LYMPHATIC 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.

PRODUCTS

LYMPHATIC CLEANSE PACKAGE-BASIC

☐ North American Herb and Spice Turmeric Power-Plus (60 caps)

☐ Dr. Morse's Lymphatic System/Spleen Glycerin - Mild (2 fl oz) (2 -2 fl oz bottles)

☐ CellCore LymphActiv 60 caps (2-60 caps bottles)

☐ Flora Red Beet Crystals (7 oz)

☐ Christopher's Hot Cayenne Extract (1 fl oz)

LYMPHATIC CLEANSE PACKAGE-FULL
(BASIC + the following products)

☐ Health & Wisdom Magnesium Bath Crystals (1.75 lbs)

☐ Yerba Prima Dry Skin Brush

☐ Banyan Ashwagandha Bala Oil (12 fl oz)

☐ Aromatics Laurel Leaf Essential Oil (0.5 fl oz)

☐ Cedarwood Essential Oils (0.5 fl oz)

ADDITIONAL OPTIONAL PRODUCTS

☐ Lemons (for drinks & enemas)

☐ Ginger

☐ Enema kit, Implant-o-Rama, or ColemaBoard

☐ Food Grade Baking Soda (for enema)

CLEANSE

The lymphatic system is the waste disposal system of the human body. It is essential to health and life. The main job of your body's 100,000+ mile-long system is to keep your blood clean. The lymph is the communication point between the bloodstream and the tissues of your body. Lymph nodes are responsible for the production of many immune-fighting cells. A congested lymphatic 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

You are working on your lymph, so think FLUIDS! Lymph is your body's primary fluid waste disposal system (your sewer system). You want to drink hot water or room temperature drinks, mainly purified water and juices, throughout the day. Juice fasting is ideal for a lymph cleanse or eating high water-content fruits and vegetables ONLY. Avoid fats, oils, potatoes, corn, bananas, and dried fruit.

BEST FOODS FOR THE LYMPHATIC CLEANSE:

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

*Juicing or eating ONLY these items would be an ideal lymph cleanse.

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21-DAY SUPPLEMENT SCHEDULE

LYMPHATIC CLEANSE

	7AM	9AM	1PM	5PM	EVENING
SUPPLEMENTS		• 1 capsule Turmeric Power-Plus • 2 Full Droppers Lymphatic System/Spleen Glycerin - Mild • 2 capsules LymphActiv		• 1 capsule Turmeric Power-Plus • 2 Full Droppers Lymphatic System/Spleen Glycerin - Mild • 2 capsules LymphActiv	

	7AM	9AM	1PM	5PM	EVENING
FOOD & DRINKS	• 1-2 cups Lymphatic Cleanse Drink (recipe at bottom of page)	• Lightest Meal: Juice or smoothie	• Heaviest Meal: Juice, salad, or smoothie	• Lightest Meal: Juice or smoothie	• 1-2 cups Lymphatic Cleanse Drink (recipe at bottom of page)

	7AM	9AM	1PM	5PM	EVENING
ADDITIONAL THERAPIES	• Enema #1 • Exercise or sit in a sauna for 30 min or more (walk, jog, jump/ rebound, Pilates, etc.)				• Enema #2 • Dry skin brush • Self massage • Warm shower or magnesium bath (1-2 times daily)

LYMPHATIC CLEANSE DRINK RECIPE

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

Take a quart of distilled or purified water and put it 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, one 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.

For more tips and resources, sign up for our free online cleanse:
spiritofhealthkc.com/cleanses or email store@spiritofhealthkc.com

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