

Series IX – Detox & Cleanse

The detox and cleanse collection provides only two basic calorie ranges for men (1600) and for women (1200). The templates have been clinically tested and proven to produce weight loss in a short period of time when combined with moderate exercise. Weight loss may come from other circumstances besides body water, adipose mass or lean tissue. Subjects may experience weight loss due to expelled waste that has collected in the digestive system over time. Please review this with your clients.

Important: *All of our detoxification templates should also include a good quality probiotic and multi-vitamin along with high volumes of purified bottled water daily. Probiotic and other detox/cleanse supplementation to these balanced meal templates can be found on our web site.*

FRUIT DETOX/CLEANSE

A healthy body begins with living right, eating good foods and eliminating toxins from our body. Our all fruit detoxification template uses primarily low glycemic fruits and juices to help the body eliminate bad bacteria while giving the body more energy to devote to cleansing and healing. Our primary focus is to detoxify the liver from environmental, lifestyle and emotional toxins that have been built up over many years. The liver is the first organ or filter that toxins from our GI tract pass through. Many digestive problems such as constipation, diarrhea, food allergies, diverticulitis, Celiac disease (malabsorption disease), colitis, IBS and Crohn's disease are connected to a toxic liver and colon. Our well designed detoxification program along with a quality probiotic restores a healthy digestive system by removing harmful toxins leaving you feeling lighter, leaner and more focused.

VEGETARIAN DETOX/CLEANSE

A healthy body begins with living right, eating good foods and eliminating toxins from our body. Our vegetarian detoxification template is loaded with green vegetables, nuts, fruits, lentils and gluten free carbohydrates to help the body eliminate built up toxins in the liver. The liver is the main organ focused in our detoxification process. If the liver is not functioning properly, all of the other organs such as the colon, kidneys, heart, brain, lungs, skin and hormonal systems will be less adequate. This can breakdown the body making it susceptible to many life threatening diseases. Our well designed detoxification program should provide the liver the ability to rid itself of incoming toxins and flush away the stored up fat soluble toxins, leaving you feeling more focused and clearing away the “mental fog” we find we live with on a daily basis.

ANIMAL PROTEIN DETOX/CLEANSE

A healthy body begins with living right, eating good foods and eliminating toxins from our body. Our animal protein detoxification template is full of organic chicken and beef sources of protein along with lentils and black beans for cleansing. Our elimination process begins by avoiding all dairy, gluten/wheat grains, caffeine, fish, shellfish and corn products. It is loaded with high fiber fruits and vegetables along with providing you with low glycemic, high nutrient based carbohydrates such as brown rice, broccoli, and asparagus. The foods in our templates have been chosen to protect you from any artificial food colorings, herbicides, pesticides, aspartame, hormones and any other added chemicals such as nitrates, and sulfites used to preserve meats. Most of us have over loaded our liver with toxic medications, caffeine, processed foods and stress. Our well designed and tested detoxification program should provide the body with all the powerful nutrients to detoxify and cleanse the liver of all the unnecessary toxic build up leaving you feeling leaner and more focused with the ability to manage stress appropriately.

21 Day Jump Start Fruit Detox & Low Glycemic Plan

The 21 Day Jump Start program begins with a fruit detox and cleanse phase for the first 14 days followed by 7 day low glycemic phase eating plan. The fruit detoxification and cleanse phase uses primarily low glycemic fruits and juices to help the body eliminate bad bacteria while giving the body more energy to devote to cleansing and healing. The primary protein source is derived from eggs. The final 7 days of the 21 day plan moves away from the detox phase and follows a strict low glycemic plan where the glycemic index rating of all carbohydrates is rated no higher than 55. This means higher sustained energy levels and better metabolic management for weight control.

21 Day Jump Start Veggie Detox & Low Glycemic Plan

The 21 Day Jump Start program begins with a veggie detox and cleanse phase for the first 14 days followed by 7 day low glycemic phase eating plan. The vegetarian detoxification template is loaded with green vegetables, nuts, fruits, lentils and gluten free carbohydrates to help the body eliminate built up toxins in the liver. The primary protein sources are derived from eggs, fish and some tofu. The final 7 days of the 21 day plan moves away from the detox phase and follows a strict low glycemic plan where the glycemic index rating of all carbohydrates is rated no higher than 55. This means higher sustained energy levels and better metabolic management for weight control.

21 Day Jump Start Meat Detox & Low Glycemic Plan

The 21 Day Jump Start program begins with a detox and cleanse phase which include lean meats for the first 14 days followed by 7 day low glycemic phase eating plan. Our animal protein detoxification template is full of organic chicken and beef sources of protein along with lentils and black beans for cleansing. Our elimination process begins by avoiding all dairy, gluten/wheat grains, caffeine, fish, shellfish and corn products. It is loaded with high fiber fruits and vegetables along with providing you with low glycemic, high nutrient based carbohydrates such as brown rice, broccoli, and asparagus. The final 7 days of the 21 day plan moves away

from the detox phase and follows a strict low glycemic plan where the glycemic index rating of all carbohydrates is rated no higher than 55. This means higher sustained energy levels and better metabolic management for weight control.