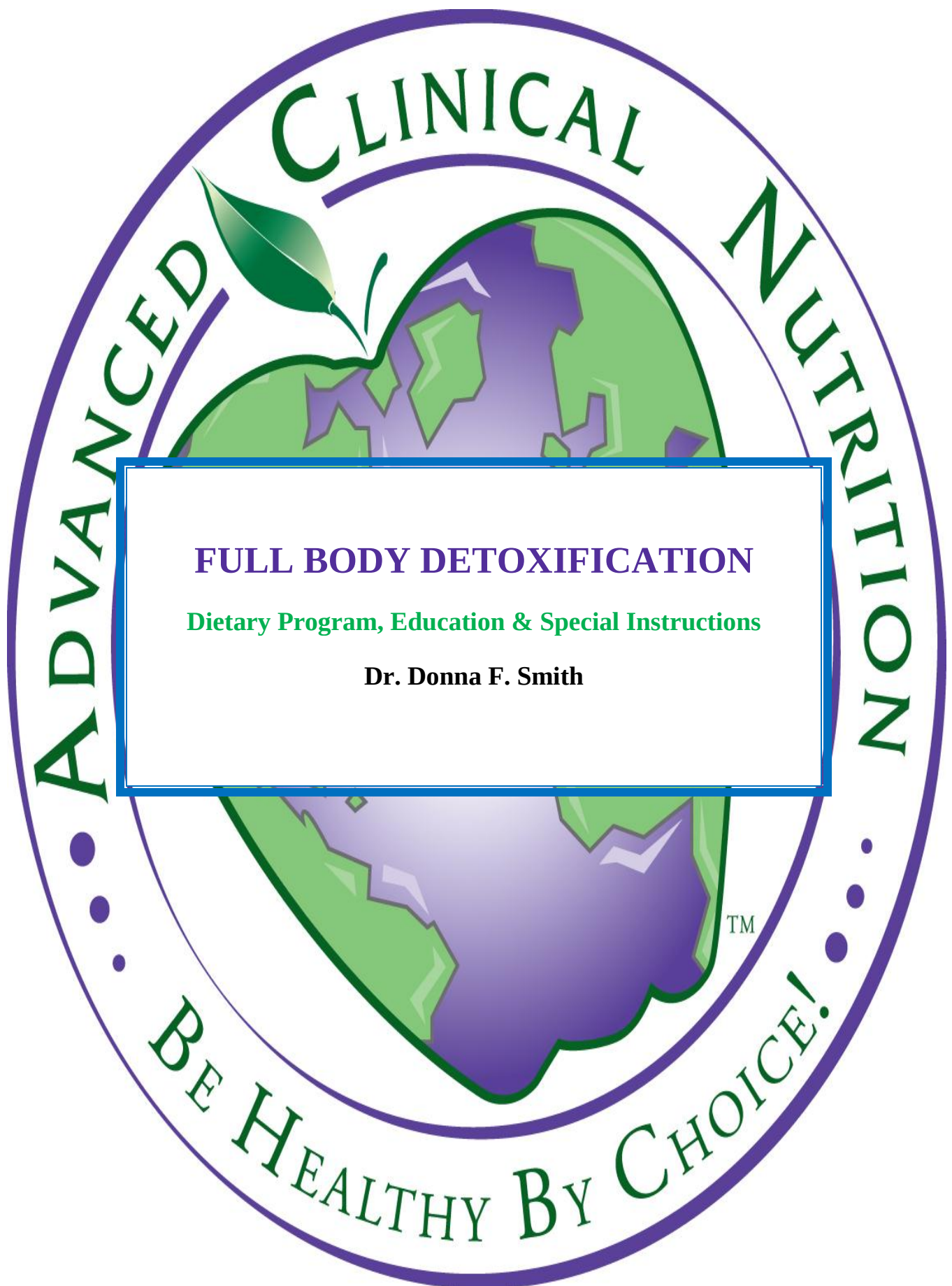




FULL BODY DETOXIFICATION

Dietary Program, Education & Special Instructions

Dr. Donna F. Smith



FULL BODY DETOXIFICATION

Dietary Program & Special Instructions

By Dr. Donna F. Smith

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ATTENTION

On Page 59 is a One-Page Summary or Quick Reference to the Key Steps of This Program.

INTRODUCTION

PURPOSE

Dr. Smith has developed a dynamic system of education, evaluation and progress forms, recipes, menus, and other tools to assist you in the successful implementation of your **Full Body Detoxification (FBD) Program**. The purpose of this system and program provides you with the greatest potential to internally cleansing the maximum amount of toxic substances from your body that is humanly possible in the number of days for which your program has been designed, in addition to providing nutrient repletion to cells and tissue. Each part of this system is listed below with a description of its purpose and use.

HOW IS THIS PROGRAM DIFFERENT FROM “FASTING”

A few of many reasons why **Dr. Smith's Full Body Detoxification Program** is healthier and more effective than water or juice only fasting has been provided below, in addition to the fact that her program assists the body in cleansing more than just the colon or just the liver, which are the formulations of most internal body cleanses sold to the public.

- This program provides a balance of nutrient repletion while simultaneously assisting the body in detoxifying (removing) waste and toxic substances, which water and juice fasting alone cannot do.
- For the above reason, people are hungrier on the first few days of fasting. As reported by our clients, most are amazed by the fact that they are not hungry like they thought they would be.
- This program uses both water and specific cleansing foods and herbs in powder form, which requires the least metabolic energy for digestion and assists the body in detoxification, rather than the body having to do this job alone.



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- For example, consider the mucus build-up along the walls of the lungs or mucus and encrusted fecal matter, along the wall of the intestines. Removing this mucus and encrusted matter takes less energy and biological function is less stressful, when this matter has been dissolved (softened, liquefied, loosened, or broken up into smaller pieces) by cleansing foods and herbs first, than if the elimination processes of the body had to do both, i.e., dissolve the matter plus transport it through the liver to the kidneys and bowels for removal.
- Water and juice alone cannot accomplish this as effectively. Additionally, Fruit juice fasting alone is not recommended because it can cause fluctuations and elevations in blood sugar levels.
- Using a balance of cleansing fruits and vegetables in a juice fast would be better yet still is not as effective as combining these foods in a concentrated powder form that also includes cleansing herbs.



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WHO BENEFITS FROM THIS PROGRAM

Everyone benefits from **Full Body Detoxification (FBD)**, which is the internal cleansing or removal of toxic substances that have been building up for years, even decades if this is your first Full Body Detox, due to the ingestion and exposure to chemicals, metals and other toxic substances in air, food, water, environment, drug intake, to name some sources of toxicity. .

Current Therapeutic Clients

The FBD Program is used as written to assist Dr. Smith clients in “therapeutically” detoxifying their body as the next program in their clinical nutrition therapy.

Maintenance Clients

For maintenance, this program will assist clients in sustaining healing attained through clinical nutrition therapy so they may maintain their health and reduce the ongoing daily accumulation of toxins, for example, from exposures they have no control over exposure to toxins in their environment, like outside air pollution.

Onsite Clinic Introduction

For participants introduced to the Full Body Detoxification Program at one of Dr. Smith’s Onsite Clinics, Seminars or Community Events, this program will reduce the total burden of toxicity, initiates healing at a cellular and tissue level, and provides for a good start on the road to healing and health improvement for those who are interested in beginning clinical nutrition therapy for other health concerns. It also provides an excellent introduction to the effectiveness of Dr. Smith’s clinical nutrition services. Participants are referred to as “FBD clients.”

Everyone

FBD clients also refers to anyone contacting Dr. Smith for a detoxification program, who is not a current client receiving clinical nutrition therapy or who was not introduced to this program through one of Dr. Smith’s Onsite Clinics, Seminars, etc. In other words, because of the growing public concern regarding the adverse effects on the health of the human body due to ingestion and exposures to chemicals, metals and other toxic substances in our food, water, air, personal products, clothing, cleaning supplies, medicines (drugs) and environment, people contact us for a detoxification program who may or may not choose to follow it by becoming a therapeutic client to improve other health challenges. Dr. Smith provides this program as a one-time service, without requiring testing or any follow-up services, and it may be repeated at any time upon request. To



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avoid adverse effects from the accumulation of toxins, repeating this detoxification program every six months is ideal.

IS A FULL BODY CLEANSE SAFE FOR CHILDREN?

Yes. However, depending upon the age of the child and their stage of development, Dr. Smith may modify this Full Body Detoxification Program. For example, the therapeutic supplements will be adjusted for a child's dosage and frequency. The duration will also be modified to a 1 to 3-day, 7-, 14-, 21-day Cleanse rather than a 30-Day Cleanse. For example: an adolescent who has the body size and frame of an adult may be provided a 21- or 30-day program, whereas as younger children would be on a modified cleanse for less days.

HOW TO ASSURE THE SUCCESS OF THIS PROGRAM

It is very important to follow the instructions in this program exactly as directed to assure the best results possible.

Therefore, if you think you need or want to change **any** program instruction, it is important to first,

1. Schedule a Telephone Consultation appointment with Dr. Smith before making any independent change(s).
2. Please do not email to notify Dr. Smith of your intention to make an arbitrary change or that you have already made a change to this program without involving Dr. Smith.

Failure to do the above will lead to your sabotaging (stopping, interfering with and/or minimizing) the effectiveness your own potential for maximum detoxification of toxic substances.

Changes, if any, must be made with mutual-agreement between Dr. Smith and client after the client has been informed of consequences for making the change or when possible, an alternative suggestion will be provided by Dr. Smith to enable the client to accomplish their objective without adversely affecting the successful outcome of their detoxification program.



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CLIENT “SELF-SABOTAGE” CONSEQUENCES

Below are the consequences and how a client may sabotage their healing progress and the success of their Cleanse when they make independent or arbitrary changes to this Program, or any therapeutic program Dr. Smith has designed, without first consulting with Dr. Smith. So though you may be tempted, refrain from self-sabotaging your program...Call Dr. Smith first..

1. Reverse the results you have attained,
2. Interrupt or stop the detoxification in process, which may cause the toxins to settle in tissue instead of moving out of the body.
3. Interrupt or stop the regeneration (healing) in process, i.e., repair or growth process of a new cell(s).
4. Intensify or increase frequency of symptoms that were improving from this cleansing program.
5. Intensify or increase frequency of pre-cleanse symptoms that have not yet had sufficient time to improve from the cleansing program.
6. Cause symptoms that had abated to resurface.
7. Any change you may make without consulting Dr. Smith first could result in waste your financial investment in this program due to not obtaining successful results or causing any of the above.

UNEXPECTED BENEFITS – CLIENTS REPORT

Over 95% of our clients report the following...

1. This Full Body Detoxification Program is much easier than they initially thought it would be.
2. In a short-time, they feel more energy and well-being.
3. Did not have withdrawal or uncomfortable detoxification signs from the body eliminating toxins from their body.
4. Were not as hungry on the first three days as they expected to be. Many have reported that they did not feel hungry at any time on the Cleanse.



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GETTING STARTED & WHEN NEED HELP!

CHECKLIST - BEFORE STARTING CLEANSE

- ☐ **Schedule** your Pre-FBD and Post-FBD Telephone Consultations with Dr. Smith, if you have not already done so.
- ☐ **Print and read** this entire Full Body Detoxification Program e-book and all PDF documents on the Full Body Detoxification Program web page.
- ☐ **Email** questions to Dr. Smith prior to your Pre-FBD Telephone Consultation with Dr. Smith.
- ☐ **Complete** the first of two Health Appraisal Comprehensive (HAC) Questionnaires.
- ☐ **Print** the Client Communicator so that it may be discussed at your Pre-FBD Consultation.
- ☐ After Pre-FBD Consultation, shop for your foods according to your **Eating Guidelines for Full Body Detoxification Systems** and the adjustments indicated in this e-book.
- ☐ **When you receive your shipment of therapeutic supplements**, review the "Therapeutic Supplement Instructions" PDF document and the contents of your shipping box to assure that your shipment has been received complete and that you understand how to take the supplements as directed.

WHEN TO CALL DR. SMITH DURING CLEANSE

Be sure to call Dr. Smith, not email, if any of the following occur during your Cleanse:

- New symptoms arise that were not present before Cleanse and have not abated by the fourth day from their onset.
- Resurfacing of symptoms experienced before the Cleanse that have not abated by the fourth day.
- Intensification of symptoms experienced before the Cleanse that have not at least subsided by the fourth day.



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- You have any challenges implementing or need any clarification regarding program instructions.
- You have any thoughts of changing (omitting, modifying, adding to or stopping) this program. Call Dr. Smith to communicate what you want to change before making any independent or arbitrary change to this program.
 - It may be possible to suggest alternatives to accomplish the change you desire without sabotaging the success of your program,
 - it is important to understand the consequences of making any change prior to doing so, so that any decision you make is an “informed” decision.
 - Dr. Smith will be unable to accurately assess progress and evaluate your results if uninformed of independent or arbitrary changes.
- You are interested in extending the number of days on your Cleanse. Ideally, this needs to be communicated no less than five working days before the end of your cleanse.

WEB PAGE LINK TO FULL BODY DETOXIFICATION PROGRAM

<http://www.advancedclinicalnutrition.com/fullbodydetoxprogram/fullbodydetoxprogram.html>



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WEEKLY PROGRESS REPORT REQUIRED

WHEN TO REPORT TO DR. SMITH

As much as we would like to, time does not permit our checking on our clients each week to see how they are doing on their Cleanse. Therefore, please follow the instructions below so that if you need help during the Cleanse, you will receive it in a timely manner to assure continued success in your detoxification.

1. Follow the instructions for completing the Client Communicator,
2. record weekly progress by providing a numerical score and when indicated, a written narrative, and then
3. submit a copy of your Client Communicator when symptoms or signs that appeared after your Full Body Detoxification Program started, does not go away or the score is not decreasing from week to week.
4. Then call and schedule an Emergency Telephone Consultation with Dr. Smith for further instructions.
5. If lines phone lines are busy, please leave a message with your name, phone number, indicate if your Client Communicator was faxed or emailed, and the best times to return your call.



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OVERVIEW OF PROGRAM CONTENTS

TERMS AND DEFINITIONS

You will notice that though Dr. Smith wrote these instructions, she refers to herself as Dr. Smith rather than using words like “me” or “I” in order to maintain a professional vs. a personal perspective within the context of this e-book. The following are terms and definitions to assist you in understanding the enclosed educational information and program instructions.

1. **“Toxicity”** means the degree to which something is poisonous or the state of being poisonous to someone or something. Today, humans are being slowly poisoned by the toxins they are exposed to each day.
2. A **“toxin”** is any poisonous substance or organism that is ingested or absorbed into the body. Toxins are ingested through the air breathed, food/beverages/drugs consumed, or absorbed through the body openings, such as skin pores, eyes, nose, ears, and mouth. Examples of toxins are:
 - a. parasites (germs/worms),
 - b. chemicals,
 - c. metals,
 - d. food colorings,
 - e. food additives
 - f. food preservatives,
 - g. dyes,
 - h. medical and dental solutions used for diagnosis or treatment,
 - i. environmental pollutants in the air, food, water or from the earth, such as
 - i. smoke,
 - ii. fuel
 - iii. gases,
 - iv. mold or fungus
 - j. metabolic by-products.
3. **“Metabolic By-Products”** – If metabolic by-products are not removed from the body, just like other toxins as listed above, they become absorbed into cells and tissue, rot and decay, and then cause cells and tissue to become inflamed, dysfunction and diseased. There are two types of metabolic by-products.
 - a. As food and beverages are consumed, they are then metabolized. The processes of metabolism include ingestion, digestion, absorption, assimilation, and distribution



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of food/beverage substances and the elimination of food/beverage waste through the colon and kidneys. This waste is one type of metabolic by-products.

- b. When blood brings nutrients to the cells, the cells then release into the blood its waste. Cellular waste includes dead, decayed, cancerous, or mutated particles, nutrient by-products, and any of the above type of toxin it is able to release. This is another type of metabolic by-product.
- 4. The terms **“detoxification or detoxify,” “cleanse or cleansing,”** and **“purification or purify”** may be used interchangeably and means the removal of toxins, metabolic by-products and waste from the body.
 - a. Dr. Smith prefers the first two set of terms over “purification or purify” because it more realistically describes this program. To purify or purification suggests 100% total cleansing, which considering the colon and kidneys/bladders function is to process waste, the reality of these organs ever being 100% purified is not realistic.
 - b. However, what is realistic is that this program will detoxify/cleanse (remove) toxic substances from places they should not be and move them out of the body, which is where they should be. Dr. Smith uses the term “Cleanse” more frequently because it is brief and to the point.
 - c. Methods for detoxification or cleansing include:
 - i. Therapeutic whole food supplements (vitamins, minerals and herbs) formulated for a deeper cleanse than is possible by a “dietary” cleanse alone - both of which are included in this Cleansing program.
 - ii. Foods designed by nature for a “dietary” internal cleansing and nourishing, such as those in a **Green** color font on the **Eating Guidelines for Full Body Detoxification Systems**.
 - iii. Perspiration through
 - 1. physical activity
 - 2. exercise
 - 3. dry or wet saunas
 - 4. herbal full body baths



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PROGRAM INSTRUCTIONS

The instructions for your **Full Body Detoxification Program** are provided in the following two documents.

1. This **“Dietary Program and Special Instructions”** e-book and
2. Either the 30-Day or 21-Day **Therapeutic Supplement Instructions**, whichever program Dr. Smith has recommended for your individual needs.
3. **Pre- and Post-FBD Telephone Consultations (FBD/TC)** – The Pre-FBD/TC with Dr. Smith will be provided to clarify written instructions and assure that that client is clear on each step to implement, evaluate and monitor your progress and the Post-FBD/TC will provide a report of the improvement attained and to share the “next step” for client in respect to their over-all health goals.
 - **Evaluation** – Depending upon individual client needs and purpose for this detoxification program, testing biochemistry (blood, urine, hair, saliva or stool), may be required before and after Full Body Detoxification Program.
 - **Scheduling Pre-FBD/TC and Post-FBD/TC .Appointments** – if you have not scheduled these two appointments please do so before starting your Cleanse.
 - Note: If this is your first Full Body Detoxification Program, a **10-Day Progress Report Telephone Consultation** will also be scheduled to assure that you are clear on the dietary transition instructions from Day 10 to Day 11 and other instructions to assure successful results, as well as to obtain a progress report of your first 10 days on your program.

