10 Day Intestinal Cleanse

About the Program:
This cleanse is designed as a 10 day focus on intestinal cleansing to detoxify your body and help support a well-functioning digestive system. It can kick-start a diet change or be a preventative, health-boosting action. It can be done two to four times a year. The Intestinal Cleanse also may also be the first foundational step for a Total Body Cleanse, addressing the intestinal tract, liver and gallbladder, kidneys and urinary tract, blood, lymph and skin.

Why You Need This program:

- A sluggish and overloaded colon can result in reabsorption of toxins and wastes into the blood which also creates stress on the other systems of the body.

- By giving the intestine/colon effective cleansing, and then adopting lifestyle changes, the digestive tract is kept clean and fully functioning.

- You may see benefits like more energy, improved sleep, better hormone balance, possible weight loss, clearer thinking and memory, feeling calmer, increased resistance, less stressed and to get a fresh start.

You will be using Intestinal Cleanse 2, Vital Nutrition Plus nutritional supplement, Probiotics, Celtic Sea salt mineral replacement every day, and if needed Intestinal Cleanse 1 as a Pre-Cleanse and during the 10 days. Refer to the illustrated directions to see which products to take, how to take them, and when to take them throughout the day. There is Checklist which you can put up to adapt to your personal schedule and needs.

See our Cleansing Diet Recommendations pages for foods, recipes and natural diet principles that will help support your cleanse at any level from Beginner to Advanced, and will minimize the stress on your body while you release toxins and wastes. These recommendations will also help you maintain regular bowel movements after your cleanse, if that has been a problem.
Tips on Cleansing

△ Don’t stress out if you miss a scheduled action. Just continue with the next action. If possible, find another time to add one in later.

△ You can adjust quantities of the products you take, because bodies are not all the same. Try starting with one dropperful of concentrate and work up to two, seeing how you feel. You may be comfortable taking it twice a day, rather than 3 times a day for a time. Listen to your body and take as much as you can tolerate. For Intestinal Cleanse 2 - start with twice and work up to 3 times daily, or even 4 times if you have time with an empty stomach some days.

△ Your cleanse can be extended by a couple of days so you can get up to speed. Or if you are doing really well and want more, you can extend it also to 14 days of cleansing.

△ If you want a light, preventative or maintenance cleanse that you can do most easily while working and continuing your other regular daily activities: Take the lesser amounts of Teas and Concentrates given in the instructions. (1 cup of tea instead of 2). Take Intestinal Cleanse 2 just twice a day, not 3. Circle these amounts on your Checklist.

△ This cleanse does not usually have people running to the toilet. In fact, the opposite sometimes happens because the clay in Intestinal Cleanse 2 expands to pull in toxic substances. Read pages in Step 2, about how to handle this if your bowels slow down during the cleanse.

About Cravings
Junk foods eaten previously but still in your system can affect you until they are fully cleared out. Your body seeks nutrients missing from empty foods in your digestive tract to try to process them. You can feel cravings days after you eat until those are finally eliminated. Sugar and white flour are most obvious culprits. Do not eat these while cleansing for best results.

As the cleanse progresses you will find your cravings reduce. Your body will feel calmer and less stressed when the toxins move out, and real food moves in and is assimilated better. Vital Nutrition Plus and Celtic Sea salt will provide essential nutrients to help you feel well-nourished and reduce cravings. Also, the fiber bulk of Intestinal Cleanse 2 will help make you feel fuller as you are doing this cleanse.
STEP 1
Pre-Cleanse
Before you start...

Decide: Do You Need to Pre-Cleanse?

Before starting the cleanse, it is important to make sure you are having at least 1-2 well-formed bowel movements each day with this Pre-Cleanse. Stagnant wastes make a perfect environment for parasites to live and reproduce. Slow-moving wastes also tend to ferment, causing gas and bloating. Best is to have about as many bowels movements as the number of major meals you ate the day before. This means that each day’s meals are moving through your system well, and that wastes do not sit in your intestinal tract which would allow toxic substances you want to get rid of to be reabsorbed back into your bloodstream. Getting your bowels moving first daily will make a world of difference for your cleanse program and health.

Wondering if you need to pre-cleanse? See if the pre-cleanse is right for you.
-Check off below which type of bowel movements you usually have:

☐ **Regular bowel movements at least 1-2 times a day** *(A: Skip the Pre-Cleanse, and go on to Step 2, but be sure to read Step 2 instructions for your modified use of Intestinal Cleanse 1 if your bowels slow down.)*

☐ **Semi-regular bowel movements, every 2-3 days** *(B: Do the Pre-Cleanse)*

☐ **Irregular bowel movements, every 4+ days** *(C: Do the Pre-Cleanse)*

☐ **Difficult to pass, hard stools and straining** *(C: Do the Pre-Cleanse)*

☐ **Too frequent and loose stools, or diarrhea** *(D: Skip the Pre-Cleanse, and go on to Step 2, but be sure to read Step 2 instructions for your modified use of Intestinal Cleanse 1 if your bowels slow down.)*

If your answer was type B or C, you need help to get things moving. Do the Pre-Cleanse! Go onto read and follow your instructions on Step 1.

