



RESOLVE 2012

Detoxification Program PRACTITIONER GUIDE



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COMMITMENT PAGE

Doctors and Practitioners,

Do you want to make an impact in your practice in 21 days?

Are you ready to jump-start your nutritional practice and get some quick, tangible results?

Do you want a simple way to market to your community?

Do you want all the resources to accomplish this and the tools to make it successful?

Join SP of LA in January to committing your practice to resolving some patient issues and getting new patients that need your help.

I want to impact my practice and community...please help me! I am committing to _____ people for the Purification Program. I would like your help in planning this and making it a success.

Enroll me in the Resolve 2012 program. I understand that by attending one of the offered purification classes on Dec 3 or 11, 2011 and completing this document, I will receive a 10% rebate check on all four Purification kits (item #12010, 12020, 12035, 12040) ordered between December 1 and 31, 2011. The rebate check will be issued on January 15, 2012**

Doctor/ Practitioner's Name

Date

Doctor / Practitioner's Email to receive appendix of documents

Signature

SP Account Number

SP Rep Initials

**These incentives are offered from SP of LA not Standard Process, Inc.

SAMPLE FLYER



DO YOU HAVE SOME THINGS TO RESOLVE IN 2012? FIND OUT THE TRUTH ABOUT WEIGHT LOSS!

- *How do I get to an ideal body weight?*
- *Why can't I maintain weight loss?*
 - *How can I get more energy?*
 - *Why can't I sleep better?*
- *How can I tame these crazy hormones?*
- *Can I stabilize my blood pressure or cholesterol?*
- *Can I actually reverse the aging process?*

ARE ANY OF THESE ISSUES FOR YOU?

Come see if this program is right for you! Sign up at the front desk.

SAMPLE FLYER

LOSE WEIGHT FEEL GREAT

Cleanse & Detoxify

Vital! Health & Fitness is offering a Group 3 Week Detoxification Program
The Purification and Weight Loss Jumpstart Program
Call Vital Health & Fitness for details

Why do we need to purify (or detoxify)?

- Jumpstarts Weight Loss
- Decreases Aches & Pains
- Decreases Fluid Retention
- Reduces Allergies
- Reduces Body Fat
- Eliminates Headaches
- Restores Energy



Vital! HEALTH & FITNESS

765-1994

Call to Sign Up Today for September Group Detox!

SAMPLE FLYER

**DO YOU HAVE SOME THINGS
TO RESOLVE IN 2012?**

**FIND OUT THE TRUTH
ABOUT WEIGHT LOSS!**

- *How do I get to an ideal body weight?*
- *Why can't I maintain weight loss?*
- *How can I get more energy?*
- *Why can't I sleep better?*
- *How can I tame these crazy hormones?*
- *Can I stabilize my blood pressure or cholesterol?*
- *Can I actually reverse the aging process?*

**ARE ANY OF THE ABOVE CONCERNS
APPLICABLE TO YOU AND YOUR HEALTH GOALS?**

Sign up at the front desk.

*This flyer is for
the plexi sign and
brochure holder.*

*Use brochure
number L3700.*

SIGN-UP SHEET: 2012 RESOLVE ORIENTATION

DATE _____ TIME _____

	NAME	# OF GUESTS	PHONE NUMBER	EMAIL
1.				
2.				
3.				
4.				
5.				
6.				
7.				
8.				
9.				
10.				
11.				
12.				
13.				
14.				
15.				
16.				
17.				
18.				
19.				
20.				

PURIFICATION AFFORDABILITY WORKSHEET

DRINKS	COST	TIMES PER WEEK	TOTAL
Coffee			
Energy Drinks			
Alcohol			
Soft Drinks			

DRINKS	COST	TIMES PER WEEK	TOTAL
Desserts			
Fast Food			
Dining Out			

PER WEEK TOTAL:	
3-WEEK TOTAL:	

