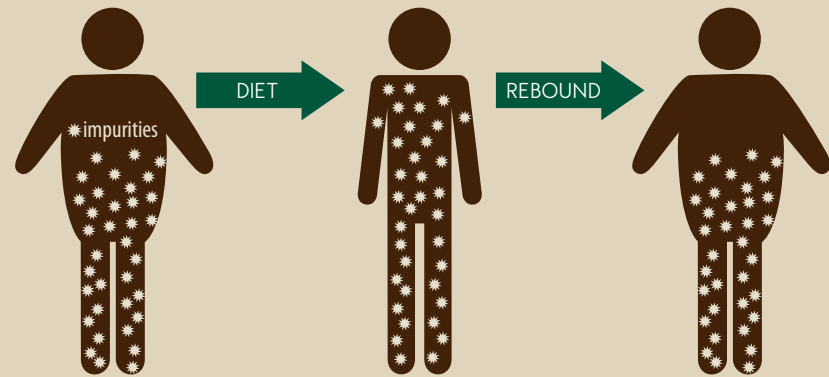


TRADITIONAL DIET VS. CLEANSING

TRADITIONAL DIET

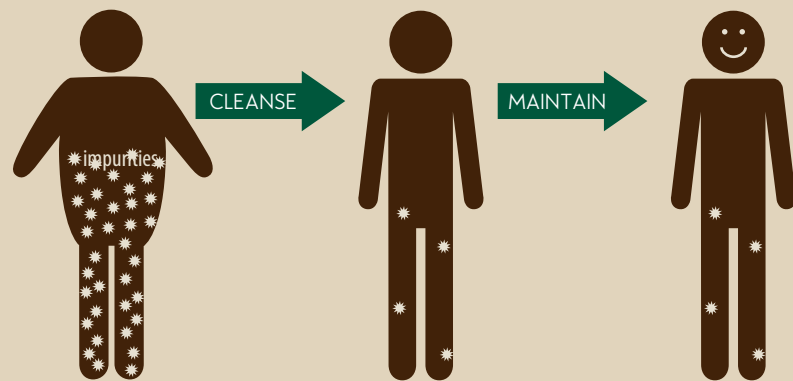


The liver deals with impurities by increasing body fat to enfold the impurities & protect the body from their influence.

On a traditional diet, a smaller body means an increased percentage of impurities.

The body senses an increased level of impurities and goes into emergency fat production, causing the "rebound" effect.

CLEANSING



The liver deals with impurities by increasing body fat to enfold the impurities & protect the body from their influence.

Impurities are released, so body sheds fat.

Better overall health with less fat and more lean muscle.

CLEANSING IS A SAFE, HEALTHY AND NATURAL WAY TO ACHIEVE A HEALTHIER, LEANER BODY.

21-DAY Purification & Weight Management



Patient Guide

WHY IS OUR PROGRAM DIFFERENT?

- ▶ **ASSISTS THE WHOLE BODY TO REMOVE TOXINS.**
This is a whole body detox. Other programs don't address toxins systemically only restrict calories.
- ▶ **HELPS TO SHIFT HORMONES.**
Your body will begin to burn stored fat (rather than sugar) as fuel.
- ▶ **FEEDS THE BODY.**
You'll begin to feed your tissues whole food concentrates and help to restore their normal function.

THE BEAUTY IS IN ITS SIMPLICITY...

**1. EAT VEGGIES AND FRUIT
(YOU SHOULD NEVER BE HUNGRY).**

2. FOLLOW THE SIMPLE SUPPLEMENT ROUTINE.

3. EXERCISE EACH DAY & DRINK LOTS OF WATER!

INSTRUCTIONS

SP COMPLETE SHAKES

- 2 – 3 (up to 5) Shakes/day
- 2 scoops SP Complete
- 1 – 1 ½ Cups of Fruit, frozen organic berries is best
- ½ - 1 Cup of Water
- 1 rounded scoop of Whole Food Fiber
- *optional 2 rounded scoops of SP Whey Protein Powder in the shake and 2 rounded scoops between meals as an appetite suppressant.

UNLIMITED VEGETABLES AND FRUITS

(80% vegetables and 20% fruit)

SALADS

- Organic spinach, mixed leaf, or romain lettuce (avoid iceberg)
- Red, yellow, and green peppers, along with onions, garlic, tomatoes, mushrooms, spinach, mixed greens, etc.
- NO Salad dressing is ideal, but if you have to:
 - Olive oil and lemon juice or apple cider vinegar and sesame seed oil
 - No nuts, seeds, beans, cheese etc.

WATER is the ideal beverage
(Caffeine-free herbal teas are okay as well.)

STEAMED VEGETABLES are recommended along with your salad at dinner

- Kale (Steam for 4 minutes)
- Broccoli (Steam for 4 minutes)
- Swiss Chard (Steam for 4 minutes)
- Brussels Sprouts (Steam for 4 minutes)
- Asparagus (Steam for 4 minutes)
- Red Beets (Steam for 10-15 minutes, until soft. Use beet greens in salad after washing.)

SUPPLEMENTS FOR WEEK ONE

- 2-3 SP Complete Shakes/day (see above)
- SP Cleanse (7 capsules 3x/day without food)
- Tuna Omega 3 (2 in the morning & 2 at night)

SUPPLEMENTS FOR WEEKS TWO AND THREE

- Continue with 2-3 SP Complete Shakes/day
- Tuna Omega 3 (2 in the morning & 2 at night)
- SP GreenFood (5 capsules 2x/day with food)

** Coleus Forte tablets for increased fat burn (1 tablet 3x/day before meals)
** Gymnema tablets for curbing the carb and sugar cravings throughout day

VEGETABLE CARB RESOURCE

(lower carb percentage = greater potential for fat loss)

VEGETABLES LESS THAN 3% CARBS

Asparagus	Cucumber	Raw Corn Cob
Bamboo Shoots	Endive	Salad Greens
Beet Greens	Escarole	Sauerkraut
Bok Choy Greens	Garlic	Spinach
Broccoli	Kale	String Beans
All Cabbages	Kolrabi	Summer Squashes
Cauliflower	Lettuces (except Iceberg)	Turnip Greens
Celery	Mushrooms	Watercress
Chards	Mustard Greens	Yellow Squash
Chicory	Parsley	Zucchini Squash
Collard Greens	Radishes	

VEGETABLES 4-6% CARBS

Bell Peppers	Green Beans	Pimento
Bok Choy Stems	Green Onions	Rhubarb
Chives	Okra	Tomatoes
Eggplant	Olives	Water Chestnuts

VEGETABLES 7-9% CARBS

Acorn Squash	Butternut Squash	Pumpkin
Artichokes	Carrots	Rutabagas
Avocado	Jicama	Turnips
Beets	Leeks	Winter Squashes
Brussels Sprouts	Onion	

VEGETABLES 12-21% CARBS

Celeriac	Horseradish	Parsnips
Chickpeas	Jerusalem Artichokes	Peas

FRUITS (limited quantity, limited basis, snacks only)

Apples	Papaya	Pears
Berries	Pineapple	Prunes (Fresh)

Grapes (only Granderized)

*Okay to use 1/4 of a Banana for taste in the shake.

(Don't use if weight loss is an issue.)