



PROFESSIONAL STRENGTH

LIVE ALIVE! KIT

A powerful herbal blend that very effectively cleanses the liver.

The liver is one of the hardest working organs in the body and is responsible for maintaining biochemical balance and toxin removal for the blood and the body. The liver has one of the fastest tissue 'renewal' rates in the body and properly cleansing the liver can literally be life altering.

The liver detoxifies the body and synthesizes hundreds of biochemicals needed for proper function of the body. Cleanse the liver if you experience recurring headaches, irritability, digestive issues, skin issues/liver spots, chronic fatigue/lethargy, PMS, blood sugar issues, wakefulness between 2-4am.

Live Alive! Tea and **Live Alive! Drops** are designed to work together to encourage the liver to flush toxins out of the liver and body. These two products can be used slowly over time to clean the liver or by doing a 5-7 day liver cleanse for a faster, more thorough cleansing of the liver and optional cleanse of the gall bladder.

TINCTURE INGREDIENTS: milk thistle seed, Oregon grape root, gentian, wormwood, dandelion, black walnut hull, ginger root, garlic, fennel seed, non-GMO vodka crafted to remove gluten. All plant materials are certified organic.

TEA INGREDIENTS dandelion root, cinnamon bark, cardamom seed, licorice root, juniper berries, ginger root, clove buds, black peppercorns, uva ursi leaf. All plant materials are certified organic.

The intensity of a liver 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 liver cleanse utilizes plant materials in the form of tea and tinctures, daily liver flush, an optional gall bladder flush, fresh squeezed fruit and vegetable juice, and food depending on the choices 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.

While cleansing, it is very common to experience headaches, fatigue, cold or flu like symptoms. If you've never cleansed your liver, have taken prescription meds, or have had chemical exposure (most of us have), take into consideration what the liver will be detoxing out of the body as you cleanse and the potential discomfort you may have. If you've taken prescription barbiturates, it is not uncommon for you to experience 'being high' as those wastes are cleansed from the liver. If you've taken the pill or used steroids, cleansing encourages rebalancing of the sex hormones. Cleansing the liver 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.

A very good liver flush can truly alter you. In 7 days, the tongue can be 'un-pickled', meaning that we can actually taste the chemicals in our food, allergic reactions to scents can be rectified, PMS can be a thing of the past, as well as many other 'casual symptoms' that we accept as part of life. Organ cleanses can be likened to 'regular vehicle maintenance' for your body.

A PROPER LIVER CLEANSE

Ideally, a liver cleanse should be performed for 5 – 7 straight days, followed by a 5 – 7 day kidney cleanse. Much of the waste removed from the liver stresses kidneys as the kidneys have to filter those toxins too. It is recommended to cleanse the liver and follow with a kidney cleanse. 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.

GAUGING 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
- Live Alive! Drops
- Live Alive! Tea

Other items:

- fresh garlic cloves
- 16 – 24 ounces of truly raw olive oil (Bariani is a stone crushed olive, is technically raw, and the cheapest of the unheated olive oils)
- 12 – 16 ounces of fresh squeezed fruit or vegetable juice available each morning of the cleanse
- a very good, all natural liquid mineral and trace mineral supplement

DIRECTIONS FOR MAKING LIVE ALIVE! TEA:

1. Soak 1 tablespoon of dry tea in 8 oz. of water overnight. Each package of Live Alive! 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 Live Alive! Liver 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 Live Alive! Tea	# of droppers of Live Alive! 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

*** Note: Liver Cleanse Tea can also be substituted for coffee if you're trying to break your coffee habit. It's caffeine-free and leaves one feeling alert and energetic.

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 the 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.
- 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.

TYPICAL LANDSCAPE OF FOR CLEANSING

- 1.) Upon rising create your daily liver flush. Blend 12-16 ounces of raw fruit or veggie juice with 3 cloves of garlic and 3 ounces of unheated olive oil (orange juice blended with garlic actually does not taste horrible if you can imagine that!). Blend well, and drink in one sitting. This is a liver flush and accomplishes exactly that – flushes waste and toxin from the liver.
***** Modifier:** use less garlic and oil, perhaps start with 1 clove and 1 ounce olive oil and every day increase each by one.
- 2.) 20 minutes after you finish with the flush, drink your first cup of Live Alive! Tea. Follow your tea by consuming your minerals. Take 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.) Consume 16-32 oz. of fresh apple juice daily. The nutrient rich juice provides the liver with much needed compounds for cleansing. That old adage, “An apple a day ...” is actually true for the liver!
- 6.) Find time in there to drink another 64-128 ounces of water! Yes, that is ½ - 1 gallon of water per day!

OPTIONAL – ADDRESSING THE GALL BLADDER

If you’ve had a diet high in cooked fats, fried foods, or highly processed foods, the gall bladder could use some attention. Gall stones are coagulations of lipids mixed with bile that can range in size from pea to lima bean and are green in color. The gall bladder produces bile, which assists the body in emulsifying lipids (fats). Fats cannot be utilized by the body until they are emulsified (means to bind two things together that do not naturally bind, like oil and water). As the gall bladder becomes burdened, it is less effective in its job, commonly causing persistent/mystery weight issues. Additionally, hormones (which pretty much have a hand in every bodily function) need quality raw

fats to move in and out of the bloodstream. Having a gall bladder that functions well literally helps with proper brain chemistry (better moods), better metabolism (remaining at our ideal weight), easier periods/menopause, fertility, just to name a few.

Day three, four, OR five of your cleanse are the best days to perform a gall bladder flush. Having light food consumption for a few days is an excellent prerequisite for a gall bladder flush. Not to mention, the liver is not completely clean or relieved of its burden if the gall bladder is left with gall stones as the two function closely. Most likely, you don't fast every day, so there's no sense going this distance without flushing the gall bladder.

Needed items:

- 4-8 ounces orange juice
- 4-8 ounces unheated olive oil
- blender

*** **Modifier:** use 4 or 6 ounces each of orange juice and olive oil to scale down.

Blend the orange juice and olive oil very well. Starting at 6pm, and every 15 minutes until 10pm, drink ½ - 1 ounce of the mixture depending on the scale you chose. The following morning, if you have gall stones, they will pass with your bowel movement and generally painlessly.

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.