Slide 1

Detoxification

A 21 Day Purification Program

Slide 2

How Would You Treat?

Patient Suffering from

Bloating

Weight gain

Fatigue

Slide 3

Patient suffering from Sleep Disorder, wakes nightly from 2:00-4:00 AM, weight gain and Fatigue.

How Would You Treat?
Slide 4

Patient presents with desire to come off of his Cholesterol and High Blood Pressure.

Slide 5

How Would You Treat?

76 Year Old Patient suffering with:

- Weight Gain
- Fatigue
- Failed

Slide 6

How Would You Treat?

Patient suffering with Sleep Disorder Awakes from 2-3 in morning.
How Would You Treat?

A patient presenting with:
- Overwhelm and feels in a fog
- Almost no energy after about 2 p.m., needs a nap everyday. Sleeps 2 hours around this time and still doesn’t have much energy.
- Not excited about life. Can’t play with my grandbaby.

Physical complaints:
- I always experience swelling in my feet, ankles and hands.
- On 3 prescription drugs. "Nexium." If misses taking Nexium, after about 3 days acid reflux is so bad she feels like she is having a heart attack.
- "Attivan" for anxiety
- "Premarin" for HRT
- I eat out at least 5 to 7 times a week. Also have cravings for carbohydrates.
- Constipated and overweight

Slide 8

Patient weighing 320 lbs. Plays golf everyday and on the way to the course goes to a fast food restaurant to get some lunch. While at the golf course usually drinks about 4 to 6 beers, 1 to 2 mix drinks during the 6 hours there. Also while playing, smokes 2 to 3 cigars. When not at the golf course drinks 12 diet cokes a day.

2 years ago tried to lose weight by running a couple miles and lifting weights every day for 2 months. During that time he stuck strictly to a low fat diet. After 2 months he lost 20 pounds and decided it just wasn’t worth the effort put into the program.

Has a terrible problem with hemorrhoids. Scheduled to have surgery to relieve the pain. Also has sleep disorders.

How Would You Treat?

Slide 9

Patient Wellness

___________________________________
___________________________________
___________________________________
___________________________________
___________________________________
___________________________________
Slide 10

One simple Program in essence drives the ball to the green! You can putt later.

Slide 11

Patient Testimonials

Slide 12

Remember Jeff?

All is going well. Energy and exercise are up. I haven’t gone this long without feeling sluggish or bloated in ten years. I’ve lost 15 pounds and my wife has lost 8 pounds so far. The biggest
Slide 13

The wife and I finished our detox last Monday and haven't felt this good in 20+ years! We have more energy throughout the day and finally get that restful sleep at night. Rarely do I wake up at 2:00 in the morning and not get back to sleep until about 4:00.

We have been telling all our friends and family about the program and many of them have noticed the change, weight and energy level, and ask how we did it. I lost about 15 pounds and the wife 10! We have also made changes to our regular diets. Don't remember vegetables tasting so good!

One thing though, we miss our shakes!

Thanks for your program.

D. W.

Slide 14

Kolacz?

August, 2006

"Walking all over Poland on vacation was a great way to work off the energy I gained by doing the 'Standard Process detoxification and cleanse program'.

The last 21 day program was the 4th one in a two year period, where I lost 33 pounds over all. At almost 76 years old, no huffin' and puffin', and 33 pounds lighter, made my sightseeing by foot all the more enjoyable.

...Did wear out the heels on my dress shoes on the cobblestone streets though, and finally had to buy some sneakers."

-H. Kolacz

Slide 15

I just got the results back from my physical that I took at the end of the 21 Day Detox Program.

Regan: Nicole isn't taking any more blood pressure medications.

Doctor: Yes, that is excellent.
Slide 16

Remember K?

My biggest results are that overall I just FEEL much better, not bloated and haven't slept this well in years. I used to wake up every night between 2 - 3 am but am now sleeping solid for 6 - 7 hrs.

___________________________________
___________________________________
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Slide 17

Remember S. Wood?

Overwhelm and feels in a fog
Almost no energy after about 2 pm and needs a nap everyday. Sleep is a quility time and still doesn't have energy.

Not excited about life. I can't play with my grandbaby.

Physical complaints
I always experience swelling in my feet, ankles and hands.

