

SKIN DETOX PROTOCOL

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The Bath Soak:

Go to the pet/farm store and buy big bags of Alfalfa pellets for hamsters or horses and diatomaceous earth powder.

You will need:

- 1C each of Alfalfa Pellets and diatomaceous earth from Farm store.
- 1/3C each of Himalayan Sea Salt and baking Soda found at any grocery store.
- Bentonite Clay Powder (can be ordered through welleivate)
- 1 Tablespoon liquid soap
- 1 T (or 3 capsules) Fulvic Acid (Order through Cell Core. They will dissolve in water & not as messy as bulk powder!!)
- Strainer for Tub valve so when draining tub, the pellets don't plug the drain (most will be dissolved and go right down)
- A wire or straightened hanger to unclog drain if needed

Follow these steps:

- Fill tub with the hottest water you can stand to sit in
- Dump all of above in
- Soak whole body (head out) in bath for around 30 minutes or more
- Parasites like to eat the alfalfa and will come out of the skin and tissue up to 3 inches deep to eat. Things from the Earth (diatomaceous earth, fulvic, salt) attract bugs!
- Jump straight in the shower to clean off (preferably with peppermint soap) while the tub is draining with the strainer over the tub drain
- Wear long rubber gloves to wash down the tub and strainer. Burn alfalfa container and gloves if possible.
- Apply skin protocol below topically

Do Cell Core Full Moon Cleanse to clean deeper in the body

Skin Outbreak – Topical Protocols

Essential Oil Mixture : This solution will help with the intense burning, itching and pain and will help heal any painful sores and lesions. Combine the following oils with 2-3 Tablespoons of Extra Virgin Olive Oil or Coconut Oil.

Use 15 drops of each of the following organic essential oils:

- Eucalyptus
- Oregano
- Tea Tree
- 20-25 drops organic Clove Oil helps with itching

Red Wine Test

Swish Red wine around in mouth for 30 seconds. Spit out in white bowl for visibility. Pour 1T rubbing alcohol in liquid.

See any movement? Good parasite test ☺

These statements have not been FDA approved so please consult your doctor for further information...