Detoxification Program Practitioner Guide
Complete the 14-Day OmniCleanse Detoxification Program with the 10-Day OmniCleanse Detox Diet ONLY

Complete the OmniCleanse 28-Day Challenge

Complete the 14-Day OmniCleanse Detoxification Program and then transition to the Evolution Weight-Management Program (requires Evolution Weight-Management Program Practitioner Guide)

The statements in this book have not been evaluated by US Food and Drug Administration. The DesBio OmniCleanse Program is intended to be used under the supervision of a licensed healthcare provider.

REV 021717  For practitioner use only.

*For more information, please see the Evolution Weight-Management Program Practitioner Guide
### Chicken Garlic Stir-fry

- 2 Tbsp coconut OR olive oil
- 6 cloves garlic, minced
- 1 tsp grated fresh ginger
- 1 bunch green onions, chopped
- 1 tsp salt
- 1 lb boneless skinless chicken breasts, cut into strips
- 2 onions, thinly sliced

Heat oil in a wok or large skillet. When oil begins to smoke, quickly stir in 2 cloves minced garlic, ginger root, green onions and salt. Stir fry until onion becomes translucent, about 2 minutes. Add chicken and stir until done, about 3 minutes. Add remaining 4 cloves minced garlic and stir. Add sweet onions, cabbage, bell pepper, peas and 1/2 cup of the broth/water and cover. In a small bowl, mix the remaining 1/2 cup broth/water, soy sauce, and honey. Add sauce mixture to wok/skillet and stir until chicken and vegetables are coated with the thickened sauce. Serve immediately, over hot brown rice if desired.

### "Spaghetti" and Meat Sauce

- 2 lbs ground beef
- ½ med red onion
- ½ cup Italian parsley
- 3 cloves garlic, minced
- 3 large tomatoes

For sauce:
Brown meat in large soup pot. Combine onion, parsley, and garlic in food processor for 15 seconds. Add tomatoes and process until desired consistency. Once meat is cooked through, add dried spices and mix well. Add tomato sauce mixture to pot and let simmer for 20 minutes.

For "noodles":
Preheat oven to 400°F. Cut spaghetti squash in half and scoop out seeds. Bake squash cut-side down in large baking dish with 2 in water covered with aluminum foil. Bake for 40 minutes or until squash is easily removed with fork. Using a fork, scrape the insides of the squash out of the skin and serve the sauce on top of the squash noodles.

### Part 1: 14-Day OmniCleanse Detoxification Program

Welcome to the DesBio 14-Day *OmniCleanse Detoxification Program*. This full-body detoxification program combines professional-grade homeopathic and nutraceutical formulas designed to help clear the body of dangerous toxins and regenerate healthy cells and tissues.

**Who is this program for?**
- Patients looking to support the natural, everyday cleansing of toxic waste from the body
- Patients who want to improve energy and feel rejuvenated
- Patients looking to clean up eating habits, such as before or after a vacation or the holidays
- Patients with moderate weight-loss goals
- Patients starting the *Evolution Weight-Management Program*

For more advanced cleansing or for those experiencing extreme toxicity, chronic illness, or extreme sensitivity, additional support may be required.

**Patients should expect**
- A 14-Day intensive detoxification program that combines the *Comprehensive Homeopathic Detox Kit, OmniCleanse Powdered Beverage* and *OmniCleanse Capsules*
- A 10-Day *OmniCleanse Detox Diet* with clean eating so the body can focus on metabolizing and eliminating internal toxins
- A total of 60 days of complete homeopathic detoxification (no diet or additional products required) for the thorough elimination of toxic build up
Understanding Toxicity

What is detox and why do my patients need it?

DETOX (short for detoxification and drainage) is the removal of toxic or harmful elements from a living organism. Modern living exposes the body to a wide array of potential toxins in the air we breathe and the food we eat. Although the body is designed to rid itself of harmful elements, it cannot always do so with complete efficiency, and toxins accumulate. Over time, these toxins can build up in concentrations that are high enough to negatively impact health. Even the most careful and health-conscious are subjected to the rising level of environmental toxicity. Americans are experiencing a greater toxic burden than ever before, and it is nearly impossible for natural body systems to handle this incoming flow, causing toxins to become stored over time. All patients can benefit from a healthy detox and drainage program that clears the body of stored toxins to prevent toxic overload.

Symptoms of toxicity

Headaches, fatigue, weight gain, allergies, chronic illness, depression, aches and pains, anxiety, sleep problems, autoimmunity, frequent colds and flus, anxiety, skin rashes/acetne, mental fog, infertility, and many signs of chronic illnesses.

Chicken and Beef

<table>
<thead>
<tr>
<th>Pan-Seared Chicken with Curried Parsnips</th>
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<tbody>
<tr>
<td>2 lbs boneless, skinless chicken breasts – cut into 2 or 3 strips</td>
</tr>
<tr>
<td>2 parsnips, even bite sized pieces</td>
</tr>
<tr>
<td>½ medium yellow onion, minced</td>
</tr>
<tr>
<td>1 pear, peeled and diced</td>
</tr>
<tr>
<td>2 Tbsp garlic, minced</td>
</tr>
<tr>
<td>Melt coconut oil over medium heat in large skilet. Season both sides of the chicken tenders with salt and pepper. Sear in coconut oil for 3-5 minutes per side or until chicken is browned. Removed the chicken from the pan and set aside. Add more coconut oil to the same pan (if needed). Add onions and saute for 2-3 minutes. Add the parsnips and saute until they start to brown. Add the garlic and pears and saute for another 2-3 minutes. Sprinkle the curry powder all over the veggie mixture. Pour in the coconut milk and chicken broth, and mix well. Bring to a simmer and continue stirring until the parsnips are tender all the way through and the sauce starts to thicken. Top the parsnip mixture with the chicken tenders, cover, turn to low and cook for another 5 minutes.</td>
</tr>
<tr>
<td>1/2 – 1 Tbsp cumin</td>
</tr>
<tr>
<td>½ cup organic, low sodium chicken broth</td>
</tr>
<tr>
<td>1/4 cup canned coconut milk</td>
</tr>
<tr>
<td>Sea salt and black pepper to taste</td>
</tr>
<tr>
<td>2-3 Tbsp coconut oil</td>
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</table>

<table>
<thead>
<tr>
<th>Beef Lettuce Wraps</th>
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</thead>
<tbody>
<tr>
<td>2 lbs ground beef</td>
</tr>
<tr>
<td>1 large red bell pepper, diced</td>
</tr>
<tr>
<td>1 med yellow onion, thinly sliced</td>
</tr>
<tr>
<td>1 bunches sweet basil leaves</td>
</tr>
<tr>
<td>(reserve half a bunch for garnish)</td>
</tr>
<tr>
<td>1 bunch fresh cilantro</td>
</tr>
<tr>
<td>3 Tbsp, minced</td>
</tr>
<tr>
<td>Several butter lettuce or other large green leaf lettuce leaves for the wraps</td>
</tr>
<tr>
<td>In large skillet, heat coconut oil over medium heat. Add bell peppers and onions. Sauté until tender. Remove bell peppers and onions from pan and set aside. In the same pan, brown the ground beef. While the ground beef is cooking, whisk together Bragg’s Liquid Aminos®, fish sauce, lime juice, hot chili sauce, sesamie oil and garlic. Add the bell peppers and onions back to the pan with ground beef, pour in the sauce, add ½ bunch chopped basil leaves and ½ bunch chopped cilantro. Stir until leaves are just wilted. To serve, fill lettuce leaves with servings of the meat mixture topped with chopped cilantro and more basil leaves.</td>
</tr>
<tr>
<td>2-3 Tbsp Bragg Liquid Aminos®</td>
</tr>
<tr>
<td>2 teaspoons fish sauce</td>
</tr>
<tr>
<td>1-2 tsp hot chili sauce</td>
</tr>
<tr>
<td>1 Tbsp lime juice</td>
</tr>
<tr>
<td>2 tsp sesame oil</td>
</tr>
<tr>
<td>1 Tbsp coconut oil</td>
</tr>
</tbody>
</table>
For Salmon Cakes:
1 lb salmon fillet (skinless, with bones removed)
2 eggs
1 jalapeno pepper, minced

