

Experience a Clear Change

Help Reduce Fatigue
and Increase Vitality



Are You Toxic?

The question is no longer
IF we are toxic ...
the real question is

HOW toxic are we?



Exposure to Toxins

CDC's Fourth National Report on Human Exposure to Environmental Chemicals

Tested 212 chemicals and found **ALL** to be in blood and urine of most Americans!



Toxins and our Health

Throughout our daily life we are in **constant contact** with **environmental toxins** leading to **health concerns** in a **variety** of areas.



Where are these toxins coming from?



Unfortunately, certain factors (genetics, environmental exposure, and unhealthy diet and lifestyle) can negatively effect how well you excrete the toxins to which you are exposed.

This creates a build up of toxins in the body leading to an increase in toxic burden.



So how do you know
if you need to make a change?



Look for symptoms in multiple body systems

- Generalized muscle aches
- Difficulty concentrating
- General fatigue
- Food allergies or chemical sensitivities
- Irritability
- Lethargy and weakness
- Abdominal discomfort



What Can You Do?



Reduce Your Exposure To Toxins:

Environment

- Use chemical-free products in your home (soap, detergents, cleaning products, dryer sheets, natural insect and weed killers, etc).
- Reduce chlorine exposure by attaching filters to your shower heads (*Chloroform is released when chlorinated water is heated.*)
- Avoid personal products with phthalates and paraben





Reduce Your Exposure To Toxins:

Food & Drink

- Choose free-range, hormone-free, antibiotic-free, dairy, meats, eggs whenever possible
- Choose fresh, cold-water fish in place of farm raised
- When possible eat organic produce
- Always wash all produce very well before eating, peeling or cooking

DIRTY DOZEN™

www.foodnews.org



Buy these **organic**:

1. Celery
2. Peaches
3. Strawberries
4. Apples
5. Blueberries
6. Nectarines
7. Bell Peppers
8. Spinach
9. Cherries
10. Kale/Collard & Greens
11. Potatoes
12. Grapes (Imported)

CLEAN 15™

www.foodnews.org

Lowest in pesticides

Ok to eat conventionally grown

1. Onions
2. Avocado
3. Sweet Corn
4. Pineapple
5. Mangos
6. Sweet Peas
7. Asparagus
8. Kiwi
9. Cabbage
10. Eggplant
11. Cantaloupe
12. Watermelon
13. Grapefruit
14. Sweet Potato
15. Honeydew & Melon

What else can you do?



Metabolic detoxification is simply normalizing the body's ability to process & excrete toxins...

...while you temporarily
reduce the amount of
incoming toxins



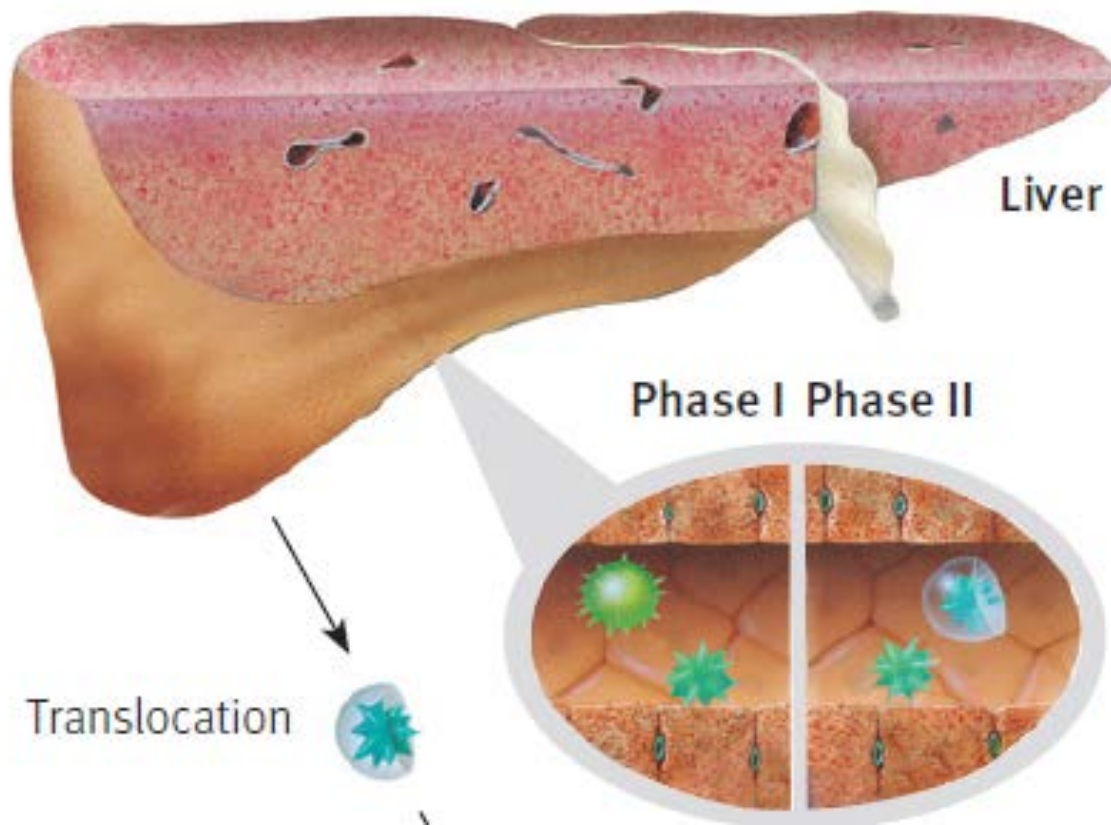
Metabolic detoxification is an energy dependent process.