___________________________________
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Slide 18

Today is September 13, 2006. I started my 21 day detoxification program on July 24, 2006. You told me it would change my life and you are right and I know this is just the beginning to enjoying optimum health. The changes I have already experienced are:

1. clearer thinking
   (I was always in a state of overwhelm and felt in a fog)

2. greater energy level
   (before detox I didn't have much energy after about 2 pm, and I needed a nap everyday. I would sleep 2 hours and still didn't have much energy. Now I rarely need a nap and if I do I can sleep 20 to 30 mins. and get up and feel refreshed.)

3. mental and emotional sense of well-being
   - I actually get excited about life. I can play with my grandbaby and actually do other things at the same time. It's unbelievable!
Slide 19

4 physical improvements before detoxing my mind and body. I have not been to a fast food restaurant in 8 weeks. I've only eaten out 3 times since I started the program. Before detox I ate out at least 5-7 times a week. If you had told me this would happen I would never have believed it. The best thing about this is I haven't wanted to. My cravings are down 95%...UNBELIEVABLE!!!!

I have lost 14 lbs. Most of it was body fat (no lean muscle). I know I have a long way to go but I am very thankful to you that you showed me the "road less traveled" and with your support I will be able continue on this road toward maximum health and fitness.

All my thanks,
S. Wood

Slide 20

...I know there are a lot of things I've forgotten to mention like no more constipation - my bowels move nearly every time I eat.

I also have lost 14 lbs., most of which was body fat (no lean muscle). I know I have a long way to go but I am very thankful to you that you showed me the "road less traveled" and with your support I will be able continue on this road toward maximum health and fitness.

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All my thanks,
S. Wood

Slide 21

I wanted to inform you of how my life has changed since detox. You told me it would; but I was skeptical - at best. I was at a point where I felt like I had no life. Exhausted, constantly in pain, depressed because I couldn't lose weight. I was taking approximately 50-75 Extra Strength Tylenol and 40-50 Excedrin every week because my joints hurt so badly.

I would literally come home from work every day, sit in my chair, and fall asleep there - sometimes not getting up until the next day. That all changed the first week I was on detox. For the first time in years, I slept soundly through the night. Not that fitful, restless sleep; but deep, solid sleep all night long. My ankles and hands stopped swelling, my headaches went away, and I had unbelievable energy! I felt like the "fog" in my head had lifted, and I could think more clearly.

I now come home from work, cook a healthy dinner, spend quality time with my teenage daughter, am actively involved with extra-curricular activities, and even have the energy to exercise. I no longer take any pain medication, (I mean nothing!) I don't need my prescription diuretic, and I lost 26 pounds in three weeks!!

I have continued to maintain this healthy lifestyle since the purification, and I feel better than I have in at least 10 years. Thank you for the opportunity to feel great - and live my life again!!

Carol H.
Mansfield, Tx

7
If you had told me the impact that the SP purification program would have had on my life, I would not have believed it. In fact, I didn’t believe it. But the fact is, after two years and three purifications later, I still am so completely amazed at how different my life is.

I had suffered with migraine headaches for most of my adult life. They would occur regularly, so severe that I would have to call someone to take care of my children, go to bed for an entire day, and deal with the horrible pain and vomiting that accompanied these episodes. Other than that, I really didn’t have any other health issues—or so I thought!

It wasn’t until I was strongly encouraged (coerced, actually) into doing the detox that I realized I had some “toxicity” issues. Besides the headaches, I also got terrible sinus infections about twice per year. My throat needed to be cleared constantly for about 30 minutes after every meal. My energy level was very low, and my motivation to do anything was even lower. I craved sweets and carbs. Then, I experienced a paradigm shift that changed everything.

The first week of the 21 day purification program (the second day, in fact) was the last time I experienced a migraine. I have not had even one sinus infection since my first detox. I no longer had the excess mucous production that came each time I ate a meal. I had for the first time in years been able to really think clearly and even see things from a whole new perspective; a healthy one! I truly experienced change in my life to the degree that I didn’t think was possible.

