



## THE REJUVENATING BODY CLEANSE

# CLEANSE AND REGENERATE

INCREASE ENERGY LEVELS

ENHANCE YOUR MENTAL CLARITY

REDUCE YOUR TOTAL BODY FAT

MAXIMIZE NUTRIENT ABSORPTION

REDUCE/ELIMINATE BAD BREATH

CLEAR UP YOUR COMPLEXION

... AND MUCH, MUCH MORE

### **NOTES:**

- The Rejuvenating Body Cleanse is a modified one-week vegetable fast
- The Rejuvenating Body Cleanse does not interfere with your work schedule
- **Carefully read the complete instructions before you begin**





# INTEGRATIVE SOLUTIONS

## THE REJUVENATING BODY CLEANSE

### What is a Body Cleanse and why do it?

The basic foundation of the Rejuvenating Body Cleanse is a modified fast. Fasting programs have been used for hundreds of years in many different cultures. People have used fasting as a method of healing and it has stood the test of time. It challenges, yet enhances, the physical, emotional and spiritual levels of human existence.

As there are many reasons for fasting, there are many types of fasts. A true fast means the elimination of all food for a certain period of time; however, there are hundreds of different modified fasts that either eliminate or include only specific foods. The foods that people eat during a fast help cleanse the liver, repair the digestive system and/or enhance immune function. Fasts usually eliminate foods that have high antigenicity (potential to be a food allergy), cause excess stress to digestion (fat), have a lack of nutrients (white flour) or contain toxic additives (aspartame, dyes, colouring, preservatives).

**How often is this Cleanse Recommended?** The powerful effects of this program will enhance your health during a period of time after the fast, but don't be fooled into thinking that the body cleanse you complete today will help you in years to come. We highly recommend everyone complete *The Rejuvenating Body Cleanse* on a yearly basis because your body is an amazing, dynamic, ever-changing organism. For instance, does your body require only one haircut during your lifetime, one day of exercise or one shower? Obviously the answer is no. This program is not a one-shot process but a yearly method of maintaining your body's intricate digestive and immune systems (better yet, 2, 3, or 4 times per year for those that are more proactive & more desirous of optimal health.)

To make this easier to comprehend, we must first understand the basic elements of human digestion and immune function.

1. First, our body runs extremely efficient on the food created by God, the natural food that grows from the ground.
2. Every time you ingest foreign material unrecognized by the body (Diet Coke, Twinkies, white bread, preservatives, chemical additives, etc.), your body begins to dysfunction.
3. When challenged with food toxins, your body undergoes an inflammatory response that creates excess mucous in the digestive tract. If this continues day after day, year after year, the delicate tissue of the digestive system responsible for absorption of nutrients begins to break down. The excess inflammation disrupts normal digestion and absorption and you are left with a dysfunctional digestive system.
4. We must also understand that ingesting an adequate level of nutrients has a profound healing effect on the body. Without nutrients you would be unable to lose fat, gain muscle, think clearly, have emotional stability, fight disease or secrete hormones that control sugar balance, energy, sex drive, thyroid function, sleep and stress control.

In summary, nutrients have an effect on every function of the human body!

You might ask, "If the body is an amazing healer, then why can't it just heal the digestive system?" Well, let's consider road construction crews as an analogy. Can they heal the potholes in the road? Sure they can. However, they are not going to do it during rush hour traffic. When your body is constantly digesting without ever having a day of rest it will focus on digestion, not healing. Once the "traffic" stops it will have the opportunity to heal just like the construction workers who work during off-peak hours. Think of the last time you spent an entire day not eating. It probably never happened. The Rejuvenating Body

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Cleanse will allow your body to spend 1, 2, 3, or 4 weeks a year fixing and cleaning one of the most important systems of the body, the digestive system. This system has a web-like effect on all systems of the body, directly affecting the function and health of each system. The digestive system has an effect on your cardiovascular, immune, nervous, musculoskeletal and endocrine systems. **Inadequate digestion is the easiest way to initiate disease.**

## **Modified Vegetable Fast for Maximum Healing**

The Rejuvenating Body Cleanse is a **modified vegetable fast** with intensive nutrient support to help heal the digestive system and enhance the liver's ability to detoxify. In addition to enhancing your body's ability to function, this fast has been shown to increase energy levels, enhance mood and concentration, clear up your complexion, normalize bowel function, decrease joint pain, enhance sleep and alleviate many other symptoms.

