

SUMMER 2024

28-Day Summer Detox Reset Guide

ECO  NUGENICS®

WELCOME TO THE 28-Day Summer Detox Reset

Discover a healthier, more vibrant
you this summer with this
clinically formulated cleanse



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Get the most out of
your 28-Day Summer
Detox Reset.

Scan the QR code or visit the link.

DETOX RESET PORTAL

econugenics.com/summerdetox



WELCOME

CONGRATULATIONS!

You have taken the first step toward prioritizing your health and investing in your well-being. By choosing the 28-Day Summer Detox Reset, you've made the wise decision to embark on an exciting journey to a more vibrant you.



This booklet outlines our clinically developed detox protocol, which has been specially designed to gently cleanse, balance, and energize your body. We want to emphasize the word gentle because so many popular detox programs are the exact opposite — harsh and hard to follow, often causing significant “die-off” symptoms or Herxheimer reactions such as headaches, digestive issues, irritability, and fatigue.

WHAT SETS THIS DETOX APART

Our detox program features superior, clinically researched, highly effective natural binders and detox ingredients to safely and gradually remove toxins *while also supporting total-body health with a wealth of additional benefits*. You do not need to feel awful to reap the powerful benefits of a thorough cleanse!

We are excited to start this transformative program with you and provide the necessary support and resources to help you achieve your health and wellness goals. Our comprehensive program combines expert guidance, tailored detox plans, and innovative tools to empower you on your path to total well-being.

All set to recharge your body and mind, shed a few pounds, and optimize your long-term health?

Get Ready. Get Set. Let's Detox!

WHY SUMMER IS THE PERFECT TIME FOR YOUR DETOX JOURNEY

Defending your body against environmental threats is more important than ever. Study after study shows how “everyday toxins” like pesticides, heavy metals, plastic chemicals, mycotoxins, and other harmful compounds can accumulate in the body, contributing to widespread health problems — from gut and hormone imbalances to neurological and autoimmune issues.

Did you know that your toxin exposure increases during the summer? That’s because most of us spend more time outdoors, including areas with high pesticide use such as parks and golf courses. And summer heat poses other problems.



Did you know that heat waves and hot weather can:

- Cause stagnant air, which can lead to a buildup of air pollutants
- Increase the risk of large, intense wildfires that can release huge amounts of toxic smoke in the air
- Contribute to the buildup of harmful air pollutants that can make breathing problems worse

The 28-Day Summer Detox Reset program has been carefully designed using proven natural ingredients that address this increasing exposure to toxins, heavy metals, and more — and they help undo the damage they’ve caused within the body.

Best of all: Every step of this safe, physician-formulated protocol has been time-tested by years of clinical use, and it has been shown to deliver powerful health benefits that can make a lasting difference in your life.

DETOX CHECKLIST: ESSENTIAL ITEMS FOR YOUR CLEANSE

To ensure you are fully prepared, we've put together a comprehensive checklist that covers everything you'll need during the 28-Day Summer Detox Reset.

ECONUGENICS DETOX RESCUE BUNDLE SUPPLEMENTS:

1

If you purchased the CORE Bundle:

- PectaSol Modified Citrus Pectin
- GlyphoDetox x2
- PectaSol Hand Mixer



2

If you purchased the ADVANCED Bundle:

- PectaSol Modified Citrus Pectin
- GlyphoDetox x2
- ecoDetox
- ecoProbiotic
- PectaSol Hand Mixer



Food and Beverages

- Plenty of filtered or spring water
- Herbal teas
- Fermented probiotic beverages, optional
- Well-stocked fridge and pantry
- Lemons and olive oil for Liver-Gallbladder Olive Oil and Lemon Detox Tonic

Kitchen & Home

- Water bottle, preferably glass or stainless steel
- High-speed blender, for juicing and soups
- Steamer for vegetables
- Mini trampoline, yoga mat, etc.
- Journal

Bath

- Magnesium flakes or Epsom salts
- Dry skin brush

To further enhance your detox, consider:

- Air purifier
- Toilet stool (such as Squatty Potty)
- Aromatherapy/purifying essential oils (e.g., Roman chamomile, palmarosa, ylang ylang, lemon, and caraway seed)

Detox — Your Pathway to a Healthier, Happier Life

Gentle detox programs can help promote:

- ☐ Increased energy
- ☐ Less inflammation
- ☐ Improved digestion
- ☐ Upgrades to your immune system
- ☐ Faster metabolism
- ☐ Elevated mood and cognitive function
- ☐ Improvements in skin
- ☐ Fewer aches and pains
- ☐ Better, deeper sleep

AND MUCH MORE!

