



FREQUENTLY ASKED QUESTIONS

Full Body Detoxification (FBD) Program

WILL THIS DETOXIFICATION PROGRAM HELP ME LOSE WEIGHT?

You can achieve weight loss by eliminating high-calorie, refined, nutrient-poor foods. The dietary component of the detoxification program is designed to be a nutrient-dense diet with the added benefit of utilizing whole foods and whole food supplements to support detoxification. The ideal weight management system is not a quick fix—instead it is a long-term commitment. You will need to make lifestyle changes that will continue long after the detoxification process has been completed. By following the Full Body Detoxification Program recommended by Dr. Smith, you will be working toward sustained, long-term weight management.

IS EXERCISE NECESSARY? HOW MUCH AND WHAT TYPE IS RECOMMENDED?

Exercise facilitates the removal of toxins and it helps you manage a healthy weight. It is recommended that you walk at least 30-45 minutes four days per week. Strenuous exercise should be put on hold during the three-week period. Consult with Dr. Smith if you are currently on a more strenuous exercise program that you would like to maintain throughout the detoxification program.

HOW DO I STICK TO THE PROGRAM WHEN EATING AWAY FROM HOME?

Here are some tips to help you stay on track:

- Plan your strategy before you leave home.
- When choosing a restaurant, select one which serves foods that are on the recommended list. This will curb temptation.
- When traveling, pack a cooler of foods, including fresh fruit and sliced raw vegetables—and don't forget the water bottles.
- When attending a social gathering, bring a dish to pass that you know would be acceptable, like a fruit/veggie tray.
- For added convenience, SP Complete and Whey Pro Complete are available in single-serving packets.
- Eating before attending social gatherings where you know unhealthy food will be served, will prevent you

from being hungry, which lowers resistance to toxic foods.

CAN I TAKE MY REGULAR SUPPLEMENTS/MEDICATION ON THE PROGRAM?

Clients will be instructed by Dr. Smith regarding any therapeutic supplements that will be discontinued or continued before beginning your detoxification program. If were introduced to this program at one of Dr. Smith's onsite clinics, community event or seminar, please print and complete the **Drug/Supplement list form** and U.S. mail, fax or email this form to Dr. Smith before your Pre-FBD Program Telephone Consultation with Dr. Smith to discuss implementing your program. In either case, depending upon your specific needs, Dr. Smith may recommend additional supplements to support you while on the program.

WHY CAN'T I SUBSTITUTE DIFFERENT VEGETABLES, FRUITS, OR OTHER FOODS LISTED ON YOUR **EATING GUIDELINES (ELIMINATION/DETOXIFICATION)?**

The vegetables and fruits listed are recommended because of their high nutritive value and their capacity to support detoxification. This question is more specifically answered in the Dietary Program section of your Full Body Detoxification Program Instructions.

WHAT PHYSICAL CHANGES WILL I EXPERIENCE DURING DETOXIFICATION?

Two of the main effects will be an increase in urination and bowel movements. This is a natural effect of detoxification and should not interfere with your daily activities. In rare cases, you may experience a throbbing sensation in the head, generalized aches, itchy skin, rashes, or fatigue. These are normal occurrences and will subside in a day or two. List any symptoms or signs of detoxification on your Client Communicator form and if they do not subside in four days, schedule a Telephone Consultation with Dr. Smith for further instructions.



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Please talk with Dr. Smith if you have questions about how you are feeling or what you are experiencing.

WHAT CAN I DO IF I AM TIRED OR LACK ENERGY WHILE ON THE PROGRAM?

You may be fatigued because your body may require a higher amount of protein while detoxification. Ask Dr. Smith about adding Whey Pro Complete to your program. Whey Pro Complete is a powdered protein supplement that contains 15 grams of protein per serving which should meet your protein requirements.

WHAT CAN I DO FOR TEMPORARY CONSTIPATION?

Remember to drink one-half of your body weight in ounces of Reverse Osmosis Purified Water per day. Eat plenty of raw vegetables and fruits with high fiber content. Three (3%) and Six (6%) Percentage Glycemic Index Vegetables and Fruits are high in water content, the most cleansing and thus the most effective foods for any detoxification program. Eating one beet daily encourages regular bowel movements. Other recommendations are provided in Program Special Instructions.

DO THE DETOXIFICATION PRODUCTS CONTAIN GLUTEN?

