



30-DAY

WHOLE BODY CLEANSE SYSTEM

Instruction Manual



Congratulations on buying the 30-Day Whole body Cleanse System.

You are now in possession of one of the most comprehensive and powerful full body cleanse kits on the market. This kit was a large undertaking on our end in order to develop a kit that includes all the tools you need.

Follow your dosing closely. Familiarize yourself with this manual and follow the dosing on the supplied calendar. In case you miss a dose, you should not try to make it up. Instead, you should get back on track as soon as possible. If for some reason you miss a whole day of dosing, you can prolong that week by a day or move on.

This kit is designed to do the work for you. Remember, however, that we are working to pull out toxins from your body. In some people, like those with many toxins in their body, this may lead to a healing crisis. A healing crisis is a situation where things get worse before they get better. During your cleanse, you should always remember you can start to feel a little down or your skin can start to break out at any time. This will clear up quickly if you persevere and continue with your cleanse as scheduled. We are available via email and live chat with extended hours. Visit our, www.dimmakherbs.com, site for any questions or help that you need.

Kit Contents

-  1x Lung Revive™ - 50 capsules
-  1x Bowel Revive™ - 100 capsules
-  1x Digestive Revive™ - 100 capsules
-  1x Kidney Revive™ - 100 capsules
-  3x Tox Flush™ - 100 capsules
-  1x Gallbladder Revive™ - 100 capsules
-  1x Liver Revive™ - 100 capsules
-  1x Blood Regenerator™ - 1 ounce concentrated extract
-  2x Ener-Qi – 1 ounce concentrated extract
- 2x Green Tea Bags – Contains approx 50 individual tea bags
- 1x Instruction booklet
- 1x Magnetic dosage calendar

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A diet that is high in fiber is important for your overall health. It will benefit all of your organs and your body as a whole. Fiber keeps your body free of toxins and helps to move waste through your body. High fiber foods have the added benefit of helping to flush out fat and cholesterol from your blood and can help keep your cholesterol at a normal level. Fiber also helps to normalize blood sugar levels.

Fruits - Raspberries – 1 cup contains 8 grams, Apples – 1 medium with skins contains 5.5 grams

Vegetables - Artichokes – 1 medium cooked artichoke contains 10.3 grams, Peas – 1 cup contains 8.8 grams, Broccoli – 1 cup contains 5.1 grams

Grains - Whole Wheat Spaghetti – 1 cup contains 6.2 grams, Barley – 1 cup cooked contains 6.0 grams, Bran Flakes – $\frac{3}{4}$ cup contains 5.3 grams, sprouted breads can be up to 20g per slice!

Seeds, Nuts and Legumes - Split Peas – 1 cup cooked contains 16.3 grams, Lentils – 1 cup cooked contains 15.6 grams, Black Beans – 1 cup cooked contains 15.0 grams, Almonds – 1 ounce contains 3.5 grams, Pistachio Nuts – 1 ounce contains 2.9 grams, Pecans – 1 ounce contains 2.7 grams

These are some simple tips to remember when following a fiber rich diet:

- Whole grain pasta, breads, and other starches contain a higher percentage of fiber than other types of these products. Brown rice, wild rice, and grains like quinoa are healthful alternatives to white rice.
- Choose lean meat and poultry and eat fish twice a week.
- Eggs are a good source of protein and unless you have high cholesterol, you can eat eggs every day. Mixing whole eggs with egg whites can help keep cholesterol down.
- Add nuts and seeds to your diet for protein and the essential fatty acids they contain.
- Choose low-fat dairy products. There are several soy products on the market that are tasty and easy on your body. Soy, almond, and rice milk are good dairy alternatives.
- Limit sodas, caffeinated drinks, and alcohol consumption.
- Sugar is okay in moderation. Use it as a treat for yourself.
- Avoid using salt and high sodium foods which include most processed and fast food.

