

## **PHASE I: CLEANSE & DETOX**

### **THE ISSUE:**

Toxins are everywhere – in the foods we eat, the air we breathe and the ground we walk on. These toxins build up in our body and may contribute to weight gain, loss of overall energy, poor skin tone and overall general health, not to mention optimal health. In recent years, more attention has been given to detoxification or cleansing, and for good reason. Contaminants such as air pollution, cigarette smoke, radiation and carbon monoxide are found in our everyday environment and greatly influence our health and well-being. Furthermore, since the typical American diet is filled with processed foods, what we eat also adds to our concerns.

Over time, toxins may affect our health, hindering proper digestion and absorption. When the ability to absorb nutrients we consume daily becomes diminished we no longer receive the full benefit of our daily diet. Essential nutrients work synergistically to keep the body performing at peak functional ability. Proper absorption of nutrients are essential to maintaining a healthy body.

### **THE SOLUTION:**

The Herbal Cleanse system is for you if you desire to set the stage for weight loss and improved metabolism. This carefully designed system can help rid your body of toxins and waste with a unique blend of herbal ingredients. Using a systematic approach, this 10-day process guides you day by day through the steps for internal cleansing, improved digestion and better absorption. The Herbal Cleanse supports the body's metabolic systems and general health during the detoxification process.

Many who use The Herbal Cleanse experience an encouraging reduction in pounds and/or inches when pairing the system with the TE recommended meal plan and exercise.

## Shopping Guide / Food Portion Chart

Shakes	Protein	Fruit	Vegetables	Low/Med Glycemic Carbs	Healthy Fats
Serving Size...					
	S M L XL  <i>Meat &amp; Fish are weighed in ounces after cooking</i>	S M L XL	S M L XL	S M L XL	<u>Nuts</u> <i>Almonds or Cashews</i> S M L XL <u>Avocado</u> S M L XL
Choose From...					
<b>Meal Replacement Shake – breakfast</b>  <b>Muscle Gain - may substitute for protein in any meals but no more than two per day</b>  <b>AdvoGreen Shake – Vegetarian option</b>	<u>Meat</u> Chicken breast Turkey breast 99% ground turkey 96% ground beef  <u>Fish</u> Halibut Tilapia Cod Salmon Tuna Fillet Shrimp Crab Lobster  <u>Egg Whites</u> S M L XL  <i>Egg cooked w/zero calorie pan spray is ok. No cooking in oil or butter.</i>	Strawberries Raspberries Blackberries Grapefruit Cantaloupe Guava Nectarine Cherries Peach Plum  <b>Orange</b> <b>Pear</b> <b>Apples</b> <b>Blueberries</b> <b>Kiwi</b> <b>Pitted Prunes</b> <b>Grapes</b>	<u>Spinach</u> <u>Cucumbers</u> <u>Lettuce (Any)</u> <u>Celery</u> <u>Leeks</u> <u>Green onion</u>  <b>Kale</b> <b>Swiss Chard</b> <b>Asparagus</b> <b>Green beans</b> <b>Carrots</b> <b>Rutabaga</b>  All Peppers All Onions Tomatoes Cauliflower Collard Greens Cabbage Mushrooms Zucchini Snow peas Parsnips Kohlrabi Beets Broccoli Brussel Sprouts Artichoke Eggplant  <i>Free food <b>yellow</b></i>  <i>Food best for constipation <b>Bold</b></i>	Yams 158 Couscous 176 Brown rice 216 Lima Beans 216 Quinoa 222 Kidney Beans 225 Black beans 227 Lentils 230 Navy Beans 256 Chickpeas 286 Oatmeal 300 Pinto Beans 360 Brown Rice Cakes  <b>How to Measure:</b> Yams <i>cooked ounces on a scale</i> Oatmeal <i>dry measuring cup.</i> All others <i>cooked measuring cup.</i>  Oatmeal, Quinoa & Chickpeas ( <i>garbanzo beans</i> ) <i>have most fat content.</i>  Beans <i>have a much higher protein content.</i>  <i>The # listed after each is the amount of calories in 1 cup cooked. Oatmeal calories are 1 cup raw oats uncooked.</i>	<u>Spreads</u> <i>Peanut or Almond Butter</i> S M L XL  <u>Olive Oil</u> S M L XL

## Cleanse Phase I: Day 1 EXAMPLE

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Time <i>2.5 – 3.5 hours apart</i>	Event	What to Consume	Tips
	Wake up	Fiber Drink Spark 1 Probiotic	<i>The “Unflavored Fiber can be mixed with your Spark.</i>
	Breakfast	Meal Replacement Shake 2 Omega Plex 1 Bio Tune	<i>Must have breakfast shake within 1hr of waking up and 5-30 min after Fiber Drink</i>
	AM Snack	Fruit + Vegetables Green Tea with Lemon	<i>Eat a serving every 3 hours.</i>
	Lunch	<i>Shown on full meal plan</i>	<i>You may eat extra veggies this day as much as you would like.</i>
	Afternoon Snack	Fruit + Vegetables Green Tea with Lemon	<i>Make sure you have consumed 1/2 gallon of water by now.</i>
	Dinner	<i>Shown on full meal plan</i>	
	Before Bed	2 Herbal Cleanse pills 2 Omega Plex 1 Probiotic	<i>Finishing 1 gallon of water</i>
	Anytime	Rehydrate	<b>1 per day is mandatory.</b> <i>Have extra if you feel nauseous, lightheaded or your body is not feeling 100%</i>

**RED: Required AdvoCare Supplements**

**BLUE: Optional AdvoCare Supplements for better results**

**BLACK: Food**

- Working out is not suggested on day 1. Reserve your bodies energy resources to begin purging and cleansing your system
- The meal plan for days 2-10 will include a significant increase in the amount of Protein, Carbohydrates and Fats throughout the day