GETTING STARTED: TO-DO CHECKLIST

- Copy documents for patient handouts from this folder, see forms.
- Order Brochures from SP online or at (800) 558-8740, No Charge: L2605; L3700
- Suggested Program Price: \$295.00 includes supplements, weekly supplement tray, two office visits, and email support program.
- Schedule 2 Orientation Overview Classes between January 3rd and 13th, 2012
- Place Orientation Overview Class Sign up/Enrollment at reception. Reception to verbally mention to each patient your 2012 Resolve Program. Provide incentive program to reception for each person they enroll in the program. (I.e. \$2-5 per enrollment)
- Upon enrollment collect a \$20 deposit from Patient to hold their spot.
- January 3rd, call all people on the sign-up sheet to confirm for Orientation Class
- January 3rd-13th, hold your Orientation Classes to go over the program using the guidelines section of this folder. Collect full payment this night.
- January 10th, Order supplements today before noon. In the evening, consider holding a shopping night at your local organic market, have your patients meet you at the market, walk them through the produce section and select healthy choices. Prior to going, let the market know what you are doing, this will build goodwill with them for future potential marketing ideas.
- January 11th, call all people enrolled to confirm their appointment for evaluation and to pick up supplements on January 13th.
- January 13th, perform measurements evaluation and provide patient with supplements. Set up their email support program (www.purificationpractice.com).
- JANUARY 14th. The day has arrived. It's the first day of 2012 RESOLVE! We encourage beginning near the weekend, as the most difficult days of the program are 2 and 3, thus falling on a weekend when they can focus on the program and not work.
- January 17th & 18th, reception; call program participants, ask how program is going?
- February 3rd, call all participants. Congratulate them on their success and confirm their Post Purification evaluation appointment. It is vital they keep this appointment!
- Follow the Maintenance sheet in this folder at the Post Purification appointment.

GETTING STARTED: CALENDAR OF EVENTS

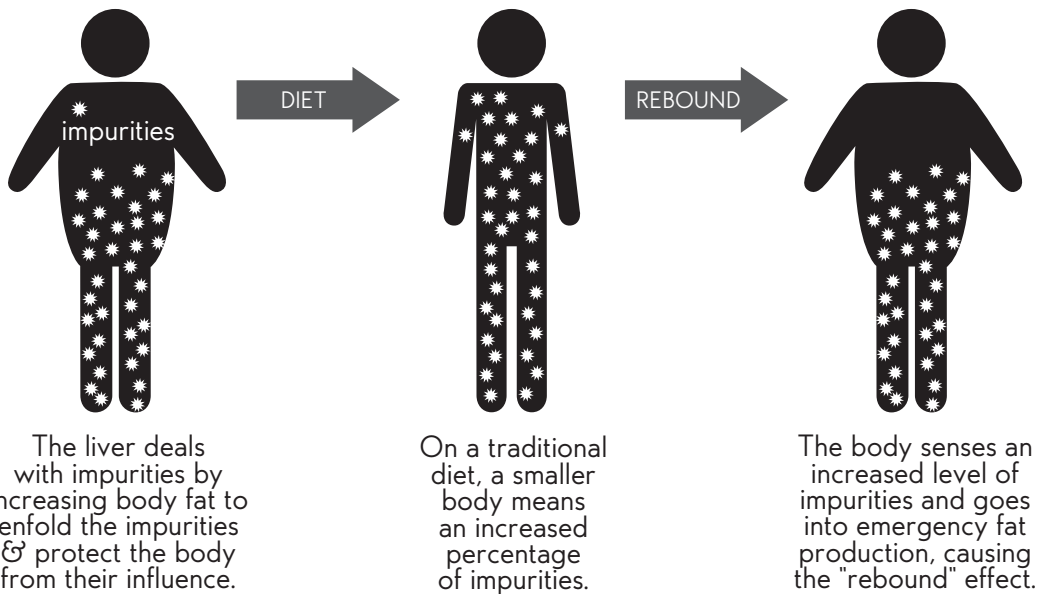
JANUARY / FEBRUARY 2012

SUN	MON	TUES	WED	THURS	FRI	SAT
1	2	3 Call to confirm attendance for orientation class	4	5 Hold orientation class	6	7
8	9 Hold orientation class	10 Place order for Purification Kits by 1:00pm	11	12 Receive SP Purification Kits	13 Patients pick up Purification Kits	14 BEGIN GROUP PURIFICATION!
15	16	17 Touch base phone calls with patients	18 Touch base phone calls with patients	19	20	21
22	23	24	25	26	27	28
29	30	31	1 FEBRUARY	2	3 END GROUP PURIFICATION!	4
5	6	7	8	9	10	11