For Mango and Cilantro Salsa:
1 large ripe mango
4 Tbsp chopped cilantro
1/2 cup red onion, minced

Check salmon carefully to be sure all bones have been removed. Chop into a fine dice and set aside. Beat eggs in a large bowl. Mix in coconut flour, salt and pepper. Mince jalapeno and add to the egg mixture. Add the salmon and combine completely. Warm a skillet over medium-high heat, and add coconut oil when pan is hot. Test the pan to be sure it is hot by dropping a tiny portion of salmon mixture in the pan – it should sizzle immediately. Add the salmon mixture to the coconut oil in small (3”) cakes and fry until they are golden brown on the outside, and cooked pink on the inside (a minute or two on each side). Let the cakes rest on paper towels when taken out of the pan to absorb any extra coconut oil. Meanwhile, prepare salsa by combining diced mango, red onion and cilantro in a bowl. Drizzle with olive oil and add sea salt to taste. Serve on top of salmon cakes.

For Macadamia Encrusted Halibut:
3/4 cup macadamia nuts, chopped
1 tsp olive oil
1 egg
2 tsp unsweetened almond or coconut milk
1 Tbsp fresh parsley, chopped

Preheat oven to 350°. Toast macadamia nuts in a small skillet over medium-low heat until slightly golden. NOTE: stir constantly, as they will burn quickly if unattended. Set aside and allow nuts to cool completely before chopping. Chop when cool. Meanwhile, lightly grease a shallow baking dish with olive oil. In a medium bowl, beat egg with almond or coconut milk and set aside. Add parsley, sea salt, pepper, and orange zest to a shallow bowl with the nuts. Dip each halibut filet in egg mixture, and coat on both sides, then press halibut in nut mixture. Be sure each filet is fully coated. Place fillets in the shallow baking pan, and bake for 15 minutes (or until fish flakes apart with a fork). Serve with orange slices.

The OmniCleanse Whole-Body Detox Difference
Most detox systems are organ-specific, meaning they aim to cleanse or purify individual body systems such as the liver or colon. Since detoxification is a multi-step, multi-system process, single-system approaches can fail to address certain toxic build-ups or even worse, cause detox pathways to get clogged or congested along the elimination route. The OmniCleanse Detoxification Program reaches deeply harbored toxins and facilitates their complete elimination.

Brain and Nervous System Protection
The brain and spine serve as the body’s internal control center. Therefore, protecting these organs from damage from toxins is a vital, often overlooked component of the detoxification process.

The Extracellular Matrix or the Interstitial Space
The extracellular matrix is the area between the cells. It serves a vital role in the transport of nutrients and toxins into and out of the body. During toxicity, this space can become clogged.

Liver/Phase 1 and 2 Detoxification Support
In the liver, oil-based stored toxins are converted to water-based compounds that can be excreted and eliminated. This process occurs in two steps that must always be working in concert with each other.

Phase 1 and 2 Detoxification or Biotransformation
Phase 1: Activation Phase
The first step in liver detoxification involves enzymatically transforming or activating the toxicant. Phase 1 enzymes chemically convert the lipid-soluble toxicant to its activated form. In some cases, the activated product becomes water-soluble after just Phase 1 and can be directly excreted. More often, however, the activated toxin can actually become more toxic than the original compound and must undergo Phase 2 to be completely eliminated.

Phase 2: Conjugation and Elimination Phase
In this phase conjugation (attachment) of the activated toxin to larger, water-soluble substrate occurs. Remember that the activated toxin created by Phase 1 is more reactive and toxic than the original parent molecule, so Phase 2 is absolutely essential to facilitate excretion. OmniCleanse Capsules have been specifically developed to support Phase 1 and 2 balance.
The OmniCleanse Whole-Body Detox Difference

Digestive and Colon Integrity
The digestive system plays a unique role in the detoxification process because it serves as both an entrance and elimination point for toxins. Toxins enter the GI tract via the foods we eat, medications we consume, and even as toxic by-products released by intestinal bacteria. Toxins that remain within the GI tract run the risk of being reabsorbed via the intestinal mucosa. This is why fiber and water intake are essential to encourage the elimination of toxins via the feces.

Kidney and Bladder Purification
As the major site of elimination for water-soluble toxins, the urinary system, including the kidneys and bladder, must be functioning optimally during detoxification. Infections or inadequate intake of water can impact this system and interfere with toxin release.

Immune System and Lymph Drainage Support
The immune system has the important role of monitoring the body for potential pathogenic invaders. In a state of chronic toxicity, the normal immune response can become unbalanced and over-stimulated, resulting in unmediated inflammatory responses to otherwise benign particles (think allergies and autoimmunity).

Antioxidants, Phytonutrients, Core Nutrients, and Metabolism
Detox and drainage is a complex, multi-step process that calls on all body systems to function optimally. The OmniCleanse Detoxification Program aims to support these systems with a comprehensive blend of nutrients to optimize nutritional status.

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
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<tbody>
<tr>
<td>4 boneless chicken breasts (cubed and cooked)</td>
<td>1/2 lb green beans (chopped)</td>
</tr>
<tr>
<td>2 tsp ea of basil, oregano, salt, pepper</td>
<td>1 red bell pepper (diced)</td>
</tr>
<tr>
<td>2 cloves garlic (minced)</td>
<td>2 c tomato sauce</td>
</tr>
<tr>
<td>1 sm yellow onion (chopped)</td>
<td>2 1/2 cups chicken broth</td>
</tr>
<tr>
<td>4 sm carrots (chopped)</td>
<td>2 bay leaves</td>
</tr>
<tr>
<td>1 Tbsp coconut oil</td>
<td>1 Tbsp coconut oil</td>
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</tbody>
</table>

Add 1 Tbsp coconut oil to sauce pan over medium heat. Add onions, garlic, carrots, green beans, bell pepper, tomato sauce, chicken. Simmer for 2 minutes. Add basil, oregano, salt, and pepper. Add chicken broth and tomato sauce. Bring to boil. Cover and let simmer for 30 minutes.

Chicken and Veggie Soup

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
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<tbody>
<tr>
<td>3 Tbsp fresh lime juice</td>
<td>1 cantaloupe (3 lbs), quartered and seeded</td>
</tr>
<tr>
<td>4 tsp raw honey</td>
<td>1 avocado</td>
</tr>
<tr>
<td>2 Tbsp olive oil</td>
<td>1 cup cherry or grape tomatoes, halved</td>
</tr>
<tr>
<td>1/2 tsp coarse sea salt</td>
<td>1/2 tsp coarse sea salt</td>
</tr>
</tbody>
</table>

In a large bowl, whisk together lime juice, honey, oil and sea salt; set aside. Cut each cantaloupe quarter in half lengthwise. Run a knife between the flesh and the skin of the melon, discard skin. Slice each wedge lengthwise into 1/2” pieces. Add cantaloupe, avocado, and grape tomatoes to bowl with dressing and toss to coat.

