

FIFTH EDITION

ULTIMATE

BODY CLEANSE

A Natural Detoxification Program



**Cleanse &
Recharge!**

**Revolutionary
5-IN-1
Cleanse System!**

LOSE WEIGHT
ENHANCE YOUR MENTAL CLARITY
INCREASE YOUR ENERGY LEVELS
REDUCE SUGAR CRAVINGS
BALANCE YOUR IMMUNE SYSTEM

CREATED BY DR. JOSEPH ESPOSITO

Congratulations. You Made The First Step.

The first step in creating an optimal state of health and vitality is to engage in a lifestyle that promotes the outcomes you are looking to achieve. As a society, we tend to disconnect from our health as if it is our doctor's responsibility to keep us healthy. This mindset has caused the United States to have escalating, unmanageable healthcare costs while our society becomes sicker and sicker year after year.



You should be proud to be a part of the growing movement of individuals that have made a commitment to embrace a proactive approach by taking responsibility for your health. Keep in mind your health affects everything you do and everyone you know. Take control of it. Honor it. Protect it. Spend time maintaining it or you will spend the rest of your life trying to regain it.

Stay committed to the program for the ten day cycle and commit to doing it twice a year to live a happy, healthy and vibrant life.

Regards,
Dr. Joe Esposito

PROTECTING YOUR HEALTH CARE RIGHTS

A portion of the profit from the sale of this cleanse is donated to Health Missions, LLC, a non-profit organization dedicated to keeping natural health care options available to the public. Current legislative activity may threaten open access to natural health care products and services. For more information go to:

HealthMissions.org

We hope that our research will provide a future that includes not only continued open access to, but also insurance reimbursement for natural healthcare services such as detoxification and nutritional supplementation.



WHAT IS A BODY CLEANSE?

Fasting programs can be found in religious texts written thousands of years ago. People have used fasting as a method of healing and it has stood the test of time. It challenges, yet enhances, the physical, emotional and spiritual levels of human existence.

As there are many reasons for fasting, there are many types of fasts. A true fast means the elimination of all food for a certain period of time; however, there are hundreds of different modified fasts that either eliminate or include only specific foods. The basic foundation of the Ultimate Body Cleanse is a modified fruit and vegetable fast. The foods you eat during a fast can help cleanse the liver, repair the digestive system and/or enhance immune function. Fasts usually eliminate foods that are highly allergenic, cause excess stress to the digestive system, lack nutrients (white flour) or contain toxic additives (aspartame, dyes, coloring, preservatives).

The powerful effects of this program will enhance your health during a period of time after the fast, but don't be fooled into thinking the body cleanse you complete today will help you in years to come. We highly recommend you complete the Ultimate Body Cleanse twice a year because your body is an amazing, dynamic, ever-changing organism. Does your body require only one haircut during your lifetime, one day of exercise or one shower? Obviously, the answer is no. A semi-annual cleanse will maintain your body's intricate digestive, immune and detoxification systems. The most common clinical responses include weight loss, increased energy, enhanced mental clarity and a reduction of cravings.



WHY DO IT?

The reason you do the Ultimate Body Cleanse is because you are toxic! It is no longer a question of whether or not your body is storing harmful toxins from years of accumulation. The question is how toxic are you, and how do you eliminate the toxins?

The aluminum in your can of soda may lead to Alzheimer's disease. Inhaling the chemicals in your dry cleaned clothes may promote cancer. Your plastic water bottle may contribute to hormone imbalances, memory loss and fatigue. The list goes on and on. The average person doesn't consider the relationship between the toxins in their body and the symptoms and diseases they cause until they have a life threatening health crisis. Patients and some doctors may still not address toxicity even after a chronic disease is diagnosed. It is going to be up to you to learn and understand the importance of a cleansing program and its significance in minimizing health risks, maximizing energy levels, losing weight and keeping your hormones balanced.

Don't wait for conventional medicine to tell you to do a cleansing program because according to research done by Dr. Sidney Baker, MD it takes approximately 25 years for a proven natural healthcare service to be accepted by conventional medicine.¹ For example, by 1975 there was ample evidence and clinical knowledge to make the professional recommendation for pregnant women to take folic acid to prevent birth defects. However, it took the healthcare industry approximately two decades to make the recommendation. During that time period, thousands of children were born with permanent, serious birth defects that could have been prevented by simply recommending the mother take a B-vitamin tablet while she was pregnant. Do you have twenty-five years to wait to be healthy?

An Environmental Protection Agency study proved that 100% of people tested (yes, that is everyone in the study) had high levels of toxins, such as styrene, dioxin, xylene, and

dichlorobenzene in their tissues. Not only is it proven that an overwhelming majority of people have stores of toxins in their bodies, but it has also been proven by clinical research that these toxins may cause cancer and many other life-threatening diseases.

The U.S. spends less than three cents out of every healthcare dollar on prevention while the majority is spent on crisis or reactive health care. Focusing a portion of our healthcare budget on teaching people how to eliminate toxins and maximize nutrient intake, would help our country from continuing to have the greatest healthcare bill in the world. Under our current healthcare model, our health expenses increase each and every year and we are sliding further down the World Health Organization's list of healthiest countries.

In addition to causing chronic disease and premature death, there are many other conditions that are affected by toxicity as we have discussed in this manual. One of the most misunderstood associations is toxicity and obesity. There is a strong correlation between obesity and toxicity because toxins are stored in fat cells. If you have lost weight but are unable to take off that last twenty-five pounds, you are most likely suffering from toxicity. Your body will not want to shrink your fat cells past a certain point if it will cause the toxins to be released back into your bloodstream. Cleansing your body will make future weight loss efforts easier and more permanent.

When it comes to your health and the health of your family, awareness, education, and prevention are your most powerful tools. Toxicity is not a matter to be taken lightly. Your consequences for ignoring this health risk may ultimately lead you down the path of struggling through life with the common symptoms of chronic fatigue, mood disorders and obesity or potentially a life threatening disease and premature death.

Healthcare Dollars Spent

■ 3% ~ Preventive Care ■ 97% ~ Crisis Care





“5 IN 1” CLEANSING SYSTEM

The Ultimate Body Cleanse, the industry’s most comprehensive cleansing program, provides the greatest impact to your body in the shortest period of time. The Ultimate Body Cleanse includes the following five cleansing programs in one:

1. Toxin Cleanse
2. Liver Cleanse
3. Digestive Cleanse
4. Immune Cleanse
5. Parasite Cleanse

1. & 2. TOXIN CLEANSE & LIVER CLEANSE

Your body detoxifies itself by eliminating harmful toxins via urination, defecation and perspiration. The first step is to ensure these processes of elimination are functioning normally. It is interesting to note that people with chronic constipation, lack of urination due to dehydration and those unable to perspire are usually significantly more toxic. However, we have to take a step deeper and look at the function of the liver and its role in detoxification.