FORMS & PDF DOCUMENTS - DEFINED

The following will assist you in implementing the above program instructions.

1. **FAQ** – Frequently Asked Questions
2. **Forms and Questionnaires** – for completing before, during and after to evaluate and monitor progress:



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- a. **Health Appraisal Comprehensive (HAC) Questionnaire** – complete one before starting and another at the end, when program is “officially” finished.
- b. **Client Communicator** – complete on report date column before starting and then update weekly to assist in monitoring cleansing signs, if any, and improvement regarding symptoms that bother you the most. This form and written instructions for completing this form is provided.
- c. **Drug and Supplement List Form** – When completing this form, provide all the information that is required in each column on this form.
 - i. This form is used by Maintenance and FBD clients to record any regular or daily supplements that they have been taking so that Dr. Smith can advise on supplements that do not need to be taken while on this program, and to be aware of any drug side effects that may be misinterpreted as a sign or symptoms of detoxification, if this applies.
 - ii. Therapeutic clients, still on drug therapy, may use this to update Dr. Smith regarding any changes in medicines resulting from medical check-ups that occur during this program.
- d. **Diet Activity Report** – This is a daily worksheet for client to record their diet and other activity to assist the client in being accountable to one self and to provide accurate feedback for Dr. Smith to assist client in any challenges in implementing program, as well as assist Dr. Smith in evaluation of progress.
- e. **Food Introduction Response (FIR) Form** – This form is used to test for food sensitivities and food allergies when you reintroduce a food to your diet that has not been consumed in Day 1-10 of your diet. Information on this form has been provided on page 18.

3. Dietary Program

- a. **Eating Guidelines for Full Body Detoxification Systems** – Each food group includes a color-coded list representing the best to the avoid foods included in the diet for this detoxification program.
- b. **Menus and Recipes**



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- c. **Three-Weeks Of Menus** have been provided with recipes. Clients may use these menus and their recipes or Clients may create their own original recipes and menus as long as their recipes adhere to the guidelines in the Dietary Program section of this e-book. Note: Some of the menus and recipes we have provided will need to be adjusted to adhere to the guidelines in the Dietary Program section of this e-book, also, to use them in this detoxification program. Dr. Smith did not modify them for you because you may want to use them “as is” after the Cleanse.
 - i. Also, rather than re-invent the wheel, Dr. Smith has provided a collection of recipes from a variety of nutritional health care professionals, who like Dr. Smith uses these specific therapeutic supplements for detoxification. Recipes were organized by Standard Process and because the menus and recipes were provided in a PDF Format that does not allow Dr. Smith to correct or adjust a few of them, according to the dietary instructions in this e-book. Therefore, the **Dietary Program** section will also include some “special recipe instructions” for you to make if you choose to use these particular recipes.
- d. **Carbohydrate Classification of Fruits and Vegetables** –this provides a Glycemic percentage of various fruits and vegetables.
- e. **Other Dietary PDF Documents:** The following documents are also posted on our Full Body Detoxification Program webpage for more dietary support. When you read these documents you will understand their purpose and why they were included in your Full Body Dietary Program;
 - i. Stevia Conversion Chart
 - ii. Table Foods
 - iii. Food Group – Daily Servings – provides the quantity of foods to eat.
- 4. **Special Links To Knudsen And Trader Joe Organic Juices** are provided if your community does not have a local health or grocery store or if you do not have a juicer, which is preferred. Note: using whole foods (fruits or vegetables) in a blender is sufficient for making the SP Complete Shake, so juices are not necessary for the Full Body Detoxification Program. Thus, this information is provided for those who want a variety or enjoy having the choice of whole foods or juices when making their shakes.



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FOOD INTRODUCTION RESPONSE (FIR) FORM

The **Food Introduction Response (FIR) Form** provides you with a 'golden' opportunity to test for food sensitivities and/or food allergies, in addition to, the benefits of detoxification and health improvement, and without having to invest \$500 to \$1200 for biochemical testing to find out the same information.

Today, people are experiencing more food sensitivities than food allergies. Favorite foods are eaten more often and often not digested fully before consumed again, which causes a build-up of undigested food particles that result in food sensitivities or allergies, though more often sensitivities. Sometimes the sensitivity is not because of the food, but the pesticides or herbicides in and on the foods. Another important reason for eating organic foods.

Therefore, beginning on Day 11, follow the instructions for completing the Food Introduction Response Form, located at the bottom of this form, the first time you eat any food not included in your Day 1-10 Diet.

1. Repeat this for each new food that you eat for the first time starting from Day 11.
2. Each new food is called the "Test Food."
3. Do not eat the food again for three days.
4. No Food Sensitive or Allergy Detected - If the test for the new food indicates that you do not have a sensitivity or allergy to the Test Food, you may include this in your diet as you please, keeping in mind that it is always good dietary practice to rotate foods, waiting at least four days before eating the food again.
5. Food Sensitive or Allergy Foods Detected – if the test indicates you do have a sensitivity or allergy to the food, make a list of these foods to submit to Dr. Smith and do not eat these foods again for at least three months. Then you may retest again to see if your Gastro-Intestinal System has become strong enough to digest foods on this list. If not, repeat the test in another three months. Keep Dr. Smith informed of the outcome of your retesting. Be sure that you are testing organic foods or at least test one organic food to see if your reactions are due to the food or the pesticides/herbicides on the non-organic food, for whatever personal reasons, you choose not to eat only organics.
6. Learning how to care for your body is not just being disciplined to complete this program, but also reflected in how you care for your body afterwards. So once your Cleanse has been



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completed, it is a prudent to use the FIR form whenever you eat any food that has not been tested thus far. Then depending upon the outcome of the test, follow the instructions above under #4 or #5, whichever applies.

7. Additionally, this Full Body Detoxification Program provides an excellent opportunity for you to make an unyielding decision to continuing eating only healthy foods, ideally from your Eating Guidelines, which also means not returning to eating unhealthy foods. Therapeutic Clients are advised to return to the Eating Guidelines with their name on it when this Cleanse has 'officially' been concluded.
8. The foods that you are testing as instructed above are healthy foods from your **Eating Guidelines – Elimination/Detoxification** while on the Cleanse and afterwards, any healthy food whether listed on any other Eating Guidelines, or not. Should you choose, however, to eat something that is not healthy after your Cleanse, we are going to call this a 'food experiment.'
 - a. A food experiment is where you use the **Food Introduction Response Form** to test any substance you consume, ideal healthy foods for your biochemistry (i.e., Eating Guidelines) or any other food classified as healthy or not. Performing a food experiment test using the FIR will give you important knowledge about the immediate and residual effect of that toxic so-called food on your now cleaner and less toxic body.
 - b. For example, when your pulse is elevated when eating chocolate or any refined sugar, white flour product, if you choose to do so, will help you to think twice about causing your heart to race, thus elevating your pulse or inducing constipation or coughing up mucus, etc. Some of the same signs that may arise from eating healthy foods that you are, at this time, sensitive or allergic to. For every time you do this to yourself, you are decreasing your longevity.
9. **Email or fax your list of healthy but sensitive/allergic foods** to Dr. Smith before your Post-Full Body Detoxification Program Telephone Consultation, which will be scheduled to discuss the results from your HAC Before and After Reports, Client Communicator Weekly Reports and Diet and Activity Reports. After this appointment, as stated above, email Dr. Smith any time you test and discover you are sensitivity or allergic to a food.
10. **Important Note:** Food Sensitivities or allergies may be masked due to symptoms of toxicity or excessive food intake which may become evident when over-all body toxic burden is reduced. However, if this is your first internal full body detoxification program, though you are effectively reducing this toxic burden, you may not have been able to reduce your



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toxicity in just one Cleanse to a decreased level that will expose food sensitivities or allergies to some foods. So retesting months later, foods that you have been eating on a regular basis, even if they initially tested 'no sensitivity/allergy' is a good idea.

11. It is also very important to repeat this **Full Body Detoxification Program at least twice a year** for two reasons:

- a. To continue to reduce over-all body total toxic burden.
- b. To remove new toxins that you have accrued over time between Cleanses, especially considering that come toxic exposures are out of your control, such as the air you breathe outside your home. At home you can breathe pure air by using an Air Purification System, but once you step outside, you are exposed to air and environmental pollutants.

DIFFERENCE AND USES OF A 30-DAY & 21-DAY PROGRAM

30-DAY PROGRAM

The most effective number of days for the Full Body Detoxification Program is 30 days. Why?

- The additional nine days of a 30-day program, compared to 21 days, provides the advantages of healing and detoxification benefits that would, otherwise, take three months or longer on any other therapeutic whole food program. Therefore, adding just nine days to a 21-day program for a 30-Day program brings three times the results.
- It is more cost effective for the client, than doing two 21-Day Programs to accomplish similar results.
- After adhering to program instructions for 21 days, continuing for another nine days is easier, especially, in comparison to 42 days, again, to accomplish similar results.

For these reasons, the 30-Day program is the standard program Dr. Smith recommends for her therapeutic and maintenance clients.



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21-DAY PROGRAM

The 21-Day Program may be recommended:

1. At Onsite Events and Seminars to introduce event visitors to the benefits of clinical nutrition therapy. In these events, visitors have their choice of either the 21- or the 30-Day Program. If they are unfamiliar with the benefits of Dr. Smith's clinical nutrition services, they may initially consider the 21-Day for financial reasons only, however, once they understand the additional benefits of extending the 21-days to just nine days more, the 30-Day Program is their choice.
2. If a new client has had bad experiences with other cleanses, such as over-the-counter, on-line or professionally dispensed cleanses that contain isolated or synthetic ingredients and is apprehensive about committing to 30 days. In these cases, once the client's has experienced the positive benefits of Dr. Smith's program, it is easy to extend the 21-day program to 30 days.
3. a client is not sure they can adhere to a 30-Day Cleanse. This is also easy to extend to a 30-Day program once they realize that they can.
4. When finances are a factor and it is in the best interest of the client to reduce their over-all body toxic burden as quickly as possible. Thus, a 21days is a solution when other financial priorities of the client prohibits the nine extra days of a 30-Day Cleanse.

EFFECTIVENESS OF 21- & 30-DAY PROGRAMS

The effectiveness of this **21-Day** Full Body Cleanse is equivalent to 30 to 45 days and a **30-Day Full Body Detoxification Program** is equivalent to three months (or more) internal full body cleansing in comparison to what would be accomplished through the detoxification of your "Therapeutic Supplement Program of Care (POC)" alone.



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WHAT IS DETOXIFICATION?

Detoxification is a natural process of the human body and certain organs, glands, biological elimination pathways and body systems have been designed specifically for this purpose. Think of these as the “Elimination System” and each of these organs, glands and body systems have been listed on page 24, under “The Elimination System.” However, today, because of the high level of toxicity in “cultural” lifestyle and environment, this elimination system is over-burdened by a high amount of toxicity, and because of the ongoing high stress of “trying” to do its innate job of detoxification, has become dysfunctional, i.e., unable to do so with your help. This means each of us must be proactive in completing full body cleanses until we have assisted the body in reducing this high toxic burden and restoring the function of the “elimination” system.

The greatest health challenge each person has today is the management of their daily exposure to toxicity. So Dr. Smith has developed a **Personal (Lifestyle) Education Series** of Telephone Consultations with supportive educational material to coach clients on how to develop a healthy lifestyle that when this educational information is applied, will reduce your exposure, ingestion and absorption of toxic substances to only that which you currently have no control over and that is the air you breathe outside your home and office, if you work in an office.

Your **Therapeutic Supplement Program Of Care (POC)** includes supplements that will both detoxify and replenish nutrients in the areas of the body for which they have been formulated. The , the Full Body Detoxification Programs (both the 21 and 30-Day Programs) are designed for a concentrated and intensive detoxification and nutrient repletion of the areas of the body that are responsible for the innate detoxification processes, i.e., the elimination system. By proactively detoxifying them, they will be able to function more efficiently, i.e., do the jobs for which they have been designed.

Therefore, the goal of the **Clinical Nutrition Therapeutic Supplement and Dietary Program** designed and instructions in this e-book is to cleanse as many toxins from your body that is humanly possible for your body to accomplish in 21 days or 30 days, whichever applies to you..

If this is your first Full Body Detoxification Program, please note that it is not humanly possible to remove all toxins with one full body cleanse, that has been accumulating for years i.e., every day since the date of your conception. So, future full body cleanses are needed and will be discussed in another part of this e-book.

The effectiveness of this **21-Day** Full Body Cleanse is equivalent to 30 to 45 days and a **30-Day Full Body Detoxification Program** is equivalent to three months (or more) internal full body



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cleansing in comparison to what would be accomplished through the detoxification of your “Therapeutic Supplement Program of Care (POC)” alone.

How is this possible? Because when you reduce the level of toxicity in your body...

1. The metabolism of human biochemistry and its organs, glands and body systems operates more efficiently, so the positive effects of the full body cleanse is exponential.
2. Cells and tissue that are now free of toxicity can be repaired (if damage is not permanent).
3. Cells and tissue free of toxicity are now able to be nourished through whole foods and therapeutic whole food supplements to grow (regenerate) new, healthy cells and tissue. This also includes replacing damaged, decayed and dead cells with the new healthy cells.

Additionally, because your Program of Care is focused on priority areas according to your Lab Test and Nutritional Evaluations, it may be some time before your POC has the opportunity to focus on each of the organs, glands and body systems that comprise the Elimination System, so again being proactive to complete a Full Body Cleanse as soon as possible after starting your initial clinical nutrition program, and repeating it as instructed on page 81 is essential to reducing the high level of toxicity currently in your body and managing daily exposure, thereafter, to keep toxicity to a minimum, which is also essential to maintaining optimal health once attained through your Clinical Nutrition Programs (POCs).

This is an exciting time for you as you are about to experience the following:

1. an improved state of health you may never have felt or have not felt for some time.
2. begin to feel like you use to feel before you became so ill years ago,
3. you may even feel the energy and well-being felt when you young.

Because Dr. Smith recommends and as provided more 30-Day Programs, the above client reports are from the 30-Day Full Body Detoxification Program. However, the 21-Day Program can have the same potential because the innate healing system of the body can function more efficiently any time the toxic burden is reduced and nutrients are replenished.



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THE ELIMINATION SYSTEM

Our Full Body Cleanse detoxifies toxic substances from the following areas of the body. The areas of the body which are innately designed to detoxify toxic substances from the human body are underlined.

1. Stomach
2. Duodenum
3. Liver – also improves Phase I and II Detoxification processes
4. Gall Bladder
5. Bile Duct
6. Small Intestines
7. Large Intestines
8. Kidneys
9. Bladder
10. Lymph glands

You will notice that more than the elimination system is detoxified in this full body cleanse. This is because the other organs and glands listed above have a direct relationship to the elimination organs/glands. Consequently, if they are not also detoxified, their toxins will be transported into the elimination system and reduce the effectiveness of your full body cleanse.

Because each of these organs and glands affect every other organ, gland or body system in the human body, cleansing them will also have a positive effect on the entire body as a whole. Thus, by cleansing the areas above, you have the opportunity of a full body cleanse.

IMPROVING ORGAN/GLAND FUNCTION

This means the Gastro-Intestinal, Kidney/Bladder and Lymphatic Systems will begin to function more effectively. Thus, to name a few improved functions you will accomplish through a full body cleanse...

1. Digestion and absorption of foods and supplements will be more efficient which will allow your body to receive more nutrient value from them.
2. Less toxic lymphatic system means your immune system will be stronger.



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3. The bowels will have less old, encrusted fecal matter from waste in your colon for years, so you may notice improved bowel function. If you do not, this just means additional cleanses are needed.
4. Cleansing the liver, gall bladder and bile duct will assist you in...
 - a. Lower cholesterol, for those who need this (more on this on page 25),
 - b. Blood will be cleaner as the liver will be more effectively filtering toxins from the blood.
 - c. Fat metabolism will improve so you may notice some weight loss, if you need this.
5. The more toxins removed from the Kidneys and Bladder the more improvement experienced for those who have Fluid Retention.
6. Underweight clients may notice weight gain due to the body being able to digest and absorb nutrients more effectively and improving the metabolism. Though more than one full body cleanse may be required to accomplish this goal.

CHOLESTEROL

According to the “**Journal of American Medical Association**” (**JAMA, 02/25/98**), people at the age of 65 or older, live longer with higher Cholesterol. According to any standard “medical” interpretation of blood chemistry laboratory reports, 200 is the highest that Cholesterol should be.

However, healthy cholesterol according to clinical nutrition research based on homeostasis (true health, i.e., biochemical balance), healthy cholesterol for all ages is 180 to 220.

If high cholesterol for someone under the age of 64 is a primary factor for this full body cleanse, blood will be drawn before and after the initial cleanse to assess Total Cholesterol improvement. If improvement is noted, but Cholesterol has not improved to a normal value (180 to 220), Dr. Smith may recommend that the client continue their full body cleanse until optimal an Cholesterol value is reached or Dr. Smith may add specific Cholesterol-lowering therapeutic supplements to their Program of Care after the cleanse to continue the process of lowering cholesterol. For some clients their initial 30-Day cleanse has been sufficient to bring their Cholesterol value into normal clinical nutrition range (homeostasis)..



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CONSEQUENCES OF COLON DYSFUNCTION

When fecal matter coming into the large intestine (colon/bowel) does not move straight through and out the rectum, the following will occur. or chronic colon dysfunction or disease that leads to chronic constipation, where fecal matter is unable to move effectively and completely these poisons may re-circulate and settle in other tissues and in time re-infect the body. Occasionally we have a client with a Gastro-Intestinal System so toxic that they require a Colon Cleanse with their Full Body Cleanse for effective results.

