



**MAKE  
DETOX  
SIMPLE**

# LIVINGOOD DAILY CLEANSE BUNDLE

## What is the Livingood Daily Cleanse Bundle?

Your body is equipped with some amazing detoxifying systems—the kidneys, liver, skin, digestive system, lungs, lymph system, and fat cells. They are all built to eliminate toxins and cleanse your digestive tract. The [Livingood Daily Cleanse Bundle](#) consists of four detoxifying supplements that provide the nutrients and herbs to support this process.†

[Liver + Gallbladder Cleanse](#) supports detoxification and optimal function with a nutrient blend.†

[Para + Candi Cleanse](#) promotes gut microflora and detoxification in the GI tract.†

[Kidney + UT Cleanse](#) optimizes kidney and urinary tract function or provides cleansing and restoration.†

[Colon Cleanse](#) supports digestion, detoxification, and bloating relief, ideal for ongoing digestive distress or cleansing needs.†

Click  
to visit the  
store page!



# THREE OPTIONS TO CLEANSE

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## OPTION 1

For targeted cleansing, take any of the Cleanse Supplements individually; four capsules per day for 14 days to cleanse or two capsules per day for monthly support. Click any of the following supplements below for individual Cleanse Supplement protocols.

- [Liver + Gallbladder Cleanse](#) (see page 6)
- [Para + Candi Cleanse](#) (see page 7)
- [Kidney + UT Cleanse](#) (see page 8)
- [Colon Cleanse](#) (see page 9)

## OPTION 2

A complete 2-step intracellular and extracellular detox with the Livingood Daily Liver + Gallbladder Cleanse and Livingood Daily Colon Cleanse. Together, these supplements help flush toxins from your cells and organs in the morning and then step two soak them out and remove them from the body at night, supporting your body's natural ability to eliminate them efficiently and restore balance.

- For 14 days, take four capsules of the Livingood Daily Liver + Gallbladder Cleanse in the AM and four capsules of the Livingood Daily Colon Cleanse in the PM.

# THREE OPTIONS TO CLEANSE (CONTINUED)

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## OPTION 3

For a full body, well-rounded cleanse, individually go through all four Cleanse Supplements over a 2-month span.

- **Days 1-14**

Take two capsules of the **Livingood Daily Liver + Gallbladder Cleanse** in the AM and two capsules in the PM.

- **Days 15-28**

Take two capsules of the **Livingood Daily Colon Cleanse** in the AM and two capsules in the PM.

- **Days 29-42**

Take two capsules of the **Livingood Daily Kidney + UT Cleanse** in the AM and two capsules in the PM.

- **Days 43-56**

Take two capsules of the **Livingood Daily Para + Candi Cleanse** in the AM and two capsules in the PM.

During this two-month period, pay attention to how your body responds to each cleanse supplement. Is there one that seems to make the most noticeable difference or that helps you feel your best while taking it?

If so, that could indicate the area of your body that needed the most support. You may want to consider incorporating that supplement into your routine for ongoing benefits. Be sure to check the individual bottle for the recommended monthly support dosage.

By the end of the two-month cleansing process, if you're uncertain about which supplement to continue with for ongoing support, we recommend considering Livingood Daily Liver + Gallbladder Cleanse. This formula is particularly beneficial because the liver plays a vital role in supporting the overall function of all other organs, making it an excellent choice for long-term health.

# LIVINGOOD DAILY CLEANSE BUNDLE

## How do I know if I need to cleanse/detox?

If you experience bloating and digestive issues, skin issues, low energy levels, not feeling your best, or can't reach your weight management goals, then it's a great time to start cleansing/detoxing.

## Do I eat while taking these supplements?

Yes. While cleansing/detoxing, we recommend focusing on the [Challenge Food List](#).

## Can I take this with other supplements?

Yes! Continue supplementation as normal.

## Can I take this with my medication?

We recommend waiting to take these supplements 2 hours before or after any medications.

## How should I be feeling while cleansing/detoxing?

The effects of cleansing/detoxing vary person to person. It is not uncommon to experience symptoms while cleansing/detoxing as your body is flushing toxins out. Staying hydrated and replenishing electrolytes can help ease symptoms.

