

The Seventh Day Perfect Cleanse Program

Welcome to the best seven days of your life! This seven day program is designed to eliminate toxins inside and out and help you to lose weight and slim your body contours. By cleansing the skin, the lymphatic system, the intestinal tract and the liver, you will be ready for anything. This will be a period of time when you eat for health instead of for fun, for socializing, for the sugar rush or for emotional solace.



This is the perfect start to a weight loss program, to pick up your energy, refine your complexion or eliminate sugar cravings. With its focus on the liver, it is also the best way to prepare the body's immune system for change of season. Whether you are changing your life or changing into a bikini, this program can get you there in one week's time.

So first, let's review what your cleanse includes:

Food For Healing, Food For Life - begin with this personal consultation to help you set up a food plan, shopping list, recipes and more for not just your week, but your season.

One week Natural Herbal Detox Program - including natural fiber, food concentrates and cleansing products for the intestinal tract, liver and gallbladder with Gymnema which is the best herb in the Ayurvedic medicine of India for sugar cravings and sugar handling issues.

Unlimited FAR Infrared Sauna - you can choose to come in daily to burn off as much as 600 calories in 30 minutes while detoxifying your body, reducing scars and wrinkles and lifting seasonal depression.

Phyto Slimming Experience Session - this is our ultimate two hour contouring and reducing treatment including lymphatic drainage, light therapy, natural colored detoxifying clays and our special Slimming Serum followed by our famous Ivy Slimming Bath.

Phyto Home Slimming Kit – continue the effects of your Slimming Experience session with this home kit developed to give you everything for your own natural slimming treatments at home.

Unlimited Kangen ionized Water – this incredible water is antioxidant, highly absorbable at a cellular level and very alkaline to help eliminate excess metabolic acids and waste material.

Preparation Week...

First, we recommend spending a week eliminating challenging foods from your diet, so your seven days of cleansing will be as effective as possible. This means all fried food, red meats, dairy products, white flour products, sugar products, caffeine-containing products, processed foods, fermented foods. Instead, begin to add larger amounts of raw fruits, lightly cooked vegetables [particularly good are broccoli, cauliflower, Brussels sprouts, kale, cabbage and beets], cooked whole grains, sprouted grains, nuts and seeds, baked or steamed root vegetables and occasionally, baked or broiled seafood or poultry.



Be sure to gradually eliminate all beverages except Kangen Water™ (available for free at our clinic) and fresh juices with no added sugars and not from concentrate. During this cleanse you should be consuming as much fluid as possible, at least two quarts a day of no more than 50% juice (this should equal an ounce per pound of your body weight, both juice and water combined). If you are going to be juicing during this cleanse, choose from apple, carrot, mixed citrus [4-6 grapefruit, 2-3 lemons, with enough orange juice to total a gallon], or mixed vegetable juices. If you are juicing for your fast, you can enhance the effectiveness of your fast by taking a teaspoon of intestinal cleanse fiber five times during the day. Please be aware that carrot and beet particularly, contain large amounts of natural sugars. If you are sensitive to sugar, or have a Candida overgrowth issue, you may want to limit the amounts of these juices. If you want to hydrate your body without juicing, you can eat 3 to 4 pounds of seeded grapes or as much watermelon as you can eat, for both of these contain large amounts of water to rehydrate your system.

It is during this week of preparation, you should have your Food For Healing, Food For Life appointment so that an eating plan can be put together for you. What you will be eating and whether you can include any type of juicing or fasting is dependent on the health of your body and the symptoms and conditions that you have at the time of cleansing. We do not recommend fasting for women who are pregnant, people with diabetes or hypoglycemia issues, athletes or people with low body weight or low body fat content.

Ready to Begin...

Now you are ready to begin your seven days. If you can tolerate fasting, we recommend beginning with Edgar Cayce's wonderful three day apple fast. This provides not only the benefits of the malic acid in apples, but also gives you large amounts of natural pectin fiber to cleanse the intestinal tract. You will need lots of Kangen Water™ and you will need to begin your body therapy right away. Start your first day with an Infrared Sauna and consider getting a massage* which will get your blood flowing and reduce tissue congestion.