If your answer was type A or D, skip the Pre-Cleanse, and continue straight to Step 2 to start your Cleanse. Be sure to read your instructions in Step 2 about how you can use Intestinal Cleanse 1 when needed if your bowels slow down while cleansing.
How to Do the Simple Pre-Cleanse

Intestinal Cleanse 1 stimulates your bowels to move and will help you have regular movements while doing your cleanse - or whenever you need help with regularity.

How much Intestinal Cleanse 1 you may need to take each day depends on if you have mild or serious constipation. Follow the instructions for your type C or B below.

C If you have irregular bowel movements, only every 4 days or more, or have hard stools that are difficult to move, start with one capsule, then increase Intestinal Cleanse 1 every day until you achieve daily bowel movements:

• Start with 1 capsule of Intestinal Cleanse 1 taken at the end of dinner

• If the next day you don’t see an increase in bowel activity, increase and take 2 capsules that evening at the end of dinner

• Increase by 1 capsule each evening until you are regular with typically 2 well-formed bowel movements a day

• Once you are having daily bowel movements, keep taking that same number of capsules daily at dinner

• Over time you may need to adjust during the cleanse and take more or less capsules as needed.
If you are semi-irregular (bowel movements every 2-3 days), start with one capsule, then increase the number of daily capsules only every 2-3 days, not every day, until daily regularity is achieved.

- Start with 1 capsule of Intestinal Cleanse 1 at the end of dinner
- If the next day you don’t see an increase in bowel activity, take only 1 capsule again that evening
- If the following day there is no increase in bowel movements, increase to 2 capsules that evening
- Increase by 1 capsule every 2-3 nights until you are regular with typically 2 movements a day
- Once you are having daily bowel movements, keep taking that same number of capsules
- Over time you may need to take more or less capsules as needed

Once you’re having 1-2 bowel movements a day, you’re ready to start Step 2!
STEP 2

Intestinal Cleanse Program
10 days of cleansing the digestive/intestinal tract
Daily Routine for Intestinal Cleansing

Optional: AntiParasite

**morning**
- First thing in the morning...
  - Take 1-2 droppersful Anti-Parasite under tongue or with 2 oz. water

- At least 10 min. later on an empty stomach...
  - Take 6 caps or 1 teaspoon Intestinal Cleanse 2 with 2 full cups of water (16 oz)

- At least 30 min. later with breakfast...
  - Take 8 capsules or 1 Tablespoon of Vital Nutrition Plus

- With breakfast or lunch...
  - Take 2 Probiotic caps

Optional: AntiParasite

**afternoon**
- At least 10 min. before lunch...
  - Take 1-2 droppersful Anti-Parasite under tongue or with 2 oz. water

- With lunch...
  - Add a pinch of salt to food or drink
  - Take 8 caps or 1 Tablespoon VNP

- 1 - 3 hours after lunch & at least 40 minutes before dinner, on an empty stomach...
  - Take 6 caps or 1 teaspoon Intestinal Cleanse 2 with 2 full cups of water

Optional: AntiParasite

**evening**
- At least 10 min. before dinner...
  - Take 1-2 droppersful Anti-Parasite under tongue or with 2 oz. water

- If needed...
  - Take Intestinal Cleanse 1 with dinner or right after

- Before bed, on empty stomach 1-3 hours, after dinner...
  - Take 6 capsules or 1 teaspoon Intestinal Cleanse 2 with 2 full cups of water

Alternate Daily Routine for Intestinal Cleansing

This alternate schedule could be helpful if your schedule works best with an early breakfast. Some people have blood sugar swings if they don’t eat right away in the morning. Please see another possible solution for blood sugar swings in the Cleansing Diet Recommendations section.

**Optional: Anti-Parasite**

**morning**

- **First thing in morning…**
  - take 1-2 droppersful Anti-Parasite under tongue or with 2 oz. water

- **At least 10 min. later with breakfast…**
  - take 8 Vital Nutrition Plus caps

- **With breakfast or lunch…**
  - take 2 Probiotic caps

- **On an empty stomach, 1-3 hours after breakfast or at least 30 minutes before lunch…**
  - take 6 caps or 1 teaspoon Intestinal Cleanse 2 with 2 full cups of water (16 oz)

**afternoon**

- **At least 10 min. before lunch…**
  - take 1-2 droppersful Anti-Parasite under tongue or with 2 oz. water

- **With lunch…**
  - add a pinch of Celtic salt to food or drink

- **On an empty stomach, 1-3 hours after lunch & at least 40 minutes before dinner…**
  - take 6 caps or 1 teaspoon Intestinal Cleanse 2 with 2 full cups of water

**evening**

- **At least 10 min. before dinner**
  - take 1-2 droppersful Anti-Parasite under tongue or with 2 oz. water

- **If needed…**
  - take Intestinal Cleanse 1 with dinner or right after

- **Before bed, on empty stomach 1-3 hours after dinner…**
  - take 6 capsules or 1 teaspoon Intestinal Cleanse 2 with 2 full cups of water
Optional:
Start taking the Anti-Parasite Concentrate

Take 1-2 droppersful of the Anti-Parasite Concentrate on an empty stomach, 3 times daily, and at least 10 minutes before eating to send a clear signal to your body to start the cleansing process. Best without food because also feeding parasites at the same time, will kill them less effectively.

