

Modifications for SP Purification Program.

Week One (Days 1-7) **Protein is Optional ***Please note the detox guide says no protein Day 1-11. It is ACCEPTABLE and essential to have protein from Day 1 on!**

Food:

- Eat 3-4 oz. of meat, fish or poultry twice daily.
- Eat 2 eggs daily.
- Eat fresh, raw, organic fruits and vegetables, particularly green, leafy vegetables
- Brown rice or wild rice (preferred)– 1 to 2 cups per day (not instant rice) *Texmatti*
- Steam kale, red beets, Swiss chard asparagus, cabbage, and broccoli.
- **Avoid all other foods.**

Supplements:

- SP Cleanse – **7 capsules 3x/day** at meals and/or with shakes or water. This is only for 1 week. (One bottle lasts 7 days)
- Gastro–Fiber – **3 Capsules 3x/day** without food (in between meals) but with shakes or water. This is taken for the entire 3 weeks.
- Drink at least 2 SP Complete shakes a day *meal replacement or adjunct (3 at most).

Week Two and Three (Days 8-21)

Food:

- Eat 3-4 oz. of meat, fish or poultry twice daily.
- Eat 2 eggs daily.
- Eat fresh, raw, organic fruits and vegetables, particularly green, leafy vegetables
- Steam kale, red beets, Swiss chard asparagus, cabbage, and broccoli.
- **Avoid all other foods.**

Supplements:

- SP Green Food - **5 capsules 2x/day** without food but with shakes or water.
- Gastro–Fiber – **3 Capsules 3x/day** without food (in between meals) but with shakes or water. This is taken for the entire 3 weeks.
- Drink at least 2 SP Complete shakes a day *meal replacement or adjunct (3 at most).

Exercise and sweat daily and drink plenty of water per day.

How Much Water?

- It can't be emphasized enough.....**Drink Water.**
- The amount is 1 liter (or 1 qt.) per 50 lbs of body weight, per day...minimum!!!
- Add more water with hot weather and with exercise/exertion.

What else can I have on the program?

- You can use fresh herbs (not dried)
- Fresh garlic, onions
- Olive oil with fresh lemon juice as a dressing for vegetables and salads.
- Olive oil or Coconut oil for cooking
- Sweet potatoes/ Wild Yams that are baked or steamed are acceptable
- Sea salt is Ok.....No pepper www.celticseasalt.com
- Add fresh lemons or other citrus to water
- No alcohol
- No cigarettes
- Wean off coffee

Exercise

- Exercise is important to get your lymphatic system and vascular system moving.
- Walk at least 4 times a week for 30 to 45 minutes straight (short interrupted walks don't count)
- Strenuous exercise should be on hold for this period, as it produces more waste products for your liver to detoxify.

Journal

- It's important to keep a journal of your program.
- In the journal write what you eat, what you drink, and how you feel
- Use the journal that comes in the kit, a notebook or a personal blog on the Internet... www.myintents.com
- The journal keeps you aware of your body.

Reintroducing Foods

When you have completed the Purification program your digestive system is starting fresh

- This is an excellent way to determine your food sensitivities (allergies)
- Foods that are a problem for you, and you did not make the association of that affect, now you will be aware of them.

Start reintroducing the foods that you want, one at a time. This is provocative testing.

Each day eat a single food, write it in your journal and record how you feel after a few hours. If you are sensitive to the food, you will know. Remove that food from your diet for 6 months.

- Keep a list of those foods you are sensitive to, so that you can avoid them.

Timing Everything Right-Daily Routine

- Immediate at wakeup at breakfast have shake, **16 oz water & supplements**
- Midmorning have **3 fiber supplements & 16 oz water**

- Lunch....Salad, vegetables, protein etc 16 oz water & **supplements**
- Mid afternoon have **3 fiber supplements & 16 oz water**
- Dinner...Shake, salad, steamed vegetables & **16 oz water & supplements**
- In-between meals have fruit or cut up vegetables, or the shake if needed
- Prior to going to bed have **16 oz water & 3 fiber supplements.**
- **In this example, total water is 3 liters.**

Possible Cleansing Effects

People with severe toxicity and/or reduced detoxification capacity may experience some of these symptoms as they start the program and cleanse their systems. ****Mostly from Day 2-5**

- Headaches
- Nausea
- Weakness and dizziness
- Muscular and or joint aches
- Skin irritation
- Constipation (must drink at least 64 oz)..or talk to your Doctor
- Awakening after a few hours sleep

Don't worry it's OK, it gets better!

For continued weight loss and health: Continue this new healthy optimal way of Eating.

- Avoid adding simple carbohydrates or processed foods
- For weight loss: continue with two SP Complete Shakes per day or Whey Pro.
- Take Tuna Oil (Omega 3's) 3 capsules a day
- Use Gymnema to help curb your carbohydrate + sugar desires
- As a multi vitamin supplement, take Catalyn 3 tabs –2 to 3 times a day.
- Length of time on this regimen will depend on what you need to lose.

To Maintain Your Weight (POST DETOX)

- Have no more than a 4-5 oz (size of a deck of cards) of protein at lunch and dinner.
- Restrict adding legumes, grains, starchy vegetable (squash, pumpkin, potatoes, roots etc.) back into the diet
- Use foods that have less than 50 glycemic index.

What You Can Add to Your Diet (POST DETOX)

- First, grab your Post-Detox Report/Goal Sheet
- Butter –never use margarine or any trans fatty acids.
- Meat / Poultry / Fish
- Nuts and seeds – Almonds/Macadamia are OK
- Vegetables both land and sea
- Whole grains
- Apple cider vinegar (2 tsps in a glass of water before meals helps acidify the digestive system)

Time to Start

It is only 21 days...anyone can do something for 21 days. Initially and after the program you will be for Post Detox Maintenance.

What does the Program cost?

- SP Purification Program (one) is \$160.00 - \$238
 - Other Weight Loss Plans for up to 21lbs:
 - *Jenny Craig* : \$750-\$2200+
 - *Weight Watchers*: \$250.00
- Upside: You may lose weight
 Downside: No accounting for individual health needs
 Have to buy synthetic foods
 Weekly meetings for up to 30 weeks
****No purification and detoxification involved**

The Actual Cost

Consider all the money you will be saving by not purchasing the foods you normally eat:

- Dinner for two out:	\$ 50 -100.00
-10 AM latte:	\$2.00 x 21 = \$42.00
-4PM snack:	\$1.00 x 21 = \$21.00
-Popcorn, soda, chips	\$15.00 x 3 = \$45.00
-Misc. junk food	\$\$\$\$\$\$\$\$\$\$
-Cigarettes	\$\$\$\$\$\$\$\$\$\$

Total: **\$200.00++++**

There is no Cost on Your Health---Make it Your Wealth!!!!

Other Tips for Succeeding...

www.myintents.com -a unique website designed to set life/daily goals and record/achieve them

www.mat-testing.com -Official Chiropractic Kinesiologists Website

www.scottcommonsense.com --create a grocery list

www.thescramble.com --create a day-to-day menu

www.coupons.com --shop smart and save money

www.westonaprice.org -tips for eating smart