On day 3, you should now be on your third day of the cleanse, so today would be a great day for your Phyto Slimming Experience session. This amazing therapy with Swiss Phyto lymphatic drainage will reduce cellulitic deposits and even out your body contours while detoxifying your skin and underlying body tissues directly through the skin. This includes a wonderful Slimming Phyto Bio Bath to enhance the effects of detoxification with organic ivy. This intensive treatment may make you feel tired or a bit ill so add our **potassium broth** to your diet for the day. This wonderful alkalizing liquid can be made in quantity, refrigerated and then warmed to drink. Be sure to make this broth with Kangen Water™ and once made, do not reboil it, or it will lose its potency. Simply heat gently without steaming. The amount of each ingredient is to your taste, and dependent on the amount you wish to make. You should be drinking at least 16 ounces each time you take it to achieve therapeutic results.

Over a large pot, cut 1 cup carrots, 1 cup red beets, 2 large potatoes, 1 cup celery with leaves, garlic [increase garlic if you have immuno-deficiency conditions] and 1 small onion into quarters and add to 1.5 quarts of Kangen™ Water. You may add up to ¾ cup of other vegetables as your wish, but you must use the list given here in each batch. Boil for 45 minutes, remove from heat & let stand for 30 additional minutes. After the mixture has stood the recommended time, strain out the vegetable residue. Drink while warm, and refrigerate any unused portion. Be sure to reheat refrigerated broth before drinking.

Beginning day 4, you should restore raw fruits and vegetables into your diet if you have been fasting. On this day, be sure to stop by for a sauna and it would be advantageous today to treat yourself to another massage* or if you are feeling the effects of detoxification, then consider a Detox Acupuncture session* to open your elimination pathways and increase the removal of unwanted toxins. By today, your body will be in high demand for fluid, so be sure to increase your Kangen™ Water intake and lessen the amount of juice in order to prevent headaches.



On day 5, you will add whole grains as a meal during the day. You should also today have another sauna session and if you can, another Detox Clay Bath*. Try to relax today to allow your body to adjust to the addition of grain.

On day 6, you should maintain your diet as is and come by for another sauna if you can.

* this designates suggested therapies that are not included in your cleanse package and are therefore an additional cost

Your Cleansing Ingredients:

Whole Food Fiber or Gastro Fiber – these wonderful fibers are completely natural. The Whole Food Fiber contains no psyllium so it will never cause bloating or gas and is perfect for gluten-sensitive individuals. It is also completely soluble fibers such as barley bran, apple pectin, cellulose. GastroFiber is a capsule fiber that may be easier to take for people who have never had fiber in their diets. It also contains psyllium which is a wonderful natural insoluble fiber, keeping action within the intestinal tract for longer periods of time.

SP Complete – this amazing concentrated formula contains organic foods, and body support to provide large amounts of focused nutrition to restore missing nutritional elements for the body's metabolism and healing.

SP Cleanse – this is the core of cleansing for both blood and liver with herbs, foods and amazing organic ingredients. If you experience cleansing symptoms, you may want to reduce the number of Cleanse capsules you are taking each day.

Cholacol II – this bentonite clay formula is designed to adsorb 2000 times its weight in fluid. The molecules in this formula attract and bind up waste fluids in the gut, so it is a binding detoxifier to drag elements from the blood and liver out of the gut for elimination.

Livco – this is an intensive herbal liver detoxifier to promote bile production, mobilization of fats and cleansing of the ducts.

Gymnema – this Indian herb is one of the strongest for handling sugar issues and restoring pancreatic control of insulin. This is the basis of changing the body's relationship to sugar in the diet.

Hints for a Great Cleanse...

