



PROFESSIONAL STRENGTH

FORTE! KIT

Kidneys filter toxins and waste from blood and regulate blood pressure, mineral levels, water, and hormones in the bloodstream. Science estimates that the kidneys filter approximately 150 quarts of blood daily, meaning, the entire volume of blood in every body is filtered several times a day. The kidneys also monitor proper balance of key minerals in the bloodstream, remove excess fluids after filtering them and produce several essential hormones.

Optimally functioning kidneys are critical to health. The kidneys are a very silent organ which means early issues commonly remain unidentified. Kidney stresses may be evidenced by skin/hair issues, fatigue/loss of focus, high blood pressure, urinary issues, kidney stones, sleep issues and low back pain.

Ideally, optimal cleansing of the kidneys uses a combination of **Forte! Drops** and **Forte! Tea**. Exceptional herbal blends designed to effectively cleanse the kidneys.

FORTE! DROPS INGREDIENTS: uva ursi leaf, juniper berries, cornsilk, horsetail, pipsissewa leaf, burdock root, golden rod flowers, non-GMO vodka crafted to remove gluten. All plant materials are certified organic.

FORTE! TEA INGREDIENTS: uva ursi leaf, juniper berries, cornsilk, parsley root, dandelion root, horsetail, goldenrod flowers, hydrangea root, gravel root, marshmallow root. All plant materials are certified organic.

The intensity of a kidney cleanse can and should be tailored to suit one's needs and present health conditions. These instructions outline three strength versions of cleansing. **Modifiers** are noted by **red asterisks or the word 'modifiers'** for adjusting the strength of the cleanse you feel best for your body.

A proper, effective kidney cleanse utilizes plant materials in the form of tea and tinctures, daily kidney flush, fresh squeezed citrus juice, and food depending on the modifiers elected for your cleanse.

Store in a cool, dark location.

WARNING: Do not use if seal is broken or missing. Consult a professional caregiver if you have any existing health conditions.

NOTE: While cleansing, it is very common to experience headaches, fatigue, cold or flu like symptoms. Many times, after drinking the morning kidney flush, the upper low back, in the region of the kidneys will ache a bit. This is normal. Cleansing the kidneys should and can be completely scaled to your body's needs and your personal comfort levels.

Depending on your health history, cleansing gently may be the wisest choice. Liken it to going to the gym after you've sat out for 2 years and do the toughest workout you can think of. While you will have the benefit of exercise, you're going to be quite sore! Plan carefully the strength and duration of the cleanse you prefer, taking into consideration your ability to handle potential physical discomfort within the schedule you keep.

The kidneys deal with lots of chemicals and 'toxic build-up' over the course of a life. The purpose of cleansing is to encourage toxins stored in the body to exit. Your body is your 'vehicle'. We generally take our cars for regular oil, water, and tranny fluid changes. Regular cleansing of organs can be likened to 'regular vehicle maintenance' for your body.

A PROPER KIDNEY CLEANSE

Ideally, a kidney cleanse should be performed for 5 – 7 straight days, following a liver cleanse. The liver excretes waste that the kidneys must deal with. If you have kidney issues, consider cleansing the kidneys, then cleansing the liver, and then another cleanse of the kidneys. Depending upon your health and tolerance, these cleanses do not need to be consecutive; they can be spaced out over time.

It is productive to refrain from the consumption of grains, dairy, eggs, coffee, sodas, processed sugar, processed food, and chemicals. Water consumption should range from 64 – 128 ounces daily. Keep in mind, you can take the very best materials for cleansing and if you are mineral deficient, your body will be quite challenged to remove those toxins. A very good quality, all natural mineral and trace mineral supplement is highly recommended.

GUAGING YOUR CLEANSE - easing into it:

- **DAY 1:** The first day of your cleanse, create your tea using the least amount of tea and drops. Plan some small meals. And pay attention to your physical reaction.
- **DAY 2:** If you are not having a huge detox reaction, create your tea and drops with the 'medium' amount and perhaps further reduce solid food consumption;
- **DAY 3:** If you desire to go a bit stronger with your cleansing, create your tea and drops using the max amount and again revisit how much food you want to consume.
- **DAYS 4 – 7:** Pick what level of the above you are most physically comfortable with and create that cleanse strength. If you try the highest level of tea/drops strength and do not prefer it, move back down a bit. You are the master of your cleanse.