SUPERCARGE YOUR DETOX:

5 POWERFUL PRE-TOX STRATEGIES TO SUPPORT YOUR SUCCESS

Clear Your Schedule for the Duration of the Cleanse

To fully commit to your cleanse, it's essential to clear your schedule and create space for self-care. Minimize social obligations, work commitments, and other stressors that may interfere with your focus and dedication.

By intentionally carving out time for rest, relaxation, and self-reflection, you'll maximize the benefits of your detox and promote a sense of inner calm.

Give Your Pantry and Fridge a Makeover

Before you dive into this transformative journey, it's essential to prepare your kitchen. By clearing out unhealthy and processed foods and restocking with nourishing options, you set yourself up for success. The first step in detoxifying your kitchen is to assess the current state of your pantry and fridge. Schedule an hour of your time to go through each shelf and read food labels meticulously.

Look for added sugars, unhealthy fats, artificial ingredients, and confusing buzzwords. As you come across items that don't align with your health goals, be prepared to purge them. Have a garbage bag or recycling containers ready to get rid of the junk (or donate what you don't want).

Tell Friends and Family about Your Cleanse

It's a good idea to let your family and friends know that you are starting the 28-Day Summer Detox Reset — their support and understanding are essential. Share your intentions and goals with them, explaining why this journey is important to you.

Create a Support System for Accountability

Accountability is key to staying on track during your cleanse. Consider enlisting the support of a friend, partner, or family member who can join you on the Reset. Having someone to share your experiences, challenges, and victories with can significantly increase your chances of success. Seek guidance from a wellness coach to provide additional support and accountability.

Embrace the Cleanse Journey

As you set out on your cleanse, remember that it's a journey of self-discovery and self-care. Embrace the process with an open mind and a commitment to your well-being. Listen to your body, practice self-compassion, and celebrate each milestone along the way.

NOURISH & HEAL YOUR BODY: THE 28-DAY SUMMER DETOX RESET DIET

What is the best diet to follow during a cleanse? This will be different for everyone — for example, some people feel great on a low-carb diet whereas others respond best on a vegan-style eating plan.

Whatever your dietary preferences, one rule applies to all detox-focused diets — whole, unprocessed foods, ideally organic, GMO-free, in season, and grassfed (for meat). Beyond that, many people also benefit from an elimination diet that excludes, or limits, common food sensitivities.

Following these dietary guidelines can help you reduce exposure to toxins, calm inflammation, and improve your immune system and detox capacity, translating into fewer symptoms and improved overall well-being.

Focus on clean, whole foods (aka real foods) that reduce inflammation and support the body's detox organs and pathways. And don't think about what you can't eat — focus on all the delicious, nourishing foods you can enjoy!



FOODS & BEVERAGES TO AVOID

- Sugar (raw honey, in small amounts, is ok)
- Starchy, high-carb foods
- Processed foods
- High-sodium foods
- Processed/packaged foods (especially processed meats like bacon, hot dogs, and cold cuts)
- Oxidized oils, often in fried foods made with vegetable oil
- Alcohol, sodas, sugary juices
- Common food allergens (see p. 12): gluten, soy, corn, peanuts, eggs, and dairy (goat and sheep dairy may be ok)
- Non-organic produce and meat

