

YOUR QUICK START CLEANSE

With your Quick Start 7-Day Cleanse Kit, you'll receive the following benefits:

- **Power-Cleansing Detox Packs:** These easy-to-use supplement packs make it easy for you to detoxify the all-natural way. These packs contain herbs that facilitate your body's natural cleansing process and fiber designed to deep clean your digestive system.
- **Essential Greens:** These convenient beverages provide your body with the nutrients that nourish your body and energize your mind.

In just 7 days, this kit will help you rid your body of the toxins that contribute to weight gain and poor health. When you're done, you'll have more energy, a slimmer figure, a clearer complexion, and the confidence you need to move forward and continue making positive changes in your life!

In this kit, you'll find all of the information you need to successfully complete this 7-day detoxification program. We'll teach you what dietary strategies you can use (including a 3-day juice cleanse) to maximize your body's natural healing potential!



JUST TWO PACKETS A DAY...

YOUR QUICK START 7 DAY CLEANSE

STEP-BY-STEP

DAYS 1-2	DAYS 3-5	DAYS 6-7	*FOOD GUIDELINES
<ul style="list-style-type: none">• 1 Power Cleansing Detox Pack (AM & PM)• 1 Essential Greens Packet (AM & PM)• 64 Ounces of Water• Food Guidelines*	<ul style="list-style-type: none">• 1 Power-Cleansing Detox Pack (AM & PM)• 1 Essential Greens Packet (AM & PM)• 64 Ounces of Water• Fresh Vegetable Juices• Cleansing Lemonade (recipe is 1/3 cup pure maple syrup, the juice of three lemons, 1 quart water)- May Drink up to 2 x's daily• No Food-Liquid Only	<ul style="list-style-type: none">• 1 Power Cleansing Detox Pack (AM & PM)• 1 Essential Greens Packet (AM & PM)• 64 Ounces of Water• Food Guidelines*	<ul style="list-style-type: none">• Lots of Organic Dark Leafy Greens and Brightly Colored Vegetables• Limited Quantities of Organic Fruits**• Unrefined, Cold-Pressed Olive and Coconut Oil• Solutions4 Nutritional Shake• Fresh Vegetable Juices• No Dairy or Grains

**If you suffer with Candida, consult your doctor about when to introduce this product into your program.

TIPS FOR THE BEST CLEANSE

SET YOUR SIGHTS. Everyone cleanses for different reasons. You have chosen a customized path to help you achieve your health and weight loss goals. Write down what is motivating you and put it somewhere you can see it all day long.

LET YOUR BODY REST! Cleansing your body is hard work. Make sure you get 8 hours of sleep each night.

BLENDING YOUR FRESH VEGETABLE JUICE IS FINE. However, on Days 3-5, the liquid only days, it is preferable to juice your fresh vegetable juices rather than blend them.

STICK TO IT. Some patients experience a healing crisis during detoxification that may include headaches and/or fatigue. Please know that this is a normal result of your body flushing out all the toxins and getting back to a better state of health.

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