



Pure Change Program

21-day detoxification and weight loss program

THE PURE CHANGE PROGRAM

CONGRATULATIONS ON YOUR PURCHASE OF THE PURE CHANGE PROGRAM!

Developed by Dr. Charles Passler, the Pure Change Program helps you look and feel your best through the effective removal of harmful toxins coupled with a nutritional program that super-charges health and performance.

WHY CLEANSE?

It is a fact that we are surrounded by toxins and other compounds that are harmful to us. Not only in the air we breathe, the soil our food is grown in and the water we drink, but also in the products we apply to our skin and the processed foods we eat. Accumulated over time, these toxins can begin to have a negative effect on our well-being.

Cleansing with the Pure Change Program helps you increase your ability to detoxify and resets your daily relationship with your food choices. When you adjust your focus to accept only what's good for your body, the condition of your skin, hair, eyes, nails and even your mental attitude will improve. You'll wake up in the morning feeling more refreshed without having to rely on caffeine to get your day going.

What does "Detox" mean?

The toxins and chemicals that work against your physical, mental and emotional well-being are removed from your system. You'll feel more energetic with improved body chemistry, better sleep patterns and decreased food cravings. At the end of the 21-day program you'll have improved body composition with decreased body fat and a better balance of water and muscle. And you'll be better positioned to sustain your new level of systemic purity by following through on the cleaner, long-term eating habits you will have learned about in this program.

PROGRAM STRUCTURE

The Pure Change Program works in three interconnected ways:

- 1 Detoxification
- 2 Food sensitivity discovery
- 3 Improved weight loss

In Phase 1 of the program you'll detoxify your body by using the Detox Support Packets. You will also follow a strict diet to facilitate the removal of the most common foods related to allergies. The support packets will help increase the detox pathways of the liver and improve kidney function. Both are keys to the success of the program.

In Phase 2, as your health continues to improve and you continue to lose weight, you will systematically reintroduce proteins into your diet while continuing to be conscious of portion control. This step-by-step approach will help promote weight loss as well as help you recognize if any of the added proteins are problematic for your health.

SUBSCRIBE BEFORE YOU BEGIN YOUR PROGRAM

Subscribe to our informational Pure Change Program emails when you are ready to start.

Visit my.purechange.co to subscribe.

THE PURE CHANGE PROGRAM

The Pure Change Program provides everything you need to consume for the next 21 days with the exception of water, lunch and dinner.

WHAT'S IN THE BOX?

Lean Body Protein Shake (14 servings)

Detox Support Packets (14 servings)

Daily Wellness Shake (14 servings)

Daily Wellness Support Packets (14 servings)

Protein Bars (21 bars)

Probiotic (21 servings)

Magnesium (21 servings)

Shaker Cup

NUTRITION PHASES

Phase 1 // Days 1-7

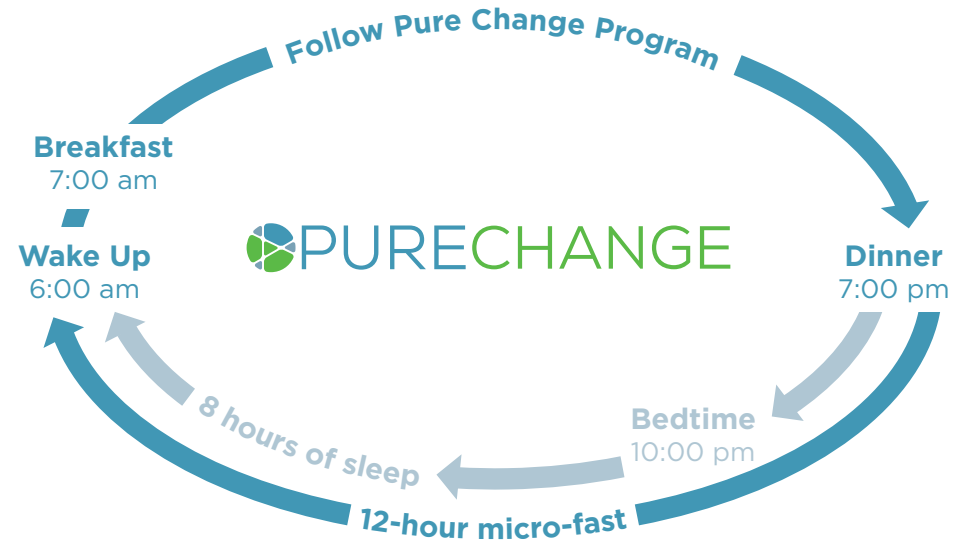
Consume 2 shakes, 2 snacks and 2 vegetable servings daily. Have a shake, half a bar or a vegetable serving every +/- 2.5 hours. Vegetables may be consumed cooked or raw. Steamed is best for the first week, when possible. You may also make a soup using low sodium, organic vegetable or chicken broth. Drink 8 cups of water daily, not including the water that is contained in the shakes. You may also drink herbal tea. The order in which you consume the shakes, bars and vegetables is important.

