

## Jon Barron's LIVER DETOX SCHEDULE

	Day One	Day Two	Day Three	Day Four	Day Five
<b>Wake</b>	drink 8 oz <b>water &amp; Brew Tea</b> 4 droppers <b>Blood support</b> 4 droppers <b>Liver Tincture</b>	drink 8 oz <b>water &amp; Brew Tea</b> 4 droppers <b>Blood support</b> 4 droppers <b>Liver Tincture</b>	drink 8 oz <b>water &amp; Brew Tea</b> 4 droppers <b>Blood support</b> 4 droppers <b>Liver Tincture</b>	drink 8 oz <b>water &amp; Brew Tea</b> 4 droppers <b>Blood support</b> 4 droppers <b>Liver Tincture</b>	drink 8 oz <b>water &amp; Brew Tea</b> 4 droppers <b>Blood support</b> 4 droppers <b>Liver Tincture</b>
<b>One Hour Later</b>	<b>Morning flush Drink:</b> 8oz juice (orange or grape), 1 lemon, <b>1 clove garlic, 1 Tbsp olive oil, 1"</b> piece of ginger, 8 oz water	<b>Morning flush Drink:</b> 8oz juice (orange or grape), 1 lemon, <b>2 clove garlic, 2 Tbsp olive oil, 1"</b> piece of ginger, 8 oz water	<b>Morning flush Drink:</b> 8oz juice (orange or grape), 1 lemon, <b>3 clove garlic, 3 Tbsp olive oil, 1"</b> piece of ginger, 8 oz water	<b>Morning flush Drink:</b> 8oz juice (orange or grape), 1 lemon, <b>4 clove garlic, 4 Tbsp olive oil, 1"</b> piece of ginger, 8 oz water	<b>Morning flush Drink:</b> 8oz juice (orange or grape), 1 lemon, <b>5 clove garlic, 5 Tbsp olive oil, 1"</b> piece of ginger, 8 oz water
<b>15 Minutes Later</b>	2 cups Liver Detox <b>Tea (drink additional cups between meals throughout day)</b>	2 cups Liver Detox <b>Tea (drink additional cups between meals throughout day)</b>	2 cups Liver Detox <b>Tea (drink additional cups between meals throughout day)</b>	2 cups Liver Detox <b>Tea (drink additional cups between meals throughout day)</b>	2 cups Liver Detox <b>Tea (drink additional cups between meals throughout day)</b>
<b>Lunch</b>	4 droppers <b>Blood support</b> 4 droppers <b>Liver Tincture</b>  <b>Lunch:</b> fresh organic veggie or fruit juice - diluted (Alternative: raw fruit/vegetable and/or salad with no OIL  <i>Add two packets Sun Chlorella powder or equivalent to juice</i>	4 droppers <b>Blood support</b> 4 droppers <b>Liver Tincture</b>  <b>Lunch:</b> fresh organic veggie or fruit juice - diluted.  <i>Add two packets Sun Chlorella powder or equivalent to juice</i>	4 droppers <b>Blood support</b> 4 droppers <b>Liver Tincture</b>  <b>Lunch:</b> fresh organic veggie or fruit juice - diluted.  <i>Add two packets Sun Chlorella powder or equivalent to juice</i>	4 droppers <b>Blood support</b> 4 droppers <b>Liver Tincture</b>  <b>Lunch:</b> fresh organic veggie or fruit juice - diluted.  <i>Add two packets Sun Chlorella powder or equivalent to juice</i>	4 droppers <b>Blood support</b> 4 droppers <b>Liver Tincture</b>  <b>Lunch:</b> fresh organic veggie or fruit juice - diluted (Alternative: raw fruit/vegetable and/or salad.)  <i>Add two packets Sun Chlorella powder or equivalent to juice</i>
<b>Afternoon</b>	<b>snack:</b> fresh fruit/veggie juice <b>Drink plenty of water</b>	<b>snack:</b> Potassium Broth	<b>snack:</b> Potassium Broth	<b>snack:</b> Potassium Broth	<b>snack:</b> fresh fruit/veggie juice <b>Potassium Broth &amp; Water</b>
<b>Dinner</b>	4 droppers <b>Blood support</b> 4 droppers <b>Liver Tincture</b> <b>Dinner:</b> (see lunch above)	4 droppers <b>Blood support</b> 4 droppers <b>Liver Tincture</b> <b>Dinner:</b> fresh veggie juice	4 droppers <b>Blood support</b> 4 droppers <b>Liver Tincture</b> <b>Dinner:</b> fresh veggie juice	4 droppers <b>Blood support</b> 4 droppers <b>Liver Tincture</b> <b>Dinner:</b> fresh veggie juice	4 droppers <b>Blood support</b> 4 droppers <b>Liver Tincture</b> <b>Dinner:</b> everyone can do alternative fruit/veggie salad
<b>One Hour Later</b>	1tbs Psyllium Husks in 8 oz. water and juice, take Colon Corrective, and tea	1tbs Psyllium Husks in 8 oz. water and juice, Colon Corrective, and tea	1tbs Psyllium Husks in 8 oz. water and juice, Colon Corrective, and tea	1tbs Psyllium Husks in 8 oz. water and juice, Colon Corrective, and tea	1tbs Psyllium Husks in 8 oz. water and juice, Colon Corrective, and tea
<b>Snack</b>	<i>(Make Potassium Broth)</i>	<b>Potassium Broth</b>	<b>Potassium Broth</b>	<b>Potassium Broth</b>	<i>Finish tinctures or continue for 1-2 days till gone.</i>
<b>Before Bed</b>	<i>(add tea to pot to soak)</i>	<i>(add tea to pot to soak)</i>	<i>(add tea to pot to soak)</i>	<i>(add tea to pot to soak)</i>	<b>Congratulations!</b>

**NOTES:** \*\*ALL fruits and veggies should be organic. Drink tea throughout day, but not necessarily with juices/food since it dilutes digestive juices. Drink PLENTY of water.  
 \*\*Diabetics--use only veggie juices and lemon juice for morning flush drink. Sip veggie juices and take Chlorella through day to keep blood sugar and energy levels balanced.  
 \*\*You can use a couple of ounces of bottle organic apple or pear juice for taking your tinctures. But ALL other juice should be juiced at home from organic fruits/veggies.