

Jon Barron's DAILY LIVER DETOX DIET CHART

	Day 1	Day 2	Day 3	Day 4	Day 5
Wake	Drink 8 oz water Brew Liver Flush Tea 4 droppers Blood Support 4 droppers Liver Tincture	Drink 8 oz water Brew Liver Flush Tea 4 droppers Blood Support 4 droppers Liver Tincture	Drink 8 oz water Brew Liver Flush Tea 4 droppers Blood Support 4 droppers Liver Tincture	Drink 8 oz water Brew Liver Flush Tea 4 droppers Blood Support 4 droppers Liver Tincture	Drink 8 oz water Brew Liver Flush Tea 4 droppers Blood Support 4 droppers Liver Tincture
1 Hour Later	Make and drink Morning Flush Drink: 8 oz orange or grape juice, 1 peeled lemon, 1 clove garlic, 1 Tbsp. olive oil, 1" piece ginger, 8 oz water and blend	Make and drink Morning Flush Drink: 8 oz orange or grape juice, 1 peeled lemon, 2 clove garlic, 2 Tbsp. olive oil, 1" piece ginger, 8 oz water and blend	Make and drink Morning Flush Drink: 8 oz orange or grape juice, 1 peeled lemon, 3 clove garlic, 3 Tbsp. olive oil, 1" piece ginger, 8 oz water and blend	Make and drink Morning Flush Drink: 8 oz orange or grape juice, 1 peeled lemon, 4 clove garlic, 4 Tbsp. olive oil, 1" piece ginger, 8 oz water and blend	Make and drink Morning Flush Drink: 8 oz orange or grape juice, 1 peeled lemon, 5 clove garlic, 5 Tbsp. olive oil, 1" piece ginger, 8 oz water and blend
15 Minutes Later	2 cups Liver Flush Tea *Drink additional cups between meals throughout day	2 cups Liver Flush Tea *Drink additional cups between meals throughout day	2 cups Liver Flush Tea *Drink additional cups between meals throughout day	2 cups Liver Flush Tea *Drink additional cups between meals throughout day	2 cups Liver Flush Tea *Drink additional cups between meals throughout day
Lunch	4 droppers Blood Support 4 droppers Liver Tincture Plus: diluted fresh organic veggie or fruit juice (Alternative: raw fruit/veggie and/or salad with NO oil) <i>*Add 2 packets Sun Chlorella powder or equivalent to juice</i>	4 droppers Blood Support 4 droppers Liver Tincture Plus: diluted fresh organic veggie or fruit juice <i>*Add 2 packets Sun Chlorella powder or equivalent to juice</i>	4 droppers Blood Support 4 droppers Liver Tincture Plus: diluted fresh organic veggie or fruit juice <i>*Add 2 packets Sun Chlorella powder or equivalent to juice</i>	4 droppers Blood Support 4 droppers Liver Tincture Plus: diluted fresh organic veggie or fruit juice <i>*Add 2 packets Sun Chlorella powder or equivalent to juice</i>	4 droppers Blood Support 4 droppers Liver Tincture Plus: diluted fresh organic veggie or fruit juice (Alternative: raw fruit/veggie and/or salad – oil OK) <i>*Add 2 packets Sun Chlorella powder or equivalent to juice</i>
Snack	Fresh fruit/veggie juice Drink plenty of water	Drink Potassium Broth Drink plenty of water	Drink Potassium Broth Drink plenty of water	Drink Potassium Broth Drink plenty of water	Fresh fruit/veggie juice Drink Potassium Broth Drink plenty of water
Dinner	4 droppers Blood Support 4 droppers Liver Tincture Plus: diluted fresh organic veggie or fruit juice (Alternative: raw fruit/veggie and/or salad with NO oil)	4 droppers Blood Support 4 droppers Liver Tincture Plus: diluted fresh organic veggie or fruit juice	4 droppers Blood Support 4 droppers Liver Tincture Plus: diluted fresh organic veggie or fruit juice	4 droppers Blood Support 4 droppers Liver Tincture Plus: diluted fresh organic veggie or fruit juice	4 droppers Blood Support 4 droppers Liver Tincture Everyone can do a fruit or veggie salad
1 Hour Later	1 Tbsp. Psyllium Husks in 8 oz of water and juice. Take Colon Corrective and drink Liver Flush Tea	1 Tbsp. Psyllium Husks in 8 oz of water and juice. Take Colon Corrective and drink Liver Flush Tea	1 Tbsp. Psyllium Husks in 8 oz of water and juice. Take Colon Corrective and drink Liver Flush Tea	1 Tbsp. Psyllium Husks in 8 oz of water and juice. Take Colon Corrective and drink Liver Flush Tea	1 Tbsp. Psyllium Husks in 8 oz of water and juice. Take Colon Corrective and drink Liver Flush Tea
Snack	Make Potassium Broth	Drink Potassium Broth	Drink Potassium Broth	Drink Potassium Broth	Finish tinctures or continue 1-2 days until gone. Read final diet details on website.
Before Bed	Add Liver Flush Tea to pot to soak	Add Liver Flush Tea to pot to soak	Add Liver Flush Tea to pot to soak	Add Liver Flush Tea to pot to soak	CONGRATULATIONS!

For Full Detox Directions: jonbarron.org/liver-detox

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