Cantaloupe and Avocado Salad

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
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<tbody>
<tr>
<td>1 Tbsp olive oil</td>
<td>1/4 tsp freshly ground black pepper</td>
</tr>
<tr>
<td>2 Tbsp apple cider vinegar</td>
<td>1/4 tsp sea salt (optional)</td>
</tr>
<tr>
<td>1/4 tsp ground cumin</td>
<td>1 tsp raw honey (optional)</td>
</tr>
<tr>
<td>1/4 tsp whole cumin seed</td>
<td>1 small red or green cabbage (or 1/2 of each)</td>
</tr>
<tr>
<td>1/4 tsp celery seed</td>
<td>3/4 lb salmon fillet(s), skin on</td>
</tr>
</tbody>
</table>

In a small bowl, whisk together all ingredients except cabbage to make the dressing. Set aside. Finely shred cabbage and put in large bowl. Add the dressing to cabbage and mix thoroughly. Serve immediately, or store in the refrigerator overnight for more flavor.

Coleslaw

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
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<tbody>
<tr>
<td>3/4 lb salmon fillet(s), skin on</td>
<td>juice of 1 lemon</td>
</tr>
<tr>
<td>1/2 cup almond meal</td>
<td>sea salt and freshly ground black pepper</td>
</tr>
<tr>
<td>1/2 tsp ground coriander</td>
<td>a few sprigs of fresh cilantro</td>
</tr>
</tbody>
</table>
| 1/2 tsp ground cumin | Preheat the oven to 350° F. Combine almond meal, coriander and cumin in a small bowl. Sprinkle the salmon fillet(s) with the lemon juice and season with salt and pepper. Coat each fillet with the almond meal mixture (both sides). Place skin side down on a broiler pan, greased lightly with coconut oil. Bake for 12-15 minutes, or until salmon flakes easily with a fork. Top with freshly chopped cilantro before serving.

Seaweed

Almond-Crusted Salmon
### OmniCleanse Detox Diet Recipes (can also be used in Transformation Phase)

#### Breakfast

**Veggie Frittata**
- Can be refrigerated and reheated!
- Heat coconut oil in oven-proof skillet over medium heat. When hot, add chopped vegetables, 1/4 tsp sea salt, 1/8 tsp ground black pepper, and whisk until soft. Pour eggs over vegetable mixture and stir gently. Cover, reduce heat and cook 15 minutes. Meanwhile, preheat broiler to low. Finish frittata with 3 minutes under the broiler (until fully set). Invert onto a plate, slice and serve warm or cold.

<table>
<thead>
<tr>
<th>Ingredients</th>
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<tbody>
<tr>
<td>28 1 1/2 Tbsp olive or coconut oil</td>
<td></td>
</tr>
<tr>
<td>28 9 large eggs OR 5 eggs/7 whites</td>
<td></td>
</tr>
<tr>
<td>28 Chopped vegetables (suggestions: red bell pepper, onion, zucchini, tomatoes)</td>
<td></td>
</tr>
<tr>
<td>28 1 Tbsp fresh thyme</td>
<td></td>
</tr>
<tr>
<td>28 1/2 tsp sea salt, divided</td>
<td></td>
</tr>
<tr>
<td>28 1/4 tsp freshly ground black pepper</td>
<td></td>
</tr>
<tr>
<td>28 2 garlic cloves, minced</td>
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</table>

**Almond-Banana “Pancakes”**
- Mash bananas in a bowl. Add egg and almond meal and vanilla. Whisk until blended. Heat large non-stick skillet over medium heat along with coconut oil. Pour small discs of batter onto hot pan (3-4” around). Reapply oil to the pan after each round of pancakes.

<table>
<thead>
<tr>
<th>Ingredients</th>
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<tbody>
<tr>
<td>2 2 bananas</td>
<td></td>
</tr>
<tr>
<td>1 1 egg</td>
<td></td>
</tr>
<tr>
<td>2 1/2 cups almond meal</td>
<td></td>
</tr>
<tr>
<td>1 fresh blueberries</td>
<td></td>
</tr>
<tr>
<td>1 1 tsp vanilla extract</td>
<td></td>
</tr>
<tr>
<td>1 1 tsp coconut oil</td>
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**Hot Apple-Cinnamon “Cereal”**
- Combine ingredients in a small saucepan over medium heat. Stir often until all is thoroughly combined and warm.

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<thead>
<tr>
<th>Ingredients</th>
<th>Amount</th>
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<tbody>
<tr>
<td>2-3 Tbsp unsweetened coconut milk</td>
<td></td>
</tr>
<tr>
<td>2-3 Tbsp unsweetened coconut milk</td>
<td></td>
</tr>
<tr>
<td>1-1/2 cup applesauce (unsweetened)</td>
<td></td>
</tr>
<tr>
<td>4 Tbsp raw, chunky almond butter</td>
<td></td>
</tr>
</tbody>
</table>

#### Soups and Salad

**“Cream” of Mushroom Soup**
- In a food processor, blend avocado, grapefruit juice, garlic and hot water. Set aside. Meanwhile, heat a medium pan with tall sides over medium-high heat. Add coconut oil. Sauté mushrooms, sweet pepper, onion, tomato, and basil until they begin to soften. Add avocado mixture and heat through.

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Amount</th>
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</thead>
<tbody>
<tr>
<td>2 avocados (peeled and pitted)</td>
<td></td>
</tr>
<tr>
<td>28 1/2 grapefruit juice</td>
<td></td>
</tr>
<tr>
<td>1 clove garlic</td>
<td></td>
</tr>
<tr>
<td>2 cups hot water</td>
<td></td>
</tr>
<tr>
<td>1 Tbsp coconut oil</td>
<td></td>
</tr>
<tr>
<td>1 cup mushrooms, sliced</td>
<td></td>
</tr>
<tr>
<td>1 red sweet pepper, diced</td>
<td></td>
</tr>
<tr>
<td>1/4 small yellow onion, finely minced</td>
<td></td>
</tr>
<tr>
<td>2 tomatoes, diced</td>
<td></td>
</tr>
<tr>
<td>3-4 sprigs fresh basil</td>
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#### The OmniCleanse Detoxification Program

**Product Recommendations**

**OmniCleanse Detoxification Kit**

- **OmniCleanse Detoxification Kit**
  - Comprehensive Homeopathic Detox Kit
    - Use the remedies in this kit for 60 days to facilitate full-body detoxification.
  - **CerebroMax** - Supports the brain with homeopathic ingredients that relieve symptoms related to cognitive function and the elimination of toxins
  - **SpinalMax** - Designed to focus on symptom relief related to the spine and nerves
  - **Matrix Support** - Homeopathic remedy to relieve the symptoms related to the congestion of the interstitial matrix
  - **Detox I** - Relieves symptoms related to blockage of liver detoxification pathways and gastrointestinal integrity
  - **Detox II** - Relieves symptoms related to blockages of the urinary system so that toxins that must be eliminated via the renal route are released
  - **Detox III** - Relieves symptoms related to dysfunction of the immune and lymphatic systems

**OmniCleanse Powdered Beverage and Capsules**

- This select combination of nutritional and botanical ingredients helps to aid the body’s detoxification and drainage processes. Nutrients are the body’s building blocks and therefore serve as the substrates and co-factors for the enzymes and help to build and regenerate healthy tissues. Botanical and herbal remedies have the ability to alter physiological activity, such as enzymes and antioxidant processes, to be more favorable for detoxification and cellular health.

