

## Liver Detoxification Program: Sample Day

Schedule	Protocols
Upon awakening if bowel dysfunction	<ul style="list-style-type: none"> <li>• 8 – 16 ounces room temperature or warm water (with lemon – optional)</li> <li>• <b>Health Force Nutritionals Intestinal Drawing Formula</b> – 2 Tablespoons in 8 ounces water (or a high quality Bentonite Clay)</li> <li>• 8 ounces water</li> </ul> <p><b>Note:</b> This supplement is not the best tasting. If you try to do all of the water at once, you may not be able to get it down. But, you do need a LOT of water. Hence, the recommended schedule.</p> <p>This supplement will absorb anything you take with it, so don't take anything with it, including medicine. <i>To be safe, do not take anything else an hour before or after this supplement.</i></p>
5 - 15 minutes before breakfast	Bitters to stimulate stomach acid and bile, if indicated <sup>1</sup> (Ideally, wait 45 minutes to an hour from the previous protocol)
Beginning of breakfast	Enzymes if indicated <sup>2</sup>
Breakfast	<ul style="list-style-type: none"> <li>• Green smoothie, green juice, or powdered greens with chia seeds** and coconut</li> <li>• Can add 2 scoops <b>MediClear Plus</b> or your choice raw protein powder plus one serving <b>HFN Earth</b> and your choice greens powder</li> <li>• <b>Health Force Nutritionals Liver Rescue Formula</b></li> <li>• <b>Health Force Nutritionals Zeoforce</b></li> <li>• B Vitamins with activated forms: <b>Premier Research Labs Max Stress B</b> (living source)</li> <li>• Liquid minerals, especially zinc, magnesium, and selenium (or Brazil nuts for selenium)</li> <li>• If leaky gut support needed: <b>HFN Earth</b>, Glutamine, DGL, aloe juice, arabinogalactans, Glutamed OR Glutagenics for leaky gut support)</li> </ul> <p>Strive for at least 64 ounces of green smoothies throughout the day, but you can add more, especially if doing all green smoothies.</p>

Schedule	Protocols
Mid-morning (optional – only if you cannot make it to lunch without additional food. Best for blood sugar to leave 4-6 hours between meals.)	<ul style="list-style-type: none"> <li>• More green smoothie OR</li> <li>• Shake of <b>MediClear Plus</b> or <b>Sun Warrior Protein Powder</b> plus greens (if not used at breakfast) with green powder or green juice</li> <li>• If leaky gut support is still indicated: <ul style="list-style-type: none"> <li>○ Earth</li> <li>○ Liver Rescue Formula</li> <li>○ Xeolite of detox capacity score 5 or more</li> </ul> </li> </ul>
5 - 15 Minutes before lunch	Bitters to stimulate stomach acid and bile, if indicated <sup>1</sup>
Beginning of lunch	Enzymes if indicated <sup>2</sup>
Lunch	Choose a lunch with lots of greens and healing herbs and spices (from <i>B4 Be Gone Menu Planner and Recipe Collection</i> or balancing blood sugars)
After lunch (optional)	Handful of chlorella tablets or green juice
Mid- to late afternoon (optional – only if you cannot make it to lunch without additional food. Best for blood sugar to leave 4-6 hours between meals.)	<ul style="list-style-type: none"> <li>• More green smoothie OR</li> <li>• Shake of <b>MediClear Plus</b> or raw protein powder with green powder or green juice</li> <li>• Liver Rescue Formula</li> <li>• Xeolite</li> <li>• If leaky gut support needed: Earth, Glutamine, DGL, aloe juice, arabinogalactans, Glutamed OR Glutagenics</li> </ul>
5 - 15 Minutes before dinner	Bitters to stimulate stomach acid and bile, if indicated <sup>1</sup>
Beginning of dinner	Enzymes if indicated <sup>2</sup>
Dinner	<ul style="list-style-type: none"> <li>• Choose a dinner from the <i>B4 Be Gone Menu Planner</i></li> <li>• Include probiotic-containing*** foods and lots of greens and healing herbs and spices</li> </ul>