## What is the youngest age that should have this?

Ideally these are for adults or children 12 and older. Always consult a physician with any specific medical questions or before taking any new supplements.

## Does this cleanse/detox fit my dietary needs?

Gluten Free, Non-GMO, Keto-Friendly, Paleo-Friendly

Click  
to visit the  
store page!



# LIVER + GALLBLADDER CLEANSE OR SUPPORT<sup>+</sup>

*How To Use Separately*

**1** Follow the [Challenge Food List](#)

**2** Drink [lemon water](#) and/or [Livingood Daily Coffee + Moringa](#) daily

**3** Take [Livingood Daily Liver + Gallbladder Cleanse or Support<sup>+</sup>](#)

For adults, take two capsules in the AM and two in the PM for 14 days to cleanse or two capsules per day for monthly support, or as directed by your healthcare provider.



# PARA + CANDI CLEANSE or SUPPORT<sup>†</sup>

*How To Use Separately*

**1** Follow the [Challenge Food List](#)

**2** Drink [lemon water](#) daily

**3** Take [Livingood Daily Para + Candi Cleanse or Support<sup>†</sup>](#)

For adults, take two capsules in the AM and two in the PM for 14 days to cleanse or two capsules per day for monthly support, or as directed by your healthcare provider.





# KIDNEY + UT CLEANSE OR SUPPORT<sup>†</sup>

*How To Use Separately*

- 1 Follow the [Challenge Food List](#)
- 2 Drink [lemon water](#) daily
- 3 Take **Livingood Daily Kidney + UT Cleanse or Support<sup>†</sup>**

For adults, take two capsules in the AM and two in the PM for 14 days to cleanse or two capsules per day for monthly support, or as directed by your healthcare provider.



# COLON CLEANSE or SUPPORT<sup>†</sup>

*How To Use Separately*

- 1 Follow the [Challenge Food List](#)
- 2 Drink [lemon water](#) and/or [Livingood Daily Coffee + Moringa](#) daily
- 3 Take [Livingood Daily Colon Cleanse or Support<sup>†</sup>](#)

For adults, take two capsules in the AM and two in the PM for 14 days to cleanse or two capsules per day for monthly support, or as directed by your healthcare provider.





## **LEMON WATER**

**1 Whole Lemon**  
**8-12oz of Water**

Roll the lemon to loosen the juice inside. Cut in half and squeeze into water!

### **Can I prep this ahead of time?**

Yes, this can be made ahead of time in larger quantities. Store in the fridge for up to 2 days.

### **Can I drink this throughout the day?**

Yes, you can sip on this all day long.

### **Do the lemons need to be organic?**

No, while organic is always best when possible, lemons have a thick exterior peel that prevents unwanted chemicals/pesticides from getting into the fruit.

# IMMUNE SUPPORT PROTOCOL

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## IN THE MORNING:

1-2 capsules [Livingood Daily Vitamin D + Immune Complex](#)

1-2 capsules [Livingood Daily Omegas + Turmeric](#)

2 capsules [Livingood Daily Immune Support](#)

## IN THE AFTERNOON:

1 scoop [Livingood Daily High Dose Vitamin C](#) or or

[Livingood Daily Electrolytes + Energyze](#)

## IN THE EVENING:

1-2 capsules [Livingood Daily Vitamin D + Immune Complex](#)

1-2 capsules [Livingood Daily Omegas + Turmeric](#)

2 capsules [Livingood Daily Immune Support](#)



# IMMUNE DETOX PROTOCOL

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## UPON WAKING (on empty stomach):

1-2 capsules [Livingood Daily Vitamin D + Immune Complex](#)

1-2 capsules [Livingood Daily Omegas + Turmeric](#)

2 capsules [Livingood Daily Immune Support](#)

2 capsules [Livingood Daily Para + Candi Cleanse or Support](#)

## IN THE AFTERNOON:

1 scoop [Livingood Daily High Dose Vitamin C](#) or

[Livingood Daily Electrolytes + Energyze](#)

## IN THE EVENING:

1-2 capsules [Livingood Daily Vitamin D + Immune Complex](#)

1-2 capsules [Livingood Daily Omegas + Turmeric](#)

2 capsules [Livingood Daily Immune Support](#)

2 capsules [Livingood Daily Para + Candi Cleanse or Support](#)



## Is Your Everyday Routine Secretly Toxic?

For years we thought the world was flat, we thought the earth was the center of the universe, and we didn't know more land (America) existed across the ocean! If humans just like you and I can be wrong and not know THAT, then what might you be missing when it comes to your health!?

