



Instructions for the 120 Day Optimal Blood Cleanse!

CLO₂ Instructions

The CLO₂ is activated by the hydrochloric acid in your stomach.

It is highly recommended to discontinue any product that would make the stomach alkaline such as baking soda or proton pump inhibitors Tagamet, and alkaline water.

Each couple of days you will be introducing a new supplement to the protocol.

Diatomaceous Earth (DE)

Day 1 Start with DE- 1 Tablespoon/day

- Begin by using 1 tablespoon of DE in one glass of water (12oz) after breakfast. Better to have some food in your stomach.
- DE stays in your body for about 48 hours. Over time you will progress to 1 heaping tablespoon.
- You will be taking the DE every day of your cleanse.
- If you prefer, you can take at night before bed.
- You can add the DE to your protein shake.
- You can do half DE in the morning, and the other half at night if this works better for you.

Tip: The key is to drink water when you are taking the DE since DE is a mopper and absorbs moisture. Otherwise, you run the risk of constipation. If this becomes an issue, we recommend reducing the DE to 1 tsp. and adding organic Black Seed Oil at night followed by hot tea.

This is how you will be taking the E3 Renew Me & Brain On

MONTH 1	E3 Renew Me	3 per day
MONTH 2	Brain On	3 per day
MONTH 3	E3 Renew Me	3 per day
MONTH 4	Brain On	3 per day

DAY 2	Day 3	Day 4
Start E3 Renew Me.	Add Nano Colloidal Silver.	Add Probiotic. (50 million count)
take 3 in the morning after food.	take three times a day.	Take one every <u>other</u> evening.
<p>Take the Renew Me for 30 days. See above schedule.</p> <p>Tip: You can open the capsules and add to a glass of water or juice or protein drink.</p>	<p>Take 4-5 squirts under the tongue, 3 times a day and hold for up to 1 minute. Then swallow.</p> <p>Take throughout the day as tolerated.</p> <p>Tip: The Nano Colloidal Silver is clear and tasteless.</p>	

Day 5 Add CLO₂

Begin with 10 drops in 1 liter of water (32oz)

- After you take the DE and the 3 Renew Me in the morning, you are ready to begin drinking the CLO₂ and water.
 - Use a glass container only. No plastic or metal.
 - Use high quality water.
 - You should have food in your stomach at this point.
 - Drink the CLO₂ water throughout the day. Large sips, do not gulp down.
 - Do NOT mix the CLO₂ with anything other than water. It must be in water only.
 - Tip: If you're feeling lightheaded or nauseous, it's not unusual. This can happen when your body begins to enter the first phase of detoxification.
 - However, if severe symptoms persist, it is recommended you reduce the amount of CLO₂ drops to the amount you can tolerate.
 - Another option is to suspend the CLO₂ and start again in a few days at a lower drop amount. This differs for each person.
 - If you are tolerating the cleanse, proceed by adding 1 additional drop of CLO₂ each day until you reach up to 25 to 30 drops total per day.
 - 30 drops of CLO₂ is the maximum in 1 liter (32oz) of water per day.
 - The ratio is 1 drop per ounce of the CLO₂.
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Day 40 Begin the FUNGDx.

If you have the Capsules, take two capsules per day.	If you have the liquid, take drops as directed.
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Continue all products until the cleanse is completed.

Please reach out if you have any questions and Good Luck!

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