



WHOLISTIC APPROACH TO PURIFICATION & HEALTHY, LASTING WEIGHT LOSS

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If your goal is to optimize your health, lose weight, and increase vitality and energy, then a QUALITY, gentle cleansing program is your perfect vehicle for lasting results.

This short, easy-to-read report demonstrates why and how to remove harmful chemicals from your system with a powerful, 21-day purification program. The program combines a simple diet, food and plant-based non-synthetic supplements that work to gently cleanse, fortify and restore balance.

Why Detoxify? The Causes of Toxicity:

- Poor diet: processed food, soil depletion, food additives, etc.
- Environmental pollution: air, water, noise, electromagnetic
- Intestinal toxemia from poor diet, toxins, and stress
- Toxic emotions: anger, frustration, resentment, overwhelm
- Drugs: prescription, OTC, recreational, smoking, alcohol

Signs & Symptoms of Toxicity

Weight Gain - Bloating - Chronic Fatigue - Difficulty Sleeping - Allergies - Asthma -
Inflammation & Pain - Atherosclerosis - Blood Sugar Imbalance - Headaches
Skin Rash - Chemical Sensitivity - Hormonal Dysfunction - Poor Digestion &
Elimination - Gastritis - Colitis - Libido Loss - Decreased Mental Acuity

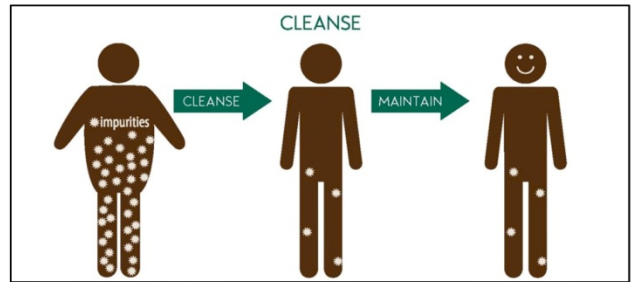
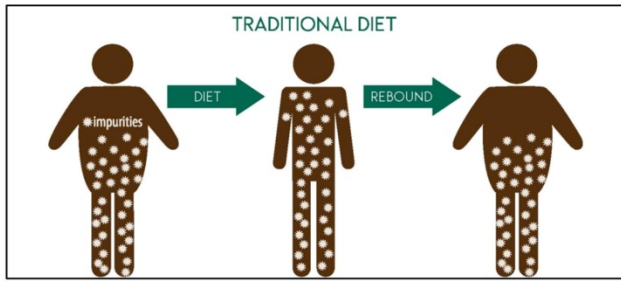
Toxins & Our Bodies - The Effects of Toxicity

Toxicity results in chronic inflammation contributing to:

- Cardiovascular Disease
- Diabetes
- Alzheimer's disease
- Depression and Schizophrenia
- Allergies and Asthma
- Endocrine and Digestive Disorders
- Chronic Pain Syndromes
- Cancer

Cleanse to Feel Your Best. Benefits of Purification

- Improved Weight Management
- Increased Energy and Vitality
- Better Sleep
- Increased Mental Clarity
- Better Management of Daily Challenges
- Better Digestion
- Less Bloating
- Clearer Skin
- Shinier Hair



Because Purification reduces the level of toxicity, there is no post-purification rebound weight gain.

The Benefits:

- ✓ Improved Energy Levels
- ✓ Weight Loss
- ✓ Better Sleep
- ✓ Reduced Blood Pressure & Cholesterol



SP Purification Formulas

Much More Than a Cleanse Diet

The Standard Process Purification Program provides a simple, easy-to-follow program that combines whole food eating with supplements, nutritious supplement shakes, and light exercise.

The menu includes an abundance of fresh vegetables and fruits for the first 10 days with select proteins added on day 11.

When you've completed the 21-day purification program, you'll transition to a new way of eating to feel your best based on enjoyable, healthy food.



The Standard Process Purification Program works to gently cleanse and balance to:

- Reduce toxic load on liver, kidneys, blood, GI, and cells
- Give digestive organs a rest from normal diet
- Learn a cleaner, healthier way to eat, exercise, and rest
- Reset their diet and system - a clean slate
- Address most health issues/illnesses
- Serve as an “Spring Cleaning” for body, mind and heart
- Act as a specific cycle of transformation, growth and change
- Helps heal food issues and addictions
- Increase self-awareness of one’s body, feelings and thoughts
- Provide a “turning point” experience of deep healing/clearing



Purification Products

Each purification kit includes 4 unique core products that work to cleanse the liver, gall bladder, kidneys, blood, lymph & intestines. Each includes protein, fiber, and organic whole food concentrate ingredients and nutrients.