I now live each and every day being fully aware that what I eat has an incredible impact on my health and that of my family. I would absolutely, without a doubt, recommend this program to anyone, even if you think you’re healthy!
Slide 25

Patient: Megan G

- Cholesterol: 162
- Triglycerides: 108
- Heart Risk: 3.7

After 05/07/2005

29 Days

• Cholesterol: 344 to 162
• Triglycerides: 787 to 108
• Heart Risk: 7.2 to 3.7

Slide 26

Patient: John H

- Cholesterol: 230
- Triglycerides: 145
- Heart Risk: 5.5

Before 04/01/2005

Slide 27

Patient: John H

- Cholesterol: 185
- Triglycerides: 85
- Heart Risk: 5.0

After 04/23/2005

22 Days

• Cholesterol: 230
• Triglycerides: 145
• Heart Risk: 5.5
Slide 28

Patient: Jane M

Before

03/23/2005

Cholesterol 231
Triglycerides 128
Heart Risk 4.2

After

04/18/2005

Cholesterol 176
Triglycerides 87
Heart Risk 3.8

27 Days

Cholesterol 231 to 176
Triglycerides 128 to 87
Heart Risk 4.2 to 3.8

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Slide 30

Patient: Jane M

Before

Cholesterol 263
Triglycerides 181
LDL July 1st 2006

After

Cholesterol 23
Triglycerides 181
Heart Risk 4.2

10
Slide 31

Tom A.
After Cholesterol 178 (before 263)
Triglycerides 107 (before 181)
LDL 107 (before 174)

Sept 15th 2006

Slide 32

Testimonials

Here’s my update now that I have finished the program…

First of all, I’d like to thank you for this program. This is the best I have felt in years. I’ve gone through a lot over the last 21 days. My father passed away on day one of the program and my first daughter was born on day 19. Needless to say a wide range of emotions. I truly believe this program helped me through this difficult time. When we first met and you showed me the program details, I was doubtful I could pull it off. But I stuck to it and had what I think are terrific results. As I mentioned to you, I have high cholesterol, not a big problem, but something I wanted to get control of before it became a problem. Well the lab results are in, and I am very pleased.

Lipid Panel
1/06 6/06
Cholesterol 262 145
Triglycerides 128 45
HDL Cholesterol 58 51
Calculated LDL Cholesterol 178 58

When I was taking the statin in 2004, the lowest levels my Cholesterol was measured was 153 and my ALT was dangerously high at 128.

Liver Test
AST ??? 22 (expected range 5-35)
ALT ??? 40 (expected range 7-56)

Oh and by the way, I also lost 18 pounds. It was tough, but I did it. Thanks again for the program.

Doug H.

Slide 33

Why so Toxic?
Slide 34

QuickTime™ and a decompressor are needed to see this picture.

Toxicity

Where are all the toxins coming from?

Why can’t we handle our environment?

Slide 35

Air pollution is at an all time high.

Water pollution fouls our beaches, rivers, and streams.

Slide 36
The World Health Organization estimates that 65,000 people die each year from exposure to air pollution. The U.S. EPA estimates that 31,000 people die each year from air pollution-related asthma. Many of these deaths are linked to air pollution.

Slide 38

550,000,000 lbs of industrial chemicals were dumped into public sewage systems. 1,000,000 lbs of chemicals were released into the gaseous state. 188,000,000 lbs of chemicals were discharged into surface waters. 2,400,000,000 lbs of pollutants were emitted.

Slide 39

Toxic Release in Dallas in 2000


Total Releases 847,871.00 (lbs)
Total Waste 18,581,033.00 (lbs)
Slide 40

Algicides: control algae in lakes, canals, swimming pools, water tanks, and other sites.

Antimicrobials: kill microorganisms (such as bacteria and viruses).

Antifouling agents: kill or repel organisms that attach to underwater surfaces.

Attractants: attract pests (for example, to lure an insect or rodent to a trap).

Biopesticides: certain types of pesticides derived from natural materials such as animals, plants, bacteria, and certain minerals.

Biocides: kill microorganisms.

Defoliants: cause leaves or other foliage to drop from a plant, usually to facilitate harvest.

Disinfectants and sanitizers: kill or inactivate disease-producing microorganisms on inanimate objects.

Dinitrogen: produce gas or vapor intended to destroy pests in buildings or soil.

Fungicides: kill fungi (including blights, mildews, molds, and rusts).

Herbicides: kill weeds and other plants that grow where they are not wanted.

Insecticides: kill insects and other arthropods.