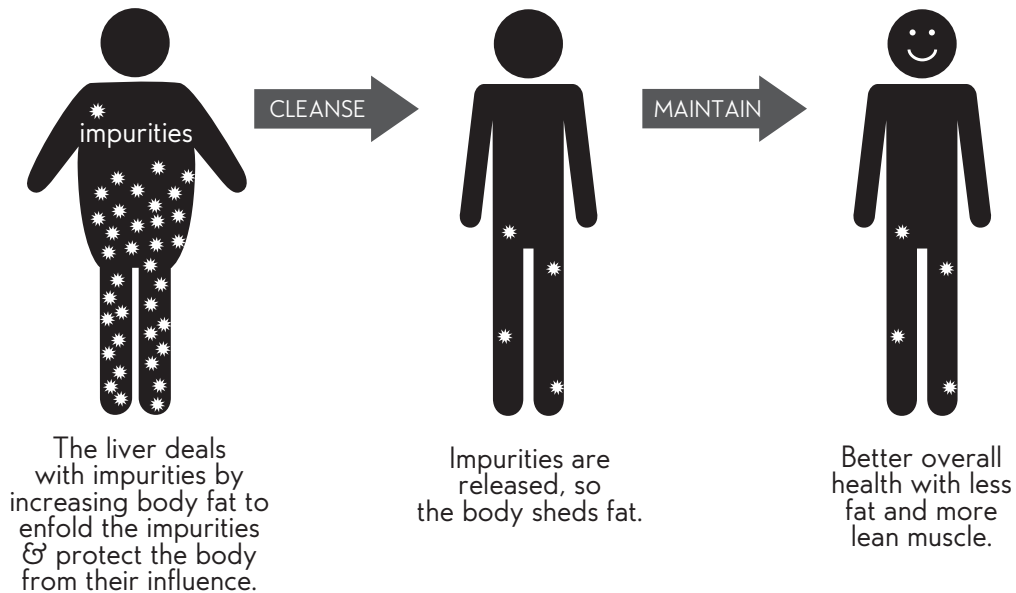
TOXIC BODIES: WHY THEY CAN'T LOSE WEIGHT

TRADITIONAL DIET VS. CLEANSING

TRADITIONAL DIET



CLEANSE



WELLNESS CONTINUUM

WHERE ARE YOU TODAY?



© 2011 SP of South Coastal California Consultants, Inc.

Utilize this tool to describe and explain that true wellness is a journey, not a destination. Ask your patient, “Where are you today?” By having the patient describe where they are on the wellness wallboard, you can help derive long term commitment to their wellness program.

You can access the full size document on our website: spofsc.com or purchase pads of 50 from your local Standard Process consultant.

WEIGHT LOSS PRINCIPLES

HEALTH FIRST - You have to be healthy first before you can actually lose weight. It is NOT a cause of other issues in your body such as heart disease, diabetes, arthritis etc. Excess weight is a symptom of an unhealthy system of your body. So in order to lose weight you must have a healthy body. On “weight loss programs” out there, you may lose some initial weight immediately, but you won’t get down to optimal weight or health, unless you deal with the overall health of your body.

Summary: A healthy body will create optimal weight.

WEIGHT LOSS IS NOT THE GOAL - You have to understand that fat is a symptom of underlying conditions. You can lose weight through prepackaged, portion- controlled products with exercise, but that’s not the optimal solution and can lead to bigger problems down the road. The optimal solution is healthier glands and hormones.

Summary: Many programs can cause weight loss, but can lead to bigger problems down the road.

UNDERSTANDING FAT - Our body has an innate survival mechanism, and because our glands, organs and hormones can’t speak English, their over or under activity speaks to us and tells us there is imbalance. Excess fat is a symptom that speaks loudly to us to express an imbalance in these systems. Fat is also the defense mechanism against a stressor in our body for example; toxins and excess cortisol. Fat envelops toxins so we can function with the level of toxins in our bodies. It is also the symptom that hormones are out of balance. Please don’t confuse healthy essential fatty acids with fat in your body.

Summary: It is a symptom of unbalanced systems. There are good fats and bad fats.

