

Jon Barron's LIVER DETOX SCHEDULE

	Day One	Day Two	Day Three	Day Four	Day Five
Wake	drink 8 oz water & brew Tea 4 droppers Blood support 4 droppers Liver Tincture	drink 8 oz water & brew Tea 4 droppers Blood support 4 droppers Liver Tincture	drink 8 oz water & brew Tea 4 droppers Blood support 4 droppers Liver Tincture	drink 8 oz water & brew Tea 4 droppers Blood support 4 droppers Liver Tincture	drink 8 oz water & brew Tea 4 droppers Blood support 4 droppers Liver Tincture
One Hour Later	Morning flush Drink: 8oz juice (orange or grape), 1 lemon, 1 clove garlic, 1 Tbsp olive oil, 1" piece of ginger, 8 oz water	Morning flush Drink: 8oz juice (orange or grape), 1 lemon, 2 clove garlic, 2 Tbsp olive oil, 1" piece of ginger, 8 oz water	Morning flush Drink: 8oz juice (orange or grape), 1 lemon, 3 clove garlic, 3 Tbsp olive oil, 1" piece of ginger, 8 oz water	Morning flush Drink: 8oz juice (orange or grape), 1 lemon, 4 clove garlic, 4 Tbsp olive oil, 1" piece of ginger, 8 oz water	Morning flush Drink: 8oz juice (orange or grape), 1 lemon, 5 clove garlic, 5 Tbsp olive oil, 1" piece of ginger, 8 oz water
15 Minutes Later	2 cups Liver Detox Tea (drink additional cups between meals throughout day)	2 cups Liver Detox Tea (drink additional cups between meals throughout day)	2 cups Liver Detox Tea (drink additional cups between meals throughout day)	2 cups Liver Detox Tea (drink additional cups between meals throughout day)	2 cups Liver Detox Tea (drink additional cups between meals throughout day)
Lunch	4 droppers Blood support 4 droppers Liver Tincture Lunch: 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 Blood support 4 droppers Liver Tincture Lunch: fresh organic veggie or fruit juice - diluted. <i>Add two packets Sun Chlorella powder or equivalent to juice</i>	4 droppers Blood support 4 droppers Liver Tincture Lunch: fresh organic veggie or fruit juice - diluted. <i>Add two packets Sun Chlorella powder or equivalent to juice</i>	4 droppers Blood support 4 droppers Liver Tincture Lunch: fresh organic veggie or fruit juice - diluted. <i>Add two packets Sun Chlorella powder or equivalent to juice</i>	4 droppers Blood support 4 droppers Liver Tincture Lunch: 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>
Afternoon	snack: fresh fruit/veggie juice Drink plenty of water	snack: Potassium Broth	snack: Potassium Broth	snack: Potassium Broth	snack: fresh fruit/veggie juice Potassium Broth & Water
Dinner	4 droppers Blood support 4 droppers Liver Tincture Dinner: (see lunch above)	4 droppers Blood support 4 droppers Liver Tincture Dinner: fresh veggie juice	4 droppers Blood support 4 droppers Liver Tincture Dinner: fresh veggie juice	4 droppers Blood support 4 droppers Liver Tincture Dinner: fresh veggie juice	4 droppers Blood support 4 droppers Liver Tincture Dinner: everyone can do alternative fruit/veggie salad
One Hour Later	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
Snack	<i>(Make Potassium Broth)</i>	Potassium Broth	Potassium Broth	Potassium Broth	<i>Finish tinctures or continue for 1-2 days till gone.</i>
Before Bed	<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>	Congratulations!

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.