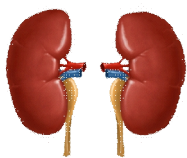


YOUR CUSTOMIZED CLEANSE

Here are the products you will need for your customized cleanse. The first list of products are those which are mandatory for cleansing action. The second list of products are products which can enhance the effectiveness of the cleanse. The higher the positive dR value, the greater your body's biological preference for that product.



3. Kidney Cleanse

Mandatory Products For Your Cleanse

PR - UriVen

PRL: Protease Complex

PRL: RenaVen

PRL: UriVen

Optional Enhancement Products

5.78 **PRL: Castor Oil, Pr.**

DETAILED INSTRUCTIONS FOR YOUR CLEANSE



Following are some detailed instructions for your cleanse. As a general rule, there are a few important things to keep in mind before beginning your cleanse.

- Cleansing requires energy from your body. If you are currently working through an illness and/or are on prescription medication, please see your primary physician before beginning any cleanse.
- Do not cleanse while you are pregnant or breastfeeding.
- Make sure that you are drinking plenty of fluids to flush toxins out of your body. It is also critical that you are having a daily bowel movement.
- Allow yourself plenty of time to rest and sleep. Our bodies regenerate during sleep, so try to get to bed by 10:00 every evening while you are cleansing.

3. Kidney Cleanse

WHY CLEANSE THE KIDNEYS?

Located near the middle of your back, your kidneys are a pair of bean-shaped organs responsible for clearing waste from your body. Each day, your kidneys process about 200 quarts of blood to help remove about two quarts of excess water and waste products. Approximately 26 million people in the U.S. suffer from chronic kidney disease and over 35 million have some type of bladder disease. The challenge with kidney disease is that many times individuals do not experience symptoms before they develop advanced kidney disease or renal failure.

The kidneys also release three important hormones: erythropoietin (which stimulates the bone marrow to make red blood cells), renin (which regulates blood pressure), calcitriol (the active form of vitamin D, which helps maintain calcium for bones and for normal chemical balance in the body).

DIRECTIONS FOR YOUR KIDNEY CLEANSE

The kidney is actually self-cleansing if you consume adequate fluids, which can take the form of foods such as fruits and vegetables as well as pure water and other liquids. It is good to periodically give your kidneys some help in flushing themselves with kidney-boosting herbs. Here are some general steps for completing your basic kidney cleanse.

The main components of this cleanse include:

- RenaVen - made into a tea
- UriVen - made into a tea
- Premier Protease - taken between meals (you need 2 bottles)

STEP #1: KIDNEY TEA - Every morning, make a kidney-cleansing tea. Open 3 caps of RenaVen and 3 caps of UriVen into a 24 oz glass. Pour



hot water over the herbs and cover tightly. Let steep for 10 minutes. Uncover and let cool and strain. Sip on this tea throughout the day, preferably between meals. This tea will work on softening up kidney sludge and supporting the kidneys in cleansing themselves. It is common to see the urine darken a bit while drinking this tea.

STEP #2: CLEAN UP EXCESS PROTEIN – Take 2 capsules of Premier Protease in between breakfast and lunch, 2 capsules in between lunch and dinner, and 2 capsules before bed. Do not take with food- wait at least 45 minutes before meals. You may take Premier Protease with the Kidney Tea or before bed. When you take Premier Protease on an empty stomach, it helps to eat up undigested protein in the blood, which is a major culprit in clogging up the kidneys.

Other Supplements Which May Be Helpful Include:

- Adaptogen R3 - provides adaptogenic herbs
- Cardio-ND - helps to kill any nanobacteria residing in the kidneys
- Castor Oil Pack - place over the kidneys for 15-20 minutes to increase blood flow and help the kidneys more fully release toxins

