

7-Day Detox / Metabolic Reset



CAUTION: The 7-Day Detox Cleanse is not intended for young children, pregnant or nursing women. For individuals with medical conditions or who are taking prescription medication, DO NOT follow this program without the advice of a licensed physician. If you follow the plan beyond 7 days, you can add a shake for Lunch or Dinner on Cleanse days (days 13, 14, 21, 22, 27). Feeling satisfied and not feeling hungry is critical to the success of the plan. DO NOT follow this plan beyond 28 days. Cycle a 28 day detox every 60 to 90 days. The 7-Day (one week) detox can be done every 30 days. If you feel light headed dizzy or nausea, feel free to consume a shake. Do not ignore these feelings.

Plan Introduction

We live in a toxic world and our bodies are bombarded with chemicals and other potentially harmful substances on a regular basis. These environmental toxins are often in the food we eat, the water we drink, and the air we breathe. They are also found in most of the commercial products we use daily. Our bodies are designed to deal with and eliminate these toxic substances; however, we can become encumbered by them, which puts a heavy burden on our innate systems of elimination. Ultimately, over time these toxins take a toll on our health leading to low energy levels, extra body weight, and feelings of malaise and brain fog.

The average person also consumes far too much processed foods and added sugar. Sugar is hidden in places you would least expect it. The average American consumes an estimated 77 to 88 pounds of sugar every year. This is the equivalent of nearly 5 ½ full size candy bars every single day. Most people do not realize most packaged and processed foods contain added sugar. It is doubtful the typical person would lay out 5 to 6 full size candy bars every day and say to themselves, "I'm going to eat these and not worry about their impact on my health." Yet, most of us consume this much sugar every single day. Over 90% of the sugar we consume comes from processed and packaged foods and not from candy and desserts. Furthermore, the typical person con-




sumes almost 200 lbs. of refined flour and cereal products annually. Too much sugar and refined carbohydrates contribute to weight gain and poor health.

The 7-Day PURE Detox program was developed to assist your body in ridding itself of these environmental toxins and waste, avoid processed foods, added sugars, and refined flour and to change your focus to eating whole foods. During your 7-Day journey, as you give your body a break from your typical eating patterns, your energy levels will soar, you will find new found mental clarity and focus, and you will likely shed a few extra pounds along the way.

In preparation for the 7-Day program, it is important to have your pantry and refrigerator stocked with healthy foods. Be prepared to shop prior to your cleanse with fresh fruits and vegetables. Whole grains and plant-based protein can be kept dry and stored in air tight containers. Animal protein (preferably free range, grass fed, and hormone free) can be purchased fresh or frozen and stored appropriately. Here is a Food Guide to help you prepare a shopping list. Review the Daily Calendar before preparing your shopping list to better prepare for food quantities to be purchased. Meals are highlighted in green on the Daily Calendar.

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Food Guide

PROTEIN Palm-size Portion*	CARBOHYDRATE 1 Handful	VEGETABLE 2 Handfuls	FRUIT	FAT 1-2 TBSP	CONSUME FREELY
<p>Fresh Fish</p> <p>Poultry (chicken / turkey)</p> <p>Beef (all forms)</p> <p>Beans or Lentils</p> <p>Eggs</p> <p>Tofu</p> <p>Tempeh</p>  <p>*About the size of a deck of cards</p>	<p>Amaranth</p> <p>Barley</p> <p>Buckwheat</p> <p>Bulgur</p> <p>Kamut</p> <p>Millet</p> <p>Oats</p> <p>Quinoa</p> <p>Sweet Potato</p> <p>Rice (brown, red, wild)</p> <p>Beans and Lentils can also be used as a carbohydrate.</p>  <p>About ½ cup</p>	<p>Broccoli</p> <p>Cauliflower</p> <p>Green Beans</p> <p>Brussel Sprouts</p> <p>Dark, Leafy Greens (spinach, collard greens, kale)</p> <p>Mixed Greens (lettuce: romaine, butter, red leaf, green leaf, oak leaf, cilantro)</p> <p>Asparagus</p> <p>Cucumbers</p> <p>Roots (turnip, ginger, carrot, radish, beet)</p> <p>Snap Peas</p> <p>Squash</p> <p>Sweet Peppers (green, yellow, red), onions</p> <p>Any non-starchy vegetable.</p> <p>Mushrooms</p> <p>Choose Organic</p> 	<p>Strawberries 1 cup</p> <p>Blueberries ½ cup</p> <p>Raspberries ½ cup</p> <p>Blackberries ½ cup</p> <p>1 Plum (medium sized)</p> <p>1 Small apple</p> <p>1 Tangerine</p> <p>1 Kiwi fruit (medium sized)</p> <p>Cherries ½ cup</p> <p>Cantaloupe ¾ cup</p> <p>Avoid bananas, oranges and grapes due to their higher sugar content.</p>	<p>Olive Oil</p> <p>Organic Virgin Coconut Oil</p> <p>Flax Oil</p> <p>Hemp Oil</p> <p>Sesame Oil</p> <p>Avocado Oil</p> <p>Organic Butter (not margarine or spread)</p> <p>Avocado</p> <p>Nuts & Seeds (¼ cup per serving)</p> <p>Almonds</p> <p>Cashews</p> <p>Pecans</p> <p>Walnuts</p> <p>Hazel Nuts</p> <p>Brazil Nuts</p> <p>Macadamia</p> <p>Peanuts (legume)</p> <p>Sunflower Seeds</p> <p>Avoid roasted nuts with added oils</p>	<p>Pure Filtered Water</p> <p>Broth (vegetable, chicken, beef)*</p> <p>Herbal Teas (sweeten with stevia; avoid artificial sweeteners)</p> <p>Dill Pickles</p> <p>*Fatigue and muscle aches often associated with calorie restriction is often caused by insufficient sodium in the diet. Broth is a great way to increase sodium intake; however, avoid MSG in some bullion products.</p> <p>Aim for 4,000 to 7,000mg of sodium on Cleanse days. It also helps with nausea.</p> <hr/> <p>WATER</p> <p>Adequate water intake is critical to this plan. You <u>MUST</u> consume half your body weight in ounces daily. For example, if you weigh 160 pounds, strive to consume 80 ounces of water each day.</p>
<p>Other: Almond, Cashew, or other Nut Milk (choose unsweetened)</p> <p>1 Cup of Cashew Milk = 2 g Fat, 1 g Carbohydrate, 1 g Protein</p>					

