

100% NEW
YEAR *Best*
~~NEW~~
YOU

6 DAY DETOX GUIDE



...TO GET YOUR LIFE BACK



WOULD YOU LIKE TO IMPROVE THE ODDS OF EXPERIENCING:

- More energy? * **
- Longer, more restful sleep?* **
- Joint comfort?* **
- Greater focus and memory?* **
- Healthier looking skin?* **
- A “no-crash” detox plan?* **

GETTING STARTED IS SIMPLE

Use the information in this booklet, along with your practitioner’s instructions and supervision, and you will be well on your way toward accomplishing your goals!

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

** These benefits represent a compilation of results of many patient cases. The reader may not experience and should not expect the same results as those achieved in other cases.

FORMULAS TO HELP YOU ALONG THE WAY

Clean Start represents a breakthrough in detox innovation, combining a nurturing approach for both the digestive system and liver with a focus on neutralizing inflammation. This dual-action formula is meticulously designed to target and eliminate harmful substances, thus initiating a profound and effective healing process in the body. In addition to its health benefits, Clean Start Shake is a delight for the taste buds, ensuring that your journey towards wellness is as enjoyable as it is advantageous. Further enhancing its efficacy, Clean Start Shake is a comprehensive dietary supplement, sweetened with monk fruit extract and characterized by its low potential for allergies. Central to its composition

is VegaPro™, a proprietary blend of amino acids and pea/rice protein from 100% Nutrition. It also includes Aminogen®, a component that facilitates the absorption of proteins. The formula is enriched with a range of phytonutrients, mineral amino acid chelates, and activated B vitamins, including Quatrefolic® and methylcobalamin. These ingredients collectively support gastrointestinal (GI) function and balanced detoxification. When used in conjunction with a modified elimination diet, Clean Start Shake not only addresses GI and hepatic function but also focuses on the balance of eicosanoids and the metabolism of cytokines. This thoughtful composition makes it an ideal choice for individuals seeking a vegan-friendly detox solution. The Clean Start Sugar- and Stevia-Free† formula ensures that it caters to a wide range of dietary preferences and needs, making it a versatile and effective tool for those looking to enhance their overall health and well-being.



FORMULAS TO HELP YOU ALONG THE WAY

Mega Flora Plus is a carefully crafted probiotic formula that aims to reseed the gut with beneficial bacteria, creating a more favorable environment in the digestive system. This aspect is particularly crucial during detoxification processes, as toxins transit through the digestive tract. The inclusion of *Saccharomyces boulardii*, a unique and protective strain, is a standout feature of MegaFlora Plus. This strain is known for its exceptional ability to safeguard the gut lining, ensuring that toxins are effectively expelled from the body without causing harm or being reabsorbed. This contributes to the overall goal of MegaFlora Plus to support a healthy balance of intestinal flora, bolster cellular health, and enhance immune function. The supplement combines these benefits with its advanced gastro-resistant, vegetarian capsule design, ensuring targeted delivery to the

small intestine and reducing exposure to the stomach's acidic environment. Each capsule is also sealed in a nitrogen-purged blister pack, offering added protection against heat, moisture, and oxygen, which are known to compromise probiotic stability.



FORMULAS TO HELP YOU ALONG THE WAY

MagFusion is an exceptional supplement that combines the power of three types of magnesium - Albion®'s TRAACS® magnesium lysinate glycinate, Albion's chelated dimagnesium malate, and magnesium L-threonate (as Magtein®) to support cellular and liver health. This unique blend of magnesium forms is specifically chosen for their superior absorption qualities. The magnesium lysinate glycinate and dimagnesium malate play a vital role in enhancing the

body's detox pathways, facilitating the metabolism of carbohydrates, fats, and proteins, and supporting the maintenance of muscle function, including the cardiac muscle.

Magnesium L-threonate stands out for its ability to cross the blood-brain barrier, promoting brain health and maintaining healthy nervous system. Furthermore, the inclusion of malic acid from di-magnesium malate not only supports energy production and lactic acid clearance but also enhances glutathione levels and antioxidant enzyme activity. With its comprehensive approach to detoxification, energy production, and overall well-being.