Miticides: kill mites that feed on plants and animals.

Microbial pesticides: microorganisms that kill, inhibit, or out compete pests, including insects or other microorganisms.

Molluscicides: kill snails and slugs.

Nematicides: kill nematodes (microscopic, worm-like organisms that feed on plant roots).

Ovicides: kill eggs of insects and mites.

Pheromones: biochemicals used to disrupt the mating behavior of insects.

Repellents: repel pests, including insects (such as mosquitoes) and birds.

Rodenticides: control mice and other rodents.

The term pesticide also includes these substances:

Defoliants: cause leaves or other foliage to drop from a plant, usually to facilitate harvest.

Desiccants: promote drying of living tissues, such as unwanted plant tops.

Insect growth regulators: disrupt the molting, maturity from pupal stage to adult, or other life processes of insects.

Plant growth regulators: substances (excluding fertilizers or plant nutrients) that alter the expected growth, flowering, or reproduction rate of plants.

Slide 41

We live in a toxic environment.

Toxins and pollution can now be found all over the earth... even in the ice of the North Pole.

Even Polar bears are now becoming toxic with PCB's and DDE due to eating Toxic Seals.

Look at the toxic exposure in the Inuit people in Greenland.

Slide 42

InuitEs
Ingested Toxins

In the U.S. we allow over 10,000 chemical additives in our food supply. The average American consumes:

- 14 lbs of additives per year.
- 160 pounds of sugar.
- 8 pounds of salt.


Soft Drinks and Tap Water contamination

A number of chemicals including chlorine, trihalomethanes, lead, cadmium, and various organic pollutants.

Tap water is the main ingredient in bottled soft drinks.

Toxins in Infant Formulas

About 900 samples of commercially prepared infant foods and formulas were collected and analyzed for residues of the following pesticides:

- Benomyl
- Thiabendazole (fungicides)
- Daminozide (sprayed on apple trees to prevent premature drop, no longer used by growers)
- Ethylenethiourea (ETU, a breakdown product of a fungicide)
- Aldicarb (an insecticide, acaricide against snails, and nematicide against worms)
- The organochlorine group of pesticides, including those no longer used in foods.

Slide 46

Chemicals in the home

Other volatile chemicals in common products include cresol, ethanol, ammonia and chlorine.

Here are some not-so-settling facts:

- Diethylene glycol found in window cleaners depresses the nervous system.
- Formaldehyde found in spray and wick deodorizers is a respiratory irritant and suspected carcinogen.
- Petroleum solvents in floor cleaners damage mucus membranes.
- Perchloroethylene, a spot remover, causes liver and kidney damage.
- Butyl cellosolve, common in all-purpose, window and other types of cleaners damages bone marrow, the nervous system, kidneys and the liver.

Slide 47

Many household disinfectants contain phenols - caustic and dangerous compounds that could be harming your family's health.

The Health Dangers of Phenols Found in Common Household Cleaners

Did you know that the cleaners you use to disinfect your home, seemingly to keep yourself and your family safe from germs and bacteria, could be harboring a danger of their own? Many common disinfectants out there contain phenols - caustic, poisonous and dangerous compounds that are used to cover smells. And they're used in everything from all-purpose cleaning sprays to toilet bowl cleaners.

According to the National Institutes of Health, phenol is toxic and people who are hypersensitive to it could experience death or serious side effects at very low exposures. Plus, it is rapidly absorbed and can cause toxicity throughout the entire body. Typically, death and severe toxicity result from phenol's effects on the central nervous system, heart, blood vessels, lungs and kidneys.

Slide 48

Learn to replace toxins in your environment, your house, your yard, your skin, your food...with non-toxic alternatives.

Two things will help you to cut risk of disease and ill health with all of its sadness.

1. Cut Exposure as much as possible
2. Increase the body's ability to handle what is left
Slide 49

Toxicity Questionnaire

Which one helps you to know how much exposure you are getting daily/weekly!

See your Risk of exposure!