THE GOAL - Optimal health is where the systems of the body are working synergistically and efficiently. As Dr. Henry Harrower points out, every endocrine gland is interrelated. So supporting a gland in isolation is counterproductive in regards to optimal health. Which system is more important to support in weight loss? Liver? Adrenals? Thyroid? Pancreas? They all need to be supported so they can work synergistically, as a whole.

Summary: Optimal health is all systems working in harmony.

THE FUEL - Just like you shouldn’t support a body’s isolated system, all the naturally-occurring components in whole foods and their interactions, make up a matrix which influences all the biological processes that need to take place in our bodies to ensure our health. This interaction represents synergy in which all the cofactors are needed to participate in a harmonious concert. These can only be found raw organic vegetables, fruits, and good sources of fish, chicken and meats. Also, quality whole food supplements give you the matrix of enzymes and cofactors needed to fuel your body in concentrated, clinical potency.

Summary: Eating organic fruits, vegetables, and animal protein in proper proportions.

GENERAL GUIDELINES

The following outlines the Purification & Weight Loss Program you are about to embark on. Read this thoroughly and follow the program as directed with no variations. We recommend that you go a minimum of 21 days, or even up to 30 days. At the end of the detox, it is important that we sit down and talk about the long-term plan to keep you healthy and address any other health concerns. It is possible that you may react negatively to foods you used to eat in the past as the body has now shifted into a higher level of function and elimination. It is therefore prudent not to return to junk food. If you do, your body will slowly adapt by storing toxins again and shifting into a lower state of function and while you may not feel the immediate effects from the junk food, your long term health will keep declining and will eventually lead more and more toward the state of disease.

It is an exciting time for you as you are about to experience a state of health you may never have felt, or at least since you were young. The first 2-3 days are the hardest as you will likely be craving all the old foods. Don't give in! Take this time to exercise extreme "Self Control". After the 5th day you will find your old cravings diminishing and a newfound sense of well-being. Generally by days 7-10 you are functioning at a higher plane and your body and mind are clearing.

If you are craving carbohydrates (pasta, bread, potatoes, sugar, etc.) you can take an herb called "Gymnema" (1 tablet 3 times per day) that we will have in stock for you. This will be your lifesaver! You can also purchase a bottle of Inositol from the Practitioner. Put these in a candy bowl and eat them as needed for cravings.

I want you to call if you experience anything unusual. Remember, this is a time of renewal. Use these 21 days to learn and regenerate. Take time for introspection, creative outlets, and do some special things for yourself, such as luxurious baths (with special salts) or a massage.

Be sure you keep all your scheduled appointments. It is essential to your success in the program.

What You Can Eat: Note that each week of the program allows different foods and different dosages of supplements. See the guidelines, and sample food plan, for the particular week you are on.

You can have all the fresh, (not canned!) uncooked vegetables and fruits you would like, but avoid high sugar fruits and vegetables like corn, bananas, white potatoes and pineapple. You can eat apples, grapefruit, oranges, plums, blueberries, raspberries, strawberries, carrots, broccoli, cauliflower, turnips, parsnips, and yams which are lightly steamed in small portions. Especially eat lots of green and cruciferous vegetables such as cauliflower, Brussels sprouts, cabbage, broccoli, cucumber, string beans, sprouts, celery, watercress, salad greens, spinach, kale, Swiss chard, beet greens, and sea vegetables (kelp, dulse and nori). You can have any fruit and vegetable with a low glycemic index (see Page Diet Plan). Note that the Page Diet Plan can be followed when you are no longer on the detox, and therefore lists foods (such as meat) that you may not consume while on this program.

You may steam or stir-cook (at low heat) your vegetables lightly (during the second two weeks), but it is best to eat at least half of them raw. Try also to eat at least 60-75% vegetables and only 25-40% fruit. Try to get organic foods if possible; they are much higher in vital nutrients and will leave you feeling more satisfied. Eat a variety of foods; choose a rainbow of colors.

Store bought salad dressing is not permissible. See the recipe section for some great, easy to make homemade salad dressings.

This program intentionally avoids heavy proteins. During the 3rd week only fish is eaten. Try to avoid local lake fish. Do not fry.