Breakfast

2 portions of whole grains
2 ounces of lean meat,
fish, poultry or 1 egg
6 ounces of fresh juice
1 cup of milk or soy milk

2 servings of fat

Mid-Morning Snack

Medium fruit
1 serving of nuts

Lunch

3 ounces of lean meat, fish
or poultry
Fresh vegetables
1 medium fruit
2 portions of whole grains
1 cup of milk or soy milk
2 servings of fat

Mid-Afternoon Snack

1 serving of whole grain
crackers or bread
1 serving of protein

Dinner

3 ounces of lean meat, fish or
poultry
Fresh vegetables
3 servings of whole grains
2 servings of fat
1 serving of starchy vegetables
Decaf tea or coffee

Evening Snack

1 fruit
1 serving of milk or soy milk

This is a general guide to maximizing your cleansing by using foods along with the herbs. If you are very active, you can eat a bit more but focus on fresh fruits and vegetables as these have the most nutrients per calorie. Eating small and frequent meals throughout the day will help maintain a steady blood sugar. Avoid skipping meals or eating late at night. **Also remember that throughout the cleanse, most of the portions discussed are based on a 150 pound person so adjust them accordingly.**

The pre-cleanse period is a short but very important part of the program. The BULK of toxic buildup in the body is located in your intestines. This is particularly true with the large intestine. Since this is one of the most effective ways of removing toxins from the body, the bulk of your detoxing and cleansing will happen through the intestines. We are trying to get a head start on detoxing these elimination systems to avoid a backup when we start on other systems.

Dietary Guidelines

The pre-cleanse represents the start of the colon cleanse and it kick-starts your cleanse. Because of this, we have provided you with a liquid or 'juice' diet that you can follow. This will be the most effective way to start your cleanse and start detoxing.

The Pre-Cleanse diet can be found on page #8

If you choose to continue to consume solid foods, please follow the standard dietary guidelines.

General Diet guidelines diet can be found on page #2

Dosing & Instructions

You are going to start the Pre-Cleanse two days prior to your actual start date. You will start taking Tox Flush™ and Bowel Revive™ for two days at full dosage.

Tox Flush™

Tox Flush™ is our toxin flush and anti-oxidant formula. This formula will be used to pull in, neutralize, and expel toxins including heavy metals. You will use Tox Flush™ for the entire cleanse including this pre-cleanse at the same dosage which is three capsules three times a day.

Bowel Revive™

Bowel Revive™ is the colon cleansing system. Bowel Revive™ improves the quality and quantity of bowel movements, kills parasites and bad bacteria in the intestines, and alleviates irritation and inflammation in the intestines.

You will take two Bowel Revive™ capsules three times daily along with the Tox Flush™.

*Always take your dosages with a cup of hot Green Tea and 20 minutes prior to meals.

It is important to achieve a **MINIMUM** of one daily bowel movement when starting the cleanse. This dosage along with following dietary guidelines will increase your chance of achieving this. Both the Digestion Revive™ and Bowel Revive™ will be used for the entire cleanse period.

Take time during this period to prepare yourself for your cleanse physically and mentally. Acquaint yourself with the instructions and do any shopping you need.

Week 1 is the official start of the cleanse which begins with the superficial organs. You will continue to work on the digestive system and colon from the pre-cleanse and week 1 will add in a short cleanse for the lungs. You will also begin your dose of Ener-Qi.

The lungs provide the body with oxygen needed from the air. Dirty and unclean lungs will make for difficult or contaminated air exchange with the body. The lungs provide us with our 'air Qi' and by detoxing and clearing the lungs, we can increase the quantity and quality of our 'air Qi'.

The large intestine or colon is the major organ of waste removal. It is important to eliminate bad bacteria, kill parasites, and improve bowel movements. As we physically detox the colon and provide a thorough cleansing, it will effectively handle detoxing the rest of the body through the rest of the cleanse period.

You will also begin taking our Ener-Qi tincture. Ener-Qi will support your immune system and keep your energy level high throughout the cleanse.

Dietary Guidelines

The colon benefits from high fiber and benefits especially well from insoluble fiber in the diet. Because our system includes toxin flushing herbs and fiber, you can instead intensify your colon cleanse using a liquid or juicing diet. A specialized juice diet for your colon can be found on page #. If you choose to eat a solid foods diet, you should follow the general guidelines which includes high fiber foods. Additionally, we have provided you with more guidelines included to benefit the lungs. Those with lung ailments should follow the lung dietary guidelines thoroughly; however, if you choose the liquid diet for your colon, you are also following a lung tonifying diet already.

The liquid diet for your colon guidelines can be found on page #10

General guidelines for those using a solid diet can be found on page #2

Additional lung cleansing guidelines can be found on page #9

Dosing & Instructions

During the first week you will continue your use of Bowel Revive™ and Tox Flush™ at the same dosage as you are still cleansing your colon. You will now start on a 5 day cleanse of the lungs.

Lung Revive™

Lung Revive™ is a short but strong cleanse. Lung Revive™ opens the airways, clears mucous, clears sinuses, clears congestion, and removes any inflammation in the lungs. Your dosage will leave you with capsules left over. You may choose to take them on day 6 to finish them if you like.