Phase 2 // Days 8-21

In Phase 2 you will begin to reintroduce protein and additional oils into your daily diet while maintaining the 12-hour micro-fast described in this manual. You will still consume a breakfast shake to begin your day; however, you will begin adding protein and additional oils to your lunch and dinner.

12-HOUR MICRO-FAST

To maximize the benefits of detoxification, weight loss and overall health it is essential you get enough sleep at night. A combination of eight hours of sleep and a 12-hour micro-fast between dinner and breakfast are ideal. For example, if you finish dinner at 7 p.m. have breakfast the following morning no earlier than 7 a.m.



SHAKES

The shakes are effective, tasty and mix well on the go with the included shaker cup. Just add 2 level scoops into the shaker bottle and add as much water as you like, then shake and enjoy. If you prefer, the shake can also be made with up to one cup of unsweetened almond milk at no detriment to the results of the program.

PHASE 1

Detoxification Phase // (Days 1-7)

In Phase 1 you'll create an internal environment to improve detoxification. This will help you reset your relationship with food and reset your body to build a more balanced body chemistry. It is VERY IMPORTANT that you have a vegetable meal, half a bar, or a shake every 2.5 hours. We recommend that you model your day similar to the sample day below.

PHASE 1: FOOD

For the first week (detoxification phase) ONLY consume the shakes, bar, extra virgin olive oil and vegetables. We recommend that you limit yourself to approximately 100 calories of vegetables per meal. It is very important that you consume a variety of vegetables to avoid food boredom. If you know a vegetable on the list has caused any digestive problems in the past, please do not consume it.

Vegetables may be consumed cooked or raw; however, steamed or in a soup is recommended in Phase 1. When steaming the vegetables or making soup, add the extra virgin olive oil afterwards. You may also use lemon juice, apple cider vinegar and mustard on the vegetables. If you have a known allergy to any of the listed items, do not consume them.

PHASE 1: SAMPLE DAY	
7:00 am	Breakfast 1 Lean Body Protein Shake
9:30 am	½ Protein Bar
12:00 pm	Lunch <ul style="list-style-type: none">• 100 cal. of raw or steamed vegetables, or soup <i>(food list on pp. 9-10)</i>• 1 tablespoon of extra virgin olive oil• 1 Detox Support Pack
2:30 pm	1 Lean Body Protein Shake
5:00 pm	½ Protein Bar
7:00 pm	Dinner <ul style="list-style-type: none">• 100 cal. of raw or steamed vegetables, or soup <i>(food list on pp. 9-10)</i>• 1 tablespoon of extra virgin olive oil• 1 Detox Support Pack
10:00 pm	Bedtime: 3 Magnesium tables + 2 Probiotic capsules

PHASE 2

Re-introduction of Food // (Days 8-21)

PHASE 2: FOOD

Your digestive system has had a chance to rest and recover in Phase 1. Proteins such as eggs, poultry, fish and lean red meat are reintroduced to your diet. Please see page 10 for proteins and portion size.

