



The \$1.41 Cleanse Cheat Sheet

Chemist Reveals Fastest Way To
Lose 10 lbs With \$1.41 Cleanse

No Starving Yourself or Losing
Muscle!

The People's Chemist

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Free Video Instruction:

Watch my Free Video on How to Safely Do a Cleanse at: www.goo.gl/T62REg

What You'll Need:

1. Filtered water (no tap water!)

2. Lemon juice - a few squirts

3. Magnesium Oxide - 1 tablet (500 mg) per every 50 pounds of body weight.

Mix 8 ounces of filtered water with a few squirts of lemon juice. Swallow the magnesium oxide tablets with the water and lemon.

4. Castor Oil - a healthy fatty acid that serves as a natural laxative (available at Wal-Mart, Amazon.com, Rite Aid, etc.)

Take 1 tablespoon of castor oil by itself.

5. Milk Thistle - excellent for detoxifying the liver and protecting against cancer. Follow instructions on the bottle. (Available at Wal-Mart. *You can safely take milk thistle for 30 days to give your body an extra cleansing boost.*

6. Psyllium Husks - a form of fiber. (Available at local health food stores.)

Women, take 1 heaping teaspoon

Men, take 1 heaping tablespoon

7. Azomite - a "superfood" with bioavailable trace minerals. It has all the micronutrients your body needs to function properly. Technically, Azomite is rock dust, AKA fertilizer, and YES – you can eat it! Tastes gritty, but the rewards are worth it. (Available on Amazon.com)

Mix 8 ounces filtered water with Psyllium husks and 1 teaspoon Azomite, then drink it all.

You can do this cleanse 3-5 times a month. After you've achieved good results and have your diet more under control, you can do this cleanse at least once a month, every year, as a preventative measure. Also, you can even take milk thistle everyday for an entire month safely.

When you start a cleanse, remember to:

EAT HEALTHY FOOD.

- If it tastes sweet, spit it out.
- If it gets served out of a window, box, or package, spit it out.
- Eat natural foods.
- Eliminate snacking. Eat 3 meals a day.
 - Women, separate your meals by 4 hours.
 - Men, separate your meals by 5 hours.
- Abstain from fruit.
- Some of the best foods include grass-fed beef, lots of vegetables (especially CRUCIFEROUS vegetables like broccoli and Brussels sprouts). Cover your veggies in butter to help your body absorb the nutrients.

KEEP IT SIMPLE!