NUTRITIONAL GUIDELINES DURING YOUR KIDNEY CLEANSE

- **REDUCE ANIMAL PROTEIN** - Reduce your intake of animal protein. Excess protein in the diet is very stressful to the kidneys.
- **REDUCE SUGAR, REFINED SALT, & PROCESSED FOOD** - Reduce your intake of dairy, caffeine, alcohol, carbonated beverages, sports drinks, sweets, chocolate, processed foods that contain preservatives, artificial sweeteners, table salt, synthetic vitamins, etc.
- **INCREASE INTAKE OF WHOLE FOODS** - Increase your intake of fresh, organic foods such as organic vegetables, legumes, and grains.
- **HYDRATE** - Drink at least half of your body weight in ounces of pure, filtered water. For example, if you weigh 150 pounds, drink at least 75 ounces of water each day. Your urine should be a pale yellow color.
- **WATERMELON SEED TEA** - Watermelon seed tea is a diuretic recommended in the Edgar Cayce readings, particularly as a stimulant to cleanse and purify the kidneys and bladder. Edgar Cayce is one of the most well-known and respected medical intuitives of all time. At least once a day, three days a week, take watermelon seed tea prepared by pouring a pint of boiling water over a tablespoonful of watermelon seed (ground or cut) and allowing it to steep. Let it cool, then strain and drink. If practical, the tea should be made fresh for each use.

These suggestions are also great to follow long-term to keep your kidneys strong and healthy.

KIDNEY STONES

A kidney stone is a hard mass that forms from crystals that have separated from the urine within the urinary tract. In most cases, kidney stones develop because calcium oxalate within the urine has crystallized.

Kidney Stone Symptoms

Usually marked by extreme pain in the area of the kidneys or in the lower abdomen, kidney stones may also cause difficulty urinating, blood in the urine, nausea, and fever.

Preventing Kidney Stones

Although there's no evidence that a kidney flush can help prevent kidney stones, you might reduce your risk by drinking lots of water and cutting back on sodium. People with a history of kidney stones may also want to avoid foods rich in oxalate, such as chocolate, okra, sweet potatoes, sesame seeds, greens, nuts, and spinach.

Kidney Stones and Calcium

Despite claims to the contrary, research shows that a high intake of calcium through foods may decrease risk for kidney stones. However, taking calcium in supplement form may increase risk.

Sources:

Curhan GC, Willett WC, Speizer FE, Spiegelman D, Stampfer MJ. "Comparison of dietary calcium with supplemental calcium and other nutrients as factors affecting the risk for kidney stones in women." *Annals of Internal Medicine* 1997 1;126(7):497-504.

The National Kidney and Urologic Diseases Information Clearinghouse. "They Kidneys and How They Work." NIH Publication No. 09-3195 February 2009

MORE DETAILS ABOUT EACH PRODUCT

Here are some more details from the manufacturer about the products in your cleanse. With this information, you can make a better decision about which products to utilize to enhance your cleansing experience.



PR - UriVen

Dietary Supplement

Nutraceutical Bladder Formula

Premier Bladder Support, Including the Urinary Tract

UriVen™ is a powerful, broad-spectrum formula that features two key botanical-based blends: Bladder Pro™ and Uri-Cleanse™ for optimal nutritional support of the bladder, including the urinary tract.

Item: 2182

Revision Number: R17-0320 R8.1

PRL: Protease Complex

QUANTUM-STATE IMMUNITY & PROTEIN DIGESTIVE SUPPORT* As we grow older, our bodies are unable to make as many enzymes, including those that break down proteins and are especially critical to good health. Undigested proteins can trigger a negative domino effect.* Protease Complex helps to support superior protein digestion.* This unique, plant derived protease formula also promotes healthy immune system response, including macrophage activity.* These highly purified protease plant enzymes are made with a proprietary fermentation process, yielding fully active U.S.P. plant enzymes (no toxic residues that are common in other plant enzyme products).

Each Vegetable Capsule Contains:

-U.S.P. Protease (Plant Enzyme source) 132,000 (HUT) Hemoglobin Unit Tyrosine Base Other Ingredients: Sango Marine Coral Concentrate, Vegetable Cellulose Capsule.

Recommended Use: Adults or children (age 4 and up): Take 1 capsule, 2 times daily, preferably between meals. For special cleansing programs recommended by your practitioner, up to 12 individual servings may be taken daily on an empty stomach (1 serving = 1 capsule).