SIGNS OF A HEALTHY FUNCTIONING COLON

1. The number of bowel movements is equal to the number of meals eaten daily. Eat three meals, within 24 hours you should have three bowel movements. A functioning colon will expel a bowel movement shortly after each meal as incoming food into the stomach is a trigger for bowel elimination.
 - a. The feces being expelled are the metabolic by-products (waste) from foods eaten 24 hours earlier, which also includes any other toxic substances the body has sent to the colon for elimination.
 - b. The food consumed at meals and snacks from the meal that followed after the 24-hour ago meal up to the moment of the bowel movement are still in the tube of the large intestines working its way to the rectus. A process as stated above that takes a healthy colon 24 hours.
 - c. In other words at all times, a healthy colon contains the by-products of four meals. At the time you are having a bowel movement after breakfast today, your colon has yesterdays; supper, lunch and breakfast last night's supper, yesterday lunch, yesterday's
2. The diameter of the bowel movement is the size of a silver dollar.
3. Its length should be at least 12 inches (one foot) long, though this may a challenge to determine when it breaks apart upon impact with the water in the bowl. However, imagining if the amount was stretched out along a ruler can provide a fair guess of its length. When peristalsis is slow, and the colon takes a few pauses between expelling more, it can come out like several shorter bowel movements.



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4. The color is light beige – think of the color of infant feces.
5. The bowel movement floats on top of the water. It does not sink to the bottom of the toilet bowl. Heavy bowel movements means the food consumed did not get digested fully and instead of a light weight metabolic by-product (waste), the feces are full of undigested food. Similar to when a person takes a pill (drug or supplement) and finds the pill coming out of the bowels into the toilet. Obviously, the pill was not digested.
 - a. This can occur when food is not chewed to a liquid mush and then swallowed. Most people...
 - i. chomp a few times and swallow food whole.
 - ii. take too big of a bite of food to chew all of it at the same time, so the part not being chewed slides down the throat whole.
 - iii. eats too fast – so more food comes in before the food in the mouth is chewed to a liquid and the results are the same as taking too big of a bite.
 - b. Undigested food is also be caused by a weak, dysfunction Gastro-Intestinal (GI) System (stomach, duodenum, liver, gall bladder, bile duct, small and large intestines), which chewing food to a liquid mush is one of the two first steps to proper digestion, i.e., long-term poor eating practices like the above (chewing, big bites, eating fast) is one of several causes for a weak, dysfunctional digestive system. Your first Full Body Detoxification Program is an excellent start in improving GI function.

CAUSES OF CONSTIPATION

1. If you are not drinking the amount of what required according to your body weight, this will cause constipation, any time. So check your water intake.
2. If your water intake is sufficient per instructions in #1 and you are constipated, this means your colon is not eliminating what the liver is detoxifying. This may be due to the liver detoxifying too quickly for normal colon response time to move the waste through its system or the liver is detoxifying at a proper rate, but the colon is eliminating too slowly. Either or both of these situations could be occurring. .



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3. If you feel like you should be eliminating more than you are, this may be a sign that your colon (a.k.a. bowels or large intestines) is too sluggish to keep up with the amount of new toxins moving into it.
4. Consuming more cooked foods than raw and eating less vegetables and fruits than foods of other food groups, like eating more meat, dairy and processed grains than vegetables and fruits. This is what is meant by eating less fiber foods. 80% of human food intake should be raw and organic.
5. Long-term poor lifestyle practice of daily or weekly consumption of less whole grains (oat, barley, buckwheat, brown rice, etc.) and more processed grains (pasta, bread, etc., even if made from whole grains). This is also what is meant by eating less fiber foods. 80% of human food intake should be raw and organic. NOTE: Grains are not part of the dietary program for this Full Body Detoxification Program.
6. If you suspect #2 or #3 is occurring or you do not have signs of proper bowel function during a Cleanse, contact Dr. Smith.

SIGNS OF PROPER BOWEL FUNCTION DURING A CLEANSE

1. The number of daily bowel movements may increase in frequency to stay up with the amount of toxic substances coming in from the liver.
2. The size in diameter of the bowel movements may increase. Though you may not be eliminating more toxic substances by having more bowel movements, you are still eliminating more toxins when you have a bowel movement.
3. Either one of the above signs indicates you are eliminating the toxins.
4. The darker the bowel movements, the older the fecal matter has been storing in your colon.



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COLON CLEANSING PROGRAM

ENHANCING COLON SUPPLEMENTS IN THIS PROGRAM

Rarely does a client on a Full Body Cleanse require additional help for colon cleansing. However, clients with long-term colon dysfunction (ex. Chronic constipation) may require one or more additional supplements specific to enhancing (strengthening) the effectiveness of the colon cleansing supplements included in the Full Body Detoxification Program.

To date (since 1991) only two (2) clients have required one additional supplement to help peristalsis, i.e., the “waves of involuntary muscle contractions that transport food, waste matter, and other contents through a tube-shaped organ, such as the large intestines.

1. One client needed the peristalsis-support supplement for 1-2 days, every few days or so when her chronically-sluggish colon could not keep up with incoming waste from the liver.
2. The other client hardly knew what a bowel movement was she had them so infrequent, having one bowel movement every few days was normal for her. So she required this supplement on a daily basis during her entire cleanse. After her cleanse, we continued with liver, digestive and colon cleansing therapeutic supplements until we had restored their function. Remember that your first Full Body Cleanse is a very good start in reducing your total toxic burden, but not sufficient to detoxify what you have accumulated since conception.

After reviewing the information above about healthy bowel movements, causes of constipation, signs of proper bowel function during a cleanse will help you determine if you need additional colon help daily or occasionally during your cleanse.

COLON CLEANSING PROGRAM + FULL BODY CLEANSE

Chronic constipation may require more than increasing Gastro-Fiber or LBSII as indicated above under Constipated? A Colon Cleansing Program in addition to the colon cleansing supplements in the Full Body Detoxification Program may be required.

There if none of the instructions under Constipated solved your constipation, then you have severe and/or Chronic Constipation.



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In all of the Full Body Detoxification Programs Dr. Smith has dispensed, she has not yet had to provide a Colon Cleansing Program to the Full Body Cleanse. However, in the event you need to enhance this program for severe and chronic constipation, please call Dr. Smith to determine the ideal Colon Cleansing Program for your needs or if there is some other cause for your constipation or lack of increased eliminations.

Note: A very basic Colon Cleansing Program is as simple as adding only two more supplements and taking as follows:

1. Liquid Supplement - (1 Tablespoon)
2. Powder Supplement (1 heaping scoop),
3. add water or juice, blend and drink quickly each morning and night.
4. Use must blend and then drink quickly because the mixture gels very fast.
5. Then once ingested, the gel attaches itself to and then pulls off the hard, crusted fecal matter lining the colon.
6. Take this any time in between meals and SP Complete Shakes.



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EXTENDED CLEANSE BENEFITS

REPORT ON ONE CLIENT'S EXTENDED CLEANSE

SUSAN'S 150-DAY CLEANSE

After completing the 30-Day Full Body Cleanse, Susan loved the improvement she was experiencing so much that she asked Dr. Smith if she could continue for another 30 Days. Dr. Smith agreed and monitored her progress appropriately to assure a safe and effective cleanse. At the end of the 60 days, Susan asked if she could continue for another 30 Days and thereby, do a 90-Day Cleanse. Yes, she asked again, and in the final outcome, she had followed her Full Body Detoxification Program for a total of 150 days.

SUSAN'S RESULTS

The following table provides an overview of Susan's **Health Appraisal Comprehensive (HAC) Summary Bargraph Report** providing her initial score, and scores after 120 Days and 150 Days (final score). Scoring is provided for the degree of severity of client's symptoms in the 10 body systems and a total of 26 organs and glands are evaluated on this report. On the HAC Report, the actual percentage (degree) of severity is provided from 1% or greater and appears in columns rated as Mild, Moderate to Severe. To date, the most severe percentage Dr. Smith has noted for any client has been 450% to 500%. **The Ideal Score for all 26 organs and glands is zero (-0-). This means no symptoms in the specific organ or gland with zero scoring.**

HOW TO READ SUSAN'S TABLE OF HAC SCORES

Row 1 Columns – Scoring for each 30-day period of Susan's Cleanse from initial to 120 Days.

S-Score or S-S Column – Number of organs & glands out of 26 with Symptoms Score (S-Score).

Zero – Number of organs and glands out of 26 with score of zero, i.e., no symptoms.

Symptom (S) #1and #2 – Report on two symptoms that did not have a zero score after 120 Days.



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TABLE OF SUSAN'S HAC SCORES

Initial Score Before Cleanse		120 –Days (4 Months) Adherence As Instructed In This Program		*120 Days Symptom #1 Percentages		* 120 Days Symptom #2 Percentages		150 Days Symptom #1 & 2 Percentage		150 –Days (5 Months) FINAL RESULTS	
S-Score	Zero	S-Score	Zero	Initial	120 D	Initial	120 D	S#1	S#2	S-S	Zero
19	7	2*	24	213%	61%	194%	38%	11%	0%	1	25

About Symptoms #1 and #2:

To more fully understand the improvement Susan received on the remaining 2 of the original 19 areas that that did not go to zero at 120 Days, the above table in blue provides the actual percentage of improvement for Symptom #1 and #2 at 120 Days and 150 Days. The first 120 Days she followed the instructions precisely as instructed in this e-book and in the last 30 days (from Day 121 to 150), Dr. Smith modified her cleanse to allow for other lean animal proteins, such as chicken, turkey.

Final Results

1. Out of Susan's original 19 areas of the body with a initial Symptom Score, her final results were 25 scores of zero, the perfect score and only 1 area that still had symptoms at a Mild score of 11%. Following her 150-Day Full Body Detoxification Program, she was provided a Therapeutic Supplement Program of Care (POC) according to her updated biochemical test results (blood, hair, saliva, etc.), which improved Symptom #2 to a zero score.
 - a. Though, obviously, anyone who has test results in homeostasis is also symptom free. It is important to remember that attaining homeostasis in the values on Laboratory Reports defines health, not being symptom free. When each of these 26 organs and glands of the body have improved significantly where they no longer need to communicate through symptoms that they need your help, symptoms leave.
 - b. **Symptoms are** the way the cells communicate to the conscious mind that action needs to be taken to identify (testing) and correct the cause of the symptoms. The cause may be due to toxicity, nutritional deficiencies, biochemical imbalances,



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organ/gland dysfunction or disease, injury or hereditary factors. Injury and hereditary factors represent only five percent of the causes

2. Susan's **Body Composition Analysis (BCA)**, using a **Bioelectrical Impedance Analyzer** initially, throughout and at end of her cleanse, indicated that Susan's 150-Day Full Body Detoxification Program resulted in
 - a. Decreased Cellular Toxicity
 - b. Decreased fat mass
 - c. Increased muscle mass
 - d. Decreased Body Mass Index – (the higher the BMI, the higher the risk of developing diseases, such as Diabetes, Heart Disease, Cancer, etc.)
 - e. Decrease in percentage of malnourished cells
 - f. Improved Tissue Health
 - g. Increased Total Body Water
 - h. Decreased toxicity in cells.
 - i. Improved protein metabolism
 - j. Stronger musculo-skeletal system
 - k. To name some, but not all, of the improvement noted from her BCA.

**ONE OF THE FIRST SIGNS OF A POORLY-DESIGNED
FASTING OR CLEANSING PROGRAM
IS LOSS OF MUSCLE MASS.**

More information and how to obtain a
Body Composition Analysis (BCA)
go to:

<http://www.advancedclinicalnutrition.com/seminarannouncements/aboutonsitetesting.html>



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SUMMARY OF SUSAN'S RESULTS

For brevity's sake, the values of Susan's improvement in her biochemical testing (blood, hair, saliva, etc.) during this cleanse will not be included. However, she achieved improvement in five months for Symptoms, Body Composition and Biochemistry that is equivalent to a year or longer on a Therapeutic Supplement Program of Care. This is because:

1. of the comprehensive and intensive formulation of the therapeutic supplements in the Full Body Detoxification Program.
2. the Full Body Detoxification Program focuses on all areas of the body.
3. reduces the total body toxic burden faster.
4. and the dietary program for the Full Body Detoxification Program is the ideal diet for the human body. In other words, the human body was designed to consume and function at a high level of health when these foods are consumed on a daily basis. Most new clients are not ready to sustain consuming "nature's diet." Dietary and Lifestyle Consultations are designed to assist each client in making this transition at a pace that is comfortable mentally, emotionally and physically.
5. a client would need to choose a Rabbit or Horse Financial Plan to achieve similar results in the same amount of time on a Therapeutic Supplement Program of Care, which focuses on priority (worse) areas of their body and over time all areas of the body are improved through the client's Program of Care.



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IS AN EXTENDED CLEANSE RIGHT FOR EVERYONE?

Not everyone qualifies for an extended Full Body Cleanse and not everyone has an interest in doing this, even if Dr. Smith determines their body would benefit from an extended cleanse. However, if you are interested in extending your 21-Day or 30-Day Cleanses, please inform Dr. Smith immediately, so that should she determine you would benefit from extending your Cleanse at this time, she can take the appropriate and timely action to provide the additional Full Body Therapeutic Supplements so you receive them before consuming those on hand.

DISQUALIFYING FACTORS FOR EXTENDED CLEANSE

What Would Prevent A Client From Qualifying For An Extended Cleanse?

1. The primary disqualifier would be someone who has been ill for many years and thus has a very weak body constitution. In these cases, the client will need more building (nutrient repletion) through their Therapeutic Supplement Program of Care than detoxification. Once they are stronger, they would be able to handle an intense detoxification program.
2. Surgical Removal of part or all of an organ or gland listed on page 24 in the section of this e-book titled, **"The Elimination System."** This also depends upon which part or whole organ or gland was removed.
3. Have been medically-diagnosed with Hepatitis A, B or C. These clients would also need more initial nutrient repletion to heal and strengthen their liver, gall bladder and bile duct before serious detoxification.
4. A client may qualify for an extended cleanse, though extending to 150 days or longer as Susan did, may not be appropriate. So clients interested in extended cleanses are also individually assessed every 30 days to determine if the client qualifies for the next 30 days, if they have communicated a desire for an "longer" extended cleanse, like Susan's, verses repeating their Cleanse 1-2 times following the first one..



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DIETARY PROGRAM FOR FULL BODY CLEANSE

The purpose of your Full Body Detoxification Program is to detoxify chemicals and other toxic substance from your body, replenish nutrients these toxins destroy and to raise nutrient levels to improve your health. This is being accomplished by taking therapeutic whole food supplements formulated for this purpose and using the instructions in this section of this e-book to design a “dietary” detoxification program, also.

Therefore, it makes sense to purchase foods for the dietary detoxification program that are organically-grown (Fruits, Vegetables, Grains, Legumes) and free-range (Eggs). Otherwise, you are putting more chemicals into your body as you are following this program to remove them. Also, these foods are more nutrient rich. So these are the healthiest foods for detoxification and for daily life after this Cleanse.

The **Special Links** web page of our website provides links to websites who sell organic and free-range foods online, if your community health and grocery stores do not sell them.

Though this will not improve nutrient value, if for any reason, you choose not to purchase organic fruits and vegetables you can remove some of the chemicals (herbicides/pesticides) from the outside of these raw foods by using “**Veggie Wash**” or another brand for the same purpose. Veggie Wash is unable to remove the chemicals that have been absorbed into the raw food. However, adding Veggie Wash to a tub of purified water and soaking fruits and vegetables for 30 minutes may help dissolve some of the chemicals near the surface of the fruits and vegetables.

If Veggie Wash is not available in your community, you can order this online by going to our “**Special Links**” web page for “Whole Foods Market.”

Now, we will proceed to the Special Instructions for using the **Eating Guidelines for Full Body Detoxification Systems** Dietary Program, Menus, Recipes, and other **Full Body Detoxification Program PDF web page documents** that will help you develop your “dietary” detoxification program.



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EATING GUIDELINES (EG) – FULL BODY DETOX SYSTEMS

Overview

Some **Food Groups** will be allowed throughout the Cleanse, some groups will be allowed starting on the 11th Day of the Cleanse to the ‘official’ end of the Full Body Detoxification Program and other groups will be avoided entirely during the process of this detox program.

Then once the Full Body Detoxification Program has “officially” concluded, Dr. Smith may instruct you on which of the following dietary plans you will use next. This decision will be based upon the results you receive from your detox program. In other words, you may be instructed to...

1. Continue using the **Full Body Detoxification Systems Eating Guidelines** so you may continue eating “detoxifying” foods. However, in this case, Dr. Smith will instruct you on which food groups or foods with food groups are now allowed after the Full Body Detox Program. OR
2. Instruct you in switching to one of your three **Therapeutic Eating Guidelines** designed based on a Dietary Analysis of your Lab Reports, if you paid for this service. (Note: if this does not apply to you at this time, you may request a Dietary Analysis of your most recent Lab Reports so Dr. Smith may design your three personalized therapeutic diets. The purpose of these three diets are to provide healing foods and dietary support according to the priorities of your lab tests for:
 - a. **Your individual biochemistry.**
 - b. **Elimination Pathways, Organs and Glands**
 - c. **Endocrine System (Male or Female)** – i.e., Hypothalamus, Thymus, Adrenals, Thyroids, Male/Female Hormones, etc.

How To Read The Full Body Detoxification Systems Eating Guidelines

1. **Green Colored Foods**– These foods are for daily consumption as they are the most cleansing foods for your therapeutic Full Body Detoxification Program. .Create your daily menus and choose your recipes using these **Green Colored Foods** listed in the Food Groups that you may include in your diet for Day 1 to 10 and Day 11 to end of Cleanse, depending upon which day you are on.. You can also use these foods as a substitute for other foods in recipes that are not approved for eating during your Cleanse. .



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2. **Black-Colored Foods** – These are neutral foods, which means they are healthy foods, but their “food chemistry” was not innately designed specifically for “cleansing” like the **Green Colored Foods**. **Black-Colored Foods** are your “**weekly**” foods to eaten 2-4 times per week. However, once you have **Green Colored Foods** included in your menu **first**, you may include the neutral **Black-Colored Foods** to fill in around the **Green Colored Foods** to provide more variety in your diet, so these may be eaten daily, also. In other words, you would never choose a **Black-Colored Foods** for daily consumption when you can include a **Green Colored Foods** instead.
3. **Not Listed Foods** – any vegetable or fruit not listed on the Eating Guidelines for Full Body Detoxification Systems may be considered as **neutral Black-Colored Food**, if you need even more variety. However, remember to make the most of this opportunity eat the foods that are the best for detoxification and the areas of the body responsible for this function, i.e., **Green Colored Foods**.
4. *Italic*– May be eaten once every two weeks.
5. **Red-Colored Foods** – Avoid all **Red-Colored Foods** throughout the Full Body Detoxification Program.

