

28-DAY LYMPH & HORMONE CLEANSE

SUPPLEMENT SUGGESTIONS BY PHASE + DOSAGE & APPLICATION SUGGESTIONS

Q. Do I have to purchase supplements to complete the cleanse?

- A. No, you don't have to purchase any supplements to ensure a successful 28-Day Lymph & Hormone Cleanse. Many women have asked about what supportive supplements Dr. Schaffner and Dr. Nash suggest and use with their patients. So they have shared "**Essential Recommendations**" which are the supplements that are foundational support by Phase. Then, for those that want a little deeper experience, Dr. Schaffner and Dr. Nash have provided "**Advanced Support Options**" by Phase.

Q. If I do purchase supplements do I start taking all of them at the beginning of the cleanse?

- A. No, you will incorporate the supplements by Phase. So, Phase One supplements you will start on day one and then continue through the end of the cleanse. Phase Two supplements will be added in week two and taken through the end of the cleanse - and so on.

Q. What if I run out of any of the herbal tinctures or product mid-program?

- A. If you run out of any of the products, it is fine! You don't have to refill for the remainder of the program.

Q. Okay, I bought a few of the product recommendations, and now I don't know about the proper dosage. Help?

- A. No problem! We have listed below in this document each of the recommended products and corresponding dosage & application suggestions.

Q. Wait! I still have more questions.

- A. Bring your questions to the weekly Live Meet-Up Q&A Sessions with Dr. Schaffner and Dr. Nash. If you need more immediate assistance email lymphcleanse@drchristineschaffner.com.

28-DAY LYMPH & HORMONE CLEANSE

PHASE I SUPPLEMENT RECOMMENDATIONS

ESSENTIAL RECOMMENDATIONS

SpectraLyte

HOW TO TAKE IT: 1 dropper before breakfast. Add one dropper in at least 8 oz of water (you can also add fresh lemon or a splash of cranberry juice to your water)

G.I. Detox

HOW TO TAKE IT: 1 capsule 2x per day on an empty stomach (an empty stomach is at least 30 minutes before a meal or 1 hour after a meal) with a large glass of water. Once in the morning and once in the evening is suggested. For more details please watch Dr. Ginger Nash's video explanation.

ADVANCED SUPPORT OPTIONS

Hepatagest

HOW TO TAKE IT: 1 scoop per day in water or smoothie.

Mega SporeBiotic

HOW TO TAKE IT: 1 capsule daily.

Sockeye Salmon

HOW TO TAKE IT: 1-2 gelcaps twice daily.

Magnesium

HOW TO TAKE IT: 250 - 300 mg at dinner time. (3 capsules of the Physica Buffered with Taurine)

Digestive Enzymes

HOW TO TAKE IT: 1 capsule with each meal or 2 capsules at night before bed if you've had a heavy meal or alcoholic beverage.

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PHASE II SUPPLEMENT RECOMMENDATIONS

ESSENTIAL RECOMMENDATION

Liver Tincture

HOW TO TAKE IT: Take one dropper 1 - 2x per day with a meal or as a stand-alone. (what fills in the glass pipette is “a dropper”, it does not fill all the way!)

ADVANCED SUPPORT OPTIONS

Broccoli Sprout

HOW TO TAKE IT: 2 capsules per day.

GB-40 Yuan

HOW TO TAKE IT: Take 2 capsules before a meal.

Nexus Suppositories

HOW TO TAKE IT: Insert rectally at night before bed. Make sure you take it with a binder.

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PHASE III SUPPLEMENT RECOMMENDATIONS

ESSENTIAL RECOMMENDATION

BioKind DEO

HOW TO APPLY IT: Apply in the evening before bed to the neck, clavicle, underarms, breasts, bikini line, behind knees, and bottom of feet. It is also great to apply when doing a castor oil pack.

ADVANCED SUPPORT OPTIONS

Sophia Flow Cream

HOW TO APPLY IT: Apply to your neck before bed. You can also apply to scars or apply to an organ if you need more blood flow.

BioKind Fem-Tox

HOW TO APPLY IT: Apply to breasts at bedtime after applying *BioKind DEO*.

Trifolo Intrinsic

HOW TO TAKE IT: 2 droppers twice daily in some room temp water (what fills in the glass pipette is “a dropper”, it does not fill all the way!)

Evening Primrose Oil (Whether you're cycling or not, take it on the 2nd half of your cycle - day 15 - 28.)

HOW TO TAKE IT: 1 capsule daily with any two meals.

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PHASE IV SUPPLEMENT RECOMMENDATIONS

ESSENTIAL RECOMMENDATION

Borage Intrinsic

HOW TO TAKE IT: 2 droppers twice daily in some room temp water (what fills in the glass pipette is “a dropper”, it does not fill all the way!)

ADVANCED SUPPORT OPTIONS

Don Quai Intrinsic

HOW TO TAKE IT: 2 droppers twice daily in some room temp water (what fills in the glass pipette is “a dropper”, it does not fill all the way!)

Liposomal Melatonin

HOW TO TAKE IT: 1.5 - 3 mg at bedtime.

Evening Primrose Oil (Whether you're cycling or not, take it on the 2nd half of your cycle - day 15 - 28.)

HOW TO TAKE IT: 1 capsule daily with any two meals.