



OMNICLEANSE

PRACTITIONER GUIDE

PRODUCTS AT-A-GLANCE

The following products are essential for the **OmniCleanse Program**. They can be purchased separately or conveniently packaged in the **OmniCleanse Detox Kit**.

- **Comprehensive Homeopathic Detox Kit**
- **OmniCleanse Capsules**
- **OmniCleanse Powdered Beverage**

SUPPORT MATERIALS

We are committed to helping you and your patient achieve success. You will find the following additional support materials on our website at www.desbio.com.

- Patient Survey
- OmniCleanse Diet Suggestions At-A-Glance
- Recipes
- 28-Day Challenge Protocol
- Practitioner Guide



FOUNDATIONAL DETOX



OmniCleanse is DesBio's foundational detox program. We believe that detox is the starting place for any wellness program. With today's nutrient-deprived diets and constant bombardment with chemical toxins, many patients are arriving at your clinic with a myriad of symptoms that can be hard to decipher. A cleanse is an excellent way for your patient to nourish their body and prioritize their well-being. It also can provide you, the practitioner, with a clearer picture of your patient's health needs by minimizing their toxic load.

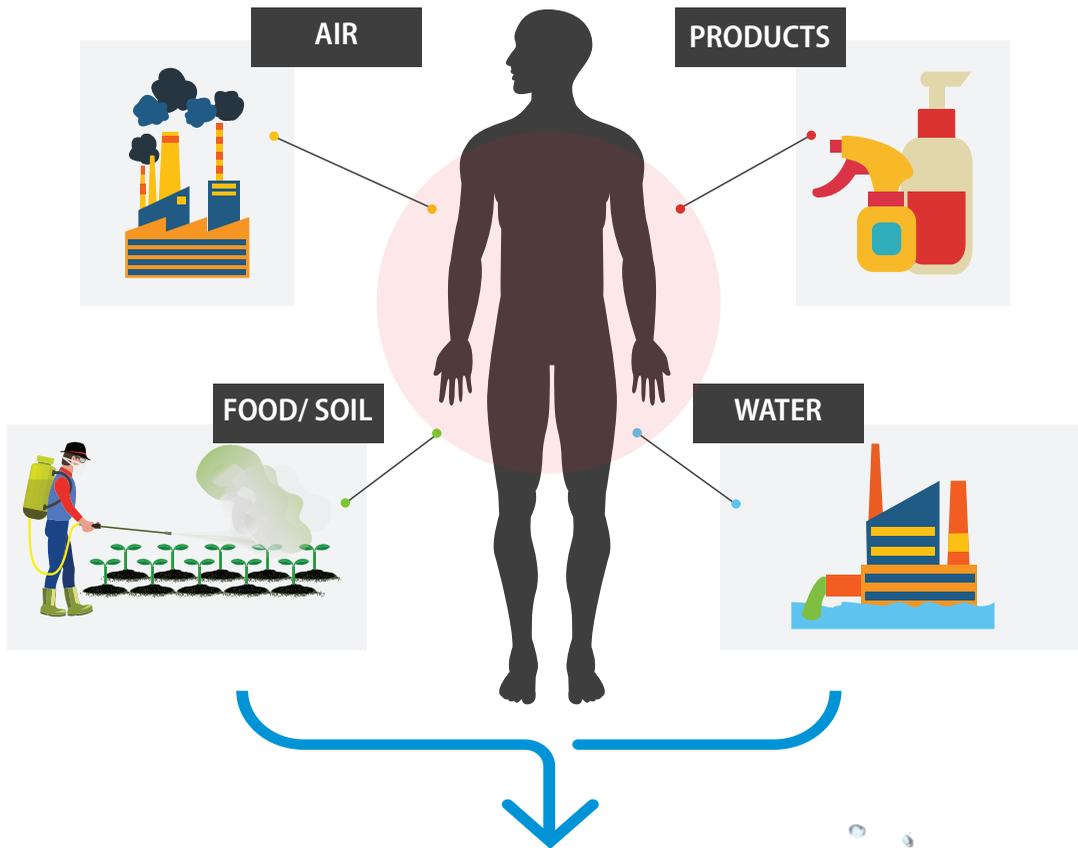
The *OmniCleanse* 14-day practitioner-directed protocol emphasizes whole-body detoxification via a unique, user-friendly system that encompasses nutrition, botanical, and homeopathic medicine.