Here is a recap of what life was like for me growing up and a glimpse of how toxic and sick I was making myself. All while thinking I was healthy because I felt good! I just didn't know! Just look at how your daily routine may be killing you....

- Wake up:** In a bed covered with flame retardants. Breathe in air 5x more toxic than outside.
- Shower:** By putting chemicals in your hair and proceeding to smear them around your body. Then rinse them off with chlorine (cancer causing) ridden water. Dry off with a towel that was bleached or washed in detergent containing formaldehyde.
- Get Ready:** Brush your teeth with the toxin sodium-lauryl-sulfate, the "sudsing" agent in toothpaste.  
Apply aluminum filled deodorant, petroleum filled hair product, and toxin filled lotion. (Let alone if you use makeup!)  
Put on clothes dry cleaned with toxic cleaning products.
- Breakfast:** Sugar filled cereal, oatmeal, toast, muffin, or bagel washed down with chemical and sugar stacked coffee!
- Leave:** Jump in your car, with benzene coated seats and dashboard, to breathe in. Got to love a toxic new car smell!

Alright listen, I haven't even gotten passed 8am and I used to, like most of you do, put more toxins and junk in my body to put down a small animal! We haven't even gotten into the diet soda, moldy carpet at school, fresh paint at work, fried chicken for lunch, Tylenol for a headache, neoprene water bottle with toxic tap water, the toxic perfume that the lady at the grocery store put on way too much of, and whatever junk you have for dinner!

All of this went in my body on a daily basis almost every day until I was 22! All the while I wasn't getting adjusted or correcting my spine, I didn't detox, did the wrong kind of working out, and put in hardly any nutrients! But now I know better! DO YOU?

There are many toxins to avoid or eliminate from your body and your families', and it may seem daunting to try to cut them out completely. [Let us help you make detox simple! You'll find clickable links on each page to take you to Dr. Livingood's recommendations on our Livingood Daily Market.](#)

## Hair & Body

### Shampoo & Conditioner

Acure  
Avalon Organics  
Puracy  
Attitude



### Body Wash

Dr. Bronner's (Adults & Kids)  
Everyone Brand  
Puracy

### Body Lotion

Coconut Oil  
Acure  
Everyone Brand

### Hand Sanitizer

Dr. Bronner's  
Livingood Daily Silver Serum  
Everyone Brand



## Oral Care

### Toothpaste\*

Dr Bronner's  
Dr. Brite

### Mouthwash

Essential Oxygen Rinse

\*The fluoride in toothpaste is linked to brain dysfunction! Go fluoride free!

### DIY Mouthwash

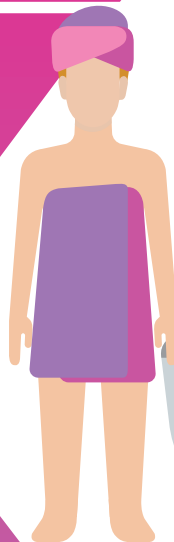
1 Cup Hydrogen Peroxide  
1 Cup Water  
8 Drops of Essential Oil (tea tree oil or peppermint oil)

Swish in mouth for 1-2 minutes and spit out.



### DIY Body Wash

1 Cup Water  
1/3 Cup Honey  
1/3 Cup Castile Soap  
1/3 Cup Oil (or combo of olive, jojoba, avocado)  
Essential Oils (lavender, chamomile, orange)  
1 tsp Vitamin E (optional)



### Oil Pulling

Removes Bacteria +  
Healthy Teeth & Gums

1 tbsp coconut oil  
Peppermint oil

Swish first thing in the morning for 10-20 minutes.  
Spit out in trash can.



