

7-Day Detox / Metabolic Reset Pilot Program

WARNING: The 7-Day Detox / Cleanse is NOT for Children, Pregnant or Breastfeeding Women. For individuals with medical conditions or who are taking prescription medication, DO NOT follow this program without the advice of a licensed physician.

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 brain fog.




In addition to environmental toxins, the average person 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 Snickers 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 added sugar we consume comes from processed and packaged foods and not from candy and desserts. Additionally, the typical person consumes almost 200 lbs. of refined flour and cereal products annually.

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 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</p> <p>Beans or Lentils</p> <p>Eggs</p> <p>Tofu</p> <p>Tempeh</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>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)</p> <p>Asparagus</p> <p>Onion</p> <p>Roots (turnip, parsnip, carrot, radish, beet)</p> <p>Snap Peas</p> <p>Squash</p> <p>Sweet Peppers (green, yellow, red)</p> <p>Any non-starchy vegetable is acceptable.</p> <p>ORGANIC ARE BEST</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>Coconut Oil</p> <p>Flax Oil</p> <p>Hemp Oil</p> <p>Sesame Oil</p> <p>Avocado Oil</p> <p>Avoid</p> <p>Butter</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>Sesame Seeds</p>	<p>Pure Filtered Water</p> <p>Broth (vegetable, chicken, beef)*</p> <p>Herbal Teas (sweeten with stevia; avoid artificial sweeteners)</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 broth products.</p> <hr/> <p style="text-align: center;">WATER</p> <p>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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The 7-Day Detox Daily Calendar is meant to help as a guide and not an exact step-by-step outline.