The liver is responsible for taking these toxins and 'preparing' them for elimination. Most harmful toxins are not water soluble and can't simply leave the body unless the liver packages them for delivery out of the body. The liver goes through two very important steps in preparing toxins to be eliminated. The first step is to package the toxins (Phase I) and the second is to attach the toxins with a friendly amino acid (Phase II) to enable elimination.

If the liver does not have the necessary resources available (vitamins, amino acids, etc.), detoxification will come to a screeching halt. Liver Cleanse provides the compounds the liver needs to complete the toxin cleanse, and at the same time provides strong antioxidant and herbal support for the liver to remain healthy during the cleansing program.

TOXICITY TEST

Rate each symptom based on frequency and intensity.

Point Scale:

- 0 - Never or Almost Never
- 1 - Occasionally, Not Severe
- 2 - Occasionally and Severe
- 3 - Frequently, Not Severe
- 4 - Frequently and Severe

- | | |
|---------------------------------------|--|
| <input type="checkbox"/> Acne | <input type="checkbox"/> Headaches |
| <input type="checkbox"/> Constipation | <input type="checkbox"/> Dizziness |
| <input type="checkbox"/> Bloating | <input type="checkbox"/> Joint Pain |
| <input type="checkbox"/> Heartburn | <input type="checkbox"/> Muscle Pain |
| <input type="checkbox"/> Mood Swings | <input type="checkbox"/> Insomnia |
| <input type="checkbox"/> Depression | <input type="checkbox"/> Poor Memory |
| <input type="checkbox"/> Irritability | <input type="checkbox"/> Excessive Food Cravings |
| <input type="checkbox"/> Anxiety | <input type="checkbox"/> Excessive Weight |
| <input type="checkbox"/> Fatigue | <input type="checkbox"/> Water Retention |
| <input type="checkbox"/> Itchy Eyes | <input type="checkbox"/> Swollen Glands |
| <input type="checkbox"/> Runny Nose | |

- 0-5 Congratulations! You are not suffering from advanced toxin overload. Use the UBC to maintain optimal health.
- 5-25 Completing the UBC may improve many of the symptoms noted above.
- 25-49 You are showing advanced signs of toxin overload and would benefit from the UBC.
- 50-84 You are showing classic signs of severe toxin overload and need to avoid exposure to toxins in your environment and complete the UBC.

3. DIGESTIVE CLEANSE

In addition to the toxin and liver cleansing, the Ultimate Body Cleanse will enhance digestion. It is important to understand that the body runs efficiently on the food created by nature (the stuff that grows from the ground) and every time you ingest processed, man-made substances that make up the majority of the American diet, your body begins to dysfunction. Ingesting the many food toxins in the American diet will eventually damage the normal lining of the digestive system, which will reduce absorption of vital nutrients your body needs to maintain health. This quickly leads to fatigue, depression and the high risk of chronic illness.

Decreasing food intake during the cleanse will allow your body to focus on healing versus the process of digestion. You will consume Gastro Immune Support to help repair the lining of your digestive system, while Digest and Protect will replace the normal bacteria that should be present in your digestive system.

4. IMMUNE CLEANSE

Millions of Americans go through their entire lives dealing with chronic health concerns caused by consuming foods they are allergic to without ever knowing it. The Ultimate Body Cleanse will involve ten days of consuming foods and nutrients that have an extremely low potential for allergy. Chronic food allergies can cause hormone problems, weight gain, fatigue, insomnia, joint pain, depression, and many other chronic symptoms. During the cleanse, you will eliminate the most allergenic foods to humans, including corn, dairy, wheat and soy. After the cleanse, you will be able to assess your allergies by keeping a diary when you reintroduce the foods back into your diet. Did your legs begin to swell after reincorporating wheat into your diet? Did your anxiety and fatigue increase after you re-introduced dairy? During the cleanse, the Gastro Immune Support will provide the nutrients to rebuild a damaged immune system.

5. PARASITE CLEANSE

Parasite infections used to be considered a problem only for those traveling to exotic places and eating the local cuisine. Recent research claims that parasite infections are prevalent throughout the world, including industrialized countries such as the United States. To understand the magnitude of parasite infections, consider the United Nations' statement, "1.5 billion people are infected with roundworms (over 15% of the world's population), 1 billion people with whipworms and more than 1.3 billion people carry harmful hookworms in their gut." The rate of parasitic-related disorders in North America is skyrocketing. If you have at least three people in your home,



the odds according to research are that at least one of you has parasites living in your body, stealing your food and laying up to 300,000 eggs per day.

A research study completed in 2000 concluded that a shocking 32% of fecal specimens from 2,896 patients from 48 states tested positive for parasites. Of those infected, 10% suffered from multiple infections with 2 – 4 different parasites in their bodies! To have one third infected with parasites in a domestic study is cause for concern. For that reason, the Ultimate Body Cleanse includes a comprehensive parasite cleanse as part of the detoxification protocol.

Acquiring a parasite is not a difficult endeavor. The most common sources of exposure include under-cooked meats, improperly washed fruits and vegetables and contaminated tap water. Transmission from pets or other infected people is also quite common. Overuse of antibiotics destroys the normal bacterial lining of your gut, which lowers your immune response, allowing your body little chance to fight off a potential parasite.

Your body can actually play host to more than a hundred different types of parasites, ranging from worms that are not visible to the naked eye to tapeworms that are longer than the length of your body. Contrary to popular belief, parasites are not restricted to your colon alone, but can be found in any other part of your body - in your lungs, your liver, in your muscles and joints, in your brain, your blood, under your skin and can even be seen crawling around inside your eyes!

“Parasites are the missing diagnosis in the genesis of many chronic health problems, including diseases of the gastrointestinal tract and endocrine system. Most individuals would be truly amazed if they knew the extraordinarily high number of Americans who are unknowingly infected by parasites...”

Dr. Hermann R. Bueno, Fellow of
Royal Society of Tropical Medicine and Hygiene of London.⁽²⁾

Parasite Cleanse is a special formulation designed specifically to improve health by eliminating parasites from the body and is an integral part of the Ultimate Body Cleanse.

PARASITE TRIVIA

- The hookworm latches on the walls of the colon with sharp teeth and feeds on your blood.
- The tapeworm is the longest parasite. A mature adult can lay a million eggs a day.
- The roundworm can grow to be 20 inches long and lay 200,000 eggs per day.
- Pinworms migrate outside the colon during the night to lay their eggs around the anus. This causes nightly itching in many unsuspecting victims.