You will take three **x3** Lung Revive™ capsules three times daily. Take them at the same time that you take the Tox Flush™.

Ener-Qi

Ener-Qi is our support system through the cleansing period. Ener-Qi is important to maintain optimum immunity through the cleansing period. Ener-Qi also provides the much needed energy to keep you energized and focused through the cleansing period. You will start Ener-Qi on day 1 and continue through the end of the detox and continue to finish the bottle if desired.

Take a ¼ dropper full orally of tincture morning and evening. Take it at the same time as your morning and evening doses of Tox Flush.

*Always take your dosages with a cup of hot Green Tea and 20 minutes prior to meals.

It is important to maintain quality bowel movements through your first week as we are focusing on the colon. Those on the juicing program should focus on multiple bowel movements daily. Those on solid foods should pay extra attention to bowel movements to obtain a minimum of one quality bowel movement per day. Regardless of diet used during this time, the focus is on cleansing and removing waste.

Week 2 – Kidney & Bladder Cleansing w/ Digestion Strengthening

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Week 2 starts the cleansing and detox of the kidney and bladder. You will also begin to increase beneficial flora in the intestines. Over a week was dedicated to flushing your intestines and now a week will be dedicated to renewing the flora in your digestive tract.

Dietary Guidelines

Now you can adjust your diet based on how you feel and how good your diet has been since the start of the cleanse. Next week will offer an additional and recommended liquid based diet for your gallbladder, so if you are coming off a juicing diet now, you should ease into solids. Since there is a strong focus on rebuilding a strong digestive system, you can focus on dieting to maximize your kidney cleanse or you can use the general guidelines and consume high fiber foods. Kidney dietary info and guidelines can be found on page #11. General guidelines for dieting can be found on page # 2

Dosage & Instructions

During Week 2 you will continue your use of Tox Flush™ and Ener-Qi at the same dosage. You will also continue taking Bowel Revive™ at a smaller dosage, following the chart and instructions below. You will also start the Kidney / Urinary Bladder cleanse for a full 7 days along with renewing your digestive system.

Bowel Revive™

Bowel Revive™ dosage will be reduced to 1-2 pills nightly depending on where you are in the chart below

	0 Daily Bowel Movements	1 Daily Bowel Movements	2+ Daily Bowel Movements
Regular Food Diet	2 pills + juicing diet	2 pills nightly	2 pills nightly
Our Guidelines or Juicing	2 pills nightly	1 pill nightly	1 pill nightly

Digestive Revive™

Digestive Revive™ is our herbal probiotic and digestion harmonizer. Digestive Revive™ improves digestion strength by correcting bacteria in the intestines, stimulating the growth of healthy bacteria, and balancing the pH level in the intestines. Because you finished your colon cleanse, Digestion Revive™ adds a push on the intestinal tract for complete internal cleansing. Take three **x3** Digestive Revive™ capsules three times daily. Take Digestive Revive™ at the same time you take Tox Flush™.

Note: You will have capsules left over after your 7 days of Digestive Revive™. You may continue dosage if desired or use them at the end of your detox to ease back into regular foods and out of a detox system.

Kidney Revive™

Kidney Revive™ is a unique combination of cleansing and detoxing which improves function. Since the kidneys themselves detox your body, it is essential to not drain and bombard your kidneys with flushing only. Kidney Revive™ has kidney tonification formulated directly into it, and also provides thorough kidney and bladder flushing and cleansing. Take four **x4** Kidney Revive™ capsules three times daily. Take Kidney Revive™ at the same time you take Tox Flush™.

Note: You will have left over capsules of Kidney Revive™. Because there is a 2 day break until you start another system, you may continue taking your dose of Kidney Revive™ until the capsules are gone.

*Always take your dosages with a cup of hot Green Tea and 20 minutes prior to meals.

Week 2 has moved further into deeper organs, mainly concentrating on a thorough flush of the kidney and urinary tract. You are also working on replenishing your digestive system with good bacteria to replace what gets lost in a cleanse. Concentrate on improving digestion and feeling energized after eating. Drink plenty of water to support your kidneys for a quality flush. Your urine output will likely increase which is normal, so we recommend to drink electrolyte enhanced water during this time.

Week 3 is a long week, 9 days instead of 7 days. You will have a 2 day break from starting another system, unless you continue your kidney cleanse, where you will start taking Blood Regenerator™. It is essential to have the increase in blood quality, quantity, and circulation that Blood Regenerator™ offers before working on the gallbladder / liver. You will then start your gallbladder flush after 2 days of kick starting with Blood Regenerator™. This is also how we are detoxing your skin and lymph through this system. You will also continue taking your daily doses of Tox Flush™ and Ener-Qi this week.