Follow the directions below to find the way you prefer to take your concentrates.

Follow the directions below to find the way you prefer to take your concentrates.

Tips for the Best Ways to Take Your Herbal Concentrates

To watch a demonstration, see our online video. Click on Video link on home page to find it.

For Rapid Maximum Effect
If you’re looking for a rapid maximum effect from your herbal concentrate, take the recommended amount - one to two droppersful - and just put it directly in your mouth under your tongue and hold it there for several seconds to absorb directly into your bloodstream. Then you may want to take a sip of water afterwards to wash away the taste.

This method allows the herbal properties to signal your body and organs to start responding immediately to the cleansing and support message. And it’s that easy.

Dilute with Water
You can also dilute your concentrate by putting the recommended droppersful in one to two ounces of water to dilute the taste and alcohol. Hold this also in your mouth under your tongue for a minute before swallowing.

You can make some of the alcohol evaporate off using warm to hot water, and stirring for a minute or two, before putting under your tongue. Even room temperature water will evaporate off some alcohol when stirred rapidly for a couple of minutes so that it tastes milder. Use only one or two ounces of water in order not to dilute the herbal properties or body response too much.

Too Bitter?
If the concentrate is too bitter for you, we recommend diluting it in 1 or 2 ounces of a strong juice like pomegranate, but not heavily sweetened. The bitter principle is one we get little of in the modern diet, but bitters are very beneficial, encouraging digestive and liver function.

When To Take
Take concentrates at least 10 minutes before food to allow the body to respond. Do not add your herbal concentrate to food like a smoothie or full glass of juice because the beneficial effects for the body will tend to get lost with the other messages of the foods.
How to Take Your Intestinal Cleanse 2

You can customize your cleanse to fit your lifestyle and dietary needs. The program is so flexible it can seamlessly fit into your existing daily routine. Read below to find out more information about Intestinal Cleanse 2 and see how easy it can be!

**Intestinal Cleanse 2 Capsules:** Take 6 capsules with 16 oz of water or dilute juice (2 cups).

**Intestinal Cleanse 2 Powder:** Stir 1 level teaspoon in a cup of water (8 oz) and drink within a minute or two (it will thicken the longer it sits). Follow this with a second cup of water within 10 minutes.

If you find stirring does not allow the powder to be fully absorbed into the water, try placing it in a bottle with a lid and shake vigorously for 20-30 seconds. Then drink it.

**Why Is Drinking Water So Important?**

Intestinal Cleanse 2 expands with water to do its job and it will tend to make you feel full. Because of this, it is important to remember to drink plenty of water and enjoy being well-hydrated!

Intestinal Cleanse 2 will pull water from your body if you don’t drink enough water with it. Pure water is best, but it can be taken with a couple ounces of juice, herbal tea or a couple squeezes of lemon for taste.

**Do I Take Intestinal Cleanse 2 With or Without Food?**

Take it on an empty stomach at least ½ hour before meals, or 1 to 3 hours after a meal depending on how heavy the meal. You want it to absorb toxic build up and acid residues, not your food!

Do not take with food or a smoothie because you don’t want your meals to be absorbed into it. Food may stick to it and create denser stools that are more difficult to pass.

**How Often Do I Need To Take It?**

Take 2 to 5 times a day. You can start with taking it twice the first day. On the second day, take it the same times as the previous day but find a 3rd time to take it.

Depending on your lifestyle and diet, you can add more into your schedule up to 5 times a day. Five times is possible for those eating a cleansing diet of vegetables, fruit & juices which leave the stomach more quickly so it is empty more often. Don’t stress – do what you can depending on your lifestyle and diet and don’t worry if you miss a dose now and then.

Taking Intestinal Cleanse 2 can sooner or later slow down your bowel movements because it expands as it pulls waste matter, chemical residues, even parasites off your intestinal walls. If you experience a day with very slow or no bowel movements, please take Intestinal Cleanse 1 to get things moving again. Read how to do this on the next page, and reread your Pre-Cleanse Instructions.
Tips for Taking Your Other Intestinal Cleanse Products

Taking Probiotics While Cleansing:
Our Probiotic is very pH stable so you can take it with or without food at any convenient time during the day. You can fit it in with a meal or between meals, or in the later phases during your Liver, Kidney and Blood cleansing you can take it first thing in the morning with your glass of water and lemon juice.

There are only two DON’Ts:
1. Don't take the probiotic within an hour before or after Intestinal Cleanse 2, so it won't be absorbed.
2. Don't take it at the same time as your herbal concentrates. Wait at least 15-20 minutes.

Tip: Our Probiotic aids bowel movements for cleansing, and will tend have a little more cleansing effect on bowels when taken on an empty stomach. So if you like the additional cleansing effect, take it early in the morning with water on an empty stomach. But if you are too loose, take your probiotic with a meal instead.

Use Vital Nutrition Plus Daily
This green superfood supplement will give you an intense nutritional boost of energy. It provides nutrition that your body can assimilate easily and rapidly every day to help you complete your cleanse successfully.

Vital Nutrition Plus should be taken twice daily during your cleanse. You can take it with water or juice, or with a meal or a snack.