Butter and olive oil are okay to use. Choose organic, unsalted butter, and Extra Virgin Olive Oil. Avoid margarine and hydrogenated oils.

Avoid alcohol, caffeine, tobacco and other stimulants. If you are a high caffeine user, sip 1 teaspoon of coffee to avoid withdrawal headaches – 3 days maximum.

Eat frequently throughout the day – DO NOT skip meals.

Arthritis: For those of you with arthritis, you will need to avoid all citrus fruits and “nightshades” (peppers, eggplant, potato, paprika, cayenne). Please also don’t smoke or use tobacco products.

Weight Loss: If you desire to increase weight loss, drink your shake 1 hour before you eat. This will allow you to enjoy your meal fully, but you will find you feel full faster. Ask your practitioner for other weight loss ideas.

The Shake: Even though some of the shake recipes say you can add fruit juice, it is best to avoid all juice and sugary fruits to help support normal blood sugar. If needed, you may add Stevia to sweeten the shake, but no artificial sweeteners!

Water: It is very important that you drink at least ½ your body weight in ounces per day. This helps to flush the toxins and avoid constipation and headaches. Spring or mineral water is best. No carbonation. Drink between meals. You can add fresh squeezed lemon or lime to your water if you desire.

Sleep: You will need to get 7-9 hours of sleep during this time. Try to not overwork. Spend more time relaxing.

Exercise: Exercise is critical to keep the toxins moving out of your tissues and out of your body. It is best if you exercise until you sweat. Some older people may need to go a little easier. For them it is recommended to walk 20-30 minutes minimum, daily. Daily walks are recommended for everyone. Breathe deeply during your walks. Strength training is also important; if you are not doing strength training 40% of the weight you lose will be muscle mass.

General Guidelines is an excerpt from Dr. Holly Carling.

LEVELS

It is important to know that the Cleanse can be done on a variety of levels. For first time people, unless otherwise specified, we recommend you do the Cleanse the way it is described on throughout this document.

LEVEL ONE:

Removing from diet:

- Caffeine
- Alcohol
- Refined Sugar
- Processed Foods (anything in a box or a bag, basically)
- Fried Foods

LEVEL TWO:

Some people are interested in taking the Cleanse to the next level, especially if they have done it before. In that case, in addition to removing the above items from the diet, one can also look at removing:

- Dairy
- Wheat
- Carbohydrates in general
- Any additional foods you suspect an allergy to, i.e. eggs, corn, soy, etc.

LEVEL THREE:

The most popular version is the version that is described throughout this document, which is eliminating all of the above while basically eating only fruits and vegetables for the first 11 days of the Cleanse, then adding lean meats and protein in the second 10 days. The reason for this is that removing fats from the diet for that length of time allows the liver and gall bladder to thin the bile, soften gallstones, and de-congest the liver.

Our experience shows that people will reap enormous benefits from the Cleanse, regardless of whatever level they take on, but especially on Level Three!

SAMPLE MENU: WEEK 1

RESOLVE 2012 MENU: WEEK ONE

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
BREAKFAST	Banana Berry Smoothie	Blueberries Wild Smoothie	Peach Twist Smoothie	Berry Berry Smoothie	Orange Blossom	Raspberry Pizzazz Smoothie	Acai Smoothie
SNACK	Pear	Banana	Apple	Orange	Mango	Apple	Papaya
SNACK	Carrot Sticks	Cucumber Slices	Celery Sticks	Bell Pepper Strips	Broccoli Pieces	Carrot Sticks	Cucumber Slices
LUNCH	Spinach Salad	Greek Tomato and Cucumber Salad	Beet Salad	House Salad	Greek Tomato and Cucumber Salad	House Salad	Spinach & Kale Salad
SNACK	Smoothie	Smoothie	Smoothie	Smoothie	Smoothie	Smoothie	Smoothie
SNACK	Bell Pepper Strips	Carrot Sticks	Broccoli Pieces	Cucumber Slices	Celery Sticks	Bell Pepper Strips	Carrot Sticks
DINNER	Curried Cauliflower & Spinach	Eggplant au Gratin	Vegetable Kebabs	Roasted Veggies and Wild Rice	Veggie Stir Fry	Vegetarian Stuffed Peppers	Roasted Veggies and Wild Rice

