

DOCOFDETOX DAILY CLEANSING TEA



Flush the Pounds to Lighten the Load

1 855 900 4544 • 1 250 448 4544

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Daily Cleansing Tea

FORMULA

'Doc of Detox' Daily Cleansing Tea does NOT contain:

stimulants, caffeine, cascara, senna, sugar, harmful chemicals, or pesticides.

Made from the finest quality organic ingredients:

Milk Thistle (*Silybum Marianum*)

Blessed Thistle (*Cnicus Benedictus*)

Malva Leaves (*Chinese Mallow and Dong Kui*)

Persimmon Leaves (*Diospyros Kaki*)

Marsh Mallow Leaves (*Sweetweed*)

Infused with frequencies

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Detoxification Is Foundational

For All True Healing

70% of your body's immune system is in your digestive tract, the majority of this 70% is in your large intestine. You must have a compromised immune system if you suffer from pain, inflammation, pre-mature aging, diseases and yes, cancer. We live in the most toxic times this planet has ever experienced, the Royal Society of Medicine did a major study and proved conclusively that 85% of all illness begins in the large intestine. In Natural Health, detoxification is foundational for all healing. In The Medical System, detoxification is never mentioned. Why? Because detoxification eliminates the need for most pharmaceuticals. Let logic prevail, should we do a cleanse every few months and allow the toxic waste to pile up? Should we wait until we're sick? Or, should we **gently cleanse daily** and relieve ourselves of at least **85% of the pain and suffering** that the majority of the population experiences on a daily basis? Baby Steps Daily is the only true way to live Happy and 'Healthy To 100'.



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Milk Thistle

(*Silybum Marianum*)



Supports the liver in the release of toxins. Milk Thistle has been used medicinally for over 2000 years, most commonly for the treatment of liver disorders such as hepatitis, jaundice and gallbladder disorders such as gallstones, lactation problems, disorders of the spleen, psoriasis, and mushroom poisoning. It has also been used in traditional medicine for treatment of amenorrhoea, constipation, diabetes, hay fever, uterine hemorrhages, and varicose veins.

It has recently been used by HIV-positive patients to protect the liver from diseases such as hepatitis and damage from the drugs taken for HIV or AIDS. A flavonoid in the fruit called Silymarin (with its most active beneficial component called Silibinin or Silybin) is a powerful antioxidant, and may also protect the cells of the liver by blocking the entrance of harmful toxins and helping remove the toxins from the liver cells. Silymarin has also been shown to regenerate injured liver cells. It stimulates liver and gallbladder activity and may have a temporary mild laxative effect in some people. Products with Milk Thistle as the main ingredient are popular in Europe and the United States for various types of liver disease. Milk Thistle is able to counteract the harmful actions of alcohol on the liver (cirrhosis), and helping the liver return to a healthy state when an alcoholic stops drinking. Some clinical trials with Silymarin indicate that it may improve quality of life and even increase life expectancy in patients with cirrhosis of the liver.

Milk Thistle is believed to have great power in the purification and circulation of the blood, and is such a good blood purifier that drinking a cup of Milk Thistle tea twice a day is believed to cure chronic headaches. It is also used for stomach and digestive problems, gas in the intestines, and constipation relief. It is very effective for dropsy, strengthens the heart, and is good for the liver, lungs, and kidneys. Milk Thistle is used in many products which claim to relieve the effects of a

hangover. It was claimed that warm Milk Thistle tea given to mothers will produce a good supply of milk, which led to this thistle being called by its most widely used name: Milk Thistle. Milk Thistle is also said to be good for girls entering womanhood, as a good tonic. The leaves and stems of Milk Thistle are used in Europe as ingredients in making a green salad.

Milk Thistle is a member of the plant family Asteraceae and is called by many other names besides Milk Thistle, such as: Holy Thistle, Blessed Milk Thistle, Marian Thistle, Mary Thistle, St. Mary's Thistle, Our Lady Thistle, Mediterranean Milk Thistle, Variegated Thistle, Mariendistel, Marienkörner, Fruit de Chardon Marie, Kharshat Barri, Khorfeish, and Kocakavkas. As an ingredient in commercial products it is also referred to as Silymarin, Silymarin Milk Thistle, and Milk Thistle Extract.

