

# 7 DAY GARLIC PINEAL CLEANSE

Garlic is great for the immune system, it is a powerful, natural antibiotic. Also very effective to cleanse the Pineal Gland and 3rd eye.

For this Pineal Cleanse, take 1 raw clove for 7 days

\*you can go up to 7 cloves per day, and do this cleanse whenever you feel guided to or feel your body needs a detox\*

Each day cut up 1 to 7 cloves of Garlic, leave it for 15 minutes to oxidize and then put it with food or meal of choice.

\*\*A sandwich with egg and mayonnaise seems to be the most palatable as the mayonnaise reduces the burn because its vinegar content.\*\*

This Cleanse takes you on quite an intense detox journey, but it is so worth it!