FOODS & BEVERAGES TO EMPHASIZE

- Organic, pasture-raised, and grassfed lean meats, poultry, eggs
- Wild-caught fish and seafood (sardines, shrimp, crab, and tilapia are lower in mercury)
- Organic, gluten-free grains and “pseudograins” like quinoa, amaranth and buckwheat, flax, millet and sorghum
- Fresh fruits and vegetables:
 - Cruciferous vegetables like cabbage, broccoli, cauliflower, collard greens, kale, and turnips
 - Leafy green vegetables
 - Low-starch vegetables, including cucumber, celery, fennel, peppers, onions, leeks, asparagus, lettuce, microgreens
 - Antioxidant-rich fruits that protect the liver: blueberries, cranberries, grapes, and lemons
- Healthy organic fats: raw, unrefined coconut oil, olive oil, avocado oil, avocados, ghee, walnut oil, pumpkin seed oil, hemp oil, and flaxseed oil
- Organic seeds such as flax, sunflower, chia, and hemp
- Liver superfoods: artichokes, dandelion, grapefruit, beets and beetroot juice, prickly pear juice, and oatmeal
- Liver-friendly, antioxidant-rich spices: turmeric, rosemary, garlic, ginger, cilantro
- Fermented vegetables such as sauerkraut and kimchi, and fermented probiotic beverages (Note: some fermented foods are high in histamine and FODMAPS — see p. 12 for info.)
- Foods high in omega-3 fats, such as mackerel, wild salmon, flaxseeds, chia seeds, walnuts, and soybeans
- Foods high in magnesium, such as black beans, pumpkin seeds, apples, spinach, and soymilk
- Foods high in vitamin C and bioflavonoids, such as bell peppers, mango, strawberries, and broccoli
- Circulation-boosting foods, such as beetroot juice, garlic, and fatty fish

10 HYDRATING & NUTRIENT-DENSE FOODS TO PUT ON YOUR SUMMER MENU

These hydrating powerhouse foods can help you beat the summer heat and stay energized — perfect for those long days in the sun or intense outdoor activities.

Foods	Water %	High in:
Cucumbers	96%	Vitamins C and K, flavonoids, and tannins
Radishes	95%	Vitamin C, B vitamins (including folate), potassium, calcium, zinc, and selenium
Watercress	95%	Calcium, folate, vitamins C and E
Tomato	94%	Vitamins A, C, and K, carotenoids (including lycopene), potassium
Zucchini	94%	Vitamins A, B6, C, and K, folate, potassium, and manganese
Okra	93%	Vitamins A and C, antioxidants, magnesium, and folate

Foods	Water %	High in:
Portobello mushrooms	93%	B vitamins (including folic acid), vitamin D, selenium, copper, phosphorus, potassium, amino acids, fiber, and electrolytes
Watermelon	92%	Vitamins A and C, vitamin B6, potassium, and magnesium. A good source of lycopene, an antioxidant associated with a reduced risk of certain cancers.
Peach	89%	Vitamins A, C, and E
Pineapples	87%	Vitamin C, manganese, beta-carotene, and bromelain, a mixture of enzymes that aid digestion and have anti-inflammatory properties

Note: See the Recipe section of the Detox Reset Hub for meal ideas incorporating these revitalizing high-water foods!

HYDRATE & RECHARGE:

INFUSED WATER RECIPES FOR A REFRESHING BOOST

Infused water is a simple, tasty way to stay hydrated and enhance the flavor of your beverages during a detox. By adding fruits, herbs, and even vegetables to your water, you can create exciting combinations that are both delicious and detoxifying. Here are some infused water recipes to try:

1

LEMON AND MINT WATER

Squeeze fresh lemon juice into a jug of water and add a handful of fresh mint leaves. This citrusy and minty combination not only tastes great but also aids digestion and supports detoxification.

2

CUCUMBER AND BASIL WATER

Slice cucumbers and add them to a jug of water along with fresh basil leaves. This combination is incredibly refreshing and helps reduce inflammation while hydrating your body.

3

BERRY AND ROSEMARY WATER

Mix a variety of berries, such as strawberries, blueberries, and raspberries, with a sprig of fresh rosemary in a jug of water. This antioxidant-rich infusion provides a burst of flavor and supports detoxification.

Experiment with different fruits, herbs, and vegetables to create your own infused water recipes. You can prepare a large batch and keep it in the refrigerator for a refreshing and detoxifying drink throughout the day.

