



HARMFUL ORGANISM CLEANSE
PROGRAM INSTRUCTIONS

Get Rid of Harmful Organisms

*“Harmful organisms are everywhere. Our food, water, air—it’s nearly impossible to get away from them. We developed the **Harmful Organism Cleanse Program™** to help free your body of those unwanted guests while strengthening your gut and immune system so they don’t come back.”*

- DR. EDWARD GROUP

INTRODUCTION

Way to Go!

Congratulations on choosing the **Harmful Organism Cleanse Program**! You're taking an incredible step toward better health and vitality. Over the next 60 days, you'll follow a simple routine with supplements and a healthy diet to help your body flush out harmful organisms and support a stronger, happier gut. Get ready for more energy, better digestion, and a healthier you. You've already made the right choice—now let's make it happen! **You've got this!**



PRODUCT INFO

What's in This Program?



MicroSomal® Paratrex® I

Designed to support gut health and initiate the elimination of common harmful organisms.



MicroSomal® Paratrex® II

A terpene-rich formula that targets more stubborn organisms while supporting drainage and immunity.



Latero-Flora®

Features the powerful, yeast-balancing *Brevibacillus laterosporus* BOD to support a healthy microbiome.

OVERVIEW

Here's the Plan



The **Harmful Organism Cleanse Program™** is a 60-day protocol designed to support the body in eliminating unwanted microbes. Divided into two phases, **days 1–30** focus on initiating a ‘die-off’ detox phase to reduce unwanted microbiota, while **days 31–60** target more resilient organisms that may have withstood the initial cleansing.



For best absorption, take these products from our MicroSomal® line—**Paratrex® I** and **Paratrex® II**—on an empty stomach, about 2 hours after eating. This ensures the digestive system isn’t actively processing food, allowing for better absorption. **Latero-Flora®** is most effective 20 minutes before eating, priming the gut to support the body’s natural defenses. By mealtime, the beneficial bacteria are active, helping target yeast and maintain a healthy digestive balance.

INSTRUCTIONS

Days 1-30

- Take **1 capsule** of **Latero-Flora®** every morning, 20 minutes before your first meal.
- Take **2 mL** of **Paratrex® I** every evening, 2 hours after your last meal.



MORNING

20 MINUTES BEFORE YOUR FIRST MEAL



1 capsule
Latero-Flora®



EVENING

2 HOURS AFTER YOUR LAST MEAL



2 mL
Paratrex® I

Days 31-60

- Take **1 capsule** of **Latero-Flora®** every morning, 20 minutes before your first meal.
- Take **2 mL** of **Paratrex® II** every evening, 2 hours after your last meal.



MORNING

20 MINUTES BEFORE YOUR FIRST MEAL



1 capsule
Latero-Flora®

EVENING

2 HOURS AFTER YOUR LAST MEAL



2 mL
Paratrex® II

How to Eat During This Cleanse

To maximize the benefits of your cleanse, prioritize fresh, organic, and locally sourced foods whenever possible. Opt for smaller, more frequent meals to support your digestive health. Incorporate a variety of colorful fruits and vegetables into your diet to help maintain an alkaline state. Be sure to wash all produce thoroughly before eating. Avoid acidic foods such as refined sugar, dairy, and wheat, and focus on including healthy fats, oils, and plant-based proteins in your meals. For more detailed guidance on cleansing nutrition, check out the Body Cleansing Diet at ghc.us/cleanse-diet.





FOODS THAT ENCOURAGE HARMFUL ORGANISM CLEANSING

The following fruits and vegetables naturally support your body's ability to eliminate harmful organisms. Incorporate them into your meals or enjoy them individually:

- | | | |
|-------------------------|-------------------|----------------|
| ✓ Coconut & Coconut Oil | ✓ Pineapple | ✓ Turmeric |
| ✓ Fermented Foods | ✓ Pumpkin Seeds | ✓ Wild Berries |
| ✓ Onions | ✓ Raw Honey | |
| ✓ Oregano | ✓ Sunflower Seeds | |

PROGRESS

Keep Track of Your Cleanse



Check off each day as you go! Feeling inspired?

Share your journey using the hashtag **#HowILiveHealthy**.

Days 1-30

Day 1	☐	Day 2	☐	Day 3	☐	Day 4	☐	Day 5	☐
Day 6	☐	Day 7	☐	Day 8	☐	Day 9	☐	Day 10	☐
Day 11	☐	Day 12	☐	Day 13	☐	Day 14	☐	Day 15	☐
Day 16	☐	Day 17	☐	Day 18	☐	Day 19	☐	Day 20	☐
Day 21	☐	Day 22	☐	Day 23	☐	Day 24	☐	Day 25	☐
Day 26	☐	Day 27	☐	Day 28	☐	Day 29	☐	Day 30	☐

Days 31-60

Day 31	☐	Day 32	☐	Day 33	☐	Day 34	☐	Day 35	☐
Day 36	☐	Day 37	☐	Day 38	☐	Day 39	☐	Day 40	☐
Day 41	☐	Day 42	☐	Day 43	☐	Day 44	☐	Day 45	☐
Day 46	☐	Day 47	☐	Day 48	☐	Day 49	☐	Day 50	☐
Day 51	☐	Day 52	☐	Day 53	☐	Day 54	☐	Day 55	☐
Day 56	☐	Day 57	☐	Day 58	☐	Day 59	☐	Day 60	☐

NEXT STEP

Congratulations!

You've taken an incredible step toward improving your health and well-being! By completing this program, you've supported your gut, strengthened your immune system, and empowered your body to maintain balance.



LOOKING TO CONTINUE YOUR JOURNEY?

Keep the momentum going with our **Liver Cleanse Program™**—a natural 6-day regimen designed to detoxify and rejuvenate your liver and gallbladder. This program combines a healthful diet with liver-supporting supplements to promote toxin elimination and restoration of optimal liver function.

Take the next step in your wellness journey today!

NEED HELP?

We're Here for You!

Our award-winning Customer Satisfaction Team is here to assist! If you have any questions, don't hesitate to reach out.



support@globalhealing.com



1.800.476.0016



1.281.949.6768

Your health is our priority, and we're committed to supporting you every step of the way!

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.



Please Tell Us How We're Doing

Your feedback helps us guide our efforts in the right direction to help others. We want to hear from you. Share your experience by submitting your review at:

ghc.us/review-hocp



LET'S WORK TOGETHER. PLEASE RECYCLE!

These statements have not been evaluated by the Food and Drug Administration.
This product is not intended to diagnose, treat, cure or prevent any disease.

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