Dietary Guidelines

This week will work on improving the quality and quantity of blood as well as flushing the gallbladder. The gallbladder has a highly recommended liquid breakfast drink to accompany the cleanse. Foods beneficial to the blood are red and purple in color, like beets and eggplant.

Liquid gallbladder flush guidelines can be found on page #12

Those unable to or do not want to use a liquid flush during the gallbladder time can use the general guidelines which can be found on page #2

Dosage & Instructions

During Week 3, you will continue your use of Tox Flush™ and Ener-Qi at the same dosage. For the first 2 days of this 9 day week, you may continue to take Kidney Revive™. You will immediately start taking your dosage of Blood Regenerator™ for the full 9 days. On day 3 of this 9 day week, you will then begin taking Gallbladder Revive™.

Blood Regenerator™

Blood Regenerator™ is our blood tonic to compliment the gallbladder and liver detoxes. It is essential to start renewing fresh blood as well as increasing blood circulation of the liver. This allows optimal cleansing of the lymphatic system and skin with the use of Gallbladder Revive™ and Liver Revive™.

Take ½ dropper full of Blood Regenerator™ tincture twice daily in the morning and evening. Take Blood Regenerator™ at the same time you take your morning and evening Tox Flush™.

*This dosage should almost finish the bottle of Blood Regenerator™, but it is recommended to continue to take Blood Regenerator™ at the dosage listed until you have used it all.

Gallbladder Revive™

Gallbladder Revive™ is for the cleansing of your gallbladder to setup a complete cleansing of your liver. Because the gallbladder is attached to the liver and stores the bile the liver makes, detoxing the gallbladder will help you detox the liver.

Take five **x5** Gallbladder Revive™ capsules three times daily for 6 days. On the 7th day you will take five Gallbladder Revive™ capsules morning and evening to finish the bottle. Take Gallbladder Revive™ at the same time you take Tox Flush™.

*Note the dosing listed above. The final day will only have 10 pills left, so you need to split those into morning and evening dosages of 5 capsules.

*Always take your dosages with a cup of hot Green Tea and 20 minutes prior to meals.

Week 3 has moved further into deeper organs and has started the blood detox and working towards the liver detox. Don't forget to follow the calendar so as not to get confused by the 9 day week. Detoxing the gallbladder is an excellent way to increase liver and gallbladder function. This is the most important week to consider following the dietary guidelines and doing the juicing flush for the gallbladder, see page #12 for more details. As we flush the gallbladder it will flush the intestines, this can make for interesting things in the stool as it all flushes and passes out.

Welcome to your final week of this full body detox! Week 4 is all about your liver and finishing up a thorough cleansing. During this week, you will still be on the Blood Regenerator™, but you shouldn't be cleansing any other organ systems currently. You will also continue taking your daily doses of Tox Flush™ and Ener-Qi.

Dietary Guidelines

If you are coming off a liquid diet make sure you ease back into solid foods. We have included guidelines to maximize the cleansing and detoxing of your liver and we recommend their use. Otherwise, continue with your diet using our general guidelines.

Liver cleanse dietary guidelines can be found on page #13

General dietary guidelines can be found on page #2

Dosage & Instructions

During Week 4, you will continue your use of Tox Flush™ and Ener-Qi at the same dosage. You are going to start taking Liver Revive™ immediately, and you shouldn't be detoxing any other systems currently. You will continue taking Blood Regenerator™ at the same dose as before until the bottle is gone.

Liver Revive™

Liver Revive™ is not only for cleansing but also for improving liver function and offering liver protection. Liver revive detoxes the liver, increases circulation through the liver, normalizes liver enzymes, and adds liver protection for a lasting effect.

Take five **x5** Liver Revive™ capsules three times daily for 6 days. On the 7th day you will take five Liver Revive™ capsules morning and evening to finish the bottle. Take Liver Revive™ at the same time you take Tox Flush™.

*Note the dosing listed above. The final day will only have 10 pills left, so you need to split those into morning and evening dosages of 5 capsules each.

*Always take your dosages with a cup of hot Green Tea and 20 minutes prior to meals.

Week 4 has moved further into the deepest organ, the liver, and the blood level work that continues. The liver is an overtaxed organ and needs this week to really improve. Carefully watching what goes into your body this week will be beneficial and result in superior results. It has been over 3 weeks of cleansing so far, so it is important to try to remain focused while cleansing one of the most important organs.