___________________________________
___________________________________
___________________________________
___________________________________
___________________________________
___________________________________
___________________________________

Slide 50

ORANGE GUARD
Natural Pest Control
- May be used around Food, Humans, and Pets
- Fresh Citrus Scent
- Indoor-Outdoor

Slide 51

Dietary Trouble in America

Why are we in trouble today?
- Diet and Lifestyle

In addition to "Environmental Toxin" exposure, we have "Internal Toxin Exposure."
Dietary Trouble in America

- Diet and Lifestyle
- Pasteurization of milk
- Bleaching of grains/wheat
- Refined and Fake sugars
Dietary Trouble in America
• Diet and Lifestyle
• Pasteurization of milk
• Bleaching of grains/wheat
• Fake sugars
• Altered Oils, Transfats
• Artificial colors and additives
• Empty calories foods with "bankrupt" nutrient content
Soft Drinks

- The active ingredient in Soft Drinks is phosphoric acid.
- Its pH is 2.8.
- It can leach minerals at a high rate to alkalinize acidity.
- Phosphoric acid also leaches calcium from bones and is a major contributor to the rising increase in osteoporosis.

Sugar

Sugar can cost you more than your teeth. At an average consumption rate of 130 lb. per person per year, sugar takes the cake, mediated immunity is depressed by 50% 120 minutes after sugar ingestion (75 grams).

Mechanism of action: Glucose competes with absorption of Vitamin C into the cell.


Refined Sugar

A 100g portion of sugar can significantly reduce the capacity of white blood cells to engulf bacteria... Or cancer cells. Maximum immune suppression occurs or two hours after ingestion and remains suppressed for up to five hours after feeding.

Mechanism of action: Glucose competes with absorption of Vitamin C into the cell.

Slide 61

You want a strong immune system!
Purified carbohydrates and sugar push your immune system down.
Not a good idea!!!

Slide 62

How much Sugar is in your diet?
You might be surprised at the level of sugar contained in your diet.
Let's take a look at a video.

Slide 63

...
Soils is depleted due to NPK

When America was discovered:

Mineral and Vitamin Content has dropped significantly with soil depletion. Even if you eat vegetables and fruits, the mineral and vitamin levels are so low, it seems prudent to supplement your diet with organic food concentrates.
Slide 67

The SP Complete, Greenfood and other products can help to give you back your rightful claim to nutritional content!

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Slide 68

21 Days of Replacing "bankrupt" foods with tissue building fuel for detoxification, health and energy...as well as weight loss as a side effect...

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Slide 69

What effect does all of this toxicity and poor diet have on us?

Weight Gain
Fatigue
Headaches
Allergies
Joint/Muscle Pain
Edema
Anxiety and...
Slide 70

What are some of the areas detoxification might address?

- Weight Loss (Nice side effect)

"The solution to pollution is dilution"

As the toxic burden the body must find more storage sites for toxins. Thus, as a person becomes more toxic, more fat or water weight is added to be used as storage sites to protect the body from freely circulating toxins. Once created, the body is very reluctant to get rid of these toxic dumps unless we first get rid of the toxins through a process of detoxification.

Slide 71

What are some of the areas detoxification might address?

- Fatigue

Cellular Damage

Toxins and Free Radicals can damage the energy powerhouses of the cells, the mitochondria. Leading to lowered cellular function and thus fatigue.

Slide 72

What are some of the areas detoxification might address?

- Headaches

Toxins are just like a hangover, triggering a number of symptoms including headaches.
Slide 73

What are some of the areas detoxification might address?

**Edema**

*Toxins are...*

Remember... “The solution to pollution is dilution.”

---

Slide 74

What are some of the areas detoxification might address?

**Joint Pain**

*Toxins are...*

Some cases of joint pain are associated with leaky gut and bad diet.

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• **Hormonal Dysfunction**

--disturbances, anxiety, PMS,
Slide 76

• Allergies
  - Chronic Mucous Production
  - Recurrent infections

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Mental Status Changes
  - Inability to concentrate, depression, mood changes, loss, sleep disturbances, anxiety, PMS, etc.

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GOOD NEWS - Our bodies are wonderful
• Unfortunately, we were never meant to handle this level of exposure.