FORMULAS TO HELP YOU ALONG THE WAY

Colon Cleanse which is meticulously designed detoxification system and goes far beyond the capabilities of standard detoxes. Our product is engineered to ensure a thorough expulsion of toxins, similar to an exhaust system being cleared to prevent fumes from re-entering. This comprehensive approach is essential in preventing the lethargy and irritability often associated with less effective cleanses. With Colon Cleanse™, you can expect a smooth and complete detox process that will reinvigorate your energy levels and boost your mood.

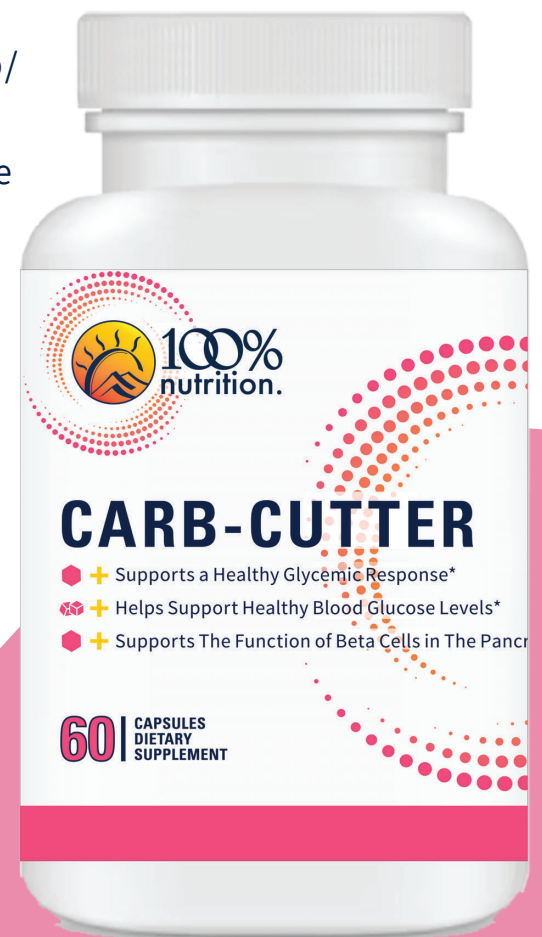


Colon Cleanse™ is carefully formulated to support gastrointestinal (GI) regularity and enhance dietary fiber intake. The inclusion of magnesium citrate aids in muscle relaxation and bowel elimination, contributing to the efficacy of the cleanse. We have also incorporated Cape Aloe, a key ingredient that helps maintain normal GI transit time and stool bulk. Additionally, Triphala, a balanced blend of astringent fruits widely recognized in Ayurveda, is included to support all phases of digestion, assimilation, and elimination. These components work synergistically to promote GI regularity, which plays a fundamental role in the body's detoxification process by providing a major route for the elimination of toxins.

By combining these powerful elements, Colon Cleanse™ creates a holistic and efficient cleansing experience that targets the core aspects of detoxification while supporting the body's natural elimination pathways. Not only does our product purify, but it also enhances overall well-being in the most gentle yet effective way.

ADDED BOOSTERS FOR SUPPORT

Carb Cutter: The professionally crafted carb blocker unlike anything else on the market. This incredible carb-management supplement is designed to slow down the breakdown of carbohydrates. Simply take it 30 minutes before a meal, allowing Carb Cutter to do its job effectively lasting 1.5 Hours. By slowing the absorption of carbs, it not only aids in weight management but also prevents blood sugar spikes and reduces the associated inflammation from consuming high carb/sugar large meals. With Carb Cutter, you can enjoy your favorite treats without any guilt! Moreover, it's the perfect tool for individuals trying to stay in ketosis and maintain a low-carb/keto lifestyle without compromising their progress. So, whether you're looking to decrease guilt over high-carb meals or support weight management as we enter the New Year, Carb Cutter is the ultimate solution for you and a great BOOSTER for the Clean Start Kit.

