

HERBAL PERFECT 5 DAY LYMPH DETOX CLEANSE

Products Necessary for Cleanse:

- Herbal Perfect Lymph Detox
- Herbal Perfect Detox
- ICF #1 (As Needed)
- Herbal Perfect Superfood

INTESTINAL CLEANSE TO BE COMPLETED AS RECOMMENDED OR ACCORDING TO THE CALENDAR OF CLEANSES

Important:

Client should have already started or completed the Herbal Perfect Intestinal Cleanse before starting this protocol. The blood and lymph toxic waste from this Cleanse will be eliminated through the colon. It must be clean.

1. Consume 1 gallon of water each day. (Can be combination of water, herbal tea, or juice)
2. Take the recommended dose of Herbal Perfect Lymph Detox and Herbal Perfect Detox within the same time frame. Choice of capsule or tincture is your preference:
 - **HP LYMPH DETOX TINCTURE:** 2 droppers full 4-6 times a day for five days, finishing the entire 2-ounce bottle in five days. Mix with a few ounces of grape juice or grapefruit juice to make tincture palatable.
 - **CDH LYMPH DETOX CAPSULE:** 2 Capsules 4-6 times daily until bottle is gone.
 - **HP DETOX TINCTURE:** 2 droppers full 4-6 a day for five days, finishing the entire 2-ounce bottle in five days. Can be mixed with a few ounces of grape juice or grapefruit juice to make tincture palatable.
 - **CDH DETOX CAPSULE:** Take 2 capsules in the A.M. followed by 2-4 capsules 4-5 times daily.

This protocol requires total commitment by the client to achieve successful results. For clients with severe or chronic lymphatic problems, the flush will need to be repeated at least three times.