

STANDARD PROCESS DETOXIFICATION AND WEIGHT LOSS PROGRAM

PROGRAM ONE - INTENSITY: MODERATE

Cleansing Diets should be started gradually and weaned off of slowly. Eat lightly for several days following a Fast.

WEEK ONE:

- Cut all meal portions in half. Drink 2 scoops of **SP Complete Dairy Free** powder supplement **before one of your daily meals**. Blend in about 2 cups of Almond Milk, Hemp milk, juice or water (2 scoops/day or 14/wk.) This can replace your meal if you wish. It is a complete protein, vitamin and mineral low calorie supplement so that you will not be starving the body. Blending in fresh fruit, frozen fruit and/or ice will improve the flavor. Do not use cow's, soy or rice milk, which are all pro-inflammatory.
- Mix 1 teaspoon of flax oil, **Barlean's Flax Oil** is recommended, into shake. Should be added last and blended briefly.
- Take **SP Cleanse** 1 cap 3x's daily = (3/day or 21/week) for first week.
- Take **Gastro Fiber** 1 caps 3x's daily = (3/day or 21/week) for first week.
- Capsules can be taken with meals or between meals if you are too full at meal time. Water intake should exceed 8 glasses per day if possible.
- Reduce refined carbohydrates, especially sugar, pasta, white bread, breakfast cereals, candy, white flour products and fast foods.
- Exercise at least 3 times per week, but preferably daily.

WEEKS TWO AND THREE:

- Continue cutting all meal portions in half and drink a 2 scoops **SP Complete Dairy Free** powder supplement shake **before 2 of your daily meals** = (4 scoops /day or 56 scoops/ 2 wks) with flax oil, this can replace the meal if you wish. Continue to avoid refined carbohydrates and fast foods. Exercise same as above.
 - SP Cleanse** increases to 2 caps 3x's/day = (84/ 2wks)
 - Gastro Fiber** increases to 2 caps 3x's / day = (84 / 2wks)
- NUTRITION AMOUNTS NEEDED: SP Complete Powder – 70 scoops or 2 containers are sufficient if you use level rather than heaping scoops. SP Cleanse – 105 capsules or one bottle Gastro Fiber 105 capsules or one bottle Flax oil from health food store – one bottle of Barleans Flax oil, either plain or flavored**
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PROGRAM TWO- INTENSITY: OPTIMAL (The Modified Fast)

It is recommended that you work through Program One above or some other form of detoxing before starting this intense Fast.

WEEK ONE:

- Drink a **SP Complete** supplement shake **instead of 2 of your daily meals**. Mixing instructions above (4 scoops/day or 28/ wk)
- One teaspoon of organic flax oil should be blended into the shake. Barleans is excellent.
- Take **SP Cleanse** (2 caps 3x's /day = 6 caps/day or 42 caps /wk) at mealtime or between meals if you are too full. Drink lots of pure water.
- Take **Gastro Fiber** (3 caps 3x's /day = 9/day or 63 caps /wk) at the same time you take the **SP Cleanse**.
- Exercise to the point of sweating daily and drink 8 or more glasses of pure water per day.
- Avoid:** Wheat and dairy products, hydrogenated oils, refined sugars, caffeine, alcohol, carbonated beverages except sparkling water, eggs, chicken, red meat, peanuts, and shellfish.
- Include:** Distilled, filtered or spring water; all of the fresh fruits and vegetables you want; brown, wild or Basmati rice and rice-based foods; herbal or green teas, bottled fruit and vegetable juices from organic sources, wild caught ocean fish and flaxseed oil, coconut oil or olive oil. Use organic when possible, especially with oils. Toxins are generally oil and fat soluble so this is where they concentrate in non-organic sources. This also applies to the fatty parts of meats when they are part of your diet. Fruits and vegetables are primarily water soluble nutrients so insecticides need to be washed from the outside but concentrate on the inside to a much lesser degree than meats and oils.

WEEKS TWO AND THREE:

- Take **SP Complete** **instead of 3 of your daily meals** with one teaspoon of flax oil. (6 scoops /day or 84 scoops / 2wks)
- Continue taking **SP Cleanse** 2 caps 3x's /day = 6 caps/day or 84 caps/ 2wks
- Gastro Fiber** 3 cap's 3x's/day = 9 caps/day or 126 caps/ 2wks
- Exercise and sweat daily and drink 8 glasses of water per day -Avoid and include the foods specified above in week one.

NUTRITION AMOUNTS NEEDED: SP Complete Dairy Free Powder – 112 scoops or 2 containers are sufficient if you use level rather than heaping scoops. SP Cleanse – 126 caps or 1 bottle Gastro Fiber 189 caps or 2 bottles Flax oil from health food store – one bottle of Barleans Flax oil, either plain or flavored