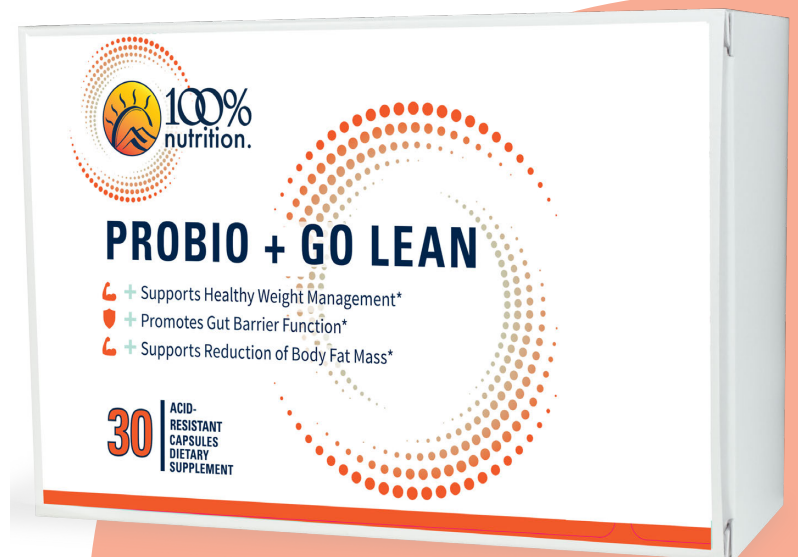


ADDED BOOSTERS FOR SUPPORT

Probio-Go Lean: is a unique probiotic supplement tailored for natural weight management, especially useful during the holiday season. It features the B420™ probiotic strain, specifically chosen for its effectiveness in reducing body fat mass and waist circumference without the need for dietary or exercise changes. This makes it an easy and convenient addition to your health regimen.

The efficacy of Probio-Go Lean is backed by clinical results, showing a 4.5% reduction in total body fat mass, a 6.7% decrease in trunk fat, and a reduction in waist circumference by approximately 1.02 inches, all without necessitating changes in diet or exercise routines. One of the key advantages of Probio-Go Lean is that it doesn't contain stimulants, ensuring that your regular wellness is not disrupted.

The B420™ probiotic strain in Probio-Go Lean is commonly found in individuals with leaner body compositions and is less prevalent in those who are overweight. By supplementing with this strain, you can benefit from its unique properties. In addition to promoting effective weight management, Probio-Go Lean offers several other health benefits, including a decrease in appetite and enhanced metabolic health. This makes Probio-Go Lean an excellent choice for anyone looking to manage their weight effectively and naturally.



