



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.



MORNING



1 ml

&



3 Drops



EVENING




1 ml

&



1 Pad Per Foot

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

#HowLiveHealthy

Day 1 <input type="checkbox"/>	Day 2 <input type="checkbox"/>	Day 3 <input type="checkbox"/>	Day 4 <input type="checkbox"/>	Day 5 <input type="checkbox"/>
Day 6 <input type="checkbox"/>	Day 7 <input type="checkbox"/>	Day 8 <input type="checkbox"/>	Day 9 <input type="checkbox"/>	Day 10 <input type="checkbox"/>
Day 11 <input type="checkbox"/>	Day 12 <input type="checkbox"/>	Day 13 <input type="checkbox"/>	Day 14 <input type="checkbox"/>	Day 15 <input type="checkbox"/>
Day 16 <input type="checkbox"/>	Day 17 <input type="checkbox"/>	Day 18 <input type="checkbox"/>	Day 19 <input type="checkbox"/>	Day 20 <input type="checkbox"/>
Day 21 <input type="checkbox"/>	Day 22 <input type="checkbox"/>	Day 23 <input type="checkbox"/>	Day 24 <input type="checkbox"/>	Day 25 <input type="checkbox"/>
Day 26 <input type="checkbox"/>	Day 27 <input type="checkbox"/>	Day 28 <input type="checkbox"/>	Day 29 <input type="checkbox"/>	Day 30 <input type="checkbox"/>

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

- ✓ Barley Grass
- ✓ Cilantro
- ✓ Garlic
- ✓ Green Tea
- ✓ Parsley
- ✓ Wild Blueberries

Minimize These Foods That May Contain Unhealthy Chemicals

- ✗ Beer & Wine
- ✗ Brown Rice
- ✗ 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