Contraindications for fasting: There are a number of situations and conditions where it is not advisable to choose the Fasting Phase option. It is always best to check with your physician for guidance and advice prior to intensive cleansing. Some of the more common reasons to avoid fasting are advanced cases of disease, pregnancy or breast-feeding women, underweight individuals, insulin issues or intense athletes.

Can I still take my vitamins or medications? Never discontinue necessary medication, even during a cleansing process, although it will slow down the effects of the cleanse. As for vitamins, taking vitamins is essential, but we recommend special vitamins to work with the imbalance of body cleanses to provide the maximum nutrition that the body needs for cleansing. But mineral support is not generally recommended, as it gives the body a chance to eliminate stored mineral deposits.

What symptoms can I expect with cleansing? Should your body exhibit signs of potassium and magnesium loss during cleansing, supplementation may be advisable. This can be done without additional unnecessary minerals. Some of these signs include headaches for more than a day or two, excessive thirst, increased muscle tension, insomnia or muscle cramps at night. For more information, ask for our article on The Symptoms of Cleansing.

What kind of teas can I drink? You should only be drinking organic, decaffeinated herbal teas and only make your tea with Kangen™ Water for maximum health benefits. Peppermint has a general calming effect on the nerves, while chamomile has a strong antitoxic quality that also can help you get to sleep at night. Rosehip tea has high amounts of vitamin C making it excellent as a healing agent, while ginseng has a strong revitalizing effect on the nervous system and the brain. Remember that teas tend to be dehydrating, so they may actually make you feel thirstier.

Food List: What you are eating during your cleanse is of the utmost importance. It really makes or breaks your cleanse. So stick to the list we have given you, even though it is very restrictive. Many foods are eliminated because they are fermented, some because they are toxic, others because they require large amounts of digestive energy. Remember, this is only for a few weeks!

Weight Loss: As with any restrictive diet, you will generally lose weight, particularly because you are eliminating bulky proteins and carbohydrates. However, if you are seriously ill, underweight, or maintain an intense physical activity level, it may not be advisable for you to follow such a restrictive diet, even for a few weeks. So we recommend adding small quantities of the following foods: millet, molasses, lima beans, cooked whole grains, brown rice, beans. This

is also advisable if you are diabetic, hypoglycemic, or have bouts of low blood pressure. To prevent muscle loss, we also can add Protefood capsules. Be aware that drinking Kangen™ Water helps to emulsify fat in the body, so the chances of losing weight for this reason are increased.



Kangen™ Water: Kangen™ Water is the preferred beverage during cleansing. This is the very best, purest water you can drink. It is alkaline, antioxidant and microclustered for maximum absorption at a cellular level. Water is provided during the cleanse in many of the fruits and vegetables you are eating, especially if you are juicing. But with the addition of fiber and Cholacol II bentonite clay to the intestinal tract, drinking sufficient water will be very important. Basically the rule is to drink when you feel thirsty, and to try to consume at least ½ hour body weight in ounces each day. If you experience dehydration symptoms, you may elect to add Disodium Phosphate which provides a more effective use of water. *Many times headaches during cleansing is indicative of dehydration, so pay attention!!*

Energy: Many people are worried about a loss of energy, or not being able to function at work during a cleanse. A cleanse is demanding on the body's energy reserves, particularly if you choose to fast. Remember that the body must use energy to cleanse, reducing the energy that is available for you each day. However, once you have incorporated the cleansing schedule into your daily routine, your body will change the way it produces energy for you, and you will notice that your energy stays fairly stable throughout the cleansing process. It is advisable if you are under a great deal of stress to wait until you have the time and commitment to allow your body to go through this cleansing process.



Ending Your Cleanse: It is extremely important to end your cleanse properly, or you can undo all the good that you have done. Your body must readjust to the general scope of food. On your fifth day we recommend eating fruit for lunch and then lightly steamed vegetables for dinner with the reintroduction of whole grain. On the next day, be sure to have whole grains at two meals with vegetables and add fish or chicken at dinner. Be sure to chew your food slowly and calmly. It will help to continue respecting your intestinal tract.