The best times to take Vital Nutrition Plus are in the morning and again in the afternoon when you need a boost. Not right before bedtime, because it is energizing. Vital Nutrition Plus is also available in powder to add to smoothies or mix in a dip.

Taking Intestinal Cleanse 1:

- If you didn’t need to Pre-Cleanse, but if at any time during Cleansing, you don’t have a daily bowel movement, you can take Intestinal Cleanse 1 with food for one or more days. Take a capsule once a day with your largest meal, usually dinner. Intestinal Cleanse 1 stimulates the digestive tract and should be taken with sufficient food to minimize any irritation. It will help you have easier eliminations the next day. Add an additional capsule when needed after seeing what the result is. See more details on how to do this on the last page of Step 2.
- If you did the Pre-cleanse, continue with the same dose of Intestinal Cleanse 1 daily. But if your bowels slow down more at any time while cleansing, add an additional Intestinal Cleanse 1 capsule to your regular daily dose to ensure complete evacuation.
- Do not take with Intestinal Cleanse 1 and 2 at the same time because 2 needs an empty stomach to work properly, but 1 is best with a meal. These products are taken separately rather than all in one capsule because the herbs have different types of actions.
## Daily Checklist for Step 2: Intestinal Cleanse

<table>
<thead>
<tr>
<th>Schedule</th>
<th>What to Take</th>
<th>Done</th>
</tr>
</thead>
<tbody>
<tr>
<td>First Wake Up</td>
<td>Optional: Anti-Parasite Concentrate - 1-2 droppersful under tongue or in diluted in 2 oz water.</td>
<td></td>
</tr>
<tr>
<td>At least 10 Minutes Later</td>
<td>Wait 10 minutes then take Intestinal Cleanse 2 - 1 teaspoon or 6 capsules of with 2 full cups of water, on an empty stomach.</td>
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<tr>
<td>30 Minutes or more later With Breakfast</td>
<td>Vital Nutrition Plus - Take 8 capsules with food or drink.</td>
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<tr>
<td></td>
<td><em>(Alternate schedule for those who need to Eat Breakfast early: Have breakfast 10 -15 minutes after taking Anti-Parasite Concentrate. Then take your first dose of Intestinal Cleanse 2 mid-morning, at least 1-3 hours after eating depending on how heavy the meal. Be sure this is at least ½ before lunch.)</em></td>
<td></td>
</tr>
<tr>
<td>With or near breakfast, lunch or dinner</td>
<td>Probiotic supplement - 2 capsules anytime of day, but not within an hour of Intestinal Cleanse 2</td>
<td></td>
</tr>
<tr>
<td>At least 10 Minutes before Lunch</td>
<td>Optional: Anti-Parasite Concentrate - 1-2 droppersful under tongue or with 2 oz water</td>
<td></td>
</tr>
<tr>
<td>With Lunch</td>
<td>Vital Nutrition Plus - Take 8 capsules with food or drink. Celtic Sea Salt - Add a pinch of Celtic Sea salt to food or drink</td>
<td></td>
</tr>
<tr>
<td>Mid-Afternoon</td>
<td>Intestinal Cleanse 2 - 1 teaspoon or 6 capsules of with 2 full cups of water, on an empty stomach</td>
<td></td>
</tr>
<tr>
<td>At least 10 Minutes Before Dinner</td>
<td>Optional: Anti-Parasite Concentrate - 1-2 droppersful under tongue or with 2 oz water</td>
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</tr>
<tr>
<td>With Dinner</td>
<td>Take Intestinal Cleanse 1, if needed on your program as determined on the Pre-cleanse or if bowels slow down</td>
<td></td>
</tr>
<tr>
<td>Before Bed</td>
<td>Intestinal Cleanse 2 - 1 teaspoon or 6 capsules of with 2 full cups of water, on an empty stomach</td>
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</tbody>
</table>
If You Did Not Need to Pre-Cleanse - How to use Intestinal Cleanse 1

Type **A** *(you are usually regular with bowel movements 1 or 2 times a day, or Type **D** *(you have frequent very loose bowel movements)*:*

*While doing this cleanse, many people may experience a slow down in bowel movements. This may happen to you, so find out what to do by reading the instructions below for re-establishing regular daily bowel movements using Intestinal Cleanse 1 during your cleanse.*

- If your bowels slow down while taking Intestinal Cleanse 2, take 1 capsule of Intestinal Cleanse 1 with food at the end of dinner, or your largest meal of the day.

Make sure you are taking enough water with Intestinal Cleanse 2 because it expands to absorb wastes which may slow the bowels. Also, you can take your probiotic between meals rather than with food which helps bowel movements.

- If the next day, you don’t see an increase in bowel activity, again take 1 capsule Intestinal Cleanse 1 in the evening with dinner to see if it creates a morning bowel movement the next day.

- If there is no increase in bowel movements, stop taking Intestinal Cleanse 2 while you increase Intestinal Cleanse 1 in the evening with dinner, taking 2 capsules. If that gives results, restart Intestinal Cleanse 2 and continue taking Intestinal Cleanse 1 daily throughout your cleanse.

- You can increase Intestinal Cleanse 1 capsules every other evening to get typically 2 bowel movements a day, or decrease to every other day once regular.

Type **A** - Once you re-establish daily bowel movements, keep taking that same number of capsules, but watch for changes due to what you eat or eating more or less. Over time you may need to take more or less capsules as needed.

