

## TESTIMONIALS

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"I can sleep! I can breathe! I have regular bowel movements every day!" - Ricia

"I feel so much more energized!" - Michele

"I lost 11 pounds. My triglycerides dropped from 459 to 138.  
My cholesterol dropped from 400 to 150." - Jerry

"I lost 18 pounds in the three week cleanse, as well as losing 16 inches.  
I have noticed much less mucous and nasal congestion since the cleanse.  
I have not had a desire for sugar, simple carbs, or soft drinks." - Ed

# 21-DAY

## Purification & Weight Management

## HOW DO I GET STARTED?

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To get started with your own 21-Day Purification & Weight Management program, contact your doctor today!



cleanse your body from the inside out  
& achieve optimal health

## WHY PURIFY YOUR BODY?

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Do you have issues with any of the following?

- weight management
- bloating
- low energy
- acne
- digestion
- sleep

The Purification Program, also known as detoxification, can assist your body in these ways:

- removing toxins
- utilizing fat as fuel
- feeding your body nutrient-dense foods to help organs work more efficiently
- reduce inflammation

## HOW DOES IT WORK?

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The Purification Program stimulates specific detoxification organs in the body - the liver, kidneys, blood, lymphatic system, skin and large and small intestines. These organs assist in decreasing the toxic load and your body can concentrate its energy on purification and weight management. Inflammation, which is a common factor in heart disease, arthritis, diabetes and cancer can be noticeably reduced or eliminated. Cleansing your body from the inside out will help you achieve optimal health.

## WHAT IS INVOLVED IN THE PROGRAM?

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This is not a prepackaged food program or a fast. Those diets do not address the toxic load in the body, nor do they feed the body nutrient dense foods. Those programs typically just reduce caloric intake which can lead to losing lean muscle mass and can create other complications. In addition, a rebound effect of weight gain often occurs.

In this program, for 21 days, you will be eating whole, organic and unprocessed foods, taking whole food supplements and drinking plenty of water. You will learn to eat close to nature, the foods that best support purification and lead to normal physiology. You will be supported every step of the way. We will hold your hand through this exciting transformation.

## WHAT IS IN THE SUPPLEMENTS?

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We use nutrient-rich, whole food supplements that provide complexes of detoxification formulations, vitamins, minerals and antioxidants that are needed to protect and support the body to promote optimal health. They are grown on certified organic farms for purity and quality. There is a pure vegetarian program (dairy-free) and the original version. There are no artificial flavorings, synthetic vitamins, sugar, sugar substitutes, binders or fillers in these products.

## WHAT WILL I EAT?

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Your goal is a program of approximately 80% organic vegetables and 20% organic fruits. The more of these you eat, the better you will feel! Your program will be tailored to your circumstance and goals, so particular foods may be excluded or limited.

## WHAT PHYSICAL CHANGES CAN I EXPECT?

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There may be a noticeable increase in urination as well as bowel movements (2-3 per day is normal) during this program. In rare cases, headaches, generalized aches, rashes or fatigue will be noticed as your body deals with removing toxins. This is normal detoxification phenomena and will usually subside in a few days.

## RESULTS & NEXT STEPS

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You can look forward to new eating habits and a new taste for nutritious, unprocessed foods. Also, a decreased toxic load, which results in the following:

- better mental clarity
- clearer skin
- increased energy
- sounder sleep
- improved digestion
- increased libido
- weight management

You will have less inflammation and feel better than you have felt in years!

Keep up the new eating habits you have adopted. Go back to your doctor for a maintenance program and to keep your momentum towards your optimal health goal. Plan on doing this program 2-3 times a year for optimal wellness and weight management. Tell your friends and family what you have achieved!