THE ULTIMATE BODY CLEANSE PROGRAM

During the program you will take six different nutritional products. Each of these products has a precise and distinct purpose during the program. If you omit any one of these products, you may experience less than optimal results during the Ultimate Body Cleanse.



1. Bio Cleanse is the main formulation that will assist your body in removing harmful toxins. Bio Cleanse supports the two intricate stages of detoxification: binding to the harmful chemicals and other toxins that have been stored in your body for years or possibly decades and eliminating them.

2. Liver Cleanse is a nutrient formulation that supports the liver while your body is cleansing itself. The liver is the organ that manages the packaging and elimination of toxins. During this program, your liver is working overtime and needs the nutrient support to keep it functioning optimally.



3. Clean Protein is a product that will balance your blood sugar and provide a source of protein during the program. It is a very hypoallergenic (low risk of allergy) calorie source, which will help give your immune system a chance to rest while the body is internally cleaning itself.





4. Gastro Immune Support is a specific combination of nutrients that heals your immune system and repairs your digestive system. As a result, you can better absorb nutrients and decrease risk of leaky gut syndrome. Since the Gastro-Immune Support should be taken on an empty stomach when you first wake up and before you go to bed, it is recommended to keep the bottle on your night stand with a glass of water.

5. Digest And Protect contains five billion live bacteria per capsule. Sound gross? Well, believe it or not, your body should normally have approximately 3-5 pounds of beneficial bacteria lining your digestive system! The Standard American Diet (S.A.D.), as well as the overuse of antibiotics, kills off most of the good bacteria in our bodies. This bacteria is essential to help us absorb nutrients and fight infection. This product will help to replenish the beneficial bacteria, which will in turn enhance nutrient absorption and strengthen your immune system.



6. Parasite Cleanse is a comprehensive herbal formulation designed to eliminate parasitic organisms from your body.





GETTING STARTED

The Ultimate Body Cleanse is a modified fruit and vegetable fast with intensive nutrient support to help heal the digestive system and enhance the liver's ability to cleanse the body. In addition to enhancing your body's ability to function, this fast:

- ✓ **Increases energy levels**
- ✓ **Enhances mood and concentration**
- ✓ **Clears up your complexion**
- ✓ **Normalizes bowel function**
- ✓ **Decreases joint pain**
- ✓ **Enhances sleep**
- ✓ **Alleviates many other symptoms**

It is easiest to initiate the body cleanse during a vacation from work or a less stressful time period. It is also beneficial to team up with a family member or roommate to make your surroundings more supportive rather than antagonistic. Try to relax, meditate, pray or be with nature during the program, allowing your body to have an internal peace to enhance healing. The bottom line is to respect your body.

**“Don't let the program itself be an added stress,
but a time of peace and love for yourself!”**



THERAPIES TO ENHANCE DETOXIFICATION

HYDRATION

A critical component of the program is water. Be sure you drink a copious amount of water during the program. To release toxins from your body, you must be well hydrated. These toxins exit the body through urination, bowel movements and sweating, all of which require adequate hydration. Drink at least 2 quarts (64 ounces) of plain, purified water daily.

RELAXATION TECHNIQUES

It is also important for you to keep your body in a relaxed state of healing during the program. As stated earlier, try to complete the Ultimate Body Cleanse in a low-stress environment. When your body is under excess stress, it releases a hormone called cortisol, which will decrease your body's ability to detoxify. There are a number of different techniques to maximize your ability to be at peace internally. It is not only important to be physically in a state of relaxation, but also mentally relaxed and spiritually grounded.

~ MEDITATION ~

We highly recommend using meditation every morning and evening during the program. Meditation is a time in which you eliminate thought and focus only on your cycle of breathing. You can truly find an inner peace by meditating daily. If you have never

meditated, it will take time to understand and appreciate the power of “doing nothing.” Start with five minutes in the morning and five minutes in the evening, and slowly increase it to twenty to thirty minutes once or twice per day. If you have time constraints, set an alarm. If you are focusing on the time, or anything else for that matter, you are defeating the purpose of meditation. Keep in mind that it is better to meditate for only five minutes per day than not at all. Many communities offer meditation classes and you can find numerous videos on the subject as well.

~ YOGA ~

Yoga has similar benefits to those offered by meditation. Moreover, it will also improve musculoskeletal conditions and increase flexibility. If you have the availability and time, practice yoga two or three times a week during the program. If you do not have the ability to do yoga, spend twenty to thirty minutes per day stretching your muscles. Classes and videos are also available for yoga.

EXERCISE

During the program, you should exercise to increase blood flow and enhance detoxification. Running or walking twenty to thirty minutes every day is the best method of exercise during this program. It is recommended that you curtail more strenuous activity, especially heavy weight lifting, during the cleanse due to reduced protein consumption.



SAUNAS

It is beneficial to use a sauna during your cleanse. Start at twenty minutes per day and increase ten minutes each day until you get to an hour. **The temperature of the sauna should be between 100 - 130 degrees.** When you spend time in a sauna at low temperatures, your body will secrete fat soluble toxins through your sweat, which will enhance the detoxification program. If the temperature is too high, your body will sweat profusely and eliminate water soluble toxins instead of the more toxic fat soluble toxins.

Just as we want to make sure the body is having normal bowel movements to eliminate toxins, we want perspiration to help release the toxins through the skin. It is very important not to let the sweat dry after getting out of the sauna. Taking a shower afterwards helps to remove the toxins that have been secreted through the skin.

There are two basic kinds of saunas: the classic hot sauna and the infrared sauna. You will probably find the classic sauna at your local health club. This sauna will get very hot and humid inside and takes about 30 minutes to attain the correct temperature. It should not be used if you have heart disease, hemophilia, are pregnant, nursing or have other disease states that are bothered by the heat. Infrared saunas do not get as hot inside but your body still gets warm and you perspire. Heart disease is not a contraindication for infrared saunas, but as always, check with your primary care doctor. According to research, the infrared sauna has been noted to provide superior detoxification by removing heavy metals and fat soluble toxins.

It may sound as if you need to quit work to try to do all these therapies; however, many of these techniques can be combined. You can go for a twenty minute run and then sit in a sauna and meditate. After twenty minutes of meditation, you can stretch and complete everything in just over an hour! We recommend these techniques not only during the program, but daily for a lifetime of health.

* If you do not have access to a sauna, just make sure you perspire during your exercise to assist in eliminating toxins.