The Standard Process Purification Program is the perfect solution for those who wish to:

- Enjoy Fast & Permanent Weight loss
- Improve Energy
- Reduce Allergies
- Improve Digestion & Elimination
- Enjoy Clearer Mental Processes & Thoughts
- Enjoy a More Peaceful, Less Troubled Heart
- Gain Mastery of Food Addictions
- Establish a Healthier Relationship with Food & One's Body
- Improve Most any Health Problem
- Improve Physical Appearance – Brighter, Clearer, Lighter
- For those who have never done a cleanse

The Standard Process Purification Program

The 4 Core Purification Formulas:



1. SP Cleanse (Days 1-7)

The main detoxification formula containing a blend of 20 whole foods & herbs that supports cleansing & healthy function of the liver, kidneys, blood, lymph & intestines. SP Cleanse contains the following ingredients:

Juniper Berry Powder - Diuretic to calm the digestion tract

Red Clover Flower - Cleanses blood and aids in healing

Collinsonia Root - Encourages the flow of gastric juice; tones GI mucosal membranes, and stimulate peristalsis

Apple Pectin - Promotes beneficial intestinal flora, supports colon function, cleanse the liver and gall bladder

Burdock Root Powder - Skin and blood cleanser, improves liver functions

Dried Barley Powder - Good source of chlorophyll, carotenoids and antioxidants.

Dandelion Leaf - Liver and blood cleanser

Beet Root - Purify the blood, aids the liver and thins the bile

Spanish Black Radish - Liver tonic, contains glucosinolates

Oregon Grape Root Powder - Skin and colon cleaner, blood purifier, liver stimulant

Cayenne Pepper Powder - Vasodilator, enhances blood circulation, stimulates digestion

Fenugreek Seed powder - Tones liver, kidneys and glands, enhances digestion

Choline Bitartrate - Helps promote the flow of fat and bile to and from liver

Inositol - Supports function of signaling and messenger molecules in the body

Globe Artichoke Leaf - Phytochemicals to lower blood cholesterol levels and stimulates bile production

Fennel Seed - Contain the oil Anethole that helps to minimize gas and spasms in the digestive system

Milk Thistle - Antioxidant to support liver function

Mushroom Powder - Promotes detoxification, rich source of glutamine acid

Broccoli Powder - Diuretic, rich source of folate, calcium and beta carotene

Kale Powder - Superfood rich in phytochemicals

Carrot Root - Supports organs of elimination, purifies blood and supports digestion

Sweet Potato - High in whole complex Vitamin A, C, and thiamine



2. SP Complete (Days 1-21)

Powdered blend of 20 whole foods & herbs for mixing into a shake. Used as meal replacement during the cleanse (2-3 shakes/day)

Patients often continue to use the formula after the cleanse as a meal replacement and/or nutritional supplement.

SP Complete contains:

Whey Protein Powder - Contains essential and nonessential amino acids, cysteine, and glutathione

Flax Meal Powder - Rich source of ALA, good for blood

sugar and heart health

Rice Protein Powder - Essential amino acids, vitamin B, E, fiber and complex carbohydrates

Calcium Citrate - Aids in digestion and assimilation of nutrients

Magnesium Citrate - To support nervous, muscle, and cardiovascular system

Buckwheat Leaf - Contains all 8 essential amino acids, high in vitamins and fiber and trace minerals

Brussels Sprout Powder - Rich in vitamin K, reduces inflammation, purifies blood

Kale Powder - Superfood rich in plant chemicals

Choline Bitartrate - Helps promote the flow of fat and bile to and from liver

Inositol – Supports function of signaling and messenger molecules in the body

Alfalfa Juice Powder - Contains all essential amino acids, bioflavonoid, fiber and vitamins A, B, E, K, and trace minerals