This program utilizes well-researched nutrients, vitamins and herbs to balance and support the body's detoxification pathways.




The Liver is our body's main detoxification organ

It requires vitamins, minerals and amino acids from protein in order to work properly



Juicing and other fasting programs can actually deprive your body of essential nutrients needed to support detoxification.



A person is using a metal detector on a sandy beach. The detector is a black circular coil on a stand, connected to a control unit. The person is wearing dark sneakers and shorts. Another person's bare feet are visible in the background. The scene is outdoors, with waves crashing on the shore in the foreground.

Does this program help
with heavy metal
removal?

This program provides your body
with nutrients to naturally
increase production of the
metallothionein protein and
support heavy metal excretion.

The Clear Change Difference

The Clear Change program nutritionally **supports** all the systems that are involved in metabolic detoxification.



And it's based upon
20 years of clinical experience and
scientific research...

This program has been utilized by **thousands** of healthcare practitioners and **hundreds of thousands** of patients for more than **20 years**.



Benefits

more energy
and less fatigue



Patients report feeling

Less foggy headed



Patients report feeling

- Less coffee dependent
- Fewer sugar cravings



Benefits

Less water retention

So...

How do you get started?



Fill out the Questionnaire

If you score 9 or under in any section and/or under 50 in the grand total, you have **Mild Symptoms**.

If you score over 9 in any section and/or 50+ for the grand total, you have **Severe Symptoms**.

Metabolic Detoxification Questionnaire

Part 1: Symptoms

Name: _____ Date: _____

Rate each of the following symptoms based on the last week using the point scale below:

① Never or rarely have the symptom
 ② Occasionally have it, effect is not severe
 ③ Frequently have it, effect is not severe
 ④ Frequently have it, effect is severe

<p>Digestive Tract</p> <ul style="list-style-type: none"> Nausea, vomiting Diarrhea Constipation Bloated feeling Heartburn Intestinal, stomach pain <p style="text-align: right;">Digestive Total: ① ② ③ ④</p>	<p>Respiratory</p> <ul style="list-style-type: none"> Chest congestion Asthma, bronchitis Shortness of breath Difficulty breathing <p style="text-align: right;">Respiratory Total: ① ② ③ ④</p>
<p>Joints / Muscles</p> <ul style="list-style-type: none"> Pain or aches in joints Arthritis, joint swelling Stiff or limitation of movement Pain or aches in muscles Feeling of weakness or tired <p style="text-align: right;">Joints / Muscles Total: ① ② ③ ④</p>	<p>Eyes</p> <ul style="list-style-type: none"> Watery or itchy eyes Swollen, red or sticky eyelids Bags or dark circles under eyes Blurred or restricted vision <p style="text-align: right;">Eyes Total: ① ② ③ ④</p>
<p>Emotional</p> <ul style="list-style-type: none"> Mood swings Anxiety, fear, nervousness Anger, irritability, aggression Depression <p style="text-align: right;">Emotional Total: ① ② ③ ④</p>	<p>Nose</p> <ul style="list-style-type: none"> Stuffy nose Sinus Problems or dripping nose Hay fever Sneezing Attacks Excessive mucus <p style="text-align: right;">Nose Total: ① ② ③ ④</p>
<p>Weight / Food</p> <ul style="list-style-type: none"> Binge eating, drinking Craving certain foods Excessive weight Compulsive eating, food addictions Water retention Underweight <p style="text-align: right;">Weight / Food Total: ① ② ③ ④</p>	<p>Mouth / Throat</p> <ul style="list-style-type: none"> Frequent, consistent coughing Gagging, need to clear throat Sore throat, hoarse, loss of voice Swollen or discolored tongue, gums or lips Canker sores, other mouth sores <p style="text-align: right;">Mouth / Throat Total: ① ② ③ ④</p>
<p>Energy / Sleep</p> <ul style="list-style-type: none"> Fatigue, sluggishness Apathy, lethargy Hyperactivity Restlessness, achiness Sleep Disturbances <p style="text-align: right;">Energy / Sleep Total: ① ② ③ ④</p>	<p>Ears</p> <ul style="list-style-type: none"> Itchy ears Earaches, ear infections Drainage from ear, waxy buildup ringing in ears, hearing loss <p style="text-align: right;">Ears Total: ① ② ③ ④</p>
<p>Skin</p> <ul style="list-style-type: none"> Acne Hives, rashes, dry skin, redness Hair loss Flushing, hot flashes Excessive sweating <p style="text-align: right;">Skin Total: ① ② ③ ④</p>	<p>Head</p> <ul style="list-style-type: none"> Headaches Faintness or Lightheadedness Dizziness <p style="text-align: right;">Head Total: ① ② ③ ④</p>
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<p>Other</p> <ul style="list-style-type: none"> Frequent illness Frequent or urgent urination Genital itch or discharge <p style="text-align: right;">Other Total: ① ② ③ ④</p>	

