

# 21 Purification & Weight Loss Program

## Hello and welcome!

The SP Detox Cleanse is a powerful method of improving the function of the organs of detoxification. The lungs, skin, blood, liver, kidneys and bowels will be more able to cleanse toxins and waste products from your body, and you will see improvement in overall function of those organs and the rest of the body.

Experience shows that people can have very positive and dramatic improvements during this time. Each person is unique and may see changes in skin, moods, sleep, energy, digestion, bowels, hormones, and even cholesterol levels improving in three short weeks.

The SP Detox Cleanse or “Purification Program” includes an initial consultation, high quality whole food based supplements, along with eating in a way to promote detox, drinking lots of water, and engaging in mild regular exercise. The program doesn’t promote a “diet” but instead trains you to change your lifestyle so that you will have new healthy habits upon completion.

There are 3 levels to consider when doing this cleanse- beginner, intermediate and advanced, which will be explained in this packet. Everyone can do the advanced level, which produces the greatest results. However, since there are many different types of person who have different abilities to commit, we have 3 options to choose from. All three levels will give you results you will be happy with, so base your decision on a realistic evaluation of your own life situation.

Enclosed is a Toxicity Questionnaire. If you can, please fill this out and note the number, so that you can retake it afterwards and see the difference. People are frequently astonished by the before-and-after! And it allows us to see where your “weak” areas might be and allow us to support you there. Please do not skip this step – you will be pleasantly surprised!

Cleansing will ultimately be much more effective if other changes can be implemented into your life. This is a good time to start to make improvements in your nutrition and exercise patterns, and while we can’t always control *everything* that enters our bodies, the SP Detox Cleanse will allow you to get rid of a lot of what might have stayed in your tissues otherwise. Ultimately, regular cleansing will allow your filtering organs, like your liver, to do the best job possible, and over time, gives you a better chance of staying healthy and avoiding many of the diseases and conditions that strike other people. Consider this an investment in your health now, and in your future.

## Choose From 3 Levels

It is important to know that the program can be done on a variety of levels. If this is the first time you are paying attention to your diet in this way, we recommend you do the Cleanse as a Level One: Beginner

### Level One: Beginner

Remove from diet:

- Caffeine
- Alcohol
- Sugars and Sweeteners
- Processed Foods (anything in a box or a bag, basically)
- Fried Foods

### Level Two: Intermediate

To take the program to the next level, especially if you have done it before, in addition to removing the above items from the diet, one can also look at removing:

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

### Level Three: Advanced\*\*\*

This version eliminates all of the above while eating ONLY\* fruits and vegetables (raw and cooked) for the first 10 days of the program along with protein shakes, then adding lean meats and other protein for 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. \*\*

\*Can eat brown rice & lentils if needed for extra protein. Soak rice & lentils over night before cooking

\*\*After the Cleanse, you can add in as many of the good fats as you wish! Including animal fats.

\*\*\*This level is the most effective for weight loss.

Regardless of whatever level you take on, our experience shows  
you will reap enormous benefits from the Cleanse!

## 21 Day Purification Program Directions

This detox cleanse is one of the best cleansing programs available. Not only does it clean your liver, but also your gall bladder, kidneys, lymph, blood and colon – all very necessary to address when looking at whole body health. While there are a variety of levels of cleansing based on what the diet is during the cleanse, we recommend at least this basic level of dietary adjustment:

### Eliminate during the Cleanse

(at the very least, beginner)

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

Make sure that during this entire time, you are drinking large amounts of water to help flush toxins out of your system.

### What To Expect

As your body clears itself of toxins, there may be some side effects initially, most commonly:

- Headaches
- Achiness
- Fatigue

These should clear up after a couple of days. Occasionally there may be more severe reactions, like nausea, loss of appetite, etc. – If this should occur, reduce or stop taking the SP Cleanse for a day or two until back to normal, and then continue again AND please call our office.

### The Protocol

**During Entire Program:** 1-3 Protein Shakes per day with large scoop of SP Complete powder

**Week 1:** Gastro-Fiber - 3 capsules 3 times per day, empty stomach\*\*  
SP Cleanse - 7 capsules 3 times per day, empty stomach\*\*

**Weeks 2 & 3:** Gastro-Fiber - 3 capsules 3 times per day, empty stomach\*\*  
SP Green Food - 5 capsules 2 times per day, empty stomach\*\*

**\* If using Whole Food Fiber instead of Gastro-Fiber, 1 scoop in shake, once per day.**

**\*\* empty stomach typically means 30 minutes before a meal or one hour after**

## Diet Guidelines

**Note for Advanced Users:** Advanced users eat only vegetables & fruit (quinoa & lentils) and SP Complete shakes for the first 10 days. Then add in lean meats on the 11<sup>th</sup> day.

**Do Not Skip Meals:** Eat frequently throughout the day. Eat all you want of the approved foods.

**Eat a variety of foods; choose a rainbow of colors**

**NO alcohol, caffeine, tobacco and other stimulants:** If high caffeine user – taper off (to avoid headaches). Green Tea is excellent! Feel free to drink all you want!

**Vegetables & Fruits:** Twice as many vegetables as fruit (very important!!!), eat raw, lightly steamed, organic whenever possible, and lots of it!

**Fats:** USE: Organic butter or ghee, coconut oil, fish oils, olive oil, and almond oil. AVOID: margarine, vegetable oils (corn oil, canola oil), Hydrogenated Oils (Crisco, margarine), peanut oil

**Salad Dressing:** Make your own out of Extra Virgin Olive Oil, Balsamic Vinegar, minced fresh Garlic, Lemon Juice, Sea Salt and Black Pepper. “Bragg’s Natural’s” Brand Salad Dressings are actually olive oil and vinegar (no soy oil added) — a good choice if you can’t make your own. (Avoid salad dressings with corn syrup, vegetable oils, sugar, dairy, soy)

**Avoid High Glycemic Foods (fast rise in blood sugar):** starches, sugar, corn, bananas, white potatoes ... (sweet potatoes are beneficial and recommended unless weight loss is your main goal)

**Drink lots of water** – very important!!! Drink at least half your body weight in ounces. Spring or mineral water is best. Drink most between meals. You can add fresh squeezed lime or lemon

**Eggs are good!** – Eat as many as you’d like (unless you have cut them out for allergy elimination).

**Fish:** Choose ocean fish like Salmon, Cod, etc. Avoid local lake fish. Do not fry. Amount should be the size of your palm and thickness of your palm (Advanced users add in on day 11)

**Turkey & Chicken:** ONLY - free range, antibiotic-free, hormone-free. Baking or roasting preferred to grilling or frying (Advanced users add in on day 11)

**Arthritis:** People who have arthritis should avoid: Nightshades: Tomatoes, Potatoes, All Peppers, Eggplant etc... & Citrus Fruits

**Chronic Fatigue Syndrome:** People who have Chronic Fatigue Syndrome and/or Fibromyalgia should avoid citrus fruits