

# SUPER PHOS 30™

## LIVER FLUSH INSTRUCTIONS

### Ingredients Needed:

- 3 quarts of Natural Apple Juice
- 1oz Super Phos 30™
- 1 cup of Olive Oil
- 8-12oz of Soda-Cola works best (room temp)
- Juice from one lemon



You may also want to use a colon cleanser before, during, and/or after performing a liver flush. We recommend using Oxy-Powder® a 100% natural and organic oxygen based colon cleanse.

### Step #1 – Perform on Day 1, Day 2 and Day 3:

- Each Day, Mix 10ml of Super Phos 30™ into One Quart of Natural Apple Juice. For those who cannot or do not wish to drink apple juice, you may substitute 1 quart of distilled water for the apple juice.
- You may drink this mixture all at once or through-out the day.
- You may wish to rinse your mouth and / or brush your teeth after drinking the mixture.
- Be sure to rinse out measuring cup with water. And clean immediately with water if you drip any Super Phos 30™ onto counter or floor surface!
- Eat normally on day 1 and 2.

### Step #2 – Actual Flush - Perform at Night ONLY – May be performed on Night 3 or Night 4:

- You may want to eat light on the day you are to perform the flush– may prefer berries and heavy cream.
- Wait at least three hours after eating dinner before performing flush.
- Thoroughly mix the following:
  - One cup of Olive Oil (virgin or extra virgin works best)
  - Juice from One Lemon
  - 8-12 ounces of Soda-Cola (at room temperature). You can substitute lemon-aid, grapefruit juice, or a natural ginger ale, other natural soda or soda water.
- Quickly drink this mixture! Do NOT wait or oil will settle to the bottom.
- Some like to use the left over lemon to rub on their teeth and mouth to remove excess oil.
- Immediately after drinking mixture, lie down on your right side for 30 minutes. You may draw your knees up to your chest or stretch to full length. You may also prop pillows around you to keep on your right side.
- After 30 minutes are completed you may resume normal activity.

### What Can I Expect:

- Some people experience light nausea – this is normally due to the olive oil. After lying on your right side for 30 minutes, you may want to take a warm bath with Lavender and drink some warm peppermint tea.
- Most individuals will start to pass stones the following day before noon. If you have not had a bowel movement by noon, you may wish to take an Oxy-Powder (4 pills).
- Your first bowel movement may be very soft. This will decrease with each movement and eventually return to normal.
- Most stones are passed with the 2<sup>nd</sup> bowel movement.
- Stones vary in size & color from yellow to red, but most are green resembling peas. Size ranges from pin top to golf ball.
- Some people have reported to have passed 20-100 stones and some have passed hundreds of stones, but not everyone will have success with their 1<sup>st</sup> flush. If you do not get the result you wish, repeat this flush in one month. After that, it is best to wait at least 3 months between flushes.

### Other Commonly Asked Question:

- Q-How often can I perform a liver flush? A-Flushes may be performed 1-4 times a year.
- Q-Should I clean my colon before or after a flush? A-Some people like to clean their colon before a Flush, but it is very important to clean the colon after a flush. Remember, the liver is flushed through the intestines and through the colon, so cleaning the Colon after a flush to completely clean the body, makes good sense.
- Q-What if I do not have a gall bladder, should I do a liver flush? A-Yes, you can still do a liver flush. The role of the gall bladder is to store bile produced by the liver. If there is no gall bladder, the Liver take over this role and therefore you can still cleanse the liver.
- Q-Will the liver flush clean other things from my liver? A-Yes, sometimes people will notice mucous, and other toxins when they perform a liver flush.

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