

## HERBAL PERFECT KIDNEY/BLADDER CLEANSE

Products Necessary for Cleanse:

- Herbal Perfect K/B
- Herbal Perfect Kidney Bladder
- HP Cayenne (Can substitute Cayenne Powder)
- ICF #1 (As Needed)
- Herbal Perfect Superfood

### ***FIVE DAY KIDNEY/BLADDER FLUSH TO BE COMPLETED AS RECOMMENDED OR ACCORDING TO THE CALENDAR OF CLEANSSES***

1. Upon waking in the morning, drink 8-12 ounces of distilled or purified water.
2. Prepare and drink the Kidney/Bladder Flush Drink. (See instructions at end of protocol)
3. Fifteen minutes after the Kidney/Bladder Flush Drink, take the recommendation of Herbal Perfect Kidney/Bladder tincture or capsule (your preference) and recommendation of Herbal Perfect K/B tincture or capsule (your preference).
  - **HP KIDNEY BLADDER CAPSULE:** 2-4 Capsules 3-4 times daily
  - **CDH KIDNEY BLADDER TINCTURE:** 2-4 droppers full 3-4 times daily
  - **HP K/B TINCTURE:** 2-4 droppers full 3-4 times daily
  - **CDH K/B CAPSULE:** 2-4 capsules 3-4 times a day

### **HERBAL PERFECT 5 DAY KIDNEY BLADDER FLUSH DRINK**

1. Mix the following in a blender.
2. The juice of one lemon and one lime.
3. Distilled or purified water, 16-32 ounces.
4. 5 drops of Herbal Perfect Cayenne tincture or 1/8-1/4 teaspoon Cayenne powder. Can be increased as recommended by Natural Health Practitioner.
5. Optional-A small amount of maple syrup for taste.
6. Blend all ingredients together and drink.

\*This drink needs to be made fresh daily. Do not make ahead of time and store. The lemon or lime will lose their effectiveness.

*This protocol requires total commitment by the client to achieve successful results. For clients with sever or chronic kidney or bladder problems, the flush can be repeated a minimum of three times with a week off between each flush.*