ADJUSTMENTS TO “EATING GUIDELINES”

Please make the following additional adjustments to your ‘**Eating Guidelines for Full Body Detoxification Systems Dietary Plan**’ for the following Food Groups:

--BEVERAGES

The software program used to select foods and print the Eating Guidelines, automatically prints Pure Bottled Water. However, Dr. Smith recommends Reverse Osmosis (R.O.) Purified Water because most bottled water is not pure. If you do not have a R.O. purifier, the bottled water that Dr. Smith recommends is Fiji from the Fiji Island or Penta Ultra-Purified Water. Ozarka Spring Water once was a pure bottled water recommended by Dr. Smith, however, the last time she tested it, it was not pure. So if we have not had time to update any educationally articles or materials, substituted Fiji and Penta for Ozarka, when Reverse Osmosis purified water is not available.



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--HERBS, SPICES & SEASONINGS (SWEETENERS)

1. Salt (Sea Salt, unrefined).

- a. Because originally, no healthy sea salts were sold in our community, this prompted Dr. Smith to research, then stock for herself and clients the most mineral-rich Sea Salt available.
- b. Therefore, Dr. Smith dispenses **Pink Salt** (a blend of mineral- rich sea salt from the Hawaiian and Malaysian Islands). More information on Pink Salt is available in the **"Table Foods" PDF document** on the Full Body Detoxification Program webpage.
 - i. Prior to finding Pink Salt, Celtic Salt was best available and Dr. Smith dispensed this sea salt long before it was available at health food stores and super markets, however, switched to Pink Salt when she found this more mineral rich brand. Therefore, Pink Salt can be ordered through Dr. Smith.
- c. If you have Celtic Salt this is still a good brand and rather than waste it, you can order Pink Salt, blend equal parts of the two together until your Celtic Salt is consumed, and then continue with just Pink Salt. This way you can begin right away with the more mineral rich Pink Salt without wasting Celtic Salt on hand.

2. Sweeteners

- a. If it is not necessary to sweeten beverages, SP Complete Shakes, etc., however, if you choose to use a sweetener Stevia is the preferred sweetener, but not listed on your Eating Guidelines. Because not all brands are the same, Dr. Smith stocks the preferred Stevia brand for her own personal use and to dispense to clients.
- b. What is Stevia the preferred sweetener? Stevia is the only sweetener that does not elevate or lower blood sugar.
- c. If you have never used Stevia before, use only one drop, stir or blend and then taste. If not sweet enough, re-taste after adding only one drop at a time, until you find the right taste of sweetness you desire.
- d. Keep count of the number of drops so that you know how many drops were added to create the taste you preferred. Stevia at first not pleasant for a number of people, however, it is an acquired taste, so the more often it is used the sooner you will like the taste.



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- e. On the Full Body Detoxification Program web page, Dr. Smith has provided A **Stevia Conversion Chart** so you will know how much Stevia to use if you were in comparison to other sweeteners (good and bad). This chart also has information on both liquid and powdered Stevia, including individual mini-packets ideal for carrying in pocket or purse, any of which may be ordered through Dr. Smith.

FOODS TO EAT AND AVOID

DAY 1 - 10 (By Food Groups)

Vegetables, Greens, Sea Vegetables, Culinary Herbs/Spices/Seasonings, and Fruits Food Groups:

1. **Eat only from these Food Groups for the first 10 days according to the color-codes as defined in the previous section of this document.**
2. Eat beets as often as possible as these are great for liver detoxification and function.
3. Do not mix fruits and vegetables. The only exception to this rule is papaya, pineapple and apples. Because they are high in enzymes they can be added with vegetables, too. Though they digest even better when they are blended or juiced in a shake because any food ingested in liquid form take less energy to digest compared to eating them as whole foods, for example in a salad or steamed vegetable dishes.
4. Eat fruits 30 minutes before vegetables or any other food group **or** as a snack or meal by themselves.
5. Eat Melons Alone, not with other types of fruit.
6. Avoid all other Food Groups, except the EFA Oil used in your SP Complete Shakes and for salad dressings.
7. Because Corn is food that some people are highly sensitive or allergic too, **avoid Corn until after the 11th day** on the Cleanse and use the Food Introduction Response Chart to test Corn to see if you have a reaction to it or not.
8. You may also select other **Green Colored** Oils for salad dressings.



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9. Again, follow instructions under Eating Guidelines for Full Body Detoxification Systems for **Green**, **Black**, **Red**, and *Italic* Coded Foods.

WATER

Drink one half your body weight, in ounces of Reverse Osmosis Purified Water Daily. This is the amount your body requires for all biological functions. Because water is a solvent, drinking more will also help you flush more of the toxins being dissolved by the therapeutic supplements and make it easier for the elimination organs, glands and pathways to remove them from the body.

Avoid drinking water or any beverage with solid foods.
Consume Liquids 30 minutes before or one hour after solids.

DAY 11 To The “Official” End of Cleanse (By Food Groups)

1. **Vegetables, Greens, Sea Vegetables, Culinary Herbs/Spices/Seasonings, and Fruits Food Groups:** Continue with the same instructions as in Day 1 – 10 for these Food Groups.
2. **Meat, Poultry, Legumes, Nuts and Seeds Food Groups:** These Food Groups are to be avoided from Day 1 to the end of the Cleanse.
6. **Eggs, Grains or Legumes and Seafood** – From Day 11 to the end of the Cleanse, foods from these Food Groups are allowed according to the following special instructions:
 - a. **Eggs** – 1 Free-Range Whole Egg, either soft- or hard-boiled in its shell or poached.
 - i. Note: The Software program Dr. Smith uses to select foods, based on the biochemical benefits of their food chemistry, prints eggs, splitting them into **“Eggs, Chicken (whites)”** and **“Eggs – Chicken (yolks).”**
 - ii. However, always eat eggs whole. To eat egg whites alone with create a “Biotin” deficiency which has serious health consequences, to the nervous system, for one example. Research Biotin deficiency and see for yourself how important this nutrient is.



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- iii. You will notice that Eggs are on your Eating Guidelines in **Black**. This is because it is a neutral food, i.e., not classified as a “cleansing” food.. However, during Day 11 to the official end of the Cleanse, you may eat one whole egg daily rather than 2-4 times a week.
 - iv. For the purpose of the Full Body Detox Program, eggs are a healthy food for protein that is easier to digest than animal protein, like the flesh of chicken or turkey. Therefore, eggs are a more gentle way to reintroduce animal proteins to the body’s Gastro-Intestinal system after detoxifying exclusively on fruits and vegetables for 10 days.
 - v. Please note, however, that eggs for some people are a food sensitivity or allergy food. So the first day that you eat an egg, i.e., on Day 11, eat your egg alone with nothing else and follow the instructions for using the **Food Introduction Response Chart** to test whole eggs as you may not be aware that you are sensitivity to eggs..
 - vi. To test also means you will eat it once on Day 11 and then avoid it for three days, however, if no sensitivity or allergic responses, you may eat one egg daily thereafter, to the end of the Cleanse.
- b. **Grains**— once daily.
- i. Basmati Brown Rice is recommended as the only grain, which may be eaten starting on Day 11 to the official end of your Cleanse. This it is more nutritious than just brown rice and the easiest to digest of all grains.
 - ii. You will get the best detoxification results if you eat only this grain (Basmati Brown Rice). However, if you feel you must have more than just this one grain from Day 11 onward, you may have one serving of one of following grains per day:
 - 1. Millet,
 - 2. Quinoa,
 - 3. Barley
 - 4. Buckwheat.
 - iii. Once daily does not mean to prepare your serving of grain and graze or eat from it several times per day. You only want your digestive system to expend energy once in every 24 hours period for the purpose of digesting grains.



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- iv. **Basic Grain Recipe:** When preparing grain dishes, you may rinse the grain, boil water, add to the boiling water until cooked, remove from heat, let stain to absorb water, add seasonings, a little oil and eat in this way, or add steam vegetables.
- c. **Seafood –**
- You may one type of seafood for one serving (or once daily) from the 11th Day to the end of the Cleanse.
 - The fish marked in **Red** (avoid) on your “Eating Guidelines” is because either they are scavengers or their value to the elimination system is less when compared to **Green** coded Seafood. Tilapia is not listed, however, it is also a scavenger.
 - However, because this Cleanse allows for only seafood animal proteins, the **Red** - coded Seafood listed below, which are not scavengers, have been added to this program to allow for more variety.
 - Therefore, consider Seafood in **Green**, first priority when selecting Seafood, **Black**, second priority, and the following Seafood from the **Red** list as third priority, based on their value to the eliminating system, and avoid all other Seafood in **Red** on the Eating Guidelines.

1. Abalone
2. Bass
3. Cod
4. Halibut
5. Mackerel
6. Mahi-Mahi
7. Scallop
8. Shark
9. Snapper
10. Tuna – if it is mercury free.

**Above all types,
Cold Water Fish, like Salmon
and Cod, are the best,
anytime, whether on a
detoxifying program, or not.**

TABLE FOODS

Read this PDF document posted on our Full Body Detoxification Program for instructions on **Ginger Root Powder and Bragg’s Apple Cider Vinegar**, additional information on **Pink Salt**, all of which are “Table Foods.”



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Ginger and Apple Cider Vinegar promote healthy digestion, Ginger also reduces gas and bloating, and Pink Salt assures delivery of water intake.

NIGHTSHADE FOODS

ARTHRITIS? OR MUSCULO-SKELETAL SYSTEM HEALTH CHALLENGES?

If you have entered this program with a medical diagnosis of Arthritis or have ongoing Musculo-Skeletal System (joint, bone and/or muscle) pain or discomfort, avoid all “Nightshades.” You may find this program reduces or may eliminate the pain of Arthritis completely, depending upon severity and the degree of toxins you are able to remove and nutrients replenished during this Cleanse.

If after your Cleanse, your Musculo-Skeletal System still needs help, you may ask Dr. Smith to include therapeutic supplements in your Program of Care to continue strengthening and detoxifying germs, toxins and heal inflammatory tissue until optimal healing is attained in this body system.

After the Cleanse, use the **Food Introduction Response (FIR) Form** to test the following “**Nightshade Foods**” when you want to see if you can add them back into your diet without irritating joint, bones and/or muscles.

NIGHTSHADES

1. Peppers,
2. Eggplant,
3. Potato,
4. Tomato,
5. Paprika,
6. Petunia,
7. Cayenne,
8. Mandrake
9. Pimento.

Tobacco is also a Night Shade, though not a food.



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QUANTITY OF FOODS

1. You may eat as much fruits and vegetables as you want to during this Cleanse. Generally, clients will notice that they may desire more in the first few days so they can experience the feeling of fullness until they are “mentally” assured that they are not going to be hungry on this program. Remember that fruits are always eaten alone as a meal or a snack.
2. **Quantity Guidelines** – These guidelines are recommended for the most effective detoxification results, to improve digestive function and to assist you developing a healthy dietary practice of consuming the proper amount of food for healing and health maintenance. Again, if you feel you need more fruits or vegetables than is recommended below, you may consume more, however, do not consume more fish, eggs or grains than the serving indicated when these foods are allowed after Day 11..
 - a. **Ideal Quantities** – Follow the servings for your Gender or if you want to lose weight during this cleanse, choose the servings for Weight Loss on the **Food Groups – Daily Servings** Chart.
 - b. **Plate Portion Size For Meals From Day 11 to End of Cleanse:** Set up your plate as follows for meals:
 - i. Vegetables:
 1. Two-thirds of your plate is filled with vegetables when your meal includes one serving of fish, one serving of grain or one egg.
 2. Three-fourths of your plate is filled with vegetables when your meal includes either one serving of fish, one serving of grain or one egg.
 - ii. If you get sleepy and fatigued after you eat, you either:
 1. You ate too much of the fish and/or grains/legumes for your current metabolism. Re-adjust on the next meal. You may also be surprised to learn that the human body truly does not require much food to function in good health. Americans often eat way more than the human body requires even those who think they are being conservative.
 2. You may be sensitive to eggs. Remember to follow the **Food Introduction Response** instructions the first time you eat an egg and eat the egg alone.



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3. Your digestive system is still too weak to digest animal proteins and grains at the same meal. Therefore, plan your meals as follows:
 - a. Eat one serving of fish with vegetables for a meal.
 - b. Eat one serving of one grain with vegetables for a meal.
 - c. Eat one egg with vegetables for a meal.
 - d. Eat fruits only for the meal. .
 - e. Eat vegetables only for the meal.
- iii. As you master this, you will likely find your weight (whether to gain or lose) heading towards normal and have a new found sense of well-being.

FOOD PREPARATION

Eighty percent (80%) of food intake should be fresh and raw, both during and after detoxification program. The other 20% may be prepared using any one of the following methods.

1. Fresh and Raw
2. Steamed (means still crunchy; if limp, it has been “cooked” when means diminished nutrient value).
3. Baked
4. Boiled
5. Broiled
6. Grilled over wood or gas burning. Charcoal grills are carcinogenic due to ingredients in charcoals.

FROZEN FOODS

When certain foods are out of season and fresh is not available, for variety, you may use frozen fruits and vegetables. However, read labels and make sure that only the food is included.

1. For example, package for frozen peas, should read: **Ingredients: Peas. That's it.**



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2. Some read: Peas, Salt. However, unless it specifies “Sea Salt,” this is Sodium Chloride, such as the salt traditionally made by Morton’s. Sodium Chloride is a chemical, not food sodium (salt).
3. Others may include a long list of ingredients after “Peas, Salt.” These are generally isolated vitamins and minerals to ‘so-call’ enrich the food or it may include other food additives or preservatives.
 - a. Freezing foods is preserving food nutrient value and preventing spoilage, so chemical preservatives are unnecessary, as well as poisonous (toxic).

ABOUT CERTAIN FOODS

CITRUS FRUITS

If you have a very acid body pH, you may not tolerate citrus fruits well.

1. You can suspect this if you have used the **Food Introduction Response (FIR)** form to test citrus fruits, one at a time, and the outcome is that you are sensitive to citrus fruits. After 3-5 days on the Cleanse, you can re-test to see if you have any reaction. If you don’t, you can have these moderately. If you react, avoid them. Repeat FIR test every few days throughout cleanse to see if/how much the Cleanse has improved your sensitivity to Citrus Fruits, which also means improved acid body pH
2. You can suspect this if you have a high percentage on your latest **Health Appraisal Comprehensive (HAC) Summary Bargraph** for Part 1-A (Hypoacidity). The higher the percentage, the more symptoms you have indicating low Hydrochloric Acid (HCL), which is a good acid and necessary to digest food. Low in Hydrochloric Acid and other gastric acids in the stomach lead to high body acid (the wrong type of acid). Review your copy of the HAC questionnaire if interested in reviewing the actual symptoms you have that indicate low HCL. You may notice these symptoms improving as your body reduces toxicity level from this detoxification program.
3. To know vs. suspect that you have “very acid body pH, you can also contact Dr. Smith on how to test your pH. You will also be coached in how to balance body pH. Why is body pH so important? Whether you are too acid or too alkaline, each have their own set of multiple health challenges. One of these health challenges that have people highly concerned today is Cancer. Cancer cells cannot exist (grow or multiply) in a body with balanced pH. .



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DAIRY PRODUCTS

Dairy products are among the **“Avoid” Foods** during the cleanse, however, because they may be consumed after the Cleanse, it is important to know that the dairy products today are not the same as the dairy products consumed before the existence of refrigeration technology.

Before refrigeration, people did not drink milk directly after milking a cow or goat. Cow’s milk, for example, contains nutrient molecules, like proteins or calcium, which are too large for human digestion. After all, Cow’s milk was made for calves, not humans. Before refrigeration, Milk was stored in leather pouches and allowed to set until they began to sour slightly, not to the point of spoiling or making the milk taste bad. The souring was caused by the presence of friendly bacteria in the milk which then digested the large calcium molecules and other constituents of the milk that cannot be digested by the human body, but only by the animal itself, i.e., cow or goat.

This “healthy” souring process is called “fermentation.” Therefore, the only healthy dairy products to consume today are fermented dairy products, like yogurt, sour cream, cream cheese or aged cheeses. Read the label of cheese and avoid any that are not labeled “aged.”

In addition to this, it is important that the animal was free-range fed. In other words, the cow or goat was allow to graze and roam the land, not kept in the barn and fed antibiotics, steroids and other chemicals to make them grow fast and keep them alive until time of slaughter.

FLOUR PRODUCTS (BREAD, PASTA, ETC.)

Though Flour Products are **Avoid Foods** on this Cleanse, such as Pasta and Bread, it is important to understand some facts about flour products before considering consuming them after your Cleanse.

Sliced and Loaf Bread today is processed – all of it – This is not ideal food for the human body. So the reality is these breads or any flour based product, except flat bread, should be avoided, even after the Cleanse. Ever mix water and flour together to make home-made glue? When sliced and loafed breads, pancakes, waffles, cakes, pastries, pie crusts and pastas are ingested then mixed with the water inside the body or if water or a beverage is drank at the same time, together they make glue of these porous flour products inside the body. Glue sticks to membranes, linings of organs, glands, clog, build-up and can form masses, like cysts and tumors. When more glue is made by consuming these again, then the new glue sticks to the old glue. This inhibits nutrient absorption and when these food particles rot, they infect the tissues. This infection can even lead to malignant tissue, cysts, and tumors.



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All of the above flour-based products are processed:

- some are processed with fewer preservatives than others, but they must have some type of preservative because the processing causes will accelerate spoilage.
- some are processed with whole grains (oat, wheat, etc.), but processing is processing, thus in the end it is still not whole grain.
- and others are made by taking the whole grain, wheat for example, refining and processing it to remove the enzymes (wheat germ), then it is bleached and sold as “white” flour. Foods made from white flour are worst products sold to the public today.

Most health-conscious people today are avoiding white flour products, regardless of their form (bread, pasta, pancakes, pastries, etc.) and replacing them with whole grain processed products. On the surface this makes sense and the food industry is producing more and more whole grain processed products which supports this misinformation.