“Herbs are like food; they are catalysts to help the body function and self heal. Conventional drugs don’t balance bodily systems; they either stimulate or inhibit.”

Blessed Thistle

(Cnicus Benedictus)



Blessed Thistle (*Cnicus benedictus* or *Carduus benedictus*) of the plant family Asteraceae has been used in traditional medicine as far back as the early sixteenth century as an appetite stimulant, astringent, blood purifier, choleric (bile flow stimulant), diaphoretic (sweat stimulant), digestion enhancement, diuretic (increasing urine), expectorant, fever reducer, memory improver, menstrual flow stimulant, and salivation stimulant. It was cultivated in monastery gardens in Europe as a cure for smallpox and is named in honor of St.

Benedict, the founder of a holy order of monks. It is still used as a flavoring ingredient in their Benedictine liqueur.

Shakespeare mentioned "distilled *Carduus benedictus*" in his stage play, *Much Ado About Nothing*. *Cnicus* is still used in tonics called "bitters" which are taken for digestive disorders. Blessed Thistle has been used for smallpox, malaria, fever, anorexia, dyspepsia, indigestion, chronic constipation, and flatulence. More recently studies have shown it to be useful for indigestion, heartburn, and poor appetite. Blessed Thistle helps increase appetite in people with digestion or eating disorders such as anorexia (but does not increase the appetite of normal people). In herbal medicine, Blessed Thistle is used for cancer, inflammation, infections, gallbladder disease, jaundice, liver disorders, cervical dysplasia, heart ailments, skin ulcers, yeast infection, and diarrhea. Though it has also been used traditionally to stimulate breast milk flow. Blessed Thistle should not be confused with a different milk-stimulating plant of the same family Asteraceae called Milk Thistle or Holy Thistle (*Silybum marianum*) which is another ingredient 'Doc of Detox' Daily Cleansing Tea. Blessed Thistle is also known by the name Cursed Thistle.

Malva Leaves

(Chinese Mallow and Dong Kui)



The Malva or Chinese Mallow plant (*Malva verticillata*) is a member of the Malvaceae family which also includes the Marsh Mallow and the Hibiscus. The leaves have a mild and very pleasant flavor. Malva has been cultivated in China for over 2,500 years, and is now cultivated in some countries of Europe as an ingredient in green salads. Malva seed contains mucilage, polysaccharides and flavonoids. In traditional medicine, the Malva leaf was often made into a tea to soothe the membranes of the digestive system. Malva is a demulcent (the mucilage soothes and softens irritated tissues, especially the mucus membranes), a mild diuretic, an emollient (softens the skin), a galactagogue (increases milk flow in nursing mothers), and a mild laxative (a gentle stimulant of the bowels). Malva Leaf teas are used in the treatment of renal disorders, the retention of fluids, frequent thirst, and diarrhea. Malva Leaf has been used to treat stomach ache, gastroenteritis, irritable bowel, and conditions of the spleen. The Chinese use Malva Leaf as an expectorant and as a demulcent gargle to soothe a sore throat. It can also soothe a bronchial irritation in persons with bronchitis or emphysema. (Beware of Chinese Mallow teas which also have an ingredient called Senna, also known as *Cassia angustifolia* or *Cassia acutifolia*. Senna is an irritating, strong, harsh laxative that should only be taken occasionally because it can create bowel dependency, stomach cramps and headaches. The safe Chinese Mallow leaf is added to soothe its irritating effects on the lining of the digestive tract.

“There is a plant for every condition.”

Persimmon Leaves

(Diospyros Kaki)



Persimmon (*Diospyros kaki*) originated in China and has been grown for over 1000 years in Japan, where it is called 'shizi'. Japan is the leading producer of Kaki Persimmon today, and the persimmon fruit is widely eaten in the Southeast Asia countries of China, Korea, Vietnam, Japan and the Philippines. Another persimmon variety known as the Date Plum (*Diospyros lotus*) is native to southwest Asia and southeast Europe. The ancient Greeks called it "the fruit of the Gods" or *Diospyros*, which means "the wheat of