GENERAL PROGRAM GUIDELINES

- Avoid foods to which you know you are intolerant or allergic.
- Eat slowly and chew well. This will enhance digestion and absorption and improve detoxification.
- Be sure to take all of the recommended supplementation. These products contain critical ingredients to nutritionally support your body's detoxification process.
- Select fresh foods whenever possible. Choose organically grown vegetables if they are available in your area. If this is not possible, wash produce in a diluted solution of dish soap and rinse thoroughly. The "cleaner" you eat, the better the program will work.
- Drink at least 2 quarts (64 ounces) of plain, purified water each day.
- Exercise to increase blood flow and to enhance detoxification.
- Get adequate rest; most detoxification occurs during sleep.
- Use relaxation techniques to reduce your stress.
- If you do not have a minimum of one bowel movement per day, see the healthcare practitioner who recommended your program. If normal bowel movement is not achieved, the program should be halted until bowel function is regulated.

- If you are taking medication, please ask your primary care physician if you are able to stop taking the medication during the cleanse. You may continue to take any supplements you are currently using, however you may pause supplementation if you are having difficulty with the amount of pills taken during the program.
- Do not go on this program if you are pregnant, have kidney disease or anemia, have an eating disorder or are underweight, recovering from surgery or are under the age of 12. Some of the products have not been tested in these conditions. If you are unsure of whether or not you are healthy enough to perform this program, please check with your healthcare provider before beginning the program.
- You may need to curtail more strenuous physical activity (especially heavy weight lifting) due to a lower level of protein during the program.
- If you consume a significant amount of caffeinated beverages or simple sugars, you may experience withdrawal headaches if you discontinue them all at once. We recommend you gradually decrease your intake of these substances before you start the program.
- As you eliminate foods and increase the nutritional support your body needs, you may briefly experience some reactions. These may include transient sleep disturbances, changes (up or down) in body temperature, light-headedness, mood swings, mild headaches, muscle aches, bloating, changes in body odor or breath or changes in bowel habits. These reactions are generally minor and temporary. Many problems are due to low blood sugar or an excess release of toxins. For more details, refer to the FAQ section on page 34.





BEFORE YOU BEGIN YOUR CLEANSE

On the following pages you will find clear and concise instructions on what to focus on each day during your cleanse, what nutrients to take, which foods to avoid and what lifestyle changes you should implement.

Besides enhancing your health, there are two more goals that this cleanse is designed to accomplish; you should have a breakthrough about understanding the importance of a healthy diet and a realization of how you have been feeding your body for years or possibly for a lifetime! When you understand what your body needs to function optimally and you reflect back on what you were feeding your body, you can create a powerful correlation to understand why your body is expressing the symptoms you currently have. Once you gain this powerful, yet simple, insight on health and the need for you to play an active role in your health, you can make better decisions for the health of both yourself and your family.

Although most people do not experience any negative symptoms during the program, the more symptoms you experience, the more toxic you are. You obviously want toxins to become mobilized in order to enable them to be released by the body; however, we don't want you to experience unnecessary symptoms during the program. Again, if you do experience a response that is troublesome, please refer to the FAQs on page 34.

Each day will have a lifestyle challenge that you can perform to enable you to reach the above goals. They are simple exercises or tasks that will increase the powerful impact of the program.



ALLOWED FOODS

During this program, please follow the instructions listed for each day for the foods you are allowed to consume. Whole fruits and non-starchy vegetables (see list below) can be consumed either raw or gently cooked such as lightly steaming, grilling or baking—no sautéing or deep frying. Canned fruits and vegetables as well as store bought fruit and vegetable juices are not permitted. For added taste, add lemon or apple cider vinegar (diluted in water), and other non-sodium containing herbs and such as basil and ginger. Refrain from using salt. We highly recommend organic fruits and vegetables if you have access to them. Eating organic fruits and vegetables will further decrease the toxic load to your body. Non-organic fruits and vegetables can have high levels of pesticide residue in them. One report on pesticides stated that some vegetation carries as many as thirteen different pesticides! Most pesticides cannot simply be washed off; it is important to understand that these pesticides are not simply on the vegetation but are actually inside it.

Non-Starchy Vegetables

Artichokes	Bok Choy	Cauliflower
Eggplant	Jicama	Mushrooms (all)
Peppers (all)	Spinach	Turnip Greens
Arugula	Broccoli	Celery
Garlic	Kale	Mustard Greens
Rhubarb	Sprouts	Watercress
Asparagus	Brussels Sprouts	Collard Greens
Green Beans	Kohlrabi	Okra
Salad Greens	Swiss Chard	Zucchini
Bean Sprouts	Cabbage (all)	Cucumber
Hearts of Palm	Lettuce (all)	Onions
Shallots	Tomatoes (all)	Leeks

DAYS 1-2

Today, you will begin by paying more attention to what you are eating. Focus on distinguishing food from man-made chemical formulations (non-foods) or highly processed substances that you thought were food. Make a list of the substances you eat on a daily basis that are not food.

- Eliminate all processed foods, fried foods, dairy products, gluten-containing grains*, meats, white flour and preservatives.
- You may eat all the whole fruit, non-starchy vegetables (see pg 19) , unsalted nuts and seeds, fish, eggs, beans and non-gluten containing grains** that you desire.
- For the first two days only, you can consume the following healthy fats and oils sparingly: coconut, olive, unrefined palm, flaxseed and avocado. You can lightly drizzle them on salads or use them on other fruits and vegetables. Do not heat these oils. If you need flavor, use 1-2 tbsp of lemon, apple cider vinegar (diluted in water) or other non-sodium containing herbs and spices, such as ginger and turmeric. Use organic unrefined and cold pressed oils if possible.

* Gluten containing grains include wheat, spelt, kamut, farro and durum, bulgar, semolina, barley, rye, triticale and oats that are not certified as gluten-free.

** Allowed grains include: millet, brown rice, white rice, sorghum, quinoa, amaranth and certified gluten-free oats.

Use the following chart to keep track of the nutrients you need to take today. You may place an "X" in the box corresponding to the nutrient and time of day to ensure that you are following the correct schedule.

Day 1 - 2	Upon Rising	Breakfast	Lunch	Dinner	Bedtime
Gastro Immune Support (capsules)	3	--	--	--	3
Bio Cleanse (capsule)	--	1	1	1	--
Liver Cleanse (capsules)	--	2	2	2	--
Digest & Protect (capsule)	--	2	1	2	--
Clean Protein (scoops) with 6 oz. of water	--	1	--	1	--
Parasite Cleanse (capsule)	--	1	1	1	--

Here are some of the non-foods I have been eating:

1. _____
2. _____

LIFESTYLE LESSON:

Go through your cabinets and find all the products that have partially hydrogenated oil or trans fatty acids listed in the ingredients and stack them up on your kitchen table. These are dangerous oils that severely affect your health and can increase your risk of chronic diseases such as diabetes and heart disease, as well as promote premature aging. If you want to stay looking young, enhance weight loss, increase energy levels and reduce the risk of chronic disease . . . eliminate all the food on your kitchen table. From now on, you need to review the ingredients of the foods you are purchasing. Do not buy food with partially hydrogenated oils.

