

Oxi Flush

5 Day Detox Challenge

Follow the instructions below to derive optimum benefit from your 5 Day Challenge. Incorporate the Award Winning **HERN Protocol (Hydration, Elimination, Rest, Nutrition)** in every aspect of your Detox Challenge journey. Join the Oxi Flush Challenge **Telegram Group** to share & be encouraged on your journey. Oxi Flush is designed to kickstart your weight loss journey and improve gut health, but individual results may vary.

Daily Schedule	INSTRUCTIONS- Repeat the below items daily until the challenge ends
<p>Day 1- (Set Your Dose <i>Oxi Flush is best taken at night. But can be taken in the day if required</i></p>	<p>Take Oxi Flush the night before the actual day you wish to start the challenge. Add 1 heaped teaspoon of Oxi Flush to a 500ml glass of fresh orange juice. Stir well and drink. Oxi-Flush will help cleanse your Bowel & Colon thus establishing the foundation for greater health. By the morning stools will be watery and loose. Aim to drink at least 500mls of water before/after each movement. If bowel movements are too regular, (Beyond 5) reduce the daily dosage to a level that gives you the number of movements that suits your schedule. If minimal bowel movements occur (i.e. less than 2), increase the amount of water. Once you are happy with the number of times you go, maintain that dose for the 5 days to get optimal results.</p>
<p>Morning:</p>	<p>Start your day with a Gut Healthy Smoothie. Blend together Pineapple Cucumber Kale, Lemon Ginger & Coconut water. for a nutritious and satisfying breakfast. Alternatively, choose any of your Gut Healthy Smoothies. Drink at least 2 litres of water before noon.</p>
<p>Throughout the Day</p>	<p>Focus on light, easily digestible meals like salads with lean protein or vegetable soups. – Prepare your Evening Meal using one of the Gut Revive Meals. - Stay hydrated by sipping water regularly. - Try incorporating herbal teas like peppermint or ginger to support digestion.</p>
<p>Night-time:</p>	<p>Prepare for your 2nd Oxi-Flush experience. Mix it with a glass of fresh orange juice and consume it 1 hour before bedtime.</p>
<p>Day 2:</p>	<p>Embrace the Oxi-Flush Benefits- Enjoy another Gut Healthy Smoothie to keep your gut nourished. - Prioritize water intake, aiming for at least 2-3 litres by noon</p>
<p>Throughout the Day</p>	<p>Continue with light meals and snacks. Think quinoa bowls or steamed vegetables with a protein source. If you feel comfortable, try intermittent fasting by extending your overnight fast by a few hours. Gut Revive meal 2</p>
<p>Night-time:</p>	<p>Prepare for your Oxi-Flush experience. Mix it with a glass of fresh orange juice and consume it 1 hour before bedtime.</p>



GO JUICE DETOX

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Spring Clean your Insides.....Glow on the outside!

Day 3:	Staying Consistent - Morning: - Savour your Gut Healthy Smoothie and don't forget to hydrate.
Throughout the Day:-	Stay the course with light, nutrient-packed meals. Experiment with a longer fasting window if you're up for the challenge but listen to your body. Prepare your Gut Revive Evening Meal 3
Night-time:	Take your Oxi-Flush as instructed, following it up with ample water.
Day 4:	Reaping the Rewards – Morning:- Relish another Gut Healthy Smoothie; it's becoming a habit by now.- Keep that water intake steady.
Throughout the Day:	Continue with your pattern of light meals. - If you're feeling more energetic, consider some gentle exercise like Pilates or a nature walk.. Prepare Your Gut Revive Evening Meal 4.
Night-time:	Administer your Oxi-Flush as usual. Remember, hydration is key. Drink plenty of water
Day 5:	Completing Your Cleanse - Morning:- It's your last day of the 5 Day Detox Challenge; make it special. -- Drink water consistently throughout the morning. Prepare your final Gut Healthy Smoothie
Throughout the Day:	Stick to light meals and listen to your body's hunger cues. Reflect on how you're feeling both physically and mentally
Night-time:	Take your final dose of Oxi-Flush with fresh orange juice and follow it with generous hydration.
Things To Look Out For During Your Detox Challenge	
Healing Reactions	Headaches, nausea, fatigue and irritability are all unavoidable early signs of detoxing. As long as you keep your water intake up this usually subsides within a few days.
Bloating	You may experience a little bloating as your body adjusts to the increase in water. Again, this is short-lived if it happens at all. Listen to your body, take your time and build up slowly
Weightloss	Happens naturally as the body eliminates excess waste & toxins stored in fat
Important Notes:	Oxi-Flush is most effective when taken at night, as it allows your body to cleanse while you sleep. Ensure you have access to a restroom during the night. - Expect watery stools, but No Cramping; Oxi flush is very gentle. Hydration is vital throughout the entire challenge; it aids in flushing toxins and supports overall weight loss. Be mindful of how your body responds to fasting and adjust as needed. Listen to your body's hunger signals. After the challenge, gradually reintroduce regular meals and maintain a balanced diet to sustain your weight loss and health goals.



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Oxi Flush Detox Challenge -Your Natural Cramp-Free Colon Cleanse That Unlocks the Path to Improved Gut Health, Weight Loss, and Increased Wellbeing in Just 5 Days!

Targeting the Core of Your Health:

Oxi Flush doesn't just focus on your colon. Our unique formula works synergistically with all major organs and systems, including the liver, kidneys, lungs, heart, and brain. Experience improved brain function, clearer skin, and enhanced overall wellbeing.

Revolutionary Cramp-Free Formula:

Say goodbye to unpleasant side effects! Oxi Flush's high oxygen levels gently and safely break down impacted faecal matter, effectively removing toxins from your body without the dreaded cramps experienced with other products.

Are you tired of battling with stubborn weight, bloating, and constipation? Have you tried countless products that only left you with awful stomach cramps and disappointing results? We understand your frustration, why the Oxi Flush 5 Day Challenge is one of the only natural solutions able to produce real results that transforms lives!

The Power of a Cleansed Colon:

Did you know that over 80% of your immune system resides in your gut? Doing a 5 Day Cleanse with Oxi Flush unleashes a ripple effect of benefits, freeing immune cells to attend to other areas in need. Say hello to a healthier body that's better equipped to fight off illnesses and embrace vitality!

Feel free to share this amazing Life Changing opportunity with friends and family. Simply send them to WWW.OXIFLUSH.NET so they can experience these amazing benefits too.



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