Zeus." 'Doc of Detox' Daily Cleansing Tea contains the leaves of a similar variety, the American Persimmon (*Diospyros virginiana*), which is native to the eastern and midwestern USA and has long been used by Native Americans. The tree is known as pawdad, common persimmon, simmon, and possumwood. The tannins and flavonoids in Persimmon leaves have anti-hypertensive, anti-carcinogenic, and anti-mutagenic properties. The leaf also acts as a mild laxative, is anti-hemorrhagic (stops bleeding), is an effective remedy for hemorrhoids, and strengthens weak blood vessels such as spider veins or varicose veins. Studies have shown that compounds in Persimmon leaves bind to excess fat and help remove fat from the body. Persimmon leaf extract and its major flavonoid constituent, astragalín, when taken orally, acts as a natural antihistamine which inhibits the release of histamine and thus helps reduce allergic reactions. It relieves the symptoms of dermatitis, with less inflammation and thickening of the skin, and less water loss which can lead to dry skin. It may also act as a dermatitis preventive. Persimmon leaf extract, has the action of improving rough skin conditions due to allergies, or alleviating itching. The astringent raw Persimmon fruit is used for constipation relief, gastro-intestinal irritation, dysentery, chronic diarrhea, ulceration of the bowel and stomach, catarrh of the rectum and colon, hemorrhoids, and bleeding.

Marshmallow Leaves

(Sweetweed)



The Marsh Mallow or Marshmallow (*Althaea officinalis*) was used in ancient Greece to remedy bruises, bleeding and as a mild laxative. It was used in medieval Europe for indigestion and diarrhea. The Marsh Mallow root or leaf was traditionally used to soothe and support the intestines. It is rich in calcium, zinc, iron, sodium, iodine, vitamin B complex and pantothenic acid. Herbs high in mucilage, such as Marsh Mallow and Malva Leaf (of the same family), are often helpful for symptomatic relief of coughs and irritated throats.

Mallow has expectorant and demulcent properties which accounts for this herbs historical use as a remedy for the respiratory tract, particularly in cases of irritating coughs with bronchial congestion. Marsh Mallow root and to a lesser extent, Marsh Mallow leaf both contain significant percentages of mucilage, a natural gummy substance that does not dissolve in water. Like other mucilage-containing substances Marsh Mallow swells up and becomes slick when it is exposed to fluids. The resulting slippery material coats the linings of the mouth, throat and stomach to relieve irritation and control coughing associated with respiratory conditions such as smokers cough. For example, Marsh Mallow has been used to treat sore throats, alleviate heartburn, and was originally the main ingredient in making a candy-like medicinal lozenge. Marsh Mallow may also have mild anti-infective, immune-boosting and diuretic properties. In the British Herbal Compendium the use of Marsh Mallow is listed for gastroenteritis, peptic and duodenal ulcers, colitis and enteritis. Topically Marsh Mallow is used to soothe and soften irritated skin and as a remedy for cuts, wounds, abscesses, boils, burns and varicose veins. The edible leaves are used as an ingredient in green salads in France.

Daily Cleansing Tea

Instructions

- Bring 1 gallon (4 liters/quarts or 16 cups) of (structured) water to a boil then remove from heat.
- Let the boiling stop before adding the tea bags - this will preserve the natural enzymes and the effectiveness of the herbal ingredients.
- Add 2 bags of 'Doc of Detox' Daily Cleansing Tea.
- Cover and let steep for 8 hours to bring the herbs to full potency.
- Leave tea bags in container and refrigerate until finished.
- You may reheat the tea but do not bring to a boil.
- Never microwave the tea bags or the water used to make the tea.
- Used tea bags can be saved, the herbs dried and added to food.
- This batch will last for eight days.
- Drink 4 ounces twice a day for 3 days then 8 ounces twice a day.
- Make new batch of tea when 1 liter of tea is remaining, with structured water for best results.

Daily Cleansing Tea

Directions

Start 'Doc of Detox' Daily Cleansing Tea with half a dose (4 ounces) twice a day for the first 3 days. Then increase the amount, gradually working your way up to 8 ounces twice a day. You can increase or decrease as needed. Some may need a 4 ounce booster or more in between the two 8 ounce glasses where lack of abdominal tone, back up of old fecal waste, build up of old mucus or when you're above normal weight. You may drink more but follow guidelines at the beginning. There are those that may need to add 3 bags to a gallon to get the desired effects.