The allowed vegetables can be either raw or lightly steamed. For added taste, add lemon juice, pepper or Braggs Liquid Aminos. Eat vegetables with fibrous carbohydrate content and stay away from vegetables with high starchy carbohydrates or high fat content (see page 8 for lists). We highly recommend organic vegetables if you have access to them. Eating organic vegetables will further decrease the toxic load to your body. Non-organic vegetables have high levels of pesticide residues in them. One report on pesticides stated that some vegetation had far more than a dozen different pesticides on them!

**An OIL CHANGE for your body:** The typical North American diet has a substantial imbalance in essential oils which has a detrimental effect on body function. During the body cleanse you will not cook with any oils. However, after the cleanse is over it is recommended that you begin to use healing oils such as flax seed, chia, hemp, pumpkin seed, extra virgin olive oil, walnut oils, and pure fish oils. Simply put, your body will undergo an oil change. The excess animal fats or heat-processed vegetable oils in our diet enhance weight gain, increase inflammation, decrease hormonal function and increase heart disease and osteoporosis. The good raw plant/seed oils you will ingest will do the exact opposite: enhance fat loss, decrease inflammation, increase hormonal function and decrease heart disease and osteoporosis. These good oils will also increase cellular communication and the cells' ability to detoxify. The bad oils are stiff, firm fats and make each cell more rigid and less flexible. When cells are not flexible, they have a harder time letting nutrients in the cell and a harder time letting the garbage out. Eventually the cells become toxic and unable to fight disease.

## **Nutritional Support**

During the program you will take a number of different nutritional products: Shaklee 180 Life Shakes, Herb-Lax, Liver DTX, EZ-Gest, and Alfalfa. Each of these products has a precise and distinct purpose during the fasting process. If you omit any one of these products, you may have less than optimal results during the Rejuvenating Body Cleanse.

- ❑ **Liver DTX, Alfalfa, and Shaklee 180 Life Shakes**, are classified as "medical foods" and they are the foundation of the Rejuvenating Body Cleanse. These products taken together provide all the nutrients your digestive system will need to repair and your liver will need to maximize detoxification. The following are specific benefits of these nutrients:
  1. They will provide the cells of your intestines the best food to allow them to grow healthy and multiply.
  2. They will provide your liver with important nutrients to help it remove the excess toxins released during the program.
  3. They will supply your body with enough protein and carbohydrates to keep the intestinal cells from dying and allow your body's normal hormone function to continue.
  4. They will reduce the risk of Leaky Gut Syndrome.



- ❑ **Herb-Lax** is a natural laxative. It is not habit forming like other natural herbs and it works by enhancing the contraction of the colon and rectum. It does not work by binding more water to the stool, which can cause rebound constipation when you discontinue the product. Herb-Lax will guarantee normal bowel function. Your body will be releasing an excessive amount of toxins during the program and the longer they stay in your body the more toxic it becomes.
- ❑ **EZ-Gest** contains digestive enzymes that increase digestive function. When you fast, your body decreases its production of hydrochloric acid because it does not have as much food to digest. Using the EZ-Gest will enable your body to handle food after the program with no problem.
- ❑ **Alfalfa** is a smorgasbord of minerals & chlorophyll that promote an alkaline reaction in the blood, helps normalize blood lipids, increases kidneys' filtration rate, and reduces malabsorption by increasing availability of many trace nutrients.