THREE IMPORTANT COMPONENTS FOR A SUCCESSFUL CLEANSE

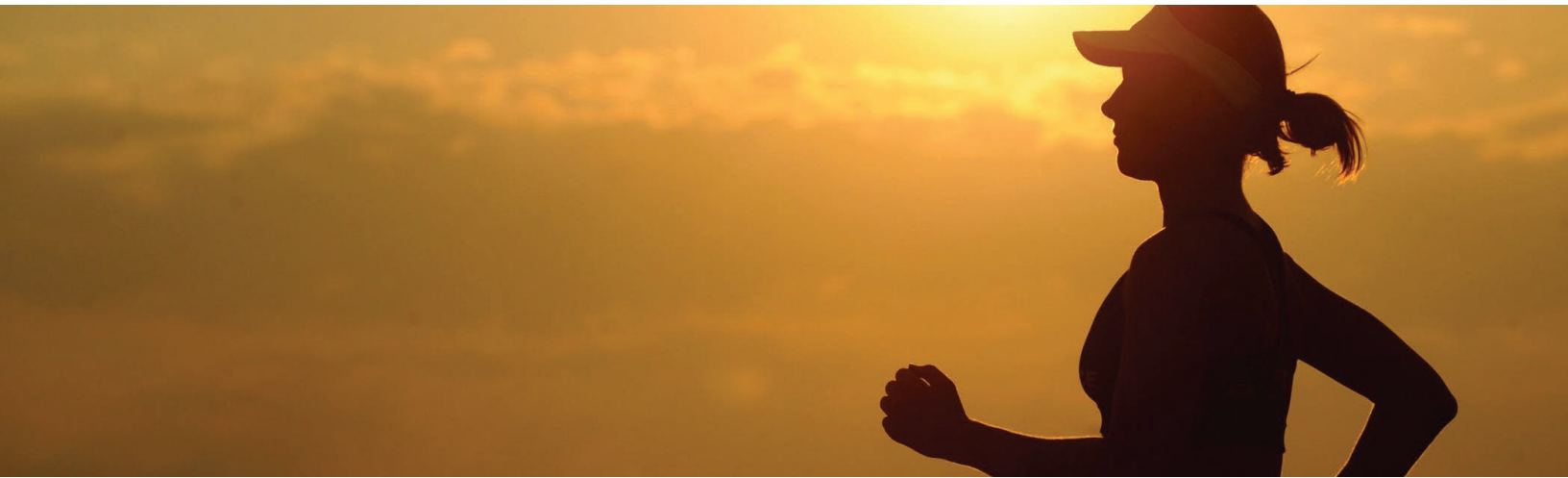
HYDRATION

Water is essential for adequately hydrating cells and ensuring a successful cleanse. You should drink at least two quarts of water daily, preferably filtered through an absolute 1 micron water filter or by reverse osmosis for the best purity. A good rule of thumb to follow is to take your weight, divide it in half, and consume that number in ounces of water per day. So, a 150-pound person should drink 75 ounces of water daily.



EXERCISE

As your practitioner will tell you, exercise is an important component of a healthy lifestyle, but it is also an important component of a healthy cleanse. If you don't already have an exercise routine, you should work with your practitioner to develop one that works for you. Not only can exercise help you control weight and combat a variety of health problems, exercise can also help improve your mood and energy levels and help you get more restful sleep. However, while you are cleansing, it is recommended that you keep your exercise routine mild (such as brisk walking or light cardio) and avoid very strenuous exercise as this can hinder the success of your cleanse.

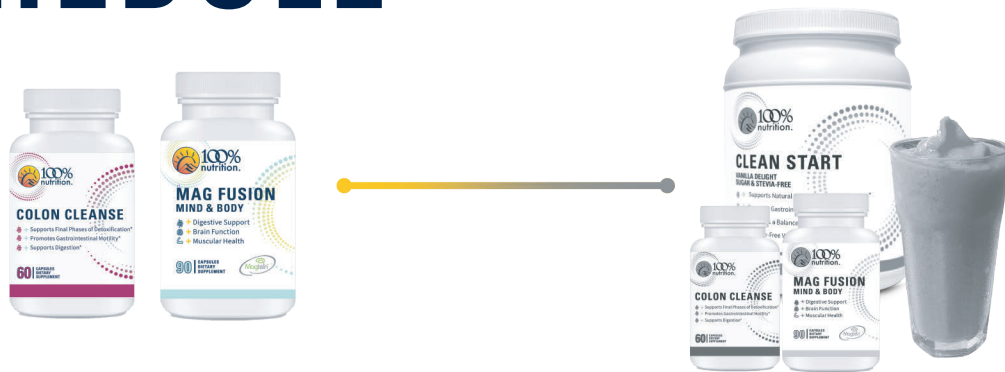


REST

Your body's cells go into "repair mode" at night, which is why it's essential to get seven to eight hours of sleep per night, especially during a cleanse. Adequate sleep can also help you fight off stress and cravings for carbohydrates and sugary foods. A sufficient, regular sleep schedule is also important for everyday health. As suggested by numerous studies, not getting enough sleep on a regular basis can negatively impact many different components of health, including increasing a person's risk of developing certain diseases.



DIETARY SUPPLEMENT SCHEDULE

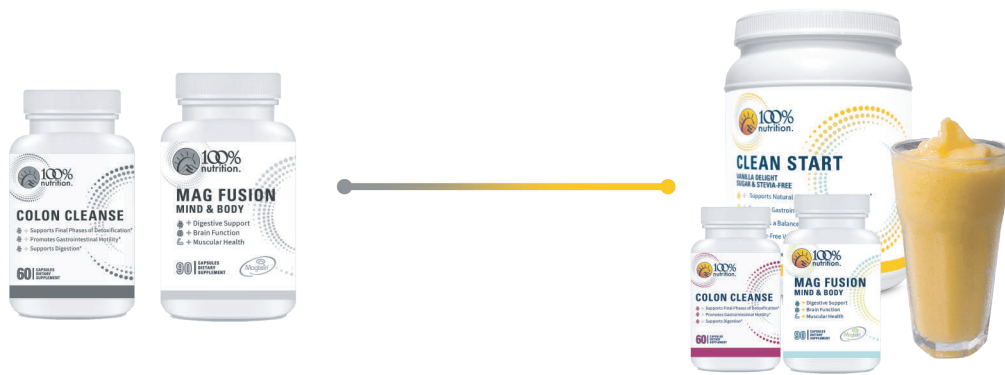


TWO DAYS BEFORE STARTING THE DIET AND SHAKES

1. Swallow two capsules of **Colon Cleanse** with water at bedtime. If your GI tract is experiencing optimal elimination, take only one capsule of colon cleanse with water at bedtime or as directed by your healthcare practitioner.
2. Each morning take 1 or 2 capsules of **MagFusion** upon arising is recommended for everyone, you can take it with food.