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SAMPLE MENU: WEEK 2

RESOLVE 2012 MENU: WEEK TWO

	DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
BREAKFAST	Banana Berry Smoothie	Blueberries Wild Smoothie	Peach Twist Smoothie	Berry Berry Smoothie	Orange Blossom	Raspberry Pizzazz Smoothie	Acai Smoothie
SNACK	Pear	Banana	Apple	Orange	Mango	Apple	Papaya
SNACK	Carrot Sticks	Cucumber Slices	Celery Sticks	Bell Pepper Strips	Broccoli Pieces	Carrot Sticks	Cucumber Slices
LUNCH	Spinach Salad	Greek Tomato and Cucumber Salad	House Salad with Chicken	Spinach Salad with Salmon	Cobb Salad without cheese	Greek Tomato and Cucumber Salad	Spinach Salad with chicken
SNACK	Smoothie	Smoothie	Smoothie	Smoothie	Smoothie	Smoothie	Smoothie
SNACK	Bell Pepper Strips	Carrot Sticks	Broccoli Pieces	Cucumber Slices	Celery Sticks	Bell Pepper Strips	Carrot Sticks
DINNER	Veggie Stir Fry	Zucchini Curry	Salmon with Asparagus	Turkey Breast with Roasted Veggies	Chicken and Vegetable Stir Fry	Baked Halibut and Green Beans	Chicken and Vegetable Kebabs

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SAMPLE MENU: WEEK 3

RESOLVE 2012 MENU: WEEK THREE

	DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
BREAKFAST	Banana Berry Smoothie	Blueberries Wild Smoothie	Peach Twist Smoothie	Berry Berry Smoothie	Orange Blossom	Raspberry Pizzazz Smoothie	Acai Smoothie
SNACK	Pear	Banana	Apple	Orange	Mango	Apple	Papaya
SNACK	Carrot Sticks	Cucumber Slices	Celery Sticks	Bell Pepper Strips	Broccoli Pieces	Carrot Sticks	Cucumber Slices
LUNCH	Spinach Salad Add: 1/4 cup of Walnuts	Greek Tomato & Cucumber Salad Add: 1/4 cup of Feta Cheese	House Salad with Chicken Add: 1/4 cup of Seeds	Spinach Salad with Salmon Add: 1/4 cup of Sliced Almonds	Cobb Salad Add: 1/4 cup of Blue Cheese	Greek Tomato & Cucumber Salad Add: 1/4 cup of Feta Cheese	House Salad with Chicken Add: 1/4 cup of Seeds
SNACK	Smoothie	Smoothie	Smoothie	Smoothie	Smoothie	Smoothie	Smoothie
SNACK	Bell Pepper Strips	Carrot Sticks	Broccoli Pieces	Cucumber Slices	Celery Sticks	Bell Pepper Strips	Carrot Sticks
DINNER	Veggie Stir Fry	Zucchini Curry	Salmon with Asparagus	Turkey Breast with Roasted Veggies	Chicken and Vegetable Stir Fry	Baked Halibut and Green Beans	Chicken and Vegetable Kebabs

Sp of South California Consultants, Inc. ©2011

PAGE FOOD PLAN

**VEGETABLES
3% OR LESS CARBS**

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

**VEGETABLES
4-6% OR LESS CARBS**

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

**VEGETABLES
7-9% OR LESS CARBS**

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

**VEGETABLES
12-21% OR LESS CARBS**

Celeriac
 Chickpeas
 Cooked Corn
 Grains, Sprouted
 Horseradish
 Jerusalem Artichokes
 Kidney Beans
 Lima Beans
 Lentils
 Parsnips
 Peas
 Popcorn
 Potatoes
 Seeds, Sprouted
 Soybeans
 Sunflower Seeds

**FRUITS
LIMITED QUANTITY,
LIMITED BASIS
(SNACKS ONLY)**

Apples
 Berries
 Grapes (only
 Granderized)
 Papaya
 Pineapple
 Pears
 Prunes (Fresh)

**MISCELLANEOUS
IN LIMITED AMOUNTS**

Butter (Raw)
 Cider Vinegar (only)
 Cold Press Olive Oil
 Coconut Oil

BEVERAGES

Herbal Teas
 - Except Green / Camomile
 Granderized Water
 - Half your weight in ounces of
 Spring Water