**NOTE:** The **Shaklee 180 Life Shake** contains prebiotics which supports the growth of beneficial bacteria in the digestive system! The Standard North American Diet and abuse of antibiotics kill off most of the good bacteria that help us absorb nutrients and leaves room for harmful bacteria, fungus (yeast) and parasites to flourish in our intestinal tract. The prebiotics in the Shaklee 180 Life Shake will help to nourish probiotics, which will in turn enhance nutrient absorption and strengthen your immune system.

Later in this document you will see the suggested dosages of each of these products.

## Hydration and Relaxation Therapy

A critical component of the program is water. Be sure that you drink a copious amount of water during the program. To release many of the toxins in the body, you must be well hydrated. Drink at least 2 quarts (64 ounces) of purified water daily.

It is also important for you to keep your body in a relaxed state of healing during the program. As stated earlier, try to complete The Rejuvenating Body Cleanse in a low-stress environment. When your body is under excess stress, it will release a hormone called cortisol, which will decrease your body's ability to heal.

## Other Beneficial Therapies During the Rejuvenating Body Cleanse

During the program you should exercise to increase blood flow and enhance detoxification. Running or walking twenty to thirty minutes every day is the best method of exercise during this program. This type of exercise works best if you keep the same schedule of exercise each day.

Right after exercising, it is beneficial to go into an infrared **sauna**. Start at twenty minutes a day and increase ten minutes each day until you get to an hour. The temperature of the sauna should be between 100 – 130 degrees. When you spend time in a sauna at low temperatures, your body will secrete fat soluble toxins. Just as we want to make sure the body is having normal bowel movements, we want perspiration to help release the toxins through the skin. It is very important not to let the sweat dry after getting out of the sauna. Taking a shower after being in the sauna will help to flush the toxins that were secreted through the skin.

It may sound as if you need to quit work to try to do all these therapies; however, many of these techniques can be combined. You can go to the gym in the morning, go for a 20 minute run and then sit in the sauna. After twenty minutes, you can stretch and complete everything in just over an hour! We recommend these techniques not only during the program, but daily for a lifetime of health.



To confirm any digestive dysfunction, you may complete a **"Wellness Profile"** or you may be wise to invest in a thorough **"Elisa Food Allergy Test"**. We can evaluate the results of these tests to specifically tailor your body cleanse.

### General Program Guidelines

- Avoid any foods which you know you are intolerant or allergic.
- Select fresh foods whenever you can. If possible, choose organically grown vegetables. Wash produce in a dilute solution of Shaklee Basic H2 and rinse thoroughly. The "cleaner" you eat; the better the program will work.
- Drink at least 2 quarts (64 ounces) of plain, purified, distilled or reverse osmosis water each day.
- Exercise to increase blood flow and enhance detoxification, get adequate rest and reduce your stress. These are all important to the success of this program.

### Precautions

- Do not go on this program if you are pregnant, nursing, have kidney disease, anemia or are under age 12.
- You may need to curtail more strenuous physical activity due to a lower level of energy during the program. Judge for yourself and adjust accordingly.
- If you consume a significant amount of caffeinated beverages or simple sugars, you may experience withdrawal headaches if you discontinue them all at once. We recommend that you decrease your intake of these substances before you start the program and replace them with a healthy choice (we recommend Shaklee 180 Energy Tea, a combo of four medicinal teas ... Green, Red, White & Matcha).
- As you eliminate foods and increase the nutritional support that your body needs you may briefly experience some reactions. These may include transient sleep disturbances, changes (up or down) in body temperature, light-headedness, mood swings, mild headaches, muscle aches, bloating, changes in body odor or breath, or changes in bowel habits. These reactions are generally minor and temporary.
- If you do experience some response that is troublesome and you have concerns, communicate this to us. We can then adjust your program to better suit your needs.

### Shaklee 180 Life Shake Guide

Use Shaklee 180 Life Shake as part of your meal or as a meal replacement. Due to settling of the powder, shake the container several times before opening. Using the scoop provided, mix two scoops of the powder with 10 ounces of purified water. Add ice if desired. Briskly stir or blend the product until mixed. Drink slowly. (Two scoops provides 20 grams of protein.)

