

YEAST (CANDIDA) CLEANSE

Products

Herbal Perfect YST RDX

Country Doctor BioFlora

ICF #1 if needed for 2-3 bowel movements daily (see Intestinal Cleanse: Step 1)

Herbal Perfect Superfood (optional)

INTESTINAL CLEANSE TO BE COMPLETED WITHIN THE LAST 3 MONTHS

*Liver/Gallbladder & Kidney Bladder Cleanses **OR** the True Cellular Detox is recommended prior to starting the Yeast Cleanse*

Important: Client should have already started or completed the Intestinal Cleanse before starting this protocol. The toxic waste is eliminated through the colon. It must be clean. Please ensure bowel movements continue as normal and communicate with staff if not having optimal bowel movements. If currently taking ICF #1, continue with recommended doses during this cleanse to insure 2-3 bowel movements daily.

Choice of capsule or tincture is your preference:

- CDH YST RDX CAPSULE: 2-4 capsules A.M. and P.M. until bottle is used.
- HP YST RDX TINCTURE: 2-4 Droppers full A.M. and P.M. until 2-ounce bottle is used.
- CDH BIOFLORA (*only available in capsule*): 1 capsule 2 times a day until bottle is gone. *Reduce to 1 a day and increase ICF #1 if constipation starts to occur.*

INTESTINAL CLEANSE

Products

Herbal Perfect ICF #1

Herbal Perfect ICF #2 (capsules or powder)

Herbal Perfect Superfood

- Improves digestion and relieves gas/cramps
- Strengthens, cleanses, & promotes normal peristaltic action of the colon
- Increases flow of bile which helps cleanse gallbladder, bile ducts and liver
- Promotes healthy intestinal flow and increases gastro-intestinal circulation
- Strengthens muscles of the large intestine
- Cleanse small intestinal tract & enliven the villi for better nutrient absorption
- Helps the body eliminate unwanted toxins, parasites, and heavy metals
- Remove drug residue lingering in the digestive tract
- Mucilaginous properties will soften hardened, encased fecal matter for gentle removal

STEP 1: START WITH ICF #1

1 Capsule Daily with the **LAST MEAL** of the day. An increase in bowel action, consistency, and the amount of fecal matter eliminated should be evident next morning. ***If there is not a noticeable difference, take 2 capsules with the last meal of the day going forward. If still not noticing a difference, can continue to increase by 1 capsule per day. STOP* at the number of capsules needed to consistently have 2-3 bowel movements daily (can divide between meals as you increase). There is no limit to increasing as long as you only increase 1 per day.

Always take this product with FOOD.

STEP 2: ADD IN ICF #2 (POWDER OR CAPSULE):

- ICF #2 Powder: One hour after morning Superfood drink, mix 1 heaping teaspoon of Herbal ICF #2 powder with 4 ounces of water or beverage of choice, shake mix vigorously and drink. Follow by drinking 8-10 ounces of water. Repeat ½ hour before lunch, between lunch and dinner, ½ hour before dinner, and 1 hour before bedtime, consuming a total of 5 heaping teaspoons of the formula each day.
- ICF #2 Capsule: 4 Capsules 5 times Daily unless instructed differently by a Natural Health Practitioner. Drink 8 ounces of water with each dose. First dose to be taken after morning Superfood Drink.

****IMPORTANT: DO NOT BEGIN ICF #2 UNTIL YOU HAVE BEEN ON ICF #1 AND ESTABLISHED 2-3 BOWEL MOVEMENTS DAILY. (THIS VARIES INDIVIDUALLY) THEN BEGIN THE INTAKE OF BOTH PRODUCTS DAILY WITH NO CHANGE TO THE ICF #2 DOSE, BUT INCREASE OR DECREASE THE ICF#1 AS NEEDED.**

KIDNEY/BLADDER CLEANSE

Products

Herbal Perfect K/B

Herbal Perfect Kidney Bladder

Herbal Perfect Cayenne

Herbal Perfect Superfood (optional)

ICF #1 if needed for 2-3 bowel movements daily (see Intestinal Cleanse: Step 1)

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 below).
3. Fifteen minutes after the Kidney/Bladder Flush Drink, take the recommended dose of Herbal Perfect Kidney/Bladder tincture or capsule and recommended dose of Herbal Perfect K/B tincture or capsule.