Note: Not often, but sometimes, the combination of **Colon Cleanse** and **MagFusion** increases the frequency of bowel movements and may cause loose stools. If this occurs, reduce the Colon Cleanse dosage to 1 capsule at night, and reduce MagFusion to one capsule during the day (with food).

Formula	Dose	When	Notes
Colon Cleanse	1 or 2 capsules daily with water	Bedtime	If good bowel regularity and stool consistency, may use 1 capsule
MagFusion	1 or 2 capsule daily with water	Upon rising or mid-day	Take in the morning with Food



DURING YOUR CLEANSE

1. Continue to take one or two capsules of colon cleanse at bedtime as above, or as directed by your healthcare practitioner.
2. Continue to take one or two capsules of MagFusion once per day as above, or as directed by your healthcare practitioner.
3. Upon rising or at bedtime, swallow one capsule of Megaflora Plus with water, or as directed by your healthcare practitioner.
4. Consume Clean Start Sugar- & Stevia-Free shake(s) according to the shake schedule below, or as directed by your healthcare practitioner.

Formula	Dose	When	Notes
Colon Cleanse	1 or 2 capsule(s) daily with water	Bedtime	Dose based on bowel regularity and consistency
MagFusion	1or 2 Capsules per day	Upon rising or mid-day	Take as directed
Megaflora Plus	1 capsule daily with water	Upon rising and near bedtime	Practitioner may recommend increased dose
Clean Start (Sugar & Stevia Free)	1 or 2 shakes daily	Breakfast and snack	See shake schedule on page 18. May substitute for lunch or dinner protein occasionally

3 EASY STEPS

- **CHOOSE YOUR FOODS**
- **DESIGN YOUR MENUS**
- **MAKE YOUR SHAKES**

A large part of your cleanse involves eliminating certain foods from your diet that commonly trigger allergies or sensitivities or that may interfere with your body's natural detoxification processes. Even though some of your favorite foods might be on this list, remember that these dietary guidelines still leave you with nutritious, tasty foods to enjoy! Cleansing your body of toxins isn't about starving yourself; it's about making small improvements in your diet to improve your health. These guidelines focus on good, whole foods, such as fresh or frozen fruits and vegetables and quality sources of protein, while eliminating those foods that could be keeping you from looking and feeling your best.



STEP 1: CHOOSE YOUR FOODS

Depending upon the season of the year, where you live and your food budget, buying everything organic is not always realistic. To the best of your ability, try to select locally grown, organic produce; non-GMO products; grass-fed, free-range protein; and wild fish from cold, deep waters. Use the options listed in the “Eat These” column of the Modified Elimination Diet (pages 15 and 16). If your options are limited, be aware that some non-organic produce is likely to have more pesticide residue than others. The foods contained on the tables below reflect pesticide testing data from the U.S. Department of Agriculture and the Food and Drug Administration.

Buy Organic ONLY

Apples
Celery
Cherry Tomatoes
Cucumbers
Collards
Hot Peppers
Kale
Nectarines
Peaches
Potatoes
Snap Peas (Imported)
Spinach
Strawberries
Sweet Bell Peppers

OK to Buy Non-Organic

Asparagus
Avocados
Cabbage
Cauliflower
Eggplant
Grapefruit
Kiwi
Mangoes
Onions
Papayas
Pineapple
Sweet Corn
Sweet Peas (Frozen)
Sweet Potatoes

STEP 2:

DESIGN YOUR MENUS

Choose foods from the “Eat These” column under the Modified Elimination Diet to arrange three meals per day. You may also add the occasional snack. Unless your practitioner has made specific recommendations regarding the amount and distribution of carbohydrates, proteins, and fats for each meal, select at least one source of protein, carbohydrate, and fat per meal. Examples of foods in each macronutrient category:

Proteins	animal sources, poultry or fish, eggs, nuts, nut butters, beans
Carbohydrates	fruits, vegetables, beans, breads, cereals, pasta, grains
Fats	butter, oils, coconuts, nuts, nut butters, avocados, naturally occurring fats in protein sources

Some foods fall into more than one category because they are fairly good sources of each. Beans are not complete protein sources as they lack certain amino acids. To complete their protein content, combine beans with a grain or consume with another protein source.

