



FULL BODY DETOXIFICATION

21-Day Supplement Instructions

By Dr. Donna F. Smith

SUPPLEMENT INSTRUCTIONS

SUPPLEMENT LIST

Check this list and if you did not receive the number of bottles below for each item, contact our office today. Note: Stevia is not included unless you have indicated at consultation that you like to sweeten teas, have a sweet tooth, etc. Also, a number of our clients already have Stevia on hand. Therefore, please contact our office if you would like to add Stevia to your program to sweeten your SP Complete Shakes, herbal teas, etc.

- 1 container of "SP Complete" 32 ounce Powder
- 1 bottle of "SP Cleanse" 150 Capsules -
- 2 bottle of "Gastro-Fiber" 150 Capsules each
- 1 bottle of "SP Green Food" 150 Capsules
- 2 bottle of EFA Oil Liquid, 8 ounces each
- 1 bottle of Stevia, Liquid (2 ounces size, Wisdom of the Ancients) [Optional] - If not included and you would like to sweeten shakes, contact A.C.N.
- 1-2 bottles of LBSII – (Constipation). If not included and you require additional peristalsis assistance, contact A.C.N.

SUPPLEMENT DAILY DOSAGES

SUPPLEMENTS DOSAGE for CAPSULES:

- **21 SP Cleanse, i.e., 7 capsules - 3 times per day.**
 - You consume one bottle in the first week (seven days), and will not take any in the remaining days of the 21-Day Cleanse.
- **9 Gastro-Fiber, i.e., 3 capsules - 3 times per day.**
- **7 SP Green Food, i.e., 3:2:2 (3 capsules in the a.m., 2 mid-day; 2 in p.m.)**



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ADDITIONAL INSTRUCTIONS REGARDING TAKING CAPSULES

- Take all supplements with eight (8) or more ounces of R.O. water.
- Use whatever amount of water you need to get all the pills down.
- **Also**, it is very important-drink the amount calculated per your body weight of Reverse Osmosis purified water every day to help flush the toxins and avoid constipation.

ADDITIONAL SUPPLEMENTS

LBS II (Usage: Constipation, peristalsis, fecal build-up)

Dosage and Special Instructions

1. Generally, 3 at bedtime is sufficient.
2. If more than 3 at bedtime is required, taking up to 6 daily for 1-3 days is generally sufficient and then LBS II can be discontinued, unless you find you have constipation daily when not using LBSII with cleanse supplements.
3. Always take 3 at bedtime and the amount over 3 daily, is spread as evenly as possible throughout the day, taking 30 minutes before meals. For example:
 - a. 4 daily (3 at bedtime and 1 before breakfast)
 - b. 5 daily (3 at bedtime and 1 before breakfast and supper)
 - c. 6 daily (3 at bedtime and 1 before breakfast, lunch and supper)
4. If you take too much or too much too soon, you may have frequent gas, explosive-type eliminations, loose stools, etc. Follow instructions precise and/or contact Dr. Smith if you need more instructions.

Therapeutic Supplements

Dr. Smith will indicate which therapeutic supplements listed on your Program of Care (POC), if any, you will be taking during this Cleanse. For all of the other supplements on your POC, you will temporarily stop them on Day 1 of the Cleanse and resume them, according to the POC dosages, on last day of Cleanse.



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SP COMPLETE POWDER (32 Ounce) (DOSAGE AND FREQUENCY)

BASIC SHAKE RECIPE (Scoop is 1 Tablespoon) -

In a blender, put:

1. **SP Complete Dairy Free** (Rice Protein) – (Note: 1- 32 ounce canister = 64 Tablespoons total @ 3 Tablespoons daily)
 - a. Drink 2 shakes daily, using 1 and ½ Tablespoons per shake or
 - b. Drink 3 shakes daily, using 1 Tablespoon per shake.
 - c.
2. **Vegetables** (A.M.) or **Fruit** (P.M.) [1/2 cup to 1 cup raw– add just enough to enhance the taste] OR juice them first and add to blender. Note: Because papaya, pineapple and apple are high in enzymes these are the only fruits than can be added to vegetable shakes.
 - a. Use the whole raw papaya, pineapple or apple by dicing and adding to blender OR
 - b. Fresh-squeeze these fruits and include them in this Shake recipe OR
 - c. 100% juices, preferably organic.
3. **Reverse Osmosis (R.O.) Purified Water** – 4, 6, 8, or up to 16 oz. – whatever amounts helps the taste
4. **EFA Liquid Oil** (1 teaspoon in 3 shakes or 1 ½ t. in 2 shakes)
5. **3-5 Ice Cubes** (add what you need to make it chilled, a smoothie, or preferred texture). Be sure to use your R.O. water to make your ice cubes.
6. **Stevia (Optional)** - A few drops to ½ or 1 dropper-full of Stevia (according to your taste)

NOTE: If you have 2 containers of SP Complete you have enough to have more shakes than the daily recommended or do not have to use a level scooper (1 T.). If you have one container, use a knife to level the amount of powder in the scooper for daily shakes. You will need to order another container if more than daily number of shakes is required or desired.



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SHAKE – ADDITIONAL INSTRUCTIONS

1. If the shake is too thick, add more water.
2. If you don't like the taste, add more fruit, water or Stevia. Stevia is concentrated, so add last and start with a few drops, then taste; and add more if you want it sweeter.
 - a. Add Stevia drop per drop at first, keeping count of how much you use so you know how to reproduce that amount in the next shake.
 - b. Then see if you have added enough drops to equal $\frac{1}{2}$ or 1 dropperful (more or less) to speed up adding Stevia when making future shakes.
 - c. Record number of drops used so you can use the same amount for future shakes.
 - d. Stevia is here for your taste and will not adversely affect blood sugar so use as much as you like to enhance flavor or shake.
 - e. A **Stevia “Natural Sweetener” Conversion Chart** is posted on the Specialized Program web pages on both the Full Body Detoxification Program and Dietary Program web pages.
3. **You need 1 Tablespoon (=3 teaspoons) of EFA Liquid Oil .** You can put 1 teaspoon in three shakes daily or 1 $\frac{1}{2}$ teaspoon in two shakes daily. .Note: 8 ounce bottle = 16 T. = 48 t.
4. **About Taste:**
 - a. If you do not instantly like the taste of the shake, it may take several days to work out a SP Complete Shake recipe that you like. Your tongue also needs time to be detoxified of chemicals and trans-fats from years of eating processed, fried, and/or chemical-additive food, so you may find yourself changing your recipe again. The cleaner the body (and tongue), the fresher and tastier whole foods (veggies and fruits) will taste and thus you will adjust the recipe accordingly. Note: Even if you do not consume these toxic foods now or have not for some time, think of the build-up still present from years you did consumed them prior to learning how toxic they were.
 - b. **If you are in a hurry or if you have tried everything and you still do not like the SP Complete in the form of a smoothie or shake,** omit the fresh fruits or vegetables, and blend
 - i. Reverse Osmosis (R.O.) water and a few cubes of R.O. ice,
 - ii. your SP Complete scoop(s), and
 - iii. EFA Liquid Oil.
 - iv. Then drink quickly.
 - v. Follow with a large glass of R.O. water or juice to cut the taste.
5. **SP Complete Shakes (Recipes) PDF document** for shake ideas and/or create your own.