



FULL BODY DETOXIFICATION

30-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.

- 2 containers of “SP Complete” 32 ounce Powder (2 X 32 oz. = 64 oz. = 128 Tablespoons)
- 2 bottles of “SP Cleanse” 150 Capsules
- 2 bottles of “Gastro-Fiber” 150 Capsules
- 2 bottles of “SP Green Food” 150 Capsules
- 3 bottles of EFA Oil Liquid, 8 ounces (24 ounces = 144 teaspoons)
- 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, call Advanced Clinical Nutrition right away.

SUPPLEMENT DAILY DOSAGES

SUPPLEMENTS DOSAGE for CAPSULES:

- **21 SP Cleanse 150 Capsules, i.e., 7 capsules - 3 times per day.**
 - You consume two bottles in the first two week (14 days), and will not take any in the remaining days of the 30-Day Cleanse.
- **9 Gastro-Fiber 150 Capsules, i.e., 3 capsules - 3 times per day.**
- **7 SP Green Food 150 Capsules, 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) – Use 4 level tablespoons or scoopers daily. Use a knife along the top of a 1 T. Measuring spoon or the SP Scooper to level the powder.
 - a. Drink 2 shakes daily, using two (2) Tablespoons per shake **OR**
 - b. Drink 4 shakes daily, using one (1) Tablespoon per shake.
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** (4 teaspoons daily) = For 2 shakes daily, add 2 teaspoons each shake or if consuming 4 shakes daily, add one (1) teaspoon per shake.) In other words, you use at least one teaspoon of EFA Oil for every one Tablespoon of SP Complete.
 - a. **Dr. Smith may recommend that** one teaspoon of Mila or our Coconut Oil in place of one teaspoon EFA Liquid Oil, for special purposes.
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)



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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. **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 consume 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,**
 - i. omit the fresh fruits or vegetables, and blend
 - ii. R.O. water,
 - iii. a few cubes of R.O. ice,
 - iv. your SP Complete scoop(s), and
 - v. EFA Liquid Oil.
 - vi. Then drink quickly.
 - vii. Follow with a large glass of R.O. water or juice to cut the taste.
4. **SP Complete Shakes (Recipes)** – Refer to this PDF document for shake ideas for variety, using the amount of SP Complete and EFA oil as directed on page 3.



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Using the Extra SP Complete and EFA Oil Liquid:

Using as directed on page three for 30 Days, you will have 8 Tablespoons of SP Complete and 24 teaspoons of EFA Oil Liquid extra, i.e., at the end of 30 days. The instructions below will provide beneficial ways for using this extra: Note: The amounts may differ slightly if there was any oil or powder spillage or if powder was not leveled. In this case, adjust the following measurements accordingly.

1. If you are an exception to most clients and experience any hunger or low blood sugar symptoms in the first three days after starting this program, which will naturally subside once you have consumed enough of all the nutrients after three days, you can drink two more shakes per day on Day 1, 2 and 3, in addition to the above.
 - a. However, for these two shakes, use 2 or 3 teaspoons of EFA Oil Liquid and one (1) Tablespoon of SP Complete, twice daily. The extra oil will give additional help with both symptoms.
 - b. This will still leave you with 2 Tablespoons of SP Complete and
 - i. 12 teaspoons (if 2 teaspoons were used in the first three days) or
 - ii. 6 teaspoons (if 3 teaspoons were used in the first three days).
 - iii. This left-over is beneficial in the event that instead of 30 days, your Green Food or Gastro-Fiber capsules last for:
 1. 31 Days, you will have enough for two shakes on the 31st Day OR
 2. if they last 32 days, you can drink one shake on the 31st day and another shake on the 32nd Day.
 3. Depending upon which applies above, you can figure out how much of the left over SP Complete and EFA oil you have to make your shakes. Occasionally, we find a supplement bottle with a few more pills than indicated on the bottle.
2. If you are like most clients and do not feel hungry or any low blood sugar symptoms in the first three days, but would just like to have an extra shake on some of the days throughout your 30-day program, you have enough extra to make 8 shakes using 1 Tablespoon of SP Powder and 2 or 3 teaspoons of EFA Oil for each shake.
3. If you complete your 30-day Program as directed on Page 3 and did not make any extra shakes, you can use the left-over 8 Tablespoons of SP Complete and 24 teaspoons of EFA Oil Liquid for a eight meal replacements, such as for breakfast on a morning you may be in a rush and do not have time to eat a proper meal or if you do not have time to prepare food for lunch. In fact, after completing this 30 Day Program and using the left-over, many clients will **"Special Order"** SP Complete and EFA Oil Liquid to continue making shakes for meal replacements, as needed.