

DAY-BY-DAY CLEANSE PLAN

<u>UltraClear Renew</u>	<u>AdvaClear</u> *take with solid food	<u>Eating Guidelines</u>
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Initial Cleansing: We slowly ramp up the detoxification supplements as we eliminate foods

Day 1	1 scoop, x2 per day	1 capsule, x2 per day	Foods Eliminated: <ul style="list-style-type: none"> • Sugars, sweeteners and artificial sweeteners • Alcohol • Gluten containing grains • Black and green tea, coffee, soda • Packaged, processed foods • Animal Products - eggs, dairy, chicken, lamb, beef, pork and fish
Day 2	1 scoop, x2 per day	1 capsule, x2 per day	Eliminate all foods from Day 1, PLUS: <ul style="list-style-type: none"> • ALL grains → rice, millet, quinoa, etc.
Day 3	1 scoop, x2 per day	2 capsules, x2 per day	Eliminate all foods from Day 2, PLUS: <ul style="list-style-type: none"> • Nuts and seeds *You should only be eating the shake, vegetables, fruits and legumes
Day 4	2 scoops, x2 per day	2 capsules, x2 per day	Eliminate all foods from Day 3, PLUS: <ul style="list-style-type: none"> • Legumes *You should only be eating the shake, vegetables and fruit

Metabolic Detoxification: The hardest few days, but you can do it!

Days 5-7	2 scoops, x4 per day	2 capsules, x3 per day	Only eat the following: <ul style="list-style-type: none"> • Any and all cruciferous vegetables (see handout) • Any and all allium vegetables (see handout) • Raw and cooked greens • Apples and pears (not dried) • All berries (fresh or frozen, not dried)
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Re-introduction! Keep notice of how foods make you feel as you re-introduce them

Day 8	2 scoops, x2 per day	2 capsules, x3 per day	Gently add in any vegetables or fruits - Try a citrus fruit!
Day 9	1 scoops, x2 per day	2 capsules, x2 per day	In addition to what you added back on Day 8, add in: <ul style="list-style-type: none"> • Nuts and seeds
Day 10	1 scoops, x2 per day	1 capsules, x2 per day	In addition to what you added back on Day 9, add in: <ul style="list-style-type: none"> • Non-gluten grains and or legumes
Day 11 and beyond...	*You may continue the shake if you enjoy it, 2 scoops per day	*You may continue to take 2 capsules per day	Slowly start adding in animal protein, dairy, and gluten containing grains over the next week. *Last lecture will cover different options for re-introductions

Reminders:

- You should not be hungry! Eat lots of vegetables and drink plenty of clean water.
- Prioritize sleep and self care. Your body is doing a tremendous amount of work right now! (See sleep hygiene handout for more)
- Make sure you have daily bowel movements to excrete toxins