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Detoxification

Lungs
Slide 82

Lungs
Lymph

Slide 83

Lungs
Lymph
Skin

Slide 84

Lungs
Lymph
Skin
Blood
Slide 85

Organs of Detoxification

- Lungs
- Lymph
- Skin
- Blood
- Thyroid

Slide 86

Organs of Detoxification

- Lungs
- Lymph
- Skin
- Blood
- Thyroid
- Colon

Slide 87

Organs of Detoxification

- Lungs
- Lymph
- Skin
- Blood
- Thyroid
- Colon
- Kidneys
Slide 88

**Detoxification**

- Lungs
- Lymph
- Skin
- Blood
- Thyroid
- Colon
- Kidneys
- Liver

Slide 89

**What is Detoxification?**

**Phase I & II**

**Phase I**

This would be like getting your garbage packaged for pick up.

**Phase II**

Consider this the garlic pickup, hopefully without spilling the garbage!

Slide 90

**Another problem begins in the digestive tract.**

The food we eat must be digested properly.
The lining of your gut should be tightly sealed. If through bad diet, constant NSAID use, or other causes, it becomes "leaky". Higher amounts of harmful agents may be absorbed. This is known as "leaky Gut Syndrome".

Special Thanks to "Great Smokies Diagnostic Laboratories" for these awesome Animations.

Bad Diet, NSAIDS, other drugs can all contribute toward this source of serious trouble.
Slide 94

Leaky Gut

Electron Microscope

Slide 95

Autoimmune Arthritis

Endotoxins

Slide 96
Welcome to the 21 Day Purification & Weight Management program.

Hippocrates once said, “The natural healing force within each one of us is the greatest force in getting well.”

This 21 Day Program is just such an opportunity. By completely dedicating yourself and following all of the guidelines of your recommended program, you are reaching out to tap into this powerful healing force within each one of us.

If you can imagine it, you can do it! - Walt Disney

See yourself as beginning a new life, one rich in health and learning. The body will follow.

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Checklist - Make sure you have the following;
- SP Complete 1-2 containers
- SP Green Food 1 bottle
- SP Cleanse 1 bottle
- Gastro-Fiber 1 bottle
- Tuna Oil Omega 3, (or, Cod Liver Oil)
- Gymnema Tablets 1 bottle

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Toxicity Questionnaire
Make sure to fill this out and date it! Before & After

This is very important and should amaze you how many of your symptoms will simply disappear in the 21 days.

Fill this out before beginning!
Slide 100

First Step

Listen to this DVD at least once and follow along with your printed program outline.

Plan at least some of your meals ahead of time for the first few days. Plan ahead for some healthy “approved snacks” so you don’t crave the wrong things. See Recipes, days 1-10, at the end of the directions print out.

Begin Gymnema Tablets right away to remove carbohydrate cravings. (bread, Potatoes, Pasta, Candy Colas, Desserts etc...)

Make sure you bowels are moving before you begin the program. Senna Tea may be used throughout the 21 days if necessary.

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A special note to you...

Please do not cheat yourself out the highest possible chance for an amazing outcome by eating non-approved foods.

As your body starts to clear away food antigens from your bloodstream, as well as toxins that have been stored, it now has opportunity to seek out current health issues to resolve them. Eating just a bite of a food you are sensitive or allergic to can cause you to feel terrible, as the body now has to deal with this acute reaction.

Once your body becomes clearer, you will become more sensitive to foods that aren’t good for you. You might never notice an empty can thrown into a backyard of garbage, but you will always notice a gum wrapper on a golf course.

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What should I expect during the 21 days?

Frequency of urination may increase as the body is flushing toxins. This is natural as the body starts to burn fat and normal insulin levels drop. This will level out after a few days.

Increased bowel movements. This is a normal response to increased clearing. (Many today have forgotten what a complete bowel movement entails.)
Slide 103

In some instances, some people will experience a throbbing sensation in the head, generalized aches, itchy skin, or even a little fatigue. These symptoms are a normal response to cleaning away poisons and should pass after the first day or so. Once this passes, you should start to feel better than you have in years. Hang in there!

Slide 104

Understanding your supplements

Slide 105

Purification Products

SP Complete delivers powerful nutrient complexes to promote cellular health and the healthful function of the cardiovascul, liver, kidneys, blood lymph, bowels, skin etc. Whether taken alone or before meals, SP Complete provides essential nutrient complexes that propel healthy function.
Slide 106

SP CLEANSE

enlists the detoxifying properties of 20 different whole foods and botanicals in this vegetarian nutritional supplement. The Phytonutrients from sources help the body to clear toxicity that originates both from our environment as well as produced internally.