Though white flour products are definitely worse than whole grain processed products, and thus do more damage to the body, glue is still glue and the result of mal-absorption and building internal masses is still the same. After the Cleanse, though this is not an ideal and healthy lifestyle practice, if you choose to any of the above whole grain processed products, limit it to no more than twice per month, and continue to avoid white flour processed products. (Refer to **“Eating Toxic Foods After The Cleanse”** on page 84)

FLAT BREAD

For your information after the Cleanse:

Bread today is not the same bread that was made in earlier times. The original bread was “flat bread.” The preparation of Flat Bread in earlier times allowed for natural fermentation and leavening, was higher in protein and its fiber was dense and stable, which reduces its ability to make glue within the body. Pita Bread is flat bread and Spelt is often made as flat bread. The process of making Bread today is too porous. Additionally, all bread except flat bread is cooked at critically high temperatures that cause infection and other health challenges in the body when consumed. **More information about “Cooked Foods - Critical Temperatures” is posted on the Full Body Detoxification Program web page.**

Therefore, the **Flat Bread Recipe** posted on the Full Body Detoxification Program web page is for you to use to make your own flat bread **after finishing this program.**



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JUICING & JUICES

1. Fresh squeezed in a juicer using centrifugal force are the healthiest juices, or any time of juicer that will separate pulp (fiber) from the juice.
2. It is best to make vegetable juices before noon and fruit juices after noon. Fruit juice in the morning elevates glucose levels too quickly.
3. Juices must be consumed within 10 minutes from drinking to get full nutrient value from the foods used for juicing. After 10 minutes, the air will begin to oxidize the nutrients in the juice and this diminishes nutrient value, making it less and less for each minute over 10.
4. In the event you choose not to use organic fruits and vegetables, juicing is preferred over a blender in your shakes because the pesticides and herbicides bind to the fiber and thus are removed when juicing. However, what is ideal is to go to our "Special Links" web page for links to online companies where you may purchase order organic fruits, vegetables, nuts and seeds, as well as free-range eggs when they are added back into your diet and afterward the cleanse, free-range chicken, beef, etc.
5. If you are using organic fruits or vegetables, you do not "need" to have a juicer for your first Full Body Detoxification Program. Though fresh squeezed juices are a delight through any cleanse and the shake can be made with blender and/or juicer. Purchasing one to enhance future Cleanses and to use in between cleanses is a worthwhile health goal.
6. **Do Not Own A Juicer?**
 - a. If you do not own a juicer, your community does not have organic fruits and vegetables and you choose not to order through online organic companies, the following are the only pre-juiced juices Dr. Smith recommends. It is because of oxidation and other factors explained above that Dr. Smith prefers that you juice your own to assure healthier and chemical-free foods, juices and shakes for your cleanse, and for every day healthily living.
7. **Brand Name Juices::**
 - a. Knudsen,
 - b. Trader Joe
 - c. If your community has other brand's that are organic and preservative free, they will be acceptable.
 - d. Note: Check **Special Links** webpage for a link for online ordering of Knudsen and Trader Joe's juices.



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POTATOES

1. Red potatoes are preferred over white potatoes.
2. Eat potatoes raw and diced in salads, or prepared in any of the above healthy ways to prepare foods.
3. Baked potatoes, a favourite among many,
 - a. are often prepared by wrapping in tin foil before putting in the oven or an open fire. However, aluminum in foil is highly toxic.
 - b. Therefore, cutting into smaller pieces and steaming is preferred.
 - c. However, if you must have a whole baked potato, cover the potato with 2-3 layers of parchment paper and then wrap foil around the parchment, thereby, protecting the potato from the aluminum foil. Aluminum toxicity is directly linked to Alzheimer's Disease and other diseases and medical conditions.

SALAD DRESSINGS

1. There are some very good organic salad dressings on the market. Chose those that are made with oil, apple cider vinegar, water and seasonings vs. those that include cheeses or vegetables, like tomatoes.
2. Ideally however, you want to make your own. Salad dressings are easy to make by purchasing a Salad Dressing Glass jar that has the measurements already etched into the glass. In other words, V for Apple Cider Vinegar, O for oil and W for water. This jar often comes FREE with the purchase of some “unhealthy” salad dressing. If you cannot find a Salad Dressing Glass jar to purchase without the unhealthy salad dressing, purchase it and throw out the salad dressing.
3. Basic Salad Dressing Recipe:
 - a. **V (Vinegar)** – Pour **Braggs Apple Cider Vinegar** into the jar and fill to the V line. This is available at health food and some super grocery stores.
 - b. You can also order online through “**Whole Foods Market.**” The link for their website is on the **Special Links** web page of our website.



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- c. **O (Oil)** – Pour any of the following oils into the jar and fill to the Oil Line. These oils are available through **Advanced Clinical Nutrition (A.C.N.)**.

- i. EFA Liquid Oil,
- ii. Coconut Oil
- iii. Olive Oil
- iv. Flax Seed Oil
- v. Sesame Seed Oil
- vi. Safflower Oil
- vii. Sunflower Oil

Before buying any oil from any other source, check the educational sheet in section #4 in your PEP Binder for the criteria for purchasing healthy oils. If your community is similar to Wichita Falls, Texas, the only healthy oil sold in our community, i.e., that meet this criteria, is Flax Seed Oil, which is what prompted Dr. Smith to order oils for her personal use and her clients. The first two are the best oils to use for all purposes. EFA is preferred because it contains all three Omegas (3, 6, and 9). All other oils contain only one Omega. Coconut Oil is beneficial for detoxifying germs (viruses, bacteria and yeast). Not all Coconut Oil is the same.

- d. **W (Water)** – Pour Reverse Osmosis (R.O.) Purified Water, Fiji or Penta Bottled Water into the jar and fill to the Water line.
- e. Add several **Culinary Herbs, Seasonings or Spices** listed on your **Eating Guidelines** that are color coded in **Green**.
- f. Shake and Use or Shake, refrigerate and use as needed.



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MENUS & RECIPES

These recipes and menus are contributions from various nutritional health care practitioners using these specific therapeutic whole food supplements for **Full Body Detoxification Or Purification**, which is the title of the Menus. Standard Process then collected, organized and presented them to all of their practitioners to assist our clients in implementing their dietary detoxification program.

The recipes are universal in that they support modified, maintenance and therapeutic detoxification programs. You have been provided a therapeutic detoxification program. Because the format of the PDF document for the recipes and menus do not allow for editing, Dr. Smith was not able to correct one recipe and make adjustments to others to tailor the recipes and menus for “therapeutic purposes” only. Therefore, please make the following adjustments when using these recipes and menus.

It is not required that you use the recipes and menus. You may originate your own by following the special instructions in the Dietary Program sections of this e-book, review them for ideas to create your own or modify them as instructed below so they support a therapeutic “dietary” detoxification program.

CORRECTION AND ADJUSTMENTS

1. **Recipe Correction** – one recipe is prepared using a microwave, substitute the microwave for a Dutch or regular kitchen oven if you choose to use this recipe. The recipe is fairly simply so the degree to use for baking will be evident depending upon which type of oven you use. Below is Microwave Education and a Professional Comment from Dr. Smith:
 - a. **Comment:** Frankly, it is disturbing to know that there are health care practitioners, of any specialty, who are not up-to-date about microwaves.
 - b. **Education:**
 - i. Microwaving depletes nutrient value of foods to 1% of its original value and changes their molecular structure. Consumption of mutated foods will, in time, create an entirely new class of public health challenges.



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- ii. Also, micro-“waves” extend hundreds of square feet whether in use or not, which adversely affects the healthy biochemical and bio-electrical function of the human body for everyone living in the home or working in the office, regardless of whether they consume micro-waved food. .
- iii. Therefore, microwaves have a dual role of destruction, i.e., the effects on human biochemistry when nutrient-depleted, mutated foods are consumed and from the external exposure from the emitting waves.

2. Adjustments – Menus and Recipes

When you follow the instructions in the Dietary Program sections of this e-book for what and when to eat certain foods and what to avoid, you will be automatically making the following adjustments to these recipes and menus. However, to assure clarity and accurate implementation, the following adjustments apply to these recipes and their menus.

1. **(leave out or leave out for purification)** – When a recipe you would like to use has one of these phrases to the right of an ingredient, these means to not include this food item in the recipe. Generally, this appears next to nuts and seeds. After your Cleanse is “officially” concluded, you may, of course, use the recipe as is.
2. **Green Color Code Food Substitution** - When using a recipe, whether one of these or a cookbook of your own, first: review the ingredients for...
 - a. Foods that are allowed or not allowed on your diet as explained in this e-book.
 - b. If the recipe includes any foods that are to be avoided between Day 1 -10, but can be eaten starting Day 11, then wait until the appropriate time for using this recipe, no matter where the recipe shows up in the menu.
 - c. If the recipes includes any foods that are not allowed at any time during your Cleanse, like foods from your Meat or Poultry Food Groups (e.g., chicken, turkey,) or Nuts and Seeds Food Group, delete these ingredients from the recipe or add foods that are allowed to the recipe to make it a recipe appropriate for this therapeutic detoxification program.
 - d. Doing this will still make a good vegetarian recipe and after Day 11, you may substitute an “allowed” Seafood for Meat or Poultry, if you so desire.



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After the Cleanse has been concluded, you may then use these recipes as written.

3. **Review Recipes for Green Color Code Foods.**
 - a. If the recipe does not contain any or few of your **Green Color Code Foods** then where possible, replace ingredients in the recipe so that it includes or includes more of the **Green Color Code Foods**.
 - b. Because technically, you may use any completely vegetarian recipe, you may use any vegetarian recipe as is and create other recipes of your own so they include more **Green Color Code Foods**, if you like.
4. **Recipes with Tuna** – if you are unable to find Tuna that does not contain mercury, use salmon or any other acceptable fish that you think would taste equally as good as Tuna in the recipe.
5. **Recipes with Grains and/or Legumes** – After the 11th Day, when one serving of grains or legumes are allowed, you may use these recipes. However, if the recipe includes a grain or legume that is not allowed, for example, a gluten grain, you may easily substitute in the recipe any “allowed” grain or legume that you think would taste good in the recipe. You may also delete the grain or legume and make it a vegetarian recipe that can be used between Day 1 to 10, or any time throughout this program.
6. **Three Weeks of Recipes** – you will notice that there are three weeks of recipes provided. For those on a 30-Day Detoxification Program, this leaves room to include recipes on your own and for those on a 21-Day Program have enough recipes to use throughout their program after making the above adjustments.



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CARBOHYDRATE CLASSIFICATION OF FRUITS & VEGETABLES

PURPOSE OF THIS CHART

This is a list of the Glycemic percentages of fruits and vegetables with low Glycemic Foods, represented by 3% and 6%, and high Glycemic Foods, represented by 15% to 25%.

The low Glycemic foods take less energy and time to metabolize (i.e., to digest, absorb, assimilate, distribute and remove waste), so they are easier (less stressful) on the Gastro-Intestinal system, which is beneficial in any Cleanse, and they have a higher detoxification or cleansing affect because they are also high-water content foods.

High Glycemic foods are more dense (less water content), require more energy and time to metabolize, and so these are not the most ideal for detoxification. Being fruits and vegetables they are more acceptable for detoxification in comparison to nuts, seeds, dairy and animal proteins, however.

Consuming more low than high Glycemic Index foods also promote healthy weight loss and improves blood sugar levels for those who have....

- an elevated Calcium to Magnesium (Ca/Mg) Ratio on their Tissue Mineral Hair Analysis
- elevated Glucose levels on their Blood Chemistry Results Report attached to your blood chemistry Lab Report.
- Been diagnosed with Diabetes or Hyperglycemia.

HOW TO USE THIS CHART TO ENHANCE DETOXIFICATION

When creating or reviewing the carbohydrate ingredients in a recipe or whenever selecting a carbohydrate (fruit or vegetable) when creating your own recipes or menus, utilizing this chart will give you an added advantage because..

1. First, you have a list of the most cleansing foods for the human body based on their **"food chemistry"** which are in **Green-color coded** on your Eating Guidelines for Full Body Detoxification Systems.



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2. Now you have a second advantage with the use of this Chart as you can tweak this even more by choosing low Glycemic **Green** Foods, which changes your selection from the most cleansing to the absolute “ultimate” foods for internal body cleansing (detoxification) and
3. Third, you are selecting the easiest foods to digest and thus can nourish and heal even the weakest body constitutions and poorly functioning digestive system..

Therefore, when using the **Carbohydrate Classifications of Fruits and Vegetables** chart select the **Green** foods from your Eating Guidelines that are listed on this chart in the 3% and 6% columns which represent the lowest Glycemic Index or value. Also, the lower the Glycemic value the more Ideal for promoting weight loss

Taking the time to do the above will enhance the detoxification (or cleansing) potential of the foods you consumed, which automatically increases the potential for detoxifying more toxins and waste from your body.

Foods with a High Glycemic value are those from 15% to the 25%, which is the highest. **Green-colored** foods with high glycemic values are also the most cleansing foods, however, in respect to removing toxic substances when compared to low glycemic **Green-colored** foods, think of them this way. High Glycemic **Green-colored** Foods are a broom and Low Glycemic **Green-colored** foods are a vacuum cleaner. High glycemic foods also take more time and energy to digest, so are more challenging for weak digestive systems.

EXPANDING YOUR GLYCEMIC INDEX FOOD LISTS

Obviously, this chart is not a complete list the Glycemic Index (or value) of all fruits and vegetables. It also does not provide the Glycemic Index for other food groups, such as Seafood, Grains, and Eggs that will be consumed starting on Day 11. Additionally, these foods are not classified as cleansing foods. However, they are included because they are the easiest to digest, especially when re-introducing animal proteins after consuming a diet of fruits and vegetables for 10 days.

Therefore, the link below will expand the above Carbohydrate Classification chart for those who want increase their **detoxification potential** by selecting foods listed on the **Eating Guidelines for Full Body Detoxification Systems**, but their glycemic index is not listed on this chart.



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You will notice at this website that the Glycemic Index value is not provided in a percentage, but in a numerical number. So choosing those with the lowest number have the highest detoxification potential.

<http://www.lowglycemicdiet.com/gifoodlist.html>

You can also obtain Glycemic Index information on foods through other internet searches or a book on Glycemic values, if you so desire.

Glycemic Index General Rule

A general rule to follow is the more water content in a food, the lower its Glycemic value. For example, watermelon has a lower Glycemic value than a banana, because there is obviously more water in watermelon than a banana.



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ONE-PAGE SUMMARY - DAY 1 TO END OF CLEANSE

DAY 1- 10

The specifics of the color-code foods in each food group and adjustments to your Eating Guidelines are provided in the **"Foods To Eat or Avoid"** section on page 40. This page is a one-page quick reference or summary of the basic outline of your diet with a few more instructions to prevent you from being hungry, to maintain brain and body blood sugar balance and to help the body complete digestion before bedtime, so you have the maximum energy available for repair and healing during sleep. This sheet is also a reminder regarding other tasks, such when to complete forms to provide feedback for Dr. Smith's evaluation of your progress.

1. **Adhere to Program Instructions** precisely as presented in this document and the Therapeutic Supplement Instructions. **Call do not email** if you have any challenges in doing so. **Make no changes** to the program instructions, without consulting with Dr. Smith first.
2. **Forms/Questionnaires**
 - a. Before starting Cleanse, complete one Health Appraisal Comprehensive (HAC) Questionnaire and list symptoms and score first date column in the Client Communicator regarding symptoms that bother you the most and add cleansing signs and symptoms to the list as they occur throughout the Cleanse, if any.
 - b. Use the Diet Activity Report to record daily food intake and activity to assist you in being disciplined and accountable.
 - c. Update Client Communicator weekly.
 - d. Three days after Cleanse is official over, complete another Health Appraisal Comprehensive (HAC) Questionnaire.
 - e. Prior to Post-FBD Telephone Consultation with Dr. Smith, fax or email a copy of all forms completed and used before, during and after program completion.
3. **Dietary Program**
 - a. Eat only fruits and vegetables. Eat fruit 30 min. before other food groups or as a meal/snack.
 - b. Drink no water with solids, drink 30 minutes before or one hour after.
 - c. Do not mix fruits with other foods, except Papaya, Pineapple and Apple.
 - d. Eat melons alone, and not with other types of fruits.
 - e. Eat as much as you want or you may follow the Food Group – Daily Services for your gender or for weight loss.
 - f. Eat every 2 hours – depending upon your schedule, this may be three main meals with 1 or 2 snacks in between breakfast and lunch and lunch and supper.
 - g. Nothing by mouth after 8 p.m.
 - h. Have your last solid food by 7 p.m. or 8 p.m., 7 p.m. is more ideal for weight loss.

DAY 11- END OF CLEANSE

1. Continue Fruits and Vegetables as instructed in Day 1 – 10.
2. **Egg (Organic)** – 1 daily – soft- or hard-boiled in shell or poached.
3. **Seafood** – one serving of **Green Coded** fish daily. Cold Water Fish is best, like Salmon, and Cod.
4. **Grains** – 1 serving daily. Ideally eat only Organic Basmati Rice as it is the easiest to digest. Or if desired, eat only the other grains listed for variety.
5. Use the **Food Introduction Response (FIR) Form** and test each food when first eaten and keep a list for any food sensitivities and allergies. Email or Fax to Dr. With prior to Post-FBD Program Telephone Consultation with Dr. Smith.



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OTHER PROGRAM INSTRUCTIONS

SLEEP, MASSAGE, EXERCISE

1. **Sleep** - Go to bed at the same time every night and preferred time is 9 or 10 p.m., or earlier if required to assure eight hours of undisturbed sleep. Remove distractions to sleep, such as light, noise, animals, machines, etc.
2. **Massage** - If possible, get a lymphatic massage at least once per week to support clearing and movement of the lymphatic fluid through the body, in addition to being relaxing and stress reducing.
3. **Exercise** - Mild Exercise, like walking (30 to 60 minutes, at least 3 times a week or 5 times per week for weight loss; or rebounding (5-10 minutes daily), deep breathing daily is also beneficial in detoxification and healthy living practices in general.
4. **Colonics** – For those who have had long-term and/or severe constipation or who simply want to enhance the colon cleansing part of their Full Body Detoxification Program, Dr. Smith is a dealer for Colema Boards and other colonic supplies so you can do colonics in the comfortable of your own home. Doing your own colonics are particularly advantageous for two reasons, professional colonics may not be available in your city and to perform the number of colonics required for a thorough colon cleanse can be expensive. For example, the savings on the cost of 3-5 professional colonics will pay for your own Colema Board/Supplies and some people may require 10 to 30 colonics to cleanse their colon.
5. **Chi Machine** – Use at least once daily for 15 minutes, or longer. However, more frequent use is ideal, such as using upon rising, at end of work day, and before bed-time, will provide an ongoing deep oxygenation to lungs and cells which promotes efficient detoxification processes. This also promotes balanced pH which is essential to healing and detoxification.
6. **e-Power** – 30-60 minutes daily to promote cell wall integrity and promote energy production essential to detoxification. This also promotes balanced pH which is essential to healing and detoxification.