WEEKS 1-2: *OmniCleanse Detox Program*

The *OmniCleanse Powder*, *OmniCleanse Capsules*, and *Comprehensive Homeopathic Detox Kit* are combined with a detox diet.

WEEKS 3-8: *Specialty Detox Programs*

The homeopathic remedies in the *Comprehensive Homeopathic Detox Kit* are continued to further address detox symptoms, either on their own, or as part of another DesBio protocol.



Why OmniCleanse?

There are two main goals of the *OmniCleanse Detox Program*:

1) **Support the body as it detoxes.** For the modern-day patient, the unavoidable toxins in our food, air, household products, and water supply make cleansing almost a necessity. This accumulation of toxic build-up, known as the toxic load, can drastically impair the hormonal, digestive, neurological, and immune systems creating a multitude of symptoms and health conditions.

2) **Support nutrition in the body through proper diet and supplementation.** The *OmniCleanse Detox Program* provides:

- Cleansing and nourishment of multiple body systems
- Support for healthy energy levels and mental clarity
- Improvement in body composition
- Promotion of healthy immune, digestive, and endocrine function
- Preparation of the body for better response to weight-management, pathogen, or other detox protocols

PATIENT SURVEY

Use this survey to gather patient information. This form is also available for download at desbio.com

GOALS

What are the patient's primary goals for this program? Weight loss? More energy? Improved eating habits? Writing goals down is a great way for the patient to stay motivated during this program.

- 1) _____

- 2) _____

- 3) _____

WHOLE-BODY SYMPTOM ANALYSIS

Weight: _____

Waist Circumference: _____

BF%: _____

Overweight? _____

How far from goal weight? _____

How long at current weight? _____

Trying to lose or gain weight in the past 6 months? _____

Exercise program? _____

Other: _____

Answer the following questions as they apply to the patient in the last 90 days.

How often does the patient experience the following: 1=Never 2=Rarely 3=Often 4=Always

Weight- Management

___ Extreme or compulsive hunger ___ Binge eating or drinking

Head, Eyes, Ears

___ Headache ___ Migraine
___ Blurred vision ___ Dark circles, puffy bags under eyes
___ Ear Infections

Upper Respiratory

___ Nasal congestion ___ Sinus infection, congestion
___ Sore throat/cough ___ Shortness of breath
___ Upper respiratory allergy symptoms ___ Asthma
___ Chest pain

Joint and Muscle

___ Muscle pain ___ Joint pain or stiffness
___ Fracture, break, or strain

Gastrointestinal

___ Nausea ___ Loose stools/diarrhea
___ Constipation ___ Flatulence, gas, abdominal cramping
___ Blood in stool
___ Food sensitivity symptoms

Bladder/Kidneys

___ Painful urination ___ Frequent urination
___ Blood in urine

Skin

___ Dry or cracked skin ___ Rashes, hives, or itchy skin
___ Acne or break outs
___ Excessive sweating, night sweats

Mental Well-Being

___ Depression or mood swings ___ Ongoing fatigue
___ Decreased memory, foggy thinking ___ Anxiety
___ Hyperactivity
___ Sleep disturbances

TOTAL SCORE: _____

Total scores higher than 70 or high scores in one particular area may be indicative of an underlying healthcare condition that requires more intense treatment.

OMNICleanse PROTOCOL

Whole Body Detoxification

The concept of whole-body detoxification is of paramount importance in the **OmniCleanse Detox Program**. Many detoxification programs promote organ-specific approaches (such as a liver or GI cleanse). One of the main drawbacks of this tactic is that toxins can be stored throughout the body and focusing on one organ system neglects a large portion of the patient's toxic load. Secondly, as toxins are mobilized from tissues they must travel through multiple organ systems before they are released. Inadequate support for each organ system in this pathway can result in blockages, poor clearing, and uncomfortable symptoms.



The **OmniCleanse Detox Program** evades these issues by providing support for the central and peripheral nervous systems, extracellular space, liver, gastrointestinal tract, bladder, kidneys, and immune systems.

The 14-day **OmniCleanse Protocol** utilizes the **Comprehensive Homeopathic Detox Kit**, **OmniCleanse Capsules** and **OmniCleanse Powdered Beverage**:

OMNICLEANSE CAPSULES

The liver plays an integral role in detoxification processes and is a common place for toxins to get “stuck.” **OmniCleanse Capsules** provide a sophisticated blend of nutrients, amino acids, botanicals, and enzymes for the advanced support of liver detoxification processes.

