

How to Take the Core Plus / PURE FIRE Pack of products

AM:

*1-2 scoops of Sulfur mixed in 4oz of warm water (to dissolve it) drink it on an empty stomach - good for allergies, pain, asthma and acne - you can add lemon to it to make it taste better (if you ordered the capsules just throw them back)

*one packet of FOCUS in 4 oz of cold water, drink it fast on an empty stomach (or add to smoothie)

* 1-2 tablespoons of Mila in a smoothie or oatmeal or you can mix it with almond or coconut milk and let it sit for an hour, add a little cinnamon or vanilla - YUM! It may help with pain, mood, skin issues, brain clarity, focus, skin issues, bowel issues, sleep

*1 oz of GoYin - calms and alkalizing, helps with anxiety and sadness (can add to smoothie)

*1 oz of Daily Build (vitamin) eat soon after (can add to smoothie)

*1 oz of each of the Superfruits (can add to smoothie)

*2 PURXCEL capsules (can open and add to smoothie)

*2 Probiotic capsules (can open and add to smoothie)

PM:

*1 oz of Calcium, helps with sleep and bone/teeth health

*1-2 tablespoons of Mila, helps with sleep and bowels (most people consume in the morning but if sleep is an issue, consume it at night too)

*1 dropperful of the Cleanse (or capsules) cleans out the 7 channels of elimination while you sleep

BONUS IMMUNE PRODUCTS, each of these products can be used daily or as needed. In depth videos explaining each are in your Live PURE app.

Immune 6

Purxcel

Silver

Daily Detox

Superfruits:

100% wildy harvested superfruits that have been used for thousands of years as medicines in the regions they are grown.

Constipation, Reflux, Pain, Bowel Issues (of any kind) - Noni

Depression, Libido, Circulation issues, low Iron levels - Goji

Pain, Inflammation, Allergies, Eczema, Asthma- Mangosteen

Cholesterol, heart issues, nail, skin and hair growth- Açai

Video on How to Take the Core Plus:

<https://vimeo.com/1118563043>

A great way to get those juices in, make a smoothie:

My morning breakfast: AWESOME EVERYTHING IN ONE DETOX SMOOTHIE - this is the fastest easiest way to get everything in and get a nutritious breakfast. <https://vimeo.com/1118567436>

Ingredients:

Ice

Water (maybe 3/4 cup)

One ounce of each of the superfruits

One ounce of Daily Build

One ounce of Goyin

One scoop of Greens

One scoop/stick of Hydrate

One scoop/stick of FOCUS

2 tablespoons of Mila

One scoop of Live PURE Vegan Protein

(sometimes)

Frozen kale (sometimes)

Frozen berries (sometimes)

You can also add the Sulfur if you can't handle taking it alone.