LYMPH CLEANSE

Lymphatic congestion is linked to ovarian cysts, fibroids, tumors, breast lumps, breast cancer, edema/swelling, skin problems (acne, eczema, psoriasis, etc.) and other cancers.

Cleanse Introduction

The lymph is THE WASTE DISPOSAL SYSTEM of the human body. It is essential to health and life. The main job of the 100,000+ MILE LONG lymphatic system in your body is to keep your blood clean. The lymph is the communication point between the bloodstream and the tissues of your body and the lymph nodes are responsible for the production of many immune fighting cells. A congested lymph system allows waste to accumulate in the body, creating acidity which destroys tissues, glands, and organs. This lymph congestion then slows the immune response and can lead to a build-up of chronic infections in the body.

Food Guidelines

Remember you are working on your lymph, so think FLUIDS! Lymph is the main fluid waste disposal system of your body (your sewer system). You want to drink hot or room temperature drinks, mainly distilled, de-ionized or reverse osmosis water and juices throughout the day. Eating high water content fruits and vegetables is also helpful. Avoid potatoes, corn, bananas, and dried fruit.

Supplement Guidelines

Once you’ve finished Dr. Morse stage 1 products move to stage 2 and continue until you’ve taken all 5 stages. This will take you beyond the 21-days for deeper cleansing.

Best Foods for the Lymph Cleanse:

Celery is similar to lymph fluid, and lots of celery juice is best. Beets, lemons, limes, grapes and berries.

Shopping List

- North American Herb and Spice Turmerol gel caps
- Dr. Morse Lymph Node Support 1 Tincture
- Dr. Morse Lymphatic System Tonic 1 Capsules
- Health & Wisdom Magnesium Bath Salts
- Beet Crystals by Flora
- Lemons (for drinks & enemas)
- Ginger
- Cedar Bear Cayenne Pepper Tincture
- Enema kit, Implant-o-Rama or Colema Board
- Food Grade Baking Soda (for enema)
- Dry Skin Brush
- Banyan Ashwagandha Bala Oil
- Aromatics Int. Bay Laurel & Cedarwood Essential Oils (optional)

Complete Lymph Cleansing Kit

http://www.spiritofhealthkc.com

5901 Main St
Grandview, MO 64030
816-492-5648
# 21-DAY SUPPLEMENT SCHEDULE

<table>
<thead>
<tr>
<th>Time</th>
<th>Supplements</th>
<th>Food &amp; Drinks</th>
<th>Additional Therapies</th>
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</thead>
<tbody>
<tr>
<td>7:00am</td>
<td>• Lymph Cleanse Drink (1-2 cups)</td>
<td>• Exercise or sit in a sauna for 30 min or more (walk, jog, jump/rebound, Pilates, etc.)</td>
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<td>• Enema #1</td>
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<td>• Exercise or sit in a sauna for 30 min or more</td>
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<td>• Enema #1</td>
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<td>9:00am</td>
<td>• 3 Gel Caps Turmerol Gel Capsules</td>
<td>• Lightest Meal: Juice or smoothie</td>
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<td>• 2 Full Droppers Lymph Node Support 1 Tincture</td>
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<td></td>
<td>• 2 capsules Lymphatic System Tonic 1</td>
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<tr>
<td>1:00pm</td>
<td>• Heaviest Meal: Juice, salad or smoothie</td>
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<tr>
<td>5:00pm</td>
<td>• 3 Gel Caps Turmerol Gel Capsules</td>
<td>• Light Meal: Juice, salad or smoothie</td>
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<tr>
<td>Evening</td>
<td>• Lymph Cleanse Drink (1-2 cups)</td>
<td>• Enema #2</td>
<td>• Dry skin brush</td>
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<td></td>
<td>• Enema #2</td>
<td>• Self Massage</td>
<td>• Warm shower or magnesium bath (1-2 times daily)</td>
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<td>• Dry skin brush</td>
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## LYMPH CLEANSE DRINK RECIPE

**Ingredients:**
- 1 quart distilled or purified water
- A few slices of fresh ginger
- The juice of 2 lemons
- 1-10 drops of liquid cayenne (increase as desired)
- 1 teaspoon of beet crystals

**Directions:**

Take a quart of distilled or purified water and put in a pot. Add a few ginger slices (1 inch or more) and bring to a low boil for approximately 10 minutes. Add the juice of 2 lemons, 1 teaspoon of beet crystals and 1-10 drops of liquid cayenne (the more the better). You can increase or decrease cayenne based on tolerance and taste. Drink this quart throughout the day whenever desired. It’s best to drink warm or at room temperature.

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