

Liver Flush Checksheet					
Times shown are suggested only to show relative spacing, use the times that suit you bestdaydaydaydayday
8oz Distilled Water upon Rising					
In the Morning 8am					
8oz Distilled Water/8oz Organic OJ/1-5cloves Garlic /1" Ginger/1-5tbl Olive Oil - Liquify in Blender					
2 Cups Detox Tea					
4 Droppers LGB/AP Formula					
3 Droppers Detox Formula					
11am					
3 Droppers Detox Formula					
Afternoon 2pm					
2 Cups Detox Tea					
4 Droppers LGB/AP Formula					
3 Droppers Detox Formula					
5pm					
3 Droppers Detox Formula					
Evening 7pm					
2 Cups Detox Tea					
4 Droppers LGB/AP Formula					
3 Droppers Detox Formula					
Make more Tea for Tomorrow					
Notes:					
Walk 30 Minutes Outside if Possible					
Organic Apple or other juices may be substituted for OJ					
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