

Cleanse & Restore

Life Long Vitality Pack – Take 4 capsules a day from each of the bottles with meals 2 in morning 2 at lunch or dinner (Half the dose if you feel detoxification symptoms and drink lots of water)

Zendocrine detox gels– Take 1-2 capsules with am and pm meals for 30 days

Terrazyme – Take 1-3 capsules. The more your food is processed, cooked, the more Terrazyme you will need to take. For example if you have a salad for lunch, take 1 capsule, but if you eat a hamburger for lunch, take 3 capsules. Continue taking Terrazyme after the cleanse for maintenance.

GX Assist – Take 1 soft gel with am and pm meals for the middle 10 days of a 30 day cleanse

PB Assist – Take 1 capsule 3 x a day for the last 10 days of a 30 day cleanse. 1 capsule between the am and noon meal. 1 capsule between the noon and pm meal, and 1 capsule before going to bed. For best results take capsule on an empty stomach.

For your second month it is best to start on the Zendocrine complex, take for 30 days continuing with the Life long vitality, Terrazyme and introduce slim & sassy if weight loss is wanted!

For your third month either repeat month 1 or 2 again or if unsure call Becky Bowles 07951 937870



Helpful Cleansing Tips

- Remember to drink plenty of water at least twelve 8oz cups of water each day. Consistency is key! Taking the supplements here and there will not do it!
- Be patient with your body. If this is your first cleanse it may take more than one round for you to fully cleanse.
- Everyone's body is different therefore individuals will have different experiences whilst doing this cleanse. If you experience gastrointestinal upset then try taking supplements with food and or reduce the amount you consume.
- Consider avoiding sugar, gluten, dairy, yeast during this cleanse, however do the best you can, anything is better than nothing!
- Add the above foods back into your diet one at a time after your cleanse is completed. If inflammation occurs then consider removing the food out of your diet completely as this is a sign of food sensitivity. You can also try taking more Terrazyme with your meals and on an empty stomach to aid with digestion and inflammation.

