

Start Your Cleanse

Removing what no longer serves you is a great strategy to improve your life! Did you ever think about removing what may have accumulated inside your body to improve your health? An internal cleanse can pull harmful waste from your digestive tract and rejuvenate your skin, kidneys, and liver!

Choose a 7-10 day period of time to increase your health and cleanse your internal environment. The following product instructions will give you the information you need to ensure a successful cleanse.



Take ClenzT at night, before bed, in either a hot tea or capsule form. Begin with 1 capsule on the first day of the cleanse. If you experience a larger than normal bowel release, then continue to take 1 capsule each day of the cleanse. If you do not notice any difference within 2 days, take an additional ClenzT on the 3rd night. For a hot tea, open a capsule into 4-6 oz of hot water.

Support your cleanse with LIV's Cleanse Program that includes 3 more key products:



HYDRATE!

Increase your liquids during your cleanse. Drink LIV SXinney throughout the day. Drink at least 1 packet in 32-44 ounces of water twice a day. Use LIV SXinney to help curb appetite and cravings when cleansing.



DIGEST. PROTECT. RESTORE!

Enzymes help to break foods down, making them easier to digest and for nutrients to be stored. Take 1-2 pills of E-3 Enzymes+ before or between meals.



ADD FIBER!

Crave's fiber is powerful in its ability to clear out the mucus and sewage in your digestive tract. Take one packet of Crave with lunch and another with dinner. If this is your first time consuming Crave, then begin with 1/2 packet before lunch and dinner for the first 2 days.

ClenzT®





Balance Your Intestinal Health

- Helps eliminate waste and toxins
- Helps jump-start a weight-loss program
- Supports normal bowel function
- Helps the bowels in their normal detoxification process
- Supports liver and kidney function

ClenzT supports healthy, regular elimination of waste from the colon. It promotes regularity and supports normal bowel function as well as supporting the bowel's natural detoxification process. ClenzT can be swallowed in capsule form, or the capsule can be opened and contents mixed in hot water for a refreshing lemon tea.



How important is it to clean your colon?

Did you know that the human intestinal tract is 25 to 30 feet in length, and if you cut it open and spread it out, the surface area is the size of a tennis court? In order for your body to perform at optimum levels, it is important to clean the entire digestive tract!

The Top 6 Reasons You Need a Colon Cleanse

1. Feel Better and Have More Energy!

Eliminating toxins from your body can make you feel lighter, stronger, and better. Having a body full of toxins is like having pockets full of rocks, it weighs you down and prevents you from being at your best. Toxins affect circulation, restful sleep, and well being. People who regularly cleanse their colon report having more energy and simply feeling better.

2. Supports Healthy Digestion!

As the colon is cleansed, accumulated waste leaves your system. A clean colon can properly absorb water and nutrients to keep you hydrated and healthy, as well as allow waste to be eliminated easily from your system.

3. Brain Boost!

A poor diet and ineffective nutrient intake may cause concentration problems. You may find that cleansing your colon is the difference between feeling alert and not being able to focus.

4. Rejuvenate Your Skin!

When your body is overloaded with toxins, your skin suffers. Why? Your skin is your largest organ. If you want healthy glowing skin, eliminate waste.

5. Maximize Nutrient Absorption!

Cleansing can help you get the most out of the nutrients that you ingest, as your body functions more efficiently.

6. Get the Junk Out!

Many chronic and degenerative illnesses are directly linked to too many toxins accumulating in the body. When you flush away toxins and make the lifestyle choices necessary to minimize your toxin intake, you're supporting your body's natural defenses.