

# Body Code System™

## Liver Cleanse

This three day program will help to cleanse the liver and the lymphatic system.

- Drink two cups of unsweetened black cherry juice daily, one in the morning and one at night.
- Take ten (10) tablespoons of liquid chlorophyll daily, splitting them up through the day, or taking them five (5) in the morning and five (5) at night.
- Make the following drink and drink it throughout the day .
  - (2) quarts of grapefruit juice mixed with (8) lemons and (2) quarts of distilled water. Drink this mixture at (30) minute intervals throughout the day.
- Get a colon hydrotherapy treatment each day during the 3 days you are on the cleanse. If you start to feel sick or have a fever or headache, it means your colon has toxic material in it and the toxins are being reabsorbed into your blood stream, causing your symptoms. If this happens, an enema or colonic will quickly help to get the toxins out of the colon.
- You must remember that the first function of the liver is to detoxify your body. You cannot be healthy and feel good if your liver does not function as it was intended to function. Lemon juice and grapefruit juice are two of the best stimulants that help the liver to cleanse its tissues and stimulate it to greater efficiency. Caution should also be observed as too much grapefruit and lemon juice over too long a period of time can be dangerous to the body. Please consult a holistic physician if you are intending on continuing this cleanse for a longer than 2 weeks, or if you have any question about usage or safety.