7 SIMPLE WAYS TO BOOST YOUR DETOX

- 1 Emphasize organic protein from chicken, turkey, fish, or eggs over red meat and pork.
- 2 For maximum detoxification, eat your vegetables juiced, steamed, or sautéed in water. Eating raw veggies is also good, but may cause digestive problems for some people.
- 3 Avoid or limit cooking foods in oil — this can fuel inflammation and increase the toxic burden on your liver and digestive system. Use oil for finishing dishes and salads.
- 4 Get enough fiber in your diet. Fiber is essential for moving toxins from your GI tract, and it's key to a healthy gut. Flaxseeds, psyllium, oat bran, and rice bran are good sources. Chia seeds are also an excellent source of fiber, healthy fats, and some protein.
- 5 Hydrate, hydrate, hydrate! Hydration is critically important for detox. Be sure to drink at least half your body weight in ounces of filtered or spring water each day, to flush toxins and keep your bowels moving. Herbal teas and low-sodium vegetable broths are a great choice for extra hydration as well. Dehydration impedes cleansing, causes constipation, and can allow toxins to reabsorb into your system (more on this later).
- 6 Enjoy medicinal mushrooms — these are excellent antioxidant-rich detox ingredients that help balance the immune system, reduce inflammation, and even repair damaged tissues. Many medicinal mushrooms are also culinary varieties, like shiitake, maitake, and oyster mushrooms, which can be added to your favorite recipes for exceptional health benefits.
- 7 Look to lemons — lemons helps the body remove toxins and are also an excellent tonic for both the liver and gallbladder. In one study on overweight women, a low-calorie detox lemon diet was shown to reduce body fat, insulin resistance, and CRP, a marker for inflammation.

Liver-Gallbladder Olive Oil and Lemon Detox Tonic

Here's an easy, refreshing way to incorporate lemons into your detox plan and get an added cleansing boost from olive oil.

This drink helps detoxify the liver, gallbladder, and digestive tract — and even improves sleep. The pectin from the lemon peel also supports detoxification.

Blend one organic lemon (cut into small pieces), 1¼ cups filtered or spring water, and 1 tablespoon of olive oil. Partially strain the mixture, leaving a little pulp.

Drink before bed on an empty stomach.



BEYOND WHOLE FOODS: HOW TO IDENTIFY YOUR INDIVIDUAL PROBLEM FOODS

Certain foods can be problematic for people for a variety of reasons. An elimination diet can be especially helpful in identifying these trigger foods. Start by keeping a food diary — this is an extremely valuable tool for finding the specific foods that may be harming your body. Also, consider getting a food allergy and sensitivity blood test to further pinpoint hidden food reactions — but talk to your healthcare practitioner first to determine the best one for you. Foods and ingredients that are most commonly associated with food sensitivities include:

Gluten

Made up of two proteins (gliadin and glutenin), gluten can generate adverse reactions in a significant portion of the population. In severe cases, gluten sensitivity can cause celiac disease, a serious autoimmune condition causing extreme inflammatory reactions to gluten.

While many people have only a mild sensitivity to gluten, the protein can still generate inflammatory reactions. In addition to intestinal discomfort, the inflammation caused by gluten sensitivity can strain the immune system, compromise the function of the GI tract, and affect many other organ systems. People often find relief from a range of “mystery” symptoms when they eliminate gluten from their diets.



High-Histamine Foods

People with histamine intolerance (and Mast Cell Activation Syndrome) can feel worse after eating foods naturally high in histamine. Some common offenders include avocados, fermented foods, aged cheeses, olives, pickles, citrus, walnuts, soy, gluten, alcohol, spinach, dried fruits, processed or smoked meats and fish, shellfish (particularly shrimp), and leftovers (especially meat). In general, the longer food is left out and/or kept in the fridge as leftovers, the higher the histamine levels — this is especially pronounced in meat. Try cooking fresh meals every day to combat this problem and control symptoms.