### Disclaimer

Before beginning this program you should discuss it with your healthcare practitioner. This program is not designed to treat any diseases regardless of what the disease is called. It is designed to enhance the normal function of the body allowing the body to enhance its own inherent healing capabilities. If you are on any medications, check with your doctor before beginning this program.

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## The Rejuvenating Body Cleanse (1 Week Program)

### One Week Prior to the Program:

- ❑ Make sure you have the nutrients for the program. The following are the products that you will need:
  - 1 Liver DTX (90 capsules)
  - 1 Shaklee 180 Life Shake
  - 1 EZ-gest (30 tablets)
  - 1 Alfalfa (450 tablets)
  - 1 Herb-Lax (120 tablets)
  - 1 Optiflora Pearl (30 capsules)
  - 1 Optiflora DI (30 capsules)
  - OmegaGuard (90 capsules) – for your “Body Oil Change”
- ❑ Gradually cut out excess sugar, soda, candy, cookies, ice cream and deep fried foods from your diet.
- ❑ HIGHLY RECOMMENDED: Gradually decrease coffee or tea and replace with Shaklee 180 Energy Tea, a combo of four medicinal teas ... Green, Red, White & Matcha

### DAY 1

If you usually eat very poorly, you may continue Day 1 for three days and extend the program to make the process easier to handle.

- ❑ Eliminate all processed foods, fried foods, all milk products, grains, meats, white flour and preservatives.
- ❑ You may eat fruits, vegetables, nuts, beans, rice and other starches.
- ❑ The only oil you can use is flaxseed, hemp, walnut, extra-virgin olive oil, coconut, or pumpkin oil. You can sprinkle them on salads or other vegetables. Do not heat these oils. Use organic oils if available.
- ❑ In order to optimize bowel function during the program, begin taking two tablets of **Herb-Lax** every night before bed. If you still do not have at least two bowel movements a day, increase up to four tablets a day.
- ❑ Initiate **Alfalfa**, 6 tablets twice a day, and 1 **Optiflora Pearl** in the a.m. & 1 **Optiflora D.I.** in the p.m.
- ❑ Begin **Liver DTX**, 3 capsules twice a day and **Shaklee 180 Life Shake**, 2 scoops twice a day.

### DAY 2

- ❑ Eliminate all other foods from your diet with the exception of fresh fruits and vegetables or lightly steamed vegetables. Eat up to 3-5 fruits a day but you may eat as many vegetables as you desire. Do not sauté or cook the vegetables. If you need some more flavor use **Braggs Liquid Aminos** on the vegetables or flavor with lemon or pepper.
- ❑ **Shaklee 180 Life Shake**, 2 scoops twice a day.
- ❑ **Liver DTX**, 3 capsules twice a day
- ❑ **Alfalfa**, 6 tablets twice a day, and 1 **Optiflora Pearl** in the a.m. & 1 **Optiflora D.I.** in the p.m.
- ❑ Two tablets of **Herb-Lax** every night before bed. If you still do not have at least two bowel movements a day, increase up to four tablets a day.

### DAY 3

- ❑ Eliminate fruit from your diet. Consume only fresh (preferred) or lightly steamed vegetables. You may eat as many vegetables as you desire during the day.
- ❑ **Shaklee 180 Life Shake**, 2 scoops twice a day.
- ❑ **Liver DTX**, 3 capsules twice a day
- ❑ **Alfalfa**, 6 tablets twice a day and 1 **Optiflora Pearl** in the a.m. & 1 **Optiflora D.I.** in the p.m.
- ❑ Two tablets of **Herb-Lax** every night before bed. If you still do not have at least two bowel movements a day, increase up to four tablets a day.