Type **D** - You may need to add Intestinal Cleanse 1 for assistance only every other day, or just occasionally as needed, to avoid over-loose bowel movements. Changing foods to more fruit and high water content vegetables with fiber may also help to reduce the use of Intestinal Cleanse 1, and keep bowels moving after a slow-down on this cleanse.
Cleansing Diet Recommendations

While you can continue your current diet and still experience benefits from cleansing, and some people do not change their diets, we highly recommend you do make some diet changes while cleansing so you can experience a deeper cleanse and more lasting results. After all, why do you need to cleanse? The modern diet and polluted food supply is the most common reason.

You eat the freshest, cleanest foods to support your body while cleansing your system of toxins, waste, and heavy metals. Think about it, if you were doing a thorough spring cleaning of your house, would you bring in clutter and dirt while cleaning it out? No! The same logic applies to cleansing.

We recommend making some changes in your diet to avoid the worst offenders diet-wise, and add in some healthier foods. Take advantage of cleansing to try new ways of eating that you might even enjoy and do well with long term:

• Eat lighter meals with plenty of fresh fruits and vegetables.
• Reduce or avoid processed foods, artificial ingredients and additives, heavily cooked or greasy food.

Advanced cleansers can also avoid all animal foods, and follow a cleansing diet of a fresh vegetables, fruit and nuts for the deepest cleansing effect. Add foods back in gradually after cleansing to see what your body does best with or what foods may be trigger foods for non-optimum reactions.
Hydration & Replacement of Electrolytes and Trace Minerals

CLEAN, PURE WATER: Your Body Needs It!

Hydration is the single most important factor for detoxifying your body, and for health and healing.

We are used to being low-grade dehydrated, and tend not to recognize thirst until it becomes urgent. Often when a person feels hungry and eats, it is really water their body is craving. Eating requires additional water for proper digestion. Detoxification and energy production both require water also.

Sodas, prepared teas made with tap water, pasteurized bottled juices, and coffee do not count for hydration because these require more water from your body to process them.

The only liquids that really make a difference for daily hydration are the fresh juices of vegetables and fruits, and clean spring water or purified water. Good quality pure water should be use to make your tea.

Adding enough real hydrating fluids daily will help make your cleanse more effective, and you will feel it as a difference in well-being. Being well-hydrated is a bonus for you of doing this cleanse!

You will be drinking more than usual on this cleanse. With increased water intake each day, you must also ensure that your electrolytes and trace minerals are not depleted. Salt and potassium balances should be maintained.

CELTIC SEA SALT: Celtic sea salt has additional high-quality essential salt and trace minerals to help replace salt & trace minerals while flushing and cleansing. Regular table salt (“sodium chloride”) does not work for this. It does not have the full mineral spectrum that should be naturally present. Celtic sea salt is an unprocessed mineral-rich food and adds great complex taste. This rich salt assists the body to create stomach acid for good digestion.

Just sprinkle a pinch in food daily, such over raw vegetable crudities for a snack, in soup or juice or a vegetable smoothie.

POTASSIUM REPLACEMENT: Foods rich in potassium are also recommended and will replace any potassium flushed out while drinking increased water and cleansing. Common foods with the highest potassium content from high to low are listed below:

- beets & beet greens
- sweet potatoes
- winter squashes
- lentils
- broccoli
- Brussel sprouts
- dark leafy greens
- coconut water
- bananas
- avocado
Sweets and Sweeteners..
We eat way more sweets today than ever before in history, and there is a corresponding explosion of obesity and metabolic disorders like diabetes and insulin resistance, depression, and impaired thinking and memory. Sugar damages the immune system, digestion, beneficial intestinal bacteria and gut integrity. Sugar attaches to proteins in the body and alters them, destroying tissues, resulting in early aging. The altered proteins tend to cause cardiovascular problems including high blood pressure, and kidney disease.

<table>
<thead>
<tr>
<th>Foods to Avoid</th>
<th>Foods to Substitute</th>
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<tbody>
<tr>
<td>Sugar, artificial sweeteners</td>
<td>Fruit, whole stevia, raw honey, maple syrup, molasses</td>
</tr>
<tr>
<td>Ice cream, cookies, cake, candy</td>
<td>Fresh and dried fruits, nuts &amp; seeds. Chia pudding</td>
</tr>
<tr>
<td>Soft drinks, alcohol</td>
<td>Juice, herbal tea</td>
</tr>
</tbody>
</table>

The number one “food” to avoid is sugar to maintain your health or reverse deterioration.
The best way to avoid sugar and processed foods is to READ THE LABELS! What’s in those packages of food? Did you know an average yogurt with fruit on the bottom contains 4 teaspoons of sugar in one serving? There are even many yogurts that come with candy, so this once healthy food may be on the list of sugary no-no’s! Label ingredients may include long lists of sugars like dextrose, high-fructose corn syrup, maltodextrin, corn syrup solids, malt syrup, maltose and fruit juice concentrate (which is often sweetened). Many companies include multiple sources of sugars or hidden sugars. Even “healthy” breakfast granola or flaked cereals may contain 3 to 5 different sugars in one box, like barley malt, rice syrup, evaporated cane syrup & brown sugar!

