



(Post on your refrigerator)

ENJOY THE JOURNEY TO IMPROVED HEALTH!
Helpful Hints for the 21-Day Purification Program

Supplements For Week One (Days 1-7):

- 7 SP Cleanse capsules, 3 times daily (total of 21 per day)
- 1 Tbs. Whole Food Fiber per SP Complete Shake or 3 Gastro-Fiber capsules, 2-3 times daily

Supplements For Weeks Two And Three (Days 8-21):

- 1 Tbs. Whole Food Fiber per SP Complete Shake or 3 Gastro-Fiber capsules, 2-3 times daily
- 5 SP Green Food capsules, 2 times daily (total of 10 per day)

SP Complete Shake – Ideally, Drink For Breakfast And Then In Between Meals: (Weeks: 1, 2 and 3)

- 2 – 3 SP Complete Shakes per day (refer to our shake recipe sheet)
- 1 – 1 ½ cups of fruit (fresh or frozen); if fresh, we suggest using ice
- ½ - 1 glass of cold water (use ice for more of a smoothie-type drink)
- In place of water, you can also use soy milk, rice milk and almond milk in your shakes.
- SP Complete can be taken as a meal replacement if preferred, as long as you are not getting hungry.

Please Note... Supplements should be taken ideally with a shake, water or tea; preferably with meals. Before/after a meal or directly before bed is ideal. However, take them when it will best fit your schedule. Do what's easiest for you.

Meals:

- Eat fresh, raw, organic (if possible) fruits and vegetables; particularly green, leafy vegetables. Red, yellow and green peppers, along with onions, tomatoes, mushrooms, spinach, mixed greens, etc. can also be added to your salads. Salads can have unlimited fresh vegetables. Preferably, use oil/vinegar salad dressings per taste or other preferred dressing. (See the list of healthy choices on page 15 of booklet.)
- Steamed vegetables are recommended along with a salad at dinner. Explore new vegetables: kale, broccoli, Swiss chard, brussels sprouts, asparagus, cabbage and onions; steam for 3-4 minutes or to taste. Use various spices to taste. Red beets – steam for 20-25 minutes until soft. Try using beet greens in salad after washing. Attempt to avoid corn/green beans for at least the first week. A meal can be just a big bowl of various vegetables with a favorite dip or two. It's a lot of chewing; but, it's very good, quick and easy with little clean-up. It's also a great time to cut a lot of veggies for the week.
- Spring or mineral water, green tea and decaf coffee are the only preferred beverages for at least the first week. You can certainly juice your fruit if you would like to. Stevia can be added to create a sweeter taste. (Regular and flavored Stevia may be purchased at our clinic or found in most health food sections of your grocery store.) If you prefer to have some juice, try the "Bolthouse" vegetable juice drinks. (You can find them in the organic section of most grocery stores.)

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Congratulations on starting your journey.

The following are suggestions on maintaining good nutrition during the Purification Program!

- For the first week, you will be taking 7 SP Cleanse capsules 3 times per day. You will also have 2 or 3 shakes per day with 2 scoops of SP Complete and 1 Tbs. of Whole Food Fiber.
- For the second and third weeks, you will change your supplementation schedule. You will be taking 5 SP Green Food capsules 2 times per day. You will also have 2 or 3 shakes per day with 2 scoops of SP Complete and 1 Tbs. of Whole Food Fiber.

- Drink at least 8, 8 oz. glasses of water; distilled, filtered or spring source every day. Water is involved in every bodily process; it is the primary vehicle for distributing nutrients throughout the body. It also helps maintain normal body temperature and transports waste material out of the body. A good goal would be ½ your body weight in ounces of water per day.
- You may use balsamic or apple cider vinegar along with olive oil as your salad dressing for all 3 weeks. There are additional salad dressing recipes listed in the purification booklet on page 15.

- Do not skip meals. Eat frequently throughout the day.
- Avoid high glycemic foods (corn, white potatoes, peas, etc.)

- People who have arthritis should avoid the following foods: tomatoes, potatoes, bell peppers, egg plant, cayenne pepper and citrus fruits.
- You may use olive oil for cooking and as a salad dressing with apple cider or balsamic vinegars. Let your taste buds explore new flavors!

- **Do not use** margarine or partially hydrogenated oils!! Use butter only!
- Eliminate all sugars, starches and simple carbohydrates including pastas, breads and cereals.

- **Avoid** all dairy, except for real butter; (page 9 of booklet). Second and third week, a hard boiled egg for breakfast is acceptable.
- **Avoid** caffeine, alcohol and tobacco. If you are a high caffeine user, you may want to taper off usage 2 weeks prior to program.

- You may also lightly season your foods, (i.e. Italian Seasoning, herbs, spices, salt, and pepper).
- Please choose romaine lettuce, spinach and other dark greens for your salads. Iceberg and head lettuce have little nutritional value.

- Remember... **Consume twice as many vegetables as you do fruit!!! Primarily use your fruit for your shakes.**
- Remember... **Every shake should have 2 scoops of SP Complete and 1 Tbs. of Whole Food Fiber and the added high quality oil (ex. Flax Seed) is optional.**

- We also have Whole Food Health Bars available to be used after week one.
- Exercise daily. Walking is a great way to start getting active. (Slow and easy at first.)
- It is important that you maintain daily bowel movements during the purification. Should constipation occur, please contact our office for further recommendations.