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**DAY 4**

- ❑ Eliminate all foods from your diet and consume only the **Shaklee 180 Life Shake** during the day. Since you have gradually reduced the consumption of foods during the first three days of the program, you should not have excessive cravings for food. Consuming only fruits and vegetables for the last two days helped to slow your metabolism and enabled your body to comfortably deal with the cleansing program. Once you reintroduce food, your metabolism will bounce back to its normal rate.
- ❑ When possible on this day, spend time in nature, walking, praying, stretching. Relax. It would be ideal to take a vacation day on Day 4. When hungry drink more water.
- ❑ **Shaklee 180 Life Shake**, 4 to 6 scoops throughout the day
- ❑ **Liver DTX**, 3 capsules twice a day
- ❑ **Alfalfa**, 6 tablets twice a day and 1 **Optiflora Pearl** in the a.m. & 1 **Optiflora D.I.** in the p.m.
- ❑ Two tablets of **Herb-Lax** every night before bed. If you still do not have at least two bowel movements a day, increase up to four tablets a day.

**DAY 5**

- ❑ Reintroduce fresh fruits and fresh or lightly steamed vegetables to the diet. Again, you may consume up to five fruits a day and as many vegetables as possible.
- ❑ **Shaklee 180 Life Shake**, 2 scoops twice a day.
- ❑ **Liver DTX**, 3 capsules twice a day
- ❑ **Alfalfa**, 6 tablets twice a day and 1 **Optiflora Pearl** in the a.m. & 1 **Optiflora D.I.** in the p.m.
- ❑ Two tablets of **Herb-Lax** every night before bed. If you still do not have at least two bowel movements a day, increase up to four tablets a day.

**DAY 6**

- ❑ Begin to slowly add protein sources to your diet including nuts, beans, fish, chicken, turkey, etc.
- ❑ **Shaklee 180 Life Shake**, 2 scoops twice a day.
- ❑ **Liver DTX**, 3 capsules twice a day and
- ❑ Two tablets of **Herb-Lax** every night before bed. If you still do not have at least two bowel movements a day, increase up to four tablets a day.

**DAY 7**

- ❑ Slowly introduce grains (breads, cereals, pastas) and starches (potatoes, rice) to your diet as desired.
- ❑ Begin taking **EZ-Gest**, 1 tablet before each meal. Continue taking this product for thirty days. This will enhance your body's digestion during and after the program. If you feel warmth or irritation in your abdomen within two hours after taking **EZ-Gest**, you may have adequate digestive acid. Talk to your nutritionist.
- ❑ **Shaklee 180 Life Shake**, 2 scoops twice a day.
- ❑ **Liver DTX**, 3 capsules twice a day
- ❑ **Alfalfa**, 6 tablets twice a day and 1 **Optiflora Pearl** in the a.m. & 1 **Optiflora D.I.** in the p.m.
- ❑ Two tablets of **Herb-Lax** every night before bed. If you still do not have at least two bowel movements a day, increase up to four tablets a day.

**DAY 8 and beyond**

- ❑ The Rejuvenating Body Cleanse is over and you may begin to slowly reintroduce foods that you eliminated on Day 1.
- ❑ **It would be in the best interest of your health to continue to refrain from, or consume sparingly**, the foods listed in Day 1: processed foods, fried foods, milk products, grains, red meats, white flour and preservatives.



- ❑ For bowel health maintenance, continue with one **Herb-Lax** at bedtime. If you have fewer than two bowel movements daily, use more.
- ❑ Continue taking 1 **Liver DTX** daily. Your body will continue to detoxify slowly as long as you continue taking this product. Even though you are not following the strict dietary recommendations anymore, these products continue to have healing effects.
- ❑ Continue taking **Alfalfa** liberally, to continue to experience the many benefits listed earlier.
- ❑ The **Shaklee 180 Life Shake** is a great "FOOD" choice, and contains prebiotics. It is recommended to use 2 scoops every day.
- ❑ To begin your "oil change" and create healthy cell membranes that further support immune and detoxification activity begin utilizing the oils mentioned earlier. Take 6 **OmegaGuard** every day for 2 weeks. Then you may reduce to 3 or 4 per day.