- **OmniCleanse Powdered Beverage**
  - The multivitamin/mineral core, organic fruit and vegetable blend, and super food greens blend in **OmniCleanse Powdered Beverage** aim to help optimize nutritional status, a key component of healthy detoxification. **OmniCleanse Powdered Beverage** also contains specialty nutrients and botanicals to support each body system in the full body detoxification and drainage process.

- **OmniCleanse Capsules**
  - Designed to specifically support the liver, which serves an integral role in detoxification processes. Interference in liver detox processes is a common place for toxins to get “stuck.” **OmniCleanse Capsules** provide the nutritional ingredients, co-factors, and enzymes necessary to facilitate liver detoxification and drainage.
The Recommendations:

**Appetite Control** (Weight-Management Support) Dose: __________________________

**BioPro 30** (Probiotic/Dysbiosis) Dose: __________________________

**Crave Control** (Weight-Management Support) Dose: __________________________

**Digestaze** (Digestive enzymes) Dose: __________________________

**EquolSlim** (Weight-management support) Dose: __________________________

**HGH Vitality** (Hormone, body composition support) Dose: __________________________

**Hormone Combination** (Hormone support) Dose: __________________________

**Liposomal Methyl B** (Mood, Detox Support) Dose: __________________________

**Intestinal Restore** (Digestive Support) Dose: __________________________

**pH Stabilizer** (Alkalinity, pH support) Dose: __________________________

**Professional Weight Support** (Weight-Management Support) Dose: __________________________

Other:

Other:

Other:

Additional Therapies:

1.)

2.)

3.)

Record patients end results:

Ending Weight: __________________________  BF%

Waist Circumference: __________________________

Day 35: Compare these results to the survey completed at the beginning of the program.

How often does patient experience the following:

Score:  1) Never  2) Rarely (1x week)  3) Often (2-4x week)  4) Always (5+ x/week)

**Blood Sugar and Weight**

1) ______ Extreme or compulsive hunger
2) ______ Binge eating or drinking

**Head, Eyes, Ears**

3) ______ Headache
4) ______ Migraine
5) ______ Blurred vision
6) ______ Dark circles/puffy/bags under eyes
7) ______ Ear Infections

**Upper Respiratory**

8) ______ Nasal congestion
9) ______ Sinus infection/congestion
10) ______ Upper respiratory allergy symptoms
11) ______ Sore throat/cough
12) ______ Shortness of breath
13) ______ Asthma
14) ______ Chest pain

**Joint and Muscle**

15) ______ Muscle pain
16) ______ Joint pain or stiffness
17) ______ Fracture, break, or strain

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. Incorporate additional therapies as necessary.
Example Days – Transformation Phase

**Day 22**

**Upon Rising:**
CerebroMax, SpinalMax, Matrix Support
10 drops/ea OR Combine 30 drops/ea (90 drops total) in a 1 liter bottle of water and sip throughout the day

**Breakfast (within 1-2 hours of awakening):**
15 minutes prior: 10 drops Professional Weight Support
2 c. Coffee/tea w/1 Tbsp. non-fat milk or milk substitute
1 svgl. OmniMeal* mixed with 1 c. almond milk and ½ banana

1 Crave Control to manage hunger

**Lunch (4 – 6 hours after breakfast):**
15 minutes prior: 10 drops Professional Weight Support
6 oz Grilled chicken breast
1 c. Quinoa Salad with Roasted Vegetables
2 c. Iced Green tea
Wait 30 mins – CerebroMax, SpinalMax, Matrix Support 10 drops/ea

1 Crave Control to manage hunger

**Snack (2-3 hours after lunch):**
1 Apple – Can be used as PM pre-workout

1 Crave Control to manage hunger

**Dinner (2-3 hours after snack, 2 hours before bed):**
15 minutes prior: 10 drops Professional Weight Support
6 oz Baked salmon
2 Tbsp Piccata sauce (yogurt base)
6 Steamed asparagus spears
2 c. Flavored unsweetened water
1 OmniCleanse Capsule
Wait 30 mins – CerebroMax, SpinalMax, Matrix Support 10 drops/ea

**Example Days – Transformation Phase**

**Day 27**

**Upon Rising:**
Detox I, Detox II, Detox III 10 drops/ea OR Combine 30 drops/ea (90 drops total) in a 1 liter bottle of water and sip throughout the day

**Breakfast (within 1-2 hours of awakening):**
15 minutes prior: 10 drops Professional Weight Support
2 c. Coffee/tea w/1 Tbsp. non-fat milk or milk substitute
2 servings OmniMeal* with ½ c. strawberries and ½ banana mixed in water or almond milk. Add ½ c. spinach for added boost.

1 Crave Control to manage hunger

**Lunch (4 – 6 hours after breakfast):**
15 minutes prior: 10 drops Professional Weight Support
6 oz Grilled chicken
1 c. Brown rice
1 c. Green Beans sautéed with olive oil and garlic
2 c. Flavored unsweetened water Wait 30 mins – Detox I, Detox II, Detox III 10 drops/ea

1 Crave Control to manage hunger

**Snack (2-3 hours after lunch):**
1 Orange, 10 Almonds

1 Crave Control to manage hunger

**Dinner (2-3 hours after snack, 2 hours before bed):**
15 minutes prior: 10 drops Professional Weight Support
6 oz Grilled chicken
1 c. Brown rice
1 c. Green Beans sautéed with olive oil and garlic
2 c. Flavored unsweetened water Wait 30 mins – Detox I, Detox II, Detox III 10 drops/ea

**Getting Started**

Complete this goal sheet and the survey below to help the patient keep track of progress.

What are the patients’ 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? _______________________________________________________

*Optimal.com may also be substituted for OmniMeal
Answer the Following Questions as they apply to the patient in the last 90 Days.
(Complete this again on day 35.)

How often does the patient experience the following:

Score: 1) Never 2) Rarely (1x week) 3) Often (2-4x week) 4) Always (5+ x/week)

**Blood Sugar and Weight**
1) ______ Extreme or compulsive hunger
2) ______ Binge eating or drinking

**Head, Eyes, Ears**
3) ______ Headache
4) ______ Migraine
5) ______ Blurred vision
6) ______ Dark circles/puffy/bags under eyes
7) ______ Ear Infections

**Upper Respiratory**
8) ______ Nasal congestion
9) ______ Sinus infection/congestion
10) ______ Upper respiratory allergy symptoms
11) ______ Sore throat/cough
12) ______ Shortness of breath
13) ______ Asthma
14) ______ Chest pain

**Joint and Muscle**
15) ______ Muscle pain
16) ______ Joint pain or stiffness
17) ______ Fracture, break, or strain

**Gastrointestinal**
18) ______ Nausea
19) ______ Loose stools/diarrhea
20) ______ Constipation
21) ______ Flatulence, gas, abdominal cramping
22) ______ Blood in stool
23) ______ Food sensitivity symptoms

**Bladder/Kidneys**
24) ______ Painful urination
25) ______ Frequent urination
26) ______ Blood in urine

**Skin**
27) ______ Dry or cracked skin
28) ______ Rashes, hives, or itchy skin
29) ______ Acne or break outs
30) ______ Excessive sweating, night sweats

**Mental Well-Being**
31) ______ Ongoing fatigue
32) ______ Depression or mood swings
33) ______ Decreased memory, foggy thinking
34) ______ Anxiety
35) ______ Hyperactivity
36) ______ 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.