Select a variety of colorful foods at each meal – your plate should look like a rainbow. Now is a great time to experiment and try new foods, and don't forget to make use of leftovers. The goal is to try to eat a wide variety of foods, but not just over the course of your cleanse. Try to maintain these habits for life.

MODIFIED ELIMINATION DIET

Food Group	EAT THESE (preferably organic) Avoid foods that trigger allergies/sensitivities	DON'T EAT THESE
Meat, Poultry, Fish, Legumes	Poultry, lamb, rabbit, bison, venison, coldwater fish (sardines, salmon, trout, halibut, etc.); legumes, such as dried peas, beans, lentils	Beef, pork, veal, cold cuts, frankfurter, sausage, canned meats, tuna, mackerel, shellfish, and any preparations with added solution. Note: Eggs, especially whites, tend to be allergenic. Avoid eggs unless practitioner approved
Dairy Products	Unsweetened milk substitutes, such as rice, almond, coconut, hemp milk; vegan- style rice cheese; unsweetened cultured coconut milk	Milk, soy milk*, goat milk, buttermilk, cheese, ice cream, puddings, non- dairy creamers, commercial yogurts, cream soups, creamed vegetables, soy cheese*, casein/caseinate-containing rice cheese
Starches, Breads, Cereals	Sweet potato, yucca, taro, arrowroot, tapioca, cassava, amaranth, teff, millet, buckwheat, quinoa, brown/wild/basmati rice, beans, peas, plus any 100% whole- grain cereal or baked goods made from the above or any other gluten-free and allowed ingredients	Potatoes (other than sweet potatoes), all gluten-containing cereals, flours, or baked goods (wheat, rye, barley, kamut, spelt, farro, triticale, malt), yeast (unless practitioner approved), soy*, oats*, corn*, and products made from these, unless practitioner approved
Vegetables	All vegetables (except those in the “Don’t Eat” column) fresh, frozen, or freshly juiced, especially cruciferous vegetables, such as cabbage, broccoli, cauliflower, Brussels sprouts, kale, collards, watercress, radish, turnip, turnip greens, kohlrabi; vegetables in the lily family, such as asparagus, chives, garlic, leeks, onions, shallots, yucca	Canned vegetables, creamed vegetables, vegetables prepared with cheese, butter sauce, or other type of sauce or prohibited ingredients, vegetables in commercially prepared casseroles, vegetables in the nightshade* family, including eggplant, peppers, potatoes, tomatoes, tomatillos
Fruits	Preferably whole and fresh or unsweetened frozen and low-glycemic; all berries, apples, plums, apricots, etc.	Overly ripe fruit, high-glycemic fruits (pineapples, raisins, ripe bananas, dates, watermelons, etc.), highly allergenic fruits (citrus, mango), sulfite-containing or canned fruits, sweetened fruit drinks, jams, jellies, syrups

* Many individuals requiring a gluten-free diet may tolerate oats and oat products. Use oats only if your practitioner approves. Use soy only if practitioner approved. Nightshades also include pimento and paprika; black and white pepper are not nightshades.