- Maintaining healthy liver detoxification function
- Encouraging healthy kidney function
- Promoting healthy gastrointestinal function
- Supporting healthy lymph function
- Supporting healthy blood

Slide 107

Gastro-Fiber comes from the cell walls of plants and has specific effects on different areas of gastrointestinal function. Gastro-Fiber contains phytonutrients from psyllium, collinsonia root, apple pectin, fenel seed, fenugreek seed. These whole-food compounds function synergistically to:

- Helps cleanse and lubricate intestines
- Encourages regular elimination
- Promote proper pH balance throughout the GI tract
- Provide an optimal environment for the natural growth of friendly intestinal bacteria which are vital for many areas of your health.

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SP Green Food

is made up of five organically grown whole-food concentrates. Brussels Sprouts, kale, buckwheat, and barley grass. In addition to their natural bioavailability, these foods contain vitamins, minerals and many other "unknown" to date nutrients that operate in a symphony of synergistic balance.

- Increased detoxification support
- Help clear old damaged cells from the body.
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SP Complete - 2 scoops twice per day.
GastroFiber - 2 capsules 3x/day per day.
Tuna Oil Omega 3' - 2 perles 2x/day
(or Flax/Cod Liver Oil)
SP Cleanse - 7 capsules 3x/day.
(Note: Bottle will be empty in 7 days...begin Green Food)

SP Green Food - 7 capsules/day

Slide 113

SP Complete - 2 scoops twice per day.
GastroFiber - 2 capsules 3x/day per day.
Tuna Oil Omega 3' - 2 perles 2x/day
(or Flax/Cod Liver Oil)
SP Cleanse - 7 capsules 3x/day.
(Note: Bottle will be empty in 7 days...begin Green Food)
SP Green Food - 7 capsules/day

Gymnema Tablets - 1 tablet 3 times per day (for reducing sugar cravings)

Slide 114

SP Complete - 2 scoops twice per day.
GastroFiber - 2 capsules 3x/day per day.
Tuna Oil Omega 3' - 2 perles 2x/day
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SP Cleanse - 7 capsules 3x/day.
(Note: Bottle will be empty in 7 days...begin Green Food)
SP Green Food - 7 capsules/day
Gymnema Tablets - 1 tablet 3 times per day (for reducing sugar cravings)
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Whey Protein

Add 1 scoop to each shake
If you feel any bloating, call the office.

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2 scoops of SP Complete.
- Add 1 cup of frozen fruit (blueberries, apples, peaches)
- Add a small amount of unsweetened juice to blend (you may add 2 tiny scoops of "Stevia" to help sweeten.)
- Add 1 scoop of your Whey Protein, or Rice Protein to shake

Flax seed, Cod Liver Oil - Can be added to shake as well all the capsules to make pill taking easy!

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Days 1-10

“Dietary Considerations”

Please... No other foods other than what is discussed.
Slide 118

**Approved Foods for Day 1**

- **Days 1 thru 10** – Vegetables and Fruits only!!!
- Twice as many vegetables as fruit. Very important!
- 50% or more should be raw
  - If not raw it should be lightly steamed, over low heat.
- **Organic** produce is recommended. HIGHER NUTRIENT CONTENT.
- **Butter** is excellent to use, so please use it! Choose organic if possible.
- Avoid margarine, spreads, vegetable oil, crisco, safflower oil, sunflower or hydrogenated oils and Trans Fats!!! This is vitally important to your success!!!

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**Approved Beverages**

- **Days 1 thru 10**
- **Beverage Considerations**:

  - Drink at least 8-8 oz glasses of water each day! Spring or mineral water is best!
  - No Caffeine, alcohol, tobacco and other stimulants. (If you are a big coffee drinker and get a headache, brew a little coffee and take a few sips only to bring headache pain down. You should be able to wean off the coffee during the 21 days shortly.)
  - **Green Tea** is an excellent choice and while it has a little caffeine, it is acceptable during the program.

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- **Days 1 thru 10 – Vegetables and Fruits only!!!**
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Salad Dressing is allowed, but it is very important that you use only one of these - no exceptions!

Olive Oil and Apple Cider Vinegar are a good choice!

