

The BodyHealth Cleanse - Work Sheet

This is designed to help you easily remember what do to:

1. For detoxification and cleansing, reduce the number of toxins coming in.

- A. Drink pure water, at least 1/2 ounce per pound of body weight per day.
- B. Eat only organic fruits and vegetables in amounts needed to keep you from being hungry. You can eat lots of these.
- C. These foods may be steamed, lightly sautéed, or used in soups but not deep-fried. Olive oil and coconut oil are permitted. Sea salt is permitted

2. Detoxification and cleansing includes increasing the number of toxins going out.

3. Improve the quality of nutrition so the body can heal.

Here's a chart that you can copy and use to check off each item as you do it, to help keep track of where you are in the program.

Supplements & Exercise	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast							
BH Complete + Detox™ with food*	2	2	2	2	2	2	2
BH Intestinal Cleanse™**	0-4	0-4	0-4	0-4	0-4	0-4	0-4
PerfectAmino - Men	10	10	10	10	10	10	10
PerfectAmino - Women	7	7	7	7	7	7	7
Lunch							
BH Intestinal Cleanse™**	0-4	0-4	0-4	0-4	0-4	0-4	0-4
PerfectAmino - Men	10	10	10	10	10	10	10
PerfectAmino - Women	7	7	7	7	7	7	7
Dinner							
BH Complete + Detox™ with food*	2	2	2	2	2	2	2
BH Intestinal Cleanse™**	0-4	0-4	0-4	0-4	0-4	0-4	0-4
PerfectAmino- Men	10	10	10	10	10	10	10
PerfectAmino—Women	7	7	7	7	7	7	7
Bedtime or upon rising							
Body Detox™ sprays wk 1	2	2	2	2	2	2	2
Body Detox™ sprays wk 2	4	4	4	4	4	4	4
Body Detox™ sprays wk 3	6	6	6	6	6	6	6
Exercise - work up to 40 minutes a day							

* Food for this cleanse is fruit and vegetables.

** If you are experiencing 2 or more bowel movements per day, do not use this product.