Day		Breakfast	Mid-Morning	Lunch	Mid-Afternoon	Dinner	Evening
1	Cleanse	3 Metabolic ONE capsules, 16 oz. Water; 15-30 min. later, 1 svg. GPS Hydrate, ½ oz. (or 2 capsules) Daily Build with 8 oz. Water, 1 scoop (or 3 capsules) Organic Sulfur	1 svg. Greens, 16 oz. Water, 1 Tbsp. Mila, 1-2 oz. GoYin Optional: 1 small fruit, 1 oz. of any superfruit juice (all if desired); substitute 1 veggie for fruit	3 Metabolic ONE capsules, 16 oz. Water (or 1 svg. Pure Café, or 1 svg. Energy), 1 svg. GPS Hydrate, ½ svg. Daily Build Optional: Herbal tea of choice	1-2 oz. GoYin, 1 svg. Organic Sulfur, 1 svg. Energy, 16 oz. Water Optional: 1 small fruit or 1 oz. of any superfruit juice (all if desired)	1 svg. Greens, 16 oz. Water, 1 Tbsp. Mila Optional: Herbal tea of choice, Broth (vegetable, chicken or beef)	1 svg. Cleanse (liquid or capsule), 1-2 capsules MelaTrim Optional: Broth (vegetable, chicken or beef) or choice of herbal tea (i.e. chamomile) CalciuMK+ if desired
2	Cleanse	3 Metabolic ONE capsules, 16 oz. Water; 15-30 min. later, 1 svg. GPS Hydrate, ½ oz. (or 2 oz. Daily Build with 8 oz. Water, 1 scoop (or 3 capsules) Organic Sulfur	1 svg. Greens, 16 oz. Water, 1 Tbsp. Mila, 1-2 oz. GoYin Optional: 1 small fruit, 1 oz. of any superfruit juice (all if desired); substitute 1 veggie for fruit	3 Metabolic ONE capsules, 16 oz. Water (or 1 svg. Pure Café, or 1 svg. Energy), 1 svg. GPS Hydrate, ½ svg. Daily Build Optional: Herbal tea of choice	1-2 oz. GoYin, 1 svg. Organic Sulfur, 1 svg. Energy, 16 oz. Water Optional: 1 small fruit or 1 oz. of any superfruit juice (all if desired); substitute 1 veggie for fruit	1 svg. Greens, 16 oz. Water, 1 Tbsp. Mila Optional: Herbal tea of choice, Broth (vegetable, chicken or beef)	1 svg. Cleanse (liquid or capsule), 1-2 capsules MelaTrim Optional: Broth (vegetable, chicken or beef) or choice of herbal tea (i.e. chamomile) CalciuMK+ if desired
3	Shake	3 Metabolic ONE capsules, 16 oz. Water; 15-30 min. later, 1 svg. GPS Hydrate, ½ oz. (or 2 oz. Daily Build with 8 oz. Water, 1 scoop (or 3 capsules) Organic Sulfur	1 svg. Greens, 16 oz. Water, 1 Tbsp. Mila, 1-2 oz. GoYin, 1 Non-starchy vegetable Optional: 1 small fruit or 1 oz. of any superfruit juice (all if desired); substitute 1 veggie for fruit	3 Metabolic ONE capsules, 16 oz. Water, ½ oz. (or 2 capsules) Daily Build 15-30 min. later: 1 each Protein, Non-starchy vegetable, Carbohydrate, Fat	1-2 oz. GoYin, 1 svg. Organic Sulfur, 1 svg. Energy, 16 oz. Water Optional: 1 small fruit or 1 oz. of any superfruit juice (all if desired); substitute 1 veggie for fruit	1 Matcha Vegan Shake* mixed with 8 oz. of almond or cashew milk (unsweetened), 8 oz. of Water (separate from shake) Optional: Broth (vegetable, chicken or beef)	1 svg. Cleanse (liquid or capsule), 1-2 capsules MelaTrim Optional: Broth (vegetable, chicken or beef) or choice of herbal tea (i.e. chamomile) CalciuMK+ if desired
4	Meal	3 Metabolic ONE capsules, 16 oz. Water; 15-30 min. later 1 Matcha Vegan Shake* mixed with 8 oz. of almond or cashew milk (unsweetened), 8 oz. of Water (separate from shake), 1 oz. (or 2 oz. Daily Build with 8 oz. Water, 1 scoop (or 3 capsules) Organic Sulfur	1 svg. Greens, 16 oz. Water, 1 Tbsp. Mila, 1-2 oz. GoYin, 1 Non-starchy vegetable Optional: 1 small fruit or 1 oz. of any superfruit juice (all if desired); substitute 1 veggie for fruit	3 Metabolic ONE capsules, 16 oz. Water, ½ oz. (or 2 capsules) Daily Build 15-30 min. later: 1 each Protein, Non-starchy vegetable, Carbohydrate, Fat Optional: Herbal tea of choice	1-2 oz. GoYin, 1 svg. Organic Sulfur, 1 svg. Energy, 16 oz. Water Optional: 1 small fruit or 1 oz. of any superfruit juice (all if desired); substitute 1 veggie for fruit	16 oz. Water, ½ oz. (or 2 capsules) Daily Build 15-30 min. later: 1 each Protein, Non-starchy vegetable, Carbohydrate, Fat Optional: Herbal tea of choice	1 svg. Cleanse (liquid or capsule), 1-2 capsules MelaTrim Optional: Broth (vegetable, chicken or beef) or choice of herbal tea (i.e. chamomile) CalciuMK+ if desired