For Practitioner Use Only:
 Urinary pH _____

Grand Total _____

Your Healthcare Practitioner will choose the duration of your program

10 Day Program for mild symptoms

28 Day Program for more severe symptoms

Get started!

Follow a Simple 3-Step Protocol

Step 1 – Initial Clearing

Beginning on Day 1 you will start to eliminate certain foods from your diet while gradually increasing the nutritional supplementation. Try to eat fresh or frozen veggies and fruits that are grown organically.

Tip: We recommend starting the Clear Change program on a Monday when possible. Overall, the most difficult days in the 10 Day program are days 5-7. By beginning on a Monday, you have the weekend to relax and get adequate rest to support your body.

Step 2 – Metabolic Detoxification

On these days you will be eating only from a select variety of low allergy potential foods but will be increasing your intake of the nutritional supplementation provided with the Clear Change Program.


Tip: Remember you can eat as much as you would like from the allowed food groups during this program. Take this time to try some new recipes – we offer recipe tips on our website as well as in the patient guide book.

Step 3 – Reintroduction

In this stage you will slowly reintroduce foods back into your diet. Careful attention should be taken to any reactions you may have as you reintroduce foods.

Tip: Weight loss can often occur on the Clear Change Program but this isn't the main goal of the program. By completing this program, you can experience greater energy, improved sleep and digestion which will all contribute to achieving your long term goals.

Tips for Success

A close-up photograph of a middle-aged man with graying hair, wearing a red and white plaid shirt, drinking from a clear plastic bottle of coffee. He is looking upwards and to the right with a focused expression. The background is a plain, light-colored wall.

If you are a coffee drinker, day three may be the toughest because of the caffeine withdrawal. Talk to your healthcare practitioner for additional support to make this easier.

Tips for Success

Don't over-scoop!
You want to be sure to have enough Clear Change nutritional powder to last your entire program – so avoid over-scooping.

Tips for Success



Regular elimination. Talk to your healthcare practitioner before you start the program if you are not eliminating daily.

Tips for Success

Drink plenty of water –
64 ounces a day



Tips for Success

Eat plenty of food. You should not be hungry on the program. If you are hungry eat more from the allowed foods section in the patient guide book.



Keep a Daily Diary and Fill out the Symptoms Survey again on the **last day** of your program.

Compare to the first one you filled out to assess the progress you've made.

Metabolic Detoxification Questionnaire

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Grand Total _____

 **Metagenics**

All the support you need for Success!

- Simple protocol with daily menu and recipes
- Online support
 - Additional recipes
 - FAQs
 - Daily tips



YOU'RE INVITED

To support your success, we invite you to register at

www.clearchangeprogram.com

where you'll gain access to **recipes, tips for success, and information on a free patient webinar**. With the support of your healthcare provider and Metagenics, we're confident that your Clear Change experience will help you feel re-energized.



Metagenics[®]

Genetic Potential Through Nutrition

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.