

Purchase from your Health Practitioner

- 1) Liver Detox 16 oz
- 2) OxyCleanse
- 3) Paragone
- 4) Paragone E
- 5) Veggi Caps



Oxy Cleanse

Paragon, Paragone E

Liver Detox

Veggie Caps

Purchase from the grocery store

- 1) Fresh pink or red grapefruit (3 or 4)
- 2) Extra Virgin Olive Oil (At least 12 oz)
- 3) Lemons (1 or 2)



The Night Before.

Stop eating by 8pm. No water after 10 pm.

No food or drink, no water, no other supplements until the flush is finished.

Drink 2.5 tsp Oxy Cleanse (see oxy cleanse instructions below)



The Next Morning

8:00 am Drink 2.5 tsp Oxy Cleanse (see oxy cleanse instructions below)

8:45 am Take 6 oz. of Liver Detox

9:30 am Prepare then drink the Olive Oil/Grapefruit Mixture below:

(Mixture: **8oz olive oil, 4 ounces of grapefruit juice**, 15 drops of Paragon and 15 drops of Paragone E

8AM



8:45a



9:30 am and 11:am



This is the mixture

11:00 am Prepare and drink 2nd Olive Oil/Grapefruit mixture. (1/2 the amount of oil and juice the first time)

(4oz olive oil, 2 ounces of grapefruit juice, 15 drops of Paragon and 15 drops of Paragone E

12:30 Oxy Cleanse again

Oxy cleanse instructions

You will take the Oxy Cleanse 3 times during the cleanse. **Here is how to do it each time:**

Mix 2.5 teaspoons to 6 oz water. Stir and drink Immediately follow up with 1 oz of water mixed with the juice of 1/2 lemon or lime.

2:30 pm Put 15 drops of Paragone into a veggie cap, and 15 drops of Paragone E into another veggie cap. Swallow with water. Any amount of water you like. You are finished.



If this is your first time doing this you could choose to only drink the first 8 ounces of olive oil and not the second. **So you don't have to do anything past the first oil drink if you do not want to.**

If you are small (under 110 pounds) or if you know that you are sensitive to products, if you know that you seem to always need less than the recommended dosages of herbs or medications then you could do 4 ounces instead of 8 ounces of oil.

Or if you just want to start slowly then just do 4 ounces of oil. And just do one round of the oil and not the second

If you use 4 ounces of oil then use 2 ounces of grapefruit juice.

If you don't feel well and simply don't want to do the last dosage of oxi-cleanse then don't.

You could also skip the last dosage of Paragone if you like.

Never drink the Paragone straight, it must be in oil or in capsules or in 4 ounces of water or more. It is very hot.

Do not eat or drink anything during the cleanse, no water except as part of the Oxy Cleanse