You can drink Daily Cleansing Tea at any time but drinking it just before meals may help to reduce heartburn and acid reflux. Drinking Daily Cleansing Tea protects esophagus and intestinal lining, soothes irritation and helps eliminate and prevent parasites, viruses, bad bacteria, heavy metals and acidosis (low pH) from environmental toxins.

Drinking 'Doc of Detox' Daily Cleansing Tea on an empty stomach or 20 to 30 minutes before a meal is best.

Some of the following may occur when beginning 'Doc of Detox' Daily Cleansing Tea:

- Gas and cramping are symptoms of loosening of old mucus, bad bacteria, fungus and fecal waste off of the intestinal walls. This is a normal occurrence and the waste can be 20-30 years old.
- This can occur for 3 to 14 days in people who lack tone and bacterial integrity. These symptoms will not last - there is light at the end of this tunnel I guarantee it.
- If extreme cramping occurs, decrease the amount of the tea taken, but do not stop the cleanse. This is due to the break down of scar tissue in the colon. Don't hesitate to call if you have any questions.

- Loose stool is normal when starting 'Doc of Detox' Daily Cleansing Tea.
- If the stool is watery, decrease the amount of tea taken, but do not stop the cleanse. You should maintain 2 bowel movements per day, slightly on the loose side but of good volume for the first few weeks then it should hang together.
- Your rectum may feel warm. This is due to the acidity and ammonia that is being dumped from your tissues from extreme putrefaction.
- Feces that is extremely dark in color (black) is very old waste that is being expelled.
- Weight loss will occur only if the body needs it.
- 'Doc of Detox' Daily Cleansing Tea acts as a body balancer and purifier.

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Cleanse Build & Restore

Stool may be soft and foul smelling when you start to cleanse and may last for some time depending on the back up in the small and large intestine. If you feel your stool is too loose then reduce amount as much as you need to and drink 'Doc of Detox' Daily Cleansing Tea after meals and do not stop unless necessary. Do not hesitate to call us. Do not mistake mushy, soft stools for diarrhea - Diarrhea is very watery, very light brown or yellowish in color, and floats. Real diarrhea can be caused by many things such as stress, a change in diet, certain foods, consuming too large a meal or too much fat in a meal, certain parasites and bacteria and by at least 600 pharmaceutical drugs which list diarrhea as a side effect. Using Daily Cleansing Tea on a regular basis will provide you with so many important health benefits. If you experience soft stools, just reduce the amount you are drinking for a day or two, drink it before a meal, and stay with the program, and you will soon see how great you will feel!

*Contact your medical doctor if pregnant,
if you've had a recent major surgery on
the digestive tract.*

How To Tell If Someone Has a Good Stool

- Is it soft, firm?
- What is the color, is it light or medium brown?
 - Is it free from foul smell, odors?
 - Does it float?
 - Was it necessary to strain?
- Does elimination take place 15 - 20 minutes after a meal?
 - Banana shaped?
 - Is it 5 to 7 inches long?

Four Times Concentrate

For Adults

If you have trouble drinking liquids you can make 'Doc of Detox' Daily Cleansing Tea with a four times concentrate. 2 bags to 1 liter or 4 cups. Mix 2 ounces of Daily Cleansing Tea with food or your choice (ex. bowl of soup) of liquid. Keep both Tea bags steeping in the Tea until its all gone. Add your 2 ounce concentrate after foods have been cooked or liquid cooled. The temperature must be below boiling temperature of water (100°C or 212°F). When you begin use only 1 ounce twice a day for 3 days of this concentrate to ease your body in to this new life style.

Inflammatory Bowel Disease

In cases with chronic diarrhea, Crohn's disease, Colitis and other inflammatory bowel conditions, boil 2 quarts of water and add 1 tea bag. Start by drinking 1 ounce of 'Doc of Detox' Daily Cleansing Tea diluted in an 8 ounce glass of room temperature water, twice a day. This will provide a gentle cleanse without over-stimulating the intestines. After 3-4 days, if no negative symptoms appear, slowly and gradually increase the dosage by one ounce, twice a day, every 4 to 5 days until you reach 8 ounces of tea twice a day. With these conditions, detoxification should be done slowly and passively until tissue inflammation is eliminated.