Choice of capsule or tincture is your preference:

- HP K/B TINCTURE: 2-4 droppers full 3-4 times a day
- HP KIDNEY BLADDER TINCTURE: 2-4 droppers full 3-4 times a day

- CDH K/B CAPSULE: 2-4 capsules 3 times a day
- CDH KIDNEY BLADDER CAPSULE: 2-4 capsules 3 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. Can be increased as recommended by your 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 and lime will lose their effectiveness.

LIVER/GALLBLADDER CLEANSE

Products

Herbal Perfect Liver/Gallbladder

Herbal Perfect Detox

Herbal Perfect Superfood (optional)

ICF #1 if needed for 2-3 bowel movements daily (see Intestinal Cleanse: Step 1)

Important: Please ensure bowel movements continue as normal and communicate with staff if not having 2-3 bowel movements daily.

1. Upon awakening, drink 8-12 ounces of distilled or purified water.
2. Prepare and drink the Liver/Gallbladder Flush Drink (see below).
3. Fifteen minutes after the Liver/Gallbladder Flush Drink, take the recommended dose of Herbal Perfect Liver/Gallbladder tincture or capsule and recommended dose of Herbal Perfect Detox tincture or capsule.

Choice of capsule or tincture is your preference:

- HP DETOX TINCTURE: 2-4 droppers full 15 minutes after Liver/Gallbladder Flush drink in the morning followed by 2-4 droppers full 4-5 times daily. Drink 16 ounces of distilled or purified water after each dose.
- HP LIVER/GALLBLADDER TINCTURE: 2-4 droppers full 4-5 times daily until bottle is gone

- CDH DETOX CAPSULE: 2-4 Capsules 15 minutes after Liver/Gall Bladder Flush drink in the morning. Followed by 2-4 capsules 4-5 times daily. Drink a 16-ounce glass of distilled water after each dose.
- CDH LIVER/GALLBLADDER CAPSULE: 2-4 Capsules 4-5 times daily until bottle is gone

HERBAL PERFECT 5 DAY LIVER/GALLBLADDER FLUSH DRINK

1. Mix 8 ounces of unsweetened fruit juice of choice with 1 squeezed lemon or lime and 8 ounces of distilled or purified water.
2. Add 1 clove of raw garlic. Start with 1 clove of garlic, increasing by 1 clove daily. The clove should be approximately the size of a thumbnail.
3. Add 1 tablespoon of organic, cold pressed virgin olive oil. Increase by 1 tablespoon daily.
4. Add approximately 1 inch of fresh ginger root.
5. Blend all ingredients together, strain and drink.

THE POWER OF USING SUPERFOOD DAILY

FORMULA

Spirulina Blue-Green Algae, Broken Cell Chlorella Algae, Barley, Alfalfa Grass, Wheat Grass, Purple Dulce Seaweed, Beet root, Spinach Leaf, Rose Hips, Oat Straw, Orange and Lemon Peels, in a base of non-fermentable Saccharomyces Cerevisiae Yeast which supplies a multitude of B-vitamins

THERAPEUTIC ACTION

Live raw foods contain live nutrition, including natural vitamins and organic minerals along with enzymes missing in cooked foods. Enzymes are the life energy science ignores. Life energy is what an acorn uses to grow into an oak tree. Superfood is an excellent product designed to nourish and replenish the body on a daily basis. Country Doctor Herbal Perfect Superfood is a balanced blend of Mother Nature's finest ingredients formulated to provide a natural food source of vitamins, minerals, amino acids and essential trace nutrients.

USAGE

The adult usage is 2 rounded, heaping tablespoons per day. If extra nutrition is required because of an illness, take an additional 2 tablespoons in an afternoon natural health drink. In the morning put 8 ounces of fresh fruit juice, 8 ounces of purified or distilled water, 1/2 to 1 cup of fresh organic seasonal fruit and 2 tablespoons of Super Food in a blender. Mix and drink! Swish the first drink in mouth for 20-30 seconds to prepare the stomach. This drink will provide 3 to 4 times the vitamins and minerals needed for the entire day! Many of the natural foods in Superfood are single celled plants meaning they are almost pre-digested and easily assimilated into your bloodstream in minutes.