Nightshades

Foods in the nightshade family are associated with increased joint pain and inflammation; these include tomatoes, eggplant, potato, and peppers. These vegetables contain alkaloids, chemicals that can have an inflammatory effect on the body for some people — keep a food diary to see if nightshades trigger your symptoms.



FODMAPs

FODMAPs — which stand for fermentable oligosaccharides, disaccharides, monosaccharides, and polyols — are short-chain carbohydrates that can damage the gut and cause digestive problems in people with IBS, SIBO, and other gut-related conditions, as well as in people with hypersensitivity issues. They include fructose, lactose, sugar alcohols, wheat, beans, lentils, onions, and garlic. Work with a holistic practitioner to customize a low-FODMAP diet if you think this applies to you.



PRECLEANSE PLANNING

One of the most important things you can do to ensure success with ANY detox program is to plan ahead. This includes a specific Pre-Tox week — the week before you start your official detox program — incorporating simple yet powerful at-home therapies and strategies to get your body and mind ready for success.

This is the time to start clearing out your pantry. Get rid of items that are on the Foods To Avoid list — especially if you feel you may have a hard time resisting temptation.

Healthy detoxification requires balanced nutrients and antioxidants to deliver cellular energy and protect against oxidative stress. This can be achieved with powerful anti-inflammatory foods, selected from the Foods to Emphasize list. You don't have to go hungry during detox! Take time to savor the experience of preparing and enjoying healthy, nourishing meals that can do wonders for your physical, mental, and emotional health. And keep an eye out in the Detox Reset Hub for delicious recipes to support your goals.

Precleanse Week: Simple strategies to get things moving

One of THE keys to successful detox is to make sure your elimination systems are moving! This means peeing, pooping, moving your body more, and even deeper breathing — yes, your lungs are major detox organs!

There are a number of simple strategies you can do at home to get your elimination systems moving. These should be started at least a week before you begin your detox supplement regimen, and continued throughout your reset program — and beyond!

Start drinking more water

Consuming at least half your body weight in ounces of water each day (so for a 150 lb person, drink 75 oz of water daily) is a general rule for good hydration. Make sure to drink filtered or spring water, preferably not from plastic as those chemicals can leach into the water, and stay stored in your body.

Eat more insoluble fiber (and veggies in general)

Foods that contain insoluble fiber, or fiber that does not dissolve in water, are important to keep your bowel movements regular. Non-soluble fiber is not absorbed by the body and moves things through the intestines, while supporting beneficial bacteria growth in the gut. It's an essential ingredient to support a healthy GI environment. Foods such as legumes, berries, whole grains, oat bran, okra, radishes, spinach and leafy greens are excellent sources.

Increase your physical activity

Regular physical activity improves blood flow, supports the organs of elimination, and can make a major difference in your detox efforts. Aim for at least 20 minutes a day of moderate physical exercise — even just brisk walking, to support the movement of toxins from your body. Major points if you break a sweat — since sweating is a main detox pathway. Even if you don't break a sweat, don't sweat it! Simply moving more each day can improve your body's ability to move toxins and waste, and bring fresh oxygen and nutrients to your organs and systems.

Practice deep breathing

Research shows that deep breathing from your diaphragm can offer targeted benefits for GI health, constipation, and abdominal discomfort. Deep breathing boosts your blood oxygen levels, giving you greater cellular energy and function, while helping to clear more toxins from your lungs as you exhale. It can also support healthy circulation, reduce stress and improve sleep, and enhance energy and vitality. Combined with a simple meditation practice, deep breathing can work to bring numerous benefits for long-term health.

YOUR 4-WEEK DETOX RESET PROTOCOL

This 28-day program incorporates physician-formulated, research-based, and clinically recommended detox ingredients and blends that are gentle yet highly effective.

CORE PROGRAM

PectaSol

With over 80 published studies and decades of unparalleled clinical success, PectaSol is the original, patented and only researched form of modified citrus pectin developed over 25 years ago. Today, PectaSol is a top recommendation by health professionals world-wide thanks to its wealth of benefits including:

- Clinically proven, safe detoxification*
- Healthy inflammation responses*
- Cardiovascular, liver, and kidney support*
- Joint comfort*
- Balanced immune health*
- Healthy gut environment*
- And much more...