If you are unfamiliar with the Chi Machine and/or e-Power, a short slide presentation and PDF educational information (flyer) on each are available on the “Slides and Videos” webpages on our website. Here are two quick links to their web pages:

[Chi Machine](#)

[e-Power](#)



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TIME FOR REFLECTION AND CONTEMPLATION

A cleaner, lighter and healthier body has more mental clarity and emotional balance, than a toxic, heavy and sick body. As you cleanse your body through the **Full Body Detoxification Program**, take time for reflection and contemplation to enrich and cleanse your mind, too. For example, reading inspirational, self-motivating, and spiritual books are beneficial.

A book that Dr. Smith recommends is **Florence Shinn's book, "The Game of Life and How To Play It."** This book is also on audio tape. The title of the book is a bit misleading, though some people may think of life as a game, and if it is, it is a serious game to play.

This book provides some very important spiritual law "ground rules" and the information in this book initiated one major shift and life-changing experience for Dr. Smith, when she first read it, which is why she is has included this as recommended reading during your Detoxification Program. .

Florence Shinn is an inspirational author from the 1940's who wrote only four books. All four books, including the Game of Life, her first book, are available as one-bound book under the title of **"The Writings of Florence Shinn."** Ms. Shinn will inspire you and provide "how-to" to:

1. make positive changes in your lifestyle last,
2. shows you how to motivate and discipline yourself and love it, and
3. how to attract everything and anything you need to develop a healthy, harmonious, happy and prosperous lifestyle.
4. Including what you want or would love to be, do or have in your life.
5. And even more....



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WHAT IF I EXPERIENCE...

Over 99% of our clients do not experience any of the following and most of these have never been experienced by any client on this Cleanse. This information is provided “just in case” you are one of the 1%, are our first client to experience any of the below or you introduce us to a new possible experience. Biochemical individuality of all humans means that anyone can come along an experience something different than the hundreds, thousands of hundreds of thousands of people before them.

Therefore, if you experience any of the below, please follow the instructions provided. If results are not achieved or you have any experience or symptom that would make you want to stop or change any instructions in this e-book, immediately contact our office to schedule an “urgent” Telephone Consultation with Dr. Smith. Dr. Smith will then be able to make the appropriate adjustments to your program so you may continue your cleanse without the experience or possible cleansing sign or symptom you have communicated to Dr. Smith.

Also, it is very important that you make no changes until you consult with Dr. Smith or you may sabotage the success of your Cleanse. Refer to page 9 “Client Self-Sabotage Consequences.”

1. Reverse the results you have attained,
2. Interrupt or stop the detoxification in process, which may cause the toxins to settle in tissue instead of moving out of the body.
3. Interrupt or stop the regeneration (healing) in process, i.e., repair or growth process of a new cell(s).
4. Intensify or increase frequency of symptoms that were improving from this cleansing program.
5. Intensify or increase frequency of pre-cleanse symptoms that have not yet had sufficient time to improve from the cleansing program.
6. Cause symptoms that had abated to resurface.
7. Any change you may make without consulting Dr. Smith first could result in waste your financial investment in this program due to not obtaining successful results or causing any of the above.



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BLOOD IN STOOLS OR URINE?

Please note, in all of the Full Body Detoxification Programs Dr. Smith has recommended to her clients, to date, no client has reported blood in their stool or urine. However, this information is included because a weak blood vessel or a hemorrhoid can leak drops of blood at any time and Dr. Smith does not want you to be alarmed, she wants you to be aware to contact her for additional help. Straining when having bowel movements can cause a hemorrhoid to develop and if you already have hemorrhoids, pressure of straining can cause one to burst or leak some blood.

Therefore, in the event blood is observed in one or more bowel movements or urination and appears again in the next day, contact Dr. Smith for additional instructions.

1. Weak blood vessels need to be strengthened, which if not corrected, can lead to more severe health conditions in due time. This has nothing to do with the Full Body Detoxification Program supplements because it takes months and months for blood vessels to weaken significantly to leak drops of blood. Generally a few drops of an herbal extract will start strengthening the vessels in a few days. If not, therapeutic supplements will be added that will accomplish this goal. So be sure to contact Dr. Smith if observed two days in a row.
2. If blood is observed within a 24-hour period, but not on the second day, more than likely this is due to a hemorrhoid. A person can have rectal hemorrhoids and not be aware of them. You may contact Dr. Smith on the second day for two bottles of an herbal combination, which is sufficient for hemorrhoids or you may request them at your on the next Column #1 date on the Auto-Ship Schedule, since the need to assist the body in healing hemorrhoids is not as urgent as correcting the cause of blood from a weak blood vessel.

CONSTIPATION?

Physicians and Public Health Information state that one bowel movement a day is normal and constipation is not having a bowel movement for one or more days in a row. This is because the majority of their patients only have one bowel movement and thus this has been accepted as normal.

Bowel movements (feces) are the sign of the last stage of food metabolism (elimination of the metabolic by-products or waste from foods).



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After reading the information below regarding how to identify healthy colon function, signs that your bowels are or are not moving properly on the Cleanse, etc., you determine you are constipated, then do the following:

1. **Increase your SP Complete Shake** by 1-2 more shakes for two days. If this has solved the signs of constipations you were having, you may continue with additional shakes or go to the next step.
2. **Gastro-Fiber –**
 - a. Increase Gastro-Fiber to 3 or 6 more daily.
 - b. You have 2 bottles for your Cleanse. Taking 9 daily for your Cleanse you have 111 pills that you can use if you are constipated.
 - i. **3 daily?**
 1. This means if you are taking 3 more daily, you have 37 days ($3 \times 37 = 111$ pills.).
 2. Therefore you have plenty of Gastro-Fiber to increase 3 daily for this cleanse.
 - ii. **6 daily?** You have 18 days that you can increase to 6 daily. ($6 \times 18 = 108$ pills)
3. **Gastro-Fiber Instructions**
 - a. **3 Daily –** Take 3 daily for three days, if on the fourth day, you determine that increasing Gastro-Fiber by 3 daily solves your constipation, continue by cleanse taking at total of 12 daily.
 - b. **6 Daily -** If 3 daily helps, but you are still constipated, take 3 more. In other words, you will be taking 9 daily for cleanse plus 6 more (for a total of 15 daily).
 - i. If this solves your constipation, then count the number of pills you have and if you will run out before end of cleanse, contact our office immediately to order another bottle.
 - ii. If 6 daily of Gastro-Fiber does not solve your constipation, call immediately to order 2 bottles of LBSII. Continue taking six day until your LBSII arrives. See instructions for taking **LBS II** in the **Therapeutic “Supplement” Instructions For 30-Days or 21-Days**, whichever applies to you.



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HEPATITIS DIAGNOSIS?

In cases of Hepatitis, such as Hepatitis B, the liver may be too weak for a detoxification or cleansing program. In these cases, we start more slowly, perhaps simply one liver strengthening and detoxification therapeutic whole food supplement or herbal liquid, and have the client follow a Therapeutic Supplement Program to support the whole body as well as the liver in order to strengthen the Elimination System. This will prepare these organs and glands a deeper Full Body Cleanse later. **If you have been medically-diagnosed with Hepatitis and inadvertently overlooked informing Dr. Smith, please contact our office immediately to schedule a Telephone Consultation with Dr. Smith. Do not start your cleanse without first consulting with Dr. Smith.**

Don't be concerned about your financial investment in the supplements for this cleanse. Dr. Smith can modify your program in a way that you will be able to consume and thus receive their benefits by modifying your program, such as:

1. Adjusting the dosage,
2. Adjusting frequency.
3. Taking one supplement at a time in a specific order.
4. Doing any or all of the above and adding other supplements to strengthen the nutrient repletion (building) properties, while slowing down the detoxification properties for a milder cleanse.
5. To name a few possible adjustments.

HUNGER?

Keep in mind that the first few days may be the most challenging to you, not because of any hunger or cravings for old foods, especially your favorite junk food, but because your mind is often hungry or craving these foods more than your body, i.e., hungry or craving signs may be more mental than physical. If so Persevere, Be Strong - Don't give in! Take this time to exercise "Self-Control". This too will pass.

Solution:

However, should you determine that your hunger and cravings are "physical" and not mental, or both, add one or two more shakes daily until you no longer feel hungry. If you are still hungry after three days, consult with Dr. Smith for further instruction.



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INTENSIFICATION OF SYMPTOMS?

The process of detoxification is like an onion, you have to peel back many layers to get to the core. To thoroughly cleanse the body, layers and layers of toxic build-up surrounding cells, buried (stored) in and infecting tissue, etc., must be removed. Sufficient energy is required for this process. If a person is fatigued, energy production must be improved to enable the body to detoxify and for daily function.

This is another benefit of the ingredients of whole foods and herbs formulated in the Full Body Detoxification Program, to replenish nutrients that have been destroyed by toxicity or because of deficient diet; thereby, also, improving energy production.

Because of these layers, multiple Full Body Detoxification Programs will be required over time to fully cleanse the body. With each program, the body will remove first the top layers and work down through all layers. This can cause an intensification of current symptoms and resurfacing of previous symptoms that over time were suppressed due to higher priority health challenges. For example, if as a child you had boils, and the body was not able to remove all of the infection, but just enough that was producing boils, i.e., the infection moving through the pores to the surface of the skin, boils may be experienced again when the layers are removed that exposed the infection that caused the original boils.

So far, this has not occurred with any client on this detoxification program, however, because it is a possibility, this information has been provided. Also it is important to understand this process as any old symptom could temporally resurface due to detoxification.

In these cases, these are considered cleansing signs or symptoms of detoxification. Cleansing signs generally last only a few minutes, hours, or up to three days and then are gone by the fourth day. This is because the body needs time to generate more energy to go deeper, dissolve and remove the next layer(s). When the body has sufficient energy, these signs can repeat until it no longer needs to use the surface of the skin as an avenue of removal.

If new or previous symptoms surface and have not gone by the fourth day, call Dr. Smith for further instructions. In these cases, it may not be a sign or symptom of detoxification. If it is, the fact that the body could not resolve the symptoms in three days, is communicating that it needs help. To not provide help when the body uses symptoms to communicate that it needs it, can have serious consequences. After all, the design of the body is to handle these processes without your conscious knowledge, so it if has to make your consciously aware it has a very good reason for doing so. Healing requires listening to, accurately interpreting the body's signs and symptoms, and taking the appropriate action required to help the body.



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Does this mean when a symptom appears you are to do nothing for three days? No. Remember symptoms are the communication system of the body that it needs help. Additionally, if you had a runny nose, this could be caused from detoxifying mucus build up from the lungs, esophagus, sinuses or some area of the brain. However, it could also be a symptom of exposure to a virus. So accurate interpretation is important because allowing three days to pass and not taking the appropriate Detoxosode, such as Virus Detoxosode in this case, would allow the germ to go deeper into the tissue and infect the body, as well as lay more virus spores that will open and re-infect the body in three months.

Clients are recommended to refer to their Health Chest e-book for the appropriate remedy whenever the body is communicating through symptoms and cleansing signs. When these last longer than three days, the body may require therapeutic help from Dr. Smith.

LIGHT-HEADED or DIZZINESS

Experiencing light headedness or dizziness may occur if you have:

1. a recent blood test with a Glucose value of less than 80 or over 95.
2. chronic low or high blood sugar,
3. a medical-diagnose of Hypoglycemic or Diabetic or
4. begin the cleanse in a temporary state of low blood sugar due to skipping meals within a few days of starting your cleanse.

Whether the cause is listed above, or not, if you experience light-headedness or dizziness for any reason, do the following:

Solution

1. add another 1 or 2 SP Complete Shakes daily until the dizziness or light-headedness has been gone for three days.
2. Then on the fourth day, you may continue with the additional Shakes or see if you do well on the original recommended four scoops daily.



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SUGAR OR CARBOHYDRATE CRAVINGS?

If you are craving carbohydrates, (Pasta, Bread, White Potatoes, etc.) or sugar products, do the following:

1. Add one or two more shakes daily until you no longer feel have cravings.
2. Eat more sweet fruits and/or sweet raw vegetables.
3. If still having cravings after two days, contact our office to schedule an appointment with Dr. Smith so she can determine if you need:
 - i. **Gymnema** at 3-6 daily.
 - ii. **Cataplex GTF** – 6 daily
 - iii. Adding one or both of the above supplements can be a life saver, when increasing the number of shakes is not sufficient to satisfy a body having severe Carbohydrate or Sugar cravings.

Note: As previous stated, less than 1% of our clients, even those who had strong or frequent cravings before starting their Cleanse, communicate having cravings (or for that matter, feeling hungry or having cleansing signs or other symptoms on this program). In fact, clients who had cravings before often share their joy in the freedom from cravings while on this Full Body Cleanse. So do not expect to have cravings after following suggestion #1 and/or #2 above, contact Dr. Smith for this additional help

URINARY PAIN?

When toxins (germs, chemicals, metals, etc.) pass through the kidneys and bladder, they may irritate the tissue and cause temporary pain upon urination. Drinking 100% pure cranberry juice can help this and if urinary pain has not gone by the fourth day, contact Dr. Smith for further instructions. So far, no client has reported this occurring, however, because it is a possibility this information has been provided. After all the bladder and kidneys is one of the primarily elimination systems of the body and constantly being exposed to toxins passing through and out of the urinary tract.



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WEAK CONSTITUTION?

Determining if a client has a weak constitution is a not always apparent through analyzing their lab tests, symptoms and the information provided in the Initial Health History questionnaires. Therefore, if you begin your cleanse and feel any of the following, contact our office immediately to schedule a Telephone Consultation with Dr. Smith. **Ask to schedule an appointment the same day, and hopefully before the next supplement or shake is to be taken so that your program may be adjusted to support your constitution.**

An example of this may be an elderly person with a weak constitution – Many of our elderly clients come to us with a weak constitution and do wonderfully on a 30-Day Full Body Cleanse. One elderly client proved to be an exception, so Dr. Smith simply modified her dosage and frequency and she was able to continue cleansing and reap the benefits.

Thus, the client is able to accomplish and receive the benefits of the cleansing supplements and dietary plan, at a slower pace.

Modifying the program for someone who does not have a weak constitution would not be beneficial because the body would not be able to cleanse and receive nutrient repletion fast enough for a body system operating at a higher metabolic rate compared to someone with a weaker constitution.

WEIGHT (LOSS OR GAIN)?

WANT TO LOSE WEIGHT?

Men generally lose between 10 and 20 pounds and women lose between 3-10 pounds on a 21-Day or 30-Day Full Body Cleanse. The longer the Cleanse the more weight lost, so a 30-day Cleanse or longer will bring more weight loss than a 21-Day Cleanse. Therefore, clients who are overweight may want to consider extending their Cleanse to make faster (yet healthier) progress on losing weight. In this applies to you, contact Dr. Smith for an assessment of whether an extended Cleanse would be beneficial to you. (Refer to page 31 under **“Extended Cleanse Benefits”** for more information about this assessment for an extended cleanse.)

Excessive Weight Is Not Just Fat

Reference to weight loss is losing excess **fat, fluid and undigested food**, which comprises weight gain, not the loss of muscle mass. From 1999, when Dr. Smith first purchased the Bioelectrical Impedance Analyzer (BIA), to 2009, Dr. Smith tested Body Composition, which includes muscle



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mass, using a Bioelectrical Impedance Analyzer on every client on this Full Body Detoxification Program before, during and after completing their cleanse, and no muscle mass was lost by any client. The whole food therapeutic supplements in this program are well-balanced, they decrease weight while increasing muscle mass.

Therefore, if your body has excess fat, fluid and undigested food, this program will detoxify these toxic substances. Note:

1. If the weight of your increased muscle mass is equal to the weight lost from detoxifying these substances, no weight loss will show on your scales. However, your overall health will be significantly benefited when these toxic substances are removed from the body.
2. If the weight lost from detoxifying these toxic substances is higher than your weight of increased muscle mass, you will notice "body weight" loss when on your scales.
3. Thus, even clients at their ideal weight may not show a body weight loss on their scales, however, they have reduced the amount of fat, fluid and undigested food in the body.

Therefore, if you desire to increase the amount of body weight (what you see on your scales), you have a greater opportunity of accomplishing this goal if you:

1. Drink your shake 1-hour before you eat.
2. This will allow you to enjoy your meal fully, yet you will find you get fuller faster and thus eat less.

Note: Internal body cleansing, like this Full Body Detoxification Program, is the primary weight loss program and secret for the stars and other celebrities to help them maintain and manage their weight.

LOSING TOO MUCH WEIGHT?

Women and Men who are at their ideal weight or Men who weigh up to 10 pounds and Women who weigh up to five (5) pounds over their ideal weight, may think that the total body weight lost from their Full Body Cleanse is too much weight loss.

If this applies to you, remember what you are losing is:

1. **FAT** - if you have an excess amount of fat for your body composition. Yes, it is possible to have an excess of fat and be at your ideal weight.



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2. **FLUID** – If you have toxic or excessive fluid. Edema is excessive and toxic fluid between tissue cells and one of the primary causes is a toxic bladder and dysfunctional kidneys. Depending upon the degree and severity of this excess fluid retention, it may or may not increase weight, so the client may not even think to consider this as a factor in weight gain or loss.
3. **UNDIGESTED FOOD** – If you have undigested food in your stomach. A sign of this is a protruding stomach. Some people refer to this as a little pouch or muffin top.
 - a. The stomach will expand (protrude) to allow “digested” food to pass from the stomach into the small intestines in order to prevent accumulated or impacted undigested food from blocking this process.
 - b. This is why even people who are at their ideal weight will have a protruding stomach and no amount of exercise or “dieting” will reduce it. If you have a protruding stomach after your cleanse

Therefore, if you think you are losing too much weight, the fact is you are losing the weight of toxic substances and this you want to lose. After your cleanse, your normal total body weight will reset itself.