Daily Cleansing Tea

For Children

Children have worse bowel problems than any other sector except for seniors. They must be taught at an early age what a good bowel movement looks like, feels like and that they should have two to three a day. If your desire is to have happy, healthy children that don't suffer like you did, then proper bowel management is foundational for vital health and prevention of disease for these little one's. Help teach your children to answer Nature's call - it's only Natural. Why not end needless pain and suffering and increase their vitality. Don't let your children pile their poop up like we did. Lighten their load one poo at a time. **For Breast Feeding Mothers:** When breast feeding, all you need to do is watch your baby's stool and that is an indicator if you need to reduce the dosage. Your baby's stool should never be more than mush but not watery.

Under 75 pounds

Start with 1 ounce twice a day for three days and gradually work up to 2 ounces twice a day. Increase or decrease as needed.



75 pounds and greater

Start with 2 ounces twice a day for three days and gradually work up to 4 ounces twice a day. Increase or decrease as needed

Daily Cleansing Tea

For Pets

Constipation is a constant problem with pets. Diarrhea is a recurring problem caused by constipation with your pets. Do not underestimate gentle daily cleansing for your pets. Keep your pets healthy for cents a day and save thousands.

'Doc of Detox' Daily Cleansing Tea will help eliminate and prevent:

- Parasites
- Bad Bacteria
- Worms
- Viruses
- Toxic Waste Build Up

Dosage for pets:

One ounce for every twenty pounds once a day.

Can be given to your pets straight or mixed with water or food.



Listen To Your Body

It will tell you when to make the 'Doc of Detox' Daily Cleansing Tea stronger or weaker. You may need to adjust the amount of Daily Cleansing Tea you consume daily to suit your body's needs. Everyone has a different body weight and body chemistry, and everyone has different levels of toxicity and different health conditions, so you will have to find the amount per day that works best for you.

Be sure to drink enough structured water daily. (Take your body weight in pounds. Divide that by 2.) The resulting number is the amount in ounces of water that you should be consuming during the day. For example, if you weigh 150 pounds you should drink 75 ounces. Drink plenty of structured water to help your kidneys flush out the accumulated toxins that are now being released into your bloodstream.

'Doc of Detox' Daily Cleansing Tea tastes great! You can mix it with juices, tea, stevia, honey and lemon or even your blender drink - be creative. When using Daily Cleansing Tea be sure to eat a healthy diet that includes plenty of fresh and raw salads and whole grains. Reduce animal protein, dairy, bread, sugar and processed foods.

Make sure to look at our Food Combining Chart, Acid Alkaline Chart, Blood Type Chart and our chapter on an Alkaline Diet in 'Healthy To 100'. www.healthyto100book.com

Prescriptions & Medications



Important: Do not drink 'Doc of Detox' Daily Cleansing Tea less than 1 hour before or 1 hour after you take any prescription drugs, medications, or birth control pills - this will allow them enough time to be absorbed and thus avoid the possibility of reducing the effectiveness of the medication.

This does not apply to natural vitamin or mineral supplements or herbal remedies, just to man-made drugs which are 'not natural.' If it's a food, the warning does not apply. If you are taking a drug, then do not drink Daily Cleansing Tea in the same one-hour period.

Gentle Daily Cleansing

The Key To Longevity

The longer you drink 'Doc of Detox' Daily Cleansing Tea the deeper the cleanse and the greater the effect on the body's self healing process. Just to cleanse the small and large intestine can take 3 to 9 months. Your liver will always need this type of support in this environment. All organs and systems will benefit from Daily Cleansing Tea. You will know by the way you look and feel. As long as your breathing, eating and drinking there will always be toxic build up. So as long as you wish to protect your vital health it will be Tea Time. If you are a person that smokes, drinks or has any other toxic addiction do not forget your life jacket - 'Doc of Detox' Daily Cleansing Tea. We will maintain our car, house and vacuum but what about the most important vehicle of all?!

Iced Tea anyone? The objective is to regulate bowel movements 2-3 times per day to keep the waste moving through the digestive tract for complete elimination. This will stop any buildup and prolonged exposure of the fecal waste and poisons that would be absorbed creating a burden to the blood, tissues, bones and vital organs.