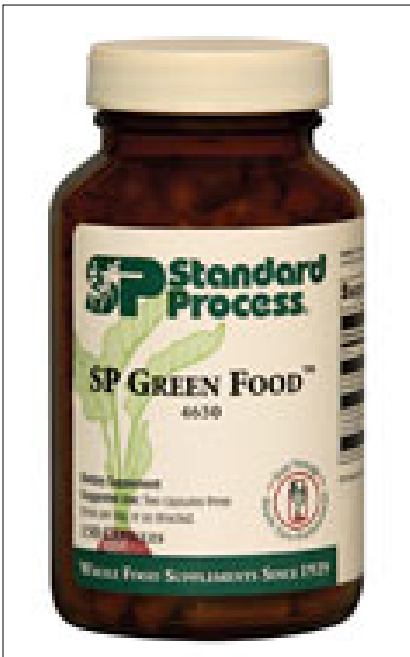
Soybean Lecithin Powder - Supports liver function, lowers cholesterol

Grape Seed Extract - Improves cardiovascular function and circulation, reduces inflammation

3. SP Green Food (Days 8-21)

Five nutrient-dense organic whole foods rich in chlorophyll, fat & water- soluble fiber, vitamin P, and trace minerals, supports detoxification of the liver.

Green Food contains:



Dried Buckwheat Leaf Juice - Contains all 8 essential amino acids, rutin, quercetin, inositol, fiber, whole complex vitamins A, B, E, K, and trace minerals

Dried Barley Grass Juice - Rich in Chlorophyll, carotenoids, and antioxidants

Brussels Sprout Powder - Rich in vitamin K, reduces inflammation and purifiers of blood

Kale Powder - Contains lutein and rich source of phytochemicals

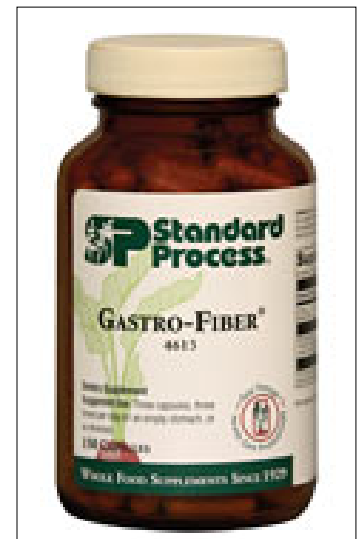
Alfalfa Sprout Powder - Cooling herb, detoxifies and tonifies, and lowers cholesterol; Good source of vitamin K and P, and rich in minerals

4. Gastro-Fiber (Days 1-21)

Helps eliminate toxins released from the liver into the gut with fat & water- soluble fiber, from psyllium husks, collinsonia root, apple pectin, fennel seed and fenugreek seed.

Collinsonia Root - Encourages the flow of gastric juice; tones GI mucosal membranes, and stimulate peristalsis

Psyllium Husk Powder - Rich source of indigestible soluble fiber that adds bulk to digestive tract.



Apple Pectin - Promotes beneficial intestinal flora, supports normal colon function, and cleanses liver and gall bladder.

Fennel Seed - Helps minimize gas and digestive tract spasms; increases peristalsis

Fenugreek Seed Powder - Helps lubricates the GI lining & balance blood sugar, tonifies the liver, kidneys and glands to enhances digestion

Oat Fiber - Good source of soluble fiber to lubricate the digestive tract

Beet Fiber - Source of indigestible soluble fiber, helps to reduce cholesterol and triglycerides

Rice Bran - Rich in fiber, essential fatty acids, protein, vitamins and minerals

Carrot Root - Supports organs of elimination, normal blood sugar and digestion

Beet Root - Purify blood, aids the liver and gall bladder

Carrot Fiber - Supports lungs, spleen, pancreas, liver and kidneys; supports elimination, blood sugar, and digestion

Pre and Post Purification Evaluation

Each patient receives a pre and post purification evaluation which includes:

Case History - Allowing for plan modification to fit your individual needs/situation based on condition and/or medication

Digestive Exam - check for enzyme, liver, gall bladder and/or intestinal weakness

PH Test - determine your acid/base balance

Iodine Test - checking for Thyroid weakness

Calcium Cuff Test - checking for tissue calcium deficiency

Review of Lab Work - Review of most recent lab work (if available)

RJL Assessment - Non-invasive electrical test to determine fluid assessment, percentage body fat and lean muscle, and extracellular and intracellular water and mass

Program Costs

21 Day Program - \$260.00

Each Program also includes:

1. Unlimited phone/email support
2. Lifestyle plan and program recipes
3. Program workbook and diary/log book to track progress and results

Everyone has a doctor in him or her; we just have to help it in its work. The natural healing force within each one of us is the greatest force in getting well. Our food should be our medicine. Our medicine should be our food.

Hippocrates 460-377 B.C.

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