

21-DAY LUNG CLEANSE

Supplement Suggestions (FAQs, Dosage and Application)

FAQs

Do I have to purchase supplements to complete the cleanse?

No, you don't have to purchase any supplements to ensure a successful 21-Day Lung Cleanse.

If I do purchase supplements do I start taking all of them at the beginning of the cleanse?

No, we will be introducing supplements at different points in the 21-Day Lung Cleanse. Please refer to the dosage guide below as well as the daily schedule in your portal for additional guidance.

What if I run out of any of the products mid-program?

If you run out of any of the products it is fine! You don't have to refill for the remainder of the program.

Okay, I bought a few of the product recommendations, and now I don't know about the proper dosage. Help?

No problem! We have listed below in this document each of the recommended products and corresponding dosage and application suggestions.

Wait! I still have more questions.

Bring your questions to the Live Meet-Up Q&A Sessions with Dr. Schaffner. *If you need more immediate assistance* you can email the Lung Cleanse Team at lungcleanse@drchristineschaffner.com.

RECOMMENDED SUPPLEMENTS

(Suggested dosage and timing during the 21-Day Lung Cleanse)

[VIEW SUPPLEMENT COLLECTION](#)

DAY 1 - Add the following suggested supplement

[*Nasal Clear*](#)

HOW TO TAKE IT: 2 sprays in each nostril 2x per day.

21-Day Lung Cleanse

Supplements Suggestions and Dosage

DAY 5 - Add the following suggested supplements

Alu-Tox

HOW TO TAKE IT: 2 droppers in a little water 2x per day.
Take 30 minutes away from food.

ZeoBind

HOW TO TAKE IT: 1 tsp in a full glass of water 2x per day.
Must be taken on an empty stomach and away from medications. (An empty stomach is at least 30 minutes before a meal or 1 hour after a meal.)

BioToxin

HOW TO TAKE IT: Take 1 capsule in the morning and 1 capsule in the evening.
This binder can be taken with or without food.

DAY 9 - Add the following suggested supplements

Glutathione

HOW TO TAKE IT: 2 pumps 1 to 2x per day.
Can be taken with food.

Sophia Flow Cream

HOW TO APPLY IT: Apply to your neck before bed. You can also apply to scars or apply to an organ or area of your body which needs more blood flow.

SpectraLyte

HOW TO TAKE IT: 1 dropper before breakfast.
Add one dropper in at least 8 oz of water (you can also add fresh lemon or a splash of cranberry juice to your water).

DAY 13 - Add the following suggested supplements

Sockeye Salmon

HOW TO TAKE IT: 1-2 gel caps twice daily (morning and afternoon).

Aller-C

HOW TO TAKE IT: 1 capsule 2x per day (morning and afternoon).