## Vegetable Chart

### **FIBROUS CARB VEGETABLES**

- Asparagus
- Bamboo shoots
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Eggplant
- Green beans
- Green peppers
- Leafy green lettuce (e.g., Romaine)
- Leeks
- Red peppers
- Spinach
- Summer squash
- Zucchini

### **STARCHY / HIGH FAT VEGETABLES**

- Artichokes
- Avocado
- Beans (e.g., black, kidney, lima, navy, pinto)
- Black-eyed peas
- Chick peas (garbanzo beans)
- Corn
- Green peas
- Lentils
- Olives
- Parsnips
- Plantains
- Potatoes
- Pumpkin
- Split peas
- Sweet Potatoes
- Turnips
- Winter squash (e.g., acorn, butternut, spaghetti)
- Yams

## References

Krohn, Jacqueline. *Natural Detoxification*. Point Roberts, Washington: Hartley and Marks Publishers, Inc., 1996.  
 Baker, Sidney, M. *Detoxification and Healing*. New Canaan, Connecticut: Keats Publishing, 1997.  
 Murray, Michael. *Encyclopedia of Natural Medicine*. Rocklin, California: Prima Publishing, 1997.



## Personal Journal – Day 1

Nutrient	Breakfast	Lunch	Dinner	Bedtime
Liver DTX (3 capsules 2x a day)				
Shaklee 180 Life Shake (2 scoops 2x a day)				
Alfalfa (6 tablets 2x a day)				
Optiflora Pearl (1 a.m.) Optiflora D.I. (1 p.m.)				
Herb-Lax (2-4 tablets)				

## Diary:

You may use the following space to record feelings, thoughts, and/or physical symptoms that you experience as you begin your fast.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

"Most diseases begin in the kitchen."

Paul White, M.D.

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## Personal Journal – Day 2

Use the following chart to keep track of the nutrients you need to take today. You may place a check mark in the box corresponding to the nutrient and time of day to ensure that you are following the correct schedule.

Nutrient	Breakfast	Lunch	Dinner	Bedtime
Liver DTX (3 capsules 2x a day)				
Shaklee 180 Life Shakes (2 scoops 2x a day)				
Alfalfa (6 tablets 2x a day)				
Optiflora Pearl (1 a.m.) Optiflora D.I. (1 p.m.)				
Herb-Lax (2-4 tablets)				

## Diary:

Today you start the fruits and vegetable-only portion of the diet. You may get hungry during the next couple of days, but remember that you may eat all the approved vegetables that you want! Use the following space to record feelings, thoughts and/or physical symptoms that you experience on this day.

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"Health is a matter of choice, not a mystery of chance."

Robert A. Mendelssohn, M.D.

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Nutrient	Breakfast	Lunch	Dinner	Bedtime
Liver DTX (3 capsules 2x a day)				
Shaklee 180 Life Shakes (2 scoops 2x a day)				
Alfalfa (6 tablets 2x a day)				
Optiflora Pearl (1 a.m.) Optiflora D.I. (1 p.m.)				
Herb-Lax (2-4 tablets)				

## This image shows a blank sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

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Nutrient	Breakfast	Lunch	Dinner	Bedtime
Liver DTX (3 capsules 2x a day)				
Shaklee 180 Life Shakes (2 scoops 2x a day)				
Alfalfa (6 tablets 2x a day) Optiflora Pearl (1 a.m.) Optiflora D.I. (1 p.m.)				
Herb-Lax (2-4 tablets)				

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## Personal Journal – Day 5

Use the following chart to keep track of the nutrients you need to take today. You may place a check mark in the box corresponding to the nutrient and time of day to ensure that you are following the correct schedule.

