

quick-start guide

10-Day Express Detoxification Program

Day 1

Eliminate all:

- Refined sugars—anything with added sucrose, high fructose corn syrup, or alcohol (cakes, cookies, candies, pastries, beer, wine, liquor)
- Caffeinated drinks (sodas, coffee, tea)
- Artificial colorings, flavorings, and sweeteners (packaged and processed foods)
- Flesh foods (beef, pork, lamb, poultry, fish, wild game)

Day 2

In addition to eliminating foods listed for Day 1,

eliminate all:

- Dairy products and eggs

Start Medical food—1 scoop twice today

Day 3

In addition to eliminating foods listed for Days 1 & 2,

eliminate all:

- Gluten grains—wheat, rye, barley, spelt, kamut, corn, and oat**
- Note: You may continue to eat quinoa, rice, millet, and buckwheat

Continue Medical food—1 scoop twice today

Day 4

In addition to eliminating foods listed for Days 1-3,

eliminate all:

- Remaining grains (quinoa, rice, millet, buckwheat)
- Nuts and seeds
- Note: You now should be eating vegetables, fruits, and legumes only (along with the medical food)

Increase Medical food—2 scoops twice today

Days 5-7

Continue eliminating foods listed for Days 1-4, as well as legumes (beans, peas, lentils). Eat only those fruits and vegetables as listed below:

- Cruciferous vegetables (broccoli, cauliflower, kale, cabbage, Brussels sprouts)
- Raw greens (red and green lettuce, romaine, spinach, endive)
- Fresh apples and pears (whole or freshly juiced)
- Canned apple or pear juice (no sugar added)

Increase Medical food—2 scoops four times per day

Day 8

Gently **add back** fruits, vegetables, and white rice (only) to diet.

Decrease Medical food—2 scoops three times today

Day 9

Add back:

- Quinoa, millet, and buckwheat
- Legumes and nuts

Finish last two servings of medical food left in canister (2 scoops twice today)

Day 10

Congratulations! You have successfully completed the 10-Day Express Detox Program. For maximum benefit from this program, it is important to slowly reintroduce the foods which you have not added back to your diet yet. If you suspect that you have food allergies, try only one new food at a time and wait 24-48 hours to see if you note a reaction. If unsure about a reaction, wait until symptoms recede and eat only foods that do not cause a reaction. Then ingest the suspicious food again and take note.

Basic Product Mixing Instructions

Combine 2 scoops of the medical food for detoxification that you've been instructed to consume with 8-10 ounces of water or other liquid. Briskly stir or blend the product until thoroughly mixed. You can use the product **Mixing Variations** below to create delicious shakes.

Mixing Variations for a great-tasting shake

(Note: Recipes that include milk substitutes are only allowed during Step 1 and Step 3. Adjust the amount of powdered product you use based on the daily recommendation. You may also need to adjust the amount of added liquid accordingly.)

2 scoops powdered product
6-8 oz. water
1-2 slices of pineapple, 1 peach, ¼ cup berries, or ½ banana
2-3 ice cubes

2 scoops powdered product
3 oz. water, apple, berry, or pineapple juice
3 oz. almond milk or rice milk
2-3 ice cubes

2 scoops powdered product
4 oz. water
4 oz. unsweetened fruit or vegetable juice, or almond milk/rice milk

♦ This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Detoxification

quick-start guide

Ready...Set...Go!

Sample Menu

Breakfast

2 scoops of your recommended powder, mixed as desired. 2 capsules of AdvaClear*

Snack

Apple, peach, or banana

Lunch

2 scoops of your recommended powder, mixed as desired. 2 capsules of AdvaClear
Spinach salad with sliced cucumber, raw green beans, and shredded carrot OR mixed greens
Steamed broccoli, raw green peas, carrot, and celery tossed with olive oil & vinegar

Snack

2 scoops recommended powder, mixed as desired. 2 capsules of AdvaClear

Dinner

Steamed white rice and baby peas
Baked yam/acorn squash topped with flaxseed oil
OR steamed red kale, spinach, cauliflower, and broccoli topped with flaxseed oil

Snack

Mixed melon balls, pear, and kiwi

* AdvaClear will not be recommended to everyone. Your healthcare practitioner will determine if you should take AdvaClear with your recommended powdered product.

** Current literature remains controversial on whether oats may be tolerated by celiacs. Until research is conclusive, individuals with celiac disease should follow their healthcare provider's advice about eating oats.

A Are you interested in a quick start to your Detoxification Program? Simply follow these guidelines...

Your program is divided into three steps:

Step 1: Initial Clearing (Days 1-6) During Step 1 you will eliminate potentially allergenic foods while you slowly increase your intake of the nutritional support product(s) your clinician has recommended.

Step 2: Detoxification (Days 7-13) During Step 2 you will be on a select number of low-allergy foods along with three servings a day of your nutritional support product(s).

Step 3: Reintroduction (Days 14-28) During Step 3 you will slowly reintroduce the foods from Step 1 back into the dietary plan and slowly decrease the intake of your nutritional support product(s).

General Guidelines and Suggestions

- If you normally consume significant amounts of caffeinated beverages or simple sugars, you might experience withdrawal headaches if you discontinue them all at once. We recommend that you gradually decrease these items in your diet before starting the program.
- For best results on your 28-day program, you must carefully adhere to the **Basic Dietary Guidelines**. Foods that are not found under **Foods to Include** should not be eaten, unless discussed with your healthcare practitioner. Avoiding potentially allergenic or heavily processed foods that may impair your body's ability to cleanse and detoxify is very important for the success of your program.
- Drink at least 64 ounces (8 eight-ounce cups) of filtered water daily.
- Many people begin to feel better within a few weeks of beginning their program. However, you may initially experience mild symptoms such as headaches and joint aches, or some changes in bowel habits. These are usually minor and temporary.
- Over the entire 28-day program, many people report feeling more energized. However, during Step 2 some participants have a slump in energy. You may wish to shorten or curtail strenuous physical activities during this phase.
- Adequate sleep and stress reduction are important to the success of your program. Your body is recharging and regenerating—help it by getting adequate rest!