At this time, you may have left over Blood Regenerator™, Ener-Qi, Digestive Revive™, and Tox Flush™. You may continue to use these at the listed dosages until they are all finished. Taking the Digestive Revive™ will help you ease back into regular food but remember to ease back into heavy solids like meat (steak). Permanent change of dietary habits similar to our general guidelines listed in this manual will ensure long lasting effects and improved health. Follow up supplements to promote organ health post-detox can be found on our website www.dimmakherbs.com.

Congratulations on Finishing your Full Body Detox!

**DIETARY ADVICE
AVAILABLE ONLY ON PRINT
FORM WITH THE KIT**

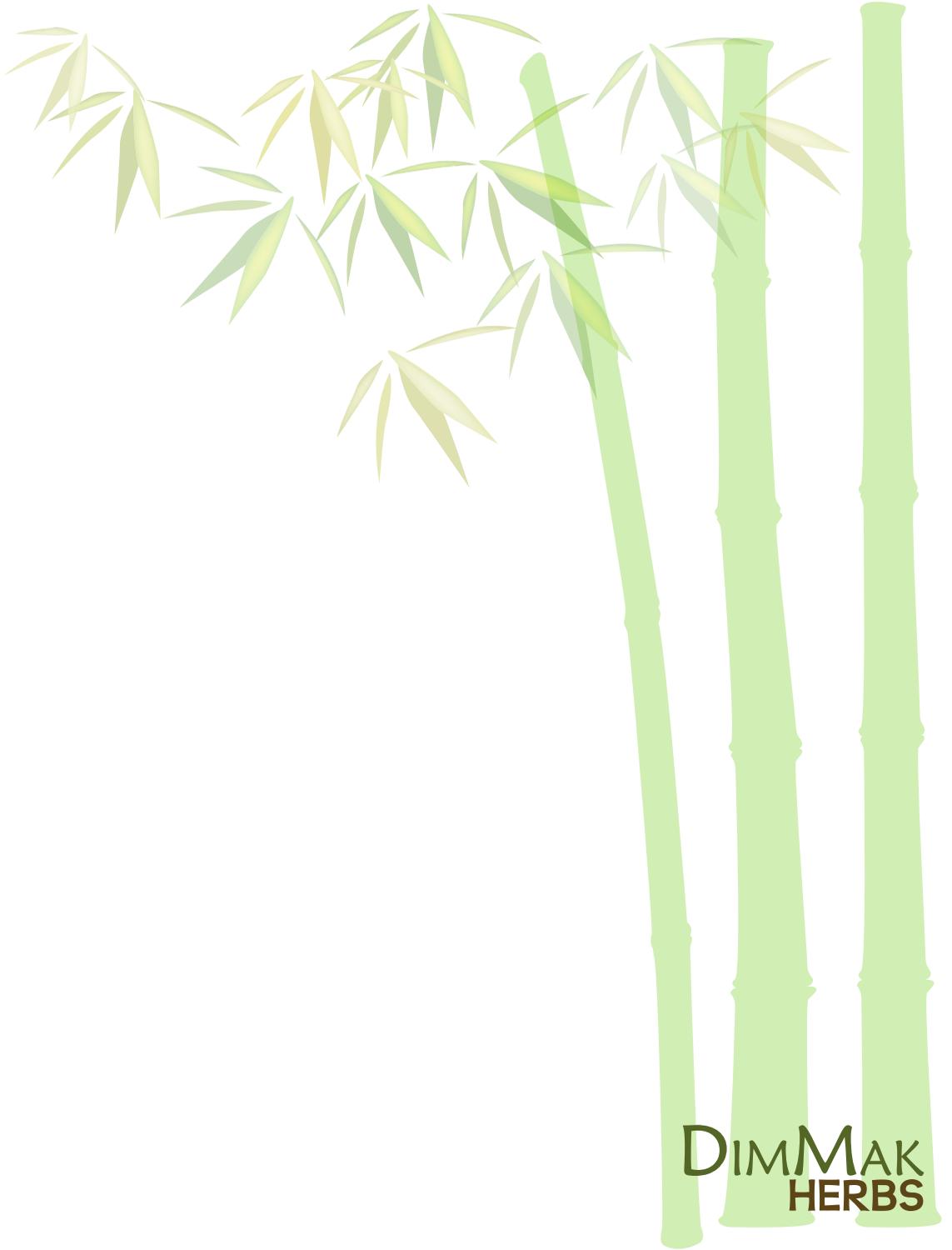
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