Nutrient	Breakfast	Lunch	Dinner	Bedtime
Liver DTX (3 capsules 2x a day)				
Shaklee 180 Life Shakes (2 scoops 2x a day)				
Alfalfa (6 tablets 2x a day) Optiflora Pearl (1 a.m.) Optiflora D.I. (1 p.m.)				
Herb-Lax (2-4 tablets)				

### Diary:

Time to start eating fruits and vegetables again! Eat up to 3-5 fruits today and as many raw or lightly steamed vegetables of your choice. You may use the following space to record feelings, thoughts and/or physical symptoms as you start eating again.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

"To eat is a necessity, to eat intelligently is an art."

La Rochefoucauld

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Nutrient	Breakfast	Lunch	Dinner	Bedtime
Liver DTX (3 capsules 2x a day)				
Shaklee 180 Life Shakes (2 scoops 2x a day)				
Alfalfa (6 tablets 2x a day) Optiflora Pearl (1 a.m.) Optiflora D.I. (1 p.m.)				
Herb-Lax (2-4 tablets)				

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Nutrient	Breakfast	Lunch	Dinner	Bedtime
EZ-Gest (1 tablet before each meal)				
Liver DTX (3 capsules 2 x a day)				
Shaklee 180 Life Shakes (2 scoops 2 x a day)				
Alfalfa (6 tablets 2x a day)				
Optiflora Pearl (1 a.m.) Optiflora D.I. (1 p.m.)				
Herb-Lax (2-4 tablets)				

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- o Continue with 1 EZ-Gest with each meal for 30 days ... then reduce to 1 per day (with the biggest meal of the day)
- o Begin your Oil Change ... take 2 OmegaGuard 3x a day for 2 weeks ... then reduce to 3 or 4 per day for daily maintenance

**“The doctor of the future will give no medicine but will interest his patients in the care of the human frame, in diet, and in the cause and prevention of disease ... the physician of tomorrow will be the nutritionist of today.”**

Thomas Edison

## CONGRATULATIONS!!

You have successfully completed your annual Rejuvenating Body Cleanse. I am sure you were shocked that you were able to make it through the program. It is common that people thought that they would have been more hungry than they were. It is also common for people to have psychological desire for food during the program without the body's instinctual craving for it.

Did you have any different or odd symptoms during the program? What did you learn about your diet? About your water intake? About your cravings? You should have less cravings than you had before the program and this is the time to decide on which of those foods you want to eliminate from your diet. You have less physical and psychological desire for them and it will be easier to eliminate them from your diet after the Rejuvenating Body Cleanse.

If you understand the importance of the program you probably understand the need to do it annually. If you spend one week a year doing a body cleanse you will have less symptoms, more energy and lower risk of chronic diseases. Schedule your next cleanse one year from now in your date book, Outlook or other calendar. Keep this packet in a health file with your personal records and reflect on your journal during your program next year.

Below is a list of lifestyle changes. Review these changes and check off which ones you want to introduce for the next year. Before your next cleanse, reflect on the lifestyle changes that you committed to and make modifications, additions or eliminations. If you could commit to only one lifestyle change, it would be a positive step to reaching optimal health.

<input type="checkbox"/>	Drink 8 (12oz.) glasses of water	<input type="checkbox"/>	Commit to more vegetable sources of protein
<input type="checkbox"/>	Reduce/eliminate fast food	<input type="checkbox"/>	Start a responsible supplement program
<input type="checkbox"/>	Eliminate dairy from the diet	<input type="checkbox"/>	Increase consumption of flax and ocean fish
<input type="checkbox"/>	Stop drinking coffee	<input type="checkbox"/>	Start doing aerobic exercise
<input type="checkbox"/>	Stop drinking soft drinks	<input type="checkbox"/>	Start a weight resistance exercise program
<input type="checkbox"/>	Decrease consumption of sweets	<input type="checkbox"/>	Focus on stress management
<input type="checkbox"/>	Add vegetables to every lunch and dinner	<input type="checkbox"/>	Sit in the sauna once a week
<input type="checkbox"/>	Start eating organic foods	<input type="checkbox"/>	Commit to the Rejuvenating Body Cleanse at least once a year

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