# PERSONAL CARE



## Deodorant

Purelygreat  
Dr Teal's  
All Good

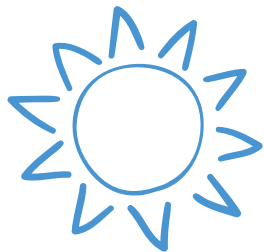
## DIY Deodorant

6 tbsp Coconut Oil  
4 tbsp Baking Soda  
3 tbsp Arrowroot &/or Shea Butter  
Essential Oils\*

\*Oils For Women: Lavender or Lemon

\*Oils For Men: Orange, Cypress, or Frankincense

Optional Men Add-Ins: 2T diatomaceous earth  
and/or 1T beeswax pellets

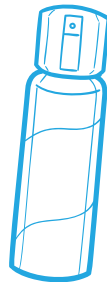


## Bug Spray

Badger  
Greener Ways Organic

## DIY Bugspray

1/2 Cup Witch Hazel  
1/2 Water (Or Vinegar)  
1 Tbsp Rubbing Alcohol  
Essential Oil Blends (Geranium, Citronella, Lemon,  
Eucalyptus, Lavender, Rosemary)



## Makeup + Body Care

Beautycounter  
Mineral Fusion  
W3LL people  
100% Pure

## Chapstick

Coconut oil  
Dr. Bronner's  
Badger



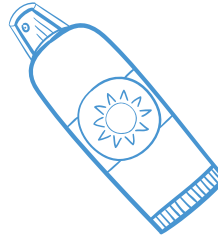
## Nail Polish + Remover

Mineral Fusion



## Sun Protection

Coconut Oil (SPF 8)  
Badger | Clear Zinc Oxide  
Attitude



## Sunburns

Coconut Oil + Lavendar Oil  
Aloe Vera or Badger Aloe Vera



# PERSONAL CARE

## Household Cleaning

Baking Soda  
Bon Ami Powder  
Biokleen  
Aunt Fannie's Cleaner  
Ecos  
Better Life

### Air Freshener

Essential Oils + Diffuser

### Dish Soap

Better Life  
Ecos  
Biokleen

### Dishwasher Detergent

Better Life  
Ecos

### Laundry Detergent

Better Life  
Biokleen  
Seventh Generation (Unscented)

### Stain Remover

Seventh Generation  
Molly's Suds  
Puracy



### Kitchen Sanitizing Spray

1 Cup of Water  
1/4 Cup Vinegar (or Rubbing Alcohol)  
1 Tsp Castile Soap or Dish Soap  
10 Drops of OnGuard or Thieves  
Essential Oil Blend

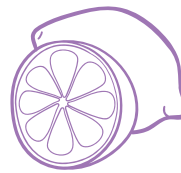
Put in glass spray bottle and shake well.



### DIY Household Cleaner

2 Cups of Water  
1/2 Cup Distilled White Vinegar  
20-30 Drops Essential Oil Blends

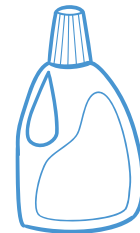
Put in glass spray bottle and shake well.



### DIY Stain Remover

Distilled White Vinegar  
Baking Soda

Soak spot with vinegar. Sprinkle with a generous layer of baking soda. Wait until vinegar is dry and then vacuum baking soda up.



### DIY Laundry Detergent

1 Bar of Castile Soap (Grated)  
2 Cups Washing Soda  
Borax or Baking Soda

# Ditch The Medicine Cabinet & Make A Wellness Cabinet

**Burns/Blisters**  
 Curoxen Ointment  
 Raw Honey  
 Silver Serum Skin Cream

**Chapped Lips**  
 Coconut Oil  
 Dr. Bronner's  
 Badger

**Cold/FLU**  
 Vitamin D  
 Vitamin C  
 Immune Support  
 Silver Serum

**Cough Relief**  
 Cinnamon  
 Organic Elderberry Syrup  
 Ginger-Tussin Syrup  
 Raw Honey  
 Lemon  
 Zarbee's Cough Soothers  
 Zinc Lozenges

