

**QUICK START DIRECTIONS
FOR ART OF DETOX'S**

BASIC HOME DETOX (PLUS)

30 Day PRE CLEANSE

Congratulations on the purchase of your Home Detox Kit. This kit embodies our common sense natural approach to creating or recovering optimum vitality making use of the following natural principles: 1. Stop digging the hole deeper 2. Clean up the Organs/ Pathways of Elimination 3. Remove the possibility of human worms and parasites 4. Feed the body foods it was anatomically designed to consume.

To achieve this your Detox Kit contains the following 3 time tried and tested herbal formulas which significantly empowers your body's natural healing ability to self heal and restore vitality all from the comfort of your home.

1 Intestinal Bulldozer

2 Adult Para-Cleanse

3 Kidney Cleanse

Getting started

Follow this routine for 30 days to experience the difference for your self.

Although not essential, but for best results we suggest you consume only a Vegan/Vegetarian eating regime for the 30 days of the cleanse. What this means is.... refrain from consuming ANY animal products. Drink plenty of liquids. Clean water (Distilled or RO water is best) is the preferred drink of choice. Freshly squeezed fruit and veggie juices are ok too as are natural herbal teas. Always strive to consume organic food because organic is better than anything treated with insecticides, pesticides or herbicides or containing GMO.

Stay away from fatty fried junk foods. (The trans-fatty acids mess up your cells ability to function normally (mitochondria) contributing to a loss of energy and eventually disease.)

Also refrain from consuming the following which are toxins to the body: Coffee, fizzy sweet drinks of any sort, high caffeine energizer products, soda's, sports drinks and of course alcohol.

The home Detox Kit

The Detox Kit is a herbal approach using a non-invasive and natural means to clean up your organs of elimination whilst chasing out unwanted parasites. Herbs are only one portion of the total health solution.

Diet, Clean Water, Minimal EMF exposure, clean fresh air, exercise, and reduced STRESS all contribute to your staying well.

No amount of vitamins or supplement's can help you if your body is overloaded with its own toxic waste accumulated over many years. This is why choosing an approach such as this, that will clean up the various elimination organs as a foundational approach makes for an experiential education that will serve you well for your entire life.

In addition, the Home Detox Kit makes use of a variety of herbs known to help all the elimination organs work more efficiently so as when you start killing these parasites, they dissolve, get collected and deposited down into your toilet and not up and out of your skin or lungs as a rash or as mucus, etc.

The Detox Kit consists of herbal formula's designed to facilitate the body cleaning and healing itself. Ultimately they will assist cleaning up the blood stream. It is clean blood that will heal and rebuild the body. NOTHING ELSE CAN DO THIS. We can help by giving the blood stream body, good minerals (building blocks) so as to achieve this. In essence the herbs are simply food. Therefore you can begin them right away. In essence, the herbal formulas provide cleansing support to bodies that are clogged and poisoned by modern diets, and may not be assimilating what we eat and drink properly.

When these waste poisons and parasites are cleaned out of our bodies profound effects can be felt and observed in health and well being on all levels.

Cleaning up your diet to a "healthy diet" as described above (Gluten Free, Soy Free, and Dairy Free), reducing processed food and upping your intake of fresh fruits and veggies will assist the Cleanse process.

Getting started: from day 1

We would recommend starting on the Bowel Formula right away. Start with 2 caps three times per day just before food or with your food. This should result in the bowel becoming more active and eliminating accumulated stored waste.

Please refer to the product notes below for guidance and understanding so as to get the most out of each formula. The more you read about each formula's the more you stand to gain from the experience.

At the same time:

You can also start with the Adult Parasite Cleanse. Start with 1 teaspoon for the first 3 days at night prior to bed preferably on an empty stomach. If no adverse detox symptoms are experienced, then increase to 1 teaspoon (tspn) twice a day for a further three days, then go to 1 TABLESPOON twice day.

For best results take on an empty stomach first thing in the morning, and last thing at night prior to sleep.

Also, begin immediately with the Kidney Cleanse. 1 TSPN at night prior to bed. This bottle will last for aprox six weeks. At the end of six weeks, take a six week break from the Kidney Cleanse and the consider doing another six weeks the cleanse if you feel so needed.

After 10 days

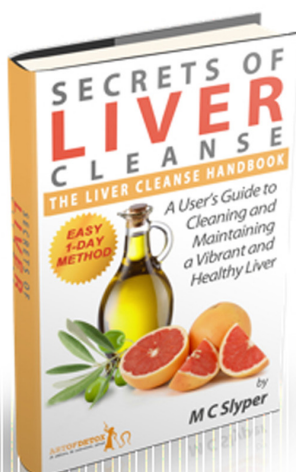
When you have been on the Bowel and Parasite Formula for 10-14 days, plan on doing your first liver cleanse.

The liver cleanse is an 18 hour over night experience as detailed in the “Secrets of Liver Cleanse” E-book which was sent to you as one of the Bonus reports if you purchased the HOME DETOX PLUS program. This excellent e-book gives you all the guidance you will need and more on how to safely do the Liver Cleanse.

Upon completing the liver cleanse, continue using your formulas at the same dosage as prior to the liver cleanse.

Continue with the kit until a total of 30 days have been completed.

Near the end of the 30 days another liver cleanse can be completed taking advantage of the momentum achieved from the first liver cleanse.