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5	Shake	3 Metabolic ONE capsules, 16 oz. Water; 15-30 min. later, 1 svg. GPS Hydrate, ½ oz. (or 2 oz. Daily Build with 8 oz. Water, 1 scoop (or 3 capsules) Organic Sulfur	1 svg. Greens, 16 oz. Water, 1 Tbsp. Mila, 1-2 oz. GoYin, 1 Non-starchy vegetable Optional: 1 small fruit or 1 oz. of any superfruit juice (all if desired); substitute 1 veggie for fruit	3 Metabolic ONE capsules, 16 oz. Water, ½ oz. (or 2 capsules) Daily Build 15-30 min. later: 1 each Protein, Non-starchy vegetable, Carbohydrate, Fat	1-2 oz. GoYin, 1 svg. Organic Sulfur, 1 svg. Energy, 16 oz. Water Optional: 1 small fruit or 1 oz. of any superfruit juice (all if desired); substitute 1 veggie for fruit	1 Matcha Vegan Shake* mixed with 8 oz. of almond or cashew milk (unsweetened), 8 oz. of Water (separate from shake) Optional: Broth (vegetable, chicken or beef)	1 svg. Cleanse (liquid or capsule), 1-2 capsules MelaTrim Optional: Broth (vegetable, chicken or beef) or choice of herbal tea (i.e. chamomile) CalciuMK+ if desired
6	Cleanse	3 Metabolic ONE capsules, 16 oz. Water; 15-30 min. later, 1 svg. GPS Hydrate, ½ oz. (or 2 capsules) Daily Build with 8 oz. Water, 1 scoop (or 3 capsules) Organic Sulfur	1 svg. Greens, 16 oz. Water, 1 Tbsp. Mila, 1-2 oz. GoYin Optional: 1 small fruit, 1 oz. of any superfruit juice (all if desired); substitute 1 veggie for fruit	3 Metabolic ONE capsules, 16 oz. Water (or 1 svg. Pure Café, or 1 svg. Energy), 1 svg. GPS Hydrate, ½ svg. Daily Build Optional: Herbal tea of choice	1-2 oz. GoYin, 1 svg. Organic Sulfur, 1 svg. Energy, 16 oz. Water Optional: 1 small fruit or 1 oz. of any superfruit juice (all if desired); substitute 1 veggie for fruit	1 svg. Greens, 16 oz. Water, 1 Tbsp. Mila Optional: Herbal tea of choice, Broth (vegetable, chicken or beef)	1 svg. Cleanse (liquid or capsule), 1-2 capsules MelaTrim Optional: Broth (vegetable, chicken or beef) or choice of herbal tea (i.e. chamomile) CalciuMK+ if desired
7	Cleanse	3 Metabolic ONE capsules, 16 oz. Water; 15-30 min. later, 1 svg. GPS Hydrate, ½ oz. (or 2 capsules) Daily Build with 8 oz. Water, 1 scoop (or 3 capsules) Organic Sulfur	1 svg. Greens, 16 oz. Water, 1 Tbsp. Mila, 1-2 oz. GoYin Optional: 1 small fruit, 1 oz. of any superfruit juice (all if desired); substitute 1 veggie for fruit	3 Metabolic ONE capsules, 16 oz. Water (or 1 svg. Pure Café, or 1 svg. Energy), 1 svg. GPS Hydrate, ½ svg. Daily Build Optional: Herbal tea of choice	1-2 oz. GoYin, 1 svg. Organic Sulfur, 1 svg. Energy, 16 oz. Water Optional: 1 small fruit or 1 oz. of any superfruit juice (all if desired); substitute 1 veggie for fruit	1 svg. Greens, 16 oz. Water, 1 Tbsp. Mila Optional: Herbal tea of choice, Broth (vegetable, chicken or beef)	1 svg. Cleanse (liquid or capsule), 1-2 capsules MelaTrim Optional: Broth (vegetable, chicken or beef) or choice of herbal tea (i.e. chamomile) CalciuMK+ if desired

*HealthTrim 360 Complete Shake may be substituted for the Matcha Vegan Shake, if preferred.

Day 8	Day 9	Day 10	Day 11†	Day 12	Day 13
Shake	Meal	Shake	Cleanse	Cleanse	Shake
Day 14	Day 15	Day 16	Day 17	Day 18	Day 19
Cleanse	Cleanse	Shake	Cheat Day**	Shake	Cleanse
Day 20	Day 21	Day 22	Day 23	Day 24	Day 25
Cleanse	Shake	Meal	Shake	Cleanse	Cleanse
Day 26	Day 27	Day 28	†Beginning with day 11 we recommend stopping the use of HealthTrim Cleanse and begin taking Probiotic throughout the remaining 28 days.		
Shake	Meal	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.