



ONENESS LABS

THREE DAY LIVER REBOOT



ONENESS

**WATER
PURIFICATION
TREATMENT**

PART A

28% Sodium Chloride
2 fl oz (60 ml)



ONENESS

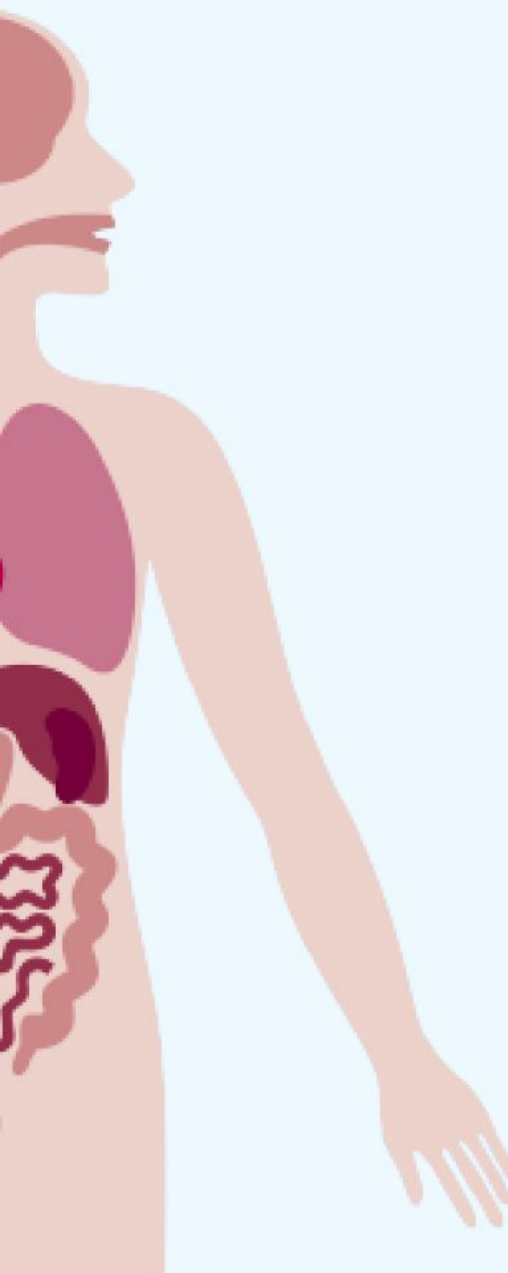
**WATER
PURIFICATION
TREATMENT**

PART B

4% Hydrochloric Acid Solution
2 fl oz (60 ml)



YOUR NATURAL DETOXIFICATION SYSTEM



CARDIOVASCULAR SYSTEM

Your blood carries toxins from your tissues back to your heart where they can be sent to your lungs.



RESPIRATORY SYSTEM

Your mouth and nose are filters that keep a decent amount of toxins, dust and pathogens out of your body. What goes get in goes to your lungs or your digestive system. Your lungs can produce mucous, which can be coughed out, in addition to expelling CO₂ and other waste gases when you exhale.



LIVER

Your blood circulates through your liver, which pulls toxins out and breaks them down so that they can be excreted via your kidneys and your digestive tract.



SPLEEN

Detects bacteria, viruses and other pathogens in your blood and produces white blood cells to kill them off.



KIDNEYS

200 quarts of fluid move through your kidneys every day. Waste and toxins are extracted from that and expelled as urine.



COLON

Absorbs the water and minerals left over after the rest of your digestive organs have taken what they need. The remainder is solid waste that your colon pushes out as poop.



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THREE DAY DETOX PROTOCOL

UPON RISING

In a round-bottom shot glass, mix 2 drops of bottle "A" and 2 drops of bottle "B".

Creating Chlorine Dioxide. Add to 12-16oz of room-temperature water. Drink

BREAKFAST

Quinoa Bowl

- ½ cup cooked quinoa
- Homemade almond milk
- ½ cup berries or 1 piece of fruit
- 2 tablespoons unsweetened cacao

MID-MORNING SNACK

Vegetable or bone broth

LUNCH

Unlimited Veggies

Steam a variety of vegetables and then add:

- 1/2 cup cooked brown rice

Lean cooked chicken or fermented tempeh

AFTERNOON SNACK

Vegetable or bone broth

DINNER

Unlimited Veggies

Steam a variety of vegetables and then add:

- 1/2 cup cooked brown rice

Lean cooked chicken or fermented tempeh

WATER INTAKE

Drink three liters of water throughout the day. Mix 2 activated drops of chlorine dioxide with every glass of water.

BONUS POINTS

Avoid news, social media and minimize screen time (phone, television, computers).

LIVER-FRIENDLY FOODS

- Garlic
- Beets
- Avocados
- Turmeric
- Walnuts

FOODS TO AVOID

- Lemon
- Orange
- Coffee



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