The Three Steps of Your Full 28-Day Detoxification Program

Step 1

- Day 1** Begin to follow the **Basic Dietary Guidelines**, as outlined on the next page.
Take ½ **scoop** of the medical food for detoxification your clinician has recommended **twice** today.* Also take 1 AdvaClear** two times today.
- Day 2** Take **1 scoop** of your medical food for detoxification **twice** today. Continue with 1 AdvaClear capsule two times today.
- Days 3 - 6** Increase to **2 scoops** of your recommended medical food **twice** each day, and 2 AdvaClear capsules two times each day as well.

Step 2

- Days 7 - 13** From the **Basic Dietary Guidelines**, eat only from these categories: *Fruits, Vegetables, Fats, Beverages, and Spices & Condiments*. From the *Starch* category, consume rice *only*. Increase to **2 scoops** of your medical food **three times** each day, and AdvaClear to 2 capsules three times each day.

Step 3

- Days 14 - 15** Add *Bread/Cereal, Starch, and Dairy Products & Milk Substitutes* from the **Basic Dietary Guidelines**. Continue with **2 scoops** of your medical food **three times** daily, along with 2 AdvaClear capsules three times each day.
- Days 16 - 18** Also add *Legumes* and *Nuts & Seeds* from **Basic Dietary Guidelines**. Reduce to **2 scoops** of your medical food **twice** each day, along with 2 AdvaClear capsules twice each day.
- Days 19 - 28** Also add *Meat & Fish* from the **Basic Dietary Guidelines**. Continue with **2 scoops** of your medical food **twice** each day, along with 2 AdvaClear capsules twice each day.
- After Day 28** Return to your healthcare practitioner for follow-up and further instructions.

*Medical food powder product will be provided by your healthcare practitioner.

**AdvaClear® is a dietary supplement designed to support balanced detoxification.† It will not be recommended to everyone. Your healthcare practitioner will determine if you should take AdvaClear with your recommended powdered product.

Basic Dietary Guidelines

	Recommended Foods	Foods to Avoid
Fruits	Fresh, unsweetened, dried, frozen, canned, water-packed fruits; fruit juices (except orange)	Oranges, orange juice
Vegetables	All fresh raw, steamed, sautéed, juiced, or roasted vegetables	Corn; any creamed vegetables <i>Optional: Nightshade vegetables—potatoes, tomatoes, eggplant, peppers</i>
Starch	Rice, oats, millet, quinoa, amaranth, teff, tapioca, buckwheat, potatoes	Wheat, corn, barley, spelt, kamut, rye; all gluten-containing products
Breads & Cereals	Products made from rice, oat*, buckwheat, millet, potato flour, tapioca, arrowroot, amaranth, or quinoa <i>Food sensitivity alert: Amaranth and millet flake cereals may also contain oats or corn</i>	Products made from wheat, spelt, kamut, rye, or barley
Legumes (vegetable protein)	All legumes including peas and lentils (except soybeans)	Tofu, tempeh, soybeans, soy milk; other soy products
Nuts & Seeds	Almonds, cashews, pecans, walnuts, sesame (tahini), sunflower, pumpkin; nut butters (except peanut)	Peanuts, peanut butter
Meat & Fish (animal protein)	All fresh or frozen fish, chicken, turkey, wild game, lamb; canned, water-packed fish	Beef, pork, cold cuts, frankfurters, sausage, canned meats (other than water-packed fish), shellfish
Dairy Products & Milk Substitutes	Milk substitutes such as rice milk, almond milk, oat milk, coconut milk, or other nut milks; egg replacer	Milk, cheese, cottage cheese, cream, yogurt, butter, ice cream, frozen yogurt, non-dairy creamers, soy milk, eggs
Fats	Oils: cold-pressed olive, flaxseed, canola, safflower, sunflower, sesame, walnut, pumpkin, almond, grapeseed	Margarine, butter, shortening, processed and hydrogenated oils, mayonnaise, spreads, palm oil, poultry skin, deep fried foods (chips, donuts)
Beverages	Filtered or distilled water, decaffeinated herbal tea, seltzer or mineral water	Sodas, diet sodas, sports beverages, and other soft drinks and mixes; alcoholic beverages; coffee, tea, other caffeinated beverages
Spices & Condiments	Vinegar (except malt); all spices including salt, pepper, cinnamon, cumin, dill, garlic, ginger, carob, oregano, parsley, dry mustard, rosemary, tarragon, thyme, or turmeric	Chocolate, ketchup, chutney, soy sauce, BBQ sauce, bottled mustard, other condiments <i>Food sensitivity alert: Ketchup and other condiments may contain corn syrup</i>
Sweeteners	Brown rice syrup, fruit sweeteners, blackstrap molasses, stevia, agave nectar	White or brown refined sugar, honey, maple syrup, corn syrup, high fructose corn syrup, or evaporated cane juice

Other

*Current literature remains controversial on whether oats may be tolerated by celiacs. Until research is conclusive, individuals with celiac disease should follow their healthcare provider's advice about eating oats.

Processed foods containing and baking soda or corn starch
Processed starch foods containing any of the ingredients or sweeteners to avoid