Avoid the following:
- Dairy Products (all)
- Soy Foods (all)
- Grains (all)
- Legumes (all)
- Caffeine (all)
- Alcohol (all)
- Eggs and egg whites
- Nightshade vegetables

- Other: __________________________
- Other: __________________________
- Other: __________________________

For greater fat-loss results
consider removing ALL pleasure foods and/or alcohol for the duration of this program.

Use OmniMeal* as a protein substitute for 2 meals per day for better calorie control.

For a more Paleo-style eating plan
consider removing ALL grains, legumes, dairy, and soy for the duration of this program.

- *OptimaLean may also be substituted for OmniMeal
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 of this diet for days 3 – 12 of this program.

### Best detox diet foods

- **Organic foods** – try to eat organic as much as possible
- **Whole foods** – the less packaged items, the better!
- **Fresh produce** – especially dark green vegetables like kale, broccoli, and spinach
- **Healthy fats like coconut oil, salmon, avocado**
- **Water** – this is essential to help the body flush toxins out of the system. Aim for at least 8 cups of unflavored water per day

### Detox diet foods to avoid

- **Artificial sweeteners, refined sugars, hydrogenated oils**
- **Foods containing gluten**
- **GMO and processed soy foods (soy-meat replacements, soy snack bars)**
- **Non-organic dairy and eggs**
- **Processed foods including processed meats and cheeses, packaged snack foods**
- **Alcohol and excessive caffeine intake (1 cup coffee per day allowed)**
- **Excessive fasting** – as described in the first few pages of this booklet, detoxification is a complex and nutritionally dependent process.
- **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.

### Food phase food list

The suggestions below may not entirely fit patient’s unique health needs. Please work with patient to address any food allergies, intolerances, or specific nutritional requirements.

<table>
<thead>
<tr>
<th>Group</th>
<th>Servings per Day</th>
<th>Try</th>
<th>Avoid</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Proteins</strong></td>
<td>3 or more</td>
<td><strong>Meat, Poultry, and Fish</strong></td>
<td><strong>Processed/packaged</strong></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Choose organic whenever possible. Chicken, turkey, lamb, grass-fed</td>
<td>**meat foods, hot dogs, cold cuts, sausage, canned &amp; processed meats, canned processed</td>
</tr>
<tr>
<td></td>
<td></td>
<td>beef, wild salmon, mackerel, trout, halibut, albacore, canned</td>
<td><strong>meat products</strong></td>
</tr>
<tr>
<td></td>
<td></td>
<td>tuna, shrimp</td>
<td><strong>Eggs, and Dairy</strong></td>
</tr>
<tr>
<td></td>
<td></td>
<td>**Artificial eggs, flavored/seasoned yogurts, flavored milks,</td>
<td><strong>processed cheese foods</strong></td>
</tr>
<tr>
<td></td>
<td></td>
<td>processed cheese</td>
<td><strong>Food items Processed soy-based meat substitutes</strong></td>
</tr>
<tr>
<td><strong>Grains, Legumes, and Starches</strong></td>
<td>3 or less per day</td>
<td><strong>Grains</strong></td>
<td><strong>Grains</strong></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Brown rice, quinoa, buckwheat, oats (gluten-free)</td>
<td><strong>All refined grains and white flours</strong></td>
</tr>
<tr>
<td></td>
<td></td>
<td><strong>Legumes</strong></td>
<td>**flour-containing grains (wheat, barley, spelt, millet), corn, white bread, cookies,</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Black beans, kidney beans, garbanzo beans, lentils, pinto beans,</td>
<td>**meat, chicken, turkey, lamb, grass-fed beef, wild salmon, mackerel, trout, halibut,</td>
</tr>
<tr>
<td></td>
<td></td>
<td>organic peanuts</td>
<td>**albacore, canned tuna, shellfish (shrimp, oyster, crab, scallops), tilapia, shark,</td>
</tr>
<tr>
<td></td>
<td></td>
<td><strong>Starchy vegetables</strong></td>
<td><strong>mahi-mahi, ahi tuna, canned tuna, shellfish (shrimp, oyster, crab, scallops)</strong></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Sweet potatoes, squash, pumkins</td>
<td><strong>Legumes</strong></td>
</tr>
<tr>
<td><strong>Produce</strong></td>
<td>3 or more</td>
<td><strong>All foods, fresh or freshly juiced vegetables and fruits</strong></td>
<td><strong>Non-organic peanuts, honey roasted nuts, flavored nuts</strong></td>
</tr>
<tr>
<td></td>
<td></td>
<td><strong>Vegetable soups and soups</strong></td>
<td><strong>Non-organic peanuts, honey roasted nuts, flavored nuts</strong></td>
</tr>
<tr>
<td><strong>Nuts, Nut Butters, and Seeds</strong></td>
<td>2 or less unless substituting for protein</td>
<td><strong>Watch serving size closely with nuts! Almonds, cashews, hazelnuts, pecans, pumpkin seeds, sunflower seeds, coconut, peanuts (organic only)</strong></td>
<td><strong>Non-organic peanuts, honey roasted nuts, flavored nuts</strong></td>
</tr>
<tr>
<td><strong>Oils and Fats</strong></td>
<td>2 - 5 mg/day</td>
<td>**Olive oil, sesame oil, sunflower oil, flax oil, coconut oil,</td>
<td><strong>Margarine, shortening, commercial salad dressings, hydrogenated oil, canola oil</strong></td>
</tr>
<tr>
<td></td>
<td></td>
<td>avocado oil, organic butter/olive (use sparingly)**</td>
<td><strong>Margarine, shortening, commercial salad dressings, hydrogenated oil, canola oil</strong></td>
</tr>
<tr>
<td><strong>Beverages</strong></td>
<td>8 cups or more per day</td>
<td><strong>WATER!!!!!, herbal tea, green tea, black tea, unsweetened almond milk, coconut milk, cashew milk, hemp milk, organic dairy milk (use sparingly), etc.</strong></td>
<td><strong>Isodas, fruit juices, flavored waters with sugars/artificial sweeteners, soy milk, sweetened milk</strong></td>
</tr>
<tr>
<td><strong>Alcohol</strong></td>
<td>Maximum 2 alcoholic drinks/week</td>
<td><strong>Red/white wine, liquor with low calorie mixer (club soda), light beer (&lt;110 calories/sg)</strong></td>
<td><strong>Mixed drinks (margaritas, mojitos, daiquiris, etc.)</strong></td>
</tr>
<tr>
<td></td>
<td></td>
<td>**Cream-based drinks, screwdriver drinks (margaritas, mojitos,</td>
<td><strong>Blended coffee beverages, lattes/appreciatio</strong></td>
</tr>
<tr>
<td></td>
<td></td>
<td>daiquiris, etc.)**</td>
<td><strong>Milkshakes, donuts, donut holes, etc.</strong></td>
</tr>
<tr>
<td><strong>Spices, Flavors, Additives</strong></td>
<td>As many as desired</td>
<td>**Salt, pepper, lemon/lime, all natural spices (cinnamon,</td>
<td><strong>Sodium glutamate, food colorants</strong></td>
</tr>
<tr>
<td></td>
<td></td>
<td>mace, marjoram, basil, cumin, cardamom, nutmeg, garlic, ginger,</td>
<td><strong>Sodium glutamate, food colorants</strong></td>
</tr>
<tr>
<td></td>
<td></td>
<td>cinnamon, rosemary, thyme, sage, etc.)**</td>
<td><strong>Sodium glutamate, food colorants</strong></td>
</tr>
<tr>
<td><strong>Sweeteners</strong></td>
<td>Continuous use sparingly, less than 2 tsp per day</td>
<td>**Case sugar, cane sugar, evaporated cane juice, Ny-sweet, honey,</td>
<td>**Corn syrup, high fructose corn syrup, all artificial sweeteners: sucrose, sucralose,</td>
</tr>
<tr>
<td></td>
<td></td>
<td>brown-sugar substitute, stevia, sucralose, aspartame, Ace-K**</td>
<td><strong>saccharin, acesulfame-K</strong></td>
</tr>
<tr>
<td><strong>Snack foods</strong></td>
<td>Aim for 1, maximum 2 snacks per day</td>
<td><strong>Select foods that are high in protein, fiber, and healthy fats.</strong></td>
<td><strong>High carbohydrate snacks – pretzels, rice cakes, breads, crackers, chips, candy</strong></td>
</tr>
<tr>
<td><strong>Pleasure Foods</strong></td>
<td>Maximum 2 mg/kg not exceeding 250 cal</td>
<td><strong>Emphasize quality! Patient can eat cakes, cookies, chips, crackers, chocolate, French fries, etc.</strong></td>
<td><strong>high-sugar-laden foods</strong></td>
</tr>
</tbody>
</table>
Other Considerations