Dosing: 2 capsules, see calendar on page 7



OMNICLEANSE POWDERED BEVERAGE

The **OmniCleanse Powdered Beverage** is a shake that combines a multivitamin, a greens blend, an organic fruit and vegetable blend, and specialty nutrients to support each step along in the detox pathway.

Dosing: One scoop mixed in 8 fl. oz water or beverage of choice, see calendar on page 7



Note: OmniCleanse Powdered Beverage contains pea protein isolate.

COMPREHENSIVE HOMEOPATHIC DETOX KIT

The *Comprehensive Homeopathic Detox Kit* contains six homeopathic remedies, each focused on addressing detox symptoms within a particular organ system(s). These remedies are taken in a specific week-long cycle to help facilitate symptom management as toxins flow from the inner part of the body through the drainage organs. **Dosing:** 10 drops, 3 times per day, see calendar on page 7.



BRAIN

CerebroMax is for the temporary relief of symptoms relating to sleep, memory, and emotional issues.



NERVOUS SYSTEM

SpinalMax is for temporary relief of symptoms related to spine issues including spasm, pain, anxiety, nervousness and the inability to hold chiropractic adjustments.



INTERSTITIAL MATRIX

Matrix Support is for the temporary relief of symptoms such as occasional diarrhea, occasional constipation, headaches, gas, congestion, irritated eyes, and indigestion.



LIVER

Detox I is for the for the temporary relief of symptoms related to digestive issues, such as bloating, gas, occasional diarrhea, occasional constipation, fatigue, and stomach upset.



KIDNEYS AND BLADDER

Detox II is for the temporary relief of symptoms relating to headaches, fatigue, and mood issues.



IMMUNE & LYMPHATIC SYSTEM

Detox III is for the temporary relief of symptoms related to improper breakdown and excretion of allergenic substances, including pain, fatigue, cramping, and upper respiratory allergy.

OMNICLEANSE DIET

An essential part of the **OmniCleanse Protocol** is the diet portion. The **OmniCleanse Detox Diet** is low in allergens and toxins, freeing up the body to focus on internal toxins rather than incoming toxic material. Patient should follow the guidelines below for days 3 – 12 of this program, see calendar on page 7. Recipes and other support materials available for download at desbio.com.

Water is essential to help the body flush toxins out of the system. Aim for at least 8 cups of unflavored water per day.



Recommendation is to eliminate dairy. If patient chooses to consume dairy, focus on unsweetened, cultured forms and limit servings. Avoid all creamy sauces and dressings.

Five or more servings of fresh, organic produce per day – especially dark green vegetables like kale, broccoli, and spinach. Avoid nightshade vegetables. Fruit is allowed but limit quantity.

Three or more servings of lean protein per day. Limit nuts, nut butters, and seeds to two servings or less per day unless substituting for protein. For vegetarian or vegan diets, soy is an option but is often allergenic, highly processed and comes from GMO sources. Always stick with organic/non-GMO non-processed varieties like tofu, tempeh, and miso; and avoid soy meat-replacement products.

Two or less servings per day. Stick to healthy fats like coconut oil, salmon, and avocado, and avoid artificial sweeteners, refined sugars, hydrogenated oils.



Tip

Avoid alcohol and excessive caffeine intake (1 cup coffee per day allowed)

Eliminate starches on days 6-9. Otherwise, limit grains, legumes, and starches to less than two servings per day. Choose organic, whole grains. Gluten should be avoided when possible.

- Organic, whole, and fresh foods
- Lots of water
- Get adequate rest. Detox stresses the body. Aim for at least 7 – 9 hours of sleep each night.
- Pay attention to serving size. This is critical, especially for items like nuts and grains which are often mis-measured when estimated (eye-balled). Use measuring devices or food scales when necessary.

For BEST detox results

- Artificial sweeteners, refined sugars, hydrogenated oils
- Foods containing gluten
- Non-organic dairy and eggs
- Processed foods including processed meats and cheeses, packaged snack foods
- Excessive fasting
- Excessive snacking – aim to eat on a regular schedule of once every 4 – 6 hours while awake. Contrary to popular belief, all-day snacking keeps insulin levels high, not allowing the body to access fat reserves.

