

Dr. Christopher's Extended Herbal Cleanse



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at [Healing Waters Clinic & Herb Shop](#)

Healing Waters Clinic & Herb Shop

Supplies You Will Need:

- Dr. Christopher's Lower Bowel Formula
- Dr. Christopher's Liver-Gallbladder Formula
- Dr. Christopher's Kidney Formula
- Dr. Christopher's Blood Stream Formula

Cleansing Steps:

Begin by starting the cleanse with the schedule below. Go for one week and then introduce the Blood Stream Formula. The one week delay in adding the Blood Stream Formula is absolutely essential because we are opening the eliminative channels of the body, allowing a pathway of elimination for the ensuing toxins loosened by the Blood Stream Formula.

Suggested Time Schedule: (First week)

7:30 AM (waking) - Take 1 or 2 (or more if needed) of the Lower Bowel Formula

8:00 AM - Take 2 caps of the Liver-Gallbladder Formula (20 mins before food)

8:20 AM - Eat a breakfast that is in accordance with the Mucusless Diet

10:30 AM (mid-morning) - Take 2 caps of the Kidney Formula

11:00 AM - Take 1 or 2 (or more if needed) of the Lower Bowel Formula

11:40 AM - Take 2 caps of the Liver-Gallbladder Formula (20 mins before food)

12:00 PM - Eat a lunch that is in accordance with the Mucusless Diet

2:30 PM (mid-afternoon) - Take 2 caps of the Kidney Formula

4:40 PM - Take 2 caps of the Liver-Gallbladder Formula (20 mins before food)

5:00 PM - Eat a dinner that is in accordance with the Mucusless Diet

8:00 PM (bedtime) - Take 1 or 2 (or more if needed) of the Lower Bowel Formula

*This routine should be followed for 6 days, resting on the 7th.

**Continue this procedure the second week, adding two capsules of the Blood Stream Formula one hour after each meal.

***Continue this procedure for 6 weeks, resting on the 7th week.

****Repeat these intervals for 6 months, and then rest the seventh month.

At the end of this 7 month program you will be able to assess your progress and determine if another 7 month program would be beneficial.

Note: This is an ideal program. If some days you can only take two capsules two times a day because of a busy schedule, that's OK. Missing the exact steps now and again won't hurt. Resume the program as outlined above as soon as possible.

For more information on cleansing visit the Patient Information page at:

<http://www.healingwatersclinic.com/patient-handout.html>

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