Your vegetables may now be consumed raw or COOKED (roasted, grilled, baked, sautéed) or in soup, and you should use 1 serving of HEALTHY OILS at lunch and dinner (see page 10). In addition to the lemon juice, apple cider vinegar and mustard, you may also use balsamic vinegar, all herbs and spices and any condiments with low sodium and no added sugar. Please follow the food list on pages 9-10 for the best results. These vegetables are chosen because they are less likely to cause inflammation, which is important to avoid while detoxing.

PHASE 2: SAMPLE DAY	
7:00 am	Breakfast 1 Daily Wellness Shake + 1 Daily Wellness Support Pack
10:00 am	½ Protein Bar
1:00 pm	Lunch <ul style="list-style-type: none">• 100 cal. of raw or steamed vegetables <i>(food list on pp. 9-10)</i>• 3-6 oz. of protein <i>(food list on p. 10)</i>• 1 serving of healthy oils <i>(food list on p. 10)</i>
4:00 pm	½ Protein Bar
7:00 pm	Dinner <ul style="list-style-type: none">• 100 cal. of raw or steamed vegetables <i>(food list pp. 9-10)</i>• 3-6 oz. of protein <i>(food list on p. 10)</i>• 1 serving of healthy oils <i>(food list on p. 10)</i>
10:00 pm	Bedtime: 3 Magnesium tables + 2 Probiotic capsules

GUIDELINES

Eliminate Temptation

Eliminate any unhealthy food such as, cookies, candy, chips, ice cream, and soda from your household. Out of sight out of mind.

Food Shopping

Plan your meals in advance and stick to foods listed in this manual. If eating a healthy lunch at work is a problem, make or purchase your lunch and bring it with you to work. It is important to TAKE CONTROL of your food intake and make your goals a priority.

Exercise

Avoid high intensity exercise in Phase 1. You want your system to have the energy to heal, repair and recover. Brisk walks, light yoga, stretching, or light exercise for up to 30 min. a day are beneficial. Please see our recommended workout routine at www.purechange.co/workout.

Healthy Eating Habits

Eat a variety of foods using the food list we've provided as your guide. Also use portion control, don't overeat. If you aren't hungry don't force yourself to eat.

Family and Friends

Tell your family and friends that you are following the Pure Change Program and invite them to join you. It is always easier to follow the program when family members and friends are involved. Join the Pure Change Program community: www.purechange.co/community

Hydration

Drink at least eight 8 oz. cups (64 oz. / 2 quarts) of water a day. Begin your day with a cup of water. It will help you feel fuller longer as well as support healthy bowel movements.

Sleep

A good night's sleep is essential to maximize overall health and well-being as well as weight loss. Try to go to bed at night and wake in the morning at the same time every day, even on weekends. Eight hours of sleep between 10 p.m.-6 a.m. is ideal. To prepare for sleep avoid electronics within one hour before bedtime and sleep in a room that's dark and cool.

Breathing/Meditation

Healthy breathing increases energy, improves stress management, deepens sleep and improves overall health. Go to www.purechange.co/breathing for an easy and simple breathing program. Breathe well to be well.

After the Program

First, congratulate yourself for completing the program! The Daily Wellness Shake combined with the Daily Wellness Support Packets will provide you with your daily dose of vitamins, phytonutrients, fish oil and anti-aging benefits. What better way to start your day.

Now you have the option to add more foods into your diet!

When you decide to add more foods into your diet please go to www.purechange.co/additionalfood

FAQs

Will I lose weight?

If you follow the program it is highly probable you will lose weight.

Can I drink alcohol?

Avoid alcohol.

How will I feel?

In the first couple of days you may feel you don't have as much energy as normal. This is likely due to the caffeine (and sugar) withdrawal. By days 3-5 you should begin feeling normal if not better than before.