Things to AVOID

- Aim to exercise for at least 30 – 60 minutes 3 to 5 times per week
- A combination of resistance and aerobic training is recommended
- Extensive training is not recommended unless an experienced athlete
- Patient should not begin an exercise program without consulting their healthcare professional

Don't forget to EXERCISE

OMNICLEANSE CALENDAR

01 <ul style="list-style-type: none">❑ 10 drops, 3 times per day <i>CerebroMax, SpinalMax, Matrix Support</i>❑ 2 capsules, <i>OmniCleanse Capsules</i> Continue the OmniCleanse Diet (No Starches)	02 <ul style="list-style-type: none">❑ 10 drops, 3 times per day <i>CerebroMax, SpinalMax, Matrix Support</i>❑ 2 capsules, <i>OmniCleanse Capsules</i> Continue the OmniCleanse Diet (No Starches)	03 <ul style="list-style-type: none">❑ 10 drops, 3 times per day <i>CerebroMax, SpinalMax, Matrix Support</i>❑ 2 capsules, <i>OmniCleanse Capsules</i>❑ 1 serving, <i>OmniCleanse Powdered Beverage</i> Begin the OmniCleanse Diet	04 <ul style="list-style-type: none">❑ 10 drops, 3 times per day <i>Detox I, Detox II, Detox III</i>❑ 2 capsules, <i>OmniCleanse Capsules</i>❑ 1 serving, <i>OmniCleanse Powdered Beverage</i> Continue the OmniCleanse Diet	05 <ul style="list-style-type: none">❑ 10 drops, 3 times per day <i>Detox I, Detox II, Detox III</i>❑ 2 capsules, <i>OmniCleanse Capsules</i>❑ 1 serving, <i>OmniCleanse Powdered Beverage</i> Continue the OmniCleanse Diet	06 <ul style="list-style-type: none">❑ 10 drops, 3 times per day <i>Detox I, Detox II, Detox III</i>❑ 3 capsules, <i>OmniCleanse Capsules</i>❑ 2 serving, <i>OmniCleanse Powdered Beverage</i> Continue the OmniCleanse Diet (No Starches)	07 <ul style="list-style-type: none">❑ 10 drops, 3 times per day <i>Detox I, Detox II, Detox III</i>❑ 3 capsules, <i>OmniCleanse Capsules</i>❑ 2 serving, <i>OmniCleanse Powdered Beverage</i> Continue the OmniCleanse Diet (No Starches)
08 <ul style="list-style-type: none">❑ 10 drops, 3 times per day <i>CerebroMax, SpinalMax, Matrix Support</i>❑ 2 capsules, <i>OmniCleanse Capsules</i>❑ 2 serving, <i>OmniCleanse Powdered Beverage</i> Continue the OmniCleanse Diet (No Starches)	09 <ul style="list-style-type: none">❑ 10 drops, 3 times per day <i>CerebroMax, SpinalMax, Matrix Support</i>❑ 2 capsules, <i>OmniCleanse Capsules</i>❑ 2 serving, <i>OmniCleanse Powdered Beverage</i> Continue the OmniCleanse Diet (No Starches)	10 <ul style="list-style-type: none">❑ 10 drops, 3 times per day <i>CerebroMax, SpinalMax, Matrix Support</i>❑ 2 capsules, <i>OmniCleanse Capsules</i>❑ 1 serving, <i>OmniCleanse Powdered Beverage</i> Continue the OmniCleanse Diet	11 <ul style="list-style-type: none">❑ 10 drops, 3 times per day <i>Detox I, Detox II, Detox III</i>❑ 2 capsules, <i>OmniCleanse Capsules</i>❑ 1 serving, <i>OmniCleanse Powdered Beverage</i> Continue the OmniCleanse Diet	12 <ul style="list-style-type: none">❑ 10 drops, 3 times per day <i>Detox I, Detox II, Detox III</i>❑ 2 capsules, <i>OmniCleanse Capsules</i>❑ 1 serving, <i>OmniCleanse Powdered Beverage</i> Continue the OmniCleanse Diet	13 <ul style="list-style-type: none">❑ 10 drops, 3 times per day <i>Detox I, Detox II, Detox III</i>❑ 2 capsules, <i>OmniCleanse Capsules</i> Continue the OmniCleanse Diet	14 <ul style="list-style-type: none">❑ 10 drops, 3 times per day <i>Detox I, Detox II, Detox III</i>❑ 2 capsules, <i>OmniCleanse Capsules</i> Continue the OmniCleanse Diet

Clearing Reactions

Although rare, some patients on the **OmniCleanse Program** may notice mild to moderate symptoms related to detox congestion, a phenomenon known as a clearing reaction or herxheimer reaction. This occurs when they body's toxic load exceeds its detox capabilities. In these cases, detoxification organs such as the liver become congested and begin to push toxins back into body. The immune system quickly responds and as a result the patient experiences a general sensation of being unwell.

