizes slight changes in daily protocols.

½ oz. = 1 TBS.

\*These products have not been clinically tested as formulas for any condition and no claims are being made for the effectiveness of them. These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

## 7.10.12

- ☐ 5 Feelin' Good (per day)
- ☐ 3 Purge (morning)
- ☐ 1 Protozymes (morning)
- ☐ ½ oz. Maximal Solutions (morning)
- ☐ 2 Purge (evening)
- ☐ 1 Protozymes (evening)
- ☐ ½ oz. Maximal Solutions (evening)
- ☐ 1 gallon water

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