Much more than just a binder, PectaSol absorbs quickly into the circulation to safely trap and remove heavy metals and other toxins, while providing support to key organs and systems. As a multifunctional ingredient that provides clinical proven detoxification support while actively supporting our most critical areas of health, PectaSol is a foundational supplement for optimal detoxification and long-term vitality.*

GlyphoDetox

GlyphoDetox is a clinically recommended blend of gentle yet effective natural binders and detox agents including fulvic acid, alginates, organic kelp, unmodified citrus pectin, and glycine. GlyphoDetox works to bind and eliminate pesticides, including glyphosate, and other environmental toxins from the gut, while promoting healthy detox functions.*

The natural fibers in GlyphoDetox act as superior binders to remove toxins in the GI tract while supporting gut wall integrity and a balanced microbiome. Glycine supports production of glutathione, the body's master antioxidant essential for healthy liver function and total-body detoxification.*

Glycine also helps prevent glyphosate from being stored in the body. Together with PectaSol modified citrus pectin, GlyphoDetox provides superior gut binding and overall detoxification support.*



ADVANCED PROGRAM — INCLUDES THE CORE PROGRAM, PLUS

ecoDetox

With a comprehensive blend of essential nutrients, antioxidants, and botanical extracts, ecoDetox provides targeted support for the liver and other detox organs and functions including:

- GI tract
- Kidneys
- Lungs
- Skin
- Antioxidant activity

Formulated to support phase 1 and 2 liver detox processes and promote healthy detox pathways, ecoDetox provides essential nutrition and vital energy support to power the body's natural detox processes, while defending against oxidative stress caused by toxin overload.*



ecoProbiotic

Certified organic ecoProbiotic is a bioactive formula made with 19 organic digestive herbs, together with 8 clinically recommended strains of probiotics and prebiotic nutrients, period after nutrients. This live fermented botanical elixir supplies optimal pH balance and fast-acting digestive support. ecoProbiotic helps to promote an optimal microbiome environment, while supporting healthy digestive function, regularity, nutrient status, and a balanced gut terrain.*



Each supplement in the program is introduced in stages and dosages, and dosages are increased week by week – allowing you to gradually build up to the dose that’s right for you. This table gives a 4-week overview of the program, followed by weekly instructions:

DETOX RESET 28-DAY OVERVIEW DOSING GUIDE

Product	Week 1	Week 2	Week 3	Week 4	Post Detox
PectaSol	1 scoop or 6 caps per day	1 scoop or 6 caps twice per day	1 scoop or 6 caps three times per day	1 scoop or 6 caps three times per day	1-2 scoops or 6-12 caps per day
GlyphoDetox	2 caps per day	2 caps twice per day	2 caps twice per day	2 caps twice per day	2 caps per day
ecoDetox		3 caps per day	3 caps twice per day	3 caps twice per day	3 caps per day
ecoProbiotic			4 tsp per day	4 tsp twice per day	2-4 tsp twice per day

WEEK 1 | Start to Bind and Clear with PectaSol and GlyphoDetox

During week 1 of the Detox Reset, you'll be focused on binding toxins from the circulation and GI tract for safe removal, with PectaSol Modified Citrus Pectin and GlyphoDetox.

DAY 1

CORE AND ADVANCED

AM Before Breakfast: Start with 1 scoop or 6 caps of PectaSol, 30 minutes before breakfast.

DAYS 2-7

CORE AND ADVANCED

AM Before Breakfast: Take 1 scoop or 6 caps of PectaSol and 2 caps of GlyphoDetox 30 minutes before breakfast.

DAY 8

CORE AND ADVANCED

AM Before Breakfast: Take 1 scoop or 6 caps of PectaSol and 2 caps of GlyphoDetox 30 minutes before breakfast.

PM After Dinner: Take 1 scoop or 6 caps of PectaSol 1.5 hours after dinner.

WEEK 2 | Gradually Increase Binding and Detox Support

Advanced Program: Add ecoDetox for liver and general detox support.