**Cramping**  
 1/2 tsp of High Quality Celtic  
 or Himalayan Sea Salt in 8oz  
 of Water

**Cuts/Scrapes**  
 Raw Honey  
 Aloe Vera  
 Coconut Oil  
 All Terrain Bandages  
 Curoxen Ointment  
 Patch Bandaids

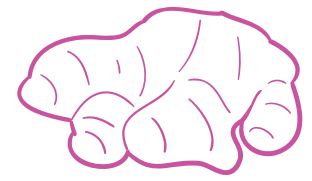
**Eye Drops**  
 Silver Serum  
 Raw Honey (Infections)  
 Coconut Oil (Dryness)

**Fungal**  
 Tea Tree Oil  
 Immune Support  
 Silver Serum  
 Apple Cider Vinegar  
 Para + Candi Cleanse or  
 Support

**Microbiome**  
 Silver Serum  
 Prebiotics and Probiotics

**Skin Issues**  
 Silver Serum  
 Silver Serum Skin Cream  
 Tea Tree Oil

**Acid Reflux**  
 Ditch the Pepto and dangerous  
 Antacids and Use:  
 Ginger Tea or Lozenges for Nausea  
 Apple Cider Vinegar for Acid  
 Aloe Vera to Soothe



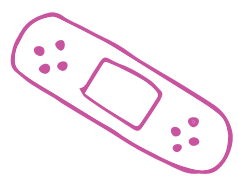
**Allergies**  
 Allergen Support (Tinospora,  
 Quercetin, Vitamin C, Nettles,  
 and More Hypoallergenic)  
 Raw Honey



**Constipation**  
 Leafy greens like spinach in a  
 smoothie, Prune/Pear Juice,  
 400mg Magnesium, or  
 Smooth Move Laxative Tea  
 (Senna)



**Relief**  
 Omegas + Turmeric



# WELLNESS CABINET

## Best Detoxing Plants

These natural air filters are easy to grow so even if you don't have a green thumb you can reap the benefits of the double duty plants.

Studies show that our homes can have 3 to 5 times more pollutants than outside! Headaches, dizziness, drowsiness, eye and skin irritation, allergies, and asthma are some common symptoms of VOC exposure.

These first 5 did the best in showing improvement in air quality and removing harmful VOCs in homes.

**Spider Plant**  
**Jade Plant**  
**Bromeliad**  
**Dracaena**  
**Asparagus Fern**

**Purple Waffle Plant:** Helps to remove formaldehyde from the air. It can help to increase overall air purification, and is suitable for increasing the quality of the air within any home.

**English Ivy:** effective at cleansing benzene, formaldehyde, xylene and toluene from the air. Additionally, other studies have indicated that English Ivy also helps reduce mold in your home. (Note: not safe for dogs & cats)

**Wax Plant:** Helps to improve overall air quality by removing benzene and formaldehyde from the air. This plant can also increase overall air purification. Can help people who suffer from lung conditions such as emphysema or asthma.

**Purple Heart Plant:** Is shown to be the most effective at removing VOCs from indoor air. (Note: not safe for dogs & cats)



PLANTS

## Cookware

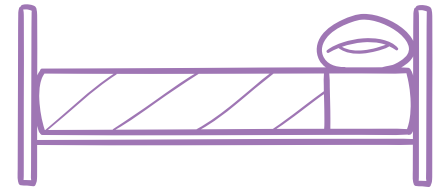
Glass  
100% Ceramic  
Cast Iron  
100% Stainless Steel  
100% Clay  
Porcelain



Avoid: Lead, Cadmium, and Aluminum

## Mattress / Pillows

Happy Mattress  
Naturepedic



## Plastic Food Containers

Avoid plastics 3, 6, and 7 and choose glass instead!



## Microwave

Skip the microwave it kills nutrients.  
Use one of these instead:

Oven  
Toaster Oven  
Stove Top  
Slow Cooker  
Instant Pot  
Steamer

HOME

## Water / Shower Filters

**Vitalus\*** (Whole House Filtration)

\*Use code "drivingood" to receive one FREE 2-pack of 0.35 micron prefilters with your order!