Annie’s Brand specific approved: Balsamic Vinaigrette, Cilantro-Lime, French, Green Garlic, Honey Mustard, Lemon-Chive, Raspberry-Low Fat, Roasted Red Pepper Vinaigrette, Tuscany Island. Please do not go beyond these parameters. Many dressing contain Soy, fructose, dairy, wheat, corn etc...

A note here: Canola Oil should be avoided as well.

(There may be a little canola in some of Annie’s Naturals Brand Dressing. Try to choose ones from the list above that do not have canola oil.)

You can learn more later, or visit the Weston Price Foundation Website and learn why. www.westonaprice.org.

I recommend bookmarking this page and spending time reading more about the truth behind real health.

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Days 1 thru 10 Continued...

Good oils to use:
• Coconut Oil, Red Palm Oil, Olive, Almond, Sesame Seed Oil, Cold Expeller Pressed Oils

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Acceptable Sweeteners
• Agave Nectar: 45 calories per tablespoon
• Stevia: Zero Calories per Tablespoon
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Delay Restrictions
NO Beans, nuts, soy, corn, grains, and dairy. (After the 21 days they can be added back one at a time to evaluate for food allergy reaction)

Slide 125

Nightshades & Arthritis

Related:
tomatoes, sweet and hot peppers, eggplant, tomatillos, tamarios, pepinos, pimentos, paprika, cayenne, and Tabasco sauce are classified as nightshade foods.

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Nightshade Vegetables
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Days 11-21

"Dietary Considerations"

Please... No other foods other than what is discussed.

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- FISH:
  - Palm Sized Portions
  - You can now add fish, cold water is preferred, back into your diet 2-3 times per day. The portion should be the size of your palm.
  - Fish is best, however a little organic red meat, chicken or turkey every other day is acceptable. Try to stick mostly with fish!
  - Other than this addition DO NOT add any other foods back yet.
  - You should be feeling really good by this point! Congratulations on your success so far!
  - Choose cold water ocean fish like Salmon, Cod, etc.
  - Avoid local lake fish
  - Do not fry, light stir frying and steaming are ok. Broiling, Searing, Roasting are also fine, but do not overcook!
  - Every other day you may have organic red meat, chicken or turkey.
  - Try to Eat ONLY free-range, antibiotic-free, hormone-free.

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Remember... eat lots of:

- Vegetables!!!
For deeper purification and increased weight loss and cancer-fighting nutrients, concentrate on cruciferous vegetables like broccoli, cabbage, cauliflower, brussels sprouts, etc...

Cruciferous Vegetables:
- Broccoli
- Brussel sprouts
- Cabbage
- Cauliflower
- Kale
- Kohlrabi
- Mustard
- Rutabaga
- Turnips

Important to eat these steamed in cases of hypothyroid.

Making the Most of your 21 Day Journey

Life is "Flow and Movement"
Slide 133

Making the most of the 21 days

- Massage, Manual
- Lymphatic Drainage
- Sauna Therapy
- Deep Breathing

- Sleep 7-8 hours
- Colonic Therapy
- Dry Skin Brushing
- Water, water, water!

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1-2 Cups of Epsom Salts with equal amounts of Baking Soda. Add Aroma Therapy 10-30 drops as desired.

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Fill the mind with good thoughts and learning

Why not turn the TV off and go for a walk, or do something creative?

Go to bed peaceful!

Begin your education on real health and nutrition...

Two of my favorites...

“Empty Harvest”, by Mark Anderson, and Dr. Bernard Jensen

“Back to Basics” by Mary Frost
Troubleshooting Guide

If you experience difficulty, consult the "Troubleshooting Guide" on this DVD, or contact your doctor.

Constipation
Diarrhea
Fatigue
Etc...

Dealing with Issues

Skin Breakouts. Skin is a major organ of elimination—do not suppress a flare up! (Should pass quickly)

Constipation (If unresolved, contact office)
  - Senna Tea
  - "Smooth Move Tea"
  - Prunes
  - Water, Water, Water

Diarrhea
during the first 1-2 days it is not uncommon, clearing away debris. If it persists beyond a day or so, it is important to contact the office. Chronic diarrhea can be serious.

See you in 21 Days!

"Two roads diverged in a wood, and I... I took the one less traveled by, and that has made all the difference."

Adapted from "Thoreau and Little"