



## Liver Cleanse Protocol (Item #7128)

A Healthy and Effective Wellness Management Protocol for Cleansing the Liver

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### Products included in this Wellness Protocol are:

- ① Quint-Essence #6111 – Insures that all essential nutrients are present in the diet. Having a consistent supply of nutrients is important for creating healthy cells from once unhealthy tissue.
- ① LGB Purity #6201 – Specially formulated for cleansing the liver over a 30 day period. Please follow product instructions carefully.

### Protocol Overview

This protocol was designed to incorporate herbs to assist in the detoxification of the liver. Essential to liver detoxification is cleansing of the gallbladder and bowels as well, which is done with use of this protocol. This protocol also offers enhanced nutritional support, essential for maintaining a health state after cleansing the body.

This wellness protocol incorporates a 30 day cleanse as well as nutritional support. Please follow all recommendations in order to achieve the highest level of health. Using a liver maintenance product, such as Silymarin (#3016) may provide added benefit for the liver as well.

### **LGB Purity: Recommended as a Twice a Year Protocol**

Universal Formulas' Opti-Blend "LGB-Purity" is an effective whole-body cleansing program that targets the organs of elimination. It is specifically formulated to assist the body in recovering a healthy new beginning through detoxification as it cleanses the organs. LGB-Purity can give your body the fresh clean feeling you desire. Other effects of LGB-Purity that you may experience are:

- ✓ Loss of 5 to 15 lbs in the first days of this program;
- ✓ Softer and clearer skin, softer and shinier hair and faster-growing and stronger fingernails;
- ✓ Fresher breath and better overall oral hygiene;
- ✓ More energy and dissipation of the general tired, faded feeling;
- ✓ More efficient and effective absorption of nutrients.

Individuals who would benefit from a Liver, Gallbladder, Bowel and Blood cleanse often times are challenged with one or more of the following:

- ✓ Rapid weight gain;
- ✓ Blood sugar issues;
- ✓ Sexual Dysfunction;
- ✓ Un-natural collection of fat in body tissues due to a lack of the fat-digesting enzyme, lipase;
- ✓ Various digestive disturbances including but not limited to: gas, bloating, bad breath, heart-burn, colitis, irritable bowel, constipation and a feeling of "sluggishness;"
- ✓ Poor blood quality resulting in poor cellular oxygenation, characterized by pasty complexion;
- ✓ Impaired nutrient absorption due to liver congestion;
- ✓ Gall Bladder malfunction and gallstone formation;
- ✓ Parasites in the spleen, gallbladder or liver;
- ✓ Fits of rage and anger that are excessive... due to liver and gallbladder trouble;
- ✓ Thyroid malfunctions, which are often caused by liver problems.

The liver is the second largest organ in the human body and the only organ that can regenerate itself when it is damaged. This unique feature is important because the liver must process every nutrient, toxin, drug, and substance entering the body through the intestines, lungs or skin. In addition to its detoxification duties, the liver helps regulate blood sugar and plays a major role in the metabolism of hormones, carbohydrates, proteins and fats. The liver aids digestion, stores vitamins and secretes bile that is stored in the gallbladder for digesting fats.

### **Your Liver is Under Attack!**

Our bodies require a strong healthy liver to neutralize harmful agents, such as the increased amounts of toxic elements in our air, water and food. For example, many prescription and over-the-counter drugs can have a devastating effect on the liver, as can chronic viral infections such as Hepatitis C. An over-indulgence in rich foods and alcohol also burdens the liver.

A damaged or diseased liver leaves us open to infections, compromises our digestion and saps us of vital energy. Accumulated toxins in the body place a constant strain on the immune system, setting the stage for autoimmune diseases and cancers. Liver disease patients sometimes enter into a hepatic (liver) coma due to the resulting build-up of metabolites in the brain and the inability of the liver to process proteins. For this reason, medical practitioners often recommend that their liver patients take digestive enzymes and nutrients to nourish the liver.

Anything that affects the liver ultimately affects the gallbladder. In turn, this will affect the ability of the bowels to absorb nutrients and eliminate wastes. These bowel toxins will migrate to the blood requiring the liver to cleanse even more waste from the blood than before. A vicious cycle of toxemia begins to develop until some form of disease eventually manifests.

Formulas that address Liver issues without simultaneously cleansing the gallbladder and detoxifying the bowel and blood will fall short in the final outcome. It is essential that these organs be cleansed altogether.

