

21 Day Home Purification Kit

Name: _____

Start Date: _____

End Date: _____

Starting Weight: _____

Ending Weight: _____

If you have any questions during your cleanse, please e-mail your therapist directly or you can send your questions to mainreception@isisboston.com.

Week 1:

Supplements	Upon Waking	With Breakfast	30 min before Breakfast	With Lunch	30min before Dinner	With Dinner
SP Cleanse	7		7		7	
Gastro-Fiber*	3		3		3	
SP Complete	2 Scoops per shake 2-3 Shakes a day					
Whey Pro Complete (recommended for lean muscle mass)	1 Scoop per shake (replaces 1 scoop of SP Complete) 2-3 Shakes a day					

Week 2:

Supplements	Upon Waking	With Breakfast	30 min before Breakfast	With Lunch	30min before Dinner	With Dinner
SP Green Food	5				5	
SP Cleanse	7		7		7	
Gastro-Fiber*	3		3		3	
SP Complete	2 Scoops per shake 2-3 Shakes a day					
Whey Pro Complete (recommended for lean muscle mass)	1 Scoop per shake (replaces 1 scoop of SP Complete) 2-3 Shakes a day					

Week 3:

Supplements	Upon Waking	With Breakfast	30 min before Breakfast	With Lunch	30min before Dinner	With Dinner
SP Green Food	5				5	
SP Cleanse	7		7		7	
Gastro-Fiber*	3		3		3	
SP Complete	2 Scoops per shake 2-3 Shakes a day					
Whey Pro Complete (recommended for lean muscle mass)	1 Scoop per shake (replaces 1 scoop of SP Complete) 2-3 Shakes a day					

*If you are replacing Gastro Fiber capsules with Whole Food Fiber, then use 1 scoop of fiber powder for each capsule listed above.

If you become constipated, consider coming in for a colonic hydrotherapy session to help move blocked material out of the colon and speed detoxification results. This will reduce bloating, discomfort and many detoxification symptoms such as headaches.

You can consider fasting during your second week on the cleanse in order to lose weight and increase the intensity of your detoxification process. In this case, use your shakes to replace 1, 2 or all 3 of your meals. Do not fast for longer than seven days, and be sure to consult with one of our therapists if you are considering this option as there are several precautions that will ensure a successful and healthy fast.

Additional Suggestions: