

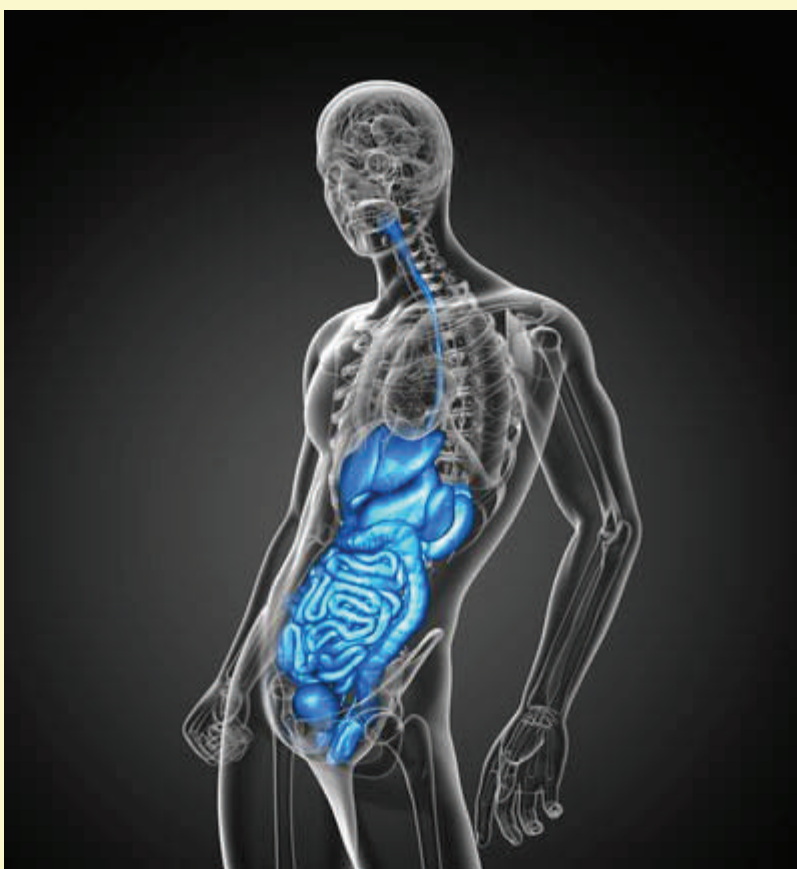
Silver Sage

Cleanse Complete Set - Instructions

Important Notice: Before beginning a detoxification, consult with a skilled health practitioner, and inform them immediately if you develop any unusual symptoms! This is a powerful process that should be taken seriously.

This is a three-step herbal system to help you do a thorough internal cleanse in a way designed to prevent overload on the organs, by preventing toxins from being reabsorbed. These blends contain the herbs that are traditionally used for each phase of the process. They should be taken **in order**, with careful attention to the right diet at the same time.

Each individual responds differently to strong herbal extracts, so **start with only one drop** every 2 hours to see how your body responds. Stop immediately if you have any kind of allergic or other negative reaction, as that is not a normal response to these herbs. If you tolerate the herbs well, and no response is noted by the end of Day 1, you may slowly increase the dose until a cleanse response is noticed, up to a maximum of 10 drops 4 times per day.



Your set contains 3 bottles of herbal tinctures, each one to be used for one week, along with the diet as described for that week. Each bottle contains enough tincture for multiple cleanses.

Week 1: Kidney Cleanse

Stick with mostly fruits this week (especially watermelon and other natural diuretics) and non-starchy vegetables (cucumbers and celery are examples of good choices), and a small amount of clean proteins.

Drink a lot of fluids, and pay close attention to your electrolyte levels (coconut water, Swiss chard, and good sea salt help restore electrolytes, as do Epsom salt baths which also help to detoxify). Take the Week 1 tincture as directed above, increasing dosage very slowly.

Do not be surprised if you pass a lot of small kidney stones this week.

Week 2: Bowel Cleanse

Think fiber! Flax seeds, chia seeds, greens and other high fiber vegetables, and lots of fruits (especially dates, prunes, figs, apricots, berries, and smoothies made from whole fruits - not just the juice).

Drink a lot of water, bone broth, coconut water, kombucha, and other clear liquids and probiotic drinks. Take the Week 2 tincture, starting out slowly just as you did the first blend.

Very little protein or fats this week, and avoid starches.

Bulking agents, like soluble fiber, may be used but make absolutely certain that you take in enough extra fluids to compensate for them.

Expect strange things to pass during bowel movements.

Week 3: Liver Cleanse

Absolutely no fried foods this week, and avoid most fats - no cheating!

Lots of green smoothies, leafy greens of all kinds (make sure you take in a variety, not always the same ones), and other chlorophyll-containing vegetables. Taking additional chlorophyll is a good idea, and you can be quite generous - an ounce or two per day.

Nattokinase helps to improve circulation during this process, and is highly recommended.

Good choices for teas this week would include dandelion, milk thistle, red clover, and nettle.

This week's cleanse may cause a release of gallstones, so be prepared for that possibility. To ease their passage, end the week with a one-day juice fast (no solids or fats), followed by taking an ounce of virgin olive oil in the evening to create a bile flush. Taking some extra magnesium (or preferably a long Epsom salt soak) at the same time will help with that process, as it can relax smooth muscle and allow stones to pass more easily.

Take the Week 3 tincture, again starting out slowly and increasing up to no more than the maximum of 10 drops 4 times a day by the end of the week.

After the Cleanse: Follow-Up

You should be feeling much better, with a possible drop in weight, and improved energy, digestion, sleep, and even healthier immune system. Now, how to best keep it that way...

Things to DO:

Stay with lots of greens every day (raw and steamed; a variety of kale, collards, spinach, salads, etc.), fresh fruits (raw), organic berries, deeply-colored vegetables like yams for their high antioxidant and vitamin content, plenty of healthy fats like olive and coconut oils as well as nut oils and high levels of omega-3, and very nutritious proteins (clean seafood, liver, organic eggs, nuts, seeds), and kelp/sea vegetables of all kinds such as sushi wraps.

Taking several doses of bentonite clay, activated charcoal, and/or zeolite after the cleanse may help remove more of the released toxins.

Seriously consider taking some anti-fungal herbs (such as the Silver Sage “Candida Rotation Blends”, following instructions carefully) and/or applying external essential oils (such as Silver Sage “Candida Killer VII”) for a week or two to kill off and flush out opportunistic colonies of candida and other systemic fungi and pathogens that escaped the organ cleanse because they were entrenched within other tissues.

Probiotics are highly recommended. Fermented foods are a plus, especially when made with the “wild ferment” process; yogurt, kefir, real sauerkraut, kombucha, and fermented pickles of all kinds. You can also take chlorophyll; a tablespoon a day is good.

Have your health practitioner check your vitamin and mineral status, and supplement as needed to maintain optimal levels.

Things to AVOID:

At all times avoid taking in more toxins from things like plastic, heavy metals exposure, pesticides and herbicides, preservatives, and neurotoxins like MSG (be aware that monosodium glutamate can hide on food labels under nearly 50 different “ingredients”) and all artificial sweeteners (Stevia is a good healthy alternative sweetener).

Avoid any foods to which you know or suspect that you may be sensitive. Refined starches, and fried or processed foods should be considered very rare treats to be consumed only in small amounts, as they will load your system down with toxins again. You may notice how sluggish they make you feel after you are no longer used to them, and lose all desire for them anyway.

Rinse and Repeat?

The cleanse may be repeated up to 3 times in a row, or up to a maximum of 4 times per year, but please allow at least a full week or more between any two repetitions of the regimen.

If you undertake a candida killing remedy after the end of Week 3, then allow for at least 2 weeks after that without any kind of treatment before starting again.

What is in each of the Cleanse blends?

NOTE: These are all full-saturation herbal extracts in 50% alcohol and 50% water. Keep in a cool dark place, and keep lids tightly closed to prevent evaporation so that tincture keeps a high alcohol content to prevent spoiling. More alcohol may be added if needed; 100 proof (or higher) vodka is recommended. Under those conditions, your tincture should last for approximately 5 years from purchase.

Week 1: Kidney 32 herbs

- Agrimony
- Alfalfa
- Astragalus
- Beet
- Birch
- Blue Vervain
- Boldo
- Buchu
- Cardamom
- Centaury
- Cleavers
- Corn Silk
- Cranberry
- Dandelion
- Dulse
- Gotu Kola
- Gravel Root
- Holy Basil
- Horsetail
- Lemon Balm
- Marshmallow
- Nettle
- Pipsissewa
- Red Clover
- Rehmannia
- Rosemary
- Shepherds Purse
- Skullcap
- Slippery Elm
- Sweet Woodruff
- Uva Ursi
- White Oak

Week 2: Bowel 43 herbs

- Aloe Vera
- Angelica
- Blessed Thistle
- Blue Violet
- Boldo
- Buckthorn
- Burdock
- Caraway
- Cardamom
- Cascara Sagrada
- Cats Claw
- Celery Seed
- Centaury
- Chicory
- Comfrey Leaf
- Elecampane
- Fennel Seed
- Gentian
- Ginger
- Gold Coin
- Gravel Root
- Hawthorn
- Hibiscus
- Holy Basil
- Hops
- Horehound
- Hyssop
- Lemon Grass
- Licorice
- Marshmallow
- Mugwort
- Oregano
- Parsley
- Peppermint
- Quassia
- Red Clover
- Rhubarb Root
- Senna
- Slippery Elm
- Spirulina
- Sweet Woodruff
- Yarrow
- Yellow Dock

Week 3: Liver 24 herbs

- Agrimony
- Astragalus
- Beet
- Boldo
- Burdock
- Cats Claw
- Centaury
- Dandelion
- Garlic
- Holy Basil
- Kelp
- Maitake
- Milk Thistle
- Parsley
- Pine Bark
- Privet Fruit
- Red Clover
- Rehmannia
- Rosemary
- Schisandra
- Skullcap
- Sweet Woodruff
- Turmeric
- Wheatgrass

Thank you for using Silver Sage Herbs!