Then there are the sugar alcohols. Usually these are hailed as miracle sugar substitutes when they first come out, but later stories and studies show otherwise. These altered molecules taste sweet but are difficult to digest, causing bloating, gas and diarrhea: sorbitol, mannitol, xylitol and hydrogenated starch hydrolysates.

The list of artificial sweeteners is long and even more deadly. Not just sugar overload, but real poison to your system is disguised with catchy names or chemical products. Two of the worst sugar substitutes are sucralose (Splenda) and aspartame (Equal and Nutrasweet), found in diet drinks, snacks, cakes & on restaurant tables.

Aspartame is so toxic that in an official United States Air Force publication, US Air Force pilots were warned not to consume Aspartame in any amount. The reason? “Aspartame has been investigated as a possible cause of brain tumors, mental retardation, birth defects, epilepsy, Parkinson’s Disease, Fibromyalgia, and Diabetes.”

Sucrolose (Splenda) is produced by chlorinating sucrose, ordinary table sugar. According to Dr James Bowen, MD, Neurologist, Medical Director of Multiple Sclerosis Center at Swedish Neuroscience Institute: “In test animals Splenda produced swollen livers, as do all chlorocarbon poisons, and also calcified the kidneys of test animals in toxicity studies. Their high solvency attacks the human nervous system and many other body systems including genetics and the immune function. Thus, chlorocarbon poisoning can cause cancer, birth defects, and immune system destruction. These are well known effects of Dioxin and PCBs which are known deadly chlorocarbons.”

Another example of deception is Stevia, because most white or clear stevia crystals & liquids are actually processed products, with little or no health benefit beyond being a zero calorie sweetener. You rarely find stevia by itself in a package. If you read the labels, you will find mostly other ingredients, like corn-based maltodextrin, dextrose, inulin, xylitol and erythritol because stevia is so concentrated, fillers are needed. In one product called NuStevia, there was no stevia at all – just maltodextrin and ‘natural flavors’!
So watch out for buzzword products, and always check the ingredients list.

Whole Leaf Stevia, which can be found as the green herb leaf or a thick, brown liquid extract, nourishes and strengthens the pancreas, and can balance blood sugar in ten minutes. It is a great solution when you need to halt blood sugar swings from lack of food or from eating poorly. Whole leaf stevia is actually healthy for you – and Candida (yeast) cannot feed on it because it is a natural antifungal!
Healthy oils & fats are the second most important choice in your diet.

Good fats are essential to health because:

- Fats form the cell membranes throughout the body.
- Fats enable the body to utilize the fat-soluble vitamins A, D, E & K.
- Fats are used in the production and activity of hormones and enzymes.
- Fats are a major source of sustained energy.
- Fats are necessary to conceive and for pregnant women carry a baby to full term.

Many vegetable oils are made from seeds, including corn, canola, soy, sunflower, safflower, cottonseed and grapeseed. These are high in polyunsaturated fatty acids, supposedly good for you, but extremely sensitive to air, light and heat. These fats easily become rancid when they are exposed to heat, light and air. When fats and oils are altered by processing with chemicals and high heat, they become toxic trans fats and mega-trans fats, which skyrocket the risk of heart disease, according to the Harvard School of Public Health.

Canola oil is a genetically-engineered non-food that has been promoted as ‘healthy’, but in fact is extremely toxic to the cells, tissues and organs. Soy oil is almost all from genetically-engineered soybeans treated to intense chemical pesticides. Neither soy nor canola will give your body oil it needs to function properly.

Oils labeled “extra virgin” or “virgin” are pressed mechanically from olives or coconuts without chemical or heat processing. Unfortunately, USA labeling regulations are so loose that virgin olive oils can be mixed with 80% other processed oils. Even so-called “cold-pressed” oils are often made with some exposure to air and heat that can cause rancidity. Refining processes use chemical solvents like hexane to extract the oils, and other chemicals to degum, refine, bleach and deodorize the oils to remove off-tastes and color.

Bad Fats: Rancid oils, trans fats & Mega-trans fats cannot be properly used by the body and interfere with normal metabolic functions. Enzymes become clogged and deactivated, hormones are disrupted, cell membranes made weak. These altered harmful fats then create cascades of free radicals in the body which cause inflammation, and lead to cell death. The liver can be heavily overburdened trying to detoxify this.

The best way to get your fatty acids for function is from fresh whole foods with natural fats, and mono-unsaturated fats like olive oil, from clean saturated fats like extra virgin coconut oil and non-rancid butter. Coconut oil is excellent for cooking because has a high smoke point and is not damaged by heat. Olive oil which has a Harvest Date on the bottle is freshest and most likely to be pure. Medium and short-chain fatty acids in butter are not stored as fat, but used in vital organs for energy and contain balanced Omega 3 & 6.

