



80 Night Lymph Detox Program

For Women

Lymph cleanse includes:

- Night time deodorant
- Belly cream
- Breast cream
- Soap
- Daytime deodorant



80 Night Lymph, Liver and Breast Detox



Congratulations on choosing to be proactive about your health, take charge and participate in our preliminary studies. And we extend a special thanks if you are participating in 'crowd sourced science' to help us find solution to current health challenges that exist today.

Guidelines:

1. Drinking lots of water will help the detox process.
2. Be patient with detox symptoms such as itching, skin eruptions, changes in sleep patterns, urination at night, on and off body odor, change in feces, tiredness, etc. These are all indicators that the toxins are transitioning out of the body and should not last more than a few weeks – while symptoms may fluctuate with levels of deeper detoxification. You can either apply less of the topical creams or take additional days off to slow down detox symptoms and make them manageable.
3. Ideally, you may want to do warm water enemas as described in *Do You Have the Guts to Be Beautiful* by Dr. Mitra Ray and Dr. Jennifer Daniels (Shining Star Publishing, 2011) for 7 days before starting this program.
4. Of course a simple diet of fresh food, avoiding caffeine and alcohol will help your body cope better. Be gentle to yourself, and rest as much as possible.
5. Keeping a diary and tracking body measurement at start and end of 30 days, is very helpful for you and for us should you choose to share your experience.
6. Crowd sourcing science using diagnostic tools such as thermography, heavy-metal testing, breast exam through palpitation by a physician, and working with uBiome for testing changes in bacteria in the gut is also very helpful to us.
7. Wear an old T-shirt or old PJs as sometimes the clothing can get stained as a result of detox. Shower or wash off with warm towel in the morning.
8. **Don't wear any metal jewelry, especially earrings, at night when using these products.**
9. Colored x indicate which **nights** to apply and what type of topical salve to use on various parts of body as indicated by picture. Small changes to schedule are fine as long as the total number of nights used over 80 days remains same.
10. Be sure to use the soap to wash off the salves in the morning and use the daytime deodorant provided instead of commercial deodorants.
11. This program can be repeated 2 times a year for ongoing detox from environmental and food xenobiotics.

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MEASUREMENT TRACKER

Let the numbers tell your story.

DAY _____ Chest _____ R. Arm _____ L. Arm _____ Waist _____ Hips _____ R. Thigh _____ L. Thigh _____ Weight _____			DAY _____ Chest _____ L. Arm _____ R. Arm _____ Waist _____ Hips _____ L. Thigh _____ R. Thigh _____ Weight _____
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	BEFORE	AFTER	
RECORD the DIFFERENCE from your start to end date:	Chest _____ R. Arm _____ L. Arm _____ Total Inches Lost _____	Waist _____ Hips _____ R. Thigh _____ Total Weight Lost _____	L. Thigh _____ Neck _____

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80 Night Lymph, Liver and Breast Detox



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Example:

Clarity in thinking,
clothes looser,
breast tissue soft
and supple, no body
odor
