

# THERAPEUTIC VOMITING

(no food in tummy) minimum 1 quart of warm structured water with 1/8 teaspoon of Black Diamond. Have a nice quiet relaxing atmosphere. Once you drink the quart of water, jiggle or vibrate under your left rib where your stomach is located to loosen mucus. Next put 2 fingers at the back of your throat, leave them there & vomit over them until your tummy has emptied. When you flush the toilet say good bye to all those trapped, suppressed emotions & toxins. 🙌

**\*BLACK DIAMOND CAN BE PURCHASED UNDER THE  
DOC OF DETOX TAB**