WANT TO GAIN WEIGHT?

For the same beneficial reasons above under “Losing Too Much Weight?” that a person at their ideal weight may think they are losing too much weight, an underweight person may lose more “total body” weight during the Cleanse, i.e., losing the weight of toxic substance.

After the Cleanse, the metabolism (absorption and assimilation) will be more efficient and the underweight person’s body will be able to utilize and sustain nutrient rather burning nutrient too quick through oxidation. Most people think an underweight person has an efficient metabolism because they can eat anything and not can weight. However, this is a false assumption.

1. When food is oxidized too quickly, the food is not able to stay within the cells and tissue long enough to nourish the cells and tissue and improve biological and biochemical function.
2. So the person becomes underweight due to cellular and tissue malnutrition, no matter how much is eaten, even when consuming an unusually excessive amount of food.



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3. Improved metabolism is foundational for weight gain (and weight loss, for that matter). Clinical nutrition testing will identify other factors related to inability to gain weight. The solution to underweight is eating the quantity of food your body can metabolize of the type of food designed for the human body and of those foods, those that are currently right for your biochemistry (refer to page 36, “**Dietary Program**”) and removing toxic substances inhibiting metabolism (specifically absorption and assimilation).

Physicians and Dietitians, who have not completed study in “Clinical Nutrition,” try to increase their weight by “fattening” up the underweight patient. In other words, they give them dietary instructions, like eat more dairy or fattening foods, such as drinking milk or milk shakes, eating ice cream, etc. **The only weight that they gain is the weight of toxicity, which then perpetuates the state of being underweight.**

Milk, Milk Shakes Ice Cream and other unfermented dairy products:

- a. Inhibit food absorption and
- b. Accumulate in tissue and then cause cysts, tumors and tissue calcification.
- c. So not only is the state of underweight not corrected, they unknowingly create more health challenges for themselves.



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WHEN IS MY FULL BODY CLEANSE OVER?

Your cleanse is **officially** over when you have no supplement capsules left in either the Gastro-Fiber or SP Green Food bottle. As long as you have some capsules left in either or both of these two bottles, you are still on the Cleanse, even if it is past the 21 or 30 Days for which this program has been designed. When bottling the supplements, sometimes the product company has more than the number of capsules indicated on the bottle labels.

If you still have some SP Complete Powder, you may continue to make SP shakes as a snack or meal replacement until you have consumed all of the powder, or save it for those days when you are so busy that you do not have time to prepare a healthy meal.

Some clients continue to order this as a meal replacement and/or snack after the Cleanse for this purpose.

You may also request to stay on **Gastro-Fiber with or without LBS II** to continue detoxifying the Gastro-Intestinal system, which is especially beneficial if you had frequent or chronic constipation before the Cleanse.

POST-FBD EVALUATION

To prepare for your **Post-FBD Evaluation Telephone Consultation** with Dr. Smith to discuss the results of your Full Body Detoxification Program, wait three days after your Cleanse is officially over, then arrange each document in the order below to fax, email or U.S. mail to Dr. Smith.

If you choose to send by U.S. mail, please make a copy for your records and staple Dr. Smith's copies in the order listed below with #1 on top. After sending, call Dr. Smith's office to schedule your Post-FBD Consultation.

1. **Health Appraisal Comprehensive (HAC) Questionnaire (Pre-FBD)**. You completed this before starting the Cleanse and under the date you were asked to write Pre-FBD to represent (Pre-Full Body Detoxification Program).
2. **Health Appraisal Comprehensive (HAC) Questionnaire (Post-FBD)**. Complete this questionnaire three days after cleanse is officially over. Under the date, write "Post-FBD."
3. **Client Communicator [CC– Page 1 (S1 – S21)]**. If you had more than 21 Symptoms include **[CC - Page 1 (S22-S42)]**. In the next available column, put date (representing three days after cleanse is over) and a score from 0-10 for each symptom



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4. **Client Communicator – Page 2.** Complete the last of our comments or information that you want to communicate to Dr. Smith on page 2. Then to provide feedback of your detoxification experience for Dr. Smith, please answer the following underlined questions or the examples provided to help you understand how to answer each question. When recording your answers, first write the word or phrase in black bold print before answering the question(s). If you need more space, please print another copy of Page 2 from the **Specialized Program / Full Body Detoxification** web page.
- a. **Challenges** – What challenges or difficulties did you encounter in implementing your program? Were you hungry (mentally or physically) in the beginning or at any time during the Cleanse? Did you have any sugar, caffeine, tobacco or food cravings or symptoms of withdrawal? What were the most challenges parts of the program to implement?
 - b. **Experience** – Please describe your experience or thoughts about this detoxification program. Examples: Are you pleased with your results? Do you feel more capable of continuing healthy eating practices after this cleanse? Do you think the benefits have outweighed any challenges you had in consistently implementing program instructions? Was it worth your financial investment? Was this Cleanse easier or more challenging to implement than you expected or thought it would be?
 - c. **Future Cleanses** - .Acknowledging that 1) it is not possible to remove all internal toxins with one cleanse, 2) the importance of repeating this cleanse to detoxify more and deeper levels of toxins and 3) completing this cleanse 1-2 times per year as routine health maintenance to prevent a collective build-up of toxicity again, do you plan to commit to repeat this cleanse if/when Dr. Smith indicates it is needed again as part of your therapy and/or for health maintenance purpose? Answer is Yes, No, Maybe. If No or Maybe, please explain.
 - d. **Success Story** – If you were going to describe to your best friend, the overall positive health benefits you received from this Cleanse, what would you say? Do you feel physically lighter, cleaner, more energetic, healthier, sense of well-being, or mentally or emotionally balanced, clear, focused. Did you significantly improve your over-all body symptoms? Was there one or more symptom that improved more than others? Did you receive any unexpected benefit?
5. **Diet Activity Reports (DAR)** – This worksheet was provided for your benefit and thus its use is optional. If you chose to use this report, finish recording any information you want to record on it. Sending a copy to Dr. Smith is not required. If she has any questions about any specific dietary practice or activity, she can ask you and then you can review your DARs if you need to refresh your memory in order to answer her question.



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AFTER CLEANSE?

WHAT'S NEXT?

The first and most important “next” step is to make an **unyielding decision** to continue the healthy eating practices you have established through this Cleanse. An unyielding decision is a decision that is unbreakable, immovable, firm, steadfast, irreversible, unbending, uncompromising, obstinate, constant, steadfast and permanent.

The choices you may every minute of your day are choices that are either in alignment with the laws of health and are promoting health one decision at a time or they are violating the laws of health and creating nutrient deficiencies, biochemical imbalances, organ/gland dysfunctions that in time develop disease and then results in premature death.

Your decision to complete this Cleanse to the best of your ability and to continue improving your health through clinical nutrition therapy is a turning point decision to break the old habits of unhealthy lifestyle practices and permanently establish healthy lifestyle practices – i.e., to daily choose health vs. disease.

First is awareness of the need to change, then the decision to change and last the unyielding/irreversible decision to maintain the changes that establish a principle-centered healthy diet and lifestyle for the rest of your life.

It takes at least 21 days to develop consistency when establishing one or more new daily habits or lifestyle practices. You have accomplished this!!! Celebrate!!! Take advantage of all your efforts and the challenges you have overcome through this Cleanse and make that final “unyielding” decision to maintain the healthy lifestyle practices you have established. Be proactive and preventive. Let go of reactive-conditioned thoughts and beliefs that may view this program as a tolerable experience that once done you will regress back to old, toxic, lifestyle habits again. (Refer to “**The Human Body Diet**” below).

Every person who has the goal to heal and stay healthy has to go through mental, emotional and physical changes to develop and consistently apply their principle-centered healthy lifestyle. If you need help in making changes in these reactive-conditioned thoughts and beliefs, schedule the Mind-Body Educational Consultations with Dr. Smith, which are designed to assist clients in making lasting and permanent healthy changes.

Below are “next step” instructions for current clients and for FBD Clients, who were introduced to this Cleanse at an Onsite Clinic, Seminar, Community Event or contacted our office for an effective and save Detoxification Program.



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CURRENT CLIENTS

1. If Dr. Smith has reported that the results from your Full Body Detoxification Program did not indicate otherwise, you may:
 - a. Now use the **“Eating Guidelines – Elimination / Detoxification”** for a total of three month.
 - b. Then you may choose to use the **Eating Guidelines (Your Name)** or the **“Eating Guidelines – Female/Male Endocrine System.”**
 - c. Rotating all three diets every three months.
 - d. By using this system for the rest of your life, every nine months you will have supported each organ, gland and body system to sustain their healing results attained from your whole food therapeutic supplements with emphasis on strengthening your unique biochemistry.
2. **Food Introduction Response (FIR):**
 - a. If not already tested, use the **Food Introduction Response (FIR)** form to test each Gluten Grain, Corn or acceptable Dairy products the first time you eat one of these foods after the Cleanse so you know which, if any, to avoid if you are sensitivity or allergic to the test food. Then retest foods on your “sensitivity/allergy” food list once every 3 to 12 weeks, to see if your Gastro-Intestinal System is now strong enough to eat them without reactions.
 - b. **Gluten Grains:** It is most important to test Gluten Grains as many people are sensitivity to these due to a weak digestive system. Therefore, Gluten Grains (Column 1) and Gluten Pasta (Column 2) are listed below.
 - i. Note: Gluten Pasta is provided for your information only. Pasta is a processed food so it is not included on the Full Body Detoxification Program, nor recommended in a healthy diet. However, periodically, because a client may choose to eat pasta, it is important to know which ones are Gluten.



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- a. Barley
- b. Buckwheat
- c. Bulgur
- d. Oats
- e. Rye
- f. Triticale
- g. Wheat, Spelt
- h. Tapioca-starch

Gluten Pasta

- 1. Artichoke
- 2. Durum Seminola
- 3. Lupim
- 4. Secale (offspring of Triticale)
- 5. Tapioca
- 6. Any pasta or flour made from the Gluten grains listed to the left.

- c. Hopefully, eating refined, processed, chemically-additive, preservative foods and refined sugar and white flour products are now in the past. However, should you choose to eat any of these again, please test the food so you can see how your body reacts to it, as this may help you avoid eating these poisons, again.

3. Therapeutic Supplement Program of Care (POC) –

- a. At the Post-FBD Telephone Consultation, Dr. Smith will indicate whether you will continue your current Program of Care (i.e., the one you were on before the Cleanse) or she will be designing a new POC. This decision will be based on her evaluation of the priorities from your most recent biochemical tests (blood, urine, hair, saliva and stool), Post-FBD Health Appraisal Comprehensive (HAC) Summary Bargraph results, other accomplishments from completing this Cleanse, in addition to the findings from retesting your biochemistry (blood, urine, etc.) when required.
- b. If a new POC will be designed, resume your current POC therapeutic supplements until the shipment for your new program supplements has arrived. This way, you will be finishing supplements that will not be continued, maintaining the healing momentum with supplements that will be continued and, therefore, included with the new supplements on the updated Post-Cleanse Program of Care.

FBD CLIENTS

- 1. If Dr. Smith has reported that the results from your Full Body Detoxification Program did not indicate otherwise, you may now use the **“Eating Guidelines for Full Body Detoxification Systems** for at least the next three months, making the following adjustments. It is prudent,



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however, to make these adjustments and continue eating this way indefinitely or even more ideal is to order a Dietary Analysis of your Laboratory Tests so you may know the exact foods your biochemistry requires.

2. Adjustments to Your Eating Guidelines for Full Body Detoxification Systems.

a. Meat and Poultry –

- i. Eat only serving of one type of animal protein daily for 5-6 days (Ideally 1-2 days you should eat only fruits and vegetables).
- ii. Continue to avoid liver, heart or other organs of animals and avoid pork, bacon, ham.
- iii. Always eat a little dark and a little white meat of chicken and turkey rather than eating only white or only dark meats as this Eating Guidelines has listed.

b. **Seafood** – follow the Eating Guidelines as it is written, i.e., always avoiding the seafood in red as these are scavengers and bottom feeders who clean the ocean, rivers and ponds where they live and thus consuming them you are eating the environmental toxins they have consumed. Tilapia is seafood not listed on the Eating Guidelines and is also a bottom feeder, thus should be avoided..

c. **Beverages** - . make the following adjustments for those items in **Red**. If a red beverage is not mentioned below then, ideally, it should be avoided always.

- i. **Milk** – if you desire milk, alternate Rice, Almond and Oat Milks and consume these milks 3-4 times per week at the most. Avoid Cow's milk of any kind, even free-range.
- ii. **Soy Milk and Products** - Avoid Soy milk unless your Saliva Female Hormone test for all three Estrogens are in balance and only then consume this (if desired) no more than twice weekly. This also applies to other soy products, like Tofu, Soy Beans, Soy Sauce, etc.
- iii. **Moderation** – if you like alcoholic beverages,
 1. Ideally, limit this to wine only, once a week or twice a month, is even better. Italian wine is best as noted for being preservative free. Note: In the Herbs section, wine vinegar is listed and would also be included in these recommendations.



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2. If you want Liquor, limit this to no more than twice monthly.
 - d. **Dairy** - Follow instructions in #2 below first. Then, ideally, all dairy should be avoided unless you test well for “aged” white cheese and fermented dairy products, like Greek Yogurt, Cream Cheese, Cottage Cheese, and Sour Cream.
 - e. **Nuts and Seeds** – You may consider all **Red** nuts and seeds as being **Green**, except peanuts. Peanuts should be avoided or considered as ***Italics*** (consumed no more than twice a month.)
 - f. **Grains** – Follow instructions in #2 below first. Then for those you test well, you may change the **Red** to **Black** or **Green** as you desire.
 - g. **Oils and Fats:** Follow the “How To Purchase Oils” educational document instructions.
 - i. Change the following **Red** to **Green**: (Oils #1 and #2 are best.)
 1. EFA Oil Liquid from Dr. Smith
 2. Coconut Oil from Dr. Smith
 3. Flaxseed Oil, Olive Oil, Safflower Oil, Sunflower Oil, Sesame Seed Oil, Almond Oil, and Wheat Germ Oil (if you test well for wheat germ oil)
 - ii. Change the following **Red** to **Black**: :
 1. Black Currant Oil.
 2. Evening Primrose Oil
 3. Unsalted Organic Butter
 - h. **Herbs, Spices and Seasonings:** If you like Chocolate, and who doesn’t, there are 100% pure cocoa beans or carob, organic chocolates available. Eating this in moderation, i.e., no more than twice a month is prudent. Avoid all refined chocolates with white sugar, preservatives and trans-fatty acids.
 - i. Note: Adhere to the Color-Codes definitions for the following Food Groups: **Legumes, Greens, Vegetables, Sea Vegetables, Fruits, Herbs/Spices/Seasonings**. In other words, there are no adjustments required for these food groups.



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3. Food Introduction Response (FIR) –

- a. If not already tested, use the **Food Introduction Response (FIR)** form to test each Gluten Grain, Corn or acceptable Dairy products the first time you eat one of these foods after the Cleanse so you know which, if any, to avoid if you are sensitivity or allergic to the test food.
 - b. Then retest foods on your “sensitivity/allergy” food list once every 3 to 12 weeks, to see if your Gastro-Intestinal System is now strong enough to eat them without reactions. (Refer to the section above “Current Clients” for a list of Gluten Grains and test each the first time you choose to eat a Gluten Grain.)
 - c. Hopefully, eating refined, processed, chemically-additive, preservative foods and refined sugar and white flour products are now in the past. However, should you choose to eat any of these again, please test the food so you can see how your body reacts to it, as this may help you avoid eating these poisons, again.
4. **Clinical Nutrition Analysis of Biochemistry** – If the results you have attained has inspired to you to make the decision to continue the clinical nutrition therapy that began with this Cleanse, in order to improve your biochemistry and other symptoms still in need of help after the Cleanse, inform Dr. Smith at your Post-FBD Telephone Consultation with Dr. Smith. At this appointment, the two of you will develop a plan for testing your biochemistry, i.e., blood, hair, saliva, etc., depending upon which tests are needed to identify the nutrient deficiencies, toxicity, biochemical imbalances and/or organ/gland dysfunctions causing the symptoms and health challenges remaining after the Cleanse.
5. If your decision after the Cleanse is not to continue clinical nutrition therapy as explained in above, Dr. Smith wants to say that she is very proud of your decision and efforts in completing this Cleanse. You may repeat this Cleanse at any time, simply by contacting Dr. Smith and hopefully and ideally, you will complete the Full Body Detoxification Program twice a year, i.e., every six months.
6. Additionally, in the future, whenever you are ready to start clinical nutrition therapy, please contact Dr. Smith as it would be a pleasure to serve you again.



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REPEATING CLEANSE – WHY & WHEN?

FACTORS THAT WARRANT REPEATING CLEANSE

- Though completing a Cleanse will reduce toxicity, one Cleanse is not sufficient to remove the accumulation of toxic substances that have built-up over the years since conception.
- Ongoing toxic exposures that are occurring until you have had time to make dietary, lifestyle and environmental changes to eliminate ingestion and exposures.
- Ongoing toxic exposures that will be reduced, but not possible to totally eliminate, i.e., you have no control over the polluted air you breathe outside or in rooms/buildings/homes that do not have air purification systems.
- Ongoing ingestion or exposures to toxic substances that you have control over, but may choose not to make the changes necessary to eliminate them. This is dependent upon your standard of living/health – some clients have a higher standard than others..
- Periodical ingestion of toxic substances that you have control over, but may choose to occasionally ingest.
 - such as eating at restaurants, homes of friends/family or at church and work places, where food is prepared by those who either:
 - have low standards of health,
 - are close-minded to making healthy changes,
 - serve food based on their popularity or for approval vs. quality to promote health,
 - are uneducated and lack awareness of the consequences to the health of those who eat the foods they are serving, or
 - are profit-driven, not health-promoting driven.
 - Though you have control over the decision to not eat at these places, if you do, it is important to;
 - Eat beforehand, as being hungry lowers resistance and makes it difficult to abstain from eating toxic foods.