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Daily Calendar

Day		Early Morning	Breakfast	Lunch	Mid-Afternoon	Dinner	Evening
1	Cleanse	15-30 minutes before breakfast Metabolic ONE (2-3 caps) GPS Hydrate (1 serving) Organic Sulfur (1 serving) Probiotic (2 capsules) Water	Greens (1 scoop) Mila (1 Tablespoon) GoYin (1 – 2 oz.) Daily Build (½ serving) Pure Café or Energy (1 serving) Optional: Superfruit juice (1 oz. of each, if desired)	15-30 minutes before lunch Metabolic ONE (2-3 caps) GPS Hydrate (1 serving) Water 1 Vegetable 1 Fat	GoYin (1 – 2 oz.) Energy (1 serving) Organic Sulfur (1 serving) Daily Build (½ serving) 1 Fruit or Vegetable Optional: Superfruit juice (1 oz. of each, if desired)	Greens (1 scoop) Mila (1 Tbsp.) Water Broth 1 Fat 1 Vegetable	HealthTrim Cleanse (1 serving) MelaTrim (1 – 2 caps) CalciuMK+ (1 serving) Broth Herbal Tea
2	Cleanse	15-30 minutes before breakfast Metabolic ONE (2-3 caps) GPS Hydrate (1 serving) Organic Sulfur (1 serving) Probiotic (2 capsules) Water	Greens (1 scoop) Mila (Tbsp.) GoYin Daily Build (½ serving) Pure Café or Energy (1 serving) Optional: Superfruit juice (1 oz. of each, if desired)	15-30 minutes before lunch Metabolic ONE (2-3 caps) GPS Hydrate (1 serving) Water 1 Vegetable 1 Fat	GoYin (1 – 2 oz.) Energy (1 serving) Organic Sulfur (1 serving) Daily Build (½ serving) 1 Fruit or Vegetable Optional: Superfruit juice (1 oz. of each, if desired)	Greens (1 serving) Mila (1 Tbsp.) Water Broth 1 Fat 1 Vegetable	HealthTrim Cleanse (1 serving) MelaTrim (1 – 2 capsules) CalciuMK+ (1 serving) Broth Herbal Tea
3	Shake	15-30 minutes before breakfast Metabolic ONE (2-3 caps) GPS Hydrate (1 serving) Organic Sulfur (1 serving) Probiotic (2 capsules) Water	Greens (1 scoop) Mila (1 Tbsp.) GoYin Daily Build (½ serving) Water 1 Fruit 1 Vegetable Optional: Superfruit juice (1 oz. of each, if desired)	15-30 minutes before lunch Metabolic ONE (2 - 3 caps) Daily Build (½ serving) Water 1 Protein 1 Vegetable 1 Carbohydrate 1 Fat	GoYin (1 – 2 oz.) Energy (1 serving) Organic Sulfur (1 serving) Daily Build (½ serving) Water 1 Fruit or Vegetable 1 Fat	Shake (Matcha or 360 Complete) 1 serving Greens (1 scoop) Water Broth Herbal tea	HealthTrim Cleanse (1 serving) MelaTrim (1-2 capsules) CalciuMK+ (1 serving) Broth Herbal Tea
4	Meal	15-30 minutes before breakfast Metabolic ONE (2-3 caps) GPS Hydrate (1 serving) Organic Sulfur (1 serving) Probiotic (2 capsules) Water	Greens (1 scoop) Mila (1 Tbsp.) GoYin Daily Build (½ serving) Water 1 Fruit Optional: Superfruit juice (1 oz. of each, if desired)	15-30 minutes before lunch Metabolic ONE (2-3 capsules) Water 1 Protein 1 Vegetable 1 Carbohydrate 1 Fat	GoYin (1 – 2 oz.) Energy (1 serving) Organic Sulfur (1 serving) Daily Build (½ serving) Water 1 Fruit or Vegetable 1 Fat	Shake (Matcha or 360 Complete) 1 serving Water 1 Fruit	HealthTrim Cleanse (1 serving) MelaTrim (1- 2 capsules) CalciuMK+ (1 serving) Broth Herbal Tea