60 Vcaps/ bottle

PRL: RenaVen

QUANTUM-STATE DETOXIFICATION & KIDNEY SUPPORT* This quantum-state, broad-spectrum phytonutrient formula offers optimal kidney health and rejuvenation.* RenaVen features Agari-Pro™, an agaricus bisporus extract (175 mg/capsule) for exceptional detoxification and kidney support.* In these stressful times, kidney support is often critically needed.

Each Vegetable Capsule Contains:

-Agari-Plex Detox™ 330mg Coriander (seed) (Coriandrum sat.), Asparagus Concentrate (stalk) (Asparagus officinalis), Celery Extract (leaf), Noni (fruit, seed) (Morinda cit.), Alfalfa (whole) (Medicago sat.), Beta- Sitosterol, Beet Extract (root), Blue Green Algae (whole) (Aphan. flos-aquae), Chlorella (whole; broken cell wall process) (C. pyrenoidosa), Saccharomyces Cerevisiae, Tomato (min. 1% lycopene), Turmeric (rhizome) (Curcuma l.), Amylase, Protease, Maltase, Apple Cider Vinegar, Plant-Source Pepsin, Lipase, Lactase, Invertase, Cellulase
-Agari-Pro™ 175mg Agaricus Bisporus Extract (whole) Other Ingredients: Vegetable Cellulose Capsule.

Recommended Use: Adults or children (age 4 and up): Take 1 capsule, 3 times daily. For special routines recommended by your practitioner, up to 12 individual servings may be taken daily (1 serving = 1 capsule).

60 Vcaps/ bottle

PRL: UriVen

QUANTUM-STATE BLADDER SUPPORT, INCLUDING THE URINARY TRACT* This formula features Bladder Pro™ (190 mg/capsule) for optimal cleansing and nutritional support of the bladder, including the urinary tract and kidneys, coupled with Uri-Cleanse™ (330 mg/capsule), a broad spectrum synergistic blend for full urinary tract support and cleansing.*

Each Vegetable Capsule Contains:

-Uri-Cleanse™ 330mg Asparagus (shoot) (Asparagus off.), Gravel (root) (Eupatorium purpureum), Stinging Nettle (leaf) (Urtica dioica), Horsetail (stem) (Equisetum arvense), Cornsilk (silk) (Zea mays), Parsley (leaf) (Carum pet.), Watermelon (seed)
-Bladder Pro™ 190mg Uva Ursi (leaf) (Arctostaphylos uvaursi), Juniper (berry) (Juniperus com.), Cranberry Concentrate (fruit) (30% polyphenols) Other Ingredients: Vegetable Cellulose Capsule

Recommended Use: Adults or children (age 4 and up): Take 1 capsule, 3 times daily. For special routines recommended by your practitioner, up to 12 individual servings may be taken daily (1 serving = 1 capsule).



60 Vcaps/bottle

PRL: Castor Oil, Pr.

THE REJUVENATION SECRET OF THE ANCIENTS THE WORLD'S FINEST QUALITY CASTOR OIL FROM INDIA, NOT SOLVENT-EXTRACTED Castor oil is an ancient oil called the "hand of Christ," and has been used for thousands of years by many cultures, especially for skin health. Our premium quality castor oil is extra virgin, cold-pressed, hexane-free and is not solvent extracted. It can be used on organic cotton flannel to make castor oil packs for excellent cleansing results. See the Castor Oil Kit.

Castor Oil Ingredients: 100% Extra Virgin, Cold-Pressed Castor Oil, nitrogen-flushed to maintain peak freshness

Directions: Adults or children (age 1 and up): Massage a few drops of Q. Castor Oil directly into the skin, especially chapped, cracked or rough skin. As a Castor Oil Pack: Apply several tablespoons of Quantum Castor Oil to several layers of cotton flannel. Place the flannel pack on the affected area (such as the abdomen); apply gentle heat for 30 to 60 minutes, several times per week. Discard pack after use.

8oz/bottle

This is the end of the product manufacturer descriptions.