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- Then choose to eat raw, steamed, or based vegetables and fish, which are the healthiest foods most places offer, though the vegetables may not be organic.

HOW OFTEN TO REPEAT CLEANSE

While in clinical nutrition therapy, your Therapeutic Supplement Program of Care provides nutrients to detoxify and nourish your body to assist you in attaining optimal healing both before and after you have completed your first Cleanse.

- Dr. Smith recommends this Cleanse as the first program for a new client when test results indicate the client needs an immediate reduction of toxicity and nutrient repletion.
- She may also recommend repeating a Cleanse at any time during therapy to accomplish a specific health goal or when updated biochemical testing indicates.

You have the option of extending your Cleanse for another 21- or 30-Day, or more (like Susan page 31), if Dr. Smith assess this would be beneficial to you at this time, simply by request this at least two weeks before the end of your current Cleanse or you may repeat this Cleanse any time you want to speed up your healing process. If your first cleanse was a 21-Day Cleanse, in the future, plan to complete 30-Day Full Body Detoxification Programs, as the extra nine days is a minimal financial investment, yet yields maximum results, comparative to the 21-Day Program.

Ideally, you want to repeat this cleanse twice a year – in the Spring and Fall Seasons of each year.

Why Spring and Fall?

- **Spring?** The cold weather of the winter months slows down the metabolism and allows for food particles to accumulate even if you are eating all organic whole foods and have integrated all dietary principles learned through your New Client Orientation “Dietary” Consultations, such as what to eat for your biochemistry, when, where, how and how much to eat. Therefore, the human body is experiencing its highest level of toxicity at the end of each Winter. Spring then is the time to do internal detoxification, i.e., the last four weeks of Spring before Summer Season starts.
- **Fall?** Summer heat causes the human body to perspire more often than any other season, which is a natural detoxification process. Therefore, this is the only time each year that the human body will have less toxins in it than any other time. Repeating your Cleanse at the



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end of Summer, i.e., the first month of the Fall Season, you are giving these therapeutic supplements and detoxification diet a golden opportunity to cleanse deeper into cells and tissue. Why? Because to the degree it was able, perspiration has removed loose and superficial storages of toxins and now the therapeutic supplements and cleansing foods in this detoxification diet does not have to do this first before it can get to dissolving deeper levels of toxic build-up. Therefore, doing this Cleanse in the first month of every Fall gives you the greatest opportunity of cleansing more and deeper toxins than any other time of the year.

After reading the above information in this section about repeating your cleanse you can now understand why it is not just important, but vital to repeat this cleanse if your goal is to:

- stay healthy after attaining optimal healing through your clinical nutrition therapy
- prevent future diseases
- extend longevity.

When ready to repeat your Cleanse, simply contact Dr. Smith to Keep these instructions and all the documents that you have printed from our website that helped you successfully implement your Cleanse so that when you are ready to repeat this cleanse, you will be able to save money as you will not need to purchase this Full Body Detoxification Program e-book and its supportive documents again.



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TOXIC FOOD CONSUMPTION AFTER CLEANSE

REACTIONS TO TOXIC FOODS AFTER FULL BODY CLEANSE

Hopefully, you will use this Cleanse as an opportunity to maintain healthy dietary practices, which also means avoiding toxic foods (i.e., refined, processed, non-fermented, etc.) in the future.

However, if you do eat any toxic foods after this Cleanse, and you get sick, nauseated or have any reactions to them that you did not have before the Cleanse, this is significant evidence of the improvement in the function of your Gastro-Intestinal (GI) and Urinary Systems and over-all body benefits that you received from the Cleanse.

Your GI and Urinary Systems, i.e., stomach, liver, gall bladder, small intestines, kidneys and bladder, specifically are cleaner now and more sensitive to poisons. Before these organs/glands were numbed (nerves de-sensitized and dysfunctional) by the long-term intake of toxins (chemicals, metals, additives, preservatives, etc.) and being so over-burdened, congested, toxic and stressed, they could not react before to the toxic substance you ate and drank, i.e., they were incapable of communicating how bad they were for you and how much they were being harmed by your toxic diet. Now they can.

If you do not react to them, this means that, though these organs/glands are less toxic from the Cleanse, they are still too toxic to react and thus you need to repeat the Cleanse sooner than later if you are a FBD Client or if a current client, you need more time on your Therapeutic Supplement Program of Care (POC) to continue reducing your current level of toxicity and healing these organs/glands.

Whether you react immediately or not, you know what these toxic foods are doing to your body and that their long-term consequences are disease and premature death, so continue to work on raising your standard of living/health and in time you will have no desire (at all) for any toxic foods.

EATING TOXIC FOODS AFTER THE CLEANSE

If you are still working to improve your standard of living/health, i.e., have not yet reached that state of being where the sight, smell, thought of toxic foods, or suggestion from others, no longer produce a reactive desire in you to consume them, here are some Guidelines to at least minimize their adverse effects and damage internally and a brief lesson on the Gastro-Intestinal (GI) System in relationship to the job of trying to metabolize toxic, poisonous foods.



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- A strong and healthy Gastro-Intestinal (GI) System can somewhat handle an occasional consumption of foods not designed for human consumption. At its best, if it is unable to metabolize a toxic food, it will send the food particles to the fat cells, which promotes obesity, but at least it is not rotting in heart tissue or some other vital organ tissue, which is worst.
- Daily or weekly consumption over-burdens this system, weakens it and in time, the GI System is inhibited in digesting these substances and their undigested particles rot in the body, infect the tissue and cause disease. Obese tissue is also inflammatory tissue.
- Sensitivities and allergies to whole and healthy foods is one of a number of signs of a weak and unhealthy Gastro-Intestinal System. Therefore, because there are other signs of a weak GI System, even if you tested and did not react that does not mean your GI system is strong. Testing a stool sample provides a comprehensive evaluation of the state of your digestive system.
- Therefore, if you choose to consume toxic foods, follow these guidelines:
 - **Consume no more than twice monthly.** Even better is to save these times for special occasions, like Thanksgiving, Christmas, your birthday or anniversary. Even if you are unable to limit to no more than twice monthly, follow the other guidelines below.
 - **Contact Dr. Smith for digestive whole food supplements** that can be taken when you eat these foods to help in the digestion of them. She even has homeopathic Detoxosodes to remove chemicals, additives, dyes, preservatives from the body.
 - Use the “**Eating Guidelines – Detoxification / Elimination**” if you are a **Current Client** OR the **Eating Guidelines for Full Body Detoxification** if you are a **FBD Client** for three days for every one day you consumed a toxic food. It is even more effective if you will eat only the Low Glycemic **Green-Color Coded** fruits and vegetables, so the body will have more energy available for removing toxins rather than expending that energy in digesting foods.
 - Contact Dr. Smith and schedule the **Mind-Body Connection Personal Education Consultations** so you can understand why you still desire toxic foods and learn how to apply mental and emotional principles to overcome this desire sooner vs. later.
 - Later means, it takes longer to accomplish this goal on one’s own for a variety of reasons, so you will delay reaching the goal of developing a lasting principle-centered healthy dietary lifestyle.



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- Remember that it is easier to move forward in developing a lasting, principle-centered healthy dietary lifestyle from where you are physically, mentally, and emotionally at the end of this cleanse than to regress. To stay the course or regress is just a decision that you make. It is a choice.
- Additionally, should you choose not to stay the course at this time, at that point in the future when you are truly ready to make that unyielding decision to eliminate toxic foods from your diet, you have to repeat all these steps you are accomplishing now through this Full Body Detoxification Program to establish the foundation mentally, emotionally and physically to be able to move forward with more ease and a less toxic body.
- Now having said all of the above, if you choose not to stay the course, please do not feel guilty or any negative emotional stress about this. Everything is a learning experience and for some people, there are lessons to learn from regression that will ultimately give you, if you are one of these people, the leverage you need the next time to stay the course and truly develop a lasting, principle-centered healthy eating lifestyle. So give yourself some slack here and be kind to yourself whatever decision you make. Additionally, negative thinking about any decision you make just simply locks you into that path even stronger and longer. This then results in your having to then change those negative thoughts about yourself before you can be ready to make that unyielding decision to detoxify your body again with this program and stay the course at the end of that cleanse to develop a lasting, principle-centered, healthy lifestyle.

What is Principle-Centered? To be clear, the eating guidelines to follow after this cleanse are one of 25 principles that comprise all the principles in developing a “principle-centered” healthy **dietary** lifestyle and represents Dietary Principle #1. The other 24 principles are presented in Dr. Smith’s “Dietary Education” Series. If you have read the definition of a principle-centered, healthy lifestyle on our website, you know that “principle-centered” means developing a lifestyle that is in harmony with (adheres to) the principles that govern the healthy function of the human body; most lifestyles people are living are in disharmony or working against these principles, and thus the individual is creating their own diseases and ill health (physically, mentally and emotionally) from a lack of knowledge of these principles and/or lack of applying these principles in their daily life.

Lifestyle includes dietary principles, principles by which one lives their life (activity and exposures), and mind-body principles to understand how the brain works in order to control of one’s thoughts



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and emotions so they work for, rather than against you, and in that control develop the ability to attract what you would love to be, do and have in your life.

“THE HUMAN BODY DIET”

MOTIVATION BY PAIN OR PLEASURE

Each client (Current and FBD Clients) starts this cleanse motivated by either pain or pleasure. In fact, all decisions made by humans are based upon either moving away from pain or towards pleasure. The term pleasure means “joy” for living, pleasure in what is most important in life: health, love, prosperity, honor, respect, etc.; in other words, living a life with the highest of standards. Highest standards in:

1. The quality of their physical, mental and emotional health in body and soul. Reference to soul here is defined as quality or healthy relationships, i.e., relationships with oneself, others and God.
2. The way in which one lives their life (lifestyle), i. e, diet, exercise, sunshine, etc., to provide what the human body and mind requires to heal and be healthy.
3. The purity of their life – lifestyle exposures (toxic free), purity of thought and actions.

Though there may be worthy reasons for making decisions and taking action, like wanting to live a long time to enjoy your grandchildren, pain and pleasure are at the root of all other these reasons or motivators, because they are the two fundamental (base) motivators for all human action.

If this is the first time you have been introduced to this fact, it is beneficial to ask yourself in regard to every decision you may, ‘Am I being motivated by pain or pleasure.’ Making decisions based on pleasure is healthier than those made to avoid pain because it means that the person is moving towards elevating their standard of living / health, vs. simply reacting to the current state of health they find themselves. Where we find ourselves today is the effect of our past decisions (causes) of moving towards pleasure or away from pain.

When motivated by pain, the client may have the goal to reduce and/or eliminate painful symptoms.

When motivated by pleasure, the client may...



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- Want to reduce toxicity levels and dissolve toxic build-up from daily exposures to pollutants in their air, food, water, environment, or drug intake (past or present) to prevent the diseases caused by toxicity.
- Use this cleanse as an opportunity to permanently establish the healthy dietary practices presented in this information.
- Want to maintain the health they have attained thus far or the optimal health they attained thus far or after completing clinical nutrition therapy, so they can stay healthy and promote longevity.

Additionally, a client may be motivated by pain or pleasure, depending upon how the client views their desire to lose or gain weight, if either is a goal for completing this Cleanse. Because this cleanse improves metabolism, clients who need to lose, begin losing weight, those who need to gain, begin gaining weight, which will continue with the therapeutic supplement and dietary program that will be resumed or be designed after the Cleanse. .

MOTIVATION BY PLEASURE ONLY

Pain is a strong motivator. However, once pain has improved or abated, the client must have an equally strong reason to continue healthy dietary and lifestyle practices. Otherwise, shortly after the concluding this Cleanse, they will resume old, unhealthy dietary and lifestyle practices (regress), which will cause:

1. Abated symptoms to return,
2. Improved symptoms to start getting worse again OR
3. They will recreate new symptoms for themselves.

At the conclusion of this Cleanse, having already worked through the most challenging changes every person must go through to establish a healthy diet, it is prudent to continue, rather than having to repeat these challenges again in the future, when painful symptoms due to regression has again motivated the client to repeat the Cleanse.

Therefore, developing a strong 'pleasure' reason to continue these healthy dietary practices must be established. This may be to extend their longevity, experience complements at their next high school reunion by being the most slender and healthiest person in attendance, improve their health so they may travel, start a new career or project, be more active in daily life, be able to bend over and touch their toes again, or whatever is considered important to the individual.



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Part of your **reflection and contemplation** during the Cleanse, is to make a list of strong and important reasons to continue the healthy dietary and lifestyle practices you have learned thus far so they will be your “pleasure” motivators after this Cleanse is over. This will also benefit you when implementing the other dietary, lifestyle and mind-body health practices that will be introduced in the near future from the education and coaching you will receive during the **Personal Educational Program Telephone Consultations** with Dr. Smith, if you have not started or completed these by the time you began your Cleanse.

THE DIET DESIGNED FOR THE HUMAN BODY

When clients first read the dietary instructions, they may view them as radically different from the way they have been eating for years. Had **Public Health Education** been centered health and not medicine (drugs/surgery) since the early 1900’s to the present day, parents and teachers would have been taught these principles when they were a child and passed this information on to you as part of your upbringing and academic education, thus, you would have been raised eating this way.

This not being the case, clients may even consider the diet limited, especially in the first ten days when food groups are limited to fruits and vegetables only. However, the truth is, the diet for which the human body was designed is simple and limited, when compared to the myriad of products sold to humans today that are labeled as food, but are not food at all, they are poisons to the human body. Once the diet for the human is consumed consistently each day for a minimum of three months, or longer for some clients, they discover that it is not limited and it is rich with a variety of tastes and aromas that were not previously experienced due to the dulling (or desensitization) of the senses, from the taste buds of the tongue to the ability of the nostrils to clearly smell, caused by toxicity.

THE DIET FOR THE HUMAN BODY IS:

- **Daily Consumption**
 - 80% raw, fresh fruits and vegetables (which includes Greens and Sea Vegetables) and
 - 20% nuts, seeds and Seafood.
 - Culinary herbs, seasonings and spices – sufficient to enhance taste.
 - Table Food Basics (PDF document on Table Foods & quantity posted on web page).



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- **Weekly (2-3 Times A Week) Consumption** included in the above 20% are Grains/Legumes, Eggs and fermented dairy products.
- **Meat and Poultry should be consumed infrequently.** In ancient times animals were hunted and consumed only during times of famine or those few months just before harvest, when there was a depletion or low quantity of fresh, raw vegetables/fruits, food storage in root cellars, home-canned foods, etc.

So-called Food not fit for human consumption are unfermented dairy and, of course, poisons – any food that has been processed, refined and contain chemical-additives, preservatives, dyes, colorings, isolated or synthetic vitamins/minerals, and/or artificial sweeteners.

Dr. Smith coaches and educates each new client, through the **Personal Education Program (PEP) Consultations**, in understanding and applying each of the dietary, lifestyle and mind-body principles that Nature established for healing and maintaining health for one's life time. These biological and biochemical principles (or laws) are as fixed as the law of Gravity (a law of Physics). The Law of Gravity operates constantly and in spite of human being.

Humans are injured by the law of gravity when they are ignorant (lack knowledge of how the law works), irresponsible (neglect to adhere to this law), are rebellious (try to violate the law), i.e., when they do not align their lifestyle with the law of gravity. Similarly, humans create their own illnesses and diseases by not aligning their lifestyle (which includes their diet) with the biological, biochemical, bioelectrical laws, or any other law that affects the human body, i.e., the focus of the PEP Consultations.

If you are a client who has never heard of the PEP Consultations, this is because you first became a client prior to Dr. Smith having the time to design and integrate them into new client services. Any client may schedule this series of Dietary, Lifestyle and Mind-Body Principle-Centered, PEP Educational Consultations at any time, upon request, and Dr. Smith will tailor them to provide only the information she knows you do not know because this educational opportunity was not available when you first became a client.

The sooner each person understands and accepts the above scientific facts and develops a principle-centered healthy diet and lifestyle, their mind and body will have no choice but to become and stay healthy. When you provide the foods and are living the lifestyle for which the human body was originally and divinely designed, physical, mental and emotional health is a natural result.



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CONCLUSION

Remember, this is a time of renewal, use these days of cleansing and regenerating internally to cleanse and regenerate mentally and emotionally. Take time for reflection, introspection, creative outlets, walking, sleep eight hours, Chi Machine, e-Power and a massage, if possible. Establish your strong “pleasure” reasons to continue these healthy eating practices after the Cleanse, if pain has been your primary motivator.

Re-read the following statement after you complete your Full Body Detoxification Program:

Congratulation! You are about to enter a turning point in your life.

1. First, because of the significant and often times remarkable health benefits you have received from and experienced during this Cleanse,
2. Secondly, because your body has less internal toxicity, the Cleanse will be providing future health benefits and promote disease reversal and prevention.
3. Third, because your body has now be replenished with nutrients, so you have attained nutrient sufficiency in some nutrients and improve deficient levels in other nutrients. Both #2 and #3 means your body will now be growing new healthy cells and tissue at a more efficient rate.
4. Fourth and this the most important, you have the opportunity after the Cleanse to raise your standard of living and health and make that **unyielding decision** that **nothing** will prevent you from continuing your PEP education and development of a lasting principle-centered healthy lifestyle until you have mastered this goal. Mastery means you no longer have to consciously think about applying these principles and then taking the appropriate action. Instead, you are doing them as easily, consistently and unconsciously as you brush your teeth each day.

**We are proud of your decision to start and complete this Full Body Detoxification Program.
Have a blessed experience!**

ADVANCED CLINICAL NUTRITION

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DISCLAIMER

Information is provided for nutritional education purposes only and not for the diagnosis or treatment of any medical condition, disorder or disease. Present laws indicate that the author must advise you to seek medical attention for your disease, if you have one. Choosing to do so, or not, is your constitutional right and you are ultimately the only person who is responsible for any decisions, risks or actions you take regarding the care of your mind and body. This author's intention is to provide health care education from a nutritional biochemical perspective so you are equipped to make an informed decision.