Schedule	Protocols
1 Hour after dinner if indicated	<ul style="list-style-type: none"> <li>• 8 – 16 ounces room temperature or warm water (with lemon – optional)</li> <li>• Movement Formula, if indicated <sup>3</sup></li> <li>• Intestinal Drawing Formula – 2 Tablespoons in 8 ounces water if indicated (see start of day for criteria)</li> <li>• 8 ounces water</li> </ul>
Before bed	<ul style="list-style-type: none"> <li>• <b>Health Force Nutritionals Internal Parasite</b> formula if indicated <sup>4</sup>, by the Dysbiosis Questionnaire</li> <li>• 4-8 per day depending on the severity</li> </ul>

## Notes and Reminders

**Important:** Throughout the day, **drink additional water as needed!** Remember, the general guideline is ½ your body weight in fluid ounces. Juices count in the fluid intake if they are fresh pressed vegetable juices. Because you're toxic, your detection of thirst has been damaged. By the time you feel thirsty, you are likely to be in need of 3 cups of water. It is also very easy to misinterpret thirst for hunger. So, unless you are underweight, whenever you feel hungry, drink at least 12 ounces of water. Whenever possible, drink 8 – 16 ounces of water about a half hour before each meal.

<sup>1</sup> **Bitters** are indicated if score on **Digestive Assessment Category: Low Stomach Acid** indicates the need

<sup>2</sup> **Enzymes** are indicated if score on **Digestive Assessment Category: Small Intestine and Pancreatic Enzymes** indicates the need

<sup>3</sup> Intestinal movement formula or enema is indicated if you are having fewer than 2 bowel movements each day

<sup>4</sup> Parasite herbs are indicated if your score in the Candida questionnaire is greater than 60

<sup>5</sup> Leaky gut repair nutrients are indicated if leaky gut questionnaire score indicates need

**\*\*Chia seeds** and **coconut** should be eaten at least once a day, 2 tablespoons each

**\*\*\*** Take at least one **serving a day of probiotics**. If you are taking a supplement, be sure it is dairy-free and target for **15 – 30 billion** organisms per day. If you are on **birth control pills, antibiotics, or steroids**, you will need a lot more, possibly in the range of **100 billion** organisms a day.

**Strive for 2 shakes of protein powder each day.** You can also replace 1-2 meals with these shakes if desired.

Each week, schedule between **1 and 3 days of liquid only** nourishment. That can be **green smoothies, juices, protein powder shakes** or any combination.

**If inflammatory Bowel is present, follow the guidelines below:**

<b>Inflammatory Bowel Disease Suggestions</b>	<ul style="list-style-type: none"> <li>• Ultra InflamX <b>OR</b></li> <li>• UltraInflamX Plus 360 <b>OR</b></li> <li>• Add any or all of the following food supplements and herbs: <ul style="list-style-type: none"> <li>○ Quercitin: 500 mg 2x per day (with smoothies or shakes)</li> <li>○ Turmeric: 1 inch or more of the fresh root, added to smoothies, sauces or soups or 1-2 teaspoons dried or 3 capsules</li> <li>○ Transformation Enzymes protease IFC or similar anti-inflammatory or bowel healing formula to decrease inflammation</li> <li>○ Add the following anti-inflammatory herbs and foods: <ul style="list-style-type: none"> <li>▪ Ginger</li> <li>▪ Turmeric</li> <li>▪ Onions</li> <li>▪ Garlic</li> <li>▪ Rosemary</li> <li>▪ Extra wheat grass juice or other chlorophyll rich juice</li> </ul> </li> </ul> </li> </ul>

**Note:** Those with irritable bowel or inflammatory bowel need to be careful of whole, raw vegetables. Thorough chewing is mandatory! It's best to do a couple of weeks of blended or liquid foods only to allow the digestive track to heal and calm. Lightly steamed or water sautéed greens or vegetable soups are also good options for anyone with IBD or for those who are not ready for or cannot tolerate all raw.