

Daily Liver Cleanse - Day ___

Morning (Prepare your tea for the entire day)

- Liver Flush drink
- Detox tincture
- Juice
- Blood/lymph tincture
- Detox tea
- Superfood
- Juice
- Water

Notes

Early Afternoon

- Detox tincture
- Superfood
- Juice
- Detox tea
- Blood/lymph tincture
- Juice
- Potassium broth (if desired)
- Water

Notes

Later Afternoon

- Detox tea
- Superfood
- Kidney tincture
- Blood/lymph tincture
- Juice
- Potassium broth (if desired)
- Water

Notes