

# 5-Day Kidney/Bladder Cleansing Program

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*2 Days of a Purifying Raw-Food Program and a 3-Day Juice Fast*

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## **START HERE: Pick your LEVEL of participation!**

Beginner, Intermediate or Advanced. Pick the level that works best for YOU based on your health level, your desired level of participation and the results you want to achieve. So let's get STARTED!

## **BEGINNERS, start here if...**

- You don't want to change what you eat
- You're too busy to make lifestyle changes or commit to a more involved program
- You don't have any serious illness and just want a great kidney and bladder DETOX

## **BEGINNER'S 7-Step Herbal Program**

This is your daily routine during all five days of the detox program...

**STEP 1:** Upon arising drink 250ml or 8 ounces of distilled or purified water.

**STEP 2:** Prepare and drink the Kidney/Bladder Flush Drink. (See below)

**STEP 3:** 15-20 minutes after drinking your Kidney/Bladder Flush Drink, drink two cups of Kidney Tea Put 2 droppersful of Kidney Formula in each cup of tea (consuming a total of 4 droppersful) or have this tonic separately in one ounce of strong juice.

**STEP 4:** Finally take 3 droppersful of Detox Formula. This formula is very strong tasting so put it in a little grape juice or other strong juice.

**STEP 5:** One hour later have your Mountain Nutrition as a morning drink.

**STEP 6:** Repeat the same dosage of the Kidney Tea and Kidney Formula two more times during the day, consuming a total of six cups of Kidney Tea and 12 droppersful of the Kidney Formula each day.



**STEP 7:** Repeat the same dosage (3 droppersful) of Detox Formula four more times during the day, consuming a total of 15 droppersful each day.

## BEGINNERS Drink Program

This is a DETOX. These herbs stimulate your entire urinary system, stimulating your kidneys and bladder to work more efficiently, and will dissolve and flush the old, built-up deposits, regardless of what you eat. But, if you want to get the most out of this DETOX it just makes good common sense not to consume constipating and TOXIC DRINKS while you are flushing your Urinary System. So eat as clean as possible, but DRINK ONLY pure water, herbal tea and organic fruit and vegetable juices during this 5-Day Detox. Please stay away from harsh toxic drinks like coffee, black tea, soda, carbonated anything, sports drinks, alcohol or anything artificial. No pressure, just do your best to drink only healthy drinks while on this program.

## INTERMEDIATE, start here if...

- You are willing to eat a clean food program during this DETOX
- You feel a bit run down, out of energy and toxic and want more powerful results

### INTERMEDIATE Herbal Program

Same as BEGINNERS 7-Step Herbal Program. Plus, see IMPORTANT TIPS for more details on how to maximize your results on the herbal program!

### INTERMEDIATE Food & Drink Program

Follow the Beginners Drink Program (above), PLUS, during this DETOX eat only a vegan-vegetarian food program. DO NOT consume ANY animal flesh, organs, byproducts, dairy products, eggs or milk. Also, consume as much organic food as possible. Exercise daily for one hour. Drink plenty of liquids.

## ADVANCED, start here if...

- You are willing to eat only raw foods and do some juice flushing •
- You want MAXIMUM RESULTS •
- You are sick and tired of feeling sick and tired, or you have a serious illness

## ADVANCED Herbal Program

Same as BEGINNERS 7-Step Herbal Program (see beginning). Plus, see IMPORTANT TIPS for more details on how to maximize your results on the herbal program! Advanced participants may also choose to do two, three or even four 5-Day Detox Programs in a row for MAXIMUM RESULTS!

## ADVANCED Food & Drink Program

If you want to get the absolute MOST out of this detox that you possibly can, and turn around any dysfunction in your kidneys, bladder or urinary tract, follow these food program instructions.

**DAY 1 (RAW FOOD):** Follow the Intermediate Food & Drink Program guidelines, PLUS, do not consume any food this morning. You are drinking a lot of liquid in the morning—water, your Kidney Flush Drink, Tea and Tonic, and a Mountain Nutrition nutritional drink—so you will be full. But in the afternoon, KEEP DRINKING! For lunch you can have fresh raw vegetable juices, raw vegetables alone or in salads, sprouts and potassium broth. You may use dressings for your salad and vegetables if you like, using olive oil, avocado, raw apple cider vinegar, lemon juice, garlic, onions, and any herbs and spices. After 6 pm, drink only diluted fruit juices, smoothies, pure water and herbal teas, and eat fruit salads. Exercise daily for one hour.

**DAYS 2, 3 & 4 (JUICE FLUSH):** Now we begin the three-day Juice Flush. Consume at least one gallon (128 ounces) of liquid a day. That's eight 16-ounce servings a day. If you get hungry, drink more liquid!!! Have diluted vegetable juices, potassium broth, herbal teas and pure water until 6 pm. After 6 pm consume only water, herbal tea and fruit juices. Drink liquids only, NO FOOD!

**DAY 5 (RAW FOOD):** Your food program will be the same as Day 1. Remember, after three days of Juice Flushing take it easy eating. Chew all your food slowly until it is a liquid pulp. Eat until you are satisfied, but not full. You can always eat more later if you are still hungry

## IMPORTANT TIPS!

1. It is best to consume all of the tinctures in this program, finishing the bottles by the end of Day #5. However, if you find that you have some tincture left over when you are done—this is fine, too. Just do your best.
2. A “dropperful” is defined as whatever comes out in the dropper with one squeeze. This means the dropper will actually only look half-full with tonic and does NOT have to be filled to the top to be considered a “dropperful”.
3. Potassium Broth is a GREAT addition to any detox program. See the companion book that came with your detox kit for the Potassium Broth Recipe.

4. Do your best to consume fresh, organic fruit and vegetables while on this program. After all, we are trying to REMOVE toxins, so we don't want to be putting any food sprayed with herbicides and pesticides back into our bodies.

## HOW TO MAKE THE KIDNEY/BLADDER FLUSH DRINK

Put the following ingredients in a blender and blend on high speed for 1 minute, then DRINK!

- **500 to 1000ml, or 16 to 32 ounces of Distilled or Purified Water**
- **Fresh juice of 1 Lemon and 1 Lime**
- **1/8 to ¼ tsp of cayenne powder**

**NOTE:** Start small and work up to more by day 5.

- **Optional: ½ to 1 teaspoon of organic Maple Syrup**

**NOTE:** It only takes 60 seconds to make this morning drink. Don't sip it and get it all down in 2 to 3 minutes.

## HOW TO MAKE THE KIDNEY TEA

**IMPORTANT:** You must start your preparation of the Kidney Tea the night BEFORE your first day of the 5-Day KIDNEY Detox Program!

**STEP 1:** Put 6 rounded tablespoons of Kidney Tea into 1800ml or 60 ounces of distilled water. Be sure to use only stainless steel or glass cookware.

**STEP 2:** Let the tea sit in the water overnight.

**STEP 3:** In the morning, heat to a boil, reduce heat and simmer for 1 minute.

**STEP 4:** Strain the herbs, do not discard them, let the tea cool a bit, but use it hot. This will give you enough tea for your six cups for the entire day.

**STEP 5:** Put the used herbs back into the pot, add 3 tablespoons of fresh herbs and 1800ml or 60 ounces of distilled water. Let sit overnight and repeat whole process the next morning. Keep adding new herbs to old ones for three days, then discard all herbs and start over.