• 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.
• Water!!! Consume at least 8 glasses of pure water per day to get results.
• 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.

Transformation phase support products

Crave Control – A nutraceutical formula designed to support metabolism and help manage hunger and cravings.

Professional Weight Support – A comprehensive blend of 21 homeopathic ingredients to aid in weight maintenance, including support for appetite control, blood sugar, immunity, detoxification, and more.

OmnisMeal® – The ideal supplement for those who want the benefits of a whole-foods diet. OmnisMeal is the perfect combination of nutrients and great taste and features organic, food-sourced vitamins and TRAACS minerals, for high quality and bioavailable micronutrient supplementation. Each serving provides 14 grams of protein, 13 of which are directly sourced from New Zealand Whey Protein to support healthy body composition and sustainable energy.

Also Recommended:

Continue all recommendations from:

Appetite Control (Weight-Management Support) ............................  Dose: __________________________
BioPro 30 (Probiotic/Dysbiosis) .................................................  Dose: __________________________
Crave Control (Weight-Management Support) ............................  Dose: __________________________
Digestaze (Digestive enzymes) ..................................................  Dose: __________________________
EquolSlim (weight-management support) .................................  Dose: __________________________
HGH Vitality (Hormone, body composition support) ..................  Dose: __________________________
Hormone Combination (Hormone support)...............................  Dose: __________________________
Liposomal Methyl B (Mood, Detox Support) ..............................  Dose: __________________________
Intestinal Restore (Digestive Support) .......................................  Dose: __________________________
pH Stabilizer (Alkalinity, pH support) ......................................  Dose: __________________________
Professional Weight Support (Weight-Management Support) ......  Dose: __________________________

Other:

*OptimaLean may also be substituted for OmnisMeal
Transformation phase tips and guidelines

- Remember that the body responds and operates best on whole, non-processed foods that are rich in nutrients. Patient should eat organic and whole foods as much as possible.
- Keep up all that fresh produce! Aim for at least 5 servings per day.
- Limit carbohydrates from grains and starches.
- Fill up on healthy fats like coconut oil, salmon, avocado.
- Patient may see better results if they continue to avoid gluten. Continue to avoid all foods with known allergy or sensitivity.
- Water – stay hydrated and continue to flush toxins out of the system. Aim for at least 8 cups of unflavored water per day.
- Aim to maintain regular meal and snack times of every 4 – 6 hours. The body needs to transition from the fed state to the fasting state throughout the day to unlock fat stores.
- Consume a maximum of 2 alcoholic beverages per week for the remaining 2 weeks if desired. See food list for recommendations. Remember that alcohol lowers inhibitions and can make it more challenging to stick to diet guidelines.
- Patient can now increase intake of caffeinated beverages. Be aware that requiring more than 2-3 servings of caffeine per day can be a sign of an underlying health issue.
- Re-establish relationship with favorite foods. Part of long-term weight management success is learning to enjoy favorite foods in moderation. No one wants to be on a diet forever! Emphasize high-quality “pleasure foods” in small quantities and focus on enjoying them.

Other considerations

- Get adequate rest. Aim for at least 7 – 9 hours of rest at this time.
- Water!!! Consume at least 8 glasses of pure water per day to get results.
- For maximum improvement in body composition, increase exercise to 30 – 60 minutes 4+ times per week. A combination of resistance and aerobic training is recommended.

### Food Group Servings per Day

<table>
<thead>
<tr>
<th>Food Group</th>
<th>Servings per Day</th>
<th>Try</th>
<th>Avoid</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Proteins</strong></td>
<td>3 or more</td>
<td>Meat, Poultry, and Fish: Choose organic, hormone-free sources only. Eggs, egg whites, Greek yogurt, cottage cheese, cheese. Keep dairy servings to less than 3 per week if possible. Cultured dairy may be preferential.</td>
<td>Meat, Poultry, and Fish: Processed/packaged meat foods, hot dogs, cold cuts, sausage, fast-food meat products, canned meat, canned tuna, tilapia, shark, shellfish, snow crab. Eggs and Dairy: Artificial eggs, flavored/smoked vegetables, flavored milks, processed cheese foods. See Foods: Processed low-fat meat substitutes. See notes on page 12 on any foods for vegetarians.</td>
</tr>
<tr>
<td><strong>Grains, Legumes, and Starches</strong></td>
<td>2 or less: maximum 1 mg grains per day</td>
<td>Grains: Brown rice, quinoa, buckwheat, oats (gluten-free)</td>
<td>Grains: All refined grains and white flours, gluten-containing grains (wheat, barley, spelt, triticale), corn, white bread, cookies, pastries, white rice, pretzels/snacks. Legumes: Refined beans, non-organic proteins. Processed/soy-based meat substitutes. See note on page 12 on soy foods for vegetarians.</td>
</tr>
<tr>
<td><strong>Produce</strong></td>
<td>5 or more. Consume at least 2x the amount of vegetables as fruit</td>
<td>All fresh, frozen, or freshly juiced vegetables and fruits. Vegetable stews and soups. Note: Excludes white potatoes</td>
<td>Canned vegetables, creamed vegetables, packaged fruit or vegetable pieces, tempura-style vegetables. Potato protein okay.</td>
</tr>
<tr>
<td><strong>Nuts, Nut Butters, and Seeds</strong></td>
<td>2 or less unless substituting for protein</td>
<td>Watch serving size closely with these! Almonds, cashews, flax/chia seed, walnut, pecans, pumpkin seeds, sunflower seeds, coconut, peanuts (organic only). Butters from above.</td>
<td>Non-organic peanuts, honey roasted nuts, flavored nuts.</td>
</tr>
<tr>
<td><strong>Oils and Fats</strong></td>
<td>2 – 5 svg/day</td>
<td>Olive oil, sesame oil, canola oil, flax oil, coconut oil, avocado oil, organic butter/ghee (use sparingly)</td>
<td>Margarine, shortening, commercial salad dressings, hydrogenated oils, canola oil, cream-based dressings/sauces (ranch, thousand island, aioli, blue cheese, etc.)</td>
</tr>
<tr>
<td><strong>Beverages</strong></td>
<td>8 cups or more per day</td>
<td>WATER!!!, herbal teas, green tea, black tea, unsweetened almond milk, coconut milk, cashew milk, hemp milk, organic dairy milk (use sparingly), etc.)</td>
<td>Soda, fruit juices, flavored waters with sugars/artificial sweeteners, soy milk, sweetened milk.</td>
</tr>
<tr>
<td><strong>Alcohol</strong></td>
<td>None</td>
<td>None</td>
<td>None</td>
</tr>
<tr>
<td><strong>Caffeine</strong></td>
<td>1 rgb/day</td>
<td>1 cup unflavored, brewed coffee per day. Mix with milk/milk substitute of choice and approved sweetener if needed. Green or black teas</td>
<td>Blended coffee beverages, lattes/cappuccino/latte, etc., energy drinks</td>
</tr>
<tr>
<td><strong>Spices, Flavors, Additives</strong></td>
<td>As many as desired</td>
<td>Salt, pepper, lemon/lime, all natural spices</td>
<td>Monosodium glutamate, food colorants.</td>
</tr>
<tr>
<td><strong>Sweeteners</strong></td>
<td>Use sparingly, less than 2 tsp per day</td>
<td>Xylitol, honey, brown rice syrup, stevia, pure maple syrup, coconut sugar, agave (moderation)</td>
<td>Cane sugar, cane juice, evaporated cane juice, corn syrup, high fructose corn syrup, all artificial sweeteners: sucralose, saccharin, aspartame, Ace K.</td>
</tr>
</tbody>
</table>
Avoid the following:

- Dairy Products (all)
- Soy-containing foods (all)
- Grains (all)
- Legumes (all)
- Caffeine (all)
- Eggs and egg whites
- Nightshade vegetables

Other:

What about dairy?
For some patients, dairy can be a great source of protein and minerals, while others find it difficult to tolerate and allergenic. If patient is dairy sensitive, continue to eliminate throughout this program. If patient consumes dairy frequently and has never removed it from their diet, now can be a great time to eliminate dairy for a few weeks and take note of how patient feels. If patient chooses to consume dairy, focus on unsweetened, cultured forms (Greek yogurt, cottage cheese, cheese) and limit servings. Avoid all creamy sauces and dressings.

Patient is vegan/vegetarian. Can he or she include soy?
Soy is a common protein source for vegans and vegetarians but, like dairy, can be allergenic. Some soy foods are often highly processed and come from GMO sources. If patient must consume soy, stick with organic/non-GMO non-processed varieties like tofu, tempeh, and miso. Avoid soy meat-replacement products.

What if patient wants a more Paleo-style eating plan?
Consider removing ALL grains, legumes, dairy, and soy for the duration of this program.

Part 2: Days 15 – 28 The Transformation Phase
Now that the body is cleared of toxins, weight-loss results can be maximized with a combined approach of diet and professional grade homeopathics and nutraceuticals.

Who is this program for?

- Patients who are looking to achieve weight loss and improvement in body composition
- Patients looking to increase their energy levels and improve their nutritional status through a healthy diet
- Patients who wish to continue a clean-eating regime post-cleansing and attain lifelong weight maintenance
Patient has a birthday party/holiday party/corporate event/family function to attend. Can he or she skip a day on this program?

Again, it is best to schedule cleanse dates around these events so patient can adhere to the plan consistently. To stay on the plan, have the patient view the menu ahead of time and find some options that will allow he or she to stick to the diet. If patient chooses to forgo the diet for the day, add an extra day to the end of the diet portion so patient is still on the OmniCleanse Detox Diet for a total of 10 days.

Can patient take the hA2 cg Evolution drops while on the OmniCleanse Program for weight-loss?

No. hA2cg Evolution is designed to work specifically with the Evolution Weight-Management Program and will not work on the detox diet. For additional weight-management support on this program, consider Crave Control or Professional Weight Support (See page 23 for more information). Patient can transition to the Evolution Program on day 12 of this program.

Why can’t patient just do a detox/ fasting program?

Detoxification is a complex process that depends on optimal nutritional status. Programs that require extensive fasting do not provide the body with the necessary substrates and deplete the nutrients needed for re-building of healthy tissues.

The Program

Days 1-2

The first two days of the program involve using only the drops from the Comprehensive Homeopathic Detox Kit and the OmniCleanse Capsules to get accustomed to detox processes. Although there are no official dietary restrictions on these days, it is a good idea to start reducing caffeinated beverages and refined sugars for an easier transition to the dietary restrictions phase.

Dietary Guidelines:

- No restrictions
- Reduce caffeinated beverages and sugar

<table>
<thead>
<tr>
<th></th>
<th>Day 1</th>
<th>Day 2</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>CerebroMax, SpinalMax, Matrix Support</strong></td>
<td>10 drops ea under tongue/3x day OR 30 drops ea/bottle water</td>
<td>10 drops ea under tongue/3x day OR 30 drops ea/bottle water</td>
</tr>
<tr>
<td><strong>OmniCleanse Capsules</strong></td>
<td>1 cap/2x day</td>
<td>1 cap/2x day</td>
</tr>
</tbody>
</table>
**Days 3 – 5**

Introduce the *OmniCleanse Detox Diet*. For a complete food list, see the chart on pg. 11. Be aware of any known allergens or additional restrictions to recommend for each individual patient.

**Dietary Guidelines:**
- Follow the food restrictions outlined in the *OmniCleanse Detox Diet*
- 3 or more servings of protein per day
- Limit grains, legumes, and starches to less than 2 servings per day
- 5 or more servings of produce (fruits and vegetables)
- Limit nuts, nut butters, and seeds to 2 servings or less per day unless substituting for protein
- Limit oils and sweeteners

<table>
<thead>
<tr>
<th></th>
<th>Day 3</th>
<th>Day 4</th>
<th>Day 5</th>
</tr>
</thead>
<tbody>
<tr>
<td>CerebroMax, SpinalMax, Matrix Support</td>
<td>10 drops ea under tongue/3x day OR 30 drops ea/bottle water</td>
<td>10 drops ea under tongue/3x day OR 30 drops ea/bottle water</td>
<td>10 drops ea under tongue/3x day OR 30 drops ea/bottle water</td>
</tr>
<tr>
<td>Detox I, Detox II, Detox III</td>
<td>10 drops ea under tongue/3x day OR 30 drops ea/bottle water</td>
<td>10 drops ea under tongue/3x day OR 30 drops ea/bottle water</td>
<td>10 drops ea under tongue/3x day OR 30 drops ea/bottle water</td>
</tr>
<tr>
<td>OmniCleanse Powdered Beverage</td>
<td>1 serving/1x day</td>
<td>1 serving/1x day</td>
<td>1 serving/1x day</td>
</tr>
<tr>
<td>OmniCleanse Capsules</td>
<td>1 cap/2x day</td>
<td>1 cap/2x day</td>
<td>1 cap/2x day</td>
</tr>
</tbody>
</table>

**Tips and Common Questions**

**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.

**The patient is hungry. Can he or she add more food than is on the recommendations?**

The *OmniCleanse Detox Diet* should provide 1200 – 1800 calories per day which is an acceptable level for most healthy adults. The *OmniCleanse Powdered Beverage* has been formulated specifically to provide both fiber and protein so they serve as a blood-sugar stabilizing snack. Hunger can also be due to dehydration, so make sure patients are drinking at least 8 glasses of water per day. If patient must consume extra calories, try apples, berries, or nuts which can satiate hunger with minimal calories.

