

HEAVY METAL AND CHEMICAL CLEANSE PROGRAM INSTRUCTIONS

Detox Your Body of Heavy Metals & Chemicals

INSTRUCTIONS

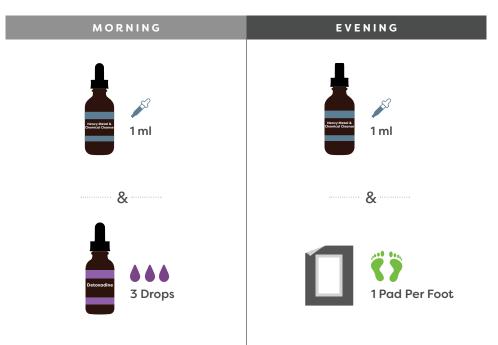
Here's the Plan

The Heavy Metal and Chemical Cleanse Program consists of following a healthy diet, taking Heavy Metal & Toxic Chemical Cleanse and Detoxadine, and using Dr. Group's Foot Pads for 30 days.

Every morning, take 1 ml of Heavy Metal & Toxic Chemical Cleanse and 3 drops of Detoxadine directly by mouth 20 minutes before your morning meal. In the evening, take another 1 ml of Heavy Metal & Toxic Chemical Cleanse directly by mouth 20 minutes before your evening meal. Refer to the included instructions for the foot pads and place one pad on each foot before bed.







Keep Track of Your Cleanse

Check off each day, take a picture of your progress, and share it on Instagram and Facebook using the hashtag **#HowILiveHealthy**

Day 1 🔵 🛛 Day 2 🕻	Day 3 이	Day 4 🔿 🛛 Day 5 🔿
Day 6 이 🛛 Day 7 🕻	Day 8 O	Day 9 🔿 🛛 Day 10 🔿
Day 11 🔘 Day 12 🕻	Day 13 O	Day 14 이 🛛 Day 15 🔘
Day 16 🔘 🛛 Day 17 🕻	Day 18 O	Day 19 이 🛛 Day 20 🔘
Day 21 🜔 Day 22 🕻	Day 23 0	Day 24 🔘 Day 25 🔘
Day 26 이 🛛 Day 27 🕻	Day 28 O	Day 29 🔿 🛛 Day 30 🔿

How You Should Eat During This Cleanse

Whenever possible, choose foods that are fresh, organic, and locally sourced. Eat small meals throughout the day to support your digestive health. Include a wide range of colorful fruits and vegetables, and wash them thoroughly before eating. Make sure to eat plenty of healthy fats, oils, and plant-based protein. For more advanced insight into how to eat, check out the Body Cleansing Diet at **ghc.us/cleanse-diet**.

Foods That Encourage Heavy Metal & Chemical Cleansing

\checkmark	Barley Grass	\checkmark	Garlic	\checkmark	Parsley
\checkmark	Cilantro	\checkmark	Green Tea	\checkmark	Wild Blueberries

Minimize These Foods That May Contain Unhealthy Chemicals

- X Beer & Wine
- 🗙 Brown Rice
- X Chicken & Poultry
- × French Fries
- 🗙 King Mackerel
- 🗙 Organ Meat
- ✗ Salmon✗ Shellfish
- × Swordfish

TIPS

Dr. Group's Advanced Tips for Success

Scan the QR code for more information on different types of toxins and how to protect yourself from them.





Email us at support@globalhealing.com



Call us at 1.800.476.0016



Text us at 281.949.6768