WHOLE FOOD FIBER KIT (WHEY OR DAIRY FREE)

SP COMPLETE™ SHAKE— FOR ALL 21 DAYS; 2-3 PER DAY

Fruit	1-1½ cups
Purified Water	½ - 1 cup
SP Complete™ powder (Whey or Dairy Free)	2 rounded scoops
Fiber— Whole Food Fiber	1 level Tablespoon

SUPPLEMENTS FOR WEEK ONE

- **SP Cleanse®**: 7 Capsules 3x/day with SP Complete™ Shake or before meals

SUPPLEMENTS FOR WEEKS TWO AND THREE

- **SP Green Food™**: 5 Capsules 2x/day with SP Complete Shake™ or before meals

ADDITIONAL SUPPLEMENTS TO CONSIDER: (AT AN ADDITIONAL COST TO PROGRAM)

- **Tuna Omega 3-** (essential fatty acids) 2 perles with each shake
- **Gymnema-** (sugar cravings) as needed or 3 per day
- **Coleus Forte-** (increase metabolism) 1 tablet between meals or 3 per day
- **Thyroid Complex-** (Thyroid support) 1 tablet 3 times per day
- **SP Whey Pro Complete-** (essential protein) 2 scoops in each shake
- **Linum B6-** (essential fatty acids) 2 perles with each shake

GASTRO FIBER KIT (WHEY OR DAIRY FREE)

SP COMPLETE™ SHAKE— FOR ALL 21 DAYS; 2-3 PER DAY

Fruit	1-1½ cups
Purified Water	½ - 1 cup
SP Complete™ powder (Whey or Dairy Free)	2 rounded scoops

SUPPLEMENTS FOR WEEK ONE

- **SP Cleanse®:** 7 Capsules 3x/day with SP Complete™ Shake or before meals
- **Gastro Fiber:** 3 Capsules 3x/day with SP Complete™ Shake or before meals

SUPPLEMENTS FOR WEEKS TWO AND THREE

- **SP Green Food™:** 5 Capsules 2x/day with SP Complete Shake™ or before meals
- **Gastro Fiber:** 3 Capsules 3x/day with SP Complete™ Shake or before meals

ADDITIONAL SUPPLEMENTS TO CONSIDER: (AT AN ADDITIONAL COST TO PROGRAM)

- **Tuna Omega 3-** (essential fatty acids) 2 perles with each shake
- **Gymnema-** (sugar cravings) as needed or 3 per day
- **Coleus Forte-** (increase metabolism) 1 tablet between meals or 3 per day
- **Thyroid Complex-** (Thyroid support) 1 tablet 3 times per day
- **SP Whey Pro Complete-** (essential protein) 2 scoops in each shake
- **Linum B6-** (essential fatty acids) 2 perles with each shake

REACTIONS (ALSO SEE TROUBLESHOOTING SECTION)

Most people do not have unpleasant reactions, but adjust easily to change from life-long habits of faulty eating of denatured processed foods and entering a new regime of eating natural life-giving foods and the addition of essential food factors to the diet.

However, such a nutritional program does bring about a readjustment of the internal environment and when toxic materials are eliminated. The body must meet this changing situation and it may respond in various ways to the process.

The more chronic the condition, the more acute the response is likely to become. We have only seen reactions in seemingly innocent cases, apparently again due to release of toxins from some undetected foci of infection, heretofore kept in abeyance, but nonetheless need to be healed.

The problem encountered in these cases is whether the reaction is as a result of elimination of toxins, which once cleared will show the desired result... or whether the disturbance is due to support of one system of the body at the expense of another- a physiological unbalance, so to speak.

In order to understand this, we need to know that the endocrines and various biochemical mechanisms of the body exist as opposing systems. In health, both systems exist in homeostatic state of balance. But in disease, one side or the other may be in dominance, and nutritional support of one side or the other may bring about a temporary expense with consequent symptoms.

The best handling of a reaction is, "Wow, that's great information for us. Now we know more about your case and the imbalance. Our organs can't speak English, so they give us a symptom when they need attention." It's not our products, it's their readjustment of their body trying to get back into balance or when toxins are released. Usually it is temporary, "a healing crisis," or "sometimes you get worse before you get better."