You won’t know how good you can feel until you eliminate these unhealthy fats from your diet:

<table>
<thead>
<tr>
<th>Bad Fats and Oils</th>
<th>Healthy Oils &amp; Fats to Eat Instead</th>
</tr>
</thead>
<tbody>
<tr>
<td>Soy Oil and Canola Oil – are genetically engineered</td>
<td>Real Olive Oil</td>
</tr>
<tr>
<td>Sunflower, Safflower, Grapeseed Oils – all processed</td>
<td></td>
</tr>
<tr>
<td>Generic Vegetable Oil and Cottonseed Oil</td>
<td>Coconut Oil, Palm Oil</td>
</tr>
<tr>
<td>Hydrogenated oils, solidified - like margarine, Crisco</td>
<td>Butter - Pasture-raised has highest vitamin content</td>
</tr>
<tr>
<td>Overheated oils &amp; fats of all types</td>
<td>Fresh whole vegetable foods high in fats, like avocados, almond butter, sesame seeds, sunflower seeds, olives</td>
</tr>
<tr>
<td>Fish oil supplements are often rancid – beware!</td>
<td>Fats from fresh eggs, wild-caught fish, etc</td>
</tr>
</tbody>
</table>
EASY RECIPES - Good Breakfast Choices:
Instead of sugary breakfast foods

For Beginners:
Be sure to add fruits or vegetables, nuts and seeds to your breakfast to provide fiber to help keep your bowels moving.

Low-fiber foods like eggs, white flour croissants and rolls, bacon or sausage and dairy slow down the movement of food through your system. Cut out the white flour and greasy foods if possible.

Counteract by eating whole foods full of fiber:
Make smoothies which contain the fiber of whole fruits & nuts or greens.

If you eat grains, use whole grain cooked cereals like oatmeal, buckwheat or quinoa with raisins, sunflower seeds/walnuts, and coconut oil or butter.

Fresh eggs can be accompanied by tomatoes, herbs, onions, salsa, avocados. Unsweetened, plain yogurt with fresh fruit, raw nuts and seeds, with a little honey for sweetness, if needed.

For Anyone: Smoothies!
Add a Tablespoon of Chia seed or Almond butter to any smoothie for protein and healthy fat. Use organic fresh or frozen fruit to avoid the chemicals that are present in commercial produce.

Strawberry-Orange Mint Smoothie
1 cup fresh orange juice
OR 1 cup water and a peeled and seeded orange
1 cup fresh or frozen strawberries
A bunch of fresh mint leaves
1 squeeze of lemon juice
Stevia for sweetness, if desired

Tropical Berry
1 cup coconut water
½ cup blueberries and/or mango
A banana
Optional: 1 Tablespoon Chia seeds

Chai Smoothie
1 cup pure water
1-2 Tablespoons almond butter
1 Apple
Cinnamon
Vanilla and/or ground cloves
Stevia for sweetness, if desired

Chia Seed/Fruit Juice Pudding
Chia seed is very high in Omega3 and a good source of protein, minerals and vitamins – nourishing and energizing!

Mix 2-3 Tablespoons of Chia seed into a cup of diluted fruit juice. Soak at least an hour, or overnight. You can add blended or chunked fruits like banana, strawberries, blueberries, raspberries or kiwi.

You can make Chia Pudding at night to eat in the morning! Or make it by the pint ahead of time and keep refrigerated for a few days. Leave out the fruit juice and use plain pure water to have a neutral-tasting gel that you can add to anything, or eat a couple of spoonfuls anytime.
EASY RECIPES - Good for Lunch and Dinner:

**Salads** are the perfect lunch food, and good with dinner too. Easy to make at home, and easy to find when eating out!

Any variety of fresh dark leafy greens are good along with tomatoes, onions, shredded carrots, beets, cabbage, radishes, jicama, sunflower seeds, sprouts – it’s all good. Well, not all … try to avoid iceberg lettuce because it is grown saturated with chemical pesticides!

We do recommend you don’t use store-bought salad dressings - nearly all of them contain unhealthy oils, sugar, processed table salt, preservatives, and other congestive & acid-forming ingredients such as additives and gums. Take a look at the ingredients in a bottle of store-bought dressing for an education.

You might find if you try making your own fresh salad dressing with the ingredients below, that you like how it tastes (and feels) so much, that you want to continue using these as your favorites all the time.

**Get creative and make your own salad dressing!** Choose an oil or fat, a sour element like vinegar or lemon and herbs, garlic, salt and maybe a little sweet or savory to taste. You can just add each fresh ingredient separately to your salad and toss. Or mix oil and herbs together first.

**OILS**
- Cold-pressed extra virgin olive oil.
- Sesame Tahini –sesame paste. Make sure it is raw, not roasted.
- Mashed avocado thinned with some water can also make a great base for dressing instead of oil – Green Goddess!
- Coconut oil (Other ingredients need to be room temperature or the coconut oil will harden.)

**TART COMPLEMENTS TO THE OIL**
- Unpasteurized raw apple cider vinegar (like Braggs) - straight or diluted.
- Or use fresh-squeezed lemon &/or lime juice in place of vinegar.
- Diluted miso or nama shoyu (unpasteurized non-GMO soy sauce) is another good choice for an Asian taste.
- Tonic Supreme can be used for a complex savory-spicy taste – use a sprinkle, or more if you like.

**HERBS**
- Garlic, ginger, salt, herbs of your choice (like dill, thyme, oregano, basil, cilantro) – fresh or dried.
- Add a sprinkle of Vital Nutrition Plus nutritional supplement too, if you have the powder.