**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.

**If patient takes the drops from the Comprehensive Homeopathic Detox Kit and the OmniCleanse Powdered Beverage and Capsules, will he or she still receive benefits?**

Yes – there are benefits from using the products alone. The combination of homeopathic remedies, nutrients, and botanicals in the *OmniCleanse Detox Kit* will help to detoxify the body on any diet program. The *OmniCleanse Detox Diet* provides the added benefit of allowing the body to focus on internal toxins by giving it a break from incoming dietary toxins.

**Patient has been feeling tired with minor aches and pains and GI discomfort for the past 2 days; what he or she do?**

The patient may be experiencing a “healing crisis” – see explanation on page 15. 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.

**What if patient is traveling?**

If possible, it is easiest to complete the *OmniCleanse Detoxification Program* away from travel dates. If this is not an option, consider pre-packing snack foods and even foods for meals with the trip. Patient should research location ahead of time to locate natural grocery stores and restaurants to visit.
Example Days – 10-Day OmniCleanse Detox Diet

### Day 3

**Upon Rising:**
- **CerebroMax, SpinalMax, Matrix Support**
  - 10 drops/ea
- OR Combine 30 drops/ea (90 drops total) in a 1 liter bottle of water and sip throughout the day

**Breakfast (within 1-2 hours of awakening):**
- 1 sc. **OmniCleanse Powdered Beverage**
  - mixed w/ 1 c. water and 1 c. mixed berries, 1 c. amaranth cereal and 1 c. almond milk
- For AM workouts, consider splitting meal and using shake post-workout

**Lunch (4 – 6 hours after breakfast):**
- 6 oz. Grilled organic chicken breast w/mixed salad greens. 1 Tbsp lemon juice and olive oil.
- 1 **OmniCleanse Capsule**
  - Wait 30 mins – Detox I, Detox II, Detox III
  - 10 drops/ea

**Snack (2-3 hours after lunch):**
- 1 Apple
  - Can be used as PM pre-workout

**Dinner (2-3 hours after snack, 2 hours before bed):**
- 6 oz baked salmon, 8 spears sautéed asparagus w/ olive oil and garlic, ½ b. baked sweet potatoes
- 1 **OmniCleanse Capsule**
  - Wait 30 mins – Detox I, Detox II, Detox III
  - 10 drops/ea

### Day 7

**Upon Rising:**
- **Detox I, Detox II, Detox III**
  - 10 drops/ea
- OR Combine 30 drops/ea (90 drops total) in a 1 liter bottle of water and sip throughout the day

**Breakfast (within 1-2 hours of awakening):**
- 1 sc. **OmniCleanse Powdered Beverage**
  - mixed w/ 1 c. coconut milk and 1 c. mixed tropical fruit
  - 2 hardboiled eggs
- 1 **OmniCleanse Capsule**
  - For AM workouts, consider splitting meal and using shake post-workout

**Lunch (4 – 6 hours after breakfast):**
- 6 oz. Grilled salmon w/ 1 c. spinach and mixed veggies with vinaigrette. Wait 30 mins
- 1 **OmniCleanse Capsule**
  - Wait 30 mins – Detox I, Detox II, Detox III
  - 10 drops/ea

**Snack (2-3 hours after lunch):**
- 1 sc. **OmniCleanse Powdered Beverage**
  - mixed w/ 1 c. coconut milk and 1 banana
  - Can be used as PM pre-workout

**Dinner (2-3 hours after snack, 2 hours before bed):**
- 4 oz grass-fed beef, 1 cup sautéed green beans
- 1 **OmniCleanse Capsule**
  - Wait 30 mins – Detox I, Detox II, Detox III
  - 10 drops/ea

### Days 6–9

These are the most intense days of the OmniCleanse Protocol. Patients will have two OmniCleanse Beverages per day and completely eliminate starches for this portion of the program.

### Dietary Guidelines:

- Follow the food restrictions outlined in the OmniCleanse Diet
- 3 or more servings of protein per day
- NO grains, legumes and starches
- 5 or more servings of produce (fruits and vegetables)
- Limit nuts, nut butters, and seeds to 2 servings or less per day unless substituting for protein
- Limit oils and sweeteners

### Be aware of the “clearing reaction”:

Often referred to as the “healing crisis,” “cleansing reaction,” or the “Herxheimer reaction,” this is a normal and natural part of the cleansing process. This normally occurs 3 – 10 days into a detox program. The primary cause of clearing reactions are toxins being rapidly activated by Phase 1 but the body lacking the substrates necessary for Phase 2 causing a backup in the liver. Not everyone will experience a clearing reaction and symptoms can range from mild to moderate, resolving on their own within 3-5 days. Common symptoms include headaches, fatigue, feeling foggy-headed, aches, flu-like symptoms, and GI discomfort. Do not be alarmed – this is a sign that the body is effectively mobilizing and draining stored toxins, and mild symptoms are not a reason to discontinue the program. If symptoms are severe or progress for longer than a few days, patient should contact healthcare provider immediately. Additional OmniCleanse Capsules have been recommended on Days 6–7 for additional liver detox support.
Days 10 -12
Re-introduce starches and if desired reduce OmniCleanse Powdered Beverage to 1 serving per day.

Dietary Guidelines:
- 3 or more servings of protein per day
- Limit grains, legumes and starches to 2 serving or less per day
- 5 or more servings of produce (fruits and vegetables)
- Limit nuts, nut butters, and seeds to 2 servings or less per day unless substituting for protein
- Limit oils and sweeteners

Days 13 - 14
The OmniCleanse Detox Diet is now complete, and patient can re-introduce the foods that were eliminated. Focus on high quality, non-processed foods that are packed with good nutrition, so patient does not undo all his or her hard work. If patient has noticed a benefit from eliminating certain food groups, he or she may wish to continue eliminating these items to receive health benefits.

Patients completing the OmniCleanse 28-Day Challenge
These days are “Break Days.” Indulge in favorite foods, but remember – if the ultimate goal is weight loss, any major diet deviations can derail fat-loss goals.

Patients who are moving on to the Evolution Weight-Management Program
Use these 2 days as “Loading Days” – (500 calorie program) or Start Days (1,000- calorie program). Refer to the Evolution Weight-Management Program Practitioner Guide for program guidelines.

<table>
<thead>
<tr>
<th>CerebroMax, SpinalMax, Matrix Support</th>
<th>Day 10</th>
<th>Day 11</th>
<th>Day 12</th>
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</thead>
<tbody>
<tr>
<td>10 drops ea under tongue/3x day OR 30 drops ea/bottle water</td>
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<tr>
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<th>Day 12</th>
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<tr>
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Next Steps:

Patients completing the OmniCleanse Detox Program only
These patients have finished the program. Remember that regular detoxification is a key component of any wellness program. Fill out the Symptom Follow up Questionnaire on pg. 27 on Day 35 with the patient so he or she can evaluate health progress. Coordinate with patient on the next steps in achieving healthcare goals. Remember: Patient will continue the drops from the Comprehensive Homeopathic Detox Kit until the bottles are completed, approximately 60 days.

Patients completing the OmniCleanse 28-Day Challenge
Days 15 -28 of the OmniCleanse 28-Day Challenge start on pg. 21. Remember: Patient will continue the drops from the Comprehensive Homeopathic Detox Kit into this next phase until the bottles are completed, approximately 60 days.

Patients who are moving on to the hA1cq Weight Management Program
See the Evolution Weight-Management Program Practitioner Guide for program guidelines. Remember: Patient will continue the drops from the Comprehensive Homeopathic Detox Kit into this next phase until the bottles are completed, approximately 60 days.