

Dr. Group's
2-Day
Liver Detox
Program



GLOBAL HEALING
INSTITUTE

A Message From Dr. Group

When it comes to elevating your health and protecting your well-being, few steps are as essential as supporting your liver. This organ is your primary detoxification powerhouse, working constantly to neutralize toxins, balance hormones, and bolster your body's defenses. Yet in today's world, the liver faces an onslaught of pollutants, chemicals, and hidden toxicities from every angle, and regular support is key to maintaining your vitality.

That's why I created this Two-Day Liver Detox Program—a powerful yet simple way to give your liver the renewal it deserves. With a thorough and effective cleanse, you'll experience the benefits of a detox that doesn't interrupt your life but becomes a valuable part of it. Most people find that two days is all it takes to start feeling refreshed, balanced, and restored.

So why focus on the liver? As the body's most robust organ, the liver not only removes waste but also stabilizes your body's internal environment, allowing you to thrive in an often toxic world. Regular liver cleansing can help eliminate stored toxins, boost your energy levels, support your immune system, and promote clearer skin and sharper mental clarity.

This is about empowering your body to handle today's unique challenges. Whether it's pesticides and hormone disruptors in our food or EMFs and nanoparticles in our environment, the liver is your first line of defense. Supporting it means you're building resilience from the inside out, preparing your body to thrive.

If you're someone who seeks truth in health, this cleanse is a journey toward understanding what your body truly needs to stay strong and resilient. For those who question conventional paths, this detox offers a natural, evidence-based way to reclaim your well-being. Embrace this cleanse as an act of self-care that resonates with authenticity and integrity, reinforcing your commitment to a life of vibrant health.

Here's to living your most energized, empowered life—naturally!

Dr. Edward Group, DC

Founder of Global Healing Institute | Global Healing

A glass of water with cucumber slices and a sprig of rosemary. The glass is partially filled with water, and the cucumber slices are floating on the surface. The rosemary sprig is also floating in the water. The background is a soft, out-of-focus light color.

Signs Indicating You May Need A Liver Cleanse

The following symptoms indicate your liver isn't performing as well as it could.

- Occasional constipation
- Bloating
- Intestinal upset
- Heartburn
- Bad breath
- Mood swings
- Low energy
- Discomfort after eating
- Fullness or dull pain under the right rib cage

Day 1

Diet Recommendations

- Eat organic and as much as possible: raw fruits and vegetables.
- Avoid gluten, sugar, eggs, dairy, and meat for the two cleansing days.

How to begin...

- Start with 1 gallon of distilled water. Pour out 6 ounces to create space to add the additional products below.
- Mix 4 ounces of GH Liver Health (2 bottles) and the juice of 3 organic lemons in the gallon of distilled water.
- Drink half of this Liver Cleanse Mix gallon on Day 1.
- Take 4 capsules of Ultimate Enzymes at 9 am, 1 pm, and 4 pm (12 total).
- Take 6 Oxy-Powder before bed.





Day 2

How to continue...

- Finish the second half-gallon of the Liver Cleanse Mix by 4 pm at the latest.
- Take 4 capsules of Ultimate Enzymes at 9 am, 1 pm, and 4 pm (12 total).
- Have your last meal by 6 pm.
- 9 pm - Drink 4 ounces of organic olive oil or organic avocado oil. Mixing fresh organic lemon or lime juice will help with the taste.
- Lay down immediately in bed in a fetal position, laying on your right side with your knees pulled up for 30 minutes. (Read Affirmations / next page.
- After 30 minutes, you can move around and then go to bed and go to sleep.
- On waking in the morning (Day 3), take 6 Oxy-Powder capsules.



Read these affirmations
while laying on your side!

Liver Health Affirmations

- *I am letting go of everything I no longer need.*
- *I am embracing a journey of cleansing and renewal.*
- *I am giving my liver love and support with each liver cleanse.*
- *I am releasing all irritation, criticism, and condemnation.*
- *I am getting more and more healthy with each liver cleanse.*
- *I am getting better and better every day.*
- *I am experiencing joy and healing with each liver cleanse.*
- *I am choosing calm, peace, and healing.*

Congratulations on completing *Dr. Group's 2-Day Liver Detox Program!*

I'm thrilled to see your dedication to improving your health. Now, I'd like to personally invite you to join me in my free course, "6 Secrets to Total Body Detox," where we'll dive even deeper into the powerful practices that can transform your health and well-being.

Over the years, I've found that liver cleansing is a cornerstone of vibrant health and well-being. By supporting your liver's natural detoxification processes, you can unlock a new level of vitality, mental clarity, and emotional balance. Because of all the harmful toxins and chemicals in our world, I now recommend incorporating the Two-Day Liver Cleanse two times weekly.

Welcome to the Global Healing Institute family! I'm excited to support you on your journey to vibrant health.

To your health and happiness,

Dr. Edward Group, DC

6 Secrets to Total Body Detox

UNLOCK YOUR NATURAL HEALING POTENTIAL