MODIFIED ELIMINATION DIET

Food Group	EAT THESE (preferably organic) Avoid foods that trigger allergies/sensitivities	DON'T EAT THESE
Fats, Oils, Nuts	Extra virgin olive oil, unrefined coconut oil, butters (ghee, pumpkin, squash seed), salad dressings (made from allowed ingredients, preservative/additive free), nuts, unsweetened nut butter made from nuts to which there is not sensitivity or allergy (not > 2 tbsp per day)	Margarine, shortening, unclarified butter, refined oils, salad dressings and spreads, peanuts, nuts/nut butters prepared with extra fat and/or sugar, dry-roasted nuts
Soups	Clear, vegetable-based broth, homemade soups with allowed ingredients	Commercially prepared soups or cream soups, tomato-based soups, bouillon soups with gluten-containing grain (barley, wheat pasta, etc.) or made with any other prohibited ingredient, any soup containing MSG and/or yeast
Beverages	Unsweetened, freshly prepared vegetable juices from allowed vegetables, filtered water, caffeine/citrus-free herbal tea	Milk, coffee, tea, cocoa, alcoholic beverages, soda, sweetened beverages, citrus, fruit juices (unless practitioner approved), caffeinated herbal teas
Sweeteners	Stevia, xylitol (as tolerated), and sweeteners present functional food shakes	Brown sugar, honey, molasses, maple syrup, agave, fructose, all artificial sweeteners
Condiments	Salt-free herbs and seasonings, such as basil, caraway, chives, cinnamon, curry, dill, dry mustard, garlic, ginger, mace, marjoram, mint, nutmeg, parsley, poppy seeds, savory, tarragon, turmeric, iodized sea salt (if practitioner approved)	Salt, soy sauce, mayonnaise, ketchup, balsamic or rice vinegar, salsa, chili pepper, pepper flakes, paprika, cayenne

To ensure optimal detoxification, be sure to stick to foods in the “Eat These” column of this modified elimination diet list. These foods were chosen because they are nutrient dense, easy to digest, non-fermented, non-refined, low glycemic, low allergy, and low on the food intolerance/sensitivity spectrum. They are also free of gluten, nitrates, MSG, high-fructose, trans/hydrogenated fats, hormones, and antibiotics.

STEP 3:

MAKE YOUR SHAKES

The functional food shake your practitioner has recommended is a vital part of your detox plan. Consume it in the amount and frequency noted, or as directed by your practitioner. To maximize your enjoyment, mix it up by trying some of the shake recipes below.

DIRECTIONS:

Blend, shake, or briskly stir the contents (53 g) of **Clean Start Sugar-& Stevia-Free Vanilla Delight** into 10-12 ounces chilled, pure water (or mix amount for desired thickness) and consume as your breakfast or as a snack. Consume according to the schedule in this guide, or use as directed by your healthcare practitioner.

A Berry Delicious Shake

- 10 oz. cold, filtered water
- 1-2 oz. crushed ice
- 1/2 packet Clean Start Sugar-& Stevia-Free Vanilla Delight
- 5 medium frozen blackberries
- 5 medium frozen blueberries
- 7 pecans
- Combine in blender; mix until smooth.

Chai Tea Shake

- 1/2 cup water
- 5 or 6 ice cubes
- 1 packet Clean Start Sugar-& Stevia-Free Vanilla Delight
- 1/2 cup liquid Chai tea (no added sweeteners)
- Combine in blender; mix until smooth.

Cherry Vanilla Shake

- 1 cup water
- 3 to 4 ice cubes
- 1 packet Clean Start Sugar-& Stevia-Free Vanilla Delight
- 8 frozen cherries
- Combine in blender; mix until smooth.

Pumpkin Pie Spice/ Café Shake

- 1 1/2 cups ice and water (or cold decaf coffee)
- 1/2 packet Clean Start Sugar-& Stevia-Free Vanilla Delight
- 1/8 tsp pumpkin pie spice or to taste
- Combine in blender; mix until smooth.

TWO DAYS BEFORE STARTING THE DIET AND SHAKES:

Formula	Dose	When	Notes
Colon Cleanse	1 or 2 capsules daily with water	Bedtime	If good bowel regularity and stool consistency, may use 1 capsule
MagFusion	1 or 2 capsule daily with water	Upon rising or mid-day	Take in the morning with Food

SHAKE SCHEDULE:

Meal	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Breakfast	Shake	Shake	Shake	Shake	Shake	Shake
Snack (opt)						
Lunch			Shake	Shake	Shake	Shake
Snack (opt)						
Dinner						
Snack (opt)						

ADDING A BOOSTER:

- **Carb Cutter** (1) capsule 30 minutes before 2 of your biggest meals (twice a day)
- **ProBio-GoLean** (1) capsule in the morning or afternoon