Revive The Elderly

A wise elderly woman once told me "We're not grumpy, we're constipated." Thanks grandma. Bowel mismanagement is the worst when it comes to this age group. The pharmaceuticals being ingested due to the pain and discomfort of a stagnated bowel is epidemic. Those responsible for the care and health of our elderly lean towards the quick fix and not the cause. The elderly deserve our respect and attention as they are shown in other cultures. Shame on us. I assure you that once you lighten this toxic load the body will do what it was created to do at any age. Heal you. If you must start your day with toast and tea make it Daily Cleansing Tea. So lighten your load and be happy and healthy.

Daily Cleansing Tea

Uses

- Acid Reflux Disease (GERD) or Heartburn
- Excess Gas / Foul Flatulence / Stomach Cramps
- Indigestion / Stomach Ache
- Belching / Bloating / Water Retention
- Enlarged Abdomen / Protruding Belly / Midriff Bulge
- Irregularity / Chronic Constipation / Hard Stools / Hemorrhoids
- Irritability and Anxiety
- Irritable Bowel Syndrome (IBS) / Crohn's Disease
- Abdominal Pain / Inflammatory Bowel Diseases (IBDs)
- Spastic Colon / Colitis / Ileitis / Enterocolitis / Leaky Gut Syndrome
- Candidiasis / Yeast Overgrowth / Parasites / Worms
- Bad Breath / Bad Body Odor
- Excess Stored Fat / Excess Weight / Obesity
- Skin Conditions / Acne / Itchy, Flaky Skin or Scalp / Dandruff
- Inflamed Skin / Dermatitis / Eczema / Psoriasis / Acne
- Allergies and Hay Fever / Food Allergies

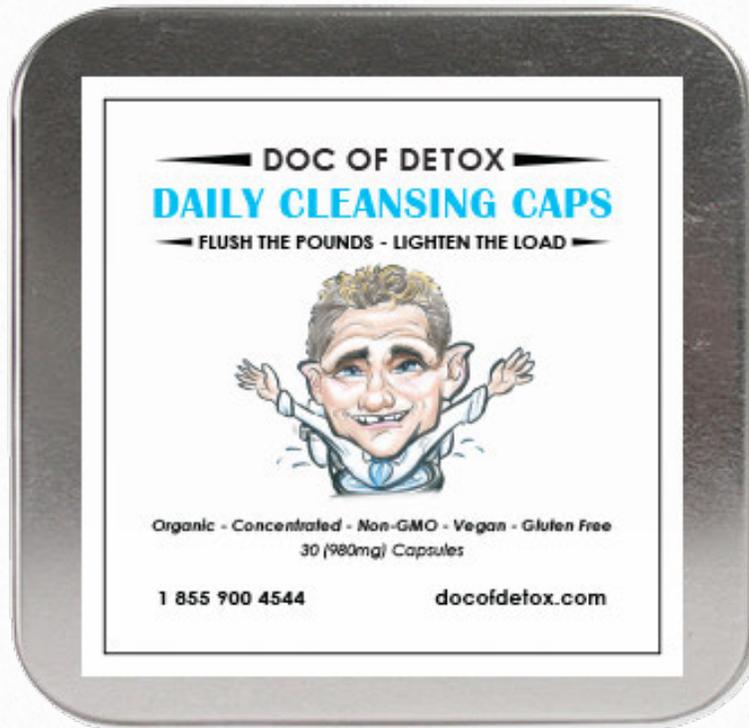
- Chronic Fatigue / Fibromyalgia / Sciatica
- Joint Pain / Back Pain / Sciatica / Arthritis / Migraines / Headaches
- Insomnia / Restless Sleep
- Low Energy / Chronic Fatigue / Sex Drive
- Loss of Mental Clarity and Concentration / "Brain Fog" / Forgetfulness
- Clearing out pharmaceutical / recreational / chemical drug residues
- Clearing out aspartame and its byproducts

'Doc of Detox' Daily Cleansing Tea is a very special blend with infused frequency that allows the gentle cleansing of the whole body with continued use. Thousands have lost weight and kept it off due to its cleansing action. Over the years, thousands of clients from around the world have taken Daily Cleansing Tea to cleanse their colon, liver, detox their body, lose weight, and feel great.

Note: The information provided is "for educational purposes only" and is not intended in any way to be considered as medical advice or a consultation about the diagnosis, treatment, cure, or prevention of any disease. Consult your medical doctor or professional health care provider if you have a medical condition.

