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RMC Cleanse Manual - restorativemedcenter.com
A salt water flush is designed to help you cleanse your colon and digestive system by bringing on a forced bowel movement. Nearly 20 percent of the adult American population reports suffering from very frequent constipation. The master cleanse is a liquid-only juice fast and can cause constipation.

Salt Water Flush to Cleanse the Colon and Detox - Dr. Axe
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Everyone from kids to adults will enjoy this Dr. Oz Sweet Green Smoothie recipe from his clean detox plan breakfast shakes. This low calorie smoothie is a simple mix of mango, greens and water . We love the addition of plant-based protein powder , making this a high protein breakfast smoothie for on-the-go or the perfect post-workout smoothie .

Dr. Oz Sweet Green Smoothie Recipe | Blender Babes
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