

SLOW Dosage guidelines (Normal speed on other side)

I recommend that these be taken for **AT LEAST** 2 months for every 20 years of your age

Liver Balance plus and Kidney Rescue tablets (for those who are generally more sensitive or more toxic)

I DO NOT use the doses on the bottles as I find they are too high and often cause reactions.

Drink adequate of water. Preferably 6 to 8 -eight ounce glasses throughout the day. This is to dilute the toxic substances that will be cleared from your liver and kidneys so as to reduce the likelihood of your having any reaction.

Weeks one and two-

Take 1 **Liver balance** plus tablet with breakfast and 1 **Kidney Rescue** tablet with dinner

Weeks three and four Increase the dose to:

1 **liver balance** and 1 **kidney rescue** tablet with **BOTH** breakfast and dinner

Weeks five and six

Continue the above but add

a second **Liver balance** tablet with breakfast only and a second **Kidney Rescue** with dinner only

Week seven and until all bottles are empty

Increase to 2 tablets of each product with both meals till all bottles are empty and continue at this dose until you have finished 2 bottles of each product even though they will be used up at different times.

----IF YOU EVER----

Experience any detoxification symptoms, such as fatigue, headache, dizziness, loose stool, or skin rash, this indicates that your body would like you to go more slowly.

Reduce to previous dose (that did not cause any symptoms) and remain there for at least two additional full weeks before trying to increase again based on the above schedule.

THERE IS NO RUSH!!!!

I do not care how long, even many months, it takes for you to get up to the final dose. The most important thing is to **NOT** go more quickly than your body can handle without symptoms

Think of the detox symptoms, for those of you who feel any, as a signpost which reads as follows. If helping to remove the poisons built up in these organs, causes a symptom, then it is **EVEN MORE IMPORTANT TO GET THEM OUT !** But at a speed that the body can easily handle. Keep going, you are progressing towards better health and lower risks fo numerous degenerative diseases.

Please remember to let me know how long it took you to get to the full dose.

I generally want patients to do at least two full large sized bottle of both kidney and liver tablets at the full dose

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I recommend that these be taken for **AT LEAST** 2 months for every 20 years of your age

Normal Speed dosage guidelines (slower speed on other side)

Liver Balance plus and Kidney Rescue tablets

(I vary this a great deal with different patients-- Use other side if you get any reactions)

I DO NOT use the doses printed on the bottles as I find they are too high and often cause reactions by working too rapidly on the body.

Drink plenty of water. At least 6 or more -eight ounce glasses throughout the day

week one- each day:

Take 1 **Liver balance plus** tablet with both breakfast and Dinner

Week Two each day

Continue as above but also **add** one **Kidney Rescue** tablet before breakfast and before dinner (10-30 minutes before) (but if you forget then take it with the meal rather than skipping the dose)

Week three and **Four** each day:

Take 2 **Liver balance** and 1 **kidney rescue with both** breakfast and dinner

Week Five and after (and till all bottles are empty) each day:

Take 2 **Liver balance** and 2 **Kidney Rescue with both** breakfast and dinner

----IF YOU EVER----

Experience any symptoms, such as fatigue, headache, loose stool, or skin rash, these indicate that your body would like you to go more slowly.

Reduce to the dose that did not cause any symptoms and remain there for at least two more weeks before trying to increase the dose again.

EI and MCS patients (you know who you are)

You may need to start more slowly so try one tablet only once a day and go up very slowly. Most often, I will need to use the Pekana Liquids with you to enable a slower movement