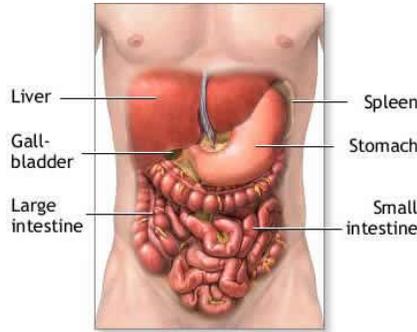


A well-known liver cleanse remedy called:

26 – Day Liver Cleanse



This cleanse can be of great benefit to improving digestion, toxins/chemical detoxification, food intolerances, weight loss, and overall liver function improvement. This cleanse can be done every 6 months or yearly, depending on your lifestyle and environmental surroundings.

NOTE: If you are unsure about cleansing and need further advice, please contact your state licensed medical doctor about this cleanse. The decision to do this cleanse is your decision. Sunshine Herbs, Inc. and its staff are only listing this information on this site for educational purposes and self experiences.

26 – Day Liver Cleanse

Ingredients/Products Needed:

- Organic Apple Juice unfiltered: 1 gallon
- Organic Extra Virgin Olive Oil cold pressed: 16 ounces
- Organic Lemon Juice or Organic Grapefruit Juice: 16 ounces
- Liver Cleanse Formula from Nature's Sunshine Products: 2 bottles

Each day you will take 4 ounce of organic apple juice, 2 tablespoon organic extra virgin olive oil, 2 tablespoon of lemon or grapefruit juice. Mix all three together and drink. Drink plenty of pure water while on this cleanse. Drink ½ your body's weight in ounces of water each day. For example, if you weight 150 pounds, drink 75 ounces of water each day.

Everyday you will also do the following (time of day is up to you):

Day 1: Take 2 Liver Cleanse Formula (LCF).

Day 2: Take 3 Liver Cleanse Formula.

Day 3: Take 4 Liver Cleanse Formula.

Etc... Continue until you are taking 14 pills at once. Once you get to 14 pills, begin reducing the amount by -1 until you get back to 2 pills. Then the cleanse is done.

Other Information:

Some individuals experience headaches and body aches on this cleanse. This is very common. A cleansing reaction known as the Herxheimer Reaction effect may be happening. Basically, this is when the body is cleansing faster than it can get rid of it. The Herxheimer Reaction is an immune system reaction to the toxins (endotoxins) that are released when large amounts of pathogens are being killed off, and the body does not eliminate the toxins quickly enough. Simply stated, it is a reaction that occurs when the body is detoxifying and the released toxins either exacerbate the symptoms being treated or create their own symptoms. The important thing to note is that worsening symptoms do not indicate failure of the treatment in question; in fact, usually just the opposite.

Note: If you have serious Liver or Gall Bladder problems, consult your nutritionally aware licensed medical doctor before beginning this cleanse. Your condition has probably come from lack of taking care of your body. This Flush can be a new beginning. Use this flush at your own risk.