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LIVER CLEANSE

THE TRADITIONAL TIME FOR DRINKING LIVER TONICS OR BLOOD PURIFIERS, AS THEY ARE CALLED, IS IN THE SPRING AND THE FALL OF THE YEAR. IN THE AUTUMN, LIVER TONICS ARE DRUNK TO BUILD AND FORTIFY THE IMMUNE SYSTEM FOR WINTER. IN THE SPRING, FRESH GREENS AND BARKS THAT EMERGE AFTER THE LONG WINTER HELP REPLENISH THE SYSTEM AND GET THE ENERGY MOVING AGAIN.

THE FOLLOWING IS A GOOD REGIME FOR CLEANSING, TONING AND STRENGTHENING THE LIVER:

1. MAKE A BEVERAGE OF THE FOLLOWING:

¾ cup FRESH SQUEEZED ORANGE JUICE

¼ cup FRESH SQUEEZED LEMON JUICE

1 TABLESPOON EXTRA VIRGIN OLIVE OIL

2 CLOVES OF RAW GARLIC

BLEND ALL INGREDIENTS UNTIL CREAMY. DRINK 1 CUP DAILY.

2. USING A TEA BALL, TEA SPOON OR TEAPOT, STEEP 1 TEASPOON OF (AFTER DINNER TEA) MIXTURE IN 1 CUP OF HOT FILTERED, SPRING OR DISTILLED WATER FOR 20 MINUTES. DRINK THIS CUP OF TEA APPROXIMATELY ½ HOUR AFTER DRINKING THE BEVERAGE IN STEP 1.

3. USING THE DANDI LIV-R TEA: PLACE ONE TEASPOON OF DRY MIXTURE PER ONE CUP OF FILTERED, SPRING OR DISTILLED WATER IN A STAINLESS STEEL, CERAMIC OR GLASS CONTAINER, BRING TO A BOIL. TURN THE HEAT DOWN AND LET SIMMER FOR 20 MINUTES. ALLOW TO COOL AND DRINK AS A TEA 3 TIMES DAILY.

FOLLOW STEP 1, 2 AND 3 FOR 7 DAYS.

THROUGHOUT THE FALL AND SPRING, DRINK THE DANDI LIV-R TEA FOR TONING, BUILDING AND STRENGTHENING THE LIVER. DRINK 1 CUP 2-3 TIMES A DAY PERIODICALLY.

THE FOLLOWING (AND ABOVE MENTIONED) TEAS AND EXTRACT ARE AVAILABLE FROM DR. BONNIE TRAVIS - CALL 707-502-5070

FORMULA FOR DANDI LIV-R TEA

DANDELION ROOT(O)

YELLOW DOCK ROOT(O)

BURDOCK ROOT(O)

PAU D'ARCO (O)

CINNAMON(O)

ECHINACEA ROOT(O)

GENTIAN ROOT(O)

AFTER DINNER TEA

COMFREY LEAF (O)

PEPPERMINT (O)

FENUGREEK (O)

(O) = ORGANIC

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