**When beginning Superfood, start with 1 tablespoon and work your way up to 2 tablespoons. It takes the palette about 2-3 weeks to adjust if you are new to concentrated green superfoods.

TRUE CELLULAR DETOX

*Increase water intake during this cleanse to assist the detox.
An intestinal cleanse is recommended prior to starting to ensure good elimination.*

PREP PHASE

- Morning: Take 1 "Morning Packet" with or without food
- Afternoon: Take 1 "Afternoon Packet" with or without food

BODY PHASE

- Morning: Take 1 "Morning Packet" with or without food
- Afternoon: Take 1 "Afternoon Packet" with or without food
- Night: Take 1 "Night Packet" before bed, 2 hours away from other supplements, food, or medications.

BRAIN PHASE

- PHASE ONE (DAYS 1-7) & (DAYS 15-21)
 - Morning: Take 1 "Morning Packet" & 1 "Brain Packet"
 - Afternoon: Take 1 "Afternoon Packet" & 1 "Brain Packet"
 - Night: Take 1 "Night Packet" before bed, 2 hours away from other supplements, food, or medications.
- PHASE ONE (DAYS 15-21) & (DAYS 22-28)
 - Morning: Take 1 "Morning Packet" & 1 "Brain Packet"
 - Afternoon: Take 1 "Afternoon Packet" & 1 "Brain Packet"
 - Night: Take 1 "Night Packet" before bed, 2 hours away from other supplements, food, or medications.

CELLULAR VITALITY

After completing the 3-phase detox, take one packet per day for continuing optimal cellular support.

CLEANSING NOTES

FIRST-TIME CLIENTS: Take the smallest recommended dose for each cleanse.

These protocols require total commitment by the client to achieve successful results. To help support all body functions, keep elimination channels open, and enhance your cleanse, use TCD Cellular Vitality and/or Herbal Perfect Superfood daily year-round. Following our “Good Food List” is recommended during all cleanses. You can download it at www.LivingWithElevation.com/resources.

INTESTINAL CLEANSE

It may be necessary to repeat the intestinal cleanse more than once to remove a lifetime build-up of sludge in the intestines and colon.

LIVER/GALLBLADDER CLEANSE

For those with severe or chronic liver and/or gallbladder concerns, the cleanse can be repeated a minimum of 3 times with a week off between each cleanse.

KIDNEY/BLADDER CLEANSE

For those with severe or chronic kidney or bladder concerns, the cleanse can be repeated a minimum of three times with a week off between each cleanse.

YEAST CLEANSE

For those with severe or chronic yeast concerns, this cleanse can be repeated as long as necessary.

TRUE CELLULAR DETOX

This cleanse can be done twice a year (every 6 months).

HEALING CRISIS/REPROGRAMMING

“With natural therapies such as herbal remedies, homeopathy, acupuncture, chiropractic, and other biological therapies, the client may experience an increase in symptoms, or what is known as a “healing crisis” (*reprogramming of the body*). This crisis usually lasts around three or four days and can be similar to what one experiences when ill, for example, with a cold or flu. It may start with a headache, body ache, and occasional fever with perspiration, or one may just feel very tired and sluggish. Doctors from the old school welcome these symptoms as the initiation of the healing process.”

– Dr Bernard Jensen

- Eat a small baked potato.
- Two tbsp. extra virgin olive oil, 1/2 FRESH squeezed lemon, Bragg's Apple Cider vinegar (1/2 the amt. of the lemon). Mix together and drink. Repeat three times a day.
- Continue usage recommendations for products being used for the cleanse protocol.
- Spend two minutes brushing the skin with a vegetable brush, brushing toward the heart.
- Massage the whole body with sesame oil, any grocery brand. The skin is the largest organ of the body. Sesame oil will immediately start pulling toxins from the body.
- Put a solution of 1 cup baking soda and 2 POUNDS of Epsom salt in bath water. Soak in bath solution for 20-30 minutes. Again, this will pull toxins from the body.
- Coffee enema - An enema is a great detoxification tool. The portal vein aligns with the colon and will carry the coffee directly to the gallbladder which in turn will stimulate the gallbladder to purge the liver and gallbladder of toxins, carrying the toxic waste back into the colon for elimination.