Taken from the "Therapeutic Food Manual" by Dr. Royal Lee

PURIFICATION & WEIGHT LOSS TROUBLESHOOTING

I AM EXPERIENCING TIREDNESS & FATIGUE:

- During the first few days, this is normal and should pass quickly
- Try drinking additional shakes during the day
- Make sure that you are getting adequate sleep (7-8 hours)
- If all of the above have been tried, try removing citrus fruits and nightshade vegetables (peppers, eggplant, potato, paprika, cayenne)

I AM CONSTIPATED:

- Make sure you are drinking at least ½ your body weight in ounces of water per day
- Steam a beet (20 mins) and eat it in the evening.
- Try Colax tablets, 1-2 tablets upon arising and at bedtime
- Consider gallbladder congestion; try AF Betafood tablets 3 tablets 3 times per day

I AM FEELING NAUSEOUS:

- Consider gallbladder support; try AF Betafood tablets 3 tablets 3 times per day
- If gallbladder removed, add Cholacol tablets 3 tablets 3 times per day

I AM HAVING DIARRHEA:

- Please call your purification contact for support

I AM NOT LOSING WEIGHT:

- Are you following the directions correctly?
- Food allergy: Remove a food you may be allergic to
- Add a thyroid support protocol, Thyroid Complex from MediHerb (1 tablet before meals)
- Are you under great stress? Consider adding adrenal support such as Drenamin (2 tablets, 3 times per day)
- Consider Coleus Forte for increased metabolism (1-2 tablets, 3 times per day)

I AM CRAVING BREAD, PASTA, SODA, CANDY, ETC:

- Are you eating frequently enough?
- Drink an additional shake.
- Try Gymnema tablets (1 tablet, 3 times per day) or get Gymnema liquid and take 1/2 tsp when you get a craving. This numbs your taste buds to curb that craving.

MEASURABLE RESULTS

I, _____, Resolve, to attain a healthy lifestyle and optimal weight in 2012 by understanding it is essential to balance my hormones through the foods I consume; and to rid my body of toxins which may cause me to regain weight in the future.

TODAY'S REALITY (PRE-CLEANSE)

Weight: _____

Chest: _____

Waist: _____

Hips: _____

Toxicity Score: _____

Systems Survey Score: _____

FUTURE EXPECTATIONS (PRE-CLEANSE GOALS)

Weight: _____

Chest: _____

Waist: _____

Hips: _____

Toxicity Score: _____

Systems Survey Score: _____

MY ATTAINED REALITY (POST-CLEANSE)

Weight: _____

Chest: _____

Waist: _____

Hips: _____

Toxicity Score: _____

Systems Survey Score: _____

POST-DETOXIFICATION MAINTENANCE

- At the conclusion of the 21- day program, you will see each patient for a second visit. This visit should take place within 3-7 days following the conclusion of the program and should be scheduled at the onset of the program.
- Collect a new Toxicity Survey, Systems Survey, and measurements. Record them on the form provided. Show the patient the comparisons with the improvements circled with a colored pen (not red). Point out the improvements and congratulate them.
- Explain that this is the first step in having a healthy lifestyle and it is encouraged that they do the program again in six months, ask the patient “Are you committed to striving towards a healthy lifestyle?” if yes then explain the next step... (If No, ask why)
- The second step is to maintain the journey towards health and wellness by scheduling monthly nutritional appointments, schedule those before they leave the post detox appointment. Schedule them out the next six months until they are ready to detox for the second time. After explaining this process, ask the patient; “Can I count on you to make this commitment to yourself?” This derives a deeper level of future compliance with your patient.
- At the Post Detoxification visit, perform your nutritional exam and dose supplements according to your findings or provide the patient with the General Fundamentals box (Catalyn, Trace Minerals, and Tuna Omega), \$59 patient price, then at the next months visit repeat this process or continue to provide the General Fundamentals box
- It is also recommended to encourage having one SP Complete shake per day as a maintenance meal replacement, offer them one container of SP Complete.

CONGRATULATIONS, YOU HAVE JUST CREATED A LIFELONG WELLNESS CLIENT!!!