Symptoms vary but generally mimic those of having a mild virus, such as GI discomfort, headaches, fatigue, fever, and body aches. The products in the **OmniCleanse Program**, along with plenty of water and rest can help alleviate this discomfort quickly.

Educate your patient that mild to moderate symptoms may be normal, however they should contact you immediately should they arise. You can assess their need for any possible medical interventions.



WHAT'S NEXT?

Your patient has now completed the **OmniCleanse Program**. What's next? You may want have them retake the symptom survey on pg. 3 so they can notice any physical changes or modifications in symptoms.

Based on their responses and your patient's goals, you can determine the best next step in their wellness program. Remember your patient will continue using the homeopathic remedies from the **Comprehensive Homeopathic Detox Kit** as they progress through the next stage in their program.

Based on your assessment, consider the protocols suggested below:

Goal: Weight-Management, Metabolic Health:

DesBio offers 3 weight-management protocols that may also positively impact metabolic health markers.

- **Evolution Weight-Management Program:** An intensive 6-week protocol to support rapid improvement in body composition. This protocol includes DesBio's popular homeopathic **hA²cg Evolution**.
- **ExoTone Program:** A lifestyle program featuring the ketogenic diet, and **ExoTone**, an exclusive liposomal ketone formula

- **OmniCleanse 28-Day Challenge Protocol:** This protocol adds additional support products to the **OmniCleanse Detox Protocol** and diet requirements that help your patient clean-up their diet and lose additional weight

Goal: Specialized Detoxification

For patients with additional detoxification needs, DesBio offers a selection of specialized detox protocols. These are an excellent option for patients that are experiencing ongoing symptoms or have a known exposure to a specific type of toxicity.

- **ElimaTox:** Comprehensive protocol for patients concerned with exposure to environmental toxins such as food additives, electromagnetic frequencies, and pollutants or those with multiple chemical sensitivities.
- **Candida Clear:** Comprehensive protocol for managing symptoms of intestinal candida and gastrointestinal regeneration.
- **EndoPara Clear:** Comprehensive protocol that targets symptoms of intestinal parasites including blastocystis, hominis giardia, blood flukes, roundworms, tapeworms, pinworms, whipworm and hookworms.



- **Metal and Mineral Balancing Kit:** Comprehensive protocol for aiding the body in the release of toxic metal elements and supporting replenishment of essential nutrients
- **MyCo-Mobilize:** Synergistic program for relieving symptoms caused by mold exposure

Goal: Chronic Infections

- **Series Symptom Relief:** Targeted homeopathic protocol for managing symptoms of specific infectious agents, including Lyme, EBV, bartonella, HPV, and more.

You may want to recommend the following formulas for additional support during the **OmniCleanse Program**.

Detox Support

- **HerXClear Kit**

GI Health

- **Intestinal Restore**
- **BioPro GI**
- **Leaky Gut Formula**
- **Digestaze**

Hormone and Stress

- **Hormone Combination**
- **Adrenal Synergy**

Appetite/Cravings

- **Appetite Control**
- **Crave Control**

FAQ's

Should patient continue to take current supplements and medications while on this program?

Yes. The patient should not discontinue any prescriptions or supplements while on this program without consulting a healthcare provider.

What about exercise?

Exercise and activity are an important component of any wellness program. Regular exercise supports the health of all body systems and plays a major role in meeting and maintaining body composition goals. However, it is important to keep in mind that detox is a stressful process to the body which may lead to minor fatigue. Unless patient is an experienced athlete, excessive training is not recommended during this time. Aim for 30 – 60 minutes of a combination of aerobic and resistance training 3-5 days per week for best results.

Patient has been feeling tired with minor aches and pains and GI discomfort for the past 2 days. What can he or she do?

The patient may be experiencing a “clearing reaction” – see explanation on page 7. This is a normal part of the cleansing process and symptoms normally subside over 3 – 5 days. Advise patient to get extra rest and drink plenty of water during this stage to encourage toxins to leave the system. If symptoms are severe or do not resolve, advise patient to contact a healthcare provider immediately.





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