During week 2 of the Detox Reset, you'll be increasing your binding and detox support. By gradually increasing your dose of PectaSol and GlyphoDetox, you're allowing for greater binding and elimination of heavy metals, pesticides, and environmental toxins in the circulation and gut.

If you're doing the Advanced Program, you'll also be adding ecoDetox liver and general detox formula. ecoDetox provides unique ingredients to support and enhance the body's detox functions, including phase 1 and phase 2 liver support.

DAYS 9-14

CORE PROGRAM

AM Before Breakfast: Take 1 scoop or 6 caps of PectaSol and 2 caps of GlyphoDetox 30 minutes before breakfast.

PM After Dinner: Take 1 scoop or 6 caps of PectaSol and 2 caps of GlyphoDetox with 1.5 hours after dinner.

DAYS 9-14

ADVANCED PROGRAM

AM Before Breakfast: Take 1 scoop or 6 caps of PectaSol and 2 caps of GlyphoDetox 30 minutes before breakfast.

PM With Dinner: Add 3 caps of ecoDetox just before dinner.

PM After Dinner: Take 1 scoop or 6 caps of PectaSol and 2 caps of GlyphoDetox 1.5 hours after dinner.

WEEK 3 | Greater Binding, Detox, and Healthy Inflammation Support

Advanced Program: Add ecoProbiotic comprehensive gut ecology support

During week 3 of the Detox Reset, you'll continue to increase your binding support in the circulation with a higher dose of PectaSol. This will also give powerful support for healthy immune and inflammation responses, thanks to PectaSol's unique multi-targeted benefits in key organs and systems.

If you're doing the Advanced Program, you'll be adding an extra dose of ecoDetox and also adding in ecoProbiotic for comprehensive gut and microbiome support.

DAYS 15-21

CORE PROGRAM

AM Before Breakfast: Take 1 scoop or 6 caps of PectaSol and 2 caps of GlyphoDetox 30 minutes before breakfast.

Mid-Day Before Lunch: Take 1 scoop or 6 caps of PectaSol 30 minutes before lunch.

PM After Dinner: Take 1 scoop or 6 caps of PectaSol and 2 caps of GlyphoDetox 1.5 hours after dinner.



DAYS 15-21

ADVANCED PROGRAM

AM Before Breakfast: Take 1 scoop or 6 caps of PectaSol and 2 caps of GlyphoDetox 30 minutes before breakfast.

AM With Breakfast: Take 3 capsules of ecoDetox with breakfast.

Mid-Day Before Lunch: Take 1 scoop or 6 caps of PectaSol 30 minutes before lunch.

PM With Dinner: Take 3 caps of ecoDetox with dinner.

PM After Dinner: Take 1 scoop or 6 caps of PectaSol and 2 caps of GlyphoDetox 1.5 hours after dinner.

Before Bed: Take 4 teaspoons of ecoProbiotic.

WEEK 4 | Continue Binding, Detox, and Healthy Inflammation Support

During week 4, you'll stay at the same dosages of PectaSol and GlyphoDetox to continue with toxin binding and elimination in the circulation and gut. You'll also continue to receive support for healthy inflammation responses and greater overall health, with the active dose of 15 grams of PectaSol/day.

If you're doing the Advanced Program, you'll continue the dose for ecoDetox and add an extra dose of ecoProbiotic for healthy microbiome and gut support.



DAYS 22-28

CORE PROGRAM

AM Before Breakfast: Take 1 scoop or 6 caps of PectaSol and 2 caps of GlyphoDetox 30 minutes before breakfast.

Mid-Day Before Lunch: Take 1 scoop or 6 caps of PectaSol 30 minutes before lunch.

PM After Dinner: Take 1 scoop or 6 caps of PectaSol and 2 caps of GlyphoDetox 1.5 hours after dinner.

DAYS 22-28

ADVANCED PROGRAM

AM Before Breakfast: Take 1 scoop or 6 caps of PectaSol and 2 caps of GlyphoDetox 30 minutes before breakfast.

AM With Breakfast: Take 3 capsules of ecoDetox with breakfast.

