**1 Product, Many Uses**

**Health:**

**Clean Blood & Lungs:** Using droppers apply 2-3mL to inhaler and inhale once in nose and once in mouth. Liquid will remain in inhaler, do not inhale until gone. Repeat inhale method every 2hours for 2 days, take 2 days off then repeat this regime every 2 weeks.

**\*See List of conditions improved by cleaning blood and lungs!**

**Ears:** Tilt head and pour 1/8 oz in ear for 1 minute. Repeat in other ear.

**\*Improves ear infections and swimmers ears, decongestion and sinus infections**.

**Cuts:** Spray or dab ¼ oz with soaked cotton ball.  
**Douche:** Replace vinegar & water liquid in regular douche dispenser and use regularly.

**\*Cleans vaginal area and improves yeast infections & vaginal infections**.

**Beauty:**

**Face:** Using round cotton pad apply in upward circular motions to clean face and neck. Use in morning and night, follow with coconut oil if dry skin**.**

**\*Cleans, tones, and moisturizes face, improves Eczema , acne, and other skin conditions.**

**Bath soak/Foot Soak-**Pour one bottle and soak for at least 30 minutes. Add 1 cup of Epsom salt and essential oils for additional therapy.

**\*Detoxifies body and skin, moisturize and even whitens bath tub!**

**Gargle:** Gargle with ⅓ oz at the first sign of a sore throat.

**\*Whitens Teeth and disinfects mouth**

After gargling for 30 seconds then:

**Step 1:** Tilt your head back and start brushing with Rinse still in your mouth.  
**Step 2:** Brush for about a minute and spit out the foam.  
**Step 3:** Rinse with water to stop the foaming.  
**Step 4:** Smile! Use a mint to minimize after taste if needed.   
**Expert Tip:** First thing upon rising, before swallowing saliva, swish and brush teeth and tongue with rinse to remove morning mouth bacteria.

**Home:**

**Veggies** Add 3 oz to sink or bowl of water and soak for 1-20 minutes.  
**Sprouts** Add 1 oz to sprout soaking or rinsing water.  
**Nuts/Grains** Add 2 oz to water and soak for 1-24 hours to clean.  
**Meat/Fish** Add 1 oz to water and soak for 1-5 minutes.  
**Toothbrush** Soak bristles in 1 oz in shot glass overnight.  
**Surfaces** Spray and wipe all household surfaces.  
**Dishes** Add 2 oz to each dishwasher load.  
**Laundry** Add 3 oz to each washer load.  
**Gray Water** Households Wash everything!  
**Dog Breath** Spray in dog’s mouth and brush if possible!  
**Skunk Odor** Pour 1 bottle on affected animal.

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