If pregnant or have had recent major surgery on the digestive tract consult a medical doctor before using 'Doc of Detox' Daily Cleansing Tea.

Daily Cleansing Caps



Daily Cleansing Caps are not intended to replace Daily Cleansing Tea, which is a whole body daily detoxification, whereas the Daily Cleansing Caps are great for times when Daily Cleansing Tea is not available such as vacations or at work.

Daily Cleansing Caps are intended to keep you regular and consistent, each and everyday you take them!

Daily Cleansing Caps are formulated by Dr. Wolfe and contain organic Persimmon Leaves, Malva Leaves, Marshmallow Leaves, Probiotics and Aloe Vera Gel.

Go to docofdetox.com to order today!

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16 Ways To Use Your Portable Structure Water Unit

The Portable Structure Unit is the easiest way to structure not just your water but all liquids at home and on the go. Enjoy the benefits of an energy infusion of Structured Water in your whole life, whether in-town, at a local restaurant or traveling. Also, great for apartment living, where a house product is not an option. Simply pour water through the top and point the small spout into any container to get all the benefits of Structured Water.

1. Run all water through Portable Structure Unit.
2. Make Daily Cleansing Tea using Structured Water. You can also run your tea through the portable unit after it is made to enhance the energy of the Daily Cleansing Tea.
3. Run all liquids through Portable Structure Unit from olive oil to nutritional drinks. Pour 2 oz. of any liquid through Portable Structure Unit and pour back into the bottle to structure the entire liquid. Aftercare: put unit in apple cider vinegar or run it through your dishwasher to clean thoroughly.
4. Protects against hormones and antibiotics in milk making it taste better.
5. Protects against acidity in coffee making it taste smoother and shielding toxic chemicals from the body.
6. Pour 2 oz. from a bottle of wine, beer or liquor through the Portable Structure Unit and then pour the 2 oz. back into the bottle. This will structure the whole bottle, improving taste and protecting you from any toxins, sulfites and nitrates, preventing those nasty hangovers.
7. Pour 1 cup of water into your bath, pool, hot tub or Jacuzzi to structure the entire body of water, this is known as the ripple effect.
8. Spray or run Structured Water over all fruits and vegetables to neutralize pesticides, GMOs and petrochemical fertilizers.
9. Pouring all fruit and vegetables juices through the Portable Structure Unit makes all nutritional drinks more bioavailable but protects against any toxins, giving juice a smoother taste.
10. Put Structured Water into a spray bottle for when out at restaurants. One spray will structure an entire glass of water shielding you from toxins while increasing its hydration value.
11. Using the small end of the structure unit for breathing will balance the brain and autonomic nervous system within minutes when experiencing emotional distress.

12. Fill a Ziploc bag with cold Structured Water to use as a compress when you have inflammation and when you have chronic stiffness fill a Ziploc bag with hot Structured Water and apply to stiff area.

13. Water all plants with Structured Water.

14. Feed your pets Structured Water.

15. These units allow travel to any country in the world to drink and bathe with tap water.

16. Pour 8 oz. of Structured Water into your radiator to reduce toxic exhaust and to improve gas mileage.

For more information, just click and stir!

docofdetox.com/water



The Scoop On Your Poop

Chart Yourself For 30 Days!

STOOL STATUS	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Are you constipated?							
Do you have diarrhea?							
Is it an uneven formation?							
Is it hard?							
Is it soft?							
Is it firm?							
Is it cracked?							
Is it smooth?							
Is it loose?							
Is it jagged?							
Stool length (inches)?							

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The Scoop On Your Poop

Chart Yourself For 30 Days!

STOOL STATUS	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Stool width (inches)?							
Does it float?							
Does it sink?							
Does it have little bubbles on it?							
Does it have big bubbles on it?							
Does it contain blood?							
Does it contain mucus?							
Does it slide out easily?							
Do you have to strain?							
How many bowel movements do you have?							
Time of day?							

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HEALTHY = TO = 100

The Ultimate Guide To Bullet Proofing Your Body
Against Disease, Eliminating Pain, Burning Fat and
Living Longer Stronger!

DOCOFDETOX - DR. DARRELL WOLFE

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Questions? We Have Answers! 1 855 900 4544

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