Mid-Day Before Lunch: Take 1 scoop or 6 caps of PectaSol and 4 teaspoons of ecoProbiotic 30 minutes before lunch.

PM With Dinner: Take 3 caps of ecoDetox with dinner.

PM After Dinner: Take 1 scoop or 6 caps of PectaSol and 2 caps of GlyphoDetox 1.5 hours after dinner.

Before Bed: Take 4 teaspoons of ecoProbiotic.

Post-Detox

When the 28-day program is complete, your detox reset is done! But that doesn't mean your exposure to toxins is over. Toxin exposure is an everyday problem that requires daily solutions. For gentle, daily detoxification and overall health support, it's recommended to continue with these clinically recommended formulas to provide ongoing support against toxic pollutants — and the damage they can cause.

POST-RESET DAILY DOSAGE SUGGESTIONS

PectaSol: 1-2 scoops or 6-12 caps per day away from food

GlyphoDetox: 2 caps per day away from food

ecoDetox: 3 caps per day with meals

ecoProbiotic: 4 tsp per day



6 LIFESTYLE TIPS THAT HELP ENHANCE YOUR DETOX

Magnesium Bath

To ease tension, stress, and body aches, and help the skin detoxify, add 1-2 cups of magnesium powder or flakes (magnesium chloride) to a warm bath. Magnesium is absorbed well through the skin according to multiple studies. You can also use Epsom salts (magnesium sulfate); however, some experts believe magnesium chloride is more effective and better absorbed. You can also try applying magnesium cream or oil.

Dry Brushing

One to two times per week, try “dry brushing” your skin. This involves using a long-handled dry brush in the morning before taking a shower or bath — find a stiff bristle brush that suits your preferences and feels comfortable on your skin. Apply medium pressure while brushing and use long strokes to brush the skin. Begin brushing at your feet and gradually move upward toward torso and arms. Experiment with circular motions or long strokes while brushing your stomach. Search YouTube for video demonstrations.

Rebounding

A mini trampoline, also known as a rebounder, can help detoxify and cleanse the body in several ways. This form of movement promotes lymphatic system detox by manually pumping toxins out through bouncing movements. This helps to flush out toxins and waste products from the body. Additionally, rebounding exercise increases lymphatic flow, which aids in the elimination of toxins and waste materials. Rebounding also brings oxygen to the skin and improves circulation, which further supports the body’s detoxification processes.

Infrared Sauna

Infrared saunas help with detox by utilizing infrared light to heat the body, rather than heating the air. They have been shown to be effective in eliminating heavy metals and toxins from the body. In one study, researchers found that sweating in a sauna can help eliminate toxic substances including cadmium and mercury from the body. Infrared saunas can also improve muscle aches and joint pain, providing deep relaxation and detoxification. The infrared light's penetration into the body may aid in reaching fat cells and expelling toxins stored in tissues. Regular sauna offers numerous health benefits as well.

Yoga

This gentle practice promotes relaxation through deep breathing and meditation, which can reduce the body's stress response (and thereby help enhance the body's detoxification processes). Additionally, the physical practice of yoga can help release tension in the body, leading to a calmer state of mind. Practicing yoga regularly can increase the production of GABA, a neurotransmitter that helps regulate mood and reduce anxiety.

Earthing

Also known as “grounding,” earthing involves spending time in nature with your bare feet touching the ground (grass, soil, sand, etc.). Studies show this direct contact between the body and the earth's electrons can help reduce inflammation, support sleep, boost antioxidants, and more.

COMMITTING TO A LIFETIME OF WELLNESS

Congratulations and thank you for joining the 28-Day Summer Detox Reset! By following the strategies in this booklet, viewing the doctor-led webinars, and watching the Q&A video sessions, you can continue on your journey toward optimal health and well-being. Remember, maintaining a healthy lifestyle is a lifelong commitment. It requires consistent effort, dedication, and a willingness to prioritize yourself and your health. Embrace this journey as an opportunity for growth — and let it empower you to live your best and healthiest life. Here's to a vibrant and fulfilling future!

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*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.

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