### **LGB-Purity contains herbs that do cleanse the gallbladder, bowel and blood in addition to addressing the liver!**

This powerful formula supports and enhances the health of all organs involved. The overall result is better health and an increased sense of well-being. Also, LGB-Purity contains ingredients that help restore the natural pH of the bloodstream and the entire digestive system.

"LGB-Purity" is a combination of ingredients not found in other whole elimination organ formulations, going beyond the liver to address the various causes of bio-toxemia.

Where other formulas fall short; LGB-Purity:

- ✓ Aids the liver in the production and secretion of vital digestive juices;
- ✓ Supports the liver in cleansing the blood of the pesticides, steroids, pharmaceuticals and additives that our bodies have been exposed to and absorbed;
- ✓ Steps up the ability of the liver to naturally expel the metabolic by-products and toxins produced from the regular functioning of our bodies; Helps to better balance the hormones. The liver has a profound effect on the hormonal system, helping to regulate and balance hormonal activity to ensure the proper functioning of our neurological system
- ✓ Regulates bowel function and gently cleanses the colon;
- ✓ Increases absorption of all nutrients by increasing liver function;
- ✓ Soothes the Gall Bladder and helps regulate bile flow;
- ✓ Cleanses the Blood gently and safely;
- ✓ Includes Herbs that combat parasite activity in the liver;
- ✓ Is super-alkalizing.

Other helpful recommendations:

- ✓ Avoid heavily fattened foods and fried foods during this cleanse. Eliminate empty or concentrated carbohydrates (such as white sugar, corn syrup, honey and high fructose corn syrup);
- ✓ Eat fresh and raw complex carbohydrates (greens and grains, raw when available);
- ✓ All fresh fruit is good for the liver, especially low sugar fruits like strawberries, raspberries and blueberries
- ✓ Minimize caffeine and alcohol; avoid hard liquor;
- ✓ Drink lemon and/or lime juice in temperate water upon waking;
- ✓ Decrease protein intake from animal sources;
- ✓ Practice deep breathing daily to oxygenate the liver.

**Quint-Essence** is a complete, unique blend of the highest quality and potency "plant-derived" ingredients found together as a food supplement. This product is based on Universal Formulas' eight essential and premier products:

- **Food Enzymes** aid digestion and increase nutritional value at a cellular level.
- **Pro-biotics**, or, "good bacteria," enable a health balance in the gastro-intestinal tract.
- **Macro-Minerals** provide the building blocks for healthy bones, muscles, tendons and teeth.
- **77 Trace Minerals** provide the electrical charge needed by each cell to thrive.
- **Vitamins** are chemical structures needed for the body to process nutrients.
- **Extra Natural Vitamin C** naturally supports the body's immune response.
- **Extra Natural Vitamin E**, one of nature's most potent anti-oxidants.
- **Our Blend of 44 Greens** provides a "whole food" element and a vegetable exchange.

A new standard, this blend is extremely effective at providing a daily nutritional foundation that is a simplified, consistent and balanced supplementation. Quint-Essence is also vegetarian compliant.

## Dosage Recommendations:

### LGB Purity:

Take your weight-scaled dosage at least 30 minutes after each meal as follows:

**90 – 120 lbs: AM 2 Caps; PM 2 Caps; Evening 1 Cap**  
**120 – 150 lbs: AM 2 Caps; PM 2 Caps; Evening 2 Caps**  
**150 – 180 lbs: AM 3 Caps; PM 2 Caps; Evening 2 Caps**  
**180 – 210 lbs: AM 3 Caps; PM 3 Caps; Evening 2 Caps**  
**210 plus lbs: AM 3 Caps; PM 3 Caps; Evening 3 Caps**

**This is a highly effective formulation and we advise:  
Take this product for no longer than 30 days at a time.**

**Quint-Essence:** 1 vegi-capsule for every 60-75 pounds of body weight at meals

**Please DO NOT modify levels of any prescribed medication  
without first consulting your physician.**

### Ordering Information:

**LGB Purity** (Item #6201) is priced at only: \$63.00 for 360 Vegi-Capsules  
**Quint Essence** (Item #6111) is priced at only: \$56.00 for 300 Vegi-Capsules

**Total Price for this Wellness Protocol Bundle, Item #7128 is \$119.00**

Conveniently Order On-line at: <http://UniversalFormulas.com>

### Required FDA Statement:

The FDA has not evaluated these statements. This product is not intended to diagnose or treat any disease nor is this information intended to prescribe or diagnose in any way. Those who are sick should see a doctor. Neither the authors nor the owner directly or indirectly dispense medical advice or prescribe the use of these products as a form of treatment.