**DRESSINGS:** Use 2 parts oil to 1 part vinegar. Dilute vinegar with water if you like it less sour.
- Blend or mash an avocado with lemon juice, garlic, herbs. Use a little pure water if you want it thinner.
- Sesame Tahini (sesame seed paste) and lemon juice with garlic and herbs.
- Simple Asian Dressing: Sesame Tahini with Miso and water to desired consistency. Ginger optional.
- Coconut oil with chopped mango or mandarin orange pieces, lime juice and cilantro.
Good Foods to Eat During and After a Cleanse to Maintain Healthy Bowel Movements.

Eat high-water content foods – they are great by themselves. Eating these with low-fiber animal foods will tend to keep bowels moving.


You get the idea? Eat Fruits and Vegetables with all your meals and in between!

Foods to Avoid:

Avoid dry, hard foods, or fiberless proteins, dairy foods especially combined with flour, and all refined starches and refined grains, as these will clog up your system.

Stay away from low-water content, low-fiber combinations for an easier time with elimination!

Also avoid things with chemical ingredients you can’t pronounce or understand.

Rather than cheat with chips or cookies, try some of our Nutrient-Dense Satisfying Nut Butters & High-enzyme Raw Snacks which we make a few times a year!
Diet Recommendations for Advanced Cleansers:

Fresh raw or freshly made lightly steamed whole foods are ideal to get the best nutrient support your health while cleansing.

For Breakfast:
- Fresh fruits, nuts & seeds
- Fresh-squeezed fruit juices
- Fresh-made fruit smoothies
- Supplements, including Vital Nutrition Plus

For Lunch:
- Fresh-squeezed or blended vegetable juices
- Raw, soaked or sprouted sunflower seeds
- Take Vital Nutrition Plus capsules with lunch or your afternoon snack.
- Potassium broth, vegetable broth or steamed vegetables
- A large salad – make your own dressing

Afternoon Snacks:
- Raw salads with fresh dressings
- Vegetables, sprouts
- Diluted vegetable juices, herb teas and vegetable broth (Stop all vegetable juices and foods an hour or before dinner so your stomach has at least an hour break before eating fruit which has different digestive process.)

For Dinner and Evening:
- Fresh fruits or fresh-made fruit smoothies
- Fruit salads with nut & seed dressings
- Herbal teas
- Raw walnuts or almonds
- Nut milks made from scratch (no gums or additives)

Liquid Juice Diet Recommendations for an Even Deeper Cleanse.
Eating Potassium broth and raw fruit, nut, seed and vegetable whole foods and salads during the beginning 3 days and ending 3 days of the cleanse program, but consuming only raw fresh juice and Potassium broth during the middle days will provide the most thorough cleanse of your intestines, liver and gallbladder, kidneys and blood. This gives your digestive system a break from processing any solid food, and allows your body to focus its energy on cleansing. Diluted juices are even easier for your body to handle than straight juice which is concentrated food. If you get hungry, drink more potassium vegetable broth and/or diluted fresh-squeezed juices.

Mid-morning: 1-2 hours after drinking your first cups of Liver Cleanse, drink diluted fresh fruit juices (5 parts fresh juices to 3 parts safe-to-drink water) and more herbal teas until noon.

Afternoon: Drink diluted fresh vegetable/herb juices, potassium vegetable broth, and herbal teas.

Evening: Drink diluted fresh fruit juices and herbal teas.

Classic Potassium Broth recipe to eat while cleansing.

Potassium Vegetable Broth Recipe

This hearty broth is a great addition to your cleanse. It will provide a concentrated amount of alkalizing minerals and vitamins, nourishing your body and flushing acids from your system. You can make this broth ahead of time and have it to eat all through your cleanse. The peel of many root vegetables, such as potato and carrots are richer in minerals than the insides. (Warning: Potatoes are usually sprayed with chemicals to prevent sprouting eyes, so use organic potatoes only, or do not use potatoes at all. Substitute sweet potato or winter squash peelings. Do not use toxic greenish potatoes, even organic.)

The Broth Includes:

- 25% cleaned organic potato peelings (or sweet potato or winter squash peelings)
- 25% chopped beets with tops, and thick peelings of carrots
- 25% chopped onions and fresh garlic
- 25% celery and greens
- Pure water and a hot Habanero or Scotch bonnet pepper

To Make the Broth:

1. Fill a large stainless steel pot (3 gallon-size is good to make 2 days’ broth) to half full with potato peelings, carrot peelings, and whole chopped beets including beet tops. Potato and carrot peelings are used to minimize the starch in the broth for easier digestion while cleansing.
2. Fill the next quarter of the pot with chopped onions and garlic.
3. The last quarter is filled with pieces of celery and assorted dark greens.
4. Last of all, add one or more Habanero or Scotch Bonnet peppers, and enough distilled or other safe-to-drink water to cover all of the ingredients.
5. Bring water up to a light simmer on medium-high heat, and then turn heat down as low as possible to maintain light simmering for 2 to 3 hours.
6. Strain for a delicious broth or just dip a mug in the pot to replenish nutrients during your cleanse.

Make enough to have for lunch and dinner for two days. This could be made the evening before you start your cleanse.

Note: A very low temperature slow cooker with timer for auto turn-off could also allow making it overnight. Simmer gently and don’t overcook this, or vitamins and plant proteins can be destroyed!