Gluten sensitivity is a complex issue. Due to differences in client/patient sensitivities, if you are gluten sensitivity or have been diagnosed with Celiac Disease, please inform Dr. Smith before you begin the Full Body Detoxification Program so that she may provide a list of non-gluten grains to choose from when grains may be eaten in your program.

IS THERE LACTOSE IN SP COMPLETE?

No. Dr. Smith dispenses SP Complete® Dairy Free. SP Complete is a nutritious supplement shake. There are two different SP Complete Powders, one is Dairy Free and the other contains Whey. Whey is a protein source and lactose is a nutrient found in Whey. There is

approximately ½ gram of lactose, per shake, of SP Complete with Whey.

IS THE FULL BODY DETOXIFICATION PROGRAM VEGETARIAN?

Only the first 10 days of the program are vegetarian. If you are a vegetarian, before starting your program, inform Dr. Smith about this preference so she may instruct you regarding the 11th day to the end of your detoxification program.

WHAT IF I AM ALLERGIC TO CERTAIN FOODS ON THE LIST?

Of course, if you know of any foods that you are currently allergic to, simply draw a line through these foods on your Eating Guidelines. However, if after starting your program, you suspect you have some unknown food allergies, i.e., suspect you are having a reaction to a specific food, refrain from eating it and consult Dr. Smith about how to identify whether you are truly having allergic reaction to the food or there is some other cause for your reaction.

WHAT IF THERE ARE CONTINUED HEALTH ISSUES?

Those who are clients of Dr. Smith's before starting their Full Body Detoxification Program are already engaged in a therapeutic supplement and dietary program to address their health issues, and this program is part of the goal to attain optimal health. If you are not a current client, and would like for Dr. Smith to help you with any health issues that require more than this detoxification program, communicate this at your Post-FBD Telephone Consultation with Dr. Smith at the conclusion of your detoxification program.



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MAY I CONTINUE THIS DETOXIFICATION PROGRAM FOR A LONGER PERIOD OF TIME?

Some may be interested in extending this program for continued over-all health improvement and/or weight loss purposes. If you are interested in extending this detoxification program, consult with Dr. Smith at least two weeks before consuming your current supply of detoxification supplements.

IS THIS PROGRAM RECOMMENDED FOR PREGNANT OR LACTATING WOMEN?

No. More calories are required during pregnancy and nursing than needed for everyday weight management. If you are interested in a pregnancy and nursing specific whole food supplement program personalized to your individual needs, consult with Dr. Smith.

WHAT IF MORE PROTEIN OR FIBER IS REQUIRED IN THE DIET?

For additional protein or fiber, contact Dr. Smith. For example, a shake with Whey Pro Complete (powdered protein supplement) or Whole Food Fiber (powdered fiber supplement) can be added for those who need this. You can also combine Whey Pro Complete or Whole Food Fiber with SP Complete®, or take with juice or other foods, such as applesauce or yogurt. You may ask for a Whey Protein brochure or Dietary Fiber brochure for more details.

WHAT ABOUT A POST-DETOXIFICATION DIET?

If you are a current client of Dr. Smith, you may resume your Eating Guidelines (Your Name) after the detoxification program to continue supporting the key areas of the body that require continued therapeutic support. If you were not a client at the time you started your Full Body Detoxification Program, and would like to have a Post-

Detoxification Diet at the conclusion of this program, consult with Dr. Smith at the Post-FBD Telephone Consultation about modifying the **Eating Guidelines – Elimination/Detoxification Diet**. The post-detoxification diet is a way to continue the healthy eating habits you began on your Full Body Detoxification Program.

WHAT IF I AM NOT LOSING WEIGHT LIKE I DID ON THE DETOXIFICATION DIET?

The post-detoxification diet, which continues the healthy eating habits began on your Detoxification Program will in time assist you in reaching and maintaining your ideal weight, though it is not a weight-loss program. That said, many people will lose weight on both detoxification and the post-detoxification programs because they're eating in a conscious, deliberate way. If you are interested in a weight-loss specific program to enhance the post-detoxification diet, discuss this goal with Dr. Smith. Some tips for healthy weight management are:

- Watch portion sizes.
- Healthy snacks should be available at all times.
- Make sure the diet has more vegetables than fruits.
- Don't eat anything in excess.
- If cravings return after completing your detoxification program supplements, Dr. Smith can recommend therapeutic supplements specifically for cravings until your post-detoxification diet has been continued long enough where cravings are no longer an issue.

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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.