The “*Secrets of Liver Cleanse*”, suggested reading for guidance on doing your liver cleanse

After 30 days

At the end of 30 days, having followed the above guideline's you would be well prepared to commence a juice fast of a duration of your choosing if you so wish, and would like to take your cleanse one level deeper. I suggest 7-10 days if you have no Fasting experience. More guidance on this topic is provided in the free book "Secrets of Detox" from the AOD website.

The HOME DETOX KIT is a highly effective cleanse on its own. When used as a Pre cleanse leading up to a short juice fast, you have enormous healing potential unfolding.

The Detox kit allows you whilst eating a cleaner diet, and without major disruption to you life to clean up your internal terrain, your internal organs of elimination, and in so doing cleaning up the river of life ie Your bloodstream.

Storage and shelf life:

Store all formulas at or below room temperature.

Most of Art of Detox Formulas are liquid tonics. These are naturally preserved liquid tinctures within a maple syrup base. Unopened they have an indefinite shelf life and even get better with age. Once opened, we suggest consuming them within a year. Always store at or below room temperature.

For the capsule products, should ideally be consumed within one year, however if kept deeply refrigerated they have been know to remain good for a decade.

Again once opened they should ideally be consumed within a year of purchase.

What are wild crafted herbs:

The best herbs are always “Wild Crafted”. Wild Crafted herbs are herbs found as in nature, where nature planted them. They thrive because they obey Nature’s laws. They live in the correct places that Nature intended them to. When one purchases “organic” herbs it simply means they were raised by man and since man can only seek simulate the “correct” soil and light conditions that Nature does such organic produce will be inferior. Many of our Herbs and many of our tinctures will be sourced from nature in their natural habitat. It doesnt get better than that.



About the formulas in this Detox Kit

SLOWER BOWEL FORMULA (Intestinal Bulldozer) Worth its weight in Gold.

This formula promotes regular and complete bowel movements. The Intestinal Bulldozer formula should ideally be taken with food, or just prior to eating. When the bowel moves the next morning you should notice an increase in the amount of eliminated fecal waste. The consistency would most likely be softer. Take according to how many you need. As there are no two people alike in age, size, or physical construction (and the bowel itself will differ in persons as much as our finger prints differ), most folk will start with two capsules three times a day at meal times, and then regulate the dosage from there.

As a result, some people even find that their bowels will move several times per day at meal times, and then regulate the dosage from there. As a result, some people even find that their bowels will move several times per day.

If you do not notice any difference or anything dramatic then increase the number of capsule's gradually until the movements become soft and well-formed (and in very difficult cases, one could take up to 40 of these capsules a day, for these herbs are only food and can do no harm. They are not habit forming). If at any stage the stool seems too loose then cut down your dose.

At suggested rates of consumption, the canister of 500 capsules should last approx 90 days.

Dr. John Christopher one of the foremost and talented herbalists of the last century believed that most diseases started by the accumulation of impurities in the lower bowel, there are simply too many ailments to list which can be treated by cleansing the lower bowel with this formula.

Adult Parasite Cleanse

Our most popular de-wormer formula.

A Blend of wild crafted herbs in tincture and concentrated water extract preserved in rich tree and plant minerals with well over 20 different essential oils that are know to be powerful anti-lymes along with every herb we found exceptional as a herbal de-wormer that was originally made as a tinctures.

Suggested dosage:

1 tablespoon morning and night for 30 days is a suggested adult treatment and then as desired for life. Naturally this formula can be taken as desired by self-experimenting adults through out life as prevention which is always best and when required as a treatment.

A word of caution:

This formula is for ADULT use ONLY. ALL de-worming and adult formulas are not to be used by pregnant or nursing women or children under age 13 in our opinion. (The parasite diet off is re-circulated in the blood stream prior to elimination, which impacts the unborn child). Women should de- worm when not pregnant or trying to become pregnant. However many Women have found that cleaning up their parasite situation contributed to their becoming pregnant.

Important tips:

Using the Adult Parasite Cleanse prior to a liver flush for seven to ten days gets best results from the liver flush. Attempt to start the Adult Parasite Cleanse two weeks prior to a liver flush. (optional).

If detox reactions such as nausea, headaches, flu like symptoms etc associated with the die off are too harsh, then reduce the dosage to 1 teaspoon 2x per day or even less.

Take 1 Tablespoon per week for maintenance after completing your initial 30 day cleanse. This should total about two sixteen ounce bottles per year

A 30 day Parasite Cleanse is highly recommended. This is the easiest, most convenient parasite cleanse available.

A full 30 day cleanse at the above rates of consumption would require two of the Adult Parasite Cleanse 16oz bottles.

The Lower Bowel Formula (Intestinal Bulldozer) ensures the speedy removal of dead parasite burden so as not to re-intoxicate the body with die off and chemical load.

Kidney Cleanse KPH Formula

Suggested dosage:

1 teaspoon – 1 tablespoon daily prior to bed as desired.

The one teaspoon dose is our recommended rate of consumption lasting six weeks. Use this program for six weeks with the above dosage, then take a break for six weeks. Repeat as desired or necessary.

For best results when doing Fasting or doing a Detox, commence a Kidney cleanse and continue for six weeks.

Please feel free to email info@artofdetox.com with any questions. Feedback is always encouraged.

These products or statements have not been evaluated by the Food and Drug Administration (FDA). This product is not intended to diagnose, treat, cure or prevent any disease.