



CKLS 101

Colon, Kidney, Liver, Spleen Cleanse and Detox

HOW TO USE CKLS – THE 7 DAY CKLS (COLON, KIDNEY, LIVER, SPLEEN) CLEANSE


The purpose of the cleansing your colon, kidney, liver and spleen is to rid your body of toxins and poisons that make you fat, tired, sluggish and lead to any number of ailments and illnesses.

Before you consider the CKLS Cleanse try to get into the mindset that during the cleanse you will not ingest certain foods and beverages – to do so would not only be a waste of your efforts to cleanse your system.

PREPARATION:

The first step in preparing for the seven-day cleanse is to be fully aware of the prohibited food and beverages and clear your pantry so that there is no temptation:

PROHIBITED FOOD AND BEVERAGES:

	<p>NO ALCOHOL NO COFFEE NO DAIRY PRODUCTS NO FLOUR PRODUCTS NO FISH, MEAT OR POULTRY NO FRIED FOOD NO SALT NO SMOKING NO SUGAR</p>
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ITEMS NEEDED DURING THE CLEANSE:

CKLS (Colon, Kidney, Liver, Spleen) 100% Herbal Formula Capsules
16 ounces (unrefined & cold pressed) olive oil
6 – 10 Fresh Lemons
7 gallons spring water
Fresh Fruit
Fresh Vegetables
Vegetable Broth (a great alternative is to make cabbage soup)

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DIRECTIONS:

Pre-Cleanse:	The night before you begin the cleanse, take five (5) CKLS capsules with room temperature water.
DAY 1:	<ul style="list-style-type: none">• When you awake the next morning take an additional five (5) CKLS Capsules on an empty stomach.• Wait for one (1) hour before you take the olive oil & lemon juice.• Drink 16-oz of olive oil (unrefined & cold pressed) if you are over 130lbs or 8-oz if under 130lbs. Consume all the oil within 30 minutes to an hour for best results. Juice four to six lemons to help with the ingestion of the olive oil. The lemons also help dissolve gallstones.• DO NOT DRINK ANYTHING FOR FIVE (5) TO NINE (9) HOURS AFTER YOU HAVE INGESTED OLIVE OIL. DO NOT LAY DOWN AFTER TAKING OLIVE OIL. (IT MAY COME UP) DO NOT EAT ON THIS DAY!!!!• In about four (4) to eight (8) hours later you may have several rapid bowel movements. You should continue to have movements for another two (2) or three (3) hours.• Be sure to have clear access to a restroom, especially four (4) to six (6) hours after ingestion.
DAYS 2 - 7:	Take three (3) CKLS capsules at night for the next five (5) days WHAT TO EAT: Breakfast: Fresh fruit, fruit juice (squeezed or use a juicer) Lunch: Fresh Vegetables (raw or lightly steamed) Dinner: (Do Not Eat after 6pm) Fresh Vegetables (raw or lightly steamed) If you feel hungry during the day sip on vegetable broth or cabbage soup. WHAT TO DRINK: 3/4 to 1 gallon or more of spring water at room temperature daily.

The CLKS cleanse should be done twice a year.

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