What if I take medication?

Please consult with your doctor before doing the Pure Change Program.

Should I take my normal vitamins and supplements?

You may suspend other natural vitamins and supplements during the Pure Change Program under the guidance of your health care provider.

In the event of a caffeine withdrawal headache, what should I do?

Try drinking a cup of green tea. If that doesn't work, try a cup of black coffee (half regular, half decaf). Once your headache recedes, switch to decaf coffee and begin to eliminate coffee from your diet.

How do I manage hunger?

It is important to be aware that at the onset of the program you may go through an adjustment period.

It may take your system 5-7 days to adjust to the program.

Also, recognize whether you are experiencing emotional or physical hunger:

Emotional hunger is the desire to distract one's self from situations and or feelings through eating or drinking. Try the following to avoid it:

- Drink an 8-16 oz. water. Then wait 20 minutes.
- Go for a walk, read, change your environment, or contact your support people.

Physical hunger can indicate that the body is not getting enough fuel. Try the following to avoid it:

- Check that you are properly following the timing and portions outlined in the program.
- If in Phase 1, consume additional vegetables.
- If in Phase 2, consult the protein calculator at www.purechange.co/protein to make sure you are getting enough protein. If so, consume additional vegetables.

Who do I contact if I have more questions?

Visit www.purechange.co for additional information.

APPROVED FOODS

VEGETABLES: Phases 1 & 2 // Days 1-21

Remember: approximately 100 calories of vegetables per meal (lunch and dinner). We have provided both the cooked and uncooked calorie values.

VEGETABLES 1 cup (8 oz.)	Calories (Cooked)	Calories (Raw)
Arugula	n/a	6
Asparagus	40	27
Bean sprouts	n/a	62
Bell peppers (chopped)	n/a	39
Bok choy (shredded)	20	9
Broccoflower	n/a	47
Broccoli	54	31
Brussels sprouts	56	38
Cabbages (shredded)	34	22
Cauliflower	28	25
Celery	28	15
Collard greens (chopped)	49	11
Cucumber	n/a	16
Eggplant	35	21
Endive	n/a	8
Escarole	n/a	8
Green Beans	44	34
Green Leaf Lettuce	n/a	5
Kale	36	33
Leeks	38	54
Mushrooms	44	15
Okra	36	40
Onions (chopped)	88	67
Radish	n/a	13
Romaine	n/a	10

APPROVED FOODS

VEGETABLES (CONTINUED) 1 cup (8 oz.)	Calories (Cooked)	Calories (Raw)
Salsa (sugar-free)	n/a	67
Snow peas (whole)	n/a	26
Spinach	41	7
Swiss chard (chopped)	35	7
Tomatoes	n/a	32
Zucchini	29	20

PROTEIN: Phase 2 // Days 8-21

The general protein sources are poultry, meat and fish. Typically, 3 oz. for women and 6 oz. for men is a good portion size. To find out how much protein is ideal for you go to our protein calculator at www.purechange.co/protein. The foods below represent good protein choices. You may substitute with equivalent protein sources.

PROTEIN	Calories in 3 oz.	Calories in 6 oz.	Protein in 3 oz.	Protein in 6 oz.
Beef (95% lean)	164	328	24.8 g	49.6 g
Lamb	172	344	22.6 g	45.2 g
Chicken (breast meat)	139	278	27.3 g	54.6 g
Turkey (breast meat)	145	290	24.9 g	49.8 g
Salmon	155	310	21.6 g	43.3 g
Tilapia	109	218	22.2 g	44.4 g
Shrimp	101	202	19.4 g	38.8 g
Eggs (2 whole)	144	n/a	12.6 g	n/a
Egg Whites (6)	104	n/a	21.6 g	n/a
Tofu	59	119	7.0 g	13.9 g

HEALTHY OILS: Phase 2 // Days 8-21

- 1 tablespoon of extra virgin olive oil
- 1 tablespoon of coconut oil
- ¼ of an avocado



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