NEEDED ITEMS FOR MAKING TEA:

- 1 - 2 quart jars
- blender
- pot in which to simmer your tea
- Forte! Tea
- Forte! Drops

Other items:

- The juice of 1 lemon and 1 lime for each morning of the cleanse.
- Unheated honey.
- The hottest cayenne pepper you can find and tolerate in your mouth. Don't torture yourself with pepper that is too hot for your comfort.
- Excellent quality, all natural liquid mineral and trace mineral supplement

DIRECTIONS FOR MAKING FORTE! TEA:

1. Soak 1 tablespoon of dry tea in 8 oz. of water overnight. Each package of Forte! Tea contains enough loose tea for 7 day cleanse at 3 tbsp/day for 7 days.
*** **Modifier:** use more tea.
2. Blend the mixture until herbs are desiccated. Add another 24 oz. water to blended mixture.
3. Bring mixture to a boil. Simmer for 15 minutes. Allow to cool.
4. Add 2-3 droppers of Forte! Kidney Cleanse Drops to strained tea.
*** **Modifier:** use more tincture.
5. Drink 4 oz. of tea 4 times/day – it's very important to spread your daily dose throughout each day.

*** **MODIFIERS FOR THE ABOVE:**

| | # of tbsp of Forte! Tea | # of droppers of Forte! Drops used in prepared tea | Oz./serving, prepared tea | Servings/day |
|---------------|-------------------------|--|---------------------------|--------------|
| Mild | 1 | 2 - 3 | 4 | 4 |
| Medium | 2 | 3 - 4 | 6 | 4 |
| Strong | 3 | 6 - 8 | 8 | 4 |

WHAT TO CONSUME

The body's largest daily expenditure of energy is spent on the digestion of food. For the most effective cleansing, juicing and very consumption of raw foods can be considered. as an effective means to focus the body's energy on cleansing by reducing the energetic requirements to assimilate food. In terms of juice, having a mix of fruit and vegetable (consider those not laden with sugar-rich veggies such as carrots, beets, and apples) juices.

*** **Modifiers:**

- If you wish to refrain from eating and need to 'turn down' your detox reactions, eating raw fats will do the trick rather quickly in most cases. Consume ½ a raw avocado or a few tablespoons of coconut flesh or olive oil a few times a day. The kidney cleanse is not fat rich and therefore, one will experience hunger more readily.
- Plan regular small meals in 4 – 5 ounce portions. Sprouted grain, beans and legumes are incredible additions to salads and will greatly reduce hunger.
- If you think your detox reaction will be too much all at once, plan regular, full size meals that include a majority of fresh raw food.

THE TYPICAL LANDSCAPE FOR CLEANSING

- 1.) Upon rising create your daily kidney flush. Blend the juice of one lemon and one lime with 12 ounces of water. Add as much cayenne pepper as our tongue can handle. **Please note:** honey ‘turns down’ heat of cayenne. You can also use your honey to ‘moderate’ how spicy the flush is. Make sure to blend the cayenne into the juice, water, honey mixture. It does not mix well if just shaken and instead, makes for some really hot moments drinking the kidney flush.

***** Modifiers:** To create a stronger flush, use the juice of 2 lemons and 2 limes. Push the limits of heat – in other words use as much cayenne as you can comfortably handle. Your mouth will acclimate very quickly to the use of cayenne, so every day, try to make it a bit hotter. Additionally, keep in mind, you can use honey to turn the heat down. So if you happen to make it a bit hot, add a bit more honey, blend again and taste.
- 2.) 20 minutes after you finish with the flush, drink your first cup of Kidney Cleanse Tea. Follow your tea by consuming your minerals. Ingest a small dose after each cup of tea.
- 3.) Calculate your waking hours and divide by 4. That will inform you of when to drink your tea. So, if you have your first cup at 8am and you’re generally awake for 16 hours per day, you’ll need to drink your tea at the following times: 8am, 12pm, 4pm, and 8pm
- 4.) If you’re planning small meals, full size meals or fat laden snacks, plan those for 2 hours after your tea consumption.
- 5.) And find time in there to drink another 64-128 ounces of water! Yes, that is ½ - 1 gallon of water per day!

The kidneys are relatively ‘silent’ organs. Upon completion of a liver and kidney cleanse, you should have more energy, increased focus, silkier, smoother, more hydrated skin and hair, better fluid handling in terms of water retention, and much more physical vitality. The adrenal glands are situated on the top of the kidneys and are key glands regulating our energy levels, sex hormones, and ultimately immune function. When you cleanse the kidneys, the adrenals benefit greatly which is a huge boon for immune function.

THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FDA. THESE PRODUCTS ARE NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.

THE INFORMATION PROVIDED IS MERELY INFORMATION, NOT ADVICE. SHOULD YOU NEED MEDICAL ADVICE, CONSULT YOUR HEALTHCARE PRACTITIONER