12 DAY DETOX*

Meal	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Breakfast	Shake	Shake	Shake	Shake	Shake	Shake
Snack (opt)						
Lunch			Shake	Shake	Shake	Shake
Snack (opt)						
Dinner						
Snack (opt)						

Meal	Day 7	Day 8	Day 9	Day 10	Day 11	Day 12
Breakfast	Shake	Shake	Shake	Shake	Shake	Shake
Snack (opt)						
Lunch	Shake	Shake	Shake	Shake	Shake	Shake
Snack (opt)						
Dinner						
Snack (opt)						

- **PLEASE NOTE:** You must purchase a 2nd **Clean Start Sugar- & Stevia-Free shake**
- Repeat the MagFusion, Colon Cleanse, Megaflora Plus for an additional 6 days (You have enough stock for week 2).

GUIDELINES FOR SENSITIVE PATIENTS

If you are considered a reactive or “delicate” person, it could be due to one of a variety of reasons, including a high exposure to toxins, poor detoxification support, or a genetically altered ability to detoxify. Sensitive patients are like “weather vanes.” Any gust or change in the wind may affect them—from foods to perfumes and household cleansers to cosmetics— because they are already overburdened.*

Using the rule “**START LOW, GO SLOW**” is the best way for a sensitive person to detox. If you develop a dull headache or a gut response with the introduction of Clean Start Sugar-& Stevia-Free Vanilla Delight, you will need to take things slowly and in small steps. These responses are **not from the product** but rather from the **release of toxins** from your cells as your body works to eliminate them. The body wants toxic compounds to be released so that the metabolism of the cell can work as it should.*



Sensitive patients should follow the modified dietary supplement schedule below.

Mag Fusion – 1 or 2 capsules upon arising is recommended for everyone. You can take it with food. If patient experiences loose stools, please lower intake to 1 capsule.

Colon Cleanse – One or two capsules taken at bedtime allow the bowel to evacuate gently and more completely. **NEVER DETOX if you pregnant and/or are constipated.** The goal is to get the toxins out. Begin taking colon cleanse two nights BEFORE starting Clean Start Sugar- & Stevia-Free to ensure a functioning bowel.* If patient experiences loose stools at 2 capsules, ensure to go down to 1 capsule, always take before bed. **NOTE:** If patient does not experience a regular bowel movement in the morning **do not** increase the dosage during the day.

Megaflora Plus – Take one capsule either upon arising, or near bedtime for one month. If needed, you can take it for a longer amount of time. This probiotic assists in balancing your gut ecology* and protecting the gut mucosa from the toxins during the cleanse.

Clean Start Sugar-& Stevia-Free Vanilla Delight – The comprehensive pea/rice protein in this formula allows gentle detoxification while it supports gastrointestinal comfort and function. Free of reactive ingredients, like gluten, soy, GMOs, artificial compounds, and more, Clean Start Sugar- & Stevia-Free can assist you in ridding your body of troublesome toxins. You can enjoy better health and vitality, while reducing your sensitivity to a toxic world. Clean Start Sugar- & Stevia-Free started at half of a packet, one time per day, for two to five days. The increase to one half of a packet two times per day should happen after the assurance that there will be no uncomfortable detox response. Each increase should be maintained for two to five days before advancing to the higher dose. Ultimately, dosing should cap at one packet, twice per day, with the first serving as breakfast and the second as a late-afternoon snack.*

If you experience any instance of discomfort, return to the previous dose for two days, then increase again. Stay optimistic, your patience will be well-rewarded!*

What If I Want to Extend My Detox Further?

After six days on the plan, you may find that you want to extend your detox. We recommend that you seek your practitioner’s approval and further guidance.

What Would an Extended Detox Look Like?

An extended plan would look much the same as the 6-Day. Your practitioner may suggest minor tweaks to the Modified Elimination Diet. He or she will either assist you to structure a personalized shake schedule or offer you a pre-designed 12-day schedule. Follow steps on Page 18 to extend.

How Often Should I Detox?

It’s reasonably common practice to detox two to four times per year—usually with a change in season—but it really depends on your lifestyle. There is no reason why you can’t detox more often if you feel the need to and your practitioner approves.



**SCAN TO REGISTER/
CHECK-IN TO THE
NYNY CHALLENGE**



**SCAN TO JOIN THE
NYNY FACEBOOK GROUP**