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5	Shake	<p>15-30 minutes before breakfast</p> <p>Metabolic ONE (2-3 caps) GPS Hydrate (1 serving) Organic Sulfur (1 serving) Probiotic (2 capsules)</p> <p>Water</p>	<p>Greens (1 scoop) Mila (1 Tbsp.) GoYin Daily Build (½ serving)</p> <p>Water 1 Fruit 1 Vegetable</p> <p>Optional: Superfruit juice (1 oz. of each, if desired)</p>	<p>15-30 minutes before lunch</p> <p>Metabolic ONE (2 - 3 caps) Daily Build (½ serving)</p> <p>Water 1 Protein 1 Vegetable 1 Carbohydrate 1 Fat</p>	<p>GoYin (1 – 2 oz.) Energy (1 serving) Organic Sulfur (1 serving) Daily Build (½ serving)</p> <p>Water 1 Fruit or Vegetable 1 Fat</p>	<p>Shake (Matcha or 360 Complete) 1 serving Greens (1 scoop)</p> <p>Water Broth Herbal tea</p>	<p>HealthTrim Cleanse (1 serving) MelaTrim (1-2 capsules) CalciuMK+ (1 serving)</p> <p>Broth Herbal Tea</p>
6	Cleanse	<p>15-30 minutes before breakfast</p> <p>Metabolic ONE (2-3 caps) GPS Hydrate (1 serving) Organic Sulfur (1 serving) Probiotic (2 capsules)</p> <p>Water</p>	<p>Greens (1 scoop) Mila (1 Tablespoon) GoYin (1 – 2 oz.) Daily Build (½ serving) Pure Café or Energy (1 serving)</p> <p>Optional: Superfruit juice (1 oz. of each, if desired)</p>	<p>15-30 minutes before lunch</p> <p>Metabolic ONE (2-3 caps) GPS Hydrate (1 serving)</p> <p>Water 1 Vegetable 1 Fat</p>	<p>GoYin (1 – 2 oz.) Energy (1 serving) Organic Sulfur (1 serving) Daily Build (½ serving)</p> <p>1 Fruit or Vegetable</p> <p>Optional: Superfruit juice (1 oz. of each, if desired)</p>	<p>Greens (1 serving) Mila (1 Tbsp.)</p> <p>Water Broth 1 Fat 1 Vegetable</p> <p>Herbal tea</p>	<p>HealthTrim Cleanse (1 serving) MelaTrim (1-2 capsules) CalciuMK+ (1 serving)</p> <p>Broth Herbal Tea</p>
7	Cleanse	<p>15-30 minutes before breakfast</p> <p>Metabolic ONE (2-3 caps) GPS Hydrate (1 serving) Organic Sulfur (1 serving) Probiotic (2 capsules)</p> <p>Water</p>	<p>Greens (1 scoop) Mila (1 Tablespoon) GoYin (1 – 2 oz.) Daily Build (½ serving) Pure Café or Energy (1 serving)</p> <p>Optional: Superfruit juice (1 oz. of each, if desired)</p>	<p>15-30 minutes before lunch</p> <p>Metabolic ONE (2-3 caps) GPS Hydrate (1 serving)</p> <p>Water 1 Vegetable 1 Fat</p>	<p>GoYin (1 – 2 oz.) Energy (1 serving) Organic Sulfur (1 serving) Daily Build (½ serving)</p> <p>1 Fruit or Vegetable</p> <p>Optional: Superfruit juice (1 oz. of each, if desired)</p>	<p>Greens (1 serving) Mila (1 Tbsp.)</p> <p>Water Broth 1 Fat 1 Vegetable</p> <p>Herbal tea</p>	<p>HealthTrim Cleanse (1 serving) MelaTrim (1-2 capsules) CalciuMK+ (1 serving)</p> <p>Broth Herbal Tea</p>

Days 8 – 28

Day 8	Day 9	Day 10	Day 11†	Day 12	Day 13
Shake	Meal	Shake	Meal	Shake	Cleanse
Day 14	Day 15	Day 16	Day 17	Day 18	Day 19
Cleanse	Shake	Meal	Cheat Day**	Shake	Meal
Day 20	Day 21	Day 22	Day 23	Day 24	Day 25
Shake	Cleanse	Cleanse	Shake	Meal	Shake
Day 26	Day 27	Day 28	†Beginning with day 11 we recommend stopping the use of HealthTrim Cleanse. During 28- Day Detox you may use additional HealthTrim cleanse as needed for bowel regularity.		
Meal	Cleanse	Shake			

**Congratulations! You have successfully followed the program for 16 Days. As a reward, you can eat anything you want this day. A word of caution, do not overdo it.