



Crystal Star™
whole herbs for the whole person™



Liver Detox Kit

NUTRITION PLAN

Congratulations!

You've decided to commit to a Liver Detox program! Yes, it takes a commitment because you will be changing your lifestyle for a period of time. I understand that challenge, and I have created a special Detox Kit to help. Each custom Detox Kit contains items that I recommend to specifically address your cleanse, along with my detailed Nutrition Plan. Keep the plan handy during your detox, because it has important information about how to get the best results from your program. If you're like most people, you will refer to it often. Good luck on this health adventure. A safe, gentle detox can keep your body functioning at peak levels.

You'll look better and feel better!

The Liver Detox Kit includes:

- **Liver Cleanse Flushing Tea™** (3 oz, a 3 week supply)
- **Liver Renew™ caps** (60 caps, a 10 day supply)
- **Milk Thistle Seed extract** (1 oz. dropper, a 2-3 week supply)
- **FREE nutrition plan**

How to use the products:

Liver Cleanse Flushing Tea™: Boosts liver and lymphatic cleansing to help remove blood toxins. Helps eliminate wastes quickly, thoroughly and regularly, and provides an alkaline environment for sustained liver activity. *Directions: Take 2 cups, twice daily for 1 month, then take 1 cup daily for 2 weeks as needed.*

Liver Renew™ Caps: A powerful liver formula that restores liver function of fat metabolism, waste treatment and acid-alkaline balance. Poor digestion and many gland-based problems improve quickly. Gall bladder and spleen activity are enhanced. *Directions: Take 1 - 2 caps, 3 times daily before meals for 1 - 2 months.*

Milk Thistle Seed extract: A potent, tonifying, and detoxification herb for the liver, rich in antioxidant properties that prevent free-radical damage. Helps the liver rebuild new and healthy cells. *Directions: Take 10 - 15 drops under the tongue daily as needed for 1 - 3 months. Shake well before using.*

The suggested program for this kit is approximately 3-5 days following the steps outlined on this information sheet. Use the nutrition plan and bodywork techniques to achieve the greatest benefits from this kit.

Liver Detox Nutrition Plan: Start with this 3-5 five day nutrition plan

On rising: take 1 lemon squeezed in a glass of water; or 2 tbsp. lemon juice in water; or 2 tbsp. cider vinegar in water with 1 tsp. honey. My choice: add about 10-15 drops of **Milk Thistle Seed extract** in water. It alkalizes the body, promoting an environment ideal for healing, and also reduces digestive problems. Now is a good time to take your **Liver Renew™ capsules**.

Breakfast: take a glass of potassium broth, or carrot/beet/cucumber juice, or organic apple juice or miso soup. Add 1 tsp. spirulina to your drink choice.

Mid-morning: take a green veggie drink; or have a cup **Liver Cleanse Flushing Tea™**.

Lunch: now is a good time to take your **Liver Renew™ capsules**. Have a glass of fresh carrot juice or a glass of organic apple juice.

Mid-afternoon: have a cup **Liver Cleanse Flushing Tea™**.

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Dinner: now is a good time to take your **Liver Renew™ capsules**. Have another carrot juice or a mixed vegetable juice; or have a hot vegetable broth.

Before Bed: take another glass of lemon juice or cider vinegar in water. Add 1 tsp. honey or royal jelly; or a pineapple/papaya juice with 1 tsp. royal jelly.

Pointers for best results from your liver cleanse:

- Relieve your liver of toxic build-up and strain by eliminating red meats, partially hydrogenated fats and oils (except for essential fatty acids), refined sugars, food preservatives and food dyes.
- Drink 8 glasses of bottled water each day of your cleanse to encourage maximum liver flushing.
- Liver regeneration needs optimum nutrition for up to four months. Have a daily green vegetable salad.
- Get adequate rest during a liver cleanse. The liver does some of its most important work as you sleep!

Continuing diet notes: Keep fat low in your nutrition plan. It's crucial to liver regeneration and vitality. Beets, artichokes, radishes and dandelions are good liver foods because they promote the flow of bile, the major pathway for chemical release from the liver. A permanent diet for liver health should be lacto-vegetarian, low in fats, rich in vegetable proteins, with plenty of vitamin C foods for good iron absorption. A complete liver renewal program can take from 3 to 6 months.

Bodywork Techniques:

Bodywork and relaxation techniques accelerate and round out your detox.

1. Exercise. Take a brisk, daily walk on each day of your cleanse. Breathe deep to help the liver eliminate toxins. The liver is dependent on the amount and quality of oxygen coming into the lungs. Exercise, an air filter, or time spent walking in the forest and at the ocean can be of great benefit.
2. Massage therapy: Have a massage to stimulate circulation.
3. Heat therapy: a sauna every day possible to induce sweating and faster elimination. Early morning sunlight will boost your cleanse with natural vitamin D.
4. Essential oil support: To assist your liver cleanse use the essential oils of fennel, lemon & rosemary. You can use one or a combination of all three oils. Put a total of 15 drops essential oil in 1oz of a carrier oil (such as jojoba) and rub on the skin.
5. Bathe: Take several long hot baths if possible during a liver cleanse for faster, easier detoxification. Add to your bath 5 drops fennel, 5 drops lemon and 5 drops of rosemary essential oils.

If you dedicate yourself to this program I'm sure you're be pleased with the results. Everyone is different. The directions I've outlined are guidelines. Go at your own pace if you like, checking your results as you go.

To learn more about my whole herb detoxification kits, please visit my website, healthyhealing.com, or call 800-736-6015.

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