

Lifestyle Recommendations and Tips To Get The Most Out Of Your Cleanse

Following all the cleanse recommendations will give you the best results. The cleanse takes commitment and may be difficult at times to stay on track. All you need to do is your best. If you get off track just get back on and continue the recommendations, it does not undo all the good that you have accomplished.

Water:

Drink $\frac{1}{2}$ your body weight in ounces of filtered water. This is vital to help your body purify itself. [150 lbs = 75 oz. daily]

When to Start:

Some may experience fatigue and headache the first 3 days of the cleanse (depending how much toxic load you are carrying). It is best to start your cleanse on a Friday so you have the weekend to rest.

Extreme Self-Care:

This is the ideal time to take extra care in nurturing yourself in everyway. Take these 21 days to give yourself extreme self-care. Extreme-self care means caring for our physical, emotional and spiritual health. Take time to do things that are restorative, make you happy, and bring you peace. For example, surround yourself with beauty, spend time in nature, rest and relax, take baths, nurture yourself, express your creative talents, listen to soothing music, quiet your mind.

Bowel Movements:

Most experience very satisfying and complete bowel movements on the cleanse. You must produce at least one complete bowel moment a day. This is very important to maximize your results and keep you feeling good. Contact the doctor if you are having difficulty with this.

Exercise:

Exercise is recommended with the cleanse. It is best to do light to moderate exercise 3-4x a week for 45 min. The first week you may want to do light exercise only (depending on how you feel). If you are not used to exercising it is best to stick with light exercise. As always, the best thing to do is listen to your body.

Dining Out:

Most restaurants have fresh veggies on their menu and are willing to take special orders and explain ingredients. If you are planning to or are committed to plans that involve eating out, do your best to dine at restaurants' that offer healthy options. Many have found that they save money on the cleanse by not eating out as much and have reported that it is easier to make healthy choices when eating out post-cleanse.

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Keeping Things Easy:

- Make your shakes for the day all at once in the a.m. Have a shake for breakfast and have the other (already made) for dinner.
- Take your supplements with your shakes and mid-day (3x a day).*
- Have a meal plan for the day and keep snacks handy. You should not feel hungry on the cleanse. This will also minimize slips in eating non-cleanse foods out of hunger or lack of choices.

It is safe and recommended to continue supplements and prescriptions while on the 21 day cleanse.

Supplement Regimen

To get the best results supplements may be taken with:*

1. SP Complete Shakes
2. Filtered water
3. One hour before or two hours after meals
4. Directly before bed

Day 1-7

- 2-3 SP Complete Shakes per day (2 scoops per shake)
(see page 12 in the guide book for some tasty recipes)
- 7 SP Cleanse capsules 3x per day
- 3 Fiber capsules 3x per day

Day 8-21

- 2-3 SP Complete Shakes per day (2 scoops per shake)
(see page 12 in the guide book for some tasty recipes)
- 5 SP Green Food capsules 2x per day
- 3 Fiber capsules 3x per day

Introducing Foods Post-Cleanse:

You may gradually start back on your “regular” diet after day 21. It is best to introduce processed/refined foods (foods not made in nature) gradually. This is an ideal time to monitor how your body is responding to various foods that you are reintroducing. After a mere 21 days many positive physiologic and immune changes have occurred so your body may react to “toxic” foods in a more effective manner. Many find that in general they are happy to continue the cleanse diet because they experienced such a great sense of well-being while on it. They find themselves craving “healthy” foods. Contact the doctor if you have any further questions regarding the reintroduction of non-cleanse foods.