

| Kidney Flush Checksheet | | | | | |
|--|----------|----------|----------|----------|----------|
| Times are picked to show relative spacing, use the time of day that best suits you |day |day |day |day |day |
| 8oz Distilled Water upon Rising | | | | | |
| In the Morning 8am | | | | | |
| 16oz Distilled Water/Juice of 1 lime, 1 lemon/5-20 drops of Cayenne - Liquify in Blender | | | | | |
| 2 Cups Kidney/Bladder Herb Tea with 2 droppersful K/B Tonic in each cup | | | | | |
| 3 Droppers Detox Formula | | | | | |
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| 11am | | | | | |
| 3 Droppers Detox Formula | | | | | |
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| Afternoon 2pm | | | | | |
| 2 Cups Kidney/Bladder Herb Tea with 2 droppersful K/B Tonic in each cup | | | | | |
| 3 Droppers Detox Formula | | | | | |
| | | | | | |
| 5pm | | | | | |
| 3 Droppers Detox Formula | | | | | |
| | | | | | |
| Evening 7pm | | | | | |
| 2 Cups Kidney/Bladder Herb Tea with 2 droppersful K/B Tonic in each cup | | | | | |
| 3 Droppers Detox Formula | | | | | |
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| Add 3 TBSp Tea to Existing, 60 Oz Distilled Water | | | | | |
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| Document by Digitalpete.com | | | | | |