**Berkey Water Filter** (Countertop)

**Epic Pure Water Filter** (Countertop)

**Rainshower** (Shower / Bath Filter)



## DRINKING HEALTHY WATER [THE 3 P'S]

1

### pH

Make sure the water you are drinking is not adding to your already acidic body! Look for water with a PH level greater than >7. For example, spring water will typically be more alkaline.



2

### PURITY

Here is a pecking order of the many different ways to you can filter your water at home:

1. Pitcher Filters
2. Bottled water
3. Surface Area Filtration [BEST]
4. Reverse Osmosis



3

### POWER

Energize your water the best you can - return it as close as possible to its natural state. Water gains energy by:

- Adding motion by simply swirling it in its container
- Adding greens to drive energy into the water & cells
- Choosing spring water when purchasing bottled



# WATER

# 21 STEPS TO MAKE DETOX SIMPLE

1. Clean 15, dirty dozen. Wondering which foods need to be organic to decrease toxins? Google clean 15, dirty dozen for a list of fruits and veggies to go organic and which ones can stay conventional.
2. Medications are the number one toxin to humans. Every OTC or prescription drug has an average of 70 side effects on your body. Healing comes from in you, not from a pill!
3. Drink half your body weight in ounces of water every day. To remove toxins make sure it is filtered.
4. Skip the microwave it kills nutrients. Use a stovetop instead!
5. Aspartame and similar artificial sweeteners have been linked to brain cancers, neurological disorders, joint stiffness, and weight gain. Use pure stevia instead.
6. Doing a 3-Day Juice Cleanse is great place to start. Talk to the doctor about what would suit you best.
7. Sugar is more addictive to the brain than cocaine. In order to detox your body of it you must go cold turkey. No different than a drug or alcohol.
8. Getting healthy minerals from sea salt in your body is essential for detoxing. Also an Epsom Salt bath will draw toxins from your skin and help with aching joints.
9. Fast food is deadly. Chicken McNuggets contain flammable ingredients, Subway's chicken contains sugar and dangerous MSG, Starbucks drinks have more sugar than several donuts, etc. Bottom line when it's made that fast its food by man and toxic.
10. Diet drinks contain toxic artificial sweeteners than cause neurological problems, joint problems, and people who drink diet drinks gain MORE weight than those that don't. They are toxic!
11. Energy drinks damage the heart and adrenal glands and contain toxic additives. Want more energy and fewer toxins? Work out!
12. Taking medications? Talk to your doctor about the challenge you are doing and get a game plan to get you off of the drugs!
13. As you burn fat you'll release toxins. Sweating and eating a clean diet will help flush these toxins out.
14. Cleaning products can be very toxic. Go old school and use water and vinegar. Add lemon or essential oils to the mix to make it smell fresh.
15. Genetically modified organisms (GMOs) have genetically modified DNA that means they are altered from the way God made them. When GMOs with altered DNA go into your body they alter your DNA and create toxicity and disease.
16. Are your toiletries making you toxic? The aluminum in deodorant is linked to Dementia and Alzheimer's. Look for one with no aluminum. The fluoride in toothpaste is linked to brain dysfunction. Go fluoride free!
17. Drink a liter of water first thing in the morning! Your body loses 1-2 pounds of water while you sleep. Get rehydrated, flush your system, and energize your body with 1 liter of pure water every morning.
18. Having problems sleeping? Make sure your room is completely dark. Keep cell phones and alarm clocks further away from you or off. Keep the room cool. Go to bed at roughly the same time each night and do not watch TV right before bed.
19. Plastics are full of phalates that are hormone disruptors and cancer causers. Avoid plastic bottles and Tupperware. Use glass instead.
20. Many toxins you absorb come through water, the biggest source of that is your shower. Consider getting a simple shower filter to decrease your toxic load.
21. Cellular detoxing should be done on at least a quarterly basis. It's easiest to avoid toxins that are within your control but for those toxins you can't avoid, consider doing a [Livingood Daily Challenge](#) to reset.



DISCLAIMER: †These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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