“Most diseases begin in the kitchen.”

Paul White, M.D.

YOUR Diary

You may use the following space to record feelings, thoughts, and/or physical symptoms you experience as you begin your cleanse.

DAY 3

Eliminate all other foods from your diet with the exception of the fresh fruits and fresh or lightly steamed non-starchy vegetables (see pg 19) . Do not sauté or cook the fruits and non-starchy vegetables. Eat no more than 1-2 fruits a day, but you may eat as many non-starchy vegetables as you desire. If you need flavor, use lemon, apple cider vinegar (diluted in water) or other non-sodium containing herbs and spices, such as ginger and turmeric.

Use the following chart to keep track of the nutrients you need to take today. You may place an "X" in the box corresponding to the nutrient and time of day to ensure you are following the correct schedule.

If you did not have any adverse side effects with one tablet of Bio Cleanse, then go to 2 tablets three times a day.

Day 3	Upon Rising	Breakfast	Lunch	Dinner	Bedtime
Gastro Immune Support (capsules)	3	--	--	--	3
Bio Cleanse (capsule)	--	2	2	2	--
Liver Cleanse (capsules)	--	2	2	2	--
Digest & Protect (capsule)	--	2	1	2	--
Clean Protein (scoops) with 6 oz. of water	--	1	--	1	--
Parasite Cleanse (capsule)	--	1	1	1	--



LIFESTYLE LESSON:

Have you been caught saying that you will begin an exercise program soon or last week or last month or last year or when you get time, when you grow up or when you get older? You **MUST** make exercising a daily ritual just as you have done with brushing your teeth and taking a shower.

The difference between a daily task and a habit is that a habit does not require any thought process. How often do you decide if you should brush your teeth today? Never! You must make your exercise program a daily habit starting today!

When you fall off your workout program, don't give up! Stand up and get back into the process of exercising. Too often, short hiccups in your workout routine turn into long breaks that ruin your workout habit. The longer the break, the more of a chance you will completely stop exercising

“Health is a matter of choice, not a mystery of chance!”

Robert A. Mendelsohn, M.D.

YOUR Diary

Today you started the fruits and vegetables-only portion of the cleanse. You may have cravings during the next couple of days but you will not go hungry. Remember you may eat all the approved vegetables you want! Use the following space to record feelings, thoughts and/or physical symptoms you experience.

DAY 4

Eliminate fruit from your diet. Consume only fresh (preferred) or lightly steamed non-starchy vegetables listed below. You may eat as many non-starchy vegetables as you desire during the day. Do not sauté or cook these vegetables.

Non-Starchy Vegetables

Artichokes	Bok Choy	Cauliflower
Eggplant	Jicama	Mushrooms (all)
Peppers (all)	Spinach	Turnip Greens
Arugula	Broccoli	Celery
Garlic	Kale	Mustard Greens
Rhubarb	Sprouts	Watercress
Asparagus	Brussels Sprouts	Collard Greens
Green Beans	Kohlrabi	Okra
Salad Greens	Swiss Chard	Zucchini
Bean Sprouts	Cabbage (all)	Cucumber
Hearts of Palm	Lettuce (all)	Onions
Shallots	Tomatoes (all)	Leeks

Use the following chart to keep track of the nutrients you need to take today. You may place an "X" in the box corresponding to the nutrient and time of day to ensure you are following the correct schedule.

Day 4	Upon Rising	Breakfast	Lunch	Dinner	Bedtime
Gastro Immune Support (capsules)	3	--	--	--	3
Bio Cleanse (capsule)	--	2	2	2	--
Liver Cleanse (capsules)	--	2	2	2	--
Digest & Protect (capsule)	--	2	1	2	--
Clean Protein (scoops) with 6 oz. of water	--	1	--	1	--
Parasite Cleanse (capsule)	--	1	1	1	--

LIFESTYLE LESSON:

How do you breathe? Do you take deep breaths from your belly or short breaths from your shoulders? Though breathing correctly is one of the most health enhancing things you can do, most people have absolutely no awareness of their breathing. Breathing helps in detoxifying, weight loss, digestion, increasing energy levels, reducing depression and muscle spasms and many other conditions.

Sit down and put your hand on your abdomen and begin your breath by pushing your hand away from your abdomen to produce a strong abdominal breath. This deep breath will help in oxygenating your tissues and detoxifying your body. Commit to doing this breathing exercise every morning upon waking and every evening before bed, and watch how your health improves over the next 4-6 weeks.

“In the hand of the physician, nutrition can be the highest and best remedy.”

Paracelsus (1490-1541)

YOUR Diary

Today is the vegetables-only portion of the cleanse. Your metabolism is slowing and your body should be adjusting to eating less. If you're still hungry, eat more vegetables. You may use the following space to record feelings, thoughts and/or physical symptoms you experience on this day.

DAY 5

Eliminate all food from your diet. Since you gradually reduced the consumption of food during the first four days of the program, you should not have excessive cravings for food. Consuming only fruits and vegetables for the past two days helped to slow your metabolism and enabled your body to comfortably deal with the cleansing program. Once you reintroduce food, your metabolism will bounce back to its normal rate.

When possible on this day, connect with your spiritual self by spending time in nature, walking, doing yoga, meditating, praying, stretching or anything else that helps you connect to your inner being. It is not recommended to engage in intense physical exercise during this time.

Use the following chart to keep track of the nutrients you need to take today. You may place an "X" in the box corresponding to the nutrient and time of day to ensure you are following the correct schedule. Make sure you maintain your water intake in order to assist your body in eliminating the toxins.

*You can extend this part of the program (no food) for three additional days in order to maximize the cleansing of the body. When your body is not busy digesting, it has more resources and energy to enhance the detoxification process. The longer you are at this stage, the more detoxification will occur. However, if this is your first time doing the UBC, you should be proud to be able to complete one full day without food. Try to increase this stage to two or three days on your next cleanse.

*Keep in mind that extending the program may require additional nutrients, which may be purchased separately.

Day 5	Upon Rising	Breakfast	Lunch	Dinner	Bedtime
Gastro Immune Support (capsules)	3	--	--	--	3
Bio Cleanse (capsule)	--	2	2	2	--
Liver Cleanse (capsules)	--	2	2	2	--
Digest & Protect (capsule)	--	2	1	2	--
Clean Protein (scoops) with 6 oz. of water	--	1	--	1	--
Parasite Cleanse (capsule)	--	1	1	1	--

LIFESTYLE LESSON:

Keep Present Time Consciousness (PTC) at every single moment today. PTC is basically the process of focusing AT the current time ON the current time. In today's society, we focus 90% of our time on the mistakes of the past and the fear of the future. If you allow your subconscious mind to let go of the past and the future and simply focus on the current situation at hand, you will live a healthier and more fulfilling life.

“To lengthen thy life, lessen thy meals.”

Benjamin Franklin (1706 - 1790)

**YOUR
Diary**

You should not have excessive food cravings at this point which is great because today, you will not consume any food. Hang in there . . . you're halfway through at this point! You may use the following space to record feelings, thoughts and/or physical symptoms as you take time to reflect and meditate.

DAY 6

Reintroduce the fresh fruits and fresh or lightly steamed non-starchy vegetables you were allowed to eat on Day 3 of the program. Again, you are limited to having 1-2 fruits a day and as many non-starchy vegetables as you desire.

Use the following chart to keep track of the nutrients you need to take today. You may place an "X" in the box corresponding to the nutrient and time of day to ensure you are following the correct schedule.

Day 6	Upon Rising	Breakfast	Lunch	Dinner	Bedtime
Gastro Immune Support (capsules)	3	--	--	--	3
Bio Cleanse (capsule)	--	2	2	2	--
Liver Cleanse (capsules)	--	2	2	2	--
Digest & Protect (capsule)	--	2	1	2	--
Clean Protein (scoops) with 6 oz. of water	--	1	--	1	--
Parasite Cleanse (capsule)	--	1	1	1	--



LIFESTYLE LESSON:

Along the lines of living with PTC, as discussed previously, it is important to manage your stress (cortisol) levels. Usually, when you focus on the problems in the past or the fear of the future, you release excess stress hormone. Damaged relationships, pent up anger, jealousy and holding grudges are great ways to secrete excess stress hormone. Today, you need to call someone you have had a long term grudge against, have been angry with or jealous about. When you apologize, or accept an apology, it will set you free, reduce your stress hormone levels and enhance your health. Yes, just go do it.

“To eat is a necessity, to eat intelligently is an art.”

La Rochefoucauld, 1613 – 1680

YOUR Diary

Time to start eating fruits and vegetables again! Eat 1-2 fruits today and as many raw or lightly steamed non-starchy vegetables of your choice. You may use the following space to record feelings, thoughts and/or physical symptoms as you start eating again.

DAYS 7-8

Begin to slowly add protein sources to your diet including unsalted nuts, beans, fish, chicken, turkey, etc in addition to the fruits and non-starchy vegetables you consumed on Day 6. Dairy products including cheese and milk are still not allowed during this time, however. Meats should be grilled or poached, not fried.



Use the following chart to keep track of the nutrients you need to take today. You may place an "X" in the box corresponding to the nutrient and time of day to ensure you are following the correct schedule.

Day 7 - 8	Upon Rising	Breakfast	Lunch	Dinner	Bedtime
Gastro Immune Support (capsules)	3	--	--	--	3
Bio Cleanse (capsule)	--	2	2	2	--
Liver Cleanse (capsules)	--	2	2	2	--
Digest & Protect (capsule)	--	2	1	2	--
Clean Protein (scoops) with 6 oz. of water	--	1	--	1	--
Parasite Cleanse (capsule)	--	1	1	1	--

LIFESTYLE LESSON:

Most people do not have a healthy lifestyle because they have no time. Do you miss breakfast because you do not have time? Do you miss your workouts because you do not have the time? The first step in managing your time is to organize your life. It is time for "spring cleaning." Clean your office, clean up the pile of paperwork in the kitchen, and clean up all the negative thoughts and excess rationalizations in your mind. Getting organized will enable you to better utilize your time and consequently have more time to improve your health. Then, force yourself to wake up 45 minutes earlier so you can dedicate this time to promoting a healthy lifestyle that you did not have time for in the past. You could choose a 15 minute activity to enhance your mind (ex. reading), a 15 minute activity to enhance your body (ex. exercise), and a 15 minute activity to nourish your spirit (ex. meditation). This promotes a balanced approach to your health. You may be tired at first when you wake up earlier, but eventually, you will have more energy because you will sleep more deeply at night and you will complete more of the tasks that cause the stress hormone release in the first place.

"The wise man should consider that health is the greatest of human blessings. Let food be your medicine."

Hippocrates C. 460-377 B.C.

YOUR Diary

Today you can begin to introduce proteins to your diet. This will help subside any cravings and begin to increase your energy levels. You may use the following space to record feelings, thoughts and/or physical symptoms as you continue the cleansing process.

DAYS 9-10

You now have the opportunity to introduce additional carbohydrate foods that you would like to eat again such as additional fruits, grains, starchy vegetables including potatoes and dairy products such as milk and cheese. Additionally, you can also add back healthy whole food fat sources including avocado, olives, and healthy oils such as coconut oil, olive oil and unrefined red palm oil. Increase your carbohydrate intake slowly because you may experience symptoms if you increase your intake of carbohydrates too quickly. Also, please keep in mind that gluten-containing grains (ex. wheat, spelt, kamut, farro and durum, bulgar, semolina, barley, rye, triticale and oats that are not certified as gluten-free) and dairy products tend to be highly allergenic. These are acid producing, inflammatory foods that tend to cause gastrointestinal upset. You may notice numerous symptoms if you decide to introduce them back into your diet. Symptoms may include fatigue, excess weight gain, digestive complaints, headaches and joint pain. If adding back these foods, it is advisable to start introducing dairy products first and then move to the gluten-containing grains. You should only add back one food at a time, waiting 2-3 days before introducing another food, and keep a food-symptom diary. This helps you clearly identify the effects each food has on your body, which would be harder to do if you are adding multiple foods back at the same time. If you experience symptoms upon introducing a food, it is likely best not to continue eating that food. Please notify your healthcare practitioner of any foods you suspect are causing you to experience symptoms to see if further testing is needed.

Use the following chart to keep track of the nutrients you need to take today. You may place an "X" in the box corresponding to the nutrient and time of day to ensure you are following the correct schedule.

Day 9 - 10	Upon Rising	Breakfast	Lunch	Dinner	Bedtime
Gastro Immune Support (capsules)	3	--	--	--	3
Bio Cleanse (capsule)	--	2	2	2	--
Liver Cleanse (capsules)	--	2	2	2	--
Digest & Protect (capsule)	--	2	1	2	--
Clean Protein (scoops) with 6 oz. of water	--	1	--	--	--
Parasite Cleanse (capsule)	--	1	1	1	--



FAQs

1. Are there any contraindications to completing the Ultimate Body Cleanse?

The UBC should not be completed if you are pregnant, nursing, have kidney disease or anemia, or are under the age of 12. If you are unsure of whether or not you are healthy enough to perform this program, please check with your healthcare provider before beginning the program.

2. I didn't feel any different during or after the cleanse. Does that mean it wasn't effective?

Cleansing is a process of removing toxins and allowing the body to maximize its resources for restoration and healing. If your body can manage the elimination of toxins with optimal liver function and adequate elimination you may not have any negative symptoms or positive responses. However that does not mean that cleansing did not occur. If you are healthy and do a cleanse twice per year, we would expect you not to have any symptoms.

3. I feel so good on the Ultimate Body Cleanse, do I have to wait six months to do it again?

The optimal frequency to cleanse is twice a year. However, there would be no harm if you want to do it quarterly. I would recommend using the Detox Cocktail Program as a way to minimize toxins between Ultimate Body Cleanses.

4. On Day 3 I noticed I was light headed and a little dizzy. Is there anything I can do so I can continue to work?

Approximately 10-15% of people may become light headed with the reduction of food intake. There are two primary causes of this symptom. The first is lowered blood sugar and the second is the mobilization of toxins in your body. In regards to lower blood sugar, it is important to understand that your body was accustomed to the amount of sugar and carbohydrates that it normally consumes. Now that your body is not taking in processed carbohydrates or sugars, your blood sugar will initially drop and then your body will regulate it back to normal in response to the new diet. If you feel light headed, add an additional serving of Clean Protein per day. If that does not change the feeling of being light headed, then it may be due to the excess release of toxins. If you are very toxic, your body may be releasing too many toxins too quickly, which is the second potential cause of the symptom. Reduce the dose of Bio Cleanse (the main detoxifier) by 1/3 to 1/2 for two days and then slowly increase the dosage and see how your body responds. This should handle the concern.

5. The nutrients are giving me a mild headache and mood swings. Should I continue the cleanse?

It is common for people to blame the nutrients for milder symptoms they experience during the cleanse, such as headaches and mood swings, because they experienced the symptoms after beginning the nutrients. However, these symptoms are usually NOT caused by the nutrients. Instead, they are usually caused by the toxins that are being released BECAUSE the nutrients were taken. Keep in mind that removing toxins is the purpose of performing a cleanse! If your symptoms are mild, continue on the program so that you can reap the rewards of reducing toxins in your body. You may want to follow the steps in FAQ #4 which consists of first increasing the Clean Protein in case symptoms are due to low blood sugar and then reducing the dose of Bio Cleanse if needed. If you experience severe symptoms, please discontinue the program and notify your healthcare practitioner.

6. Will I have enough nutrients to complete the entire program?

The program was designed with extra product to ensure enough nutrients during the program. After the program is completed we recommend that you continue on the nutrients until they are gone. Your body will continue to receive a healing benefit from the nutrients even after your diet returns to normal. The Clean Protein has an extra 10-12 scoops (5-6 servings) in the container that can be used if you have low blood sugar during the cleanse. However, keep in mind that if you use more than the 5-6 additional servings you will run out of product before your program is done.

7. How is the UBC different from other cleanses?

Most cleanses are nothing but a “bowel flush” because they are merely fiber and a laxative that require you to stay next to a restroom for emergencies. This is not a true cleanse. The Ultimate Body Cleanse is the only cleanse on the market that provides five full cleansing systems in one program: Liver Cleanse, Colon Cleanse, Parasite Cleanse, Immune Cleanse and a Digestive Cleanse. Since the Ultimate Body Cleanse does not contain a laxative, you will NOT have issues with excessively loose bowels.

8. Can I complete the UBC if I am diabetic?

It is actually one of the best decisions you can make, but it is advised to discuss the program with your doctor before beginning. The Ultimate Body Cleanse can significantly reduce the severity of Type 2 diabetes. You will need to monitor your blood sugar very closely and increase the dose of the Clean Protein to three doses per day during days 4-6.

9. Can I just eat well and exercise in order to eliminate the toxins in my body?

Unfortunately this is not how cleansing works. Our planet is under such a toxic burden that even our healthy foods can be covered in poisonous toxins. Natural vegetation found in uninhabited areas in the Himalayan mountains has been found to have pesticides and other toxins on it because the chemicals, pesticides and other solvents make it to the jet stream and land everywhere on the planet. These chemicals require specific nutrients to bind to them to eliminate them from the body. The excessive toxin load causes most healthy individuals to be deficient in the nutrients necessary to bind to toxins and eliminate them from the body. You may feel very healthy, but once the toxins reach a certain threshold you will eventually experience symptoms and most likely acquire a chronic disease.

10. I have a very busy work schedule. How can I complete the Ultimate Body Cleanse with my limited time?

One helpful strategy is to prepare all your vegetables in advance. Wash and cut them and put them in small storage containers to take to work. Use a small pill box to organize your nutrients so that you remember to take them throughout the day and review your daily life lesson at the end of each day. If you plan correctly, you can manage the Ultimate Body Cleanse with a busy schedule.

11. I am done with the cleanse. I feel great! What do I do now to maintain my health and how I feel?

It is important to move to a foundation nutritional program to ensure you receive the baseline nutrients you need to maintain optimal health. I would recommend the Foundation-Wellness Program if you are overall well. This program includes Aceva's Daily Balance multivitamin, Omega 3 Plus fish oils, and Absolute Greens antioxidant formula, and can be purchased from the health professional who recommended the Ultimate Body Cleanse or online at Aceva.com. I would highly recommend staying on a primarily fruit and vegetable diet with lean meats and fish, healthy fats and oils such as avocado, coconut and olive oil and limited grains and dairy. This will keep the inflammation reduced in your body, while keeping you feeling and looking great.

12. I was in chronic pain for the last nine years of my life. After the cleanse, I not only felt pain free - I also lost 12 lbs! Unfortunately, after the cleanse I gained back 9 lbs and all my pain came back. What can I do?

It is evident that your diet is playing a significant role in your pain and your weight concerns. If you end the program and go right back to the highly inflammatory, highly allergenic American diet you will regain all the problems you had before the cleanse. It is important to embrace the food concepts you learned during the cleanse. Keep in mind that dairy and gluten-containing grains often cause gastrointestinal symptoms and tend to be extremely inflammatory, acidic and highly allergenic to most humans. We recommend continuing to eliminate or at least reducing the consumption of these foods after the program. Some people add dairy or wheat back into their diets and gain 5-7 lbs in 48 hours. Then they eliminate those foods again and they lose the weight again. Food allergies, sensitivities and intolerances play a significant role in many chronic health problems. If you decide to reintroduce potentially allergenic foods into your diet, you should only add back one food at a time, waiting 2-3 days before introducing another food, and keep a food-symptom diary. This helps you clearly identify the effects each food has on your body, which would be harder to do if you are adding multiple foods back at the same time. If you experience symptoms upon introducing a food, it is likely best not to continue eating that food. Please notify your healthcare practitioner of any foods you suspect are causing you to experience symptoms to see if further testing is needed.

CONGRATULATIONS!

You have successfully completed your bi-annual Ultimate Body Cleanse.

Did you have any different or odd symptoms during the program? What did you learn about your diet? About your water intake? About your cravings? You should have fewer cravings than you had before the program, and this is the time to decide on which of those foods you want to eliminate from your diet for good. You have less physical and mental desire for them after the cleanse and it will be easier to eliminate them now.

If you complete the Ultimate Body Cleanse bi-annually, you will have less symptoms, more energy and lower risk of chronic diseases. Schedule your next cleanse six months from now in your date book or other calendar. Keep this book in a health file with your personal records, and reflect on this journal during your program next year.

If you are interested in reducing the daily toxic load our bodies are exposed to, then you can take the Detox Cocktail once a day or at least once a week between your cleanses. This will create a process of detoxifying your body throughout the year.

On the following page are some closing comments and a list of lifestyle changes. Review these changes and check off which ones you will commit to now that you have finished your cleanse. Before your next cleanse, reflect on the lifestyle changes you committed to and make modifications, additions or eliminations. If you could commit to only one lifestyle change a year, it would be a positive step to reaching optimal health.



NEXT STEPS

- The Ultimate Body Cleanse is over and you may begin to slowly reintroduce foods that you eliminated on Day 1.
- It would be in the best interest of your health to continue to refrain from or consume sparingly, the foods listed in Day 1: processed foods, fried foods, milk products, grains, red meats, white flour and preservatives.
- Continue taking the nutrients until they are gone. Your body will continue to detoxify slowly as long as you continue taking these products. Even though you are not following the strict dietary recommendations anymore, these products continue to have healing effects.
- Begin the Foundation Program, which will give your body the nutrients it needs on a daily basis to maintain health.
- Schedule quarterly coaching sessions with a registered dietitian or qualified healthcare practitioner.

Check the one or two boxes that reflect the changes you will make for the next 12 months:

- | | |
|---|---|
| <input type="checkbox"/> Drink 8 (12 oz.) glasses of filtered water | <input type="checkbox"/> Start a weight resistance exercise program |
| <input type="checkbox"/> Commit to only vegetables one day a week / month | <input type="checkbox"/> Decrease consumption of sweets |
| <input type="checkbox"/> Only eat fast food once a week | <input type="checkbox"/> Take a yoga class |
| <input type="checkbox"/> Start the Foundation Wellness Program (See your health practitioner for details) | <input type="checkbox"/> Add vegetables to every lunch and dinner |
| <input type="checkbox"/> Eliminate dairy from your diet | <input type="checkbox"/> Sit in the sauna once a week |
| <input type="checkbox"/> Increase consumption of flaxseed and fish oils | <input type="checkbox"/> Start eating organic foods |
| <input type="checkbox"/> Stop drinking coffee | <input type="checkbox"/> Commit to the Ultimate Body Cleanse in six months. |
| <input type="checkbox"/> Start doing aerobic exercise | <input type="checkbox"/> Other _____ |
| <input type="checkbox"/> Stop drinking soft drinks | |

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FOR A MORE COMPREHENSIVE CLEANSE

THE OIL CHANGE

The Standard American Diet (SAD) causes a substantial imbalance in the oil composition of our cells, which has many detrimental effects on body function. After the cleanse is over, it is recommended that you begin to consume healing oils such as avocado, coconut, olive, unrefined palm, fish and flaxseed. Some of these oils can be used to cook with and others are used on salads or lightly steamed vegetables.

Most people need to undergo an oil change because the harmful fats in our diet, especially Trans Fats and excess omega-6 fats, cause weight gain, increase inflammation, decrease hormonal function and increase heart disease and osteoporosis. These types of harmful fats can cause our cell walls to become rigid. When cell walls are rigid and not flexible, they have a harder time letting good nutrients into the cell and getting the garbage out of the cell. Eventually, cells become toxic and unable to fight disease. The good oils you ingest will do the exact opposite: enhance fat loss, decrease inflammation, increase hormonal function and decrease heart disease and osteoporosis. These good oils will also increase cellular communication and the cells' ability to detoxify.

Completing the oil change requires an elimination of trans fats (fast foods and anything with the words "partially hydrogenated" on the label) while supplementing with 4 softgels of Omega 3 Plus at each meal for a total of 12 softgels a day for a minimum of 5 days. Afterwards, if you change your diet permanently and do not suffer from chronic inflammation, you can take the general recommended dose of 2 softgels daily with food for maintenance.

VITAMIN C CALIBRATION

The Vitamin C Calibration is an optional, but powerful program that can be completed before or after the Ultimate Body Cleanse. The Vitamin C Calibration saturates the tissues of your body with the highest level of Vitamin C it can utilize, allowing your body to begin cleansing at a cellular level.

This flush requires you to take Vitamin C until you reach bowel tolerance (you will have a very loose bowel movement) and then you remain on a reduced dosage for an extended period of time enabling your body to maximize detoxification. This program should be done before the Ultimate Body Cleanse if you are very toxic; cannot maintain your pH; have been a chronic recreational, over-the counter or prescription drug user; work with toxic chemicals or solvents or have a very poor diet.

To receive a free consultation on customizing your program with the Vitamin C Calibration, consult the health care practitioner who recommended this program.



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DISCLAIMER

Before beginning this program, you should discuss it with your healthcare practitioner. This program is not designed to treat diseases. It is designed to enhance the normal function of the body, allowing the body to enhance its own inherent healing capabilities. If you are taking any medications, check with your doctor before beginning this program. If you are suffering from chronic disease, obesity, are a heavy smoker or drinker or consume excess caffeine on a daily basis, you may want to consider starting with the pre cleanse program